



**UCA UDA ALL STAR NATIONAL CHAMPIONSHIP
2026 EVENT INFORMATION**

GUIDE

UCA: MARCH 14-15, 2026

UDA: MARCH 13-14, 2026



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We are thrilled to welcome you and your team to Orlando for **UCA & UDA All Star National Championship!** We can't wait to celebrate all your hard work and bring you an unforgettable championship experience — filled with the energy, excellence, and Disney magic you've come to know and love from Varsity All Star.

To ensure your trip is smooth, successful, and stress-free, this Event Information Guide contains important details that every coach, athlete, and parent needs to review carefully. Please take time to read through the entire packet and share it with everyone traveling with your team — even if you've attended UCA & UDA All Star Nationals before. Updates and reminders within this guide are essential to helping you prepare and make the most of your championship experience.

For easy navigation, use the Table of Contents below. Simply click on a section to jump directly to that page.

If you have any questions or need assistance at any time, please contact your Registration Specialist or call us at 1-800-238-0286 (Option 2).

We can't wait to see you in Orlando!

Melanie Berry
Senior Vice President
Competitions & Special Events

Catherine Morris
Vice President
Competitions & Special Events

Registration Changes

Any and all registration changes must be requested through the link on your [MyVarsity account](#). Changes will be processed in the order they are received. We cannot take change requests via email. Please contact your registration specialist for questions only. Terms and Conditions for the event can be found [HERE](#). Just a reminder that refunds are not available for unused portions of the package or unused days on tickets.

[Cheer Registration Specialist](#)

[Dance Registration Specialist](#)

Transportation to/from the Airport

Transportation to and from the airport is not included in the Hotel Travel Package. It is about a 30-minute trip from the Orlando Airport (MCO) to Disney.

If you are interested in booking transportation through Mears Connect, rates are below including a 10% discount. Click [HERE](#) for Mears FAQ's. Please note that a "child" is ages 3-9. Anyone 10 or older is adult pricing.

ONE WAY:

- From Orlando International Airport (MCO) to Hotel:
 - Adult (Ages 10 & up)= \$16.00
 - Child (Ages 3 – 9) = \$13.00
- From Hotel to Orlando International Airport (MCO):
 - Adult (Ages 10 & up)=\$14.40
 - Child (Ages 3 – 9): \$11.70

ROUND TRIP:

- Adult = \$30.40
- Child (Ages 3 – 9) = \$24.70

If you would like to book transportation through Mears Connect, please click [HERE](#). You can book transportation through whoever you wish but wanted to offer Mears Connect as an option.

Travel Discounts

Varsity Spirit has partnered with several airlines and rental car companies to offer travel discounts to teams. See below for more information.

[Travel Discounts](#)

Hotel Information (Hotel Travel Package only)

For those staying on the hotel travel package, you should have already received an email with your hotel assignment. Due to the size and age of the group, individual hotel reservation numbers cannot be provided but all accommodations are fully confirmed.

Lightning Lane and Multi Pass selections may be purchased and booked through **My Disney Experience** once park tickets are linked and your eligible booking window opens, in accordance with [Disney's current Lightning Lane policies](#). Booking availability and timing are determined by Disney. Dining reservations can be made 60 days out from the day of the dining reservation without a hotel reservation number.

The hotels we are using for this Championship are:

VALUE RESORTS:

Disney's All Star Sports Resort
1701 West Buena Vista Drive
Lake Buena Vista, FL 32830

Disney's All Star Music Resort
1801 West Buena Vista Drive
Lake Buena Vista, FL 32830

Disney's All Star Movies Resort
1901 West Buena Vista Drive
Lake Buena Vista, FL 32830

When you arrive at the Walt Disney World Resort, you should be dropped off at the front desk of your assigned hotel. Then ONE PERSON, the main contact on the room reservation, will check in and receive room keys for the group. Once you receive your keys, you can take your luggage to your rooms and get settled in. Check in time is 3:00 pm and check out time is 11:00 am. Just a reminder that hotel quiet hours are 11:00 pm until 7:00 am.

All Star Sports Pool:

From January 2026 until late April 2026, the Surfboard Bay Pool and the kiddie pool at Disney's All-Star Sports Resort will be closed for maintenance. During this time, the Grand Slam Leisure Pool at Disney's All-Star Sports Resort will continue to be available. Additionally, Guests are welcome to use the other pools throughout Disney's All-Star Resorts, including the Calypso Pool, Piano Pool and kiddie pool at Disney's All-Star Music Resort; and the Fantasia Pool, Duck Pond Pool and kiddie pool at Disney's All-Star Movies Resort.

