

# 2011 - 2012 COLLEGE CHEERLEADING AND DANCE TEAM NATIONAL CHAMPIONSHIP

## **IMPORTANT DATES:**

### Video Entry Deadline

November 1, 2011

All Dance, Mascot and Partner Stunt video entries must be received IN THE UCA/UDA OFFICE by this date. Postmarks of November 1, 2011 will NOT be accepted

NOTE: Please include a CD of your school's fight song if you have not participated at the National Championship prior to 2012. This will be used during the National Championship if your team attends!

### Safety Tape Deadline

December 15, 2011

All dance teams who plan on attending the National Championship need to submit a safety tape including all tricks and floor work to the UDA office no later than **Thursday, December 15, 2011**. You may show only one or two team members performing these tricks. It does not have to include your entire team. Because the dance lifts and partnering are new, it is strongly suggested that you send your safety tape for review as early as possible. This must be submitted by DVD only clearly labeled with university / college name, contact person name, number and email. Please label your division (Division IA, Division I or Open) and categories (Jazz, Pom or Hip Hop).

### UDA Spirit Tapes

January 4, 2012

Your UDA Spirit Tape must be received in THE UDA OFFICE by this date. The spirit tape will account for 15% of your score at Nationals (See Details listed on next page). Highlights of these tapes will be shown at the National Championship. This must be submitted by DVD only clearly labeled with university / college name, contact person name, number and email. Please label your division (Division IA, Division I or Open) and categories (Jazz, Pom or Hip Hop).

### Championship Date

January 13-15, 2012

2012 College Cheerleading and Dance Team National Championship

### **FED EX TO:**

**UCA/UDA COLLEGE CHAMPIONSHIP**

**6745 Lenox Center Court, Suite 300**

**Memphis, TN 38115**

NOTE: Because these deadlines are so important, we recommend that teams use Federal Express for best tracking and reliability.



## UDA SPIRIT TAPE

We are excited to include a "Spirit Tape" in UDA's National Championship scoring. Teams competing at Nationals will submit a tape in early January that will include footage of the dance teams in their main responsibility, supporting their universities. The Spirit Tape Scores will carry over to the scores at College Nationals. There is a possible total of 15 total points to be earned from three sections.

**Section One: Community and Campus Involvement**- (This section should be approx 30 seconds long and show a minimum of 3 activities) This includes any event that the dance team participates in that is a non sporting events. This can include parade, pep rallies, community service performances, campus tours or any other "involvement" your dance team has on campus.

**Section Two: Halftime/Entertainment** (This section should be approx 30 seconds long and show a minimum of 2 performances) This section will include any performance that is used for entertainment purposes for the University or College. This can include time outs as well as halftime performances. Dance Choreography must compliment and be visual to the audience at the event.

**Section Three: Spirit Raising Techniques** (This section should be approx 30 seconds long and show a minimum of 3 activities) This section is based on how well the dance team uses their poms, band, cheerleaders or other actions that can be visible in a stadium or arena on the sidelines.

The Spirit Tape will not be scored on how a crowd "reacts" to the dance teams performances or actions but by how well the dance team executes their performances to entertain the crowd.

The time length of the Spirit Tape should not exceed 1 minute and 30 seconds. Please split the three sections up as evenly as possible between 1:30 to ensure each section has a similar amount of time. This will also give the opportunity for each section to score the full 5 points that it is designated. Please be sure to label each section on the video and show in the order above.

Examples of spirit tapes will be shown at all UDA Overnight College Camps.

### **Spirit Tape Judging Sheet**

#### **Community and Campus Involvement (5 Points)**

(Includes non sporting events, pep rallies, parades, community service, etc)

#### **Halftime/Entertainment (5 Points)**

(Include crowd effective material and choreography that is visual to the audience and where the dance choreography complements the event)

#### **Spirit Raising Techniques (5 Points)**

(Use of poms, diddys, band, cheerleaders and or any other actions to communicate and entertain the crowd)



# GUIDELINES FOR TAPING YOUR VIDEO ENTRY - Putting Your Team in Their Best Light

Videotaping a performance to enter in a competition can be a difficult task. Your camera person's job will be much easier if he/she knows exactly what angles highlight your team the best. Your camera operator can be anyone from your advisor to a team member's father. It does not have to be filmed by a professional!

