



UCA/UDA COLLEGE UPDATES 2024-2025 COMPETITION SEASON

Here is an overview of the changes for the 24-25 Season:

Reminder: Spirit Video

- A Spirit Video will be required of ALL Cheer and Dance teams that will count for 5 points of your score at the National Championship in Performance routines AND Game Day routines.
- Only one video is required PER TEAM even if competing in multiple divisions.
- Teams in different divisions must submit a separate video for each group competing, the primary focus of the video should be the athletes in that specific division.
- All Cheer and Dance teams must submit videos separately and must be labeled appropriately. Exception: Teams competing only in Spirit Program can submit one combined video including all athletes competing in the Spirit Program division.
- Teams competing in Spirit Program Game Day who submit separate Spirit Videos for Performance divisions will have those scores averaged together.
- The Spirit Video will be due by **5:00pm December 10, 2024**. The time limit is a minimum of 30 seconds with a maximum of 45 seconds and include a minimum of five (5) examples.

Division Updates

- UCA Game Day divisions updated to match Performance routine divisions offered:
 1. Division IA Large Coed (6-11 males, NCAA I – FBS)
 2. Division I Large Coed (6-11 males, NCAA I – FCS & NCAA II)
 3. Open Large Coed (6-11 males, NCAA III, Jr. Colleges, NAIA and all other schools)
 4. Division IA Small Coed (1-5 males, NCAA I-FBS)
 5. Division I Small Coed (1-5 males, NCAA I-FCS & NCAA II)
 6. Open Small Coed (1-5 males, NCAA III, Jr. Colleges, NAIA and all other schools)
 7. Division IA All Girl (NCAA I - FBS)
 8. Division I All Girl (NCAA I – FCS & Division II)
 9. Open All Girl (NCAA III, Jr. Colleges, NAIA and all other schools)
- UDA divisions, Game Day Live divisions, and Spirit Program divisions remain the same from the 2023-2024 season.
- For a complete list of divisions please see uca.varsity.com and uda.varsity.com.

Deduction Updates

- Cheer Specific
 - All updates will be identified in red on the Deductions sheet listed online.
 - NEW: College Deduction sheet separate from high school
 - Out of Bounds:
 - Two hands, two feet, or any part of the seat/torso completely outside of the performance surface
 - Out of bounds deductions are called by line judges and decisions are final.
 - General Safety – 1.0
- Both Cheer and Dance
 - Teams have 30 seconds from the team's introduction to start the routine. If a team exceeds this time limit, a penalty of a .25-point deduction for 1-5 seconds or a .5-point deduction for 6 seconds and over will be assessed.
- For a complete list of all deductions please visit our website uca.varsity.com and uda.varsity.com.

Partner and Group Stunt Updates

- Routine time is now limited to 45 seconds.
- Updated score sheets (coming soon)

Score Sheet Updates

- Cheer Performance Routine Scoring
 - “Perfection of Skill” has been renamed “Execution.”
 - Performance Routine Score Sheet total is 95 with 5 points being awarded from the Spirit Video.
 - New Stunt Scoring Guidelines replacing Progression Charts (coming soon)
- Dance Performance Categories Scoring
 - Execution Score Sheet - “Execution of Skills” has been renamed “Execution of Technical Elements”.
 - Choreography Score Sheet - “Creativity/Musicality” has been renamed “Musical Interpretation” with updates to description.
 - Choreography Score Sheet - “Complexity of Movement” has been renamed “Movement Composition” with updates to description.
 - Dance Performance Categories – Execution and Choreography Score Sheets are 65 pts each with 5 pts being awarded from Spirit Video. The averaged total of both score sheets is 105.
- All Game Day and Spirit Program Scoring
 - Game Day score sheet point value is 95 points with 5 being awarded from the Spirit Video.
 - Cheer Game Day score sheets updated to align scoring categories and descriptors across Fight Song, Situational Sideline, and Time Out sections.
 - Spirit Program Spirit Tape Scores for cheer and dance performances will be averaged together.
 - Spirit Program score sheets for Dance updated categories to reflect the integration of Dance and Cheer in a Game Day environment.
 - Spirit Program Game Day Live final score is now the average of Cheer, Dance, and Band score sheets.

Judges Education

- We are moving into Season 7 of our Judges Training and Education Course on Varsity University.
- Each judge is required to complete a Judges Agreement including a Code of Conduct for the season and complete a Background Screening to be eligible to judge.

USA Coach Membership

- Varsity Spirit will require that all coaches, band directors, choreographers, and personnel wishing to access the warmup area, backstage or coaches' box at our competitions have a USA Cheer Coach, Dance Coach or Professional Membership. At least one coach must have the USA Cheer Coach/Dance Coach Membership that include the USA Cheer Youth Risk Management certification course and must accompany the team at every competition.
- The USA Cheer Membership is available on the USA Cheer [website](#). Once your membership is complete, you can print your membership card, or save it on your mobile device to show at event registration along with your photo ID. This season’s membership will be active June 1, 2024, through May 31, 2025.

Legality Review

- UCA & UDA offer a service to help teams with legality and safety questions. Teams will be able to submit skills in throughout the year to receive a legality or safety response. This service will help teams get a response with a video attached back to use in situations where the skill may be in question. Teams are not required to submit a safety video.
- UCA Cheer Legality Reviews
 - All cheer videos, including Partner Stunt and Mascot questions, must be submitted through the [UCA Legality Inquiry Form](#)
 - Legality videos must be received on or before **January 3, 2024**.
 - Please visit our website and see Event Guidelines for how to submit a safety review at [uca.varsity.com](#) under divisions rules and scoring.
 - If you need assistance, you may email UCARules@varsity.com for cheer.
- UDA Dance Legality Reviews
 - Dance videos can submit videos to UDARules@varsity.com
 - Please include team name, coach’s contact information, and division information
 - Legality videos must be received on or before **January 3, 2024**.

For the Event Guidelines, Divisions, and Scoring Updates, please visit

[uca.varsity.com](#) and [uda.varsity.com](#).

For additional questions throughout the season please contact College@varsity.com