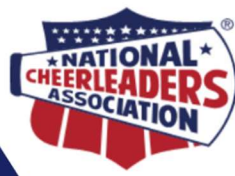


VIRTUAL COMPETITION INFORMATION GUIDE



NCA & NDA are proud to continue to offer virtual competition options for teams to compete from the comfort of their gyms & studios against teams across the country. The 2025-2026 Virtual Competitions allow programs to virtually go head-to-head at events by recording their routines via the CheerMatch App and upload their videos to be scored by an NCA or NDA trained judging panel. Routine videos, results and more will be shared following the event.

Here are some things to know before you register:

Who can participate in the Virtual Competition?

All NCA & NDA divisions are offered.

How will divisions be split during the event?

For NCA, we will follow the splitting divisions guidelines outlined on our [2025-2026 Division Listing](#). For NDA, we will follow the splitting divisions guidelines outlined in the [2025-2026 Division Listing](#).

Event Dates and Deadlines

Please note registration deadlines are firm and cannot be changed or extended. Payment must be paid in full and digital waivers submitted by the registration deadline date in order to participate.

- **NCA – November – Virtual Regional**
 - Registration Deadline: **Wednesday, November 5, 2025**
 - Email Instruction: **Monday, November 10, 2025**
 - Video Capture Window: **Wednesday, November 12 – Sunday, November 16, 2025**
 - Event on Varsity TV (Subscription Required): **Tuesday, November 18, 2025**
 - Score Sheets Emailed: **Thursday, November 20, 2025**
 - Results Posted: **Friday, November 21, 2025**
- **NCA & NDA– December – Virtual Regional**
 - Registration Deadline: **Wednesday, December 3, 2025**
 - Email Instruction: **Monday, December 8, 2025**
 - Video Capture Window: **Wednesday, December 10 – Sunday, December 14, 2025**
 - Event on Varsity TV (Subscription Required): **Tuesday, December 16, 2025**
 - Score Sheets Emailed: **Thursday, December 18, 2025**
 - Results Posted: **Friday, December 19, 2025**
- **NDA – January – Virtual Regional**
 - Registration Deadline: **Wednesday, January 7, 2026**
 - Email Instruction: **Monday, January 12, 2026**
 - Video Capture Window: **Wednesday, January 14 – Sunday, January 18, 2026**
 - Event on Varsity TV (Subscription Required): **Tuesday, January 20, 2026**
 - Score Sheets Emailed: **Thursday, January 22, 2026**
 - Results Posted: **Friday, January 23, 2026**

How will a Virtual Competition work?

Shortly after the registration deadline passes, teams will receive an email from CheerMatch with app download instructions and login information/passwords as well as video recording instructions and FAQs. For coaches who are new to the platform, you may request a “test” capture after receiving your login instructions. We recommend using this option to familiarize yourself with the recording process prior to initiating capture for your competition performance(s).

Once the event begins, teams will have a 5-day video capture window to record their video and submit it to CheerMatch. Teams will be given **TWO (2)** capture opportunities. The coach will select (1) of these captures to be submitted for scoring. You can film on any desired date during the capture window, but your performance must be captured directly within the CheerMatch (Varsity Compete) app.

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 on demand, free of charge without sound for the duration of the competition season.

What awards will be given?

Banners will be awarded to the top 10 teams in each division.

Where can we view the results from the Virtual Competition events?

All results and scores will be posted on Varsity TV at the conclusion of the event. Additional information regarding awards reveals will be coming soon!

Virtual Event Waiver?

Team rosters will be required for teams to participate in each Virtual Competition. All teams will be required to email their roster. A signed Roster form must be completed and submitted via email to ncascoring@varsity.com or ndascoring@varsity.com.

A virtual waiver form will need to be submitted per athlete once per event. [Click here to fill out a waiver form online](#). Coaches can check to see athlete waivers in their myVarsity portal.

Music Guidelines

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 on demand, free of charge without sound for the duration of the competition season.

How do people watch the event?

To view the videos on the event day, you need an active Varsity TV subscription. Each program will have the option to redeem a special discount to set up their own Varsity TV account if you do not currently have one. Please note your subscription will renew at full price on the same day the following month, unless you cancel your subscription at the end of the trial period.

What kind of video do I need to submit?

Teams must submit a video recording of their routine taken in their practice facility. Videos must be one take, with sound – edited footage will not be accepted. All 4 corners of the floor should be visible when possible and athletes must perform on a NFHS 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.

There is no need to purchase additional equipment or internet services for your program – simply film on your phone! Make sure that you are closely following the video sent from CheerMatch with further instructions to ensure you are submitting the video properly.

What should my team wear?

Teams may submit videos in their practice wear or uniforms. Please keep in mind that all NFHS Rules and Standards on uniforms must be maintained, or a deduction will be assessed, and your video will not be available on Varsity TV.

How will teams be scored?

Once routine videos are filmed and uploaded, an NCA & NDA trained judging panel will score the routines in our Simple Score system. Score sheets will be emailed to coaches the day following judging by 9:00 AM Central Time. Coaches will then have 3 hours to submit an AccuScore review request.

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 reviews. Our AccuScore experts will review your score sheets and follow up with your program on any updates or clarifications prior to the awards announcements.

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

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

**Varsity reserves the right to amend this document, bid event listings and bid distributions at any time.*