



UDA SCHOOL SCORING COMPETITION UPDATES

2025-2026 SEASON

Here is an overview of the changes for the 2025-2026 Season for all Junior High, Junior Varsity, and Varsity Divisions

DIVISION UPDATES

- Small Varsity DI will be 5-14 members
- Small Varsity DII will be 5-12 members
- Large Varsity D1 will be 15+ members
- Large Varsity DII will be 13+ members
- Spirit Program Divisions will be 5-75 members
 - Click Here for Spirit Program Game Day division guidelines and more NSSC information - [National School Spirit Championships - Varsity.com](https://www.national-school-spirit.com)
- For a complete list of divisions please visit uda.varsity.com.

REGIONAL COMPETITION DIVISION SPLITS

- At Regionals, Varsity divisions will **FIRST** be split into DI and DII if there are **11 or more** teams registered. Varsity divisions will be further split into size **ONLY** if there are **11 or more** teams registered in the DI and/or DII split. Junior High and JV divisions will not be split at any event.

TRADE OUT ATHLETES

- **High School**
 - This is the same from the 24-25 season.
- **College**
 - A minimum of 25% of the dancers must be the same in both routines. If dancing different numbers in each routine, 25% will be based on the largest number of dancers in the routine performed.

ENROLLMENT

- This is the same from the 24-25 season. All teams must submit an official school enrollment letter for determination of DI/DII division status. School enrollment is defined as all students registered as in-school students at the school and any other students also eligible to participate in athletics at that school.
- Enrollment letters must be submitted between **October 1, 2025 and October 31, 2025**. For more information on enrollment, please see page 6 of the 2025-2026 UDA Rules and Regulations.

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](https://www.usacheer.org). Once your membership is complete, you can print your membership card, or save it on your mobile device to show at event registration along with your photo ID. This season's membership will be active June 1, 2025, through May 31, 2026.

PROPS

- Props are NOT ALLOWED – this includes Megaphones in Dance Game Day
- Spirit Program Game Day Divisions will have different prop rules. Refer to the Spirit Program Rules and Regulations at [National School Spirit Championships - Varsity.com](https://www.varsity.com/school-spirit) for more information.

DANCE GAME DAY

- Teams must show a clear separation between elements. Music, voice-overs, recorded or overlayed words being played, are NOT allowed, during these transitions.
- No voice-overs or words may be recorded and overlayed on the music tracks for Game Day routines in Fight Song or Spirit Raising. Any voices captured in the original recording are allowed.
- Teams are allowed to compete in Dance Game Day AND one of the Spirit Program Game Day categories.
 - **Mascots**
 - The mascot(s) are limited to performing in a maximum of 3 divisions per individual within an event.
 - The mascot(s) is not allowed to be involved in any lifts or skills with hip overhead rotation and should position themselves away from any skills being performed.
 - Prep level or higher stunts, multi base stunts, shoulder sits, aerials, back handsprings, front handsprings, headsprings, etc. are not allowed.

ROUTINE SAFETY RULES

- Aerials/Front Aerials that include a twisting motion or blind landing, are allowed for the 25-26 season.
- Aerial “snap down” or to a seated position is allowed for the 25-26 season.
- Standing Back handsprings are allowed. They cannot be connected to any other tumbling skill.

INTERMEDIATE ROUTINE SAFETY RULES

- Only one set of pirouette turns within a sequence is allowed.
- Dancers can use a bug, roll, or soutenu as an optional landing for Leaps/Jumps
- Dancers must have 4 counts between the completion of one tumbling skill, technical skill, and/or lift to the execution of another. The landing/completion of a skill can be considered count 1 of 4. Example: Dancer does a double pirouette and lands on count 1 - dancer can use transitional steps, choreography, or preparatory steps on counts 2, 3 & 4 and legally execute another skill on count 5.*
- Partner cartwheels are not allowed
- Assisted handstands with executing dancer’s hands not touching the performance surface, are not allowed.

LEGALITY REVIEW

- UCA & UDA offer a service to help teams with legality and safety questions. Teams will be able to submit 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.
- UDA Dance Legality Reviews
 - Dance videos can submit videos to UDARules@varsity.com
 - Videos sent via text message will not be accepted
 - Please include team name, coach’s contact information, and division information
 - Legality videos submitted for a regional event must be received **two weeks prior to the event**. Legality Videos for NDTC and NSSC must be received by January 9, 2026 for all DII schools and January 16th, 2026 for all DI schools.

For the Event Guidelines, Divisions, and Scoring Updates,
please visit uda.varsity.com.

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