

UDA RULES & REGULATIONS 2010-2011

**Bold Print denotes a change from prior year*

I. JUDGING CRITERIA

The judges will score the teams according to the judging criteria on a 100 point system.

HIP HOP SCORE SHEET

Overall Effect (20 pts)

Overall Impression (10) _____

Teams ability to exhibit a dynamic and energetic routine
Audience appropriateness of the music, costume and choreography
Judges overall impression of the performance

Communication & Projection (10) _____

Ability to evoke feeling from an audience; through use of high energy, showmanship, genuine expression and emotion

Choreography (30 pts)

Creativity & Musicality (10) _____

Use of original hip hop movements to compliment the music

Difficulty (10) _____

Use of intricate and challenging skills/movement including various jumps, stalls, and floor work

Formations & Transitions (10) _____

Use of inventive formations and creative ways to move from one formation to another, allowing for seamless changes of positions

Technique (25 pts)

Execution of Style(s) & Clarity of Movement (15) _____

The mastering of rhythm and hip hop elements in accordance with the ability level of entire team

Placement & Control (10) _____

The proper control & correct placement/alignment of body and the ability to exhibit full extension and strength of movement

Group Execution (25 pts)

Synchronization (15) _____

The uniformity of all movement throughout the routine, complimenting beats and rhythm of music

Spacing (10) _____

The ability of the team to gauge and position themselves correct distances between each other in and throughout all formations

TOTAL POINTS (100) _____

HIGH KICK SCORE SHEET

Overall Effect (20 pts)

Overall Impression (10) _____

Teams ability to exhibit a dynamic and energetic routine
Audience appropriateness of the music, costume and choreography
Judges overall impression of the performance

Communication & Projection (10) _____

Ability to evoke feeling from an audience; through use of high energy, showmanship, genuine expression and emotion

Choreography (30 pts)

Creativity & Variety of Kicks (10) _____

Use of original and various movements and kicks to compliment the music

Difficulty (10) _____

Use of intricate and challenging skills/movements including various foot work, visual effects, height of kicks, jumps, and floorwork

Formations & Transitions (10) _____

Use of inventive formations allowing for seamless changes and positions

Technique (25 pts)

Execution of Kicks & Technical Skill (15) _____

The mastering and performance of all kicks and technical elements in accordance with the ability level of entire team including flexibility and extension

Placement & Control (10) _____

The proper control & correct placement/alignment of body & parts and the ability to exhibit full extension and strength of movement

Group Execution (25 pts)

Synchronization (15) _____

Uniformity of all movement throughout the routine and appropriate timing with the music

Spacing (10) _____

The ability of participants to gauge and position themselves correct distances between each other in and throughout all formations

TOTAL POINTS (100) _____

JAZZ SCORE SHEET

Overall Effect (20 pts)

Overall Impression (10) _____

Teams ability to exhibit a dynamic and energetic routine
Audience appropriateness of the music, costume and choreography
Judges overall impression of the performance

Communication & Projection (10) _____

Ability to evoke feeling from an audience; through use of high energy, showmanship, genuine expression and emotion

Choreography (30 pts)

Creativity & Musicality (10) _____

Use of original movement to compliment the music and create visual effects

Difficulty (10) _____

Use of intricate and challenging movement/skills including various turns, leaps, Jumps

Formations & Transitions (10) _____

Use of inventive formations and creative ways to move from one formation to another, allowing for seamless changes of positions

Technique (25 pts)

Execution of Style(s) & Technical Skill (15) _____

The mastering and performance of all technical elements in accordance with the ability level of the entire team

Placement & Control (10) _____

The proper control & correct placement/alignment of body and the ability to exhibit full extension and strength of movement

Group Execution (25 pts)

Synchronization (15) _____

Team uniformity of all movement throughout the routine and appropriate timing with the music

Spacing (10) _____

The ability of participants to gauge and position themselves correct distances between each other in and throughout all formations

TOTAL POINTS (100) _____

POM SCORE SHEET

Overall Effect (20 pts)

Overall Impression (10) _____

Teams ability to exhibit a dynamic and energetic routine
Audience appropriateness of the music, costume and choreography
Judges overall impression of the performance