Early Arrival (Hotel Travel Package only)

It is very important that you know ahead of time that rooms are not guaranteed to be ready until after 3:00 pm. If you arrive earlier, the hotel will gladly store your luggage so that you can go out and enjoy the day shopping at Disney Springs, hanging out by the pool, or visiting a Theme Park, etc.

Luggage (Hotel Travel Package only)

Be sure to label each bag with your team name and hotel for easy identification. It is also highly recommended that you pack your competition uniform and any other necessary items in your carry-on bags in case your checked luggage gets delayed.

Resorts

To ensure a safe and enjoyable experience for all our Guests, please respect the following rules:

- **Room Decorating:** Magnets for doors and suction cups for windows are highly encouraged. Please note that paint or chalk pens of any kind should not be used on any surfaces. Any adhesive or residue left in the rooms after check-out will result in a cleaning fee being applied to the reservation.
- **Food & Beverage Policy:** Outside food and beverages are not permitted in the food courts. Additionally, Disney is unable to provide plates, cups, or silverware for outside food and drinks.
- **Food Deliveries to the Resorts:** if Guests are ordering items through services such as UberEats or DoorDash, they must meet their driver in the Resort Lobby to collect their food. Any items that are left unattended or abandoned will be disposed of.
- **Guest Courtesy:** We kindly request that all guests be respectful of their fellow visitors by adhering to designated quiet hours.

Registration in Orlando

Coaches received an email prior to the Championship with specific information about registration onsite in Orlando and a link to sign up for a time to register on site with Varsity. Here you will meet with the Varsity staff to complete your registration for the event.

Coaches will need to bring to registration:

- Printed copy of music provider/music licensing information
- US Teams: USASF Compliance Cover
- International teams: Signed copy of Music Clearance [HERE](#)

During Registration, you will receive:

- Name tags and lanyards
- ESPN Wide World of Sports credentials for all athletes and coaches on their roster. See below under ESPN Wide World of Sports Access for more information.
- Celebration Party wristbands (for those on the hotel travel package)
- Thursday Night Extended Hours wristbands (for those on the hotel travel package)
- Any additional meal vouchers, Celebration Party tickets that were ordered outside of the standard hotel package.

Friends and Family that are on the hotel travel package that registered separately from the team, will also receive an email prior to the Championship with a link to sign up for a registration time. During registration you will receive:

- Name tags and lanyards
- Celebration Party wristbands
- Thursday Night Extended Hours wristbands

Friends and Family who ONLY purchased Theme Park tickets DO NOT need to register for a time. Their ticket numbers are sent via email once they are paid in full so there is no need to check in with Varsity in Orlando.

Friends and Family who purchased Celebration Party wristbands or meal vouchers do NOT need to sign up for a registration time to pick those up in Orlando. You can just come to Celebrity Hall during Office Hours to pick them up.

Registration days and times are listed below as well as Registration locations. These are the times for all Hotel Travel Package hotels.

- **Disney’s All Star Resorts:** Celebrity Hall at Disney’s All Star Sport/Music

Registration Check-in Hours:

Wednesday, March 11, 2026	9:00 am - 9:00 pm
Thursday, March 12, 2026	8:00 am - 9:00 pm
Friday, March 13, 2026	8:00 am - 8:00 pm

If you are delayed on arrival and cannot make your check-in appointment time, please come to the Championship office at your hotel during scheduled registration hours to reschedule your appointment.

Championship Office Hours

During the Championship, the Championship office will be open to any questions or assistance you might need. Championship Office locations are:

- **Disney’s All-Star Resorts:** Celebrity Hall at Disney’s All Star Sport, Music & Movies

The Championship office hours are:

Wednesday, March 11, 2026	9:00 am - 9:00 pm
Thursday, March 12, 2026	8:00 am - 9:00 pm
Friday, March 13, 2026	8:00 am - 10:00 pm
Saturday, March 14, 2026	8:00 am-10:00 pm
Sunday, March 15, 2026	7:00 am-10:00 pm
Monday, March 16, 2026	8:00 am-2:00 pm

Official Championship Lanyards / Credentials

Each registered participant, coach and any hotel travel package spectator will receive an official Championship lanyard at registration. Hotel Travel Package attendees will have a different lanyard than Commuter Athletes and Coaches. The hotel travel package lanyard will be your ticket to ride Championship buses to and from the venues and Celebration Party.

