

DANCE RULES AND REGULATIONS

2016 COLLEGE CHEERLEADING & DANCE TEAM NATIONAL CHAMPIONSHIP

(BOLD and grey indicates a change in rules)



I. PARTICIPATION GUIDELINES

1. All participants must be registered full-time students of their college or university and official members of the school's spirit team (no club teams or competition only teams). Official member's of the school's spirit team is that team recognized by their institution as the actual sideline/courtside spirit team that regularly supports their school athletic teams.
2. Transcripts or a notarized letter from the Dean of Students or registrar's office is required upon registering for the National Championship for the fall semester.
DOCUMENTATION OF FULL TIME STATUS MUST NOT BE DATED ANY EARLIER THAN DECEMBER 1, 2015. Teams violating this rule could forfeit their titles and be prohibited from entering the competition the following year. For any clarification on these rules please call 1-800-DANCEUDA.
3. The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance in regards to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as discrimination of any nature.
4. We recommend that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their school in regards to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

II. ELIGIBILITY GUIDELINES

1. Any university or college competing in a Varsity College National Championship shall not permit a student-athlete to represent their school unless the student-athlete meets all applicable eligibility requirements, and the coach and program administrative supervisor has certified the student-athlete's eligibility.
2. A student-athlete may only represent ONE (1) school in a National Championship competition for each academic year. For example, a student-athlete may not compete for one school in January, transfer and compete for another school in April.
3. At the Junior College level, any student-athlete will only be eligible to compete in a maximum of three (3) National Championships during the course of his/her college career.
4. A student-athlete can be a part of the institution's cheer / dance spirit squad but will only be allowed to compete for a maximum of five (5) National Championships during the course of his/her college career, regardless of the number of universities or colleges they have attended.
5. A student-athlete may not compete in more than **five (5)** National Championships in combined Junior College and/or 4-year college / university.
6. Individual Championships such as Partner Stunt and Group Stunt will follow **five (5)** year eligibility rules.
7. An alternate or injured student-athlete that does not take the competition floor will not be perceived as a competing

member and will not count towards the maximum of five (5) National Championships.

8. This will apply for any student-athlete competing at any one of the Varsity Brands College National Championships (UCA/UDA, NCA/NDA) as well as any other designated College National Championship.
9. Verification of eligibility will be required by the school's Registrar's Office and the program's administrative supervisor in addition to the coach. It will be the responsibility of these individuals to verify that all student-provided information and documentation is correct and valid.
10. Teams violating this rule could forfeit their titles and rankings as well as be prohibited from entering any other Varsity Brands Championship the following year. For any clarification on these rules, please contact the event producer of the Championship you wish to attend.
11. Any interpretations or decision of eligibility for the 2016 College Cheerleading and Dance Team National Championship will be rendered by the Rules Committee, which will consist of the Tournament Director, the UCA/UDA College Program Director and one other UCA/UDA official appointed by the Tournament Director. The Rules Committee will render a judgment in a manner consistent with the general goals of the championship.

III. 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 the teams using a 100 point system. Judges scores will be AVERAGED together to determine the overall team score. Total possible score will be 115 points, with 15 points from the Spirit Tape and 100 points for overall routine.

IV. SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular 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. No scores and rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group. In addition, teams will receive a ranking sheet with the names and average scores of all teams advancing.

V. HOW TO HANDLE PROCEDURAL QUESTIONS

1. RULES & PROCEDURES – Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.
2. 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.

VI. SPORTSMANSHIP

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. 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.

VII. INTERRUPTION OF PERFORMANCE

1. UNFORSEEN CIRCUMSTANCES

- 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.
- The team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

2. FAULT OF TEAM

- 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.
- The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

3. INJURY

- The only persons that may stop a routine for injury are: a) competition officials, b) the advisor / coach from the team performing or c) an injured individual.
- 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 at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.
- The injured participant that wishes to perform may not return to the competition floor unless:
 - 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.
 - 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.
 - Any athlete who exhibits signs or symptoms consistent with concussion

should be removed from the activity at that time and should not be allowed to return to activity that day. The athlete should not return to activity on a subsequent day until evaluated by and receives written clearance for such participation from a qualified **physician (MD or DO specifically trained in concussion management)**.

- In addition to the Varsity Brands head injury policy, we encourage you to be familiar with the specific laws of the state where the competition is being held.**

VIII. INTERPRETATIONS AND / OR RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

IX. 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.

X. FINALITY OF DECISIONS

By participating in this competition, each team agrees that all decisions by the judges will be final and will not be subject for review. 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.

