



BY VARSITY SPIRIT



UDA EVENT GUIDELINES | 24 25

UDA NATIONAL DANCE TEAM CHAMPIONSHIP, JANUARY 31-FEBRUARY 2, 2025

TABLE OF CONTENTS

*All updates and changes displayed in **RED** font*

TABLE OF CONTENTS	1
HOW TO QUALIFY FOR THE 2025 NATIONAL DANCE TEAM CHAMPIONSHIP:.....	2
SCHOOL DIVISIONS AND CATEGORIES:.....	2
USA CHEER COACH MEMBERSHIP	3
ENROLLMENT.....	3
TEAM PARTICIPANTS	4
NUMBER OF PERFORMANCES	5
GENERAL GUIDELINES.....	5
COMPETITION ROUTINE GUIDELINES.....	5
CHOREOGRAPHY AND COSTUMING	6
PROPS	6
HANDS FREE POMS.....	6
HIGH KICK	7
WARM UP TO COMPETITION POLICY	7
UDA ROUTINE SAFETY RULES	7
UDA INTERMEDIATE DIVISION SKILL RESTRICTIONS	9
UDA GAME DAY FORMAT	11
UDA GAME DAY ROUTINE RULES	12
UDA GAME DAY LIVE FORMAT	13
PENALTIES.....	15
JUDGING PROCEDURES	16
SCORES AND RANKINGS	16
HOW TO HANDLE PROCEDURAL QUESTIONS.....	16
INTERPRETATIONS AND/OR RULINGS	16
NDTC REGULATIONS.....	16
RULES AND REGULATIONS AGREEMENT	18

HOW TO QUALIFY FOR THE 2025 NATIONAL DANCE TEAM CHAMPIONSHIP:

To qualify for our National Dance Team Championship (Intermediate divisions included), school teams are able participate in one of the following three options:

1. All Superior trophy winners at UDA camp with 5 or more members*+
2. All Home Routine trophy winners at UDA Overnight camp with 5 or more members
3. Teams attending any Varsity branded camp with 5 or more members can also qualify for Nationals at a UDA regional competition*

* Teams must attend an overnight camp, day camp, or home camp that is at least 2 days in length to be eligible

+ Teams will continue to qualify for a Superior trophy at overnight and day camps by athletes being evaluated in all routine evaluations. To qualify for a Superior trophy at home camps each athlete must be evaluated on a minimum of 2 camp routines.

Please note that hotel camps and resort/convention camps will fall under the "Overnight Camp" category. Teams are not eligible to qualify at one day clinics, day camps, spirit days, etc. Video entries are not accepted for school teams.

SCHOOL DIVISIONS AND CATEGORIES:

All teams in the Varsity, Junior Varsity or Junior High divisions must be an official school dance team. The Junior Varsity Division is any official school dance team that is recognized by their school as the Junior Varsity or "B" Team. Individuals are NOT permitted to compete in two divisions within the same school (Example: A dancer is not allowed to compete with both a JV and a Varsity team). Individuals are also NOT permitted to compete on two different school teams. (Example: A dancer is not allowed to compete with ABC Junior High and XYZ High School or ABC High School and XYZ High School). Individuals must be enrolled members at their school to participate.

1. **All Varsity Divisions** – 8th Grade - 12th Grade. 7th grade participants will NOT be allowed on a Varsity team; however, 8th grade participants will be allowed to participate on a Varsity team if the school they attend is under the direct administrative supervision of the same school board as the Varsity team they are representing.
2. **Varsity Divisions:**
 - Varsity Intermediate- 5-40 members (Pom, Jazz, and Hip Hop)
 - **Small Varsity- 5-14 members (Jazz, Pom, Hip Hop, Kick)**
 - **Large Varsity- 15-40 members (Jazz, Pom, Hip Hop, Kick)**
3. Varsity divisions will be split at regionals ONLY if there are more than 10 Varsity teams entered. JH and JV divisions will not be split at any event.
4. **Varsity divisions will be further split at regionals in to DI and DII designations if there are more than 10 Varsity teams in a size split.**
5. If a school has two Varsity teams (VA pom and VA jazz, OR VA Intermediate Hip Hop and VA Pom), they both must be an official school dance team as deemed by administration. To compete two Varsity teams, the following requirements must be met:
 - Team members may not be a part of both teams.
 - Teams must provide documentation on school letter head, signed by the principal, that there are two Varsity dance teams at the school, as well as a roster for each team. This documentation must be sent to the office prior to attending camp or a regional competition. Registrations for our National Dance Team Championship will not be approved without receipt of this documentation.
 - Each team must qualify separately for our National Dance Team Championship either at camp with 5 or more members, or by placing at a regional competition, so long as they **met camp requirements** with 5 or more members.
 - If teams choose to have two Varsity teams in the same division (i.e., two Medium Varsity Pom teams), they recognize that they will compete against each other.

