NATIONALS - CHAMPIONSHIPS - OPENS - CLASSICS - REGIONALS

usa

united spirit association



2020 - 2021 SPIRIT COMPETITIONS

USA.VARSITY.COM

@usacamps

2020-2021 SPIRIT COMPETITIONS

USA unitedspiritassociation

Thank you for choosing the USA!

A lot has changed over the last few months, but our commitment to provide safe, quality and professional events will never change. Like many coaches and athletes, the USA cannot wait to get back to the competition floor.

We are closely monitoring the ever-changing city and state regulations and updates from school administrations as we move closer to the start of the new year. Our team is ready to make modifications to our events, which means competitions may look and feel different, as we keep the safety of our athletes, spectators and staff at the forefront of all of our decision making, while ensuring we have fun, quality competitions.





PROVIDING COMPETITIONS THAT ARE FAIR, AFFORDABLE AND FUN!



TABLE OF CONTENTS

GENERAL EVENT REGISTRATION	PAGE 3
SONG/POM, SONG/JAZZ & PEP FLAG	PAGES 4-5
SHOW CHEER & GROUP STUNT	PAGES 6-7
CROWDLEADER & GAME DAY	PAGES 8-10
MASCOT	PAGE 11
REGIONALS, CLASSICS & OPENS	PAGE 12
NATIONALS & CHAMPIONSHIPS	PAGE 13

Share your journey to USA Nationals with us online!
Tag us @usacamps and use #USANationals





GENERAL EVENT REGISTRATION

EARLY BIRD REGISTRATION FEE

The registration must be entered and paid in full, 21 days or more prior to the event to lock in the early bird rate (Early Bird pricing is not available for virtual events).

ON-TIME REGISTRATION FEE

The on-time registration fee will apply to those registrations received in the USA office 8-20 days prior to the event. New registrations will not be accepted the week of the event. Full payment or a purchase order must be submitted to the USA office in order to complete the registration process. On-line reservations without payment are not considered a confirmed registration – payment must be received before teams are added to the competition schedule. Registration fees (i.e. early bird or on-time) are locked in only once payment is received in full. Forms of payment accepted include school purchase order, school check,money order, cashier's check and/or credit card. Personal checks, organizational checks, cash or individual payments are not accepted. Declined credit cards are a basis for immediate cancellation of your registration. The school name must appear on the PO. Teams will be responsible for the full registration fees for cancellations past the refund deadline, regardless of payment status,and/or "no shows" on the day of the event. There will be a $50 return check fee. The USA reserves the right to deny registration to any team. Competitions may close to additional participants at any time, including before the early bird registration/entry deadline

Competitions are subject to cancellation or a change in competition format. The United Spirit Association will not be held responsible for any losses incurred by a team as a result of competition cancellation, with the exclusion of a full refund of team registration fees.

For the most accurate and up-to-date USA Spirit, Junior/Rec, College, Dance and All Star competition information please visit our website, usa.varsity.com

WAITING LISTS

Registration of teams is first come-first served and confirmed only with payment or proof therefore (i.e a purchase order). Due to facility size and schedule time constraints, competitions will close to further team registration once maximum capacity is reached. Teams who have not been accepted to compete due to a "full" competition will be placed on a "waiting" list. As teams drop from the schedule, teams from comparable divisions who are on the "waiting" list and have paid in full will be added. The "Person to Receive Correspondence" will be notified if the team is placed on the "waiting" list and will be updated with the registration status as the competition nears. As teams drop from the schedule, "waiting" list teams will be added, up to the Friday one week prior to the competition date. Teams may not be added to the schedule the week of the competition date, even if further teams drop from the competition. Out of respect to those who pre-registered and to produce as accurate a performance schedule as possible in advance of the event, the USA does not accept new registration the week of and/or new registrations on the day of the event.

Cancellations, transfers of registration fees (registration fees may be transferred only once and registration fee transfers may not be split) or category/division changes will be accommodated only if request is submitted in writing 10 days or more prior to the event. After that time, all funds become non-transferable and non-refundable. Teams are responsible for the full registration fee(s) for cancellations past the deadline, regardless of payment status. Refunds are automatically processed 2-4 business weeks after the event is over.

Cancellations may impact the number and/or type of awards presented in a given division. The USA will not be held responsible for cancellations which decrease the final number of teams in a division, thus impacting the awards that are distributed for that division.

Please contact your USA State Director or e-mail usacompetitions@varsity.com with any questions and we're happy to assist you in building your competition schedule and planning your trip to USA Nationals!



CATEGORIES & DIVISIONS (1/4)

SONG/POM JV & VARSITY

(NOVICE, INTERMEDIATE & ADVANCED)

NUMBER ON TEAM

5-23 members

ROUTINE PROCEDURE

A song/pom routine consists of visuals effects, synchronization, clean/sharp pom motions and technical skills. Visual effects include level changes, opposition, group work, transitions and formations. Emphasis should be placed on proper pom/motion technique, proper dance technique, timing, and showmanship. All female members must use two pompons for 80% of the routine. Props and/or costuming are not allowed.

