



RULES & REGULATIONS

REGISTRATION

Entries must be registered either through a Studio, Dance Group or as an Independent Dancer.

AGE LEVELS

Tiny - 5 years & under

Mini - 6-7 years

Petite - 8-9 years

Junior - 10-12 years

Teen - 13-15 years

Senior - 16-19 years

Adult - 20+

ADDITIONAL NOTES/RULES:

In order for the routine to be classified in an age level, at least 60% of the competitors must be in that age level.

For duos and trios with different age levels, the average age of the participants will determine the age level to compete in.

If a protest regarding age arises, competitors must be prepared to present proof of age. All protests must be made in writing and signed by the protester within 30 minutes of the incident and passed to the director of the competition. At that point proper **IDENTIFICATION WILL BE REQUIRED** by the contestant in the form of a Birth Certificate, Passport or License.

LEVELS

Upon registration the performance level of each dancer is chosen by the studio director. For independent dancers, the sole dancer or group leader must choose the performance level.

Novice - We recommend dancers enter this level if they have little to no competition experience or if they practice once or twice a week.



Intermediate - We recommend dancers enter this level if they have moderate competition experience or if they practice 3 to 4 times a week.

Competitive - We recommend dancers enter this level if they have significant competition experience or if they practice more than 5 times a week.

ADDITIONAL NOTES/RULES:

If 2 or more judges agree that a routine is not at the correct level, that routine might be moved to the appropriate level determined by the judges.

ROUTINE CATEGORIES

Each routine must be registered in one of the following categories based on the descriptions below:

Ballet - Classical ballet style and technique with the use of ballet slippers.

Pointe - Classical ballet style and techniques with the use of Pointe shoes. *Intermediate and Competitive routines ONLY.

Tap - Creating syncopated rhythms with the use of tap shoes.

Jazz - Classical jazz style and techniques.

Clogging - Tap style where the dancer's tap strikes the heel and toe to create audible percussive rhythms, usually to the downbeat with the heel keeping the rhythm.

Hip-Hop - Street dance with isolated movements to contemporary music.

Street Jazz/Funk - Sub-genre blending elements of funk, hip-hop, and classical jazz. Often emphasizes the down beat, isolations, and angular movement. Choreography utilizes a more commercialized mindset with less strictness to the classic origins of jazz and hip-hop.

Lyrical - Movements should interpret the lyrics of the music.

Modern - Emphasis on the elements of movement such as centering, posture, spacial awareness, and imagery.

Contemporary - Inventive movements incorporating different styles with classical foundation.

Character - Portraying any easily recognized character such as a doll or a clown etc.

Musical Theater - Any style of dance interpreting a song from Broadway, movie, or musical.

Folk/Ethnic - Any routine incorporating one or more ethnic styles of dance.

Open - Any category not pertaining to the above categories.



Acro - Any routine containing a combination of tumbling movements and passes incorporated with dance movements.

Pom Pon - Any routine displaying precision marching and sharp choreography with the use of pom pons. Must utilize pom-poms for at least 50% of the routine.

ADDITIONAL NOTES/RULES:

A maximum of 4 acrobatic tricks may be done in any category except acro and open, which may have an unlimited number of tricks.

An acrobatic trick is considered anything where the hips pass over the shoulders. Such as, but not limited to, back handspring, back tuck, front/side aerials, handstands, cartwheels, front/back walkovers, forward rolls etc. An acro pass is considered one trick. **Example:** round off back handspring, round off back handspring back tuck. If an entire group executes one ariel at the same time or in a ripple effect, that is considered 1 trick.

Any routine that is placed in the incorrect category might be changed to the correct category by the judges.

DIVISIONS & TIME LIMITS

NOVICE LEVEL

Solo (1 dancer) – up to 2min

Duo/Trio (2-3 dancers) – up to 2min 30sec

Small Groups (4-10 dancers) – up to 3min 30sec

Large Groups (11-19 dancers) – up to 3min 30sec

Line (20+ dancers) – up to 4min

INTERMEDIATE and COMPETITIVE LEVELS

Solo (1 dancer) – up to 2min 50sec

Duo/Trio (2-3 dancers) – up to 2min 50sec

Small Groups (4-10 dancers) – up to 3min 50sec

Large Groups (11-19 dancers) – up to 3min 50sec

Line (20+ dancers) – up to 5min 50sec



ADDITIONAL NOTES/RULES:

One point will be deducted for every 5 Seconds over time limit. Timing will begin when music starts (if no music, once dancers take first step) and will stop when last performer is off the stage. This does not include prop removal. Sizeable props are acceptable for all levels and categories. Elements that might damage the venue, such as but not limited to fire, water, dirt, body paint and glitter are strictly prohibited. If a particular venue does not allow the use of rosin we will inform that for each individual date.