Order of Competition and Schedule of Events

You may view the tentative Block schedule and Performance Order below. Please note that the block schedule is tentative and subject to change depending on registrations including what divisions are on what days.

You may view the tentative Block schedule and Order of Competition below.

[Block Schedule](#)

[Order of Competition](#)

[Alpha Order by Team](#)

Competition Venues

This year's competition will take place in:

- The State Farm Field House
- Athletic Center
- The AdventHealth Arena at ESPN Wide World of Sports® Complex

Admission into ESPN Wide World of Sports is included only for those on the Championship hotel travel package, anyone on the Commuter Package AND anyone purchasing Disney tickets from Varsity Spirit.

Please click [HERE](#) for a few general Walt Disney World Property Rules that include ESPN Wide World of Sports.

Few additional reminders:

- There are no wheelchair rentals at the Complex. Wheelchairs are first come, first served.
- Confetti inside or outside the venues is not allowed.
- No artificial noisemakers including whistles and horns.
- Alcoholic beverages may not be brought into ESPN Wide World of Sports® Complex.
- Drones are not allowed anywhere on Disney property.
- Strollers/wagons can be used inside ESPN Wide World of Sports® Complex but cannot be taken inside the competition venues.
- Costumes with masks cannot be worn (including team mascots).
- Spectators cannot bring their own tents for use.

Venue Maps

Click on each map below for more information about the layout and flow of each venue. Click [HERE](#) to view the maps.

- Overall ESPN Wide World of Sports[®]
- AdventHealth Arena
- Athletic Center
- State Farm Field House

Customer Service

There will be two Customer Service locations at ESPN Wide World of Sports. One will be in the Box Office outside of the AdventHealth Arena and the second will be right in front of the Stadium across from the State Farm Field House. These locations will be able to answer general questions or assist you in getting to the correct location to ask those questions.

ESPN Wide World of Sports[®] Single Day Spectator Tickets

Anyone not on the hotel travel package or who has not purchased Walt Disney World Theme Park tickets from Varsity who needs to purchase tickets into ESPN Wide World of Sports[®] can purchase them for \$50 per day. Please pre-purchase these online prior to arriving in Orlando. Once you purchase your ticket online, you will receive an email from ESPN Wide World of Sports[®] with your tickets. When you arrive at the Sports Complex, you will show your ticket barcode to enter. The \$50.00 admission per day will get you into all Championship venues. **REMINDER:** Please keep in mind that the tickets are date specific so only purchase the days you need. Disney does not refund any unused tickets.

Ticket link is below:

[PURCHASE SINGLE DAY TICKETS](#)

ESPN Wide World of Sports[®] Parking and NEW Ride Share drop off

There is free parking available at ESPN Wide World of Sports.

NEW this year, anyone using Ride Share (Uber, Lyft) will be directed to drop off/pick up in the private bus parking lot at ESPN Wide World of Sports. Please see the venue maps for the new location.

Meal Vouchers

Meal Vouchers are available for pre-purchase for \$20 each. Each meal voucher is good for lunch or dinner at select locations on property. They are not valid for breakfast. Click [HERE](#) for the list of locations where these can be redeemed.

ESPN Wide World of Sports[®] Food Options

While at the ESPN Wide World of Sports Complex, there are several food options available. Field 20 (between the State Farm Field House and the Athletic Center) will have several food trucks throughout the weekend. There are also food options inside each one of the competition venues and the Stadium. About two days before the Championship, we will post the exact times and which food locations will be open.

Private Buses

If your team is taking a chartered bus or renting a bus during your trip, for those staying on the hotel travel package, please have them pick your team up in the parking lot closest to your hotel rooms. Disney will not allow buses to pull into the front lobby areas and hold for any amount of time.

At the ESPN Wide World of Sports Complex, private chartered buses will be directed to load and unload in the private bus parking lot (see venue Maps). **NEW!** Buses are not able to stage or sit in that lot, only drop and pick up. Click [HERE](#) for a map of the pickup/drop off location. Once they have dropped off, they can go to the parking lot behind the McDonald's near the entrance to Disney's All-Star Resorts to park.

Updated 2/25/2026

Varsity Spirit Bus Transportation to Events (Hotel Travel Package Only)

For those on the hotel travel package, transportation to and from all Varsity events is included in your package. You must wear your Championship name tag to ride the championship buses. Your name tag and lanyard are your ticket to use this special transportation. Commuters may not use Varsity buses to the Championships. [CLICK HERE](#) to view the Bus Schedule for all hotel packages.

