



RULE REMINDERS

Hello College Coaches and Spirit Coordinators!

We are so excited to see you all in Orlando for the 2025 UCA & UDA College Cheerleading and Dance Team National Championship. This email contains some important reminders as you prepare for the weekend.

Taking the Floor for Game Day / Spirit Program

For cheer and dance teams competing in the Game Day divisions, we will allow teams to have up to a maximum of 30 seconds to enter the floor and get set with your signs and flags. All entry and rules guidelines will still apply,

and keep in mind that your entry to the floor will not be judged. Penalties will be assessed for teams who exceed the 30 second time limit. Timing will begin when the first athlete is on the performance surface. There will not be a cue given by the announcer to begin the Game Day routine. Timing will begin with the first organized movement, voice, or note of music, whichever comes first.

Game Day Reminders:

- The only cue given by the announcer will be the Offense/Defense cue for the Situational Sideline (Cheer) and Game Situation (Dance).
- The announcer will not be giving a cue for the other components of the Game Day routine.
- Teams will receive a Football cue unless a Basketball cue is requested. Basketball cues can be requested on deck.
- Game Day Cues can be found here: [UCA/UDA Game Day Cues](#)

Music Reminders:

It is required that each team have a responsible adult remain at the music station that knows the routine and music (no alternates or team members allowed). This representative is responsible for pressing “play”. Should an adult choose not to stay at the music table for the duration of the routine, and a malfunction occurs, teams may or may not be permitted to perform the routine again.

Mascots

- Teams may add up to 2 (two) mascots in their game day routine.
- The mascot should not be involved in any stunts or skills with hip overhead rotation and should position themselves away from skills being performed.
- Mascots cannot bear the weight of a cheer/dance athlete. This includes, but is not limited to, lifting athletes or having an athlete sit on a mascot’s knees, back or any part of the mascot’s body.

Game Day / Spirit Program Props

The following props are allowed: signs, poms, megaphones, rally towels and flags. No other props, musical instruments, etc. may be used by anyone on the performance floor.

Cheer/Dance Entrances & Exits:

- 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.
- All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a 1-point deduction.

Dance Specific Reminders:

- Props cannot be tossed or thrown (dancer to dancer or into the crowd).
 - Clarification: any soft material handheld prop such as a bandana, towel, scarf, etc. may be tossed or thrown dancer to dancer ONLY.
 - Additionally, hip over-head rotation skills (with or without hand support) including props will be prohibited.
 - Props may not conceal or cover any portion of choreography, movement, skills, tricks, or lifts.

UCA/UDA College Event Guidelines can be found here: [College Nationals Rules](#)

Please make sure to also reference the [Varsity Spirit Rules & Regulations](#)

If you have specific questions, you can email UCARules@varsity.com or UDARules@varsity.com

Safe travels to Orlando!



[EVENT WEBSITE](#)