6. **All Junior Varsity Divisions** – 7th Grade -12th Grade. Junior Varsity Divisions WILL be allowed 7th grade participants if they attend a school that is under the administrative supervision of the same school board as the high school that they are representing. Junior Varsity teams must be the official Junior Varsity of the school they represent.
 - **Please Note:** If a team has an equal amount of 8th and 9th graders on the team, they will be required to compete in the Junior Varsity Division.
7. **All Junior High Divisions** – 9th Grade and Below. Junior High Divisions WILL be allowed 9th grade participants if (1) they attend a school that is under the administrative supervision of the same school board as the junior high school that they are representing AND (2) a minority of the team are 9th graders. Junior High teams with most 9th graders would compete as a Junior Varsity.
8. **All College Divisions** – The minimum number of dancers a team may compete with is seven (7)*. The maximum number of dancers a team may compete with is twenty (20). Teams with ten (10) members or less who choose to enter two categories must have all the original members perform in both routines. Teams with ten (10) members or more who choose to enter two categories must have at least 10 of the same members perform in both routines. Teams who compete in two (2) categories do not have to have the same number in each routine, if 10 are the same for both performances. If your team chooses pom as one of your categories, male dancers are not required to use poms.
*NOTE: If your team drops below the minimum, (7) please contact Stacy Shelton at sshelton@varsity.com.
Please visit uda.varsity.com for a complete listing of divisions for regional competitions as well as the National Dance Team Championship.

USA CHEER COACH MEMBERSHIP

1. USA Cheer has developed a comprehensive [Membership Program](#), which includes a background check, athlete protection training, acknowledgement of concussion training with return to participation guidance, a member code of conduct, and safety training courses on risk management and safety rules.
2. All school coaches, choreographers and personnel wishing to access the warmup area, backstage or coaches' box must have a USA Cheer Membership. The Dance, Cheer Coach, STUNT Coach or Professional Membership is acceptable.
3. You must complete your membership requirements before your first competition. Please note that the background check will take 2-10 days to be processed and returned. Coaches and/or personnel without an approved Membership will not be allowed access to the warmup area, backstage or coaches' box.
4. When checking in at Varsity Spirit competitions, you will now simply provide proof of membership for each coach from your organization who wishes to go into the warmup area, backstage or coaches' box. Upon proof of membership, each coach will receive a wristband that will allow them access. **Individuals whose names are listed on the USA Cheer temporary or permanent ineligible list are prohibited from attending Varsity Spirit Events, including all camps and competitions.**
5. The USA Dance Membership is available on the USA Cheer [website](#). Once your membership is complete, you can print your membership card, or save and display it on your mobile device at event registration along with your photo ID. This season's membership will be active **June 1, 2024 through May 31, 2025.**

ENROLLMENT

All teams must submit an official school enrollment letter for determination of DI/DII division status. School enrollment is defined as all students registered as in-school students at the school and any other students also eligible to participate in athletics at that school.

1. **High school enrollment includes all students registered for attendance at the school for grades 9-12.**
2. **The total enrollment must also include all virtual, co-curricular, and/or home school students if they are eligible for athletics at the school.**
3. **Single gender schools who use athletes from other schools will use the total enrollment of the school the team is representing for DI/DII classification. Teams also need to supply enrollment numbers from each affiliated school.**
 - a. **Cooperative teams must include total enrollment from both schools.**
 - b. **Cooperative teams must have approval from the Rules Committee.**
 - c. **Cooperative teams are limited to combining from no more than 2 (two) schools.**
 - d. **Both schools must be in one school district or governed by one school board.**
 - e. **Cooperative teams must support the school(s) athletics/ endeavors throughout the year, and not combine just for competition.**

- f. Any team approved must use the combined enrollment for both schools when submitting the enrollment letter for DI/DII classification.
- g. If approved, the team must compete as one for the entire 24-25 event season.
4. Enrollment letters must include the number of students enrolled at the school as of October 1, 2024, and be submitted no later than October 31, 2024.
5. The official enrollment letter must come from the school's principal or athletic director on an official school letterhead and include a copy of the registrar's/attendance office documentation of enrollment by grade/student type.
6. NDTC divisions are split into Division I (1400+ school enrollment) & Division II (1399 or less school enrollment).

TEAM PARTICIPANTS

The minimum number of participants a team can have for a regional competition is five (5). The maximum number of participants a team can have is forty (40). See below for division breakdowns.

Substitutions may be made in the event of an injury or other serious circumstance. Substitutes must also abide by the age restrictions in all divisions in which they compete.

Important Things to Note: The minimum requirement for NDTC is 5. If your team drops below the minimum, (5) please contact Stacy Shelton at sshelton@varsity.com.