Communication & Projection (10) _____

Ability to evoke feeling from an audience; through use of high energy, showmanship, genuine expression and emotion

Choreography (30 pts)

Creativity & Musicality (10) _____

Creative manipulation of pom movement within groups, levels and various visual effects that compliment the music

Difficulty (10) _____

Use of intricate pom movement and various skills with a challenging tempo

Formations & Transitions (10) _____

Use of inventive formations and creative ways to move from one formation to another, allowing for seamless changes of positions

Technique (25 pts)

Execution of Pom Technique & Technical Skill (15) _____

The mastering and execution of proper pom placement as well as correct dance technique as a team

Strength & Control (10) _____

The completion of strong and powerful pom motions with body control

Group Execution (25 pts)

Synchronization (15) _____

Uniformity of all movement throughout the routine and appropriate timing with the music

Spacing (10) _____

The ability of participants to gauge and position themselves correct distances between each other in and throughout all formations

TOTAL POINTS (100) _____

SOLO SCORE SHEET

Appearance / Projection (5 pts)

Facial Expression, Eye Contact, and Costume (5) _____

Choreography (35 pts)

Variety, Difficulty, Creativity and Style, and Compatibility with Music (35) _____

Technique (30 pts)

Body Positioning / Alignment, Execution, and Placement / Sharpness (30) _____

Overall Effect (30 pts)

Overall Effect (30) _____

TOTAL POINTS (100) _____

II. JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of Universal Dance Association. As the teams make their presentations, the judges will score the teams using a 100 point system. The judges' scores will be **AVERAGED** together to determine the overall team score.

III. SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available **only** to coaches or captains at the conclusion of the competition. No scores or rankings will be given over the telephone.

IV. HOW TO HANDLE PROCEDURAL QUESTIONS

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

B. 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.

V. SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

VI. INTERRUPTION OF PERFORMANCE

A. UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.
2. The team will perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

B. FAULT OF TEAM

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.

C. INJURY

1. The only persons that may stop a routine for injury are: a) competition officials, b) the advisor/coach from the team performing or c) an injured individual.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.

- .3. The injured participant that wishes to perform may not return to the competition floor unless:
 - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) **AND THEN** the head coach/advisor of the competing team.
 - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver. *In the event of a suspected concussion, the participant cannot return to perform without clearance from a medical professional, even with a waiver from a parent or legal guardian.*

VII. INTERPRETATIONS AND / OR RULINGS

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

VIII. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition.

IX. FINALITY OF DECISIONS

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

X. SPECIFIC RULES

NEW Please visit uda.varsity.com for glossary of terms

A. TUMBLING AND TRICKS (Executed by individuals)

1. **Tumbling and/ or tricks: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface.**

Tumbling is allowed, **but not required**, in all divisions with the following limitations:

<u>ALLOWED</u>	<u>NOT ALLOWED</u>
Forward/Backward Rolls	*Aerials cartwheel
Shoulder Rolls	*Front/Back Handsprings
Cartwheels	Front/Back Tucks
Headstands	Side Somi
Handstands	Layouts
Backbends	Shushunova
Front/Back Walkovers	Headsprings (without hand support)
Stalls	
Head spins	
Windmills	
Kick up	
Dive Rolls (in a piked position)	
Round Off	
<i>*see below for exceptions to these limitations</i>	

2. All Star Team Only: Allowed for All Star Hip Hop only: Airborne skills with hip over head rotation must involve hand support with at least one hand when passing through the inverted position. (Exception: Aerial Cartwheels are allowed in All Star Hip Hop only.)
3. **Tumbling is limited to 2 connected skills.**
4. **Weight bearing skills on the hands are not allowed while holding poms or props (including tumbling, stalls, etc.) (Exception: Forward and backward rolls are allowed)**

5. Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a **turn**, jump, stand, or inverted position must first bear weight on the hands or feet in order to break the impact of the drop.
6. **Drops to a push-up position onto the performance surface are permitted from a standing or kneeling position or from a jump with forward momentum (i.e. Flying Squirrel) or an X, Star or Spread Eagle jump. Drops to a push-up position from a toe touch (i.e. Shushunova) or tuck jump are not permitted.**

DANCE LIFTS & PARTNERING

(Executed by partners or groups)

Dance Lifts, Tricks and Partnering are permitted and are defined below:

Dance Lift: An action in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of “Lifting” dancer(s) and “Elevated” dancer(s).

