



BY VARSITY SPIRIT



2024 – 2025

UDA ALLSTAR

EVENT GUIDELINES



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DIVISIONS

UDA All Star events will follow offer all USASF divisions for the 2024-2025 season along with the guidelines for splitting and combining teams <https://www.usasf.net/rules>.

2024-2025 SAFETY AND GLOSSARY

1. All athletes attending the UDA All Star competitions and the UDA All Star National Championship must be a rostered athlete listed on their official event roster and follow all the Varsity Spirit Rules & Regulations and Event Guidelines.
2. UDA will follow the USASF Safety Guidelines regardless of the country or division in which they are representing.
3. Go to <http://www.usasf.net> for changes and a complete glossary of terms.
4. Clarifications and updates may be made throughout the season.

ALL STAR GENERAL

1. Coaches' wristbands/credentials must always be worn. No one will be allowed to enter the warm up area and/or Coaches Hospitality Room (if applicable) without this identification. Wristbands or lanyards attached to bags do not count.
2. The gym and all participating teams must comply with the following rules and regulations depending on the event in which the team is participating.
3. Any violation of these rules and regulations could result in a penalty, point deduction and/or disqualification.
4. All Varsity Spirit registration and event guidelines must always be followed and complied with.

ALL STAR PARTICIPATION

1. The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance with 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.
2. Any unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or Event Staff will result in potential team disqualification, removal from the event and / or barred participation from future Championships.

CROSSOVERS

1. Varsity All Star event's require that all athletes must be registered members of the USASF, provide an official USASF event roster and compete in the correct USASF division that matches their roster. Any team who has a roster violation (including, but not limited to: age violation, team size violation, athlete eligibility violation, tier violation, crossover violation, etc) may be disqualified from the event.
2. If disqualified, teams who have USASF eligible athletes of the same tier may exhibition (only violating age requirement rules), but if the violation is due to ineligible athletes, the team may not exhibition or perform.
3. Athletes must follow all USASF/IASF crossover policies
4. Crossovers at the UDA All Star National Championship WILL BE ALLOWED given the following restrictions:
 - a. An All Star Dancer is limited to performing in up to six (6) performances at the UDA All Star National Championship.
 - b. Participants may only represent one gym.
 - c. Participants must pay a crossover registration fee for additional team performances.
 - d. US dance team participants will not be allowed to crossover to cheer divisions.
 - e. International dance team participants will be allowed to crossover to cheer divisions and will still be allowed up to six (6) performances.
5. UDA will attempt to ensure teams from the same program do not have overlapping performances during the preliminary schedule. However, UDA cannot guarantee that a performance overlap will not occur during the final schedule.

6. If a team violates the crossover rules, the second and each subsequent team will receive a 10.0 point deduction off of their score for each illegal participant. Maximum penalty is 20.0.

TIME LIMITATIONS

1. Time limit is as follows:
 - a. All Star teams will have a minimum of (1:45) one minute forty-five seconds and a maximum of (2:15) two minutes fifteen seconds to demonstrate their style and expertise.
 - b. Novice teams have no time minimum but a maximum of 1 minute and 30 seconds (1:30).
2. 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.
3. Judges will use a stopwatch/clock to measure the official time. Judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 3 seconds over the allotted time, acknowledging the potential variance caused by human reaction speed and sound system time variations.
4. Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave a several second cushion to allow for variations in sound equipment.

WARM UP AREA

1. All practice sessions should be held in a location suitable for the activities of dance, and away from noise and distractions.
2. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
3. 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
4. The dance team coach or other knowledgeable designated representative should attend all practices, functions, and games.

COMPETITION PERFORMANCE AREA

1. Formal entrances which involve dance, technical skills, and all traditions/chants are not permitted. Dancers should enter the performance area in a timely fashion.
2. Teams may line up anywhere inside the competition area.
3. The performance surface will have 10 panels of marley, each panel approximately 5 feet 3 inches wide making the full floor approximately 52.6 wide x 50 deep.
4. All warm up floors will have 8 panels of marley.
5. All performers (unless injured) must remain within the performance area throughout the entire routine.
6. 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.
7. Athletes will not be penalized for leaving the performance surface but must stay within the performance area throughout the duration of the routine.
8. All skills must originate and be completed within the competition boundary. No lineups, skills, or transitions are allowed outside of the competition boundary.
9. All center markers are prohibited. This includes but is not limited to- stuffed animals, toys, alternate dancers, spacing ropes, etc. We will have the center marked on all performance surfaces.

CHOREOGRAPHY AND COSTUMING

1. UDA will follow the USASF general rules, choreography, music and costuming regardless of the country or division in which they are representing.
2. Teams competing at the National Dance Team Championship and/or any competition at Walt Disney World may NOT use Disney costumes that resemble a Disney character or movie.

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- 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 point- General rules violations including (but not limited to) timing infractions of 1-5 seconds over time, not enough kicks, costume/shoe rules, prop 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 direct those questions to the USASF- <https://www.usasf.net/rules>

UDA ALL STAR NATIONAL CHAMPIONSHIP

UDA ALL STAR TOURNAMENT FACILITY

1. The competition is scheduled to be held at Disney's Wide World of Sports ®
2. The tournament officials shall have the right to alter the time and location of the competition in the event changes because necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament offices to be essential to the successful execution of the championship.

UDA ALL STAR DIVISIONS

1. The UDA All Star National Championship will offer additional IASF divisions for the 2024-2025 season.
[UDA All Star Divisions](#)
2. UDA will follow all USASF guidelines for splitting and combining teams.

UDA ALL STAR SCORING

1. Friday March 7th - Day 1 score will count as 25% of your final score.
 - a. Novice and Prep Divisions will only perform one time – Friday March 7th and will count as 100% of your score.
2. Saturday March 8th - Day 2 score will account for the other 75%.
3. Teams will compete in reverse performance order from Day 1 performance.
4. In the event of a tie for the final placements, the tie will not be broken and both/all teams will share the placement.

UDA ALL STAR PRIZES AND AWARDS

1. All participants will receive a participation medal and drawstring bag.
2. All teams will receive a placement banner.
3. Teams who rank first, second, or third place will additionally receive bronze, silver, or gold medallions for each participant who performed on the floor plus two coaches.
4. Teams that place first will receive jackets for each participant who performed on the floor plus two coaches.
5. Based on availability, rostered alternates may request additional jackets after the competition of our final awards sessions on Sunday evening.

AGREEMENT

By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge that (i) I am the owner/coach of the team (ii) I have read and understand the foregoing, (iii) I will be solely responsible for communicating the foregoing to all coaches/directors in my program that will coaching and directing teams at the UDA Regional Competition and UDA All Star National Championship, (iv) I will ensure that my teams will comply with all rules and regulations at all times, and (v) my team will support the results of the competition, as I am a role model for my programs. I acknowledge that my team must comply with these Varsity Spirit Rules and Regulations, as well as the Event Guidelines.