- Junior High – 5-40 members (Pom, Jazz, Hip Hop, Kick, Game Day)
- Junior Varsity – 5-40 members (Pom, Jazz, Hip Hop, Kick, Game Day)
- Varsity Intermediate- 5-40 members (Pom, Jazz, and Hip Hop)
- Small Varsity- 5-14 members (Jazz, Pom, Hip Hop, Kick)
- Large Varsity- 15-40 members (Jazz, Pom, Hip Hop, Kick)
- Varsity Game Day Divisions
 - a. Small Varsity Game Day - 5-12 members
 - b. Medium Varsity Game Day - 13-17 members
 - c. Large Varsity Game Day - 18-40 members

Trade out Athletes:

1. Teams competing in multiple performance categories must stay in the same division size but can have different numbers in routines.
2. Teams will be able to trade out, remove, or add athletes between their categories, so long as they stay within the division size range.
3. Teams may also continue to trade out athletes and maintain the same number of performers in routines. Junior High, Junior Varsity, and Varsity Intermediate teams may trade out, remove, or add athletes between their categories, but must also follow the Varsity division size rules.
4. Teams competing in Game Day will not be able to compete with less athletes than the performance category with the highest number of athletes.

Examples:

1. A Small Varsity team is competing Jazz and Pom. They have 9 dancers in Jazz . For Pom, they added 3 dancers; therefore, they are dancing 12 dancers in Pom.
2. A Large Varsity team is competing in Pom, Hip Hop, and Game Day. They have 15 dancers in Pom and added one dancer for 16 total dancers in Hip Hop. For Game Day, they added 4 dancers; therefore, they are dancing 20 in Game Day.
3. A Varsity team is competing in Jazz, Kick, and Game Day. They have the same 16 dancers in all three routines; therefore they will compete in Large Jazz, Large Kick, and Medium Game Day.

4. A Varsity Intermediate team is competing in Pom and Kick. They have 13 dancers in Kick. For Pom, the team traded out 2 dancers and removed 3 dancers; therefore, they are dancing 10 in Pom.
5. A Junior High Team is competing in Hip Hop and Jazz. They have 18 dancers in Hip Hop. For Jazz, they traded out 4 dancers and added 2 dancers; therefore, they are dancing 20 in Jazz.

NUMBER OF PERFORMANCES

1. Dancers competing at a regional/local event run by UDA may compete in multiple routines*. There is no limit. Dancers competing on an all-star team ONLY may compete no more than six (6) times.
2. Dancers competing at a regional with a school and all-star program, may only compete a max of six (6) times between both programs. Dancers must pay BOTH the school fee and the all-star fee to compete with both teams.
3. For teams competing at the NDTC, please refer to page 18 for further clarification on number of performances at that event.
4. *Teams competing at any State Association events must follow their state guidelines and regulations for number of performances, divisions entered, etc.

GENERAL GUIDELINES

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 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

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. **Teams have 30 seconds from the team's introduction to start the routine. If a team exceeds this time limit, a penalty of a .25-point deduction for 1-5 seconds or a .5-point deduction for 6 seconds and over will be assessed.**
2. 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).
3. Center markers will not be allowed. This includes but is not limited to- stuffed animals, toys, alternate dancers, etc. Regional competitions that do not have marley will have a spacing rope marker provided by UDA. These will be the only spacing rope markers allowed.
4. 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.

5. Time limit is as follows:
 - a. SCHOOL teams will have a maximum of (2) 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.
6. 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.
7. **All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a ONE-point deduction.**

CHOREOGRAPHY AND COSTUMING

1. All facets of a performance/routine, including **costuming**, 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, **costuming** 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. **Costuming must be well secured and appropriate for a family friendly environment.**
2. 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.
3. 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. **Any use of Disney music requires prior approval and must be sent to musicinfo@varsity.com at least one month prior to your first competition. Any use of Disney theme and costuming requires prior approval and must be sent to udarules@varsity.com at least one month prior to your first competition.**
4. 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 to all Pom, Jazz, Kick, Hip Hop, Game Day, and Intermediate divisions.
5. For the safety of all athletes, tights are HIGHLY recommended to be worn with costumes, but not required. **Costuming must be well secured and appropriate for a family friendly environment.**
6. All male dancers' costumes must include a shirt that is fastened; however, it can be sleeveless.
7. 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 **and/or rally towels** 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.

HIGH KICK

Each routine must have a minimum of 60 kicks. We suggest that your routine have more than 60 to ensure meeting the minimum requirements. A kick is defined as one foot remaining on the floor while the other foot lifts with force at least one inch from the floor. At least half the team must execute a kick for it to be counted. Teams with an odd number of dancers will have the allowance of one less (Example: A team has 15 members. Both 8 dancers executing a kick AND 7 dancers executing a kick will count as the “majority”.)

