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SOLOS & SMALL GROUPS

# VARSITY SPIRIT EVENT GUIDELINES





## **VARSITY SPIRIT SOLO & DUO/TRIO RULES 2024** **Effective June 1, 2024**

*\*These rules apply to ALL dancers competing in any Varsity Spirit Solo Divisions and/or the UDA Virtual Solo Showdown\**

**Red** print denotes a change from prior year.

### **JUDGING PROCEDURES**

The judges for the event will be appointed at the sole discretion of Varsity Spirit. 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 "execution" 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 soloist and will be directed to the Competition Director. Such questions should be made prior to the event.
2. PERFORMANCE – Any questions concerning the soloist's performance and/or any scoring questions should be submitted to the respective brand within 48 hours of receiving the scoresheet - [udarules@varsity.com](mailto:udarules@varsity.com) or [ndascoring@varsity.com](mailto:ndascoring@varsity.com). These inquiries should only be made by the coach of the soloist; Varsity Spirit will not discuss another soloist's performance or ranking.
3. Scoresheets will be emailed following the conclusion of the awards ceremony. Should a soloist receive a deduction, they will receive that information via email as well.

### **SPORTSMANSHIP**

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

## **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, Head Judge, and a designated competition official.

## **DISQUALIFICATION**

Any soloist 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.

## **FINALITY OF DECISIONS**

By participating in this competition, each soloist agrees that all decisions by the judges will be final and will not be subject for review. Each soloist acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each soloist therefore expressly waives any legal, equitable, administrative, or procedural review of such decisions.

## **PENALTIES**

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

- 0.5 points - starting/ending off the marley surface, performance error- any skill or trick executed incorrectly that then makes it an illegal skill/trick (example: touching down on an aerial cartwheel with non- hands-free poms in hand)
- 1 point - General rules violations including (but not limited to) time infractions 1-5 seconds over time limit, not enough kicks, costume/shoe rules, prop rules
- 1.5 points - Timing infractions of 6 or more seconds over time limit, routine safety rule violations
- 2 points – For Virtual Competitions, only music captured incidentally will be permitted. No music can be edited into the video. Teams who do edit music into the video will receive a 2-point penalty.

If you have any questions concerning the legality of a trick or move, please email the video to the respective brand - [udarules@varsity.com](mailto:udarules@varsity.com) or [ndascoring@varsity.com](mailto:ndascoring@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.

## **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.
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.
4. **Time limit is as follows: Soloists will have a minimum of one minute (1:00) and a maximum of two minutes (2:00) to perform their routines. There are no exceptions to this time limit. Soloists will receive a penalty for routines more than three seconds past the time maximum or more than three seconds below the minimum.**
5. Timing will begin with the first choreographed movement or note of music, whichever is first. Timing will end with the last choreographed movement or note of music, whichever is last.

### **MUSIC GUIDELINES**

1. The USA Cheer Music Copyrights Educational Initiative will govern all sound recordings used at the event and all sound recordings used in our team's music shall only be used with written license from the owners(s) of the sound recordings.
2. For the most up-to-date music information, visit <http://varsity.com/music>. If you have any questions, soloists should email [dancemusic@varsity.com](mailto:dancemusic@varsity.com). Please check the Preferred Provider list for updates and changes periodically.
3. Soloist should have someone other than themselves start and stop their music on the video.
4. All routines will be judged with sound as they are uploaded, but all videos will not be available with music on the website for general viewing.

### **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. 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.**
4. All male dancers' costumes must include a shirt that is fastened; however, it can be sleeveless.
5. 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 your 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. Poms being used in a pom routine do not count as props.

### **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 pieces/strings together will not be counted as hands-free poms.

### **SOLO DIVISIONS AND CATEGORIES:**

**The age of the competitor as of July 31, 2024, will be used for Solo Divisions.**

- College - \*dancers must currently be on a college dance team to compete in this division\*
- Junior/ Senior – Graduating classes of 2025 & 2026
- Freshman/ Sophomore – Graduating classes of 2027 & 2028
- Jr. High/ Middle

**\*There will be a limit of FIVE (5) soloists allowed per team, and a limit of ONE (1) routine per dancer. There are no exceptions to this rule. At Varsity Spirit's discretion, divisions will be split when there are at least 3 solos registered in the split division at Varsity Spirit Regionals.**

## **ROUTINE SAFETY RULES**

### **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 if the approach is non-airborne (clarification: a round off is allowed - hands touch the ground before the foot leaves the ground).
  - b. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.
3. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
4. Airborne hip overhead rotation skills without hand support are not allowed. (Exception: **Front aerials**, Aerial cartwheels/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

**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.



JUDGE \_\_\_\_\_

**OFFICIAL**

# SCORE ★ SHEET

## DANCE SOLO & DUO/TRIO

		MAXIMUM VALUE	TEAM SCORE
<b>COMMENTS</b>	<b>PERFORMANCE IMPRESSION</b> Projection, Expression, Appeal, Appropriateness	<b>10</b>	
	<b>QUALITY OF MOVEMENT</b> Execution of Style, Control, Strength, Extension, Musicality	<b>10</b>	
	<b>TECHNICAL ELEMENTS</b> Incorporation/Execution/Balance of Style Specific Elements	<b>10</b>	
	<b>CHOREOGRAPHY</b> Difficulty, Creativity, Originality, Musical Interpretation, Use of Space	<b>10</b>	
	<b>TOTAL</b>	<b>40</b>	