



BY VARSITY SPIRIT

2024-2025 UCA Event Guidelines and Scoring FAQs

Q: What qualifies as Out of Bounds and how is it called at events?

A: Out of Bounds is defined as 2 hands, 2 feet, or any part of the seat/upper torso completely out of bounds. This refers to the ENTIRE foot or hand or any part of the torso touching the ground outside of the performance surface. Warnings will be issued at UCA Regional events. At NHSCC, Out of Bounds deductions are called by line judges and decisions are final.

Q: How long does my team have to get set on the mat?

A: Teams have 30 seconds to start their routine after being introduced. Timing will start when the first person is on the mat for all Performance and Game Day divisions. There is a .25-point deduction for being 1-5 seconds over or a .5-point deduction for being 6 or more seconds over. To account for human reaction time, no deduction will be issued until 3 seconds over the allowed time.

Q: How does the new introduction time limit affect Game Day Live performances?

A: The Pep Band/Color Guard and Cheer must all enter from the same location and will have 30 seconds to pre-set for their Game Day LIVE performance. The announcer will then introduce the entire team. The Pep Band will have 1 minute to play any cadence or song. Only the Pep Band/Color Guard is scored during this time. Cheer should be positioned so that the Pep Band/Color Guard can be adequately scored.

Q: What can my team do during their run-on and run-off?

Teams should take the floor with spirit and enthusiasm but without excessive gestures such as team breaks, huddles, handshakes, or rituals. Teams should exit the floor following their performance. Coaches and alternates are not permitted to come onto the competition floor.

Q: How many athletes need to jump to achieve a maximum jump difficulty score?

A: On All-Girl, Rec and Small Coed teams, most of the female athletes on the team need to be involved in a clear jump section(s) performing 2 immediately connected jumps or 2 different jumps. Most is defined as at least 75%. On Large Coed teams, a majority of the female athletes on the team need to be involved in a clear jump section(s) performing 2 immediately connected or 2 different jumps. Majority is defined as at least 50% plus 1. On the Non-Tumbling and Non-Building score sheets, jump difficulty is comparative and considers factors such as variety, order of jumps in a combination, directional changes, and number of jumps.

Q: Can our music for Game Day have voiceovers mixed over the music?

A: No voice overs or voice recordings can be layered OVER the music track for Game Day divisions to enhance the volume of the cheer team. Lyrics of the song or voices captured in the original recording (i.e. the pep band singing the fight song) are permitted.

Q: What cues should we practice with our team for the Situational Sideline in the Game Day routine?

A: The specific cues that will be used for the 24-25 season have been posted [HERE](#) under the Game Day Information tab.

Q: Do all stunts still have to dismount after the Situational Sideline?

A: Since Crowd Leading is now one section of the Game Day routine including both the Situational Sideline and the Cheer, teams are allowed to stunt between the two. Teams may choose to stay in stunts while transitioning from the sideline to the cheer or dismount. There is no requirement to stay up or come down.

