



UDA/KHSAA DANCE COMPETITION ROUTINE RULES 2023

Effective September 1, 2023

These rules apply to HIGH SCHOOL teams ONLY. Green print denotes a change from prior year

These rules apply to KHSAA events ONLY

JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of Universal Dance Association. As the teams make their presentations; the judges will score a portion of the scoresheet. Judges scores will be AVERAGED together to determine the overall team score. Only in the event of a first-place tie, the ranking points from the "Overall Impression" portion of the scoresheet will be used to break the tie. All other ties will not be broken.

SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Please note that all judges' decisions are FINAL. Any deductions or violations will be taken off the final score. Judges' decisions will be FINAL and there are no challenges or video review for KHSAA events.

FINALITY OF DECISIONS

By participating in this competition, each team agrees that all decisions by the judges will be final; questions concerning comments on the score sheet will be allowed, however scores and judges decisions will remain final. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative, or procedural review of such decisions.

Visit the following link for more Scoring Information:

<https://www.varsity.com/uda/school/competitions/divisions-rules-scoring/>

HOW TO HANDLE PROCEDURAL QUESTIONS

- A. RULES & PROCEDURES – Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor/head coach of the team and will be directed to the Sarah Bridenbaugh (sbridenbaugh@khsaa.org). Such questions should be made prior to the event.
- B. PERFORMANCE – Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition. Coaches will be asked to fill out a Routine Review Form with their concerns and will need to allow up to two business days following the conclusion of the event for their submissions to be reviewed. Questions regarding another team and/or their performance will not be accepted.
- C. Deduction sheets for the state competition can be reviewed after the competition on <https://schools.khsaa.org/>

SPORTSMANSHIP

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine.
2. The advisor and coach of each team is responsible for seeing that team members, coaches, parents, and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.
3. When a coach is in discussion with an official, other coaches, athletes, and parents/spectators, they must maintain proper professional conduct. Failing to do so may result in a 1-point penalty, removal of coach, or disqualification.
4. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.

CODE OF CONDUCT

UDA encourages and supports sportsmanship, integrity and fairness among participants and coaches in all facets of dance team including, but not limited to, team/squad practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities and believe that coaches are instrumental in promoting and instilling this among their respective team members.

To ensure the most positive experience for all attendees, UDA asks that the following Code of Conduct be adhered to during all KHSAA Regional Competitions:

1. Any questions or concerns that affect a team's performance or experience must be communicated by the coach to KHSAA Assistant Commissioner Sarah Bridenbaugh. The appropriate Official will then be called to discuss the situation with the coach.
2. Participants, coaches, or spectators are prohibited from contacting the Judges during the competition.
3. Judges' rulings are final related to deductions, final team placements and legalities.
4. Any unruly, aggressive, or belligerent behavior by participants, coaches or spectators toward any other attendee or Event Staff will result in a deduction, potential team disqualification, removal from the event and/or barred participation from future UDA Regionals and Championships.
5. KHSAA reserves the right to remove any persons from a competition for unsafe or unsportsmanlike conduct.

INTERRUPTION OF PERFORMANCE

UNFORESEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
2. While masks are not required on the warmup floor and/or performance floor unless dictated by state or local guidance, an athlete may choose to wear a mask. If an athlete chooses to wear a mask during the performance and the mask restricts the athlete's view and/or interferes with skills or otherwise becomes a safety concern, the athlete should either secure or remove the mask. If the athlete does not secure or remove the mask, the routine is subject to being stopped by competition officials.
3. **UNIFORM MALFUNCTION** As a precaution, each performer is required to take the necessary steps to avoid inappropriate exposure during the performance. Should a uniform malfunction resulting in indecent exposure occur, the routine should be stopped immediately. This is a shared responsibility of all parties involved to recognize a malfunction has occurred.
4. If allowed to perform again, judging will resume from the point at which the injury/interruption

occurred as determined by the judges. The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over. If a team prefers not to re-work the routine, at the coach's discretion, they will take the score they have received up to that point. Teams that limit/mark skills prior to the point of injury could result in an adjustment in scores based on the skills performed.

