



2024 USA JUNIOR NATIONALS EVENT INFORMATION

This packet includes event information for the **2024 USA Junior Nationals** in Anaheim, CA on **February 18, 2024**.

You may wish to visit the The *Disneyland*[®] Resort during competition weekend. The *Disneyland*[®] Resort includes the *Downtown Disney*[®] District, *Disneyland*[®] Park, and *Disney California Adventure*[®] Park. The *Downtown Disney*[®] District offers dining, entertainment, and shopping. A theme park admission ticket is not necessary to visit the *Downtown Disney*[®] District. A theme park ticket and a reservation is required to visit *Disneyland*[®] Park, and *Disney California Adventure*[®] Park

If you have any questions regarding the 2024 USA Junior Nationals event, please contact the USA office at 800-886-4872 or USACompetitions@varsity.com.

We look forward to seeing you at the 2024 USA Junior Nationals in Anaheim!



GENERAL EVENT INFORMATION

JR. NATIONALS QUALIFICATION REQUIREMENTS

All Divisions, including Game Day - Prior qualification through a USA Regional competition or other sanctioned event/process is required in order to attend Jr. Nationals in any division.

Bids to Nationals are 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 and game day song divisions, regardless of any penalties received.

USA CHEER – CHEER COACH, STUNT COACH, DANCE COACH OR PROFESSIONAL MEMBERSHIP

In a continuing effort to better protect athletes and coaches Varsity Spirit has partnered with USA Cheer, the USA Federation for Sport Cheer. A USA Cheer Coach, STUNT Coach, Dance Coach or Professional Membership will now be required for all school/recreation coaches, choreographers, and personnel attending a Varsity Spirit cheer or dance competition to gain access to the warmup, backstage or coaches' box areas. **Each registered cheer team/program must have at least one coach with a Cheer Coach membership. Additional coaches can choose to have either a STUNT Coach, Dance Coach or Professional Membership.** The USA Cheer General Membership is not an acceptable membership for restricted area access.

HOTEL INFORMATION

USA is happy to work with our housing partner, Team Travel Source, to provide hotel arrangements for your team. Although it is not a requirement to go through Team Travel Source to attend the event, we highly recommend this as they are experts in working with teams to meet your housing needs

Please [CLICK HERE](#) to book hotel rooms through Team Travel Source.

DISNEY TICKETS

Additional information will be sent separately to schools/teams registered for Junior Nationals once it is finalized.

TRAVEL INFORMATION

The USA is working in conjunction with *ALTOUR* to arrange the most convenient flights for you at the best possible prices. They will research the cost of flights to and from the airport that are nearest to Anaheim and that will best accommodate your needs. They will then contact your school representative with possible cost and payment procedures. We advise you to contact the travel agency early as many airline rates are based on 7, 14, and 21-day advance purchases and the best fares sell out quickly. In most cases, flights are full by the end of January. In addition, working through *ALTOUR* may allow you to receive a group travel discount. *ALTOUR* will work with all major airlines. **For a quote contact ALTOUR at 1-866-719-0379 or submit an on-line request at varsity@aitvl.com.**

EVENT ADMISSION – PARTICIPANTS AND COACHES

All participant and coach wristbands will be included in the team's registration packet.

All coaches attending the event must be on a team roster. Proof of the Cheer Coach, STUNT Coach, Dance Coach or Professional Membership will gain you access into the event. The USA Cheer General Membership does not provide access to the restricted areas. Up to two (2) complimentary coach/advisor wristbands per team (excluding group stunt, unless that is the only team competing) will be provided based on the number of coaches on the registration.

Additional coaches above the two complimentary per team need to purchase a coach wristband as part of the team registration. All coaches will check in at the Coach Check In and show proof of USA Cheer Membership to receive their wristband.

EVENT ADMISSION – FAMILY AND GUESTS

No cash admission purchases will take place on-site during the event. Admission **must be** pre-purchased for spectators. The link to purchase Spectator tickets will be available on the USA website Jr. Nationals page once we get closer to the event start date. Additional fees for online ticket purchases may apply. Please either print a copy of your confirmed admission purchase or have your smart phone available for scanning. We highly recommend pre-purchasing your admission to the event, as purchase on-site by cash is not available and electronic purchase the day of may not be available and/or may delay your entry.

REGISTRATION PACKETS

Registration packets will be available for pick-up by the authorized team representative only starting on **Thursday, February 15, 2024, at 9:00 AM**. Packets will not be mailed in advance. Individuals are not allowed to pick up portions of the registration packet. This ensures that all tickets and wristbands are received and accounted for by the school/team representative.