1. Leg Holds: If the leg hold is lifted off the ground with force at or above 90 degrees and is performed by most of the team, it is considered a kick that counts towards the requirement.
2. Ripple/Contagions: When a kick is performed in a ripple or a contagion by most of the team, it will count as one (1) total kick toward the required minimum.
3. Chasing ripples/Pickups: These kicks will count as one (1) kick, however many times it is completed by most of the team.
4. Contracted/Can-Can Kicks: Any time the leg extends at or above 90 degrees, contracts and extends again at or above 90 degrees, it will be defined as separate kicks.
5. Passe, flick kicks which kick behind the dancer, turn sequences, toe taps, kicks while kneeling or sitting, etc. will not be counted as kicks. **Leg placement in the attitude position will not be counted as a kick.**

WARM UP TO COMPETITION POLICY

The time between when a team finishes warm-ups and is on the competition floor should be no sooner than 8 minutes and no longer than 30 minutes. NOTE: Teams delayed performing after 30 minutes should have the opportunity to warm up again or be given an area and posted a list of exercises to rewarm up their muscles: Quick Toe Raises, Squat Jumps, Jumping Jacks, Bridges, Running with High Knees and or Punches.

Based on an event’s facilities, the performance schedule may allow for more or less time to get from warm-up to the competition arena. Event Officials will monitor timing and work to provide the safest competition environment for all athletes.

UDA ROUTINE SAFETY RULES

Intermediate division routine safety rules can be found on page 10

All-Star teams please visit www.usasf.net for routine rules and regulations

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 sent via text message will not be accepted.** Videos submitted for a regional/local event must be received **two weeks prior to the event** and must be labeled with the event attending. Videos for NDTC must be received by **January 10, 2025**. All videos 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.

A. 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.
 - i. 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: **Front aerials**, Aerial cartwheels and/or side somis not connected to any other hip over-head rotation skill are allowed.)
 - a. Recommendation: If using non-hands-free poms in a **front aerial, aerial cartwheel, and/or 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).

Below are some examples 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. The above rules still apply

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 | Front Aerials |

NOT ALLOWED:

- | | |
|-------------|-----------------------|
| Front Tucks | Back Handsprings |
| Dive Rolls | No handed headsprings |
| Layouts | Toe Pitch Back Tucks |
| Back Tucks | Shushunova |

B. 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.

C. 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 release does not elevate the Executing Dancer's feet above head level of the Supporting Dancer.
 - i. Exception: toe touches off a dancers back/leapfrog 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.

UDA INTERMEDIATE DIVISION SKILL RESTRICTIONS

These rules apply to all Varsity teams entered in Intermediate Pom, Intermediate Jazz, and Intermediate Hip Hop, for both regionals and the National Dance Team Championship

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 sent via text message will not be accepted.** Videos submitted for a regional/local event must be received **two weeks prior to the event** and must be labeled with the event attending. Videos for NDTC must be received by **January 10, 2025**. All videos 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.

A. TECHNICAL SKILL/ELEMENT RESTRICTIONS

1. **Dancers must have 4 counts between the completion of one tumbling skill/technical skill to the execution of another.**
Example: Dancer does a double pirouette and lands on count 1 - dancer can use transitional steps, choreography, or preparatory steps on counts 2, 3 & 4 and legally execute another skill on count 5.*
Exception: chaine's & piques in succession.
Exception: chaine' battement/fan
2. Stationary turns are allowed provided the following:
 - a. Pirouette turns may be executed in a passe, coupe, pencil, or attitude position and are limited to two rotations. Clarification: Touching/holding the working leg during the turn sequence is not permitted.
 - b. Leg hold turns and illusions are limited to one rotation.
 - c. Axels and/or tours are not permitted.
 - d. Dancer(s) must come to a complete stop with both feet on the performance surface.
 - e. Chaine' and pique turns in succession are allowed provided they are only connected to themselves.
 - i. Chaine's and piques cannot be connected to any other skill/technical element.
 - ii. Chaine's and piques are not allowed out of stationary or fouetté turns, etc.
 - iii. Piques are limited to a single rotation.
 - f. Chaine' connecting to a fanning battement/kick is allowed.
3. Fouette turns/A la Seconde turns sequences are allowed provided the following:
 - a. Teams are limited to a maximum of two separate sequences. These can be performed by one or more team members. Turn sequences may not be performed consecutively.
 - b. Turn sequences are limited to Fouette turns, A la Seconde turns and Pirouettes only.
 - i. Single and double pirouette turns within the sequence may be in passé, coupe, pencil, and attitude positions. Clarification: Touching/holding the working leg during the turn sequence is not permitted.
 - ii. Floats are not permitted.
 - iii. No changing spots/directions
 - c. Turn sequences are limited to one eight count of turning. This does not include the preparation or ending/completion of the turn sequence. (Example: Preparation on counts 7-8, three a la seconde turns into a double pirouette on counts 1-8, completion/landing on count 1.)
 - d. Dancer(s) must come to a complete stop with both feet on the performance surface.

Dancers must have 4 counts between the completion of one technical skill to the execution of another.

4. Leaps/Jumps are allowed provided the following:
 - a. Preparations for traveling leaps and/or jumps are limited to a step or chasse. A chaine' turn used as a preparation directly into a leap and/or jump is not permitted.
 - b. Dancer(s) must come to a complete stop with both feet on the performance surface.
Dancers must have 4 counts between the completion of one technical skill to the execution of another.
 - c. Switch leaps in any form are not permitted.
5. Kicks/Kicklines
 - a. Kicks/Kicklines are allowed and are not restricted in number.
 - b.