FAULT OF TEAM

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed later, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team must perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.

INJURY/ILLNESS

1. The only persons that may stop a routine for injury are competition officials, the advisor/coach from the team performing, or an injured individual.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed later, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team must perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.
3. The injured participant that wishes to perform may not return to the competition floor unless:
 - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
 - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
 - c. An athlete who has a suspected concussion should be removed from the activity immediately and should not be allowed to return to participation the same day of the incident and without being cleared by a medical professional in accordance with state law or organizational policy.
4. In addition, the sponsor and all of the coaches attending the competition must be familiar with all federal, state and local laws applicable to such individuals and relating to such individuals' duties and responsibilities regarding the recognition and treatment of injuries.
5. In the event of an injury or emergency, 1 parent or legal guardian may be escorted backstage during the evaluation process. While backstage, they will need to remain with the athlete or an event staff member.

RE-PERFORMANCE SCHEDULE

1. The competition officials will determine whether the team will be allowed to perform at a later time.
2. If the competition officials allow a routine to be performed later, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials and must be within thirty minutes after the rest of the division is complete.
3. If allowed to perform again, judging will resume from the point at which the injury/interruption occurred as determined by the judges. The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over.
4. Teams that limit/mark skills prior to the point of interruption could result in an adjustment in scores based on the skills performed.
5. If a team prefers not to re-perform the routine, at the coach's discretion, they will take the score

they have received up to that point.

PERSONAL VIDEO MEDIA POLICY

The personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. Refer to the KHSAA Postseason Instructions for the current up-to-date media policies.

DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition and will automatically forfeit any right to any prizes or awards presented by the competition.

PENALTIES

A deduction will be given for EACH safety/general competition rule violation. The point value of this deduction will be as follows:

- 0.5 points- starting/ending off the surface, performance error- any skill or trick executed incorrectly that then makes it an illegal skill/trick (example: touching down on an aerial cartwheel with non- hands-free poms in hand)
- 1.0 points- General rules violations including (but not limited to) **timing infractions of 1-5** seconds over time, not enough kicks, costume/shoe rules, etc.
- 1.5 points- **Timing infractions of 6 or more** seconds over time, routine safety rule violations

If you have any questions concerning the legality of a trick or move, please email the video to udarules@varsity.com. Include your team's name, your name, a contact phone number, and the event attending. Videos submitted for the KHSAA regionals must be received by October 21st and will only be accepted from the head coach of the team. Videos submitted for the KHSAA state championship must be received by November 4th and will only be accepted from the head coach of the team. If received after the deadline, the video is not guaranteed a response. Videos from choreographers will not be allowed. For questions, please contact udarules@varsity.com.

GENERAL GUIDELINES FOR ALL KHSAA EVENTS

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
2. All programs should have, and review, an emergency action plan in the event of an injury.
3. Coaches must recognize the entire team's particular ability level and limit the team's activities accordingly.
4. No technical skills should be performed when a coach is not present or providing direct supervision.
5. All practice sessions should be held in a location suitable for the activities of dance, and away from noise and distractions.
6. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
7. The performance surface should be taken into consideration before engaging in any technical aspect of dance. The performance area should be reasonably free of obstructions. Dancers should not perform technical skills on:
 - a. Concrete, asphalt, or any other hard or uncovered surface
 - b. Wet surfaces
 - c. Uneven surfaces
 - d. Surfaces with obstructions
8. The dance team coach or other knowledgeable designated representative should attend all practices, functions, and games.

COMPETITION ROUTINE GUIDELINES

- A. Formal entrances which involve dance, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
- B. All staging, backdrops, special effects, or any items that may damage or otherwise alter the performance floor or environment are prohibited (water, powder, glitter, fire, sliding oil, etc).
- C. Center markers will not be allowed. This includes but is not limited to- stuffed animals, toys, alternate dancers, spacing ropes, etc.
- D. All performers (unless injured) must remain within the performance area throughout the entire routine. Dancers can only enter the performance area through the designated entry at the beginning of the routine and exit at the designated exit at the end of the routine. Athletes will not be penalized for leaving the performance surface but must stay within the performance area throughout the duration of the routine.
- E. Time limit is as follows: Teams will have a maximum of 2:00 (two minutes) to demonstrate their style and expertise. If a team exceeds the time limit by more than (3) three seconds, they will be issued a penalty.
- F. Timing will begin with the first choreographed movement or note of music, whichever is first. Timing will end with the last choreographed movement or note of music, whichever is last.