XI. PRELIMINARIES, SEMI-FINALS, AND FINALS

UDA reserves the right to determine if a preliminary, semi-final or final round will be necessary. There will be a preliminary competition held in most categories. All divisions with only one round prior to the finals will be classified as a semi-final. There will be a minimum of 50% of the teams that will advance from each round of competition. Tournament officials will have full authority to make the final determination of the number of teams selected to advance to the next round. If a category has less than twelve teams participating, the championship reserves the right to hold a finals competition ONLY.

XII. NATIONAL CHAMPIONSHIP PARTICIPATION

It is understood that teams participating in the College Cheerleading and Dance Team National Championship will not knowingly and willingly

participate in any other dance event promoted as a “national championship” or “international championship” for the 2015-2016 school year. (Exception: USA National Championship). Teams who do not adhere will automatically be disqualified from the 2016 Championship and will forfeit the opportunity to participate in the tournament the following year.

XIII. TELEVISION COVERAGE

The College Cheerleading and Dance Team National Championship will be nationally televised on ESPN and ESPN 2. Because of the format of the show, not all finalist teams will be shown on the telecast.

XIV. TOURNAMENT FACILITY

1. The competition is scheduled to be held at ESPN’s Wide World of Sports® Complex.
2. The performance floor will be professional grade material. All floors will have 8 panels in rehearsal area and 10 panels on the main floor. Dimensions are as follows and can be subject to change if the tournament officials feel it is necessary for the successful execution of the championship. Each panel is 5 feet 3 ½ inches wide.
3. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

XV. APPEARANCES, ENDORSEMENTS, AND PUBLICITY

All teams winning titles, awards, or prizes agree to have all appearances, endorsements, and publicity approved through the UDA office.

XVI. PENALTIES

A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated. This deduction does not apply to violations mentioned that have designated a lesser point value. If you have any questions concerning the legality of a trick or move, please upload a video to: <http://eventuploads.varsityspirit.com/> Include your team name, your name, and a contact phone number. It must be received by January 10, 2016. For questions please contact Ashley Udashen at audashen@varsity.com.

XVII. AWARDS AND PRIZES

All teams in the final round of competition will receive a trophy. Teams who win first, second, or third will additionally receive a gold, silver, or bronze medallion. All Division IA teams advancing to Finals will need to bring their team warm-ups for the awards ceremony.

XVIII. GENERAL SAFETY GUIDELINES

1. All teams must be supervised during all official functions by a qualified coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the dancer and team skill level with regard to proper performance placement.
3. 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.
4. All programs should have, and review, an emergency action plan in the event of an injury.
5. Coaches must recognize the entire team’s particular ability level and limit the team’s activities accordingly.
6. No technical skills should be performed when a coach is not present or providing direct supervision.
7. All practice sessions should be held in a location suitable for the activities of dance, and away from noise and distractions.
8. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
9. 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
10. The dance team coach or other knowledgeable designated representative should be in attendance at all practices, functions, and games.

XIX. COMPETITION ROUTINE GUIDELINES

1. Substitutions may be made in the event of an injury or other serious circumstance. Substitutes must also abide by the age restrictions in all division in which they compete.
2. Formal entrances which involve dance, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
3. All staging, backdrops, special effects, or any items that may damage or otherwise alter the performance floor or environment are prohibited (water, powder, feathers, glitter, etc).
4. Teams may dance off of the performance floor, however all routine choreography must begin and end on the performance surface. Jumping on or off the performance floor is prohibited.
5. All team mascots, props, center markers, etc. are prohibited. We will have the center marked on all performance surfaces.
6. Time limit is as follows:

- a. Teams will have a maximum of (2) two minutes to demonstrate their style and expertise. If a routine exceeds the time limit, a penalty will be assessed for each violation. Three (3) point deduction for 3-5 seconds over, five (5) point deduction for 6-10 seconds over, and a seven (7) point deduction for 11 seconds and over.

7. Timing will begin with the first choreographed movement or note of music. Timing will end with the last choreographed movement or note of music, whichever is last.
8. Teams may NOT use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable.

XX. ***CHOREOGRAPHY AND COSTUMING***

1. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material, choreography and/or music is not allowed and is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography, costuming, makeup and/or music may affect the judges' overall impression and/or score of the routine.
2. Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. Shoes with wheels are not allowed (Example: roller skates, roller blades, heelys, etc). Wearing socks and/or footed tights only is not allowed.
3. All male dancers' costumes must include a shirt that is fastened, however it can be sleeveless.
4. Jewelry as part of the costume is allowed.