***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:

Chaine Turn	Toe Touch
Pique Turn	Grand Jete
Pirouette	C Jump
Fouette Turn	Side Leap
A La Seconde Turn	Firebird
Leg Hold Turn	Illusion

NOT ALLOWED:

Switch Leap	Reverse Jump
Floats	Turning Disc
Switch Tilt	Calypso
Turning Switch Tilt	Axels
Turning C Jump	540 Jump

B. TUMBLING AND SKILLS (Executed by Individuals)

1. Dancers must have 4 counts between the completion of one tumbling skill/technical skill to the execution of another.
Example: Dancer does a roundoff and lands on count 1 - dancer can use transitional steps, choreography, or preparatory steps on counts 2, 3 & 4 and legally execute another skill on count 5.*
2. Weight bearing skills (with or without hip over-head rotation skills) must not be connected to any other tumbling skill or technical element. Dancer(s) must come to a complete stop with both feet on the performance surface.
3. 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).
 - a. The use of hands free poms for hip over-head skills is allowed. *Please reference the Hands-Free Poms section for more details*
4. Tumbling skills with hip over-head rotation:
 - a. Airborne skills without hand support are not allowed. (Exception: Headsprings with hand support not connected to any other skill or technical element are allowed).
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 from a jump in which the legs are in front of the body and swing behind are not allowed.
 - a. All variations of a shushunova are not allowed.
8. Kip ups with hand support must initiate from the back/shoulder area touching the ground. Kip ups with hand support are allowed and must not be connected to any other skill or technical element.

***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:

Front/Back Walkovers	Forward Rolls
Kip Ups (with hands)	Backbends
Round Off	Backward Rolls
Shoulder Rolls	Handstands
Stalls/Freezes	Cartwheels
Headsprings (with hands)	Headstands

NOT ALLOWED:

Front Tucks	Back Tucks
Back Handsprings	Layouts
Front Aerials	Shushanova
Barani	Side Somi
Aerial Cartwheels	Front Handsprings
No handed headsprings	Windmills
Dive Rolls	Head Spins
Toe Pitch	

C. 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. Thigh stands, shoulder sits, and chair sits are allowed.
3. The following cheer-based stunts are not allowed:
 - a. Elevators
 - b. Extended cheer stunts (the lifted dancer is extended in an upright position over the base(s) who maintain fully extended arms and have the lifted dancers' feet in hands)
 - c. Pyramids and basket tosses
4. Swinging in and out of lifts and tricks in the prone and/or supine positions is not allowed; 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).
5. If Executing Dancer(s) is not in direct contact with the performance surface, then hip over head rotations are not allowed.
6. If Executing Dancer(s) is not in direct contact with the performance surface, then Vertical Inversion are not allowed.
7. Assisted kip ups with hand support are allowed; the Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface through the entire skill.

D. RELEASE MOVES

1. The Executing Dancer(s) may not be released **or tossed**.
2. **The Executing Dancer may jump, leap, step or push off a Supporting Dancer if:**
 - **The highest point of the release does not elevate the Executing Dancer's feet above hip level.**
 - **The Executing Dancer's hip may not cross the vertical axis after the release if airborne and/or inverted.**
 - **"Leap Frog" jumping over a standing Supporting Dancer is not allowed.**
 - **Toe pitches are not allowed.**

UDA GAME DAY FORMAT

This will serve as the format for ALL 2024-2025 events, regionally and nationally. Please refer to the below rules and regulations section for a full list of rules and guidelines, including but not limited to division sizes, costuming, music, etc.

Teams must show a clear separation between elements. Teams are highly encouraged to show spirited interaction as a clear transition.

Game Day will take place in the following order:

1. 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)

2. 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)

For Game Day routines only, Voice-overs and words may not be recorded or overlaid on the music tracks to make the team's vocal projection sound louder.

3. 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

**These rules apply to JUNIOR HIGH, JUNIOR VARSITY, and VARSITY teams competing in the Game Day category at ALL events (UDA regionals and NDTTC). For Game Day Live rules and regulations, please see page 14*

TEAM GUIDELINES

1. The competition is open to all Junior High, Junior Varsity, and Varsity teams in the country.
2. Teams must have a minimum of five (5) dancers- the maximum is forty (40) dancers.
3. Individuals may not represent more than one team at any UDA competition.
4. Teams may not compete in both Game Day and Game Day Live at the same event.
5. Teams will not be able to compete with less team members than their other categories.
6. Varsity divisions will be split at regionals ONLY if there are **more than 10** Varsity teams entered. JH and JV divisions will not be split at any event.

