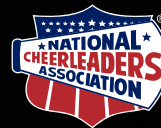


24  
25

# NCA EVENT GUIDELINES



2025 NCA HIGH  
SCHOOL NATIONAL  
CHAMPIONSHIP  
JANUARY 24-26, 2025  
DALLAS, TX



# NCA SCHOOL COMPETITION RULES

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

<b>2</b>	<b>TABLE OF CONTENTS</b>
<b>3</b>	<b>ELIGIBILITY POLICY</b>
<b>4</b>	<b>HIGH SCHOOL NATIONAL CHAMPIONSHIP</b>
	HOW TO QUALIFY
	TEAM GOLD
	GAME DAY NATIONAL INFORMATION
	USA CHEER SAFETY RISK MANAGEMENT COURSE DOCUMENTATION
	CIF RULES
<b>6</b>	<b>GENERAL INFORMATION</b>
	COMPETITION AREA
	PROPS
<b>6</b>	<b>NFHS CREDENTIALING FOR COACHES</b>
<b>7</b>	<b>SCHOOL REPRESENTATION</b>
<b>8</b>	<b>2024-2025 SCHOOL DIVISIONS PERFORMANCE / CROWD LEADING DIVISIONS</b>
<b>9</b>	PERFORMANCE AND CROWD LEADING DIVISIONS
<b>10</b>	PERFORMANCE & CROWD LEADING ROUTINE REQUIREMENTS
<b>11</b>	<b>2024-2025 RULES AND REGULATIONS/SCORING GUIDELINES</b>
<b>12</b>	RULES & RESTRICTIONS
<b>13</b>	SCORING GUIDELINES – NOVICE
<b>14</b>	SCORING GUIDELINES – INTERMEDIATE
<b>15</b>	SCORING GUIDELINES – ADVANCED
<b>16</b>	<b>STUNT PROGRESSIONS</b>
<b>17</b>	<b>PYRAMID PROGRESSIONS</b>
<b>18</b>	<b>GAME DAY DIVISIONS</b>
<b>19</b>	GENERAL GAME DAY ROUTINE REQUIREMENTS
<b>20</b>	BAND CHANT/ GAME SITUATION RESPONSE
<b>21</b>	SITUATIONAL CUES/ CHEER
<b>22</b>	FIGHT SONG
<b>23</b>	<b>DEDUCTIONS AND VIOLATIONS</b>
<b>28</b>	<b>LEGALITY VERIFICATION</b>
<b>29</b>	<b>MASCOTS</b>
<b>31</b>	<b>SCORE SHEETS</b>

THESE RULES & REGULATIONS ARE THE EXCLUSIVE PROPERTY OF VARSITY SPIRIT AND MAY NOT BE REPRODUCED, IN PART OR IN WHOLE, FOR EVENTS NOT SPONSORED AND APPROVED BY VARSITY SPIRIT.

# NCA SCHOOL COMPETITION RULES

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

## ELIGIBILITY POLICY

High School/Junior High Division squads must consist entirely of students who have not graduated from high school. Divisions are determined by the grade of the participants at the time of the competition, regardless of the participant's current age.

Generally, every member of a team representing a school must be enrolled at that school, must be on a team officially representing the school and must perform in the official uniform of that school. All exceptions to this rule must receive written approval from NCA at least 2 weeks prior to competition. In an approved exception, a cheerleader must be a full-time member of the competing team and may not represent any other school-based team throughout the entire season. Promoting cheerleaders from other campuses for the sole purpose of competition will not be allowed. Members must be officially recognized by the competing school's administration as a member of the competing team's cheerleading squad.

The lowest official grade level for all athletes participating in high school divisions is listed as 9<sup>th</sup> grade. However, athletes younger than 9<sup>th</sup> grade will be allowed to participate in High School Open Divisions if they are enrolled in the school they are representing, are recognized as full-time cheerleaders for that school and receive written permission from NCA prior to the competition. Teams competing in Club divisions will not have to adhere by the standard eligibility requirements.

In fairness to all, NCA strictly enforces its age/grade requirements for each division. NCA reserves the right to assess a penalty, disqualify, reclaim any and all awards and/or remove video appearance for any team found to be in violation of the eligibility policy, whether before, during or after the event. A Team Roster Form will be sent to all coaches participating in an NCA Championship. One roster must be completed per team, and should include each participant's name, age, grade and birth date. This form must be signed and given to NCA during the event check-in. A school representative must sign and date this form. For High School and Junior High teams these forms must be notarized by school administration. The Team Roster Form will be reconciled against the Release and Waiver Forms to ensure all members are accounted for.

Participants may not compete in multiple Performance/Crowd Leading divisions within the School Cheer categories at the same championship (example: performers may not compete on a Junior Varsity and Medium Varsity team). NCA strongly recommends that you have an alternate (not a member of another competing squad at the same event), who is prepared to substitute in the event of injury, probation, etc. No cheerleader may represent more than one School Performance Division Team, even in the event of injury or emergency. Once a team checks into the championship, the team may not be allowed to change divisions due to an injury.

Note: Cheerleaders may compete in a Performance **OR** Crowd Leading Division **AND** in the Game Day Divisions.

## CHANGE IN PERFORMANCE ORDER

Teams with scheduling conflicts must submit a schedule change request. If we are able to accommodate changes, teams will be moved earlier in the schedule for one of the performances.

# NCA SCHOOL COMPETITION RULES

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

## NCA HIGH SCHOOL NATIONAL CHAMPIONSHIP JANUARY 24-26, 2025 DALLAS, TX

### HOW TO QUALIFY

#### STEP 1: NFHS CREDENTIALING

ALL teams attending NCA High School National Championship must complete the Varsity Spirit/NFHS Squad Credentialing program at ANY Varsity Spirit Summer or Fall camp in 2024. At least 75% of the athletes competing at Nationals must meet the credentialing requirement (a mascot would count towards the 75% requirement).

