



VIRTUAL COMPETITIONS Information Guide

USA is proud to continue to offer virtual competition options for teams to compete from the comfort of their gyms & studios against teams across the country. Two different types of events will be offered for the 2024-25 season. A Virtual Qualifier where teams are evaluated only for Nationals qualification and Virtual Regional Competitions where teams compete against one another. The 2024-2025 Virtual Competitions allow programs to virtually go head-to-head at events by recording their routines via the CheerMatch App and upload their videos to be scored by a USA trained judging panel. Routine videos, results and more will be shared following the event for the Virtual Regional Competition.

Qualifying Events

The USA Spirit Qualifier in November will give priority to teams in areas where USA does not hold a regional competition. Prior approval through the USA office must be granted in order to participate. Routines will be evaluated for Nationals qualification. Teams will not be ranked or placed. Routine videos will not be shared publicly.

Virtual Regionals

Teams compete against one another, and their routine videos and results are shared via Varsity TV. All performers receive a participation ribbon. Regional awards are sent to top teams in each division.

How will a Virtual Competition work?

Shortly after the registration deadline passes, teams will receive an email from CheerMatch with app download instructions and login information/passwords as well as video recording instructions and FAQs. Once this information is sent, teams will have a 6-day video capture window to record their video and submit it to CheerMatch. Teams will be given **TWO (2)** capture opportunities, 1 coach selected submission will be scored.

Additionally, teams will receive an invitation to join the event BAND. It is critical that at least one member of your staff join the BAND and remain a member through the duration of the event. Many tips, reminders and updates will be shared via the event BAND.

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 on demand, free of charge without sound for the duration of the competition season. **To view the videos on the event day, you need an active Varsity TV subscription.**

Where can we view the results from the Virtual Regional Competitions?

Results will be available on Varsity TV (full rankings are free to view, even if you do not have a subscription) on the Monday after the event. Score sheets will be sent to all coaches after results are posted on Varsity TV.

What kind of video do I need to submit?

Teams must submit a video recording of their routine taken in their practice facility. Videos must be one take, with sound – edited footage will not be accepted. All 4 corners of the floor should be visible when possible and athletes must perform on a NFHS approved surface. The program must own rights to this video and consent to it being posted on Varsity TV for use in the Virtual Regional Competition.

Teams will be given **TWO (2)** opportunities to film and upload their routine for the event using the CheerMatch app and upload link. There is no need to purchase additional equipment or internet services for your program – simply film on your phone! Make sure that you are closely following the video set from CheerMatch with further instructions to ensure you are submitting the video properly.

Event Dates and Deadlines

Please note registration deadlines are firm and cannot be changed or extended. Payment must be paid in full and digital waivers submitted by the registration deadline date in order to participate.

USA Virtual Spirit Qualifier

Registration Deadline: 10/30/2024

Email Instruction: 11/05/2024

Video Capture Window: 11/06/2024 – 11/11/2024

Score Sheets Emailed: 11/18/2024

USA Virtual Spirit Regional I & USA Virtual Dance Regional II

Registration Deadline: 11/27/2024

Email Instruction: 12/03/2024

Video Capture Window: 12/04/2024 – 12/09/2024

Event on Varsity TV (Subscription required): 12/15/2024

Score Sheets Emailed & Results Posted: 12/16/2024

USA Virtual Spirit Regional II

Registration Deadline: 1/01/2025

Email Instruction: 1/07/2025

Video Capture Window: 1/08/2025 – 1/13/2025

Event on Varsity TV (Subscription required): 1/19/2025

Score Sheets Emailed & Results Posted: 1/20/2025

USA Virtual Dance Regional I

Registration Deadline: 2/05/2025

Email Instruction: 2/11/2025

Video Capture Window: 2/12/2025 – 2/17/2025

Event on Varsity TV (Subscription required): 2/23/2025

Score Sheets Emailed & Results Posted: 2/24/2025

Virtual Event Waivers

Team rosters will be required for teams to participate in each Virtual Competition. All teams will be required to upload their roster to their specific team registration.

The link to the digital waiver can also be found on the registration details page on your myVarsity.com account. Please send the link to your parents and have them complete the waiver for their participant before the filming window. **Please note that each registration has a unique link, so if you have multiple squads competing in the competition, make sure to use the appropriate link for each squad.**

What should my team wear?

Teams must submit videos in their practice wear or uniforms. Please keep in mind that all NFHS Rules and Standard on uniforms must be maintained, or a deduction will be assessed, and your video may not be available on Varsity TV.

Can I compete at a live event and record that same routine for a virtual event the following weekend?

No, routines must be filmed in your practice facility and may not be used for multiple events, live or virtual.

Can I compete in more than one virtual event in a weekend and use the same routine for both?

While you may compete at more than one virtual event in a weekend, you will need to film separate routines and submit your performances for scoring using the one of the two capture links provided by CheerMatch for that specific event.

Disqualification

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate in a competition or the following year.

Questions

For further questions or assistance, please contact the following:

- United Spirit Association - USACompetitions@varsity.com
- Cheer Match - support@cheermatch.com