GENERAL NOTES

1. The performance will follow this order: Fight Song, Spirit Raising, and Performance Routine.
2. 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.
3. Teams may use poms, but they are not required.
4. Signs/Props will be permitted in the Fight Song and Spirit Raising components ONLY.
 - i. **Exception: Rally towels may also be used in the Performance Routine section. Signs are not allowed in the Performance Routine section.**
 - a. Signs **and/or rally towels** being used in a Game Day routine ONLY will not count as props.
 - b. Signs must be made of poster board, corrugated plastic, or fabric.
 - c. Flags are not allowed.
 - d. Signs may not be larger than 3 feet in any direction.
 - e. Signs **and/or rally towels** cannot be tossed or thrown off the stage or into the crowd and must be safely placed or dropped away from performing athletes.
 - f. Hip over-head rotation skills (with or without hand support) may not be done with signs in hand.
 - g. No other props will be allowed, and all other prop rules as outlined on Page 7 must be followed as well.

5. Mascots Performing in Game Day - Teams may add up to **2 (two) mascots** in their routine and should be used to raise crowd energy and participation. The mascots 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 **and/or rally towels**.
 - 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.
6. Bands/drum lines/pep bands are not allowed.
7. **Voice-overs and words may not be recorded or overlayed on the music tracks to make the team's vocal projection sound louder.**

GAME DAY TIME LIMITATIONS

1. **Teams have 30 seconds from the team's introduction to start the routine. If a team exceeds this time limit, a penalty of a .25-point deduction for 1-5 seconds or a .5-point deduction for 6 seconds and over will be assessed.**
2. All entry and rules guidelines apply. The team's entry to the floor will not be judged; however, deductions will still be assessed. The overall routine time limit is **3:00**.
3. 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.
4. **The overall time limit (including transitions) should not exceed 3 minutes (3:00)** for both regionals and NDTC. Timing will begin with your fight song music, any choreographed movement/chants or **after exceeding the 30 seconds allotted after team introduction** - whichever happens first.
5. **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 regional or NDTC event. Refer to page 8 for more information.

UDA GAME DAY LIVE FORMAT

This event will be offered at select regionals and NDTC

This will serve as the format for ALL 2024-2025 events, regionally and nationally. Please refer to the below rules and regulations section for a full list of rules and guidelines, including but not limited to division sizes, costuming, music, etc.

Teams must show a clear separation between elements. Teams are highly encouraged to show spirited interaction as a clear transition.

Game Day LIVE will take place in the following order:

- 1. Fight Song**
 - 2. Spirit Raising**
 - 3. Performance Routine**
1. All components for the dance team (Fight Song, Spirit Raising, and Performance Routine) cannot exceed 1 minute. If a component exceeds the 1-minute time limit, a penalty will be assessed.
 2. Teams will be evaluated and scored on each Game Day Live 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.

3. The overall time limit, including entrances and exits by all parties, as well as transitions, cannot exceed 5 minutes (5:00) for both regionals and NDTC. Timing will begin with your fight song music, or any choreographed movement - whichever happens first.
4. Teams must show a clear separation between elements. Teams are highly encouraged to show spirited interaction as a clear transition.
5. Music may be either from the band or pre-recorded, however must follow the music guidelines as stated on 12.

Game Day divisions are as follows:

- Junior Game Day – 12th grade and below - 5-40 members
 - Junior High and Junior Varsity teams interested in competing will do so in the Junior Division.
- Varsity Game Day – 7th – 12th grades - 5-40 members
 - All Varsity teams will compete in the Varsity division. If a JV and Varsity team combine or share athletes for the Game Day Live division, they will compete as a Varsity team.

DANCE TEAM GUIDELINES

Teams competing in the Game Day Live competition must follow all rules and regulations at Regionals and NDTC.

GAME DAY LIVE ROUTINE FORMAT & PEP BAND GUIDELINES

1. Same rules and skill restrictions will still apply as the above stated guidelines for Game Day Routines.
2. Pep Band/Color Guard members would be allowed to play for multiple performances; however, they may only play for the school they attend. The pep band must be current members of the official pep band/Color Guard for the school they are representing.
3. The Pep Band/Color Guard must be in a school-related, coordinated outfit (i.e., traditional team uniform, coordinated outfit representing your school colors, letters, mascot, etc.).
4. The entire performance may not exceed 5 minutes with entry and exit of all performers. Teams must enter from same location.
5. Pep Bands/Color Guard may use props.
 - a. Props must conform to the [NFHS Band safety course guidelines](#).
 - b. Props allowed include those listed above for dance teams.
 - c. Single swing flag is the ONLY additional prop allowed for Color Guard.
- i. Single swing flag tosses are allowed. However, angled tosses are prohibited. Horizontal (if center on the body) and Vertical tosses are the only planes of travel allowed for single swing flags.
 - d. Batons, rifles, and sabers are not allowed.
 - e. Props cannot bear the weight of the performer. This includes sideline boxes/band platforms used at games.
6. Pep Band/Color Guard instrument rules:
 - a. ONLY Handheld or harnessed instruments allowed in the pep band.
 - b. Pep Bands/Color Guard will be responsible for transportation of all equipment to and from the event.
7. Pep band/Color Guard members may not be involved in any stunts, tumbling, splits, leaps or aerial skills and should position themselves away from skills being performed.
8. Designated Pep Band/Color Guard Performance Area.
 - a. Pep Bands/Color Guard will line up anywhere center stage within the performing surface (54 X 42) and their timing will begin the first beat of music.
 - b. Pep bands/Color Guard must remain in designated areas of approximately 54 feet wide by 5 feet deep on the back side (behind the mats). Additional performance areas on either side of the raised stage of 5 feet wide by 42 feet deep each area will be designated.
 - c. Pep Bands/Color Guard will be limited to 40 total members. Teams may place those members to the side or back with a maximum of 20 members in each location.