1. Video entries must be in VHS/DVD form.  
**No 8mm film or electronic formats accepted!**
2. Label your tape clearly with the college/university name & division that you are entering.
3. Your video should be clear and all team members should be seen clearly, but not too far away. Be careful of busy backgrounds and excess noise over the music.
4. Tapes cannot be edited with different camera angles.
5. It is highly suggested that your video be taped in a live performance setting.
6. Complete and return the registration form and include it with your tape.
7. Use bubble wrap or similar form of packaging to protect your team's tape.
8. You should keep an extra copy just in case there is damage to the original VHS/DVD.
9. Videos must be in the office by November 1, 2011. Because deadlines are important, we recommend that teams use Federal Express for tracking and reliability. Postmarks of November 1, 2011 will not be accepted. Keep a copy of the tracking for you to reference.

## UDA COLLEGE VIDEO SCORE SHEET

### PRESENTATION AND IMAGE OF TEAM PERFORMANCE (20 POINTS)

#### Appearance and Quality of Team's Performance:

Does the performance on bid tape emanate a strong quality of professionalism / clean college image?

20 POINTS \_\_\_\_\_

### CHOREOGRAPHY (30 POINTS)

#### Creativity and Musicality:

Use of original movement to complement the music

10 POINTS \_\_\_\_\_

#### Difficulty:

Use of intricate and challenging movement/skills including various levels and group work

10 POINTS \_\_\_\_\_

#### Formations & Transitions:

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

10 POINTS \_\_\_\_\_

### TECHNIQUE (20 POINTS)

#### Execution of Style(s) & Technical Skill:

The Mastery and Performance of all technical elements within the style in accordance with the ability level of the entire team

10 POINTS \_\_\_\_\_

#### Placement and Control:

The proper control and placement/alignment of body & parts of body throughout all movement

10 POINTS \_\_\_\_\_

### GROUP EXECUTION (30 POINTS)

#### Synchronization:

Uniformity of all movement and appropriate timing with the music.

20 POINTS \_\_\_\_\_

#### Spacing:

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

10 POINTS \_\_\_\_\_

100 POINTS POSSIBLE :

TOTAL \_\_\_\_\_



# DANCE TEAM DIVISION IA, I AND OPEN

## VIDEO ENTRY GUIDELINES AND RULES

**\*BOLD PRINT indicates a change in rules from the previous year**

1. 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 (Football NCAA I – FBS)  
**Division I** - NCAA Division I schools (Football NCAA I – FCS)  
**Open NCAA Divisions** - II, NAIA, Junior Colleges, and all other schools
2. **Team size may not exceed sixteen (16) members.**
3. All team members must be registered fulltime students of their college or university and official members of the school's spirit squad (no Club Teams).
4. **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, 2011.** 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.
5. Any interpretations or decision of eligibility for the 2012 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 judgment in a manner consistent with the general goals of the tournament.
6. To qualify, each team must submit an **unedited** video of **one** routine performed with any music you select. This routine must not exceed **two minutes** and may be taped at any location. It is suggested that you tape this performance in a live setting. This routine may be any style routine that your team chooses.
7. 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 2011-2012 school year (Exception: USA National Championship). Teams who do not adhere will automatically be disqualified from the 2012 Championship and will forfeit the opportunity to participate in the tournament the following year.
8. Your video tape entry must be in our office by **Tuesday, November 1, 2011. Video tapes will not be accepted after the Tuesday, November 1, 2011 deadline.**
9. Any team in violation of any of the above stated rules will be assessed a five (5) point per judge deduction for each violation.
10. Teams who participate in the National Championship in Orlando will have the opportunity to compete in 2 of the 3 categories (Jazz, Pom 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. **Teams who compete in 2 categories must have the same number of dancers 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.  
*\* UDA reserves the right to combine any category/division with less than 10 teams.*

**IMPORTANT!** Dance teams may NOT compete in a higher division.  
All dance teams must compete in their respective NCAA division.

# SPECIFIC DANCE TEAM RULES

Please visit [uda.varsity.com](http://uda.varsity.com) for glossary of terms

## 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  
Dive Rolls (in a piked position)  
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 a layout position)  
Continuous double (partner) cartwheels



2. Tumbling **skills with airborne hip over head rotation is limited to 2 connected skills.**
3. 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.
4. 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.

