

DANCE RULES AND REGULATIONS

2009 COLLEGE CHEERLEADING & DANCE TEAM NATIONAL CHAMPIONSHIP

(BOLD print indicates a change in rules)

I. GENERAL RULES

A. The competition is open to all colleges, universities and junior colleges in the continental United States and will consist of the following three divisions:

Division IA - Universities with NCAA Division IA football programs

Division I - NCAA Division I schools

Open NCAA Divisions - II, NAIA, junior colleges, and all other schools

B. Team size may not exceed fourteen (14) members. All team members must be full-time students of their college or university and official members of the school's spirit squad (no Club Teams). **Transcripts or a notarized letter from the Dean of Students or registrar's office will have to be submitted upon registering for the National Championship for the fall semester. DOCUMENTATION OF FULL TIME STATUS MUST NOT BE DATED ANY EARLIER THAN DECEMBER 1, 2008.** Teams violating this rule could forfeit their titles and be prohibited from entering the competition the following year. For any clarification on these rules please call 1-800-DANCEUDA.

C. Any interpretations or decision of eligibility for the 2009 College Cheerleading and Dance Team National Championship will be rendered by the Rules Committee, which will consist of the Tournament Director, the UCA/UDA College Program Director and one other UCA/UDA official appointed by the Tournament Director. The Rules Committee will render a judgement in a manner consistent with the general goals of the tournament.

D. Each team's presentation must be in accordance with its own university's guidelines and approved by its advisor or the appropriate university official.

E. Any team in violation of any of the above rules and regulations will be assessed a five (5) point per judge deduction for each violation.

II. 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 dancers 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.
- ** NOTE: Because the dance lifts and partnering rules are new, it is required that you send in a video for review. Please send to: UDA, Attn C. Morris, 6745 Lenox Center Court Suite 300, Memphis, TN 38115 by January 12th.**

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 competition to work out any costume problems.
- Shoes must be worn during the competition. Dance paws are acceptable. Wearing socks only is prohibited.
- It is suggested that all hot pants have tights underneath.
- All male dancers costumes must include a shirt that is fastened, however it can be sleeveless.

C. TIME LIMIT/MUSIC

- Each team will have a maximum of 2 minutes to demonstrate its dancing expertise.
- 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 and recorded at the beginning of the tape. UDA recommends that you bring copies in case sound systems have trouble reading your CD.
- If a team exceeds the time limit, a five (5) point per judge penalty will be assessed. Because penalties are severe, it is recommended that each team time its performance several times before attending the competition. **There should not be any organized entrances, exits or other organized activity after the official ending of the routine.**
- All music (including entire songs or any portion of any song) must be licensed by either ASCAP or BMI (or both) to be used in your routine for the College Cheerleading and Dance Team National Championship. Any violation of this rule may subject the team to disqualification from the tournament and any associated television programs.

D. TEAM PARTICIPANTS

- Teams who participate in the National Championship in Orlando will have the opportunity to compete in one or both categories of dance and/or hip hop. Teams who choose to enter two categories must have at least 10 of the same team members perform in both routines. All teams competing in the National Championship will begin in the semifinals of their categories. NO teams will automatically advance to the final round of competition.

E. PENALTIES

- A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated above. If you have questions concerning the legality of a move or trick, please send a VHS tape or DVD to the UDA National Office, Attn: C. Morris prior to January 12th.

III. JUDGING CRITERIA

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

COLLEGE 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 original movement to compliment the music and create visual effects

Difficulty (10) _____

Use of intricate and challenging skills/movement

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 & parts of the body

The ability to exhibit full extensions and strength of movement

Group Execution (25 pts)

Synchronization (15) _____

The uniformity and strength 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) _____

COLLEGE DANCE 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 skills/movement including various turns, leaps, jumps & footwork

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 entire team

Placement & Control (10) _____

The proper control & correct placement/alignment of body & parts of the body
The ability to exhibit full extensions 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 the team to gauge and position themselves correct distances between each other in and throughout all formations

TOTAL POINTS (100) _____

IV. 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.

V. 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.

VI. HOW TO HANDLE PROCEDURAL QUESTIONS

Any question concerning the rules of the competition, the scoring of the participants or the ranking of teams shall be handled **exclusively** by the captain or the advisor of the team and shall be directed only to the Tournament Director. Where appropriate, the Tournament Director will refer questions to the Rules Committee. Such questions should be made prior to the team's competition performance. Any questions concerning the team's performance should be made to the tournament director **immediately** after the team's performance.

VII. 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, and may also forfeit the opportunity to participate in a competition or the National Championship the following year.

VIII. TOURNAMENT FACILITY

- The competition is scheduled to be held at Disney's Hollywood Studios™ and Disney's Wide World of Sports® Milkhouse.
- The performance floor will be approximately 46 feet x 46 feet. The surface will be professional grade material.
- The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

IX. FINALITY OF DECISIONS

By participating in this championship, 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. SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the championship. The advisor and/or captain of each team is responsible for seeing that team members, coaches, parents, and any other persons affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification as explained in these articles.

XI. INTERRUPTION OF PERFORMANCE

- In the event the presentation of any team must be interrupted because of failure of the equipment, facilities, etc., the team affected will be allowed to present their entire routine again at a time determined by the judging panel.
- In the event of the presentation of any team must be interrupted because of failure of the team's own equipment or supplies, the team must either continue the presentation or withdraw from the competition.
- In the event that an injury causes the presentation of a team to be interrupted, the team must either continue the presentation or withdraw from the competition. The tournament staff reserves the right to stop the presentation due to injury if it is deemed necessary.

XII. INTERPRETATIONS AND RULINGS

Any other situations requiring interpretation of the rules or a decision involving any aspect of the competition not clearly specified in these Rules and Regulations shall be considered by the Rules Committee—which will consist of the Head Judge, Event Coordinator, Tournament Director, and another individual designated by the Tournament Director. This committee will render a judgement in an effort to insure that the competition proceeds in a manner as equitable as possible to all teams and consistent with the general spirit of the rules and goals of the competition. All teams agree to accept any and all decisions made by the Rules Committee as final.

XIII. NATIONAL CHAMPIONSHIP PARTICIPATION

It is understood that teams participating in the College Cheerleading and Dance Team National Championship will not knowingly and willingly participate in any other event promoted as a "national championship" or "international championship" for the 2008-2009 school year. Teams who do not adhere will automatically be disqualified from the 2009 Championship and will forfeit the opportunity to participate in the tournament the following year (Exception: USA National Championship).

XIV. APPEARANCES, ENDORSEMENTS AND PUBLICITY

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

XV. TELEVISION COVERAGE

The UDA College Dance Team Championship is nationally televised on ESPN and ESPN2. Because of the format of the show, not all finalist teams will be shown on the telecast.

Note: To avoid any misunderstandings regarding interpretation of the rules, all teams must submit a VHS/DVD video tape of the dance lifts, partnering and tricks in their routine to the championship office no later than December 5, 2008. This does not have to be your entire team.

EVERY TEAM MUST SUBMIT A SAFETY VIDEO!

Teams who do not submit this video tape will be assessed a 5 point per judge penalty!

We have reviewed the Rules and Regulations with our entire team and we accept the Rules and Regulations as a fair and integral part of the rules of the tournament and agree to adhere to the rules, policies and procedures contained herein.

_____ School

_____ Date

_____ Advisor/Coach

_____ Captain

_____ Signature of School Administrator

_____ Title