



2021 NCA HIGH SCHOOL NATIONALS

Virtual Divisions FAQ's

The health and safety of your athletes, families & staff is our top priority and our Virtual Championship allows your team flexibility to maintain all applicable COVID-19 guidelines. Teams will film in their own facility and our virtual event format does not require that all participating teams be present in their gyms at the same time or on the same day to help maintain social distancing and sanitation standards. Our filming schedule allows your program the flexibility to film during your regularly scheduled practice time, no need to make changes.

Once routine videos are filmed, they will be uploaded to Varsity TV. There is no need to purchase additional equipment or internet services for your program – simply film on your phone or available camera! An NCA certified judging panel will score the routines in our Simple Score system. Score sheets and division breakdowns will be emailed to coaches, just like at an in-person event. The event will then be available to watch on-demand on the event date on Varsity TV and each team will receive one FREE month subscription to watch!

Which teams can participate?

All teams can participate in the NCA High School Nationals-Virtual event. In order to participate in this event, each team must submit a Letter of Exemption showing proof of administrative or local restrictions prevention of team travel. Your Letter of Exemption must be emailed to ncasupport@varsity.com.

What divisions are being offered?

The VIRTUAL divisions for the NCA High School Nationals can be found [here](#).

What is the last day to register for the NCA High School Nationals- Virtual?

The last day to register for our Virtual Nationals is February 17th, 2021. We are allowing teams to switch from In-Person to Virtual should there be a need for it on a case-by-case basis. In order to switch, you will need to submit a Letter of Exemption. If you must switch, please email dstaley@varsity.com.

How will a Virtual Competition work?

On February 22nd, registered teams will receive the KEYWORD and PDF form needed to record each routine. If you need to film earlier than February 22 when the Keyword will be sent out, please email ncasupport@varsity.com. You will be given a separate Keyword that can be used to film early.

Each team will have to submit their routine 1 time on March 3rd, 2021.

The week of the event, teams will receive an email with a link to the applicable Varsity TV video uploader. Once this information is sent, teams will record their video and submit it, following the uploader steps provided. At the close of submissions, routines will be available to watch for all subscribers on Varsity TV.

Routines will be shown on Varsity TV during the in-person national event on Saturday, March 6th, 2021. Awards will be shown the same day on NCA Facebook LIVE and posted shortly after on Varsity TV and the spectator BAND.

What is the KEYWORD?

The KEYWORD is a word or set of words that must be written on the KEYWORD Template outlined below and displayed on camera before the routine begins. The KEYWORD will be specific to the event. Any videos that do not contain the appropriate KEYWORD may be disqualified.

Once the filming window is open, the **registered coach** will receive a KEYWORD and PDF Template via email that must be printed and filled out legibly in a dark pen or marker. The KEYWORD will also be available in the event BAND during the recording window.

- A team member or coach must hold up the filled-out Template in front of the camera for 5- 10 seconds before the routine begins.
- The information on this Template will ensure that the judges are judging the proper team.

How much does it cost to participate in a Virtual Competition?

The cost for NCA High School Nationals- Virtual is \$125 per participant.

What awards will be given?

Division winners will be named National Champions and will receive a trophy, medals, and jackets that will be shipped after the event. Trophies and medals will be given out to 2nd and 3rd place teams. Per the judge's discretion, we will also give our Specialty Awards and Herkie High Point.

Rosters

Team rosters and online waivers will be required for teams to participate in each Virtual Championship.

Music Guidelines

Teams will be asked to disclose if they own the synchronization rights to their music when uploading their videos to Varsity TV. If teams have synchronization rights, the video will be uploaded with music. If teams do not have the synchronization rights, the video will be muted. For more information about the Terms & Conditions of uploading a video, [click here](#).

All routines will be judged with sound and available for Varsity TV subscriber viewing with sound for 48 hours once the event goes live. After 48 hours, the routines will be available without sound for Varsity TV subscribers. After 5 days, routines will be available free of charge without sound for the duration of the competition season.

How do people watch the event?

Varsity TV will host this event and one one-month subscription will be given to a coach of each registered team. All Varsity TV subscribers will be able to watch the event in its entirety. The awards will be FREE to all viewers on Varsity TV.

What kind of video do I need to submit?

Teams must submit a video recording of their routine taken in their practice facility, using the keyword indicated during the filming period. Videos must be one take – edited footage will not be accepted. All 4 corners of the floor should be visible when possible and athletes must perform on a USASF approved surface. The program must own rights to this video and consent to it being posted on Varsity TV for use in the Virtual Competition.

Once routine videos are filmed, they will be uploaded to Varsity TV. There is no need to purchase additional equipment or internet services for your program – simply film on your phone or available camera!

Be sure to check out our Filming Guide document for recording tips!

Is there a BAND group for Coach communication?

Yes! Once registered, coaches will receive an invite to join for virtual division updates and communications.

What should my team wear?

Teams may submit videos in their practice wear or uniforms.

How will teams be scored?

Once routine videos are filmed and uploaded to Varsity TV, an NCA certified judging panel will score the routines in our Simple Score system. Score sheets and division breakdowns will be emailed to coaches, just like at an in-person event.

Teams will receive a link to our AccuScore review process prior to the start of the event and will be able to follow the steps similar to a live event for challenges. Our AccuScore experts will review your sheets and follow up with your program on any changes or clarifications prior to the awards announcements.

Can we film and perform on a Spring Floor?

NCA Competitions comply with the NFHS surface ruling that school-based programs may not compete on a spring floor.

Will teams competing Virtually compete against those competing In-Person?

No, Virtual divisions will be standalone divisions.

Where can we watch awards?

Awards for each Virtual Competition will be available to watch for free on [NCA Facebook LIVE](#) and will be posted be shortly after on Varsity TV and the [spectator BAND](#) on Saturday, March 6th, 2021.

As a Coach ONLY, who do I contact if I have further questions?

For questions, please reach out to ncasupport@varsity.com

Disqualification

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate in a competition or the following year.

**Due to uncertainties associated with the COVID-19 virus that could potentially lie ahead, Varsity Spirit reserves the right to amend this document.*