Event Health and Safety Information

Your health and safety is always our #1 priority. Before arriving to the championship, be sure to talk to your team's Safety Champion for updates. Each team must have a Safety Champion who is 18 years or older and who is not the coach. Each Safety Champion must complete the Safety Champion training sent out before the event. If you have multiple teams, you must have a different Safety Champion for each team. You should have listed your Safety Champion when you registered for the Championship.

Walt Disney World® Theme Park Tickets

Once you are paid in full, you will receive an email from Varsity Spirit with your theme park ticket number for each person on your invoice. You will then need to complete the steps below to enter any Theme Park. If you have paid in full and have not received your ticket number email, please contact your Registration Specialist. If you do not complete the steps below, it could delay you and your team getting into a Theme Park. **Please be sure to assign the person's name listed next to the ticket number to that person.**

Ticket Linking and Park Reservations

- Download the MyDisney Experience app
- Create account (if you do not have one already)
- Link your theme park tickets
- Make a Theme Park Reservation-Although Disney has removed reservations for some tickets, this DOES NOT include our event tickets. You will still need to make a Theme Park Reservation.
- Create a MagicMobile Pass to save to your wallet

As a reminder, we highly recommend that Guests make their theme park reservations as soon as they receive their ticket confirmation, as park availability can change and is limited. [CLICK HERE](#) to view the Disney How-To Guide for ticket linking! All tickets through Varsity still do require a Theme Park Reservation.

IMPORTANT NOTE WHEN PURCHASING THEME PARK TICKETS: The reselling or the transferring of theme park tickets in the state of Florida is a crime as described under Florida state laws; [Florida Statutes s. 817.361](#) and [Florida Statutes s. 817.36](#)

If you have any issues or trouble linking your Walt Disney World tickets, please contact the Disney Guest Help Desk at 407-939-4357.

ESPN Wide World of Sports® Access

All Athletes and Coaches will receive a hard ticket to enter ESPN Wide World of Sports at registration. You will use these to enter ESPN Wide World of Sports for Competition.

- Please have all athletes take a picture of the back of their credential. If this ticket is lost, the Box Office at ESPN Wide World of Sports can replace it with this picture.
- Credentials that are lost and do not have picture can only be replaced at a Championship Office.

All Friends and Family on the hotel travel package or those who purchased theme park tickets from Varsity, will need to link their theme park tickets as indicated above and connect to MagicMobile. They will then use MagicMobile to enter

ESPN Wide World of Sports and all Theme Parks. ***It is important that you link the ticket assigned to your name. A hard ticket is not required for friends and family.***

Thursday Night Theme Park Extended Hours (Hotel Travel Package Only)

We are thrilled to be able to offer Thursday Night Extended hours at Animal Kingdom for everyone on the Championship Hotel Travel package only. It will be Thursday, March 12th from 7:00 pm-9:00 pm. Anyone on the hotel travel package will receive a wristband at registration that they will need to wear to get into the extended hours. We are not able to sell extra wristbands for this event.

To enter the park, you will use one day from your Park Hopper Theme Park ticket AND need to do one of the following:

- If you are planning on going to Animal Kingdom on Thursday, make a Park Pass Reservation to Animal Kingdom.
- If you are planning to Park Hop on Thursday, make a Park Pass Reservation to Disney's Hollywood Studios, EPCOT or Magic Kingdom; experience that park first then Park Hop to Animal Kingdom.
- If you are only planning to go to Extra Hours, you will still need to make a park Pass Reservation to Animal Kingdom.

For all scenarios, you will need an event wristband and it WILL utilize a day from your Theme Park Ticket whether you stay all day or only an hour. If you have already visited a Theme Park that day, it will only take that day off of your ticket, not an additional day.

The Tree of Life Awakenings will play intermittently throughout the night!

The attractions currently scheduled to be open are:

- Zootopia: Better Zoogether!
- Na'vi River Journey
- Avatar Flight of Passage
- Expedition Everest-Legend of the Forbidden Mountain

Sunday Night Championship Celebration Party

We are so excited to have our Celebration Party Sunday night at Disney's Hollywood Studios. We will have DJ's and select food and beverage locations will be open as well. Exact food and beverage locations will be announced during the Championships. The Celebration Party will be from 9:00 pm-1:00 am and the rides that are scheduled to be open are:

- Tower of Terror
- Mickey and Minnie's Runaway Railway
- Star Tours: The Adventure Continues
- Millennium Falcon: Smuggler's Run
- Toy Story Mania
- Alien Swirling Saucers
- Slinky Dog Dash

Dress is casual. The cost of the Celebration Party is included in the three- and four-night hotel travel package and wristbands will be given out at registration. You do not need a Park Reservation to attend this Party, and it does not take a day off your Theme Park ticket.