XXI. ***PROPS***

Props are allowed, however, they must fit through a 36 inch door. Props must be handheld and cannot be used to bear the weight of the dancer. Any props used must first be approved through the UDA National Office. To get them approved, please send an email to audashen@varsity.com by January 10, 2016.

XXII. ***TEAM PARTICIPANTS***

Teams who participate in the competition will have the opportunity to compete in two of the three categories. **The minimum number of dancers a team may compete with is seven (7).** Teams with ten (10) members or less who choose to enter two categories must have all of the original members perform in both routines. Teams with ten (10) members or more who choose to enter two categories must at least 10 of the same members perform in both routines. Teams who compete in two (2) categories must have the same number of total dancers in both routines. EXCEPTION: If your team chooses pom as one of your categories, male dancers are not required to perform in pom. If male dancers do choose to perform in pom, they are not required to use poms.

XXIII. ***COLLEGE DIVISIONS AND CATEGORIES:***

The competition is open to all colleges, universities, and junior colleges in the continental United States. All team members must be registered fulltime students of their college or university and official members of the school's spirit squad (no Club Teams). The competition will consist of the following three divisions:

1. **Division IA-** Universities with NCAA Division IA football programs (Football NCAA I-FBS).
 2. **Division I-** NCAA Division I schools (Football NCAA I-FCS)
 3. **Open NCAA Divisions-** II, NAIA, Junior Colleges, and all other schools
- **JAZZ** – A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity. Creative choreography will capture an audience and judges attention. Having your own “style” will distinguish your team apart from the rest. See scoresheet for more information.
 - **POM** – Poms must be used at least 80% of the routine. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and dance technique. Motions should be very sharp, clean, and precise. Your team should be synchronized and appear as “one.” A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. Keep in mind that a pom routine carries a more “traditional” theme, whereas, jazz routines are more stylized. See scoresheet for more information.
 - **HIP HOP** – Routines should include street style movements with an emphasis on execution, style, creativity, body isolations and control. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. Teams may also put an additional focus on incorporations such as jumps, jump variations, combo jumps, stalls and floor work. See scoresheet for more information.

XXIV. ***ROUTINE RULES AND GUIDELINES WEIGHT BEARING SKILLS***

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 use of hands free poms for hip over-head skills is allowed.

TUMBLING AND TRICKS (Executed by Individuals)

<u>ALLOWED</u>	<u>NOT ALLOWED</u>
Forward/Backward Rolls	Toe Pitches
Shoulder Rolls	Front/Back Handsprings
Cartwheels	Front/Back Tucks
Headstands	Side Somi
Handstands	Layouts
Backbends	Shushunova
Front/Back Walkovers	Headsprings (without hand support)
Stalls/Freezes	Dive Rolls (In any position)
Head spins	Continuous double (partner) cartwheels
Windmills	Front Aerials
Kip up	
Round Off	
Headsprings (with hand support)	
Aerial Cartwheels	

1. Airborne skills without hand support are not allowed. (Exception: Aerial cartwheel that is not connected to any other tumbling skill is allowed).
2. Aerial cartwheels are not allowed while holding poms or props. They must be placed in one hand. (Exception: Aerial cartwheels may be done with hands free poms).
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. 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.
5. Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a shushunova (see glossary) are not allowed.

**XXV. 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. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions, shoulder stands, and all other cheer based stunts are not allowed.
3. Swinging lifts and tricks are allowed provided the Executing Dancer's body does not make a complete

circular rotation and is in a supine position at all times. Swinging in a prone position is not allowed (backwards and forwards or a complete circular rotation).

4. Hip over-head rotation of the Executing Dancer(s) may occur as long as ALL of the following apply:
 - a. When passing through the inverted position, the Executing Dancer's shoulders may not exceed the height of the supporting dancer's shoulders when standing upright.
 - b. A Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or to the upright position.
 - c. The skill is limited to one (hip over-head) rotation.
5. Vertical Inversions are allowed as long as:
 - 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 exceed shoulder level of the Supporting dancer, there is at least one additional dancer to spot who does not bear weight.

XXVI. 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 hips above shoulder level.
 - b. When the height of the skill is between hip level and shoulder level, the Executing Dancer may not pass through the prone or inverted position after the release.
 - c. Toe pitches 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 shoulder level.
 - 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 Pitches are not allowed.

ON BEHALF OF MY DANCER, I HEREBY ACCEPT THE COMPETITION AND ROUTINE RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES.

(Team Name)

(Division)

(City / State)

(Date)

(Advisor / Coach Signature)

(Administrator / Signature)