Dance Trick: An action in which a dancer(s) executes a skill with support from one or more dancers. A Dance Trick is comprised of “Supporting” dancer(s) and “Executing” dancer(s).

Partnering: An action in which two or more dancers use support from one another, but are not elevated. Partnering can involve both “Supporting” and “Executing” skills.

1. A Lifting/Supporting Dancer must maintain direct contact with the performance surface.
2. At least one Lifting/Supporting Dancer must have **hand / arm to hand / arm / body** contact with the Elevated / Executing Dancer(s) at all times during the Lift, Trick or Partnering skill.
3. Swinging Lifts and Tricks are allowed provided the Elevated / Executing Dancer’s body does not make a complete circular rotation and is in a face up position at all times.
4. Hip over head rotation of the Elevated/Executing Dancer(s) may occur as long as his/her hips maintain a level at or below the shoulder height of a standing dancer. (*Exception: Chorus Line Flips are not allowed. See uda.varsity.com Dance Glossary for full definition of Chorus Line Flips*)
5. All Cheer **style** stunts and / or pyramids are prohibited. (*Exception: pony sit, thigh stand, shoulder sit*)
6. **Jumping or leaping off a dancer is allowed as long as there is hand / arm (supporting dancer) to hand / arm / body (elevated / executing dancer) contact with a supporting dancer throughout the skill.**
7. **Tossing a dancer is allowed as long as there is hand / arm (supporting dancer) to hand / arm / body (elevated / executing) contact with at least one other dancer throughout the skill.**

****NOTE:** Because the dance lifts and partnering rules are new, it is strongly suggested that you send in a video for review. This must be submitted by DVD only clearly labeled with school/team name, contact person name, number and email. It must be received 10 working days prior to the competition. Please send to: UDA, Attn C. Morris, 6745 Lenox Center Court, Suite 300, Memphis, TN 38115

B. CHOREOGRAPHY AND COSTUMING

1. Suggestive, offensive, or vulgar choreography, and/or music is inappropriate for family audiences and therefore lacks audience appeal.
2. 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.
3. Inappropriate choreography, costuming, and/or music may affect the judges’ overall impression and / or score of the routine.
4. Please make sure that all choreography is age appropriate.
5. All costuming and makeup should be age appropriate and acceptable for family viewing.

6. All costume malfunctions resulting in team members being exposed are grounds for disqualification. Please make sure that you have several dress rehearsals prior to competition to work out any costume problems.
7. School Teams: Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. Wearing socks and/or footed tights only is prohibited.
All Star Teams: Footwear is recommended but not required. Wearing socks and / or footed tights only is prohibited.
8. Jewelry as a part of a costume is allowed.
9. It is suggested that any hot pants or excessively short shorts have tights underneath.
10. 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.

C. TIME LIMIT/MUSIC/ENTRANCES

1. School teams will have a maximum of (2) two minutes to demonstrate their style and expertise.
2. All Star teams will have a maximum of (2:30) two minutes and 30 seconds.
3. Solo Performances will have one minute (1:00) time limit.
4. Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of music, whichever is last.
5. 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.
6. All music must be on a CD. UDA recommends that you bring two copies in case sound systems have trouble reading your CD.
7. In order to keep the competition on time, teams must enter the performance floor as quickly as possible. Teams will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed. Teams with excessive entrances will be assessed a 5 point penalty.

D. PROPS

- School Teams: Props are not allowed. A prop is defined as anything that you dance with that is not attached to your costume. Articles of clothing may be taken off, however you may not dance with them. If taken off and danced with, it becomes a prop.
- All Star Teams: Wearable and handheld items are allowed in All Stars ONLY! They can be removed and discarded from the body.

