



DANCE TEAM UNION
UNITE. CREATE. SUCCEED

SCHOOL (VARSITY, JV, JH, ELEM.) &
STUDIO/ALL-STAR RULES 2021-2022

2. One Grand Champion award will be given to the most outstanding routine of the day, as determined by DTU in its discretion. The Grand Champion will receive a partial nationals bid (\$1,000 discount). A team may be selected as Grand Champion at multiple competitions throughout the season; however, a team winning multiple Grand Champion awards in a single season will only receive one partial nationals bid for that season.
3. Additional specialty awards may be awarded at the discretion of DTU as follows: Best Costume, Outstanding Artistry and **Most Entertaining** (all but Best Costume based primarily on total points within those subcategories on the score sheet).

NATIONALS AWARDS

1. Including teams advancing from any Second Chance Round pursuant to the next sentence, at least 50% of teams that compete in the preliminary round will ultimately advance to finals. If there is a Second Chance Round, selected teams with the next highest scores not advancing directly to finals out of the preliminary round will compete again, and the top scoring team(s) from the Second Chance Round will advance to finals.
2. Finalists in categories with 4 or more finalists will compete figure skating-style (in sub-groupings with lowest scores competing first, based upon their scores from previous round, but within each sub-grouping, teams will draw for random order). Finalists in categories with 3 or fewer finalists will compete in reverse order of their preliminary scores.
3. All finalists will receive trophies. In addition, all national champions will receive banners, jackets, and rings. In recognition of the tremendous success of each national champion, no Grand Champion award(s) will be given at nationals, except that a Grand Champion award may be given in the Studio/All-Star division only.

SECTION IV: ROUTINE RULES AND GUIDELINES

TUMBLING AND TRICKS

ALLOWED	NOT ALLOWED
Aerial Cartwheels*	Side Soma
Front/Back Aerials*	Layouts
Back handsprings	Shushunova
Backward Rolls	Toe Pitch Back Tucks
Shoulder Rolls	



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Cartwheels Headstands Handstands Backbends Front/Back Walkovers Stalls/Freezes Head spins Windmills Kip up Round Off Headsprings (with hand support) Front/Back Tucks	
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**See details regarding aerials below.*

1. Subject to the more specific restrictions below, airborne skills without hand support are permitted.
2. Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
3. Forward rolls and backward rolls while holding poms are permitted. Front/back aerials and aerial cartwheels may be executed (a) without the use of poms, (b) with both poms transferred into the non-supporting hand, or (c) using hands-free poms in both hands. Front/back aerials and aerial cartwheels may not be executed with poms in both hands that are not hands-free poms.
4. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not permitted.
5. Drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not permitted. The dancer must first bear weight on the hand(s) or foot/feet.
6. Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a shushunova are not allowed.
7. Dancers may not land directly on the head/neck at any time from an airborne skill. Any kip up motion must also initiate from the back/shoulder area touching the ground.
8. All Dance Lifts and Partnering should be evaluated for safety by the advisor/coach prior to competition. If an advisor/coach is unsure of the safety of the skill, he or she must submit a video to question to info@danceteamunion.com. If a team has received approval for a trick from another competition, please submit a copy of the approval statement to info@danceteamunion.com.



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LIFTS AND PARTNERING

1. The Executing Dancer must be supported from a Supporting Dancer who is in direct contact with the floor throughout the entire skill. (Exception: Kick Line Leaps).
2. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions and all other cheer based stunts are not allowed.
3. Swinging lifts and tricks are permitted.
4. Hip over-head rotation of the Executing Dancer(s) is permitted, as long as the Executing Dancer is returned to the performance floor on his/her feet or hands with support from the Supporting Dancer(s).
5. All Dance Lifts and Partnering should be evaluated for safety by the advisor/coach prior to competition. If an advisor/coach is unsure of the safety of the skill, he or she must submit a video to question to info@danceteamunion.com.

RELEASE MOVES

1. An Executing Dancer is allowed jump, leap, step, or push off a Supporting Dancer.
2. A Supporting Dancer may release/toss an Executing Dancer.
3. "Basket tosses" are not permitted. However, a dancer may be safely released and caught in a dance lift if the Executing Dancer remains in a horizontal position or vertical position with the head above the feet. The Executing Dancer is not permitted to flip while in the air. The Executing Dancer must be caught by the hands of the Supporting Dancer(s) and returned to the floor safely.
4. All Dance Lifts and Partnering should be evaluated for safety by the advisor/coach prior to competition. If an advisor/coach is unsure of the safety of the skill, he or she must submit a video to question to info@danceteamunion.com.

COMPETITION ROUTINE GUIDELINES

1. Teams may make substitutions in the event of injury. Substitute participants must be listed on the team's participant roster in the team's registration form.
2. Dancers should enter and exit the performance floor in a timely manner.
3. Any equipment or items that may damage the performance floor are prohibited.
4. **There is no minimum or maximum time limit for any routine (team or solo); however, a team must notify DTU upon registering and no later than two weeks before the competition if any routine (team or solo) is longer than 2 minutes 30 seconds, for scheduling purposes.**
5. A responsible adult must be present to start or assist in the start and finish of the routine music. Please make sure that all devices are fully charged, volume turned up and placed in airplane mode. **IT IS RECOMMENDED TO UPLOAD YOUR MUSIC**



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**TO THE REGISTRATION SOFTWARE AT LEAST ONE WEEK PRIOR TO
COMPETITION.**

JEWELRY

Jewelry will be allowed, so long as it is not considered hazardous to the safety of the performers. For any questions or concerns regarding jewelry choice, please send a photo of the jewelry to us prior to the competition. DTU reserves the right to require a team to remove any jewelry it deems hazardous at any point during the competition.

PROPS

No dry ice, confetti, glass, canned smoke, water or other liquid, or other similar loose material that may obstruct the judges' view or affect the condition of the performance floor may be used in any routine. Otherwise, props are permitted. A prop may be used in each category if the prop is considered wearable, handheld, or freestanding. Props may be taken off or released in a safe manner. Our competition officials reserve the right to decide if a prop is taken off in an unsafe manner or if a handheld item is released in an unsafe manner. Chairs, ladders, stools, and other large or standing items are allowed if they are used/moved during the routine and can be used/moved by a single dancer. Backdrops are not permitted. For any questions or concerns regarding prop choice, please send a photo of the prop to us prior to the competition. Notwithstanding the foregoing, Poms are recommended in the Pom, Team Performance, and/or Spirit Showdown divisions only.