



A VARSITY SPIRIT BRAND

Universal Cheerleaders Association is offering a new service to help teams with legality and safety questions. Teams will be able to email skills in throughout the year to receive a legality or safety response. This service will help teams get a response in a timely fashion and also give teams a response with a video attached back to use in situations where the skill may be in question. **Teams are not required to submit a safety video.**

To email a video, the following must be included:

1. The skill in question recorded by the team at practice. We are unable to accept videos of performances at competitions or of other teams.
2. All submission must include the **coach, team and division**. Any submissions not including these items will not receive a response.
3. The recording will be viewed as everyone present in the video is part of the skill. Videos may not be longer than 30 seconds and must be able to view upright without rotating.
4. 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.
5. All videos will either 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 make a judgement. It is up to you as a coach to resubmit the video to be re-reviewed.

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

**Please send all videos to [UCARules@varsity.com](mailto:UCARules@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. UCA cannot guarantee the ruling at not UCA events. This includes other Varsity Brands and State Association Events.