#### STEP 2: RECEIVE A BID

Teams must compete at an NCA Regional or Classic Championship – In Person or Virtual.

#### NCA TEAM GOLD (not a part of qualification)

Teams that attend an NCA Camp, Regional- either in person or our virtual championship in December and finish the season off with us at NCA High School Nationals will be recognized as a part of NCA TEAM GOLD. Each Team Gold squad will receive:

- Guaranteed Early Pricing
- Priority Hotel Blocking
- Priority On-Site Check In
- Priority Open Practice Sign Up
- Preferential Order of Performance  
\*not guaranteed\*
- Athlete gifts and more!

*\*Every team registered automatically qualifies for the Sunday round of competition. Saturday and Sundays score will affect your Final score with Saturday being 25% and Sunday being 75%.*

### GAME DAY DIVISION NATIONAL CHAMPION AWARDS

If a team wins a Game Day National Championship title, and also wins a National Title in a Performance/Game Performance division, individuals will only receive one National Championship jacket. Teams will receive a banner and trophy for each national title

# NCA SCHOOL COMPETITION RULES

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

## NCA HIGH SCHOOL NATIONALS – USA CHEER SAFETY RISK MANAGEMENT COURSE DOCUMENTATION

All school coaches, choreographers and personnel wishing to access the warmup area, backstage or coaches' box must have a USA Cheer Membership. **At least one coach**, preferably the head coach, must have the Cheer Coach Membership and must be present with the team at the event. The Cheer Coach, STUNT Coach or Professional Membership is acceptable for all other personnel. For more information on this membership visit:

<https://usacheer.org/membership/usa-cheer-coach>

## CALIFORNIA TEAMS COMPETING UNDER CIF RULES

Teams that fall under the California Interscholastic Federation will be able to compete in a preliminary round and a final round at our championship without competing on a Sunday. Each team competes within their chosen division for a preliminary round on Saturday which accounts for 25% of their final score. On Saturday evening, the California teams return to perform their final round which accounts for the remaining 75% of their final score. The judges score the routine at that time and the performance is recorded. On Sunday, the teams from California are placed into the performance order, however, the video of their performance is played for the crowd during that time. The judges will review the scores and finalize. California teams are then welcomed onto the mat for their Final Awards Ceremony to receive their awards.

# NCA SCHOOL COMPETITION RULES

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

## GENERAL EVENT INFORMATION

### COMPETITION AREA

1. NCA Competitions comply with the NFHS and USA Cheer Safety surface ruling that school-based programs may not compete on a spring floor. Most NCA Competitions will have a Competition Area measuring 42' deep by 54' wide carpet-bonded foam floor. See each event for confirmation of the floor type and size.
2. All permitted skills (stunts, pyramids, tumbling etc.) must be performed on the competition mat.
3. Poms, signs, flags, megaphones and/or banners or other approved props may be placed or dropped outside the competition area by a team member.
4. Objects cannot be thrown outside the competition floor.

### PROPS

Use of props in both Performance and Game Day divisions is limited to flags, megaphones, poms, signs, and other **traditional** sideline props (this includes rally towels). If you have specific questions about the legality of your prop, please contact [ncascoring@varsity.com](mailto:ncascoring@varsity.com). If worn, and an athlete's mask is no longer appropriately secured to their face, competition must stop for the athlete to properly fix their mask.

### NFHS CREDENTIALING FOR COACHES

Since 1948, NCA has provided cheerleading instruction and competitive opportunities for cheerleaders, with an emphasis on leadership and safety. Leadership in the school and elevating school spirit at games, pep rallies, community events and fundraisers are all integral parts of a cheerleader's role.

As your partner in building strong school spirit programs, we offer the Squad Credentialing Program that was developed in conjunction with the National Federation of State High School Associations (NFHS). This program will be offered at all two day or longer Varsity Spirit camps and will focus on two areas: the importance of **SAFETY** and the **FIVE KEY PILLARS** to a successful school spirit program that include:

- Crowd Leading
- Spirit Raising
- Ambassadorship
- Athleticism
- Entertainment

The NCA High School National Championship is held each January in Dallas, Texas and is an opportunity for teams to showcase both their Performance and Game Day skills. The role that a well- rounded cheerleader plays throughout the year in their school and community is extremely important to us, therefore the Varsity Spirit/NFHS Squad Credentialing program **IS** a requirement for participation in the NCA High School National Championship.

Our Squad Credentialing Program is part of our quest to continually elevate the profile of cheerleaders, whether on campus, at a game or representing your school for any occasion. We are committed to offering comprehensive training to cheerleaders and coaches and feel very strongly that this is one more way we can ensure that all cheerleaders understand their role and are knowledgeable about cheerleading safety.

# NCA SCHOOL COMPETITION RULES

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

## SCHOOL REPRESENTATION

We recommend that the team displays an overall behavior conducive to serving as public representatives and ambassadors of their school with traditional and appropriate attire suitable for all athletes. Any violations to the below restrictions to Uniforms, Make-up or Hair and Bows will result in a reduction of the School Representation score.

### MAKE-UP

1. If worn, make-up should be appropriate for both the performance and age of the athletes, utilizing colors suitable for skin tone.

### HAIR

1. Hair for all athletes does not have to be worn the same but must be secured off the face with a simple style that considers all diversities.
2. **BOWS** are not required. If worn, bows must:
  - a. NOT be excessive in size
  - b. NOT be a distraction to the performance.
  - c. Be positioned in a manner to minimize risk for all participants. This is restricted to back of the head **(below the crown)**
  - d. If the bow has tails, they must be facing backwards and down to limit the ability to fall the forehead into the participants' eyes or block the view of the participants while performing.