SAFETY RULES

Routines in these divisions must also follow all the 2020-21 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules for School and Rec Teams.

SPECIALTY SKILL(S) RESTRICTIONS (ADVANCED)

No additional restrictions besides those listed in the 2020-21 USA Song/Pom and Pep/Short Flag Safety Rules for School and Rec Teams apply for this category.

SPECIALTY SKILL(S) RESTRICTIONS (INTERMEDIATE & NOVICE)

There are additional technical/specialty skill restrictions in these divisions. Please refer to the 2020-21 High School Teams Song/Pom and Pep/Short Flag Division Limitations document.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

SONG/POM FRESHMEN

NUMBER ON TEAM

5-23 members

ROUTINE PROCEDURE

A song/pom freshman routine consists of visuals effects, synchronization, clean/sharp pom motions and technical skills. Visual effects include level changes, opposition, group work, transitions and formations. Emphasis should be placed on proper pom/motion technique, proper dance technique, timing, and showmanship. All female members must use two pompons for 80% of the routine. Props and/or costuming are not allowed.

SPECIALTY SKILL(S) RESTRICTIONS

There are no additional restrictions besides those listed in the 2020-21 USA Song/Pom and Pep/Short Flag Safety Rules for School and Rec Teams apply for this category.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

SONG/POM – An official school uniform that is worn for game/sideline cheering or performing must be worn. Costuming is not allowed. If an accessory or an article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming". A deduction of 3 points will be taken if "costuming" is used. (Exception: Costuming is allowed in the Jazz Category).

SONG/JAZZ

NUMBER ON TEAM

5-23 members

ROUTINE PROCEDURE

A songleader-jazz routine incorporates stylized jazz dance movements and combinations, visuals effects, level changes, formation changes and dance technique. Emphasis should be on uniformity of the selected jazz style, proper dance technique, timing and showmanship. Props are not allowed. Costuming is allowed in this category.

SPECIALTY SKILL(S) RESTRICTIONS

No additional restrictions besides those listed in the 2020-21 USA Song/Pom and Pep/Short Flag Safety Rules for School and Rec Teams apply for this category.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

PEP/SHORT FLAG

(1 FLAG, 2 FLAGS & NOVICE 2 FLAGS)

NUMBER ON TEAM

4-23 members

ROUTINE PROCEDURE

A pep flag/short flag routine consists of visuals effects, synchronization, twirls, tricks and tosses. Visual effects include level changes, opposition, group work, formations and transitions. Emphasis should be placed on proper twirling technique, timing, and showmanship. All team members must use flags for 80% of the routine. A deduction of .5 will be taken for each dropped flag shaft. A dropped flag is defined as a flag that is unintentionally released onto the performance surface. Props and/or costuming are not allowed.

SPECIALTY SKILL(S) RESTRICTIONS (1 FLAG & 2 FLAGS)

No additional restrictions besides those listed in the 2019-20 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules for School and Rec Teams apply for this category.

SPECIALTY SKILL(S) RESTRICTIONS (NOVICE 2 FLAGS)

There are additional technical/specialty skill restrictions in this division. These rules are listed on the 2020-21 High School Teams Song/Pom and Pep/Short Flag Division Limitations.

EQUIPMENT

To avoid floor damage, pep flag shafts must be covered on both ends.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum. Pep/Short Flag will be limited to :45 seconds for entrance (from announcement of team's name) and :45 seconds for exit (from conclusion of routine music). Choreographed entrances and exits will not be judged.

NOTE: Please contact the USA Office for a list of competitions offering Pep-Flag divisons for 2020-2021.

If your team is located outside of California an electronic video file of your routine must be submitted by December 31, 2020 for qualification for Spirit Nationals. To request an electronic video entry form, please email usacompetitions@varsity.com.

USA unitedspiritassociation

2020 - 2021 SONG/POM, SONG/JAZZ & PEP FLAG DIVISONS

Song/Pom -- Advanced, Intermediate and Novice			
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Song/Pom			
Freshman	• 9th Grade	• Female/Male	• 5 - 23 Members
Song/Jazz **			
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Varsity	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
Pep Flag			
Pep Flag -- 1 Flag	• 9th - 12th Grade	• Female/Male	• 4 - 23 Members
Pep Flag -- 2 Flags	• 9th - 12th Grade	• Female/Male	• 4 - 23 Members
Pep Flag -- Novice			
Pep Flag -- 2 Flags	• 9th - 12th Grade	• Female/Male	• 4 - 23 Members

See grid below for Varsity song division splits by team size:

Small Varsity Song/Pom	• 5 - 7 Members
Medium Varsity Song/Pom	• 8 - 11 Members
Large Varsity Song/Pom	• 12 - 23 Members
Small Varsity Song/Jazz	• 5 - 7 Members
Medium Varsity Song/Jazz	• 8 - 11 Members
Large Varsity Song/Jazz	• 12 - 23 Members

JV Song/Pom divisions will be split by size once there are 10 teams (Non-Nationals and Nationals) in the division. There must be at least 3 teams (Non-Nationals and Nationals) in each division once a split occurs to keep the division separated by size.