For those teams or family members who did not purchase the hotel travel package, admission into the Celebration Party is \$60.00. Extra tickets (wristbands) are limited and will be for sale by credit card only, no cash and only during the registration times listed in this letter. Wristbands will NOT be sold the night of the party at the park.

TRANSPORTATION IS NOT PROVIDED FOR THOSE PURCHASING EXTRA TICKETS. Walt Disney World buses DO NOT shuttle to the theme park this evening due to the park being closed to the public. Those purchasing extra wristbands must provide their OWN TRANSPORTATION.

PLEASE NOTE: Each group of minors attending the Celebration Party must be accompanied by an adult chaperone (21 years or older) to be allowed into the Party. No liquids of any kind will be allowed in the park. Liquid medication should

Updated 2/25/2026

be reported to the front gate Disney Cast Members.

Varsity Shop

The Varsity Shop will be set up with event merchandise at ESPN Wide World of Sports. The Varsity Shop will be cashless. The Varsity Shop hours are:

Friday, March 13: 8:00 am-10:00 pm

Saturday, March 14: 8:00 am-10:00 pm

Sunday, March 15: 8:00 am-10:00 pm

Sportsmanship

Varsity Spirit encourages and supports sportsmanship, integrity and fairness among participants, coaches and parents in all facets of the Championship including, but not limited to practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities and believe that coaches/parents are instrumental in promoting and instilling this among their respective performers.

To ensure the most positive experience for all attendees, Varsity asks that the following [Code of Conduct](#) be adhered to at the National Championship:

1. Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the Event Director. The appropriate Official will then be called to discuss the situation with the coach.
2. Participants, coaches, gym/studio owners or spectators are prohibited from contacting the Judges during the competition.
3. Judges' rulings are final related to deductions, final team placements and legalities.
4. Any unruly, aggressive, or belligerent behavior by participants, coaches or spectators toward any other attendee or Event Staff will result in a deduction, potential team disqualification, removal from the event and/or barred participation from future Varsity Regionals and Championships.
5. Varsity Spirit reserves the right to remove any person from a competition for unsafe or unsportsmanlike conduct.

Photography and Video Policy

All official team photographers or videographers must be listed on a team roster as personnel for the 2025-26 season. Proof of membership with USASF is required and will be verified on site before the pass is distributed. All Team Photographers/Videographers must request their Team Photography credentials on-site at each event at Registration Check-In to complete the request process and receive credentials. **Approved team photographers will be issued an arm band credential at registration, which must be visible and worn at all times throughout the event. This is how you will be identified as an approved team photographer.**

If you wish to photograph multiple programs at an event or are not listed on the team roster, you must complete the [Media Credential Request Form](#). For additional information about the Team Photography and Videography Policy and Varsity Spirit Event Media Policy, [click here](#).

If these rules are not followed, you will receive a verbal warning and will have to delete the content. If you do not follow this policy for a second time, you will be removed from the warm up area.

Here are the Rules & Guidelines for Photography and video for the 2025-2026 event season:

It is crucial that we all play our part in ensuring privacy, safety, and respect for all teams. As a team photographer, your support and commitment to following the rules and guidelines below are vital to maintaining a positive event environment.

1. **Backstage/warm-up room photography or videography of any kind is strictly prohibited.** Photography or videography, including professional and personal cameras or video devices, is prohibited in the warmup area or

any backstage area.

