



## UPDATES FOR THE 2022-2023 COMPETITION SEASON

We remain committed to fair and consistent scoring. Our goal is to evolve and provide the tools needed to all school teams this season for a clear understanding of divisions, rules, and scoring.

- Division Updates - [CLICK HERE](#) for the breakdown of the 2022-2023 divisions
  - Game Performance has been renamed **CROWD PERFORMANCE**
  - Splitting and combining divisions
    - Performance and Game Performance Divisions will be split into Small (5 - 16 members) and Large (17 - 30 members) when there are at least three teams registered in both split divisions at the event director's discretion.
    - The Novice Junior Club division is available for sideline teams that do not fit into the standard division. This includes Elementary teams, Rec teams and other club programs.
    - Game Day Divisions will be split into Small (5 - 12 members), Medium (13 - 20 members) and Large (21 - 30 members) when there are at least three teams registered in the split divisions at the event director's discretion.
    - Spirit program must consist of more than cheer and mascot by incorporating other Spirit Program elements such as band, drum line dance team. The programs participating must be officially recognized by the competing school's admin as a member of the school's dance, cheer, or band program.
- Scoring Updates
  - [CLICK HERE](#) for Rules and Restrictions - Novice and Intermediate divisions have been updated.
  - [CLICK HERE](#) to view changes to the 2022-2023 Judging Ranges for each division.
  - Jumps have been changed to require a total of 3 connected jumps with variety or 2 connected jumps plus a single jump with variety. \*Must use an immediate prep between connect jumps or immediate whip connection. Any choreography or pause during the prep or whip will break up the jump connection. \*
  - [CLICK HERE](#) to view the changes to the Crowd Performance (formally Game Performance) score sheet.
    - This change includes a 5-point category for performance and showmanship. This category will be a percentage of the score provided by ALL Panel Judges on both Crowd Performance AND the Performance score sheet.
- Deduction Updates - [CLICK HERE](#) for the 2022-2023 Deductions
  - Deductions will be assessed for Game Day Routines.
- Judges Education
  - We are moving into another season 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.
  - For coaches we are opening the option to take the judges testing. The course will be available online starting in October.

### LEGALITY REVIEW – SEND IN EARLY

The Nationals Cheerleaders Association offers a service to help teams with legality and safety questions. Teams will be able to email 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. To email a video, the following must be included:

1. The skill in question must be recorded by the team at practice. We are unable to accept videos from performances, competitions, or of other teams.
2. All submission must include the coach, team, and division.
3. The recording will be reviewed as if every person in the video is included in the skill. This would include additional spotters.
4. Videos are limited to 30 seconds and must be able to be viewed upright without rotating.
5. The recording will be limited to attachments only. Links, video sharing and YouTube style videos will not be accepted. While this does limit the video size, you are able to submit multiple videos.
6. All videos will either receive a legal or illegal response. If the video receives an illegal response, the entire video will not be reviewed but stopped at the point that the video was illegal. \*If the video is inconclusive, you will receive a response as to why the video was unable to make a judgement. It is up to you as a coach to resubmit the video to be re-reviewed.

Videos that do not follow the above rules will not receive a response. If you know that your video does not meet all the requirements above, please refile/resubmit the video. Only videos that meet the above requirements will be reviewed!

Please send all videos to [NCAscoring@varsity.com](mailto:NCAscoring@varsity.com).

Please note: Performing the skill at a prior event does not make the skill legal nor would it warrant a warning. Only submitting the skill will make the skill eligible for a warning. NCA can only guarantee this process will be accepted at NCA Branded events. This would not include other Varsity Branded and State Association Events.

For a complete list of changes for the 2022-2023 USA Cheer High School Rules go to <https://www.usacheer.org/2022-23-high-school-rules-change>.