See grid below for JV Song/Pom division splits by team size:

Small Junior Varsity Song/Pom	• 5 -9 Members
Large Junior Varsity Song/Pom	• 10 - 23 Members
Small Junior Varsity Song/Jazz	• 5 - 9 Members
Large Junior Varsity Song/Jazz	• 10 - 23 Members

**To compete in the Varsity Song/Jazz division, the school must compete at the same competition in the Varsity Song/Pom division.

**To compete in the JV Song/Jazz division, the school must compete at the same competition in the JV Song/Pom division.

For detailed division limitations please visit the USA website at: https://www.varsity.com/usa/school/competitions/rules-scoring/

The United Spirit Association reserves the right to add, delete, combine and/or split divisions in the interest of competition.

Varsity Song/Pom divisions will be split by size there are 10 teams (Non-Nationals)/15 teams (Nationals) in the division. There must be at least 3 teams (Non-Nationals and Nationals) in each division once a split occurs to keep the division separated by size.



CATEGORIES & DIVISIONS (2/4)

SHOW CHEER
(NOVICE, INTERMEDIATE & ADVANCED)

NUMBER ON TEAM

6-36 members

ROUTINE PROCEDURE

Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over them 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc.

SAFETY RULES

As with all categories, routines in these divisions must follow the 2020-21 NFHS Spirit Rules Book Safety Rules. Additonal restrictions also apply for the "Intermediate" and "Novice" divisions and may be found in the 2020-21 High School Teams Show Cheer and Group Stunt Division Limitations document.

SPECIALTY SKILL(S) RESTRICTIONS (ADVANCED)

No stunt/pyramid/dismount/toss restrictions besides those listed in the 2020-21 NFHS Spirit Rules BookCheer Safety Rules apply for this category.

SPECIALTY SKILL(S) RESTRICTIONS (INTERMEDIATE & NOVICE)

There are additional stunting and tumbling restrictions in the Intermediate & Novice divisions. Please refer to the 2020-21 High School Teams Show Cheer and Group Stunt Division Limitations document for all specialty skill restrictions for this division.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

GROUP STUNT
(INTERMEDIATE & ADVANCED)

NUMBER ON TEAM

Four/Five members, including spotter (all female or all male).

ROUTINE PROCEDURE

The participants all must be from the same school. Execute stunts of your choice. Background music is encouraged, but must meet music licensing requirements. For further details visit www.varsity.com/music. Additional spotters are not permitted.

SAFETY RULES

As with all categories, routines in these divisions must follow the 2020-21 NFHS Spirit Rules Book Safety Rules. Additonal restrictions also apply for the "Intermediate" and "Novice" divisions and may be found in the 2020-21 High School Teams Show Cheer and Group Stunt Division Limitations document.

SPECIALTY SKILL(S) RESTRICTIONS (ADVANCED)

No stunt/pyramid/dismount/toss restrictions besides those listed in the 2020-21 NFHS Spirit Rules Book Safety Rules apply for this category.

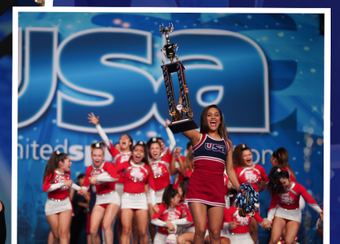
SPECIALTY SKILL(S) RESTRICTIONS (INTERMEDIATE)

There are additional stunting and tumbling restrictions in the Intermediate divisions. Please refer to the 2020-21 High School Teams Show Cheer and Group Stunt Division Limitations document for all specialty skill restrictions for this division.

TOTAL ROUTINE TIME LIMIT

1 minute maximum





SHOW CHEER NON-TUMBLING
(NOVICE & ADVANCED)

NUMBER ON TEAM

6-36 members

ROUTINE PROCEDURE

Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11- 20 seconds over = 2 point penalty etc.

SAFETY/DIVISION RULES

This division prohibits all standing and/or running tumbling. This includes forward and backward rolls, cartwheels, round offs, handsprings, tucks (flips), etc. Skills connected and/or within stunts are allowed. Example: Braced forward ¾ suspended roll dismount is allowed. As with all categories, routines in these divisions must follow the 2020-21 NFHS Spirit Rules Book Safety Rules.

SPECIALTY SKILL(S) RESTRICTIONS (ADVANCED)

No stunt/pyramid/dismount/toss restrictions besides those listed in the 2020-21 NFHS Spirit Rules Book Safety Rules apply for this category.

SPECIALTY SKILL(S) RESTRICTIONS (NOVICE)

There are additional stunting restrictions in this division. Please refer to the 2020-21High School Teams Show Cheer and Group Stunt Division Limitations document for all stunt/ pyramid/dismount restrictions for this division.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

SHOW CHEER NON-BUILDING
(NOVICE & ADVANCED)

NUMBER ON TEAM

6-36 members

ROUTINE PROCEDURE

Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed [see D) Uniforms and E) Props above]. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty etc.

SAFETY/DIVISION RULES

This division prohibits all building. No partner stunts, pyramids and/or tosses are allowed. If an athlete is ever lifted off of the performing surface by another athlete or athletes, it is considered a "building skill" and is therefore illegal. As with all categories, routines in these divisions must follow the 2020-21 NFHS Spirit Rules Book.

