

UDA RULES & REGULATIONS 2011-2012

**Bold Print denotes a change from prior year*

SOLOS

I. JUDGING CRITERIA

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

SOLO SCORESHEET

Appearance / Projection (30 points)

*Facial Expression, Eye Contact, Costuming and Appearance and Overall Effect

Choreography (30 points)

*Variety, Difficulty, Creativity and Style, and Complements with Music

Technique (40 points)

*Execution of Technical Skill, Body Positioning/Alignment and Placement and Control

II. TIME LIMIT/MUSIC/ENTRANCES

1. **Solo Performances** will have a one minute thirty seconds (1:30) time limit.
2. 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.
3. Each dancer 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 dancer.
4. All music must be on a CD. UDA recommends that you bring two copies in case sound systems have trouble reading your CD.
5. In order to keep the competition on time, dancers must enter the performance floor as quickly as possible. Dancers will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed. Dancers with excessive entrances will be assessed a 5 point penalty.

III. 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 a dancer 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. Shoes, on both feet, must be worn during the competition. Dance paws are acceptable. 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.

PROPS

1. 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.

IV. SOLO: ROUTINE RULES

A. WEIGHT BEARING SKILLS

Weight bearing skills and/or tumbling on the performance surface is not allowed while holding poms or props (including stalls, etc). A full clean hand must be in contact with the performance surface for all weight bearing skills. Exception: Forward and backward rolls are allowed.

B. 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:

ALLOWED

Forward/Backward Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Backbends
Front/Back Walkovers
Stalls/Freezes
Head Spins
Windmills
Kip Up
Round Off
Headsprings (with hand support)

NOT ALLOWED

Aerials cartwheel
Front/Back Handsprings
Front/Back Tucks
Side Somi
Layouts
Shushunova
Headsprings (without hand support)
Dive Rolls (In any position)
Continuous double (partner) cartwheels

1. 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.
2. 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. All variations of a shushunova (see glossary for definition) are not permitted.

V. SOLO DIVISIONS:

- COLLEGE— 18 years and up
- SENIOR— 15-18 years old
- JUNIOR— 12-14 years old
- YOUTH— 9-11 years old
- MINI— 6-8 years old
- TINY— 3-5 years old

VI. PENALTIES

A five (5) point per judge penalty will be assessed to any dancer 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 an email to the UDA National Office. It must be clearly labeled with the school/team name, contact person, phone number and email. Please email to cmorris@varsityspirit.com. You will receive a confirmation that it has been received within 2 business days.

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

(Advisor)

(Solo Competitor)

(Team Name/City/State)

(Date)

(Division — College, Senior, Junior, Youth, Mini, Tiny)

(Principal's or Gym Owner's Signature)

• *Retain a copy of these rules for your files* •