E. TEAM PARTICIPANTS

There is no limitation on the number of team members. However, all members of a team who perform for one category must perform in the second category as well. For example, a team with 14 team members who enters the Small Jazz category, must use the same 14 team members in the Small Pom category. EXCEPTION: If your team chooses pom as one of your categories, male dancers are not required to perform in pom. **If male dancers do choose to perform in pom, they are not required to use poms.**

F. 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.
- JUNIOR HIGH/JUNIOR VARSITY DIVISION – There will be three categories in these divisions; Jazz, Pom, and Hip Hop. Teams may enter one or two categories. This must be specified on the competition information form.

- **VARSAITY DIVISION**-There will be four categories in the Varsity division; Jazz, Pom, Hip Hop, and High Kick. Teams may enter one or two of the four categories. This must be specified on the competition information form.
- **JAZZ**- A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity. Creative choreography will capture an audience and judge's attention. Having your own "style" will distinguish your team apart from the rest. No props. See scoresheet for more information.
- **POM**- Poms must be used at least 80% of the routine. No props. Important characteristics of a pom routine include synchronization and visual effects, along with proper pom placement and dance technique. Motions should be very sharp, clean, and precise. Your team should be synchronized and appear as "one." A routine that is visually effective is extremely important, including level changes, group work, formation changes, etc. Keep in mind that a pom routine carries a more "traditional" theme, whereas, jazz routines are more stylized. See scoresheet for more information.
- **HIP HOP**- Routines should include street style movements with an emphasis on execution, style, creativity, body isolations and control. The uniformity of all movement throughout the performance should complement the beats and rhythm of the music. Teams may also put an additional focus on incorporations such as jumps, jump variations, combo jumps, stalls and floor work. No props. See scoresheet for more information.
- **HIGH KICK**-The emphasis will be on synchronization, choreography and technique. Each routine must have at least 50 kicks. We suggest that your routine have more than fifty kicks 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. No props. See scoresheet for more information.
EXCEPTION: 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. At least half of your team must execute a kick in order for it to be counted.

G. ALL STAR DIVISIONS AND CATEGORIES

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 and older
 7. *Senior Coed – 18 years old and younger, 2 or more males
 8. *Open Coed – 14 years and older, 2 or more males
- *Coed Divisions only offered in the Hip Hop Category.*

The age of the competitor as of August 31, 2010 will be the age used for competition purposes throughout the 2010-2011 season for all divisions.

- Any All Star Team proven to be in violation of the age restrictions will be automatically disqualified from the event.
- Participants may compete in more than one dance division and / or category as long as they abide by the age restrictions in all divisions in which they compete. However, each dancer can only perform 3 times.
- **Dancers may not compete in more than one routine in the same category and division. Example: A dancer cannot compete in 2 Senior Jazz routines. Exception: If a dancer is on a Senior Hip Hop team and a Senior Coed Hip Hop team and the division is combined, this rule does not apply.**

H. ALL STAR CATEGORIES/DIVISIONS

There will be three categories in each All Star Division (with the EXCEPTION of Tiny Dance, in which there will be one). Teams may enter one or two of the three categories. This must be specified on the competition information form.

- **JAZZ**- A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.
- **POM**- Pom poms must be used at least 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc.
- **HIP HOP**- Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks. **Senior Coed Hip Hop and Open Coed Hip Hop are for teams with 2 or more male dancers.**
- ***OPEN* DANCE**- (Tiny Dance ONLY) - The Dance category includes a variety of styles. Emphasis is on entertainment and correct technical execution.

XI. PENALTIES

A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated above. This deduction does not apply to violations mentioned above that are designated a lesser point value. If you have any questions concerning the legality of a move or trick, please send a DVD to the National Office. **This must be submitted by DVD only clearly labeled with school/team name, contact person name, number and email. This must be received 10 working days prior to the competition. Please send to: UDA, Attn C. Morris, 6745 Lenox Center Court, Suite 300, Memphis, TN 38115**

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

_____ (Advisor)

_____ (Captain)

_____ (Team Name/City/State)

_____ (Date)

_____ (Division — Junior High, Junior Varsity, Varsity, or All Star)

_____ (Principal's or Gym Owner's Signature)

• Retain a copy of these rules for your files •