

Optional Home Routine Rules and Regulations

Divisions:

School: Varsity, Junior Varsity and Junior High

*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.

***ALL STAR DIVISIONS**

There will be 6 divisions in the All Star Competition:

1. Tiny – 5 years old and younger
2. Mini – 8 years old and younger
3. Youth – 11 years old and younger
4. Junior – 14 years old and younger
5. Senior – 18 years old and younger
6. Open – 14 years old and older

The division is determined by the oldest team member. The age of the competitor as of May 31, 2009 will be the age used for the 2009-2010 year.

*Any all Star Team proven to be in violation of the age restrictions will be automatically disqualified.

Time Limit

Time Limit/Music

*School teams will have maximum of (2) two minutes to demonstrate their style and expertise.

*All Star teams will have a maximum of Two minutes and 15 seconds.

*Timing will begin with the first note of the music and end with the last note of music or the last movement, whichever is last.

*Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the team.

*All music must be on a CD or cassette tape and recorded at the beginning of the tape. UDA recommends that you bring both in case sound systems have trouble reading your CD.

SPECIFIC RULES:

A. TUMBLING

Tumbling is not allowed with the exception of the skills listed below:

ALLOWED

Forward/Backward Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Backbends
Front/Back Walkovers
Stalls
Head Spins
Windmills
Kip up

NOT ALLOWED

Dive Rolls
Round-offs
Aerials
Front/Back Handsprings
Front/Back Tucks

1. Drops to the knee, thigh, seat, front, back, or split position onto the performing surface from a jump, stand, or inverted position must first bear weight on the hands or feet in order to break the impact of the drop.

2. You may do a hurdler position (jazz split) as long as you slide into that position. Dropping to a hurdler position from a jump is not allowed.

Dance lifts & Partnering:

1. Dance lifts are permitted and are defined as an action in which a dancer (s) is elevated from the performance surface and set down. The lifting dancer (s) must maintain direct contact with the performance surface at all times. The lifting dancer (s) must maintain ultimate control over the momentum, positioning, changes in position and return to the performance surface of the lifted dancer (s) through hand/arm to body contact. Hip over head rotation of the lifted dancer (s) may occur as long as his/her hips maintain a level at or below the shoulders of the lifting dancer (s).

2. Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance floor. Jumping or tossing from one dancer to another or from one dancer to or from the dance surface is not allowed.

3. All cheer stunts and/or pyramids are prohibited. (Exceptions: pony sit, thigh stand, back arch)

4. All tosses including toe-pitches are prohibited.

5. Jumping or leaping off of another person who is bearing the weight of the first person without maintaining hand/arm to body contact with another person is prohibited.

B. CHOREOGRAPHY AND COSTUMING

***Suggestive, offensive, or vulgar choreography, and/or music is inappropriate for family audiences and therefore lacks audience appeal. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material 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 affects the judges' overall impression of the routine. Please make sure that all choreography is age appropriate**

*All costuming and makeup should be age appropriate and acceptable for family viewing.

*All costume malfunctions resulting in team members being exposed are grounds for disqualification. Please make sure that you have several dress rehearsals prior to camp to work out any costume problems.

*Shoes must be worn during the evaluation. Dance paws are acceptable. Wearing socks only is prohibited.

*It is suggested that all hot pants have tights underneath.

*School Teams ONLY:

*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 all the way around the body. Nude body liners are acceptable.

*All male dancers costumes must include a shirt that is fastened, however it can be sleeveless.

