



UPDATES FOR THE 2023-2024 COMPETITION SEASON

Here is an overview of the changes for the 23-24 Season.

Spirit Video (formerly Crowd Highlights)

- A Spirit Video will be required of ALL Cheer and Dance teams that will count for 5 points of your score at the National Championship in Traditional routines AND Game Day routines.
- Spirit Video should consist of examples of squad “spirit raising” by various demonstrations of activities within their campus and local community. These examples are within game day arena/stadium situations and should include any event that the team participates, such as games, parades, pep rallies, alumni performances, pre and post-game events, community service performances, school fundraising events, campus tours or any other “involvement” your team has on campus.
- The Spirit Video will be due by **5:00pm December 12, 2023**. The time limit is a minimum of 30 seconds with a maximum of 45 seconds and include a minimum of five (5) examples.

Division Updates

- Traditional Routine Divisions
 - Large Coed divisions for all classifications can have 6-11 male athletes with a total of 20 team members.
 - Large Coed division will follow the same 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
 - Small Coed divisions for all classifications can have 1-5 male athletes with a total of 20 team members.
- Game Day Divisions
 - Open Coed Game Day will allow 6 or more male athletes with a total of 30 team members.
 - Small Coed Game Day will allow 1-5 male athletes with a total of 30 team members.
- Game Day LIVE (Cheer team and Band) – no changes
 - Division IA Game Day Live
 - Open Game Day Live
- 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
- Note: In the Spirit Program Divisions - cheer and dance teams will split the performance surface 1/2 mat (approx.. 25 feet deep and 42 feet wide - 4 strips) and 1/2 Marley (approx. 25 feet deep and 53.5 feet wide for Dance).

Deduction Changes

- Deductions
 - All updates will be identified in Red on the Deductions sheet listed online.
 - Athlete Bobble & Building Bobble have been removed from the deduction system and will be assessed by the scoring judge in each category. A point value is not listed and will be up to the scoring judge to determine the value assessed.
 - Building Deductions
 - Major Bobble (MB) – 1.0
 - Major Building Fall (BF) – 2.0
 - Pyramid Fall (PF) – 3.0
- For a complete list of all deductions please visit our website uca.varsity.com.

Score Sheet Updates

- Traditional Routine Scoring
 - Cheer Score Sheet – Crowd Leading has moved to 10 total points. Looking for Crowd Effective Material (5 Points) and Ability & Energy to Lead the Crowd & Proper Use of Signs, Poms and Megaphones (5 Points). Cheer section total will be 30 points.
 - Building Score Sheet – Overall Category impression has been removed. Partner Stunts will account for 25 Points with 15 being from Perfection of Skill (Execution) and Difficulty being 10 Points. Partner Stunts has been increased to 25 Points with 15 being from Perfection of Skill (Execution) and Difficulty being 10 Points. Total for Building Score Sheet will be 50 points.
 - Overall Score Sheet had no changes. Overall Score Sheet will be worth 15 total points.
 - Total Traditional Routine Score Sheet point value is 95 with 5 points being awarded from the Spirit Video.
- Game Day and Spirit Program Routine Scoring
 - With the addition of the Spirit Video Score, Overall Impression has moved to 5 points.
 - Total Game Day Routine Score Sheet point value is 95 points with 5 being awarded from the Spirit Video.
 - Spirit Program Spirit Scores for cheer and dance performances will be averaged together.

Judges Education

- We are moving into Season 6 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 Membership

- Varsity Spirit will require that all coaches, band directors, choreographers, and personnel wishing to access the warmup area, backstage or coaches' box at our competitions have a USA Cheer Coach, Dance Coach or Professional Membership. At least one coach must have the USA Cheer Coach/Dance Coach Membership that include the USA Cheer Youth Risk Management certification course and must accompany the team at every competition.
- The USA Cheer Membership is available on the USA Cheer [website](#). Once your membership is complete, you can print your membership card, or save and display it on your mobile device at event registration along with your photo ID. This season's membership will be active June 1, 2023 through May 31, 2024.

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.
- Legality and Safety videos must be received on or before **January 3, 2024**.
- Please visit our website for how to submit a safety review at uca.varsity.com under divisions rules and scoring.
- Please send all videos to UDARules@varsity.com for dance or UCARules@varsity.com for cheer.

For additional questions throughout the season please contact College@varsity.com