### UNIFORMS

Outfitting for cheerleading performances should follow traditional dress standards. All participant uniforms must cover the midriff when standing at attention. Covered midriff includes nude/skin mesh, uniforms with colored mesh, body suits and liners; however, fringe would not count as a cover. Uniforms for all team types should be appropriate for the age of the participants performing the routine. **This does not apply to any Color Guard that attend and compete in the Game Day Rally Division.**

*All facets of a performance or routine, including choreography, music selection, outfitting (cheerleading), and cheer words should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine. Outfitting for cheerleading performances should follow traditional dress standards. In general, school performances, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution to which the school team belongs.*

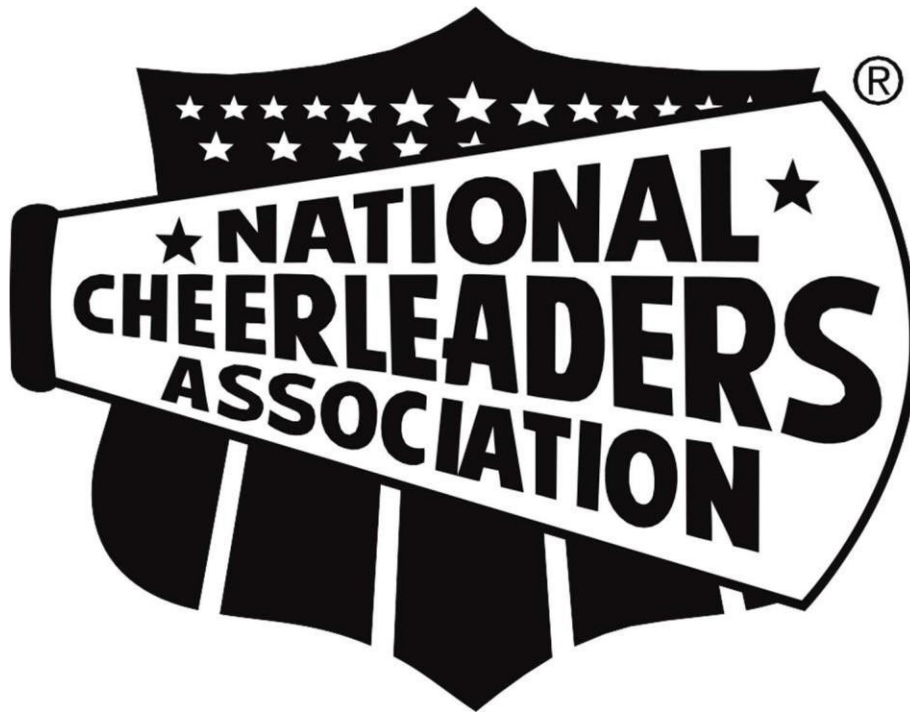
*Any uniform or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to NCA for approval. Because multiple performances of the same routine will generally lack distinction, NCA is not able to approve with absoluteness the appropriateness of choreography (since movements can be easily modified, NCA could feasibly approve a particular movement when viewed on a video or in person, only to have it performed differently during competition). However, choreography, if questionable, may be submitted to [NCAscoring@varsity.com](mailto:NCAscoring@varsity.com) for feedback.*

*Cheer words should incorporate school pride, honor, and tradition as well as sportsmanship in their cheer. Cheers that are negative, insulting to other teams or the judges may reflect a lower School Representation score.*

# NCA SCHOOL COMPETITION RULES

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

## CROWD LEADING & PERFORMANCE DIVISIONS/REQUIREMENTS





# NCA SCHOOL COMPETITION RULES

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

<b>CROWD LEADING DIVISIONS</b>				
<b>Routine Length:</b> 2:30 minutes ( <b>Music Time:</b> Up to 1:45 minutes)				
<b>CHEER PORTION:</b> EMPHASIZES CROWD LEADING ABILITY WITH CROWD EFFECTIVE MATERIAL AND PROPS TO ENHANCE CROWD ENGAGEMENT				
NOVICE	Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	JV/Freshmen	5 - 30 members	11th grade & below	Female/Male
	Varsity	5 - 30 members	9th - 12th grade**	Female/Male
INTERMEDIATE	Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	JV/Freshmen	5 - 30 members	11th grade & below	Female/Male
	Varsity	5 - 30 members	9th - 12th grade**	Female
	Coed Varsity	5 - 30 members	9th - 12th grade**	Female/Male
ADVANCED	Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	JV/Freshmen	5 - 30 members	11th grade & below	Female/Male
	Varsity	5 - 30 members	9th - 12th grade**	Female
	Coed Varsity	5 - 30 members	9th - 12th grade**	Female/Male

<b>OTHER CROWD LEADING DIVISIONS (Junior Club/ Non- Building/ Non-Tumbling)</b>				
<b>Routine Length:</b> 2:30 minutes ( <b>Music Time:</b> Up to 1:45 minutes)				
<b>CHEER PORTION:</b> EMPHASIZES CROWD LEADING ABILITY WITH CROWD EFFECTIVE MATERIAL AND PROPS TO ENHANCE CROWD ENGAGEMENT				
NOVICE	Novice Non-Building Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	Novice Non-Building Varsity	5 - 30 members	9th - 12th grade**	Female/Male
	Novice Junior Club	5 - 30 members	14 years & younger	Female/Male
	Intermediate Non-Building Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
INTERMEDIATE	Intermediate Non-Building Varsity	5 - 30 members	9th - 12th grade**	Female/Male
	Intermediate Non-Tumbling Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	Intermediate Non-Tumbling JV/Freshman	5 - 30 members	11 <sup>th</sup> grade and below	Female/Male
	Intermediate Non-Tumbling Varsity	5 - 30 members	9th - 12th grade**	Female
ADVANCED	Intermediate Non-Tumbling Coed Varsity	5-30 members	9th - 12th grade**	Female/Male
	Advanced Non-Building Varsity	5 - 30 members	9th - 12th grade**	Female/Male
	Advanced Non-Tumbling Varsity	5 - 30 members	9th - 12th grade**	Female
	Advanced Non-Tumbling Coed Varsity	5 - 30 members	9th - 12th grade**	Female/Male

Performance and Crowd Leading Divisions will be split into Small (5 - 15 members), Medium (16-23 members), Large (24 - 30 members). When/If a division has 10 or more teams (5 or more at Regionals), additional splits may be offered. When/if a division has less than 3 teams (less than 2 at Regionals), they may be combined into the same age/size division.