PERFORMANCE ORDER/SCHEDULES

Typically, performance order is based on the registration date. The first registration entered will be the last to perform in that division and the last registration entered will be the first to perform in that division. Adjustments may be necessary due to division/team conflicts.

If payment is not received by the deadline, then performance order will be affected and determined by when payment is received.

All teams will be given an assigned check-in and warm-up time prior to competition. Warm-up areas will vary depending on the competition location.

The contact on the registration will be emailed a tentative line up with performance times at least 2 weeks prior to the competition. These times are subject to change. The final schedule will be available by checking usa.varsity.com after 5:00 PM (PST) the Wednesday prior to the competition. As of this day, performance times usually remain the same regardless of scratches. **It is the advisor/coach's responsibility to check the schedule for accuracy of divisions, team size, etc. prior to the day of competition.**

PERFORMANCE AREA

All School-based and Recreation Show Cheer teams will perform on a carpet bonded foam mat measuring 42' (front to back) x 54' (side to side). All stunts and/or tumbling must be **completed** on the mat surface. There will be a three-point deduction off your final averaged score for each infraction of this rule. Group Stunt teams will perform on a carpet bonded foam mat, measuring at least 28' (front to back) x 42' (side to side) -- 4 strips. All Song/Pom teams will perform on a marley, basketball court or similar type of dance floor, measuring at least 42' (front to back) x 42" (side to side). Performance areas may change because of final registration. Warm up surfaces may differ.

SAFETY RULES/ PENALTIES

Routines at all USA competitions must follow the 2023-24 NFHS Spirit Rules Book (school-based cheer), 2023- 24 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Limitations (school-based cheer), 2023-24 USA Song/Pom and Pep/Short Flag General Safety Rules and USA Jr. Competition Information (school-based) available on-line at usa.varsity.com.

Points will be deducted from the final team average for violations of safety rules and/or time limits.

For specific safety rules for divisions, as well as time restrictions, skill restrictions, and other rules, please refer to the USA website at usa.varsity.com.

MUSIC

Teams may use as many songs in the music portion of their routine as they like. Music rules are being followed at all USA and Varsity Brands events. Competition music must be properly licensed, and a team must be able to provide proof of licensing at any event where the music is used. If a team cannot provide proof of licensing immediately upon request, the team may be disqualified from the event. For further details visit varsity.com/music-guidelines.

Music is defined as any recorded sound amplified through the competition sound system.

A sound system will be provided. Speed control is not available. Music checks on the main sound system are not permitted. A representative must be present at the sound system at the time of performance. Advisors/coaches are asked to hold onto their own music until the time of performance and to take music back following the performance.

All teams must provide their own MP3 device (or smart phone if necessary) for use on the event provided sound system. Music must be recorded at the correct tempo. Although it is not recommended due to interference that may be caused during a routine, a smart phone may be used for playing music. No cover may be on any MP3 player or smart phone so that a patch cord may be easily inserted into the device. Please ensure that jacks are clean and free of any debris which may impact connectivity. You must ensure that your device has a jack into which a patch cord may be inserted. Note that you will need to acquire an adapter in advance if your player does not have a headphone jack. One or several selections of music may be used, if they follow the music licensing rules.

AWARDS

At the conclusion of each section of the competition, awards will be presented to the top teams in each division. Scoresheets will be made available following the competition.

Game Day Divisions - Awards will be presented to the top teams. Trophies will be presented to 50% of the teams competing in each division. For teams placing 1st, 2nd, and 3rd, individual medallions will be given to each participant. First place teams will also receive a Nationals banner.

For all other divisions at the 2024 USA Junior Nationals competition, trophies will be presented to 50% of the teams competing in each division. For teams placing 1st, 2nd, and 3rd, individual medallions will be given to each participant. First place teams also receive a Nationals banner and each individual team participant will receive a Champion gift.

RELEASE FORMS

The 2024 USA Junior Nationals Liability Release and Waiver forms are the only forms that need to be mailed to the USA office. **Please use the release form included in this packet. Please do not use the same release form you used for 2023-24 one day competitions. All participants and any adult with a USA Cheer Coach/Dance/Professional Membership must turn in a 2024 USA Junior Nationals Liability Release and Waiver form. All release forms must be originals.** We cannot accept release forms that are faxed or emailed.