2. No photography or videography from this event can be offered for purchase or resold for any purpose.
3. Lighting equipment, flash photography, monopods/ bipods/ tripods or drone equipment are not permitted.
4. Footage of full performances may not be published on the Internet or any other media, including, but not limited to, YouTube, Facebook, X (Twitter), TikTok, Instagram, and other streaming and/or social media platforms.
5. Single clips of footage used for publication from any single performance on the Internet or any other media may not exceed thirty (30) seconds in length per clip and may not include a full performance.
6. Team Photographers are not permitted to display any live video portions of any performance on the Internet or any other media, including, without limitation, via technologies such as YouTube, Facebook, X (Twitter), TikTok, Instagram, and other streaming and/or social media platforms.
7. Content captured by a designated team photographer cannot be distributed outside of the Program for commercial use.
8. Only one (1) team photographer is allowed for each performance.
9. For events held at the Walt Disney World Resort, photography and videography is not allowed in hotel rooms or public areas such as pools, restaurants, and hotel grounds.
10. Team Photographers will be required to follow the spectator group in and out of the venue and remain in the designated viewing area for spectators unless the event has a specified area for team photographers. Photography and videography will be permissible only in the designated areas, provided that it does not interfere with Varsity Spirit photographers, Varsity TV, personnel, or the conduct of the event.
11. For the privacy and safety of the athletes, photos or videos of any athlete injury should not be shared, distributed or published.
12. Team Photographers must abide by the Event Staff's requests. Please be courteous and respectful to our staff and other media.

Please note: Failure to follow these policies may result in removal from the venue. By applying for a Team Photographer credential, you agree to the above policy. Application for credentials does not guarantee approval.

Varsity Spirit reserves the right to amend these rules at any time and can remove a photographer or videographer at any time for any reason.

UEP Photography

Universal Event Photography has your team covered! UEP is offering [contactless pre-orders](#) for their very popular action photo digital files package. Get all the action photos from your routine for one price and share them with your team! Your order will be delivered via an email link after the event. Bring home the best action photos of your performance with the quality you can trust, only with UEP! The link to order pictures will be sent out prior to the event.

Championship Event Coverage

You will find detailed information on the championship plus tips on how to make the most of your championship experience at the Walt Disney World Resort on Channel 77 or Channel 60 in your room. Stay up to date with full coverage of the championship including routine videos, results, behind the scenes features and more on Varsity TV.

Be sure to join the 2026 Spectator BAND Group below for important updates and information during the competition weekend.

[Spectator BAND](#)

ALL COACHES ONLY

USASF INFO

- USASF Check-in Please have all coaches/personnel who need to show their USASF Coaches ID to get their wristband come to the registration area with you. This is just a reminder that any coach, choreographer, owner or personnel wishing to access the warmup area, backstage or coaches' box must have a wristband.
- Must have a printed copy of your Compliance Cover Sheet and Program Summary Sheet to turn in at registration. USASF Rosters will lock on Wednesday 3/11 at 5:00pm EST.
 - Coaches and Gym Owners:
 - Must be an eligible coach listed on the USASF event roster.
 - Junior Coaches – All teams including CHEERABILITES must be listed on the roster as Personnel.
 - Only TWO persons listed on the Personnel Roster per team with an active background check will be permitted in the warm-up room and must check-in with USASF.
 - CheerAbilities assistants will be allowed an unlimited number of personnel but must be designated on the roster as designated personnel and eligible.
- The wristband must be worn for the duration of the event. Wristbands will not be shared or transferred for ANY REASON.
- Transferring a wristband to another person that does not meet the warm-up room requirements will result in immediate action for the person or persons involved and the program they represent. Such action may include, but is not limited to, removal from the venue, disqualification of a team or multiple teams from the organization, and disciplinary action for the program.

Roster Verification dates and times:

Wednesday, March 11, 2026	9:00 am - 9:00 pm (Coaches Registration Tent)
Thursday, March 12, 2026	8:00 am - 9:00 pm (Coaches Registration Tent)
Friday, March 13, 2026	8:00 am - 8:00 pm (Coaches Registration Tent)
Saturday, March 14, 2026	8:00am – 12:00pm (ESPN AdventHealth Arena Athlete Entrance)

USASF WRISTBAND CHECK-IN

- TEAM REPS/PERSONNEL - have your government-issued ID ready when you walk up to the USASF table. Jr Coaches who do not have ID cards can pull up their school ID or school account that has their photo and name.
- COACHES: & OWNERS - DOWNLOAD THE USASF COACH APP FROM APP STORE
- Have your USASF Coach ID ready to show from your USASF Coach app. You only need to show this ID and not pull out your government-issued ID.

INTERNATIONAL INFO

Our commitment to the safety of athletes is fundamental to Varsity Spirit's mission and the future of cheer and dance. Together, we will continue to champion safety and security to best protect the youth who participate in this sport. The below information outlined by the participating team's country of origin is required when attending a Varsity Spirit event in the United States. This information MUST be submitted during your Event Registration during the event.

