



## UPDATES FOR THE 2024-2025 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. Below is an overview of the changes. For a complete copy of the divisions, rules and scoring, please visit [uca.varsity.com](http://uca.varsity.com).

- Division Updates
  - Each school may not have more than one team compete in one single division.
  - Athletes may only perform up to 2 times if one routine is a performance routine and the other is a game day routine.
  - Teams must compete in the same style Performance Routine and Game Day Routine. I.E. Non-Tumbling or Non-Building must be the same for both.
  - Specifications to the DI & DII Division Split in 2024-2025:
    - Medium Varsity Coed is no longer a division offered.
    - Varsity Coed (Traditional & Game Day) will be split into the Small Varsity Coed and Large Varsity Coed divisions.
      - Small Varsity Coed: Female/1-4 Males; 5-20 Members
      - Large Varsity Coed: Female/5+ Males; 21-30 Members
  - Junior High, Rec and World School divisions will not split into Division I & Division II in 2024-2025.
  - For a complete listing of division offered at 2024-2025 UCA Regional and NHSCC, [click here](#).
- Enrollment Updates
  - New enrollment form to include the specific collection of student enrollment by grade will be used to help teams better understand DI/DII classification and provided consistency among metrics.
  - Co-operative teams are defined as a collaboration of athletes from more than one school. Rules and guidelines for these team types have been more clearly outlined.
  - Varsity & Junior Varsity Divisions will split into Division I & Division II based on school sizes below:
    - Division I - Schools with an enrollment of 1,400 or more.
    - Division II - Schools with an enrollment of 1,399 or less.
- Game Day LIVE General Questions
  - This is a great way for your Cheer and Band to work together more throughout this season.
  - Please refer to the Event Guidelines for time limits, format, scoring and specific division guidelines.
  - NEW: No video submission required. The Cheer team must receive a bid in a Game Day or Game Day Live division at a 2024 qualifying regional.
  - NEW: Game Day Live performances will allow 1 (one) minute from the team's introduction of the school to the start of the Game Day routine. Cheer and Pep Band/Color Guard must enter from the same location. Pep Bands may play any cadence or song. Only the pep band/Color Guard is scored during this time. Cheer should be positioned so that the Pep Band can be adequately scored.
- Score Sheet Updates
  - Game Day: NOW 3 Categories
    - Band Chant Score Sheet – 30 points
      - Added Visual Appeal to include creative movements and musicality.
    - Crowd Leading Score Sheet – 40 points
      - Situational Sideline and Cheer combined in one section.
    - Fight Song – 30 points
      - Combines Execution and Effectiveness of Skills in one 5-point category.
    - Point allocation and category captions have been updated across Game Day routine score sheets to better reflect the Game Day philosophy.
  - Performance Routine Score Sheets
    - No changes to scoring.
    - Only wording update changed Perfection of Skill to Execution

- Where are tosses scored?
  - Tosses performed as individual groups within a partner stunt section are scored in partner stunts. If tosses are performed in conjunction with a pyramid sequence/transition, they count towards pyramid score.
- Game Day Routine Updates
  - Teams may add up to two (2) mascots in their Game Day routine.
  - Single-based lifts allowed throughout except during Band Chant.
  - Single standing tumbling is allowed and cannot be connected. A single tumbling skill can only be connected to a single jump. The only standing tumbling skills that are allowed include back handspring, back tuck, forward roll, front walkover, cartwheel, standing aerial, jump back handspring, and jump tuck.
  - Basket and waist level tosses are NOT allowed. Examples of toss skills allowed are quick toss stunts, toss coed skills, and toss toe touches.
  - Flags / Color Guard, if included in your Game Day routine, will count as part of the athletes. Using additional males for flags would require the team to be in a coed division.
- Deduction Updates
  - Deduction guidelines now reflect what is and is not included for each type of deduction.
  - Out of bounds: any combination of two hands, two feet, or any part of the seat or torso touches outside of the performance surface. Out of bounds deductions are final.
  - Teams have 30 seconds from the team's introduction to the start of the routine.
  - Incorrect Sideline is no longer a Game Day format violation and assessed in Sideline score.
- Warm-Up Policy
  - The time between when a team finishes warm-ups and is on the competition floor should be no sooner than 8 minutes and no longer than 30 minutes. Based on an event's facilities, the performance schedule may allow for more or less time to get from warm-up to the competition arena. Event Officials will monitor timing and work to provide the safest competition environment for all athletes.
- Judges Education
  - We are moving into Season 7 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.
  - Complete videos of Judges' Training will be made available at [UCA.varsity.com](http://UCA.varsity.com) early fall.
- Common Questions
  - UCA will SPLIT divisions in the best interest of providing a competitive environment. When/If a division has 11 or more teams, additional splits may be offered.
    - Examples:
      - Small Varsity has 23 teams registered. This division may be split into DI/DII status based on the school enrollment.
      - Junior High Game Day has 12 teams registered. This division may be split into Small/Large.
      - Small Junior High has 14 teams registered; this division cannot be split since there is not an additional split offered.
- NHSCC Updates – February 7-10, 2025
  - How to qualify:
    - Score of 90 or above at a qualifying regional event is guaranteed a bid.
    - Teams scoring lower than a 90 may be awarded a bid based on depth of division, scores above the natural break, deductions, raw scores, and national averages.
  - See tentative block schedule posted online.
  - All divisions at NHSCC will have no more than 3 rounds of competition. Specifics can be found in the 2024-2025 Event Guidelines.
  - NEW: First round is scheduled as a random draw. Teams will perform in reverse rank order after the first round.
- UCA Rules Questions
  - Teams will be able to send in skills throughout the year to receive a legality ruling.
  - Please submit videos at least 2 weeks prior to the team's performance.
  - Teams are not required to submit a safety video.
  - Please submit all rules questions through: [UCA Legality Inquiry Form](#)