It is recommended (not required) that the release forms be sent via a traceable method (i.e. UPS, Fed Ex, etc.) and that you make copies of the documents prior to submitting them. The USA is not responsible for packages that are lost in the mail. **During the busy Nationals season, the USA office will not always be able to verify the receipt for release forms sent via the USPS so sending the forms via a traceable method allows you to know that the forms have reached the office.**

Mail the original release forms to the following address on or before **January 19, 2024**:

United Spirit Association
5770 Warland Drive, Suite B
Cypress, CA 90630



2024 USA JUNIOR NATIONALS PRICING/DEADLINES

ENTRANCE FEES

Competitor Entrance Fees

1st Performance (except for Group Stunt and Game Day Divisions)	\$94.00 per person
2nd Performance (group stunt or second division excluding Game Day divisions)	\$24.00 per person

Game Day Performance **\$350.00 per division/team fee**

Registrations for teams/participants competing only in Group Stunt or Game Day will need to be manually adjusted by the USA office.

Extra Coaches Admission **\$28.00 per person**
Each team receives two (2) complimentary coach wristbands.

DEADLINES

- **December 1, 2023** – All Junior Nationals registrations must be entered online.
- **December 15, 2023** – to secure performance order, \$50 per participant registration deposit or payment in full must be received in the USA Office.
- **January 19, 2024** - The 2024 USA Liability Release and Waiver forms are the only forms that need to be received in the USA office on or before this date. **Please use the Junior Nationals Liability Release and Waiver form. Please do not use the same release form you used for a 2023-24 one day competitions. All participants and any adult with a USA Cheer Coach, Dance Coach, or Professional Membership must turn in a 2024 USA Liability Release and Waiver form. All release forms must be originals.** We cannot accept release forms that are faxed or emailed.
- **January 19, 2024** – Deadline for division and roster changes. No refunds for participant/team cancellations after this date and full competition fees will still be due. **There are no division or roster changes after January 19, 2024.** Deadline is subject to change.
- **Friday, February 2, 2024** – Final balance due



2024 USA JUNIOR NATIONALS RULES AND REGULATIONS

I) GENERAL RULES

Routines at all USA competitions must follow the 2023-24 NFHS Spirit Rules Book (school-based cheer), 2023-24 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Limitations (school-based cheer), 2023-24 USA Song/Pom and Pep/Short Flag General Safety Rules and General Information (school-based) available on-line at usa.varsity.com.

The competition will consist of the categories/divisions listed on the 2023-24 USA Jr. Spirit Competition Divisions and the 2023-24 USA Rec/Youth Competition Divisions posted at usa.varsity.com.

Categories/divisions may be subdivided or combined at the discretion of the competition director if the total number of teams in a division warrant this. **The USA reserves the right to adjust days of performance for all divisions based upon final competition enrollment.**

Teams may enter as many categories as they wish; however, no individual may participate on two teams in the same category. (Example: Show Cheer is a category. Therefore, the same individual *may not* compete in Small and Large divisions of the Show Cheer category or Show Cheer- Advanced and Show Cheer-Novice).

Athlete Eligibility

Entrants must be registered students in the school they are representing and/or full-time spirit leaders of their team. The penalty for an eligibility violation will be disqualification.

Any exceptions to the above must be pre-approved in writing by the USA office prior to the event.

Routine Violations

For a list of routine violations for school teams refer to the "2023-2024 USA Deductions Scoring System – Cheer and the 2023-2024 USA Rules Scoring System – Song/Pom, Song/Jazz, Pep/Short Flag, Mascot found at usa.varsity.com.

All teams must compete in the same categories in which they qualified for USA Junior Nationals through a Regional (Show Cheer-Advanced, Song/Pom etc.), unless prior written approval is received from the USA office. Any exceptions to the above must be pre-approved in writing by the USA office prior to the event.

If a school-based cheer team qualifies two or more times for USA Junior Nationals rating in the Advanced level at a Regional or Classic competition, then that team may not move to the Novice level at USA Junior Nationals, unless prior written approval is received from the USA office.

Time Limitations

The timing of a routine will begin on the first note of music, the first vocal command (for cheer teams), or the first cheer movement, and will stop with the end of the cheer or the last note of music. Penalties for exceeding the total routine time limit will be deducted from the final averaged score. In the Song/Pom categories, females must use two poms for at least half of the total routine. Please refer to the division information for time limits in each category. **We recommend that you “time” your performance several times prior to the competition and give yourself at least five seconds of “cushion” to allow for speed variations in sound equipment.**

Judges are looking for enthusiasm and showmanship during entrances and exits. Teams are encouraged to move on and off the floor as quickly as possible.