- d. During the performance, Pep Band/Color Guard members are allowed to change formation but must remain in the designated performance area in which they started.
 - e. Any team member stepping outside or touching outside the performance area **with both feet** will cause a .5 penalty per occurrence. Pep Band/Color Guard members must remain in designated area during the performance.
 - f. Once a team member takes the floor, they must remain on the floor until the end of the performance.
9. Game Day LIVE Format
- a. **Game Day Live performances will allow 1 (one) minute from the team's introduction of the school to the start of the Game Day routine. Dance and Pep Band/Color Guard must enter from the same location.** Pep Bands may play any cadence or song. Only the pep band/Color Guard is scored during this time. **Dance should be positioned so that the Pep Band can be adequately scored.**
 - b. **FIGHT SONG:** This element should reflect your school's traditional Fight Song. For teams that do not have an official Fight Song, it is recommended to use a second selection of band music. When performing the fight song, the pep band should focus on sound quality, technical accuracy, musicality, and engagement. They should lead the dancers and the crowd with their performance, as well as participate in call-backs, if applicable. Pep Band must remain in the designated band area. The dancers should showcase skills and choreography that represents the traditional Fight Song that your team performs at games and community events. Teams can choose to incorporate crowd effective skills to enhance the overall effect. Dance teams must remain in the dance performance area.
 - c. Prior to the end of the Fight Song, the Pep Band must relocate to the designated areas before the start of the **Spirit Raising section.**
 - d. **SPiRiT RAISING:** The pep band should provide a cadence or spirited music that reflects a game day environment where dancers can incorporate visual movements and crowd involvement. Pep Band must remain in the designated band area. The dancers should focus on crowd effectiveness, creative movements such as level changes or ripples, and execution of the material. The dance team should showcase a clear ability to engage and lead the crowd. Dance teams must remain in the dance performance area.
 - e. **PERFORMANCE ROUTINE:** The pep band should provide music that is upbeat, engaging, and reflects a game day environment. Pep bands are encouraged to move into the dance performance area and be incorporated in formations with the dance team to enhance the overall visual appeal. The dancers should focus on creative choreography such as routine staging and visual elements, execution of the material, and overall entertainment value.
 - f. **RUN OFF:** The pep band has 30 seconds to play original, spirited music while the dancers exit the competition floor. Once the piece ends, the pep band may exit. Only the pep band is scored during this time. **Dance and Pep Band/Color Guard must exit to the same location.**
 - g. **The use of pre-recorded tracks is not prohibited. However, it is recommended that the Pep Band members provide the music live for the entirety of the routine.**

PENALTIES

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

- **0.25 points – exceeding the allotted 30 seconds to begin a performance once announced to the floor by 1-5 seconds**
- **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), exceeding the allotted 30 seconds to begin a performance once announced to the floor by more than 6 seconds**
- **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, excessive celebration following the team's performance, recorded or**

overlaid voice-overs on the music tracks during Game Day routines to make the team's vocal projection sound louder, 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 sent via text message will not be accepted. Videos submitted for a regional/local event must be received two weeks prior to the event and must be labeled with the event attending. Videos for NDTC must be received by **January 10, 2025**. All videos 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.

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.

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. Scores and rankings will be available only to coaches at the conclusion of the event. Please note that all judges' decisions are FINAL. Any deductions or violations will be taken off the final score. In the event of a first-place tie, event officials will look at the raw scores per judge to see which team was ranked higher most often in each caption. Should a tie remain, the ranking points from the "Overall Effect" portion of the score sheet will be used to break the tie. No first-place ties in a preliminary or semi-final round will be broken.

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/head coach of the team and will be directed to the Competition Director. Such questions should be made prior to the event.
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. 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 allowed. Not all routine review forms will be handled on site.
3. Deduction sheets will be available shortly following each team's performance. Questions regarding penalties can be made by the head coach of the team only and must be done within 30 minutes of the final performance of the division or prior to final awards-whichever happens first. Once results have been announced, no rules violation challenges will be accepted.

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 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 and a designated competition official. Other individuals may be appointed by the Rules Committee to assist in final decisions.

NDTC REGULATIONS

Please note that the following rules, guidelines, and divisions are specific to the National Dance Team Championship (January 31 – February 2, 2025). Additionally, all other rules and guidelines apply.