MUSIC GUIDELINES

1. I have read and understand the USA Cheer Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with written license from the owners(s) of the sound recordings.
2. For the most up to date music information, visit <http://varsity.com/music>. If you have any questions, cheer teams should email dancemusic@varsity.com Please check Preferred Provider list for updates and changes periodically.
3. Teams must be able to provide proof of licensing (if requested), in the form of a printed copy, during registration at the event.
4. If a team's music does not work or is deemed illegal, teams will be given the option to count the routine verbally or perform to an approved track of music or a track with counts.
5. If a team's music does not work or is deemed illegal, and the team chooses not to count the routine or perform to an approved track of music or a track with counts, the team will be disqualified from the competition and not allowed to perform or compete.
6. If you would like to perform your school's original fight song, you may bring a recording of your marching band playing the song. You will need to get the school's permission to use the song and recording. A letter granting permission for the cheer or dance team to use the fight song on school letterhead is enough. It should be signed by your program's administrative supervisor. Go to varsity.com/music for more details.
7. It is required that each team have a responsible adult at the music station that knows the routine and music (no alternates or team members allowed). This representative is responsible for pressing "play". Should an adult choose not to stay at the music table for the duration of the routine, and a malfunction occurs, teams may or may not be permitted to perform the routine again. Please make sure that all devices are fully charged, volume turned up and placed in airplane mode.

CHOREOGRAPHY AND COSTUMING

- A. All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening. Examples of inappropriate choreography may include, but are not limited to, vulgar or suggestive movement appearing offensive or sexual

in content, displaying acts of violence, and/or relaying lewd or profane gestures. Music containing words unsuitable for family listening is not allowed. This includes, but is not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.' Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put their team in an unfortunate situation.

- B. Shoes, on both feet, are recommended but not required while on the performance surface. Please note that should dancers choose to wear shoes, anything with wheels is not allowed (example: roller skate, roller blades, heelys, etc.). Wearing socks and or footed tights only is not allowed.
- C. Teams may NOT use Disney themes, nor may they have costumes that resemble a Disney character, movie, or theme.
- D. When dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the bra line down, front of the body only. Nude body liners are acceptable. This rule applies in the Game Day category as well.
- E. For the safety of all athletes, tights are HIGHLY recommended to be worn with costumes, but not required.
- F. All male dancers' costumes must include a shirt that is fastened; however, it can be sleeveless.
- G. Jewelry as part of the costume is allowed.

PROPS

Props are not allowed. A prop is defined as anything that is danced with that is not always attached to your costume and is used to enhance the routine. Articles of clothing, such as jackets, headbands, sunglasses, hats etc. may be removed from the body and discarded; these items may not have any choreographed movement done with them. If taken off and danced with, it becomes a prop. Items/articles of clothing brought onto the stage but not worn are considered a prop. This rule applies to the Game Day category as well. Poms being used in a pom and/or Game Day routine do not count as props. Signs being used in a Game Day routine ONLY will not count as props. (See Game Day section for specifics).

HANDS FREE POMS

The use of hands-free poms will be allowed. Hands-free poms are defined as poms specifically made so that performers do not have to hold the poms but rather, they are affixed to the performers hand. Proper use means bars cannot be in the palm of the hand and only an elastic band can be between the supporting hand and the performance surface for skills, tricks, etc. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands-free pom.

SCHOOL DIVISIONS AND CATEGORIES:

The KHSAA postseason will offer four divisions: Jazz, Pom, Hip Hop, and Game Day. The max number of performances teams are allowed to enter is three (3), so long as the third routine is Game Day. Each member school Athletic Director or Head Coach shall only submit one form per school and must be signed into the KHSAA School subdomain to declare. You can find DA101 on the school subdomain under the dropdown menu "Forms and Reports" and under "Dance Forms". Teams can contain the same team members or schools can enter separate squads.