\*\*Up to 2 Mascots will be allowed to participate on any performance or Crowd Leading Team in addition to the 5-30 members (only if 2 different mascots represent the school. Any additional Mascots and all Flag Runners will be considered in the total participant count. A Varsity Team will be considered COED when there are any male participants not including flag runners or mascots.

<b>PERFORMANCE DIVISIONS</b>				
<b>Routine Length:</b> 2:30 minutes ( <b>Music Time:</b> Up to 1:45 minutes)				
<b>CHEER PORTION:</b> AN ENTERTAINMENT OR STORY TELLING STYLE CHEER WHICH MAY OR MAY NOT UTILIZE PROPS BUT DOES NOT REQUIRE CROWD PARTICIPATION				
NOVICE	Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	JV/Freshmen	5 - 30 members	11th grade & below	Female/Male
	Varsity	5 - 30 members	9th - 12th grade**	Female/Male
INTERMEDIATE	Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	JV/Freshmen	5 - 30 members	11th grade & below	Female/Male
	Varsity	5 - 30 members	9th - 12th grade**	Female
	Coed Varsity	5 - 30 members	9th - 12th grade**	Female/Male
ADVANCED	Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	JV/Freshmen	5 - 30 members	11th grade & below	Female/Male
	Varsity	5 - 30 members	9th - 12th grade**	Female
	Coed Varsity	5 - 30 members	9th - 12th grade**	Female/Male

# NCA SCHOOL COMPETITION RULES

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

## CROWD LEADING & PERFORMANCE ROUTINE REQUIREMENTS

1. All cheerleading skills including tumbling, partner stunts, pyramids, and jumps must follow the NFHS Safety Guidelines. All skills should be carefully reviewed and supervised by a qualified adult coach. See specific skill restrictions for each category.
2. Each team will perform a choreographed routine not to exceed 2 minutes and 30 seconds (150 seconds).
3. **Up to 1 minute and 45 seconds (105 seconds)** of the routine may be performed to music. No voice-overs or words may be recorded to make the team's vocal projection sound louder.
4. Organized, formal entrances or exits that involve organized walk out lines, cheers or run-ons with jumps, tumbling or stunts are not permitted. Cheerleaders must enter the performance area in a timely fashion **NOT TO EXCEED 30 seconds from team announcement until start of performance or 30 seconds exiting the floor.**
5. Timing will begin with the first organized word, movement or note of music by the team after they are officially announced and have taken the floor. This includes any formal, organized entrances mentioned in number 4. Cheerleaders must have at least one foot on the performing surface when the routine starts.
6. Cheer words should be practical, and the flow of words should be easy to understand by the crowd and judges.
7. In Performance Divisions, **UP TO TWO Mascots are allowed ONLY if 2 DIFFERENT Mascots represent the school.** mascots will not count towards participant count. Mascots must be appropriately attired so their mobility, vision, etc. are not impaired. Mascots cannot participate in stunts, pyramids, or tumbling skills in any division.
8. The Crowd Leading divisions will follow the above NCA Performance Division Guidelines with Novice, Intermediate or Advanced restrictions and requires a cheer portion that emphasizes crowd-leading ability. Categories on the score sheet include Spacing and Formations, Crowd Effective Material and Voice/Inflection.
9. The Non-Tumbling divisions will follow the above NCA Performance Division Guidelines and, in addition, will prohibit all tumbling, except for inversions into or from load in positions, stunts and pyramids. Tumbling is defined as any skill with feet over head rotation. **Exception: a back handspring entry into stunts / pyramids will not be allowed.** Non-Tumbling divisions may not be eligible for certain specialty awards.
10. Non-Building divisions. In these divisions no partner stunts, pyramids or tosses are allowed. If an athlete is ever lifted off the performing surface by another athlete or athletes, it would be considered a 'building skill,' and therefore illegal.
11. Novice Junior Club and Junior High/ Middle School Divisions will be restricted from performing any type of toss or waist level cradles- **See usacheer.org** for more information on these additional skill restrictions. This division is for the Recreational Teams as well as any Elementary aged programs looking to register at an NCA School Event.
12. For additional division explanations including an in depth break down of each score sheet, be sure to check out our division explanation videos located on the Rules and Scoring page of the website

\*Performance and Crowd Leading sample score sheets are available online as well as a video clip explaining these 2 divisions and their differences will be coming soon.

