

# UCA/UDA College Teams Spirit Video Highlights

*(ALL teams are required to submit the Spirit Video)*

## Highlights of these videos will be shown at the National Championship

All cheer and dance teams competing in the 2025 UCA/UDA College Cheerleading and Dance Team National Championship will be required to submit a Spirit Video which will count 5% of the team's score in the Championships. This portion of your entry will be due by **5:00pm December 10, 2024**. The time limit is a minimum of 30 seconds with a maximum of 45 seconds with a minimum of five (5) different examples. You may edit this portion of your entry. Here are some tips on getting the best angles and score:

- Film the team so you can see them interacting with the fans. Side angles are also good. Make sure you can see both the cheerleaders/dancers and the audience.
- Show your team using a variety of material (signs, flags or traditional chants or band cheers/dances) to get the crowd motivated.
- All video footage must be the current team from the 2024-2025 school year. The video must be recorded video footage- no still shots/pictures will be counted in scoring. Violation of this rule will be subject to one point deduction per occurrence.
- **College/University with multiple teams:**
  - Teams in different divisions i.e. Small Coed and All Girl must submit a separate video for each group competing. The primary focus of the video should be the athletes in each specific division.
  - College/University that has one team competing in different divisions/categories - only one video is required for that team.
  - 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.
- Judging for the spirit video is based upon the methods and materials being presented by the cheerleaders/dancers. Cheer teams should avoid doing basket tosses and/or elite stunts that are not being used to effectively "lead the crowd".
- **Do not label each section. Judges should be able to differentiate the performance opportunity and does not need to be labeled on the video.**
- See the following sample score sheet for further assistance in compiling your team's entry.
- Music Guidelines for Spirit Video
  - Only music captured incidentally (i.e., in the background of the video) will be permitted.
  - No music can be edited into the video.
  - All music captured from half-times, games, etc. highlighted in the video will need to follow the music guidelines.

## Spirit Video Score Sheet

### Community and Campus Involvement / Spirit Raising Techniques

**5 Points**

These are examples of team "spirit raising" by various demonstrations of activities within their campus and local community. These examples can be within game day arena/stadium and should include any event that the team participates, such as games, parades, pep rallies, alumni performances, pre-game and post-game events, community service performances, school fundraising events, campus tours or any other "involvement" your team has on campus.

**This section should be approximately 30 seconds long up to a maximum 45 seconds and include a minimum of five (5) different examples.**

Videos must be uploaded in MP4 or MOV files. Please label the file being uploaded with your College / University name. For questions, please contact [College@varsity.com](mailto:College@varsity.com)

Upload your Spirit Video [College Spirit Video Upload](#)