SPECIALTY SKILL(S) RESTRICTIONS (ADVANCED)

No tumbling restrictions besides those listed in the 2020-21 NFHS Spirit Rules Book.

SPECIALTY SKILL(S) RESTRICTIONS (NOVICE)

There are additional tumbling restrictions in this division. Please refer to the 2020-21 High School Teams Show Cheer and Group Stunt Division Limitations document for all tumbling restrictions for this division.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

2020 - 2021 SHOW CHEER DIVISONS

Show Cheer -- Advanced (Building & Tumbling Skills)			
Freshman	• 9th Grade	• Female/Male	• 6 - 36 Members
Junior Varsity	• 9th - 12th Grade	• Female (0-1 Male)	• 6 - 36 Members
Co-Ed Junior Varsity	• 9th - 12th Grade	• Female (2+ Males)	• 6 - 36 Members
Varsity	• 9th - 12th Grade	• Female (No Males)	• 6 - 36 Members
Small Co-Ed Varsity	• 9th - 12th Grade	• Female (1 - 4 Males)	• 6 - 36 Members
Large Co-Ed Varsity	• 9th - 12th Grade	• Female (5+ Males)	• 6 - 36 Members
Show Cheer -- Intermediate and Novice (Building & Tumbling Skills)			
Freshman	• 9th Grade	• Female/Male	• 6 - 36 Members
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 6 - 36 Members
Varsity	• 9th - 12th Grade	• Female (0-1 Male)	• 6 - 36 Members
Co-Ed Varsity	• 9th - 12th Grade	• Female (2+ Males)	• 6 - 36 Members
Show Cheer Non-Building -- Advanced and Novice (Tumbling Skills)			
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 6 - 36 Members
Varsity	• 9th - 12th Grade	• Female/Male	• 6 - 36 Members
Show Cheer Non-Tumbling -- Advanced and Novice (Building Skills)			
Junior Varsity	• 9th - 12th Grade	• Female/Male	• 6 - 36 Members
Varsity	• 9th - 12th Grade	• Female (0-1 Male)	• 6 - 36 Members
Co-Ed Varsity	• 9th - 12th Grade	• Female (2+ Males)	• 6 - 36 Members
Mascot			
Mascot	• 9th - 12th Grade	• Female/Male	• 1 - 10 Members
Group Stunt			
Group Stunt - Intermediate	• 9th - 12th Grade	• All Female or All Male	• 4 - 5 Members
Group Stunt - Advanced	• 9th - 12th Grade	• All Female or All Male	• 4 - 5 Members

New for 2021 Spirit Nationals - Show Cheer, Show Cheer Non-Tumbling, Show Cheer Non-Building and Group Stunt Divisions: It is required that 75% of the cheer members competing at 2021 USA Spirit Nationals in non-Game Day divisions must have completed the summer 2020 Varsity Spirit/NFHS Squad Credentialing Program.

The United Spirit Association reserves the right to add, delete, combine and/or split divisions in the interest of competition. All male teams will compete in the appropriate co-ed division, if registered.

Varsity Show Cheer, Varsity Show Cheer Non-Tumbling and Varsity Show Cheer Non-Building divisions will be split by size once there are 10 teams (Non-Nationals)/20 teams (Nationals) in the division. There must be at least 3 teams (Non-Nationals)/4 teams (Nationals) in each division once a split occurs to keep the division separated by size.

See grid below for Varsity cheer division splits by team size:

Small Varsity Show Cheer	• 6 - 12 Members
Medium Varsity Show Cheer	• 13 - 16 Members
Large Varsity Show Cheer	• 17 - 20 Members
Super Varsity Show Cheer	• 21 - 36 Members

Step 1 - JV Show Cheer, JV Show Cheer Non-Tumbling and JV Show Cheer Non-Building divisions will be split by size into Sm/Lg once there are 10 teams (Non-Nationals)/20 teams (Nationals) in the division. There must be at least 3 teams (Non-Nationals)/4 teams (Nationals) in each division once a split occurs. Step 2 - The division will be split again into Sm/Med and/or Lg/Super if there are still 15 teams in the small or large.

See grid below for Junior Varsity cheer division splits by team size:

Small Junior Varsity Show Cheer	• 6 - 16 Members
Large Junior Varsity Show Cheer	• 17 - 36 Members

For detailed division limitations for Novice, Intermediate and Advanced please visit the USA website at: varsity.com/usa/school/competitions/rules-scoring









CATEGORIES & DIVISIONS (3/4)

CROWDLEADER™ TEAMS

PRE-QUALIFICATION FOR SPIRIT NATIONALS IS REQUIRED FOR THIS CATEGORY. A Crowdleader™ Team may consist of a combination of separate groups (cheer, song/pom, pep flags, mascot, dance team, band), working together, or a single team that does both cheer and pom. At least 50% of the total number of participants on the team must be comprised of cheerleaders and the cheerleaders must follow the rules set forth in the Cheer Game Day Rules & Guidelines as it pertains to division requirements, routine elements, restrictions, etc. Band members are welcome to be in this division; however, the number of band participants does not count in the total number of participants in the Crowdleader™ Team routine.