Music Guidelines-

- a) I have read and understand the USA Cheer Music Copyrights Educational Initiative and all sound recordings used in our team’s music shall only be used with written license from the owners(s) of the sound recordings.
- b) For the most up to date music information, visit varsity.com/music-guidelines. If you have any questions, email musicinfo@varsity.com. Please periodically check the provider list for updates and changes.
- c) Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event they are attending.
- d) If your team is featured in a TV and/or virtual broadcast and uses an original composition created for your performance, your routine music will be used in the show if you also secured synchronization rights. Teams must be able to provide written documentation that synchronization rights were properly secured during registration at the event for the original routine music to be included in the show.
- e) When recording your music for the event, coaches or music editors should edit their song in a Digital Audio Workstation (DAW) and make sure that the volume of the song is at 0. Things to note: Most DAW’s have a default that sets a track at -6 when a track is added. Check to see if there is a normalization process after you render or save your work.
- f) If you would like to perform your school’s original fight song, you may bring a recording of your marching band playing the song. You will need to get the school’s permission to use the song and recording. A letter granting permission for the cheer or dance team to use the fight song on school letterhead is enough. It should be signed by your program’s administrative supervisor. Go to varsity.com/music-guidelines for more details.
- g) If a team does not have the required paperwork, they will be given the option to count the routine verbally or perform to an approved track of music or a track with counts (provided by Varsity Spirit).
- h) If a team does not have the required paperwork and chooses not to count the routine or perform to an approved track of music or a track with counts, the team will be disqualified from the competition and not allowed to perform or compete.
- i) If there are concerns regarding a certain team’s use of music, a Challenge Form must be completed immediately following the team’s performance.
- j) A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.
- k) Challenge Process
 - i) All music challenges must be submitted in writing to the event director.
 - ii) There will be \$100 fee to request a music challenge and must be in the form of a check made out to St Jude Children’s Research Hospital.
 - iii) Fees collected will be voided if the challenge is correct.
 - iv) If the team challenged can provide documentation during the event and can be verified, the fees will be donated to St. Jude.
 - v) If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
- l) Each team is required to have a responsible adult that knows the routine and music as a representative remain at the music station (no alternates or team members allowed). This representative is responsible for starting the music and stopping the music at the routine’s end, or in case of technical malfunction or injury. Should an adult choose not to stay at the music station for the duration of the routine, and a malfunction occurs, the team may or may not be permitted to perform the routine again. Please hold on to your music until the time of your performance. If using an MP3, smart phone, etc. please ensure that there is no case on the device which will obstruct the jack from plugging into the sound system. Please ensure that jacks are clean and free of any debris which may impact connectivity. Note that you may need to acquire an adapter in advance if your player does not have a headphone jack. If you are using a smart phone, please ensure that no interruptions (i.e., phone calls, alarm, etc.) occur during your performance. Place the smart phone in “airplane mode,” ensure that the volume is turned up and the phone is fully charged. Interference caused by a smart phone that results in routine delay may receive an overtime or delay of

contest penalty.

m) Virtual Competitions Music Guidelines

- i) The USA Cheer Music Copyrights Educational Initiative will govern all sound recordings used at the event and all sound recordings used in our team's music shall only be used with written license from the owners(s) of the sound recordings.
- ii) For the most up-to-date music information, visit varsity.com/music-guidelines. If you have any questions, teams should email musicinfo@varsity.com. Please check the Music Provider list for updates and changes periodically.
- iii) All routines will be judged with sound and available for Varsity TV subscriber viewing with sound for 48 hours once the event goes live. After 48 hours, the routines will be available without sound for Varsity TV subscribers. After 5 days, routines will be available free of charge without sound for the duration of the competition season.

Video Media Policy

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Varsity Spirit, LLC and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation. Any team traveling with a video crew may be disqualified.

Logo Usage

Teams will not be allowed to use any Varsity Spirit Brand logo, the USA Logo or the Jr. Spirit Nationals logo including banners, rings, bows, t-shirts, etc. without prior approval from the USA office. However, the use of USA letters (not unique to the USA logo) will be allowed.

II) PERFORMANCE AREA

All Show Cheer teams will perform on a carpet bonded foam mat measuring 42' (front to back) x 54' (side to side). All stunts and/or tumbling must be **completed** on the mat surface. There will be a three-point deduction off your final averaged score for each infraction of this rule. Group Stunt teams will perform on a carpet bonded foam mat, measuring at least 28' (front to back) x 42' (side to side) -- 4 strips.

