



DANCE TEAM UNION
UNITE. CREATE. SUCCEED

SCHOOL (VARSITY, JV, JH, ELEM.) &
STUDIO/ALL-STAR RULES 2020-2021

SECTION III: ENTRY GUIDELINES AND AWARDS

TEAM ENTRY GUIDELINES

1. School teams may compete in the following styles: Pom, Jazz, Hip Hop, Kick, Team Performance and Military. All Star teams may compete in the following styles: Pom, Jazz, Lyrical, Hip Hop, Kick, Team Performance, Open and Military. Additionally, at our Regional Competitions, members of teams may compete in solos, duos/trios, or (at Regional Competitions where an officer division is offered) as a group of officers.
2. At our National competition, we will have a solo competition and a Spirit Showdown. Regional Competitions may have a Spirit Showdown division at DTU's discretion. If DTU does not have a Spirit Showdown division at a Regional Competition, then teams at that event may compete their Spirit Showdown routine in the Open division.
3. Teams may enter one routine in each style (maximum of 7 routines total). There is no limit to how many solo, duo/trio, or officer routines a team may enter at our Regional Competitions. If a school or All-Star program wishes to enter multiple routines in a single style they must designate different teams (e.g. West HS Blue Team and West HS Gold Team).
4. The following team size guidelines will apply:
 - (a) Team size will be determined as of the registration date.
 - (b) At least 5 dancers must be registered to perform in each team routine. A team will still be allowed to compete if they drop to fewer than 5 dancers at performance time, but at least 5 dancers must be registered for the routine.
 - (c) At least 4 dancers must be registered to perform in each officer routine. An officer group will still be allowed to compete if they drop to fewer than 4 dancers at performance time, but at least 4 dancers must be registered for the routine.
 - (d) Teams may use a different number of dancers in each routine subject to the minimums above.

ELIGIBLE TEAMS

1. REGIONAL COMPETITIONS: College, Varsity, JV, Middle School, Elementary, and Studio/All-Star dance teams may compete.



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2. NATIONAL CHAMPIONSHIP: Varsity, JV, Middle School, Elementary and Studio/All-Star dance teams may compete.
3. ADDITIONAL INFORMATION ABOUT SCHOOL TEAMS
 - (a) Each team must be an official school dance team at the team's school (or from the same cooperative school or group of schools if not disallowed by their state), either under athletics or as a club sport or fine arts program. Home school students may compete with a school team.
 - (b) A team is considered Varsity if the team's school recognizes the dancers as Varsity members, regardless of the ages of the dancers. A team is considered Junior Varsity if the team's school recognizes the dancers as Junior Varsity members or "B" Team members, regardless of the ages of the dancers. A team is considered Middle School if not more than 49% of the dancers on that team are in 9th grade and no dancers are in 10th grade or higher. If a team from a state-recognized middle school or junior high school has 50% or more 9th graders then they will compete in Junior Varsity or Varsity, depending on their preference.
 - (c) An All-Star team for which all performing dancers are from the same school (or from the same cooperative school or group of schools if not disallowed by their state) may choose to compete in either the All-Star division or a school division for any style of dance in which it enters.
 - (d) A dancer will be allowed to compete on different school teams (such as in both the Middle School and the Junior Varsity divisions or the Middle School and Varsity division), if that is how the dancer is allowed to compete within the rules of the team's applicable state association.
 - (e) A school team may elect to compete in the All Star division at any DTU competition, but must compete in the All Star division for all routines and all styles after making such election. (Exception: At Nationals a school team may compete in all school categories plus any All-Star category (such as Lyrical or Open) if that category is not offered in the school division at DTU Nationals)
 - (f) Teams from outside the United States may compete in Regional or National events in the division at or above the division they would compete if their team was from the United States.
4. ADDITIONAL INFORMATION ABOUT SOLOS/DUOS/TRIOS/ALL-STAR/STUDIO TEAMS



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(a) Subject to subsection (e) below, solos, duos and trios will compete in the following divisions based upon grade:

- Senior (grades 11 and 12)
- Junior (grades 9 and 10)
- Youth (grades 6, 7 and 8)
- Mini (grades 3, 4 and 5)
- Tiny (2nd grade and under)

(b) All-Star/Studio teams will compete in the following divisions based upon age:

- Open (age 14 and over)
- Senior (age 18 and under)
- Junior (age 15 and under)
- Youth (age 12 and under)
- Mini (age 9 and under)
- Tiny (age 6 and under)

(c) The age/grade (as applicable) of the oldest dancer on the floor for a given duo, trio or group routine will determine which division the duo, trio or group competes in for that routine. Age/grade will be determined **as of the August 31 immediately prior to the competition in question.**

(d) An All-Star team for which all performing dancers are from the same school (or from the same cooperative school or group of schools if not disallowed by their state) may choose to compete in either the All-Star division or the Varsity division for any style of dance in which it enters.

(e) DTU may permit or require a dancer to compete in a different solo division if their age is different than the typical age range for the grades in any division, in DTU's sole and final discretion.

COMPETITION DIVISIONS

Teams may be grouped within each style into Small and Large Varsity, based on the number of dancers entered for each team competing in such style. The split between divisions will be determined by DTU based upon entries received for each competition. DTU may elect to have a semifinal round depending upon the number of entries.



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At any event, DTU may choose to combine categories (such as jazz and lyrical or All-Star and school divisions) or add additional categories in order to increase competitiveness or for any other reason in its discretion.

At our National events, DTU may split a division into multiple preliminary groups at its sole discretion. DTU may elect to seed any or all divisions at its sole discretion, including (without limitation) where there are multiple preliminary groups and DTU determines seeding would increase fairness and competitiveness. Additional information about seeding procedures may be provided in advance of any event where seeding is utilized.

NO SINGLE TEAM DIVISIONS (NATIONALS)

At our National events, DTU will combine any division that contains only one team into any other division at its discretion. This may result in divisions that include multiple age groups in a single style (e.g. Middle School/Elementary Team Performance) or multiple styles in one or more age groups competing in an Open division. However, no single team divisions will be permitted at Nationals.

REGIONALS AWARDS

1. Trophies will be awarded to at least the top 50% of teams in each division for each style.
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 Best Crowd Appeal (all but Best Costume based primarily on total points within those subcategories on the score sheet).

NATIONALS AWARDS

1. Including teams advancing from the Second Chance Round pursuant to the next sentence, at least 50% of teams that compete in the preliminary round will ultimately advance to finals. In the 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.



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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 (except for Spirit Showdown) will receive banners, jackets, and rings. The Spirit Showdown winner will receive a unique prize to be announced at the National Championship. 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 will be given in the Studio/All-Star division only. Cash prizes may be awarded in the Studio/All-Star divisions as determined by DTU.

SECTION IV: ROUTINE RULES AND GUIDELINES

TUMBLING AND TRICKS

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

**See details regarding aerials below.*



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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.



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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 they are unscratched so they do not skip. **IT IS RECOMMENDED TO UPLOAD YOUR MUSIC 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



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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.