Teams will be required to quantify the number of different programs that make up their routine (i.e. 25 cheer, 10 song/pom, 4 pep flag, 1 mascot). You will perform in this order: 1) a Band Chant, followed by 2) Situational Sideline response with a game-action cheer/sideline cheer, followed by 3) a Crowdleading Cheer and ending with 4) a Fight Song Routine. These elements are directly from the Cheer Game Day Divisions (see 2020-21 Cheer Game Day Rules & Guidelines for specific definitions, restrictions, etc.)

Scoring for the 4 elements above will be conducted on the Game Day scoresheets for 1) Band Chant, 2/3) Situational Sideline/Crowdleading Cheer and 4) Fight Song with a total of 300 points possible. These scoresheets may be found by visiting varsity.com/usa/school/competitions/game-day/

QUALIFICATION

As for all other divisions with a prelims/finals at USA Spirit Nationals, all teams wishing to perform in the 2021 USA Spirit Nationals in the Crowdleader™ Teams division are required to pre-qualify at a Regional or Classic one-day competition. 75% or higher of the total points possible to qualify for Spirit Nationals in this category.

DIVISIONS

There will be two Crowdleader™ Team divisions:
-- High School -- All Girl - 9th-12th Grade (Female/0 to 1 Cheer Male)
-- High School -- Co-Ed -- 9th-12th Grade (Female/ 2+ Cheer Males)

SCHOOL REPRESENTATION

Please visit the USA websiite to review additional rules and guidelines in terms of uniforms, uniform distractions, shoes, make-up, hair, bows and choreohgraphy (music, words and outfitting).







ROUTINE PROCEDURE

The Crowdleader™ Team routine weaves together the three separate stand-alone categories offered as part of USA Game Day Competition divisions. A Crowdleader™ Team does not have to compete in one or more of the USA Game Day categories, but all three elements from those categories make up the overall Crowdleader™ Team routine. The elements are performed in the same order for each routine in the Crowdleader™ Team category . Props may be set-up prior to a Crowdleader™ Team taking the floor. You will be limited to 30 seconds to set-up your props and props must be removed immediately at the conclusion of your routine.
Please visit our website for a detailed explanation and breakdown of the Crowdleader routine prodecure.

SAFETY RULES

Tumbling and/or stunting of any kind
is prohibited during the Band Chant section of the routine, including during entrance/exit. Turns, leaps, kicks and/or jumps are permitted during the Band Chant section. For the Situational Sideline/Crowdleading Cheer and Fight Song sections of the routine, the following restrictions apply:
No baskets, sponge, elevator, or similar type tosses permitted. No stunt/pyramid inversions are allowed. No twisting dismounts are allowed. Single leg extended stunts are limited to liberties and/or liberty hitches. No running tumbling is allowed. Standing tumbling skills are limited to single skills. No connections and/or jump-tumble combinations are permitted. There are additional restrictions to choreographing skills in the Fight Song section – see below.

As with all categories, cheerleaders in the Crowdleader™ Teams division must follow rules in the 2020-21 NFHS Spirit Rules Book in addition to restrictions listed for each element as part of the 2020-21 Cheer Game Day Rules & Guidelines and the 2020-21 High School Spirit Competitions General Information. This includes restrictions on technical skills, choreography, etc.

Song/pom, dance or pep flag team members that are part of the Crowdleader™ Teams division with their cheerleaders must follow the 2020-21 USA Song/Pom/Pep Flag Safety Rules in addition to restrictions listed for each element of Band Chant and Fight Song as part of the 2020-21 Song/Pom Game Day Rules & Guidelines and the 2020-21 High School Spirit Competitions General Information .

Mascots that are part of the Crowdleader™ Team division with their cheerleaders are not permitted to be involved in stunts/pyramids and must follow the 2020-21 Cheer Game Day Rules & Guidelines and the 2020-21 High School Spirit Competitions General Information.

For the most detailed, accurate and up-to-date competition information please visit usa.varsity.com.

All Game Day divisions below are stand-alone divisions offered at USA competitions throughout the 2020-21 season and during Game Day divisions at Spirit Nationals on March 20, 2021.

CHEERLEADING GAME DAY

Go to usa.varsity.com for a complete listing of all USA Cheer Day Rules and Guidelines.

DIVISIONS

There will be three categories: Band Chant, Situational Sideline/Crowdleading Cheer and Fight Song.

BAND CHANT

Emphasis should be placed on crowd interaction/involvement and entertaining the crowd. All material should be suitable and able to be performed multiple times during a game or pep rally/assembly.
The Band Chant must be one traditionally played by a school sideline/ jazz band. Crowd interaction, and involvement, including yell-backs, spell-outs, school colors are encouraged.
Camp material may be easily adapted to fit this category. For example, any band chant learned at a 2020 Varsity Brands camp could be used for this routine. Examples might include "Rock 'N' Roll Part II," "Land of a Thousand Dances," etc.