JUDGING

Each entry will be judged by a highly qualified panel of judges. All judges' decisions will be final. Contacting or speaking to judges is strictly prohibited at all times.

Routines will be scored out of a possible 300 points (100 points from each judge). Judges will consider technique, execution, stage presence, choreography, and difficulty while scoring.

Ties for first place only will be broken by the highest technique score.

ROUTINES MUST BE APPROPRIATE FOR FAMILY VIEWING: Nudity and sexual content are strictly prohibited as well as lyrics with sexual suggestion contents and swear words. Any routine that a judge feels is not appropriate is subject to point deductions or even disqualification. If a judge flags the routine as not appropriate, it will be noted in your studio score sheets. The routine will be flagged as inappropriate.

Points may be deducted if a routine contains more dancers than were registered.

GENERAL SAFETY GUIDELINES

1. Teams should have an emergency plan in the event of an injury.
2. Coaches have the responsibility of recognizing the abilities of the dancers on the team and should make sure the presented routine does not exceed the team's capabilities or include elements that create a safety risk for their team regardless of whether the element is not specifically listed as a safety risk in the rules.
3. Technical skills should not be executed without an advisor/coach present. Teams should always practice in an area suitable for the safety of the dancers. Teams should not perform technical skills on:
 1. Concrete, asphalt, or any other hard or uncovered surface
 2. Wet surfaces
 3. Uneven surfaces
 4. Surfaces with obstructions
4. Appropriate warm-up and stretching should be implemented by the team both before and after a performance.



5. All United 4 Dance competitions will be run in accordance with applicable laws and regulations regarding health and safety, and coaches, teams and spectators will be expected to fully comply with such laws and regulations, as well as any more restrictive health and safety rules put in place by United 4 Dance from time to time.

AWARDS

ADJUDICATION SCORING:

Each of the 3 (three) judges will provide a score between **0.0 – 100.0** points, totaling **300.0** points per routine. The adjudication award will be based on the following:

Diamond Total Score of **280-300** points

Platinum Total Score of **255-279.9** points

Gold Total Score of **210.0 - 254.9** points

Any routine that doesn't reach a minimum score of **210.0** points **will not be awarded**.

Each routine will receive one adjudicated award and certificates for all registered dancers in that routine.

United 4 Dance will announce all awards in each category per level & age.

JUDGES CHOICE AWARDS - At each competition United 4 Dance recognizes unique and entertaining performances with our special awards. Each awarded Dancer, Routine and Studio will be posted on all United 4 Dance social media.

Competitive & Intermediate Levels

Top Dancer

Top Routine

Top Costume

Top Studio / Dance Group

Novice Level

Rising Star

Top Routine

Top Costume

Top Studio / Dance Group

Dance Incentive Award



POSTER DANCER INVITATION – United 4 Dance judges will select outstanding dancers from our competition to be the Poster Dancers for our next competition. Any dancer who is invited will be in the promotional material for our future competitions. Invitations are non-transferable and must be redeemed by the dancer(s) awarded.

SPECIAL PRIZES – United 4 Dance will offer special prizes for the following:

Top Dancer: to be defined up to 30 (thirty) days before the event.

Rising Star: to be defined up to 30 (thirty) days before the event.

Top Dance School / Independent Group: to be defined up to 30 (thirty) days before the event.

REGISTRATION FEES (per Routine) – on or before 12/31/2026.

Solo - \$120

Duo - \$90 per dancer

Trio - \$70 per dancer

Small groups (4 to 10 competitors) - \$50 per dancer

Large groups (11+ dancers) - \$50 per dancer

REGISTRATION FEES (per Routine) – on or after 01/01/2027.

Solo - \$150

Duo - \$120 per dancer

Trio - \$90 per dancer

Small groups (4 to 10 competitors) - \$60 per dancer

Large groups (11+ dancers) - \$60 per dancer

Registrations will be accepted until **02/21/2027**, subject to availability. Special discounts will be granted to Charity Schools and Nonprofit organizations.

ALL PAYMENTS MUST BE COMPLETED BY 02/22/2027.