## WARM-UP TO COMPETITION POLICY

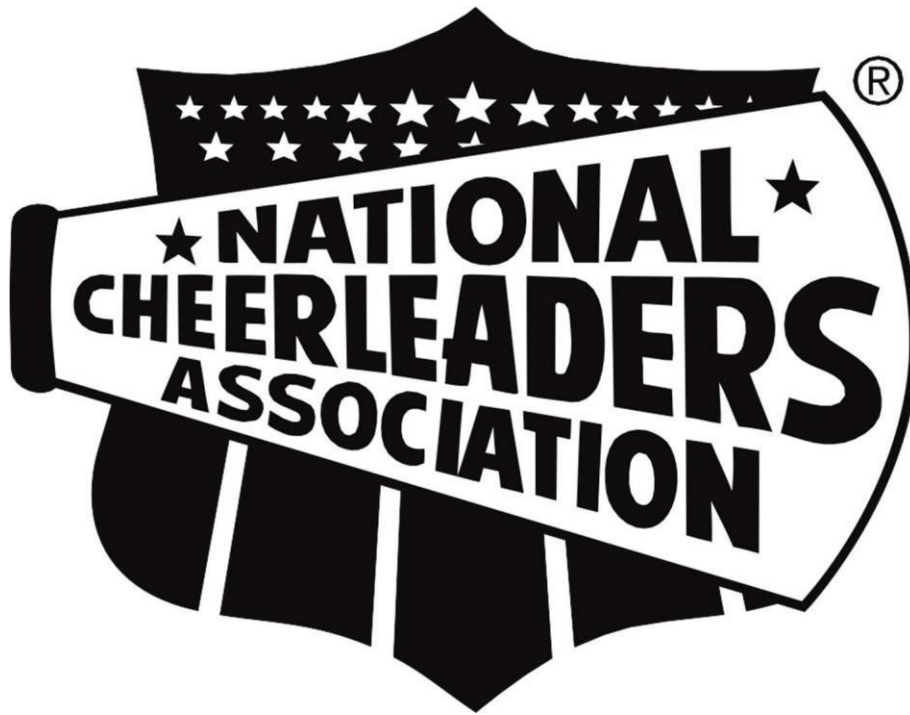
The time between when a team finishes warm-ups and is on the competition floor should be no sooner than 8 minutes and no longer than 30 minutes. NOTE: Teams delayed performing after 30 minutes should have the opportunity to warm up again or be given an area and posted a list of exercises to rewarm up their muscles: Quick Toe Raises, Squat Jumps, Jumping Jacks, Bridges, Running with High Knees and or Punches.

Based on an event's facilities, the performance schedule may allow for more or less time to get from warm-up to the competition arena. Event Officials will monitor timing and work to provide the safest competition environment for all athletes.

# NCA SCHOOL COMPETITION RULES

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

# CROWD LEADING & PERFORMANCE RULES AND REGULATIONS/ SCORING GUIDELINES





# 2024-2025 NCA RULES AND RESTRICTIONS



## NOVICE SKILL RESTRICTIONS

Novice teams will follow the **2024-2025 USA Cheer & NFHS Spirit Rules Book** with these additional skill restrictions:

### STANDING TUMBLING

- Limited to a single back handspring. Connected backward rolls and walkovers to a single back handspring are allowed.
- Series back handspring and jump skills in immediate combination with a back handspring are **not allowed**. Flips and aerials are **not allowed**.

### RUNNING TUMBLING

- Series front/back handsprings are allowed.
- Flips and aerials are **not allowed**.

### STUNTS

- Single leg stunts are **not allowed** above prep level.
- Twisting transitions are allowed up to ½ twist by the top person. (Exception: A single full twisting Log/Barrel roll is allowed and must start/end in a cradle.)
- Release moves are **not allowed**.
- Inversions are limited to a handstand on the performing surface being lifted directly to a non-inverted position. All other inversions are **not allowed**.

### PYRAMIDS

- Extended single leg stunts must be braced by at least one person at prep level or below with hand/arm connection.
- The required hand/arm connection must be made prior to executing the extended single leg stunt. (The bracer **MUST** have a minimum of 2 bases or 1 base and 1 spotter).
- Extended stunts may not brace or be braced by any other extended stunts.
- Release moves are **not allowed**. Any time a top person is released by the bases and braced by another top person, they may not perform any skill and must land in a cradle.
- Inversions are not allowed except those allowed in Novice Stunts.

### DISMOUNTS

- Only straight pop downs, basic straight cradles and ¼ twisting dismounts are allowed. (Please see definition of dismount in NFHS Rules Book)

### TOSSES

- The only body position allowed is a straight ride.

## INTERMEDIATE SKILL RESTRICTIONS

Intermediate teams will follow the **2024-2025 USA Cheer & NFHS Spirit Rules Book** with these additional skill restrictions:

### STANDING TUMBLING

- Series front and back handsprings are allowed.
- Flips and connected jump flips are **not allowed**.

### RUNNING TUMBLING

- **Back Flips may ONLY be performed in a tuck position from ONLY a cartwheel, round off or round off back handspring(s).** Other skills with hand support prior to the cartwheel or round off are allowed.
- Front Flips are **not allowed**.
- No twisting while airborne. (Exception: Aerial cartwheels are allowed)
- No tumbling is allowed after a back flip or aerial cartwheel. **There must be a clear pause/stop in momentum prior to the next tumbling skill.**

### STUNTS

- Up to ½ twist allowed to and from an extended position.
- Up to 1 twist allowed to and from prep level or below.
- Release moves are allowed UP to prep level or below. They may not pass through extended position or exceed ¼ twist.
- **Release moves must initiate from below prep level**
- Inversions may not pass through extended position. Foldover (Pancake) stunts are **not allowed**.

### PYRAMIDS

- Braced flips are **not allowed**.
- Extended single leg stunts may not be braced by any other single leg extended stunts.
- **Release moves are allowed up to ½ twist.**
- All other skills must follow Intermediate Stunts unless braced by at least one person at prep level or below with hand/arm connection from initiation of the skill.

### DISMOUNTS

- Only straight pop downs, basic straight cradles and ¼ twisting dismounts are allowed from any single leg stunt.
- Up to 1¼ twists are allowed from any two-leg stunt.