SITUATIONAL SIDELINE/ CROWDLEADING CHEER

(2 elements to this routine)
Emphasis should be placed on crowd involvement and practicality. All material should be suitable for a game or pep rally/assembly.
Each team will respond to a game situation presented by the announcer (element 1) followed by an additional crowd-oriented cheer/chant/ traditional yell/drum cadence, etc. (element 2).

FIGHT SONG

Emphasis should be placed on practicality and crowd involvement. All material should be suitable for a game or pep rally/assembly.
Teams are encouraged to use their traditional school fight song.
All cheer categories listed above have specific rules and guidelines related to school representation, uniforms, competition area, music, time limitations, skill restrictions, etc. that must be followed. Go to usa.varsity.com to obtain more specific information in the 2020-21 Cheer Game Day Rules and Guidelines.

SONG/POM GAME DAY

Go to usa.varsity.com for a listing of the 2020-21 High School/Jr. High/Middle School Song/Pom Game Day Rules & Guidelines.

DIVISIONS

There will be four categories: Fight Song, Band Chant, Performance Routine and Game Day "All-In-One" Performance.

FIGHT SONG

Emphasis should be placed on practicality and crowd involvement. All material should be suitable for a game or pep rally/assembly. Teams are encouraged to use their traditional school fight song.

BAND CHANT

Emphasis should be placed on crowd interaction/involvement and entertaining the crowd. All material should be suitable and able to be performed multiple times during a game or pep rally/assembly. The Band Chant must be one traditionally played by a school sideline/ jazz band. Crowd interaction, and involvement, including yell-backs, spell-outs, school colors are encouraged. Camp material may be easily adapted to fit this category. For example, any band chant learned at a 2020 Varsity Brands camp could be used for this routine. Examples might include "Rock 'N' Roll Part II," "Land of a Thousand Dances," etc.

PERFORMANCE ROUTINE

Emphasis should be placed on crowd entertainment. The Performance Routine must be in the style of pom, jazz, hip hop, kick or combination of any of these styles.

"ALL-IN-ONE" SONG/POM PERFORMANCE

The "All-In-One" Performance weaves together the three separate standalone divisions offered as part of USA Song/Pom Game Day divisions, performed in the following order as one complete routine:

- Fight Song
- Band Chant
- Performance Routine

All song/pom categories listed above have specific rules and guidelines related to school representation, uniforms, competition area, music, time limitations, skill restrictions, etc. that must be followed.







Go to usa.varsity.com to obtain more specific information in the 2020-21 High School, Jr. High and Middle School Song/ Pom Game Day Rules & Guidelines.

CATEGORIES & DIVISIONS (4/4)

The United Spirit Association reserves the right to add, delete, combine and/or split divisions in the interest of competition.

Cheer/Song/Pom/Dance divisions will be split by size once there are 10 teams (Non-Nationals/Nationals) in the division.

There must be at least 4 teams in each division once a split occurs to keep the divisions separated by size.

* GAME DAY - Crowdleader™ Teams (All In One) - Prior qualification through a USA Regional competition, Classic competition or other sanctioned event/process is required in order to attend Spirit Nationals.

All other Game Day divisions do not require pre-qualification.





2020 - 2021 GAME DAY DIVISONS

See end of grid for information regarding division splits by team type and/or size.

GAME DAY - CROWDLEADER™ TEAMS (All In One)*			
High School - All Girl	• 9th - 12th Grade	• Female/0 to 1 Cheer Male	• 6+ Members
High School - Co-Ed	• 9th - 12th Grade	• Female/ 2+ Cheer Males	• 6+ Members
GAME DAY BAND CHANT - Cheer			
Jr High	• 9th Grade and Younger	• Female/Male	• 6+ Members
High School	• 9th - 12th Grade	• Female/Male	• 6+ Members
College	• Registered Student	• Female/Male	• 6+ Members
GAME DAY SITUATIONAL SIDELINE/CROWDLEADING - Cheer			
Jr High	• 9th Grade and Younger	• Female/Male	• 6+ Members
High School	• 9th - 12th Grade	• Female/Male	• 6+ Members
College	• Registered Student	• Female/Male	• 6+ Members
GAME DAY FIGHT SONG - Cheer			
Jr High	• 9th Grade and Younger	• Female/Male	• 6+ Members
High School	• 9th - 12th Grade	• Female/Male	• 6+ Members
College	• Registered Student	• Female/Male	• 6+ Members
GAME DAY BAND CHANT - Song/Pom/Dance			
Jr High	• 9th Grade and Younger	• Female/Male	• 5 - 23 Members
High School	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
College	• Registered Student	• Female/Male	• 6 - 30 Members
GAME DAY FIGHT SONG - Song/Pom/Dance			
Jr High	• 9th Grade and Younger	• Female/Male	• 5 - 23 Members
High School	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
College	• Registered Student	• Female/Male	• 6 - 30 Members
GAME DAY PERFORMANCE ROUTINE - Song/Pom/Dance			
Jr High	• 9th Grade and Younger	• Female/Male	• 5 - 23 Members
High School	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
College	• Registered Student	• Female/Male	• 6 - 30 Members
GAME DAY ALL IN ONE PERFORMANCE - Song/Pom/Dance			
Jr High	• 9th Grade and Younger	• Female/Male	• 5 - 23 Members
High School	• 9th - 12th Grade	• Female/Male	• 5 - 23 Members
College	• Registered Student	• Female/Male	• 6 - 30 Members

