



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.

Here is an overview of the changes for the 22-23 Season

Cheer Score Sheet Reminder from 21-22

- Tosses split into Difficulty - 2 points Difficulty and Execution 3 points
 - Technique, Height and Form – 3pts
 - Type of Skill & Number of Tosses – 2pts
- Purpose is not for you to increase tosses – goal is to provide better feedback to teams

Division Updates

- NEW Game Day Division Changes
 - Compete in regular Game Day – 5 divisions
 - Division IA Game Day
 - All Girl IA Game Day
 - Open Coed Game Day
 - Small Coed Game Day
 - Open All Girl Game Day
 - NEW Game Day LIVE (Cheer team and Band)
 - Division IA Game Day Live
 - Open Game Day Live
 - NEW Spirit Program Game Day (Cheer team and Dance team)
 - Division IA Game Day Live
 - Open Game Day Live
 - Spirit Program Game Day Live (Cheer, Dance & Band)
 - Division IA Game Day Live
 - Open Game Day Live
- Cheer and Dance Divisions
 - For the 22-23 Season all divisions will be 20 total athletes (except for Game Day Divisions)
- Large Coed division Floating Scale
 - 14 – 15 total participants = 8 maximum males
 - 16 – 17 total participants = 9 maximum males
 - 18 – 19 total participants = 10 maximum males
 - 20 total participants = 11 maximum males

Virtual Competitions

- College Game Day Kick-Off – College Cheer teams will have the opportunity to upload their Fight Song, Situational Sideline and/or Timeout. College Dance teams will have the opportunity to upload their Fight Song, Game Situation and/or Performance Routine. Cost is \$120 per team per category or, submit a video for all three categories for \$300!
 - Registration Due on Friday September 30
 - Payment Due on Friday October 7
 - Upload open on Monday October 10
 - Upload closes on Tuesday October 11
 - Videos Available Sunday October 16 - 9:00am
 - Results Available Sunday October 16 - 5:00pm
 - Score Sheets emailed Sunday October 16 - 6:00pm

- Judges Education
 - We are moving into Season 5 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.
- USA Coach Member
 - Varsity Spirit will require that all coaches, choreographers, band directors and personnel wishing to access the warmup area, backstage or coaches' box at our competitions have a USA Cheer Coach or Professional Membership. Please visit our website listed below for additional details.

○ Legality Review

UCA & UDA offer 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.

Only videos that meet the above requirements will be reviewed.

Please send all videos to UDARules@varsity.com for dance or UCARules@varsity.com for cheer. Due to volume, please allow up to 48 business hours to get back to you.

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. UDA can only guarantee this process will be accepted at UCA/UDA Branded events. This would not include other Varsity Branded and State Association Events

For additional information regarding Rules, Divisions and Scoring please visit:

<https://www.varsity.com/uca/school/competitions/rules-scoring/>
<https://www.varsity.com/uda/school/competitions/divisions-rules-scoring/>