### TOSSES

- Up to 1 trick is allowed. May not exceed 1 twisting rotation.
- During a twisting toss, no skill other than the twist is allowed.

## JUNIOR HIGH / MIDDLE SCHOOL / ELEMENTARY SKILL RESTRICTIONS

Junior High, Middle School and Elementary teams will follow the **2024-2025 NFHS Spirit Rules Book** and the additional restrictions outlined here: <https://www.usacheer.org>

## ADVANCED SKILL RESTRICTIONS

Advanced teams will follow the **2024-2025 USA Cheer & NFHS Spirit Rules Book** with no additional skill restrictions.



# 2024-2025 NCA HIGH SCHOOL SCORING GUIDELINE- NOVICE DIVISION

Judges will award scores based on the point values below when skills are performed by MOST the team unless otherwise noted. Skills performed by less than MOST of the team will be awarded in a lower scoring category. *Most = 75% or more of the Team*

STUNT AND TUMBLING DIFFICULTY SCORES			
STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY	JUMP DIFFICULTY
<b>2.0-3.0</b>	<b>2.0-3.0</b>	<b>2.0-3.0</b>	<b>4.0</b>
Stunt skills do not meet the 3.0-4.0 requirements by MOST	Pyramid skills do not meet the 3.0-4.0 requirements by MOST	Tumbling skills do not meet the 3.0-4.0 requirements by MOST	Single Advanced Jumps by MOST synchronized
<b>3.0-4.0</b>	<b>3.0-4.0</b>	<b>3.0-4.0</b>	<b>4.5</b>
•Extension Preps OR •One Leg Variations Below Prep Level	Pyramids involving •Extended Two Leg Stunt AND/OR •One Leg Stunt at Prep Level	•Cartwheels OR •Round-offs OR •Forward/Backward Rolls	Double Jump Combinations by MOST synchronized
<b>4.0-5.0</b>	<b>4.0-5.0</b>	<b>4.0-5.0</b>	<b>5.0</b>
•Extensions OR •One Leg Variations at Prep Level	Pyramids involving •Extended One Leg Stunt (multiple) •Multiple (2 or more) Novice level transitions	•Round-off BHS OR •Stand BHS	Triple jump combinations or double jump combinations and a single jump by MOST synchronized <b>MUST include VARIETY</b>

OVERALL/OTHER SCORES- PERFORMANCE			
VOICE/INFLECTION	MOTIONS/DANCE	SHOWMANSHIP	SCHOOL REPRESENTATION
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>9.0-10.0</b>
Pace of cheer is practical, flow of words is easy to understand	Transitions, level changes, footwork and floorwork, variety of visual movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm and Energy level throughout the routine. This score is averaged across all scoresheets	Sportsmanship, performance integrity, make-up, bows
<b>TIMING</b>	<b>ROUTINE COMPOSITION</b>		
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>TOSSES</b> -Tosses are not required but may be rewarded in the "Pyramid" category. <b>JUMP DIFFICULTY</b> - Must begin and finish on feet and the SAME jump must be performed by most (hurdlers in different directions are same jump) *Must be advanced jumps (Toe Touch, Right/Left Hurdlers (front or side), Pike)	
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations		

OVERALL/OTHER SCORES- CROWD LEADING			
VOICE/INFLECTION	MOTIONS/DANCE	SHOWMANSHIP	SCHOOL REPRESENTATION
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>4.0-5.0</b>	<b>9.0-10.0</b>
Pace of cheer is practical, flow of words is easy to understand	Transitions, level changes, footwork and floorwork, variety of visual movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm and Energy level throughout the routine. This score is averaged across all scoresheets	Sportsmanship, performance integrity, make-up, bows
<b>TIMING</b>	<b>ROUTINE COMPOSITION</b>	<b>CROWD EFFECTIVE MATERIAL</b>	
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>4.0-5.0</b>	
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations	Cheer is Easy to follow, Encourages crowd participation by eliciting a response utilizing props (signs, poms, megaphones, flags)	

EXECUTION			
LOW	MID	HIGH	
<b>1.0-3.0</b>	<b>3.0-4.0</b>	<b>4.0-5.0</b>	
<b>Widespread/Many/Frequent</b> Widespread errors across many athletes Frequent errors within many stunt groups or across many stunts	<b>Multiple/Majority/Several</b> Multiple athlete errors Majority stunt groups do not have errors versus majority do have errors Severity of those errors? Several errors or minimal	<b>Minor/Few/Minimal</b> Single athlete minor error single stunt minor error few athletes minor or minimal error Minimal athletes/errors/stunt errors throughout	**SEE PROGRESSIONS FOR EXAMPLES OF SKILLS  NOTE: Elementary & Junior High/Middle School Teams must follow the additional USA Cheer Safety Restrictions. These rules can be found at USA Cheer.org. For additional Non Tumbling and Non Building Divisions please see our Performance and Crowd Leading division rules as outlined in the NCA School Rulebook



# 2024-2025 NCA HIGH SCHOOL SCORING GUIDELINE- INTERMEDIATE DIVISION

Judges will award scores based on the point values below when skills are performed by MOST the team unless otherwise noted. Skills performed by less than MOST of the team will be awarded in a lower scoring category. *Most = 75% or more of the team*