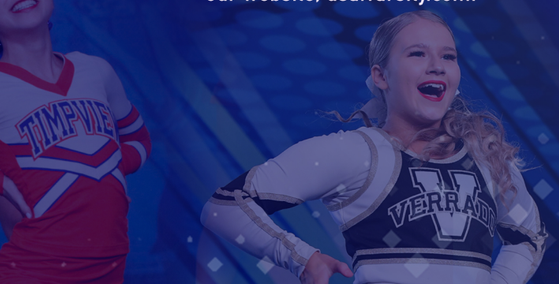
See grid below for cheer division splits by team type and/or size:

Junior Varsity - Cheer	• 6+ Members
Small Varsity - Cheer	• 6 - 16 Members
Large Varsity - Cheer	• 17+ Members
Sm GAME DAY - Crowdleader™ Teams	• 6 - 16 Members
Lg GAME DAY - Crowdleader™ Teams	• 17+ Members
Co-Ed GAME DAY - Crowdleader™ Teams	• 6+ Members
2yr College - Cheer	• 6+ Members
4yr College - Cheer	• 6+ Members

See grid below for song/pom/dance division splits by type:

Junior Varsity - Song/Pom	• 5 - 23 Members
Varsity - Song/Pom	• 5 - 23 Members
2yr College - Dance	• 6 - 30 Members
4 yr College - Dance	• 6 - 30 Members

For the most accurate and up-to-date information on USA divisions, scoring and events please visit our website, usa.varsity.com.







2020 - 2021 MASCOT DIVISON

Mascot			
Mascot	• 9th - 12th	• Female/Male	• 1 - 10 Members

MASCOT

NUMBER ON TEAM

1-10 members

Mascots may perform as individuals or as mascot groups. Participants in this category must be the official mascot(s) of the school and be in official mascot uniform or some other form of costume related to the theme of the routine. Proof from the school that an individual is an officially recognized mascot for the school may be required. Additional individuals, (i.e. cheerleaders and/or songleaders/pom, etc.), are not permitted to be visible and/or perform as part of this routine.

ROUTINE PROCEDURE

Execute any type of skit or novelty routine. Use of a theme and crowd involvement are encouraged. Competitors may use music, props, costumes and accessories. All props/accessories (either assembled or disassembled) are limited to "hand-held" in size. A back-drop to conceal props and/or non-visible members providing support for the routine is permitted. This back-drop may measure no more than 10' high x 20' wide and may be assembled prior to taking the performancefloor. Moving the back-drop to the performance floor is part of the set-up and breakdown time limit for props. Please, no use of water, glitter or other substances that would be harmful to the floor and/or to another competitor. Individuals assisting withprops may not be visible during the routine. Materials that require clean up (i.e. confetti) are not permitted. Pyramids and/or basket tosses are illegal. Tumbling is not allowed. Tossing, throwing or projecting any type of object into the crowd is not allowed. A 3 point penalty will be assessed for any infraction of the above rules.

TOTAL ROUTINE TIME LIMIT

2 minutes maximum. You will be limited to 1 minute to set-up your props and 1 minute to breakdown your props.



For the most accurate and up-to-date information on USA divisions, scoring and events please visit our website, usa.varsity.com.



Contact your USA State Director to learn more!



COMPETITION DATES & LOCATIONS

unitedspiritassociation

FOUR DIFFERENT EVENT TYPES TO CHOOSE FROM



REGIONALS

No prior qualification is required to compete at this one-day event. Regionals are local qualifying competitions for USA Spirit Nationals, as well as stand-alone events for those who wish to compete, but have no goal to attend the USA Spirit Nationals event. All performers receive a participation ribbon (or other commemorative item). Regional awards are presented to top teams in each division. Bids to USA Spirit Nationals are awarded to teams with an average score of 80 points or greater for show cheer divisions and 75 points or greater for all non-show cheer divisions, regardless of any penalties received. Non-competitive evaluations for a bid to Spirit Nationals are also available in all categories/divisions.

CLASSICS

No prior qualification is required to compete at this one-day event. Classics are qualifying competitions for USA Spirit Nationals, as well as stand-alone events for those who wish to compete, but have no goal to attend the USA Spirit Nationals event. All performers receive a participation trading pin (or other commemorative item). Sponsorship "give-aways" may be distributed at select events. Trophies or plaques are awarded to 50% of the teams in each division. For all divisions, an exclusive "Champion" event pin is presented to each first place competitor. Bids to USA Spirit Nationals are awarded at qualifying events to teams with an average score of 80 points or greater for show cheer divisions and 75 points or greater for all non-show cheer divisions, regardless of any penalties received.