Please visit uda.varsity.com for all divisions, rules and scoring information.

PRELIMINARIES, SEMI-FINALS, AND FINALS

1. UDA reserves the right to determine if a preliminary, semi-final, or final round will be necessary; this will be determined by the following guidelines for Varsity teams ONLY:
 - a. 0-30 teams - 2 rounds (Semis/Finals)
 - b. 31-44 teams - 3 rounds (Prelims, Semis, Finals) 1 Semi-Final group
 - c. 45 or more teams - 3 rounds (Prelims, Semis, Finals) A/B Semi-Finals and a C/D Semi-Finals
2. From each round of competition, 50% of the teams in each round/group will advance.
3. **Reverse Rank - For teams that advance, Advancing rounds will be determined by reverse rank with the lowest ranking team performing first. If this creates a conflict for your routines, adjustments will be made to the order of competition. Teams will first be moved earlier in their division to alleviate the conflict. If a conflict still remains, teams may be put later in the order to allow enough time.**
4. The top team in each preliminary will automatically advance to the finals in their respective division unless otherwise listed below.
5. Final rounds of competition will be confirmed two weeks prior to the championship; however, all advancements will be based on the final number of teams that perform in each round/group. A minimum of 3 teams will advance to the final round of the competition.
6. **UDA will combine divisions in the best interest of providing a competitive environment. When/If a division has less than 3 teams, they may be combined into the same age/size division. Division combinations will be finalized no later than 2 weeks prior to the NDTC.**
7. All divisions with only one round prior to the finals will be classified as a semi-final. In the event of a tie for the final spot advancing, both teams that are tied will move on.
8. If there is a tie for first in the preliminary round, both teams will automatically advance to the final round. Tournament officials will have full authority to make the final determination of the number of teams selected to advance to the next round.

NUMBER OF PERFORMANCES

The max number of performances a dancer may compete in at NDTC with a school team is three (3), so long as the third routine is Game Day or Game Day Live. There are **NO** exceptions to this rule. For example:

- Dancers may compete three (3) times with their school team, so long as one of those is Game Day or Game Day Live.

FLOOR DIMENSIONS (NDTC Only)

The performance surface for all main floors will have 10 panels of marley floor, each panel approximately 5 feet 3.5 inches wide making the full floor approximately 53.5 x 53.5. All rehearsal areas will ONLY hold 8 panels of marley. 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.

NATIONAL CHAMPIONSHIP PARTICIPATION- SCHOOL TEAMS ONLY

1. It is understood that teams participating in the National Dance Team Championship will NOT knowingly and willingly participate in any other dance event promoted as a "national championship", "virtual national championship", or "international championship" for the 2024-2025 school year. (Exception: USA Spirit and Dance Nationals). This includes all awards and prizes labeled as National or International Champions.
2. Teams cannot compete in another event promoted as a National or International Championship (Exception: ICU World Cheerleading Championships and World School & Performance Cheerleading Championships) for the 2024-2025 school year within a school division or category regardless of team name.
3. A school can compete at UDA and NDA if that team is recognized as a separate team by the school and no athletes are the same. (No athletes can compete at both events)

4. Teams who violate this rule will be subject to disqualification and will forfeit the opportunity to participate in the subsequent National Dance Team Championship the following year.

TELEVISION COVERAGE

The National Dance Team Championship will be nationally televised on ESPN network. Because of the format of the show, not all finalist teams will be shown on the telecast. Out of respect for the copyrights of others, original music will be composed for all routines featured in the show, to meet broadcast licensing requirements. If your team is featured in the TV broadcast and uses an original composition created for your performance, your routine music will be used in the show if you also secured synchronization rights. Teams must be able to provide written documentation that synchronization rights were properly secured during registration at the event for the original routine music to be included in the show.

APPEARANCES, ENDORSEMENTS, AND PUBLICITY

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

PRIZES AND AWARDS

1. All athletes performing on the team must be registered and rostered for the event.
2. All teams in the final round of competition will receive a trophy.
3. Teams who rank first, second, or third place will additionally receive a bronze, silver, or gold medallions for each athlete who performed on the floor plus two coaches and up to 5 additional rostered alternates, administrators or other.
4. National Champion teams will receive a champion banner.
5. National Champion teams will receive a National Champion jacket for each division/category. Jackets will be awarded for each athlete who performed on the floor plus two coaches and up to 5 additional rostered alternates.
6. Additional medallions and jackets may be requested at the conclusion of the event. Additional award requests will be shipped, based on availability, following the event.

RULES AND REGULATIONS AGREEMENT

By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge that (i) I am the sponsor/director 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 NDTC, (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 have read and reviewed both these specific UDA Event Guidelines and the Varsity Spirit Rules and Regulations.

These Event Guidelines are the exclusive property of Varsity Spirit and may not be reproduced, in part or in whole, for events not sponsored and approved by Varsity Spirit.