[International Safeguarding Requirements](#)

Team Banners in Venues

We know that many of you like to display team banners in the venues. We did get the following guidelines from Disney for any banners at the Complex. Please be sure that if you decide to do this, it complies with below.

- Banners should be no larger than 3' x 5' in size
- Means of egress shall be continuously maintained free of all obstructions or impediments to full instant use in the case of fire or other emergency. All aisles and exits shall remain clear and unobstructed during event hours.
- Fire alarm devices, fire sprinkler heads, and fire extinguishers shall always remain clear of obstructions.
- Banner designs should meet Walt Disney World standards and guidelines available at disneyworld.disney.go.com/park-rules/. Inappropriate language, artwork, and photographs will not be permitted.
- Banners cannot be hung on venue pipe and drape or on railing that also has pipe and drape on it. Banners installed in restricted areas will be removed.
- Banners and any other signage and their display and usage must at all times comply with all applicable laws, regulations, and codes. Disney reserves the right to remove any banners for any reason or no reason.

Inclement Weather

While we all love sunny Orlando, we know that it does sometimes rain or get chilly during the early part of the year. Please be sure to check the local Orlando TV stations for weather the week leading up to the Championship. We suggest being prepared for rain including umbrellas and ponchos as well as for cooler weather. Competition will continue to happen and any changes in that will be communicated through the BAND groups and in the Complex.

Optional Open Practice

We will be offering open practice at ESPN Wide World of Sports in the Arena warm up rooms on Thursday, March 12 OR Friday, March 13. Practice is first come, first serve.

You must provide your own transportation to/from ESPN Wide World of Sports. Varsity will not provide transportation on Thursday. You must complete your registration with Varsity prior to coming to Open Practice and must scan your athlete or coach credential card to get into ESPN Wide World of Sports.

Teams will have 20 minutes on a warmup floor for each team.

Open Practice will be at ESPN Wide World of Sports in the Competition venues warm up areas. The Complex will be closed so please only go to your assigned venue.

- Disney will be scanning tickets to get into Open Practice so please bring that with you.
- Do not arrive at the Complex more than 20 minutes before your scheduled open practice time.
- Once your rehearsal is done, please leave the complex within 30 minutes. The Complex will be closed so you cannot stay to practice outside.
- A head coach/gym owner must be present with each team. All coaches must have their USA membership wristband to gain access to the practice facility. Only the rostered team coaches are allowed - Spectators will not be allowed.
- Water will not be provided for teams. Please plan to bring a water bottle for each athlete.
- Sound systems will be provided for music, but coaches will be responsible for having any adapters/dongles.

Arrival and Competition Flow

We suggest you arrive no more than 2 hours prior to your competition time. When you arrive at ESPN Wide World of Sports Complex, you will need to enter the gates using your athlete or coach credential card that you will get at check in with Varsity.

- If you would like to do any pre-warm up time, you can do that on Field 19 which is near Field 20 where the food trucks are. There is no open practice on Field 20.
- You will need to report to your warm up venue at the scheduled check in time.
- When entering the venues, please do not play any team sounds systems and music while making your way to the warm up area. Competition is going on and this is distracting to other teams and the competition floor.
- Once you check in, you will have your team picture made
- You will then have your warm up time on a competition floor.
- Once your warm up is complete, you will report backstage (see maps in earlier section for flow) for competition.
- The coach will then be directed to the music table where they will play the music.
- After your performance, the team and coach will meet backstage and watch a replay together of your teams performance.
- You will then gather your bags and exit the venue.
- Please see the event schedule for times and locations of advancement announcements.

Warm up and Stretching

Field 19 is the designated stretching and warm up areas for the Championship. Please do not use any other area, including the inside of the Baseball Stadium. You will have a designated warm up in the Competition Venue warm up room prior to your performance as well. That time is listed on the Event Order of Competition.

Warm up Guidelines

- Teams will have 12 minutes on a full floor (9-strip mat/10-strip marley).
- Music is allowed during this time.

General reminder for all warm up areas:

- Team music/sound systems cannot be played inside the venues at any time. You may only play music while on the warm up floor. We suggest athletes use personal devices with headphones if they want to hear music prior to warm up inside the venues.
- If your team is using powder on their hands or feet, please do not wipe your hands on any other surfaces including walls, drape, etc.

Dressing Rooms and Personal Belongings

There are limited changing areas at ESPN Wide World of Sports in each venue.

