



UCA Camp Rules

These rules are in place to help ensure everyone has a safe and fun camp experience. Thank you for your cooperation.

General Camp Rules

- No cheering, chanting, stunting, tumbling or dancing allowed in areas not specifically designated for instructional classes and practice.
- Squads must be in attendance and on time to all classes and camp functions.
- Varsity is not responsible for lost or stolen items. Valuables should have been left at home.
- Participants who must go to a clinic or hospital should contact a member of Varsity Camp Administration prior to leaving camp.
- No bullying, initiations or hazing of any type are allowed at camp.
- No smoking or vaping at camp. The use of illegal substances is prohibited.
- Fireworks, guns and other weapons are prohibited.
- The use of cameras, imaging, and digital devices by adults and/or minors is permitted only in areas where privacy is not expected.
- If an emergency occurs, contact the appropriate emergency number for your location and notify a member of Varsity Camp Administration.
- No hanging signs without permission from Varsity Camp Administration.
- Be on time to all classes and camp functions. Walk in groups of two or more.
- Participants may not wear jewelry of ANY kind at any time during camp.
- Participants may not leave campus for any reason, unless prearranged and signed out with Varsity Camp Administration. An adult must accompany any minor who leaves campus for any reason.
- Coach/chaperone will be responsible for participants outside scheduled class times (free time) including but not limited to swimming, beach activities, cheer/dance practice outside of class time, free time at event site, university campus or hotel.
- Varsity is not responsible for participants outside scheduled class times.
- Follow all rules and regulations of the camp host site.

Overnight Camp Rules

- Participants may not ride in cars while at camp, unless prior approval is given by VarsitySpirit, or approved by Varsity Camp Administration. Participants are asked to walk with their squads to all camp functions. If participants bring their own cars, they are asked to park their car and give the keys to Varsity Camp Administration.
- Participants are required to wear their camp identification at all times (given to you at registration)
- No running, horseplay or unnecessary noise in the dorm/hotel.
- All windows are to remain closed in the air-conditioned dorms/hotels. In dorms/hotels without air-conditioning, windows may be left open but screens must be left on. Do not lean out of the windows.

- Any damage to the dorm/hotel room will be charged to your group. Leave your room in the same condition as you found it, including the placement of furniture.
- Keep up with your room keys to avoid being charged for them.
- Evening hours requirements:
 - 9:30 – in the dorm/hotel
 - 10:00 – on appropriate floor assigned to squad/team
 - 10:30 – in room assigned to participant
 - 11:00 – in bed and lights out
- Always lock your door when you leave the room and when you are in the room. Do not prop doors open.
- No one of the opposite sex will be allowed in the rooms. No boyfriends/girlfriends or friends are allowed in the dorm. Only relatives will be allowed in the dorm.
- Squads must follow all University / Resort housing rules.
- We encourage participants not to fraternize with other groups on the university campus or in the hotel that are not associated with the Varsity camp.
- Participants may not go back to the dorm/hotel during classes without approval from Varsity Camp Administration or instructional staff.
- It is up to the discretion of the school appointed coach/chaperone as to whether or not participants are allowed to go off university/resort premises. Notify Varsity Camp Administration if applicable.
- An adult chaperone, 21 years of age or older, must attend camp with overnight participants.

Any violation of these rules by any member of your squad can result in the entire squad's dismissal from camp. School officials may also be contacted pertaining to violations of the above rules. Anyone dismissed from camp is not eligible for a refund.