## C. **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. Any Lifting/Supporting Dancer who has primary weight of a Lifted Dancer must maintain direct contact with the performance surface at all times.
2. At least one Lifting/Supporting Dancer must have hand / arm / body to hand / arm / body contact with the Elevated / Executing Dancer(s) throughout the entire Lift, Trick or Partnering skill.
3. **Jumping or leaping off a dancer is allowed as long as there is hand/arm (lifting/supporting dancer) to hand/arm/body (Elevated/Executing dancer) contact with a lifting/supporting dancer throughout the skill.** A dancer may step off another dancer.
4. Tossing a dancer is only allowed as long as there is hand/arm (supporting dancer) to hand/arm/body (elevated/executing dancer) contact with at least one other dancer throughout the skill.
5. Swinging Lifts and Tricks are allowed provided the Elevated / Executing Dancer's body does not make a complete circular rotation and is in a supine position (may not be prone) at all times.
6. Hip over head rotation of the Elevated/Executing Dancer(s) may occur as long as below apply:
  - a. his/her hips do not exceed the height of the Lifting/Supporting Dancer's shoulders when standing upright
  - b. The Supporting/Lifting dancer must be stationary
  - c. There are at least 2 lifting/supporting dancers in contact with the Executing dancer.

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

#### **E. TIME LIMIT/MUSIC/ENTRANCES**

1. Each team will have a maximum of (2) two minutes to demonstrate their style and expertise.
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 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.
4. All music must be on a CD. UDA recommends that you bring two copies in case sound systems have trouble reading your CD. IPod's and MP3 players are not permitted.
5. 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.
6. Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music that is ASCAP, BMI or SESAC Licensed is acceptable.

#### **F. PROPS**

1. Props are allowed, however they must fit through a standard 36 inch door. **Props must be hand held and cannot be used to bear weight of a dancer.** Any props used must first be approved through the UDA National office. To get them approved, please send an email to [cmorris@varsityspirit.com](mailto:cmorris@varsityspirit.com).

## G. TEAM PARTICIPANTS

Teams who participate in the National Championship will have the opportunity to compete in two of the three categories. Teams who choose to enter two categories must have at least 10 of the same team members perform in both routines. **Teams who compete in 2 categories must have the same number of dancers in both routines.** All teams competing in the National Championship will begin in the preliminary or semi-final rounds of competition. NO team will automatically advance to the final round of competition. 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. CATEGORIES:

- 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. See scoresheet for more information.
- POM- Poms must be used at least 80% of the routine. 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. See scoresheet for more information.



**\*Championship Return Packets Will Contain Information Concerning Hotels, Walt Disney World® Tickets, and Rules and Regulations for the National Championship.**

**\*Send completed form and video tape NO LATER THAN November 1, 2011 to:  
UCA/UDA College Championship, 6745 Lenox Center Court, Suite 300, Memphis, TN 38115**

**(800)-DANCEUDA [uda.varsity.com](http://uda.varsity.com)**

2012 College Cheerleading and Dance Team  
National Championship  
January 13-15, 2012

**Join America's Most Talented  
College Cheerleaders and Dancers  
at UCA/UDA's**

**COLLEGE CHEERLEADING  
AND DANCE TEAM  
NATIONAL CHAMPIONSHIP**



**VARSITY BRANDS**

All TEAMS are assured to have an incredible competition as well as a great time at the world's most magical place. *Walt Disney World*® Resort! UCA and UDA are pleased to offer a convenient and discounted travel package to all teams, family member and friends.

**Travel Packages include the following:**

- Hotel Accommodations on *The Walt Disney World*® Resort Property
- A *Walt Disney World*® Resort 3 or 4 Day PARK HOPPER Ticket (dates limited from January 9<sup>th</sup> to January 18<sup>th</sup>, 2012.
- 3 days admission into the *ESPN Wide World of Sports*™ Complex
- One Meal voucher to be used for lunch or dinner at any of *The Walt Disney World*® Resort Theme Parks
- Roundtrip airport transfers with *Disney's Magical Express* from the Orlando International Airport ONLY
- Airport greeting by the UCA/UDA staff
- Transportation to all championship events
- Private Celebration Party at *Disney's Hollywood Studios*™, complete with thrilling rides and a DJ!!

**SEE YOU THERE!**

Travel Package options and pricing will be mailed to those teams qualifying for the 2012 Championship and will also be available on our website

**(800)-DANCEUDA**

[uda.varsity.com](http://uda.varsity.com)