- **State Farm Field House:** Restrooms for changing are located on the lower level in the hall behind the judges platform.
- **Athletic Center:** There are a few small locker rooms for quick changes behind the Judges Platform.
- **AdventHealth Arena:** There are limited restrooms on the lower level as well as restrooms on the main concourse.

When changing in these areas, please utilize them as quick changing areas and please do not stay in the area for an extended time. Varsity accepts no responsibility for lost or stolen items. We recommend that each team designate someone to keep an eye on its possessions. **Please do not leave any of your bags unattended as they could be seen as unattended bags and security could be called.**

Team/Personal Sounds Systems at ESPN Wide World of Sports

Team/Personal Sounds Systems must be kept at a reasonable level. Music and songs with explicit lyrics cannot be played. Teams playing explicit music will be asked to turn off their sound system. This includes inside and outside the venues. Any team sound systems must be turned off when you enter the competition venues. Sound systems used in warm up must be the official event sound system and not be played when walking to and from warm up to competition.

Advancements and Results

- Dance teams will compete on Friday and Saturday with 25% Day 1 scores combined with 75% Day 2 scores.
- Cheer teams will compete on Saturday and Sunday with 25% Day 1 scores combined with 75% Day 2 scores.
- Note: Prep and Novice Cheer teams will compete on Sunday with an optional exhibition performance on Saturday.
- Day 2 performance order will be pre-determined by reverse performance of Day 1.
- Awards times and location can be found on the Order of Competition and the Block Schedule.
- All teams will receive a commemorative medallion.
- All teams will receive a placement banner. Teams who rank first, second, or third place will also receive a bronze, silver, or gold medallion. National Champion teams will receive National Champion jackets. Only the rostered athletes and two coaches will receive jackets and medals. Any additional medals or jackets can be requested after the last awards ceremony on Sunday night and will be subject to availability.

Coaches Webinar

Instead of having coaches' and band director meetings on site at the resorts, coaches will receive a video webinar approximately one week prior to the Championship. This will allow you to prepare for your trip and to share information with all your coaches. Once you arrive in Orlando, we will have a separate coaches' registration and Varsity All Star representatives available for any questions you may have.

Practice at Disney Resorts

We know that many teams like to do quick run throughs and marking of their routines. For your safety, please follow the guidelines below.

Disney's All-Star Resort

- Recommended Practice Locations:
 - Inside the designated practice space enclosure located in the parking lot between Disney's All-Star Music and Disney's All-Star Movies
 - Football Field at Disney's All-Star Sports Resort
 - Center Court at Disney's All-Star Sports Resort
- Practice can take several forms such as blocking or full routine which may or may not incorporate stunts.
- Stunting is restricted to be performed only on grass (real or artificial) or rubberized track surface.
- Practice should not impact quiet hours (11 pm until 7 am) or other Guests including Championship Guests and non-Championship Guests.
- Practice should not occur in parking lots outside of the designated practice space.

If teams are practicing in areas not indicated above, they will be asked to move to one of the areas above. Thank you for assistance in this for your safety.

Divisions, Rules & Scoring

Please be sure that as you prepare for the Championship that you understand the Divisions, Rules and Scoring. For more information about this please [Varsity All Star - Rules & Regulations](#) or [Varsity All Star Dance - Rules & Regulations](#)

Coaches Hospitality

There will be a Coaches Hospitality rooms on Saturday and Sunday from 10:00am - 6:00pm each day located in the Multipurpose room in the Arena. When you enter the lower level of the Arena at the athlete entrance, you will go right and the Multipurpose room will be on the right. Light snacks and drinks will be served and a Live Stream of the competition available as well. See you there!

Coaches Questions and Score Sheets

Score Sheets, Deductions and Legality sheets will be emailed out about 15-20 minutes after the team's performance. If you have not received your score sheets 30 minutes after performance, please submit a score sheet resend request via the QR code available on site.

If coaches have any scoring questions,

- We will have someone to assist you throughout the weekend at the AccuScore area located in The State Farm Field House on the lower level next to the judges platform exit side of the venue.
- Hit Zero buttons can be picked up in the lower level athlete check-in of the AdventHealth Arena on at the AccuScore area in The State Farm Field House.

As always, our Event Staff is here to assist you, so if you need something, ask someone in a black Event Staff t-shirt. If they cannot assist, they will find someone who can.

Communication during the Championship

Throughout the Championship weekend, we will be sending updates and announcements through the BAND app. We suggest that each Coach and Assistant Coach join this group.

[The UCA & UDA All Star Coaches BAND](#)