

COLLEGE COMPETITION RULES

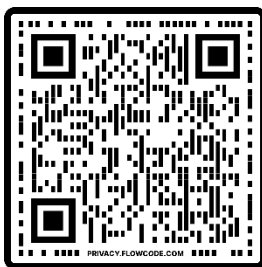
NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

NCA LEGALITY VERIFICATION

As a coach, it is important to be current on the NCA, NDA & USA Cheer Safety Rules. If you have questions concerning any safety rules or questions regarding specific performance elements, please follow these steps. This will ensure that you receive a timely and accurate response to your questions.

- All questions must be submitted via email.
- Due to the differences in interpretation and terminology, no phone calls will be accepted.
- Do not rely on prior rulings from NCA & NDA Championships.
- A separate video must be submitted for each Competition to ensure legality.
- For all Legality questions, you must send a video that contains the skill in question.
- Video must include the following:
 - Front, side and back view of skill.
 - Name of the Championship where you will be performing skill and the Division you will be performing in.
 - Include your name, team name, email and phone number with your video.
 - Do not send the entire Routine, only the skill(s) in question. Your video will be kept on file at NCA & NDA. VIDEOS THAT ARE NOT IN THE ABOVE FORMAT WILL NOT BE REVIEWED.
- **VIDEOS MUST BE RECEIVED IN THE NCA & NDA OFFICE** at least **THREE WEEKS PRIOR** to the championship date. Videos not received in the NCA office three weeks prior to the championship date will **NOT** be reviewed.

To Submit a Legality review, scan the QR Code:



DO NOT DEPEND ON YOUR CHOREOGRAPHER OR COACH TO DETERMINE IF SOMETHING IS LEGAL. IF YOU FEEL THAT SOMETHING MAY BE ILLEGAL, SEND A VIDEO TO THE NCA OFFICE.

For all Scoring Questions Email: NCAScoring@varsity.com