All Song/Pom teams will perform on a marley, parquet, basketball court or similar type of dance floor measuring at least 42' (front to back) x 42' (side to side).

III) SPOTTER POLICY

Guidelines

- a) USA competition-provided additional spotters will be mandatory on the competition floor.
- b) School-based and recreational teams may provide additional spotters in rehearsal/warm-up.

“Team Spotters” = are part of the performing team and required as part of specific types of stunting/pyramid/tosses, etc. skills.

(Youth/Rec Teams Only) “Additional (Routine) Spotters” = Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine. These are in addition to the team spotters and USA competition-provided spotters and do not take the place of “team spotters” required by specific types of stunting/pyramid/tosses, etc. skills.

Additional Spotters will follow the listed guidelines below:

- a) Should only be used during the stunt, pyramid and/or basket toss sections. Additional spotters are present for added safety and should stand at the back of the floor when not spotting those sections.
- b) Should not touch, assist or save skills being performed. Additional spotters should only be used to prevent a fall to the competition floor. Any touch, assist or saved skill will be given a fall deduction.
- c) Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes.
- d) Should not dress or act in a manner that distracts from the athletes and their performance.
- e) Should be at least 18 years old and familiar with spotting the skills of the performing team. **Note: To provide the safest competitive environment, teams should not attempt skills beyond their ability level.**

IV) INTERRUPTION OF PERFORMANCE

Unforeseen Circumstances

- a) If, in the opinion of the competition officials, a team’s routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.
- b) The team will perform the routine again in its entirety but will be evaluated **ONLY** from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

Fault of Team

- a) In the event a team’s routine is interrupted because of failure of the team’s own equipment or personnel, the team must either continue the routine or withdraw from the competition.
- b) The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety but will be evaluated **ONLY** from the point where the interruption occurred.

Injury

- a) The only persons that may stop a routine for injury are: i) competition officials, ii) the director/advisor/coach from the team performing or iii) an injured individual.
- b) The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety but will be evaluated **ONLY** from the point where the interruption occurred.
- c) The injured participant that wishes to perform may not return to the competition floor unless:
 - i) The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) **AND THEN** the head coach/advisor/director of the competing team.
 - ii) If the medical personnel do not clear the participant, the participant can only return to the competition if parent or legal guardian in attendance signs a return to participation waiver.
 - iii) Any athlete who exhibits signs or symptoms consistent with concussion will be removed from the activity immediately and will not be allowed to participate (a) within 24 hours of the incident **AND** (b) without first being cleared by a medical professional trained in concussion management.
- d) In addition, the advisor/sponsor/director and all of the coaches attending the competition must be familiar with all federal, state and local laws applicable to such individuals and relating to such individuals’ duties and responsibilities regarding the recognition and treatment of injuries.

Uniform Distractions

- a) The Legality Official, Head Judge or any other competition official reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g., garment not being securely fastened/attached, straps break, pants split, etc.).
- b) Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance.
- c) If an official stops the routine the penalty will vary from 3 three points to possible disqualification of the routine.

V) APPROPRIATENESS OF CHOREOGRAPHY, MUSIC, OUTFITTING

All facets of a performance or routine, including choreography, music selection and outfitting, should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine.

Bows should not be excessive in size and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured on the back of the head with the tails facing down and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

In general, performances from school-based teams, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution to which the school team belongs.

Deductions will be given for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited, to swearwords and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing them with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.

Any uniform or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to the USA for approval prior to the performance taking place.

VI) HOW TO HANDLE PROCECURDAL QUESTIONS

Any questions concerning the rules or procedures of the competition will be handled exclusively by the captain or the advisor of the team and will be directed only to the Competition/Venue Director or their designee. Such questions must be asked prior to the team's competition performance. Any questions concerning the performance of the team must be made to the Competition/Venue Director immediately after the performance. **Should a director or coach wish to lodge a formal complaint against another team in the competition for any violation of "Policies & Procedures" or competition rules, this complaint must be submitted in writing, signed, dated and presented to the Competition/Venue Director prior to any awards ceremony for which the team in question may be eligible to receive an award. It is at the discretion of the Competition/Venue Director whether investigation into the complaint will be completed prior to or after the awards ceremony.**

