



SECTION IV: ROUTINE RULES AND GUIDELINES

TUMBLING AND TRICKS

ALLOWED	NOT ALLOWED
Aerial Cartwheels* Front/Back Aerials* Back handsprings Backward Rolls Shoulder Rolls Cartwheels Headstands Handstands Backbends Front/Back Walkovers Stalls/Freezes Head spins Windmills Kip up Round Off Headsprings (with hand support) Front/Back Tucks	Side Somi Layouts Shushunova Toe Pitch Back Tucks

**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.

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 time limit for any routine (team or solo). The maximum time limit for any routine is 2:15, except that Spirit Showdown routines have a maximum time limit of 1:30. Routines will be evaluated upon the first sound in the music or the first physical movement. The final note or physical movement will be considered the end of the performance. Routines will be given a maximum grace period of five seconds above the applicable time limit to account for minor differences in music equipment timing or performance errors.
5. A responsible adult must be present to start 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. If using CDs, make sure it's unscratched so it doesn't skip. **IT IS RECOMMENDED TO UPLOAD YOUR MUSIC TO THE REGISTRATION SOFTWARE BY 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.



SECTION V: CATEGORY DESCRIPTIONS

Dance Team Union encourages creativity in all categories. There is no particular style or “formula” required in any category. Dance team is about more than just imitation of previous award-winning routines - we want to inspire your dancers to showcase their own unique style. Our judges will strive to provide you with the most valuable feedback you will receive all season.

Full category descriptions may be found in the following pages.