STUNT AND TUMBLING DIFFICULTY SCORES			
STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY	JUMP DIFFICULTY
<b>2.0-3.0</b>	<b>2.0-3.0</b>	<b>2.0-3.0</b>	<b>4.0</b>
<ul style="list-style-type: none"> <li>•Extension Preps OR</li> <li>•One Leg Variations Below Prep Level</li> </ul>	<ul style="list-style-type: none"> <li>Pyramids involving</li> <li>•Extended Two Leg Stunt</li> <li><b>AND/OR</b></li> <li>•One Leg Stunt at Prep Level</li> </ul>	<ul style="list-style-type: none"> <li>•Cartwheels OR</li> <li>•Round-offs OR</li> <li>•Forward/Backward Rolls</li> </ul>	Single Advanced Jumps by MOST synchronized
<b>3.0-4.0</b>	<b>3.0-4.0</b>	<b>3.0-4.0</b>	<b>4.5</b>
<ul style="list-style-type: none"> <li>•Extensions OR</li> <li>•One Leg Variations at Prep Level</li> </ul>	<ul style="list-style-type: none"> <li>Pyramids involving</li> <li>•Extended One Leg Stunt (multiple)</li> <li>•Multiple (2 or more) Novice level transitions</li> </ul>	<ul style="list-style-type: none"> <li>•Round-off BHS OR</li> <li>•Stand BHS</li> </ul>	Double Jump Combinations by MOST synchronized
<b>4.0-5.0</b>	<b>4.0-5.0</b>	<b>4.0-5.0</b>	<b>5.0</b>
<ul style="list-style-type: none"> <li>•Extended One Leg Stunts <b>AND</b></li> <li>•Single Twisting transition or dismount <b>to or from</b> a Two Leg Stunt</li> </ul>	<ul style="list-style-type: none"> <li>Pyramids involving</li> <li>•multiple transitional elements, one of which is a release <b>AND</b></li> <li>•multiple extended structures including extended one leg stunts.</li> </ul>	<ul style="list-style-type: none"> <li>•Round-off BHS Back Tucks <b>OR</b></li> <li>•Round-off Tucks <b>OR</b></li> <li>•Standing BHS Series <b>OR</b></li> <li>•Jump/BHS Combinations</li> </ul>	Triple jump combinations or double jump combinations and a single jump by MOST synchronized <b>MUST include VARIETY</b>

OVERALL/OTHER SCORES- PERFORMANCE			
VOICE/INFLECTION	MOTIONS/DANCE	SHOWMANSHIP	SCHOOL REPRESENTATION
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>9.0-10.0</b>
Pace of cheer is practical, flow of words is easy to understand	Transitions, level changes, footwork and floorwork, variety of visual movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm and Energy level throughout the routine. This score is averaged across all scoresheets	Sportsmanship, performance integrity, make-up, bows
<b>TIMING</b>	<b>ROUTINE COMPOSITION</b>		
<b>9.0-10.0</b>	<b>9.0-10.0</b>		
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations	<b>TOSSES</b> -Tosses are not required but may be rewarded in the "Pyramid" category. <b>JUMP DIFFICULTY</b> - Must begin and finish on feet and the <b>SAME</b> jump must be performed by most (hurdlers in different directions are same jump) *Must be advanced jumps (Toe Touch, Right/Left Hurdlers (front or side), Pike)	

OVERALL/OTHER SCORES- CROWD LEADING			
VOICE/INFLECTION	MOTIONS/DANCE	SHOWMANSHIP	SCHOOL REPRESENTATION
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>4.0-5.0</b>	<b>9.0-10.0</b>
Pace of cheer is practical, flow of words is easy to understand	Transitions, level changes, footwork and floorwork, variety of visual movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm and Energy level throughout the routine. This score is averaged across all scoresheets	Sportsmanship, performance integrity, make-up, bows
<b>TIMING</b>	<b>ROUTINE COMPOSITION</b>	<b>CROWD EFFECTIVE MATERIAL</b>	
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>4.0-5.0</b>	
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations	Cheer is Easy to follow, Encourages crowd participation by eliciting a response utilizing props (signs, poms, megaphones, flags)	<b>**SEE PROGRESSIONS FOR EXAMPLES OF SKILLS</b>

EXECUTION			
LOW	MID	HIGH	
<b>1.0-3.0</b>	<b>3.0-4.0</b>	<b>4.0-5.0</b>	
<ul style="list-style-type: none"> <li>Widespread/Many/Frequent</li> <li>Widespread errors across many athletes</li> <li>Frequent errors within many stunt groups or across many stunts</li> </ul>	<ul style="list-style-type: none"> <li>Multiple/Majority/Several</li> <li>Multiple athlete errors</li> <li>Majority stunt groups do not have errors versus majority do have errors</li> <li>Severity of those errors? Several errors or minimal</li> </ul>	<ul style="list-style-type: none"> <li>Minor/Few/Minimal</li> <li>Single athlete minor error</li> <li>single stunt minor error</li> <li>few athletes minor or minimal error</li> <li>Minimal athletes/errors/stunt errors throughout</li> </ul>	NOTE: Elementary & Junior High/Middle School Teams must follow the additional USA Cheer Safety Restrictions. These rules can be found at USA Cheer.org. For additional Non Tumbling and Non Building Divisions please see our Performance and Crowd Leading division rules as outlined in the NCA School Rulebook



# 2024-2025 NCA HIGH SCHOOL SCORING GUIDELINE- ADVANCED DIVISION

Judges will award scores based on the point values below when skills are performed by MOST the team unless otherwise noted. Skills performed by less than MOST of the team will be awarded in a lower scoring category. *Most = 75% or more of the team*