TEAM PARTICIPANTS

The minimum number of participants a team can have is (5) five. The maximum is 30.

ROUTINE SAFETY RULES

TUMBLING AND SKILLS (EXECUTED BY INDIVIDUALS)

1. Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: Forward rolls and backward rolls are allowed). The proper use of hands-free poms for hip over-head skills is allowed. *Please reference the Hands-Free Poms section for more details*
2. Tumbling skills with hip over-head rotation:
 - a. Airborne skills with hand support may not be airborne in approach but may be airborne in descent if the approach is non-airborne (clarification: a round off is allowed- hands touch the ground before the foot leaves the ground).
 - b. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.
3. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
4. Airborne hip overhead rotation skills without hand support are not allowed. (Exception: Aerial cartwheels/side somis not connected to any other hip over-head rotation skill are allowed.)
 - a. Airborne hip overhead rotation skills without hand support may not involve any twisting motion or a blind landing. Exception: Round Offs with no hands will be allowed.
 - b. Recommendation: If using non-hands-free poms in an aerial cartwheel/side somi, dancers should place both poms in non-dominant hand. If a dancer bears weight on the performance surface with a hand that is holding a pom during the skill, a penalty will be assessed.
5. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
6. Choreographed drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
7. Landing in a push-up position onto the performance surface is allowed from a standing or kneeling position or from a jump with forward momentum. All variations of a Shushanova are not allowed.
8. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulder, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the "rubber band"/" bronco" kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).

***Note: The following are lists of commonly known dance skills. This does not mean that they are required for your routine, nor does this list encompass all skills that are legal/illegal. ***

ALLOWED:

Aerial Cartwheels	Front/Back Walkovers
Front Handsprings	Round Offs (with or without hands)
Side Somi	Stalls/Freezes
Forward Rolls	Head spins
Backward Rolls	Windmills
Cartwheels	Kip Ups
Handstands	Shoulder Rolls
Headstands	Headsprings (with hands)
Backbends	

NOT ALLOWED:

Front Tucks	Back Handsprings
Front Aerials	No handed headsprings

Dive Rolls
Layouts
Back Tucks

Toe Pitch Back Tucks
Shushunova

DANCE LIFTS AND PARTNERING (Executed in pairs or groups)

1. The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface through the entire skill. (Exception: Kick Line Leaps).
2. At least one Supporting Dancer must maintain contact with Executing Dancer(s) throughout the entire skill
 - a. Lifting with poms is allowed.
 - b. Extensions, pyramids, and basket tosses are NOT allowed.
3. Swinging in and out of lifts and tricks is allowed in the prone and/or supine positions; swinging forwards, backwards, or making a complete circular rotation will not be allowed if the Executing Dancer is in a prone position (body facing the ground).
4. Hip over-head rotation of the Executing Dancer(s) may occur if a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.
5. Vertical Inversions are allowed if:
 - a. The Supporting Dancer(s) maintain contact until the Executing Dancer returns to the performance surface or returns to the upright position.
 - b. When the height of the Executing Dancers shoulders exceeds shoulder level of the Supporting dancer, there is at least one additional dancer to spot who does not bear weight.

RELEASE MOVES (Unassisted Dismounts to the performance surface)

1. An Executing Dancer may jump, leap, step, or push off a Supporting Dancer if:
 - a. The highest point of the released skill does not elevate the Executing Dancer's feet above head level of the Supporting Dancer.
 - i. Exception: toe touches off a dancer's back/leap frog jumps will be allowed
 - b. The Executing Dancer may not pass through the prone or inverted position after the release.
 - c. Toe pitch back tucks are not allowed.
2. A Supporting Dancer may release/toss an Executing Dancer if:
 - a. The highest point of the release/toss does not elevate the Executing Dancer's hips above head level of the Supporting Dancer.
 - b. The Executing Dancer is not supine or inverted when released.
 - c. The Executing Dancer does not pass through a prone or inverted position after release.
 - d. Toe Pitch back tucks are not allowed.

