



UPDATES FOR THE 2025-2026 COMPETITION SEASON

We remain committed to fair and consistent scoring. Our goal is to evolve and provide the tools needed to all school and rec 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.

- Division Updates
 - Each school or rec program may not have more than one team compete in one single division.
 - Athletes may only perform up to 3 times if one routine is a Performance routine, one is a Game Day routine, and one is a Spirit Program 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.
 - Cheerleaders may only compete at ONE NSSC weekend and must compete as a cheer member throughout the weekend.
 - Specifications to the DI & DII Division Split in 2025-2026:
 - Junior High and Rec teams will compete on the NSSC championship weekend that their feeder program competes at. If the JH or Rec feeds into multiple high schools, the team will follow the high school that MOST of the student enrollment feeds into.
 - For a complete listing of division offered at 2025-2026 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 can be found in the Event Guidelines. [UCA Scoring Page](#)
 - 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.
- Spirit Program Game Day Division General Questions
 - This is a great way for your Cheer, Dance and/or Band to work together more throughout this season.
 - Please refer to the Spirit Program specific Event Guidelines for time limits, format, scoring and division guidelines. [CLICK HERE](#)
 - Cheer and dance teams must meet all NSSC eligibility requirements to register for Spirit Program divisions.
- Intermediate Division General Questions
 - NEW division for 2025-2026!
 - Please refer to the Event Guidelines for all division skill restrictions and eligibility guidelines. [UCA Scoring Page](#)
 - Score Sheets reflect the level of skills allowed to be performed in the Intermediate division.
- Score Sheet Updates
 - Game Day
 - No changes to scoring
 - Performance Routine Score Sheets
 - No changes to scoring
 - Update to Jump Difficulty requirement:
 - All-Girl and Rec teams: Most (75%) of the athletes on the team need to be involved in a clear jump section(s) performing 2 immediately connected jumps OR 2 different jumps.
 - Small and Large Coed teams: A majority (50% plus 1) of the female athletes on the team need to be involved in a clear jump section(s) performing 2 immediately connected jumps OR 2 different jumps.

- All Non Tumbling and Non Building teams: Jump difficulty is comparative and considers factors such as number of jumpers, variety, order of jumps in a combination, directional changes, and number of jumps.
- Deduction Updates
 - Building Bobbles have been included to reduce the point value of some building skill errors that were previously listed under Building Falls.
 - Athlete Falls now also includes hand(s) down during tumbling or jump skill.
 - Out of bounds: Any part of the seat/torso or any combination of two hands and/or feet completely outside of the performance surface. Out of bounds deductions are final.
 - Incorrect Sideline is not a Game Day format violation and assessed in Sideline score.
 - No voice-overs are allowed in any Game Day or Spirit Program routines.
- 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 8 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 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 of teams.
 - 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 is now part of the National School Spirit Championships
 - DII weekend: January 30-February 1, 2026
 - DI weekend: February 6-8, 2026
 - How to qualify:
 - 75% of the team must have complete the Squad Credentialing program.
 - Score of 90 or above at a qualifying regional event is guaranteed a bid.
 - Teams at regional events 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 2025-2026 Event Guidelines.
 - Preliminary/Semi-Final groups will be split based on previous placement and geography. Competition order for the first round is random. Teams will perform in reverse rank order after the first round.
 - For advancements from semi-final to final rounds, auto-advance teams will be counted in the MAXIMUM number of teams (12) that can advance to finals.
- 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 but are encouraged to submit for legality confirmation.
 - Please submit all rules questions through: [UCA Legality Inquiry Form \(jotform.com\)](http://UCA.Legality.Inquiry.Form(jotform.com))