OPENS

No prior qualification is required to compete at this one-day event. These are independent events that have no implications for, and/or relation to, USA Spirit Nationals. All performers receive a participation trading pin (or other commemorative item) and/or sponsorship "give-aways." Trophies or plaques are awarded to 50% of the teams in each division. For all first place teams, each individual member on the team receives an exclusive 1st place "Champion" event T-shirt. For divisions with 2 (two) or more teams competing, first place teams also receive a "Champion" banner. USA Opens are not qualifying competitions for any USA Nationals event. NOTE: Not all divisions are offered at every Regional, Open or Classic competition. See registration form for divisions offered.

USA SPIRIT NATIONALS

Prior qualification through a USA Regional competition, Classic competition or other sanctioned event/process is required in order to attend. This multi-day event will include prelims and finals. All performers receive a participation trading pin (or other commemorative item) and sponsorship "give-aways." Trophies or plaques are awarded to the top teams in each division. Individual medallions are awarded to the 1st, 2nd and 3rd place teams in each division. An exclusive "Champion" gift is awarded to the first place competitors in each division and a "Champion" banner awarded to the first place team in each division.

USA GAME DAY DIVISIONS

No prior qualification is necessary (with the exception of Crowdleader™ Teams). These divisions put a spotlight on sideline-type performances with shorter routine length and an emphasis on execution and game day practicality. Trophies are awarded to the top teams in each division. A Champion banner is awarded to the first place team in each division. All teams receive scoresheets with constructive comments provided by trained professional judges. Comments are presented in a positive, helpful and supportive manner to guide teams toward improvement.

For the most accurate and up-to-date information on USA Regionals, Classics and Opens please visit usa.varsity.com

USA Nationals Spirit

USA SPIRIT NATIONALS

MARCH 19 – 21, 2021
ANAHEIM CONVENTION CENTER
ANAHEIM, CALIFORNIA

All teams may pre-register starting in October, but must then qualify for Spirit Nationals with a minimum routine score



USA GAME DAY Divisions

MARCH 20, 2021



Make the journey to beautiful and sunny Anaheim, CA along with thousands of other Cheerleaders, Songleaders/Pom, Pep Flag, & Jazz performers, Crowdleaders and Mascots for USA Spirit Nationals!

Your teams won't want to miss "The Most Spirited Weekend of the Year" as teams compete for the chance to be crowned USA National Champions. Join us this season as we celebrate USA Spirit Nationals 35th anniversary! Here are some important dates and deadlines to remember:

October 6, 2020
Registration Goes Live on the usa.varsity.com.
NEW FOR 2020 - Performance order will be determined by registration date. Do not wait to qualify, enter your registration now!
December 31, 2020
All registrations must be entered on line.
January 22, 2021
For teams purchasing hotel rooms through the USA, a $250 per room deposit is received in the USA office.
February 5, 2021
Hotel room cancellation or room night changes must be submitted. There are no refunds for any hotel room/room night changes made after this date and full room fees will still be due.
February 12, 2021
$100 per person competition deposit must be received in the USA office for all persons attending the event.
February 19, 2021
Roster/Division Changes - No refunds for participant/team cancellations after this date and full competition fees will still be due. There are no division changes after February 19, 2021.
March 5, 2021
Final Balance is due.

Whether your focus is leading the crowd or taking the stage – the USA Game Day Divisions are the perfect opportunity to showcase your Game Day skills! Compete in multiple Game Day divisions and gain expert feedback on your crowdleading skills and routines. And, compete against other teams vying for the top spot to be crowned a Game Day champion in your division.

Early Bird – paid by January 19, 2021
- $245 1st division
- $210 2nd division
- $210 3rd division
- $210 4th division (song/pom teams only)

On-Time Fees – paid starting January 20, 2021
- $295 1st division
- $260 2nd division
- $260 3rd division
- $260 4th division (song/pom teams only)

Correspondence Information - You will receive an email confirmation for all requests that you send to the USA office related to your competition (i.e. division changes, cancellation, etc.) within 2 business days of the USA office receiving the request. If you do not receive a confirmation within that time period, please call the USA office 800.886.4872 to ensure that we have received your initial correspondence. Please note that it is the team contact's responsibility to ensure that all requests have been received in the USA office.

For more information on USA Spirit Nationals, Jr. Nationals, Dance Nationals, Collegiate Championships or All Star Championships, please visit usa.varsity.com

VARSITY spirit fashion

BAND

CAPTAIN U powered by stacksports

SKECHERS

VARSITY.COM

EZ Flex SPORT MATS

FABLETICS

HERFF JONES

GREAT WOLF LODGE

VARSITY TV

USA unitedspiritassociation

5770 Warland Drive, Suite B
Cypress, CA 90630

USA RESOURCES

Cheerleading & Mascot Rules & Safety:
Cheryl Moon - CMoon@varsity.com

Song/Pom & Pep Flag Rules, Safety & Scoring:
Carina Clendenin - Clendenin@varsity.com

Cheerleading & Mascot Scoring:
Jodi Sweet - JSweet@varsity.com

Competition Registration:
USACompetitions@varsity.com

USA Social Media:
@usacamps

USA Website:
usa.varsity.com

SAVE THE DATE

2021 USA SPIRIT NATIONALS

Anaheim Convention Center
Anaheim, CA
March 19-21, 2021

VARSITY SPIRIT