GAME DAY GUIDELINES AND FORMAT

Game Day will take place in the following order:

A. FIGHT SONG

Skills and choreography should represent a traditional Fight Song that your team performs at games and community events. There is a max time limit of one minute (1:00)

B. SPIRIT RAISING

Teams will choose to perform ONE of the following:

- Sideline Routine
- Stand Routine
- Drum Cadence

*The performance of your choice should have an emphasis on crowd appeal. * There is a max time limit of one minute (1:00)

C. PERFORMANCE ROUTINE

A routine (can be any style) that is designed for crowd entertainment. This is the best time to showcase your team's energy and connection to the crowd. There is a max time limit of one minute (1:00).

UDA GAME DAY ROUTINE RULES

GENERAL NOTES

1. Teams will be evaluated and scored on each Game Day component. Within each component, performances will be scored on synchronization, execution of motion and overall effect. In addition, other components that pertain specifically to each section will be judged.
2. The performance will follow this order: Fight Song, Spirit Raising, and Performance Routine.
3. Teams are required to wear a traditional uniform that you would wear when representing your school. These should be in school colors; uniforms must follow all midriff rules, which states when dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the bra line down, front of the body only. Nude body liners are acceptable.
4. Teams may use poms, but they are not required.
5. Signs / Props will be permitted in the Fight Song and Spirit Raising components ONLY
 - a. Signs must be made of poster board, corrugated poster, or fabric.
 - b. Flags are not allowed.
 - c. Signs must not be larger than 3 feet in any direction.
 - d. Signs cannot be tossed or thrown off the stage or into the crowd and must be safely placed or dropped away from performing athletes.
 - e. Hip over-head rotation skills (with or without hand support) may not be done with signs in hand.
 - f. No other props will be allowed, and all other prop rules as outlined on Page 7 must be followed as well.
6. Mascots Performing in Game Day - Teams may add up to 1 (one) mascot in their routine and should be used to raise crowd energy and participation. The mascot will not count toward the number of participants allowed but may impact the overall impression score.
 - a. Mascots may only perform in one role throughout the entirety of the routine. Mascot must remain in costume.
 - b. The mascot must enter the floor with the team and remain on the floor for the entire routine.
 - c. The mascot should not be involved in any stunts or skills with hip overhead rotation and should position themselves away from skills being performed.
 - d. Mascot Game Day Props:
 - i. Mascots will only be allowed to use traditional sideline props, such as signs and/or poms.
 - ii. No other props are allowed, and all prop rules as outlined on page 7 will apply.
 - iii. Uniform/costume pieces must be worn from the beginning of the routine. Items/articles of clothing brought on to the stage but not worn will be considered a prop.
 - iv. If any part of your mascot uniform / costume is taken off, it must be immediately put down.

7. Bands/drum lines/pep bands are not allowed.

GAME DAY TIME LIMITATIONS

1. For teams competing in the Game Day divisions, we will allow teams to have up to a maximum of 30 seconds to enter the floor and set their poms/signs. The timing will begin at the 30 second mark, regardless if team is set or not. All entry and rules guidelines will still apply, and keep in mind that your entry to the floor will not be judged; however, deductions will still be assessed. The overall time limit is 3:30.
2. All components (Fight Song, Spirit Raising, and Performance Routine) should not exceed 1 minute. If a component exceeds the 1-minute time limit, a penalty will be assessed.
3. The overall time limit (including transitions) should not exceed 3 minutes 30 seconds (3:30) for both regionals and NDTC. Timing will begin with your fight song music, or any choreographed movement/chants- whichever happens first.
4. Teams must show a clear separation between elements. Teams are highly encouraged to show spirited interaction as a clear transition.

GAME DAY ROUTINE SAFETY RULES

Teams competing in the game day divisions must follow all the routine safety rules and regulations at any UDA/KHSAA-regulated event.

** *All rules not covered in this correspondence and not covered by the KHSAA Competition Rules or NFHS Rules will default to Universal Dance Association Rules and regulations.*