VII) SPORTSMANSHIP

All participants and spectators affiliated with a team must conduct themselves in a manner displaying positive sportsmanship throughout the competition. The advisor, head coach and/or captain of each team is responsible for seeing that team members, coaches, parents/guardians and any other persons affiliated with the team conduct themselves accordingly. Unsportsmanlike conduct may include, but is not limited to, taunting, bragging, suggestive expressions/gestures, discriminatory comments/actions, approaching other teams, competition judges and/or any competition personnel with inappropriate comments, outbursts or gestures; confrontation with members of another team and/or between spectators of teams. Unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or Event Staff are also considered unsportsmanlike conduct. Cases of unsportsmanlike conduct at any time during the event are grounds to receive a 1-point penalty per occurrence, up to and including disqualification. The USA also has the right to deny entrance to or to remove an individual from the competition site. Additionally, barring a school/team and/or individual from future USA events may occur.

Payment for any damage caused by participants, parents, family and/or friends to hotel property will be the sole responsibility of the individual(s) and/or the school involved. School administration may be notified of any damage that occurs.

VIII) SCORES AND RANKINGS

Individual judge's score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores prior to the final results of each division being announced. Score sheets will be available **only** to advisors or coaches on Sunday. No scores or rankings will be given over the phone. Scoring officials will only discuss my routines and/or scores/deductions. Coaches/advisors may not challenge scores/deductions of other teams.

IX) APPEARANCES, ENDORSEMENTS AND PUBLICITY

All teams winning titles, awards or prizes agree to have all appearances, endorsements and publicity approved through the USA office. Teams will not be permitted to use the USA and/or Varsity logos without the express written permission of the United Spirit Association. This includes usage on items such as banners, rings, T-shirts, bows, etc.

X) INTERPRETATIONS AND RULINGS

Any interpretation of any aspect of these Policies & Procedures or any decision involving any other aspect of the competition will be rendered by the Competition Rules Committee. The Rules Committee will render a judgement in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of but is not limited to the Event Director(s), the Head Panel Judge, the Head Legality Official and the Director of Special Events.

XI) FINALTY OF DECISIONS

By participating in this competition, each team agrees that decisions by the judges will be final and will not be subject to review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable administrative or procedural review of such decisions.

Any school/team and/or individual that does not adhere to the terms and procedures in the "Policies & Procedures" may receive a penalty, up to disqualification from the competition, and automatically forfeit the right to any awards presented by the competition. In addition, the school/team and/or individual may also forfeit the opportunity to participate in any competition produced by the United Spirit Association the following season or subsequent seasons. Any fees (team and/or spectator based) associated with participation in the event will be forfeited in the event of disqualification. The USA reserves the right to deny registration to any team.



VIDEO OF STUNTS AND TUMBLING

We recommend that every team send a video of the stunts and tumbling that are choreographed in the routine that will be performed at Nationals.

It is the coach's responsibility to ensure a routine is penalty-free. Do not rely on choreographers, or prior rulings from USA, or other Varsity competitions, to be your final determination on legalities. Unfortunately, penalties are not always caught during live Regional/Open/Classic performances. Emailing a video is the best method to avoid these oversights.

It is the policy of the United Spirit Association not to give any final rule interpretations over the phone and/or via e-mail without a video of the stunt(s) or tumbling in question.

All videos must be emailed to the USA office by **January 19, 2024**.

All videos must include the following:

1. Name of the *School* and *Division Level* in the *Subject Line* of the email.
2. Videos should be in either Windows Media Player or Quicktime formats
3. Clear, close-up view of skill(s) in question
4. Include your name, team name, USA competitive division, e-mail address and phone number in the body of the email.

Cheerleading videos should be emailed to USARules@varsity.com Song/Pom and Pep Flag videos should be emailed to USADanceRules@varsity.com.

If any of your skills are of major concern, please communicate that in the email and video that portion of the routine from different angles, so we get a complete view.

USA will contact you by **February 9, 2024**, to inform you of the results of your "safety rules" video review. If you do not hear from us by **February 9, 2024**, please call the USA office to ensure that your email was received.

If you make changes in your routine after the video has been approved, you may send a second video following the same procedure. These emails will be viewed as first come, first served and all videos may not be able to be addressed before the event.

For specific cheerleading **stunt and safety questions that pertain to the** 2023-24 NFHS Spirit Rules Book, 2023-24 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations please email USARules@varsity.com.

For specific song/pom, song/jazz or pep flag/short flag safety questions that only pertain to the USA Song/Pom/Jazz Pep Flag Safety Rules, or to the 2023-24 Song/Pom, Pep Flag Division Limitations please email USADanceRules@varsity.com.