



UPDATES FOR THE 2021-2022 SPIRIT COMPETITION SEASON
Rev. 8/20/21

We remain committed to fair and consistent scoring. Our goal is to evolve and provide the tools needed for a clear understanding of divisions, rules, and scoring.

○ **NEW! NFHS Squad Credentialing Requirement for Cheer Divisions – 2022 USA Spirit Nationals**

Please note as previously communicated in Spring of this year, the Varsity Spirit/NFHS Squad Credentialing Program is a requirement for participation at USA Spirit Nationals in February 2022 for all cheerleading divisions (including Game Day divisions). This credentialing may only be obtained by attending a 2021 Varsity training camp of 2 days or more, conducted by the United Spirit Association or another of the Varsity Brands (i.e. UCA, NCA, UCE, etc.). Training camps must be completed by December 31, 2021.

○ **NEW! USA Cheer Membership Requirement**

USA Cheer has developed a comprehensive [Membership Program](#), which includes a background check, athlete protection training, acknowledgement of concussion training with return to participation guidance, a member code of conduct, and safety training courses on risk management and safety rules.

Beginning with the upcoming 2021-22 competition season, Varsity Spirit will require that all school coaches, choreographers and personnel wishing to access the warmup area, backstage or coaches' box at our competitions have a USA Cheer Coach, Professional or Dance Membership.

Varsity Spirit will cover the \$33 membership fee for the 2021-22 season if you register by 12/1/21. You must complete your membership requirements before your first competition. December 1, 2021 is the last day to complete the requirements to receive this membership free of charge for the upcoming season. Please note that the background check will take 2-10 business days to be processed and returned.

When checking in at Varsity Spirit competitions, you will now simply provide proof of membership for each coach from your organization who wishes to go into the warmup

area, backstage or coaches' box. Upon proof of membership, each coach will receive a wristband that will allow them access.

The USA Cheer Coach, Professional or Dance 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 until May 31, 2022.

[CLICK HERE](#) to learn more and to complete the steps required before your first competition. Use code VACH21 to receive your free USA Cheer Membership by December 1, 2021. Use code VADA21 to receive your free Dance Membership by December 1, 2021.

Which membership option should you select?

One coach per cheer team (usually the Head Coach) must complete the Cheer Coach Membership, which requires the Safety and Risk Management course to be completed every four years. This has been a requirement at Varsity Spirit events for the last two years. This course is discounted to \$75 for USA Cheer members and will be at the expense of the coach. If your course certification is up to date, you will not need to retake the course until it expires. All other coaches, choreographers and adults affiliated with the team who wish to access the warmup area, backstage or coaches' box must complete the Professional or Dance Membership.

○ **2022 Spirit Nationals Qualification Updates**

- **New!** Show Cheer, Show Cheer Non-Tumbling, Show Cheer Non-Building, Group Stunt and Game Day (Cheer) Divisions: It is required that 75% of the cheer members competing at 2022 USA Spirit Nationals in cheer divisions must have completed the summer 2022 Varsity Spirit/NFHS Squad Credentialing Program. (see first bullet on this document for further details)
- **New!** Prior qualification through a USA Regional competition, Classic competition or other sanctioned event/process is required to compete in any Game Day division.
- Qualification for Nationals is awarded to teams receiving 80% of total possible points for all cheer, group stunt and game day cheer divisions and 75% of total possible points for all song, pep flag, mascot, and game day song divisions, regardless of any penalties received. New this season is the 80% of possible points needed to qualify for group stunt divisions and the need to qualify for all game day divisions now.

○ **Division Updates**

- **New!** Division split sizes for Varsity Show Cheer Novice, Intermediate and Advanced: Small (5-15), Medium (16-19), Large (20-23), Super (24-36)
- **New!** Division split sizes for JV Show Cheer, JV and Varsity Show Cheer Non-Building and JV and Varsity Non-Tumbling: Small (5-19), Large (20-36)

- New! Minimum number of participants for show cheer and game day cheer divisions is now 5.
- **Virtual competitions**
 - We will continue to offer Virtual Competitions
 - USA Virtual Spirit Regional I – 12/18 (upload video 12/13) (Any team located in an area that does not have a regional, classic, or other sanctioned competition.)
 - USA Virtual Spirit Regional II – 1/22 (upload video 1/17) (Any team located in an area that does not have a regional, classic, or other sanctioned competition.)
- **Judges Education**
 - 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.
 - Coming soon: We will post informational content regarding “What the judges are looking for” on our website at www.USA.varsity.com.
 - New! We will provide a virtual Coaches Training and Education Course to help coaches better understand our scoring system. The course will be available online starting in mid-to-late October 2021.
- **Common Questions**
 - Splitting and combining divisions
 - Varsity Show Cheer (Building & Tumbling) 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.
 - JV Show Cheer, Varsity & JV Show Cheer Non-Tumbling and Varsity & 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 each 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. The division will be split again into Sm/Med and /or Lg/Super if there are still 15 teams in the small or large division after the initial split occurred. 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.
 - Game Day Cheer divisions will be split by size once there are 10 teams (Non-Nationals)/20 teams (Nationals) in the division. There must be at least 4 teams in each division

once a split occurs to keep the division separated by size. Crowdleader™ Teams will first be split by size then by All-Girl and Co-Ed.

- Varsity Song/Pom and Varsity Song/Jazz divisions will be split by size one 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.
- JV Song/Pom and JV Song/Jazz divisions will be split by size one 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.
- Game Day Song divisions will be split by size one there are 10 teams (Non-Nationals and Nationals) in the division. There must be at least 4 teams (Non-Nationals and Nationals) in each division once a split occurs to keep the division separated by size.

- **Video of Stunt and Tumbling**

United Spirit Association offers a service to help teams with legality and safety questions. Teams will be able to email skills throughout the year to receive a legality response. This service will help teams in situations where the skill may be in question at an event. It is highly recommended that teams submit videos of skills for approval, however, it is not required.

To email a video, the following must be included:

1. The skill in question must be recorded by the team at practice. We are unable to accept videos from performances, competitions, or of other teams.
2. All submissions must include the coach's name, team name, and division level.
3. The recording will be reviewed as if every person in the video is included in the skill. This would include additional spotters.
4. Videos are limited to 30 seconds and must be able to be viewed upright without rotating.
5. The recording will be limited to attachments only. Links, video sharing and YouTube style videos will not be accepted. While this does limit the video size, you are able to submit multiple videos.
6. All videos will receive a "legal" or "illegal" response. If the video receives an illegal response, the entire video will not be reviewed but stopped at the point that the video was illegal. *If the video is inconclusive, you will receive a response as to why the video was unable to be evaluated. It is up to the coach to resubmit the video to be re-reviewed.

Videos that do not follow the above rules will not receive a response.

If you know that your video does not meet all the requirements above, please refilm/resubmit the video. Only videos that meet the above requirements will be reviewed.

Cheerleading videos should be emailed to Cheryl Moon at Cmoon@varsity.com
Song/Pom and Pep Flag videos should be emailed to Carina Clendenin at Cclendenin@varsity.com

Please note: Performing the skill at a prior event does not make the skill legal, nor would it warrant a warning. Only submitting the skill will make the skill eligible for a warning. USA can only guarantee this process will be accepted at USA Branded events. This would not include other Varsity Branded and State Association Events.

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