## STUNT AND TUMBLING DIFFICULTY SCORES

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY	JUMP DIFFICULTY
<b>2.0-3.0</b>	<b>2.0-3.0</b>	<b>2.0-3.0</b>	<b>4.0</b>
<ul style="list-style-type: none"> <li>•Extension Preps OR</li> <li>•One Leg Variations Below Prep Level OR</li> <li>•Extensions OR</li> <li>•One Leg Variations at Prep Level</li> </ul>	<p style="text-align: center;">Pyramids involving</p> <ul style="list-style-type: none"> <li>•Extended Two Leg Stunts AND/OR</li> <li>•One Leg Stunts at Prep Level</li> <li>•Pyramids involving an Extended One Leg Stunt</li> </ul>	<ul style="list-style-type: none"> <li>•Round-off BHS OR</li> <li>•Stand BHS</li> </ul>	Single Advanced Jumps by MOSTsynchronized
<b>3.0-4.0</b>	<b>3.0-4.0</b>	<b>3.0-4.0</b>	<b>4.5</b>
<ul style="list-style-type: none"> <li>•Extended One Leg Stunts AND</li> <li>•Required twisting skill: Single Twisting transition or dismount to or from Two Leg Stunts</li> </ul>	<p style="text-align: center;">Pyramids involving</p> <ul style="list-style-type: none"> <li>•multiple transitional elements, one of which is a release and</li> <li>•multiple extended structures including extended one leg stunts.</li> </ul>	<ul style="list-style-type: none"> <li>•Round-off BHS Back Tucks OR</li> <li>•Round-off Tucks OR</li> <li>•Standing BHS Series OR</li> <li>•Jump/BHS Combinations</li> </ul>	Double Jump Combinations by MOST synchronized
<b>4.0-5.0</b>	<b>4.0-5.0</b>	<b>4.0-5.0</b>	<b>5.0</b>
<ul style="list-style-type: none"> <li>•Multiple Elite Skills* AND</li> <li>•Single Twisting transition or dismount FROM One Leg Stunts OR</li> <li>•Extended Stunt Sequence performed by a Single Base, Unassisted COED STYLE</li> </ul>	<p style="text-align: center;">Pyramids involving</p> <ul style="list-style-type: none"> <li>•Extended One Leg Stunts with Multiple Transitional Sequences</li> <li>•(PLUS one of the following)</li> <li>•At least one of which is a Braced Flip Transition OR</li> <li>•Arm Braced Tic Tock [AND Multiple Extended Structures]</li> </ul>	<ul style="list-style-type: none"> <li>•Running Layouts/Fulls OR</li> <li>•Standing Tucks/Layouts/Fulls OR</li> <li>•Jump Tuck/Full Combinations</li> </ul>	Triple jump combinations or double jump combinations and a single jump by MOST synchronized  MUST include VARIETY

## OVERALL/OTHER SCORES- PERFORMANCE

VOICE/INFLECTION	MOTIONS/DANCE	SHOWMANSHIP	SCHOOL REPRESENTATION
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>9.0-10.0</b>
Pace of cheer is practical, flow of words is easy to understand	Transitions, level changes, footwork and floorwork, variety of visual movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm and Energy level throughout the routine. This score is averaged across all scoresheets	Sportsmanship, performance integrity, make-up, bows
<b>TIMING</b>	<b>ROUTINE COMPOSITION</b>		
<b>9.0-10.0</b>	<b>9.0-10.0</b>		
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations	TOSSES-Tosses are not required but may be rewarded in the "Pyramid" category. <b>JUMP DIFFICULTY-</b> Must begin and finish on feet and the SAME jump must be performed by most (hurdlers in different directions are same jump) *Must be advanced jumps (Toe Touch, Right/Left Hurdlers (front or side), Pike)	

## OVERALL/OTHER SCORES- CROWD LEADING

VOICE/INFLECTION	MOTIONS/DANCE	SHOWMANSHIP	SCHOOL REPRESENTATION
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>4.0-5.0</b>	<b>9.0-10.0</b>
Pace of cheer is practical, flow of words is easy to understand	Transitions, level changes, footwork and floorwork, variety of visual movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm and Energy level throughout the routine. This score is averaged across all scoresheets	Sportsmanship, performance integrity, make-up, bows
<b>TIMING</b>	<b>ROUTINE COMPOSITION</b>	<b>CROWD EFFECTIVE MATERIAL</b>	
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>4.0-5.0</b>	
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations	Cheer is Easy to follow, Encourages crowd participation by eliciting a response utilizing props (signs, poms, megaphones, flags)	<b>**SEE PROGRESSIONS FOR EXAMPLES OF SKILLS</b>

## EXECUTION

LOW	MID	HIGH	
<b>1.0-3.0</b>	<b>3.0-4.0</b>	<b>4.0-5.0</b>	
<p style="text-align: center;">Widespread/Many/Frequent</p> Widespread errors across many athletes Frequent errors within many stunt groups or across many stunts	<p style="text-align: center;">Multiple/Majority/Several</p> Multiple athlete errors Majority stunt groups do not have errors versus majority do have errors Severity of those errors? Several errors or minimal	<p style="text-align: center;">Minor/Few/Minimal</p> Single athlete minor error single stunt minor error few athletes minor or minimal error Minimal athletes/errors/stunt errors throughout	NOTE: Elementary & Junior High/Middle School Teams must follow the additional USA Cheer Safety Restrictions. These rules can be found at USACheer.org. For additional Non Tumbling and Non Building Divisions please see our Performance and Crowd Leading division rules as outlined in the NCA School Rulebook



## Stunt Progressions by Level Restrictions 2024-2025

	Novice	Intermediate	Advanced				
<b>Twisting</b>	<ul style="list-style-type: none"> <li>• 1/4 up to prep level</li> <li>• 1/2 up to prep level</li> <li>• 1/4-1/2 Twisting transitions to side/prone/cradle from prep level</li> </ul>	<ul style="list-style-type: none"> <li>• 1/4 up to extended</li> <li>• 1/2 up to extended</li> <li>• Rewind transition to load</li> <li>• Full up variations to prep level (cross leg, bases moving, multiple connections)</li> <li>• Full up to prep level</li> <li>• Full up to prep level lib</li> <li>• Full up to prep level body position</li> </ul>	<ul style="list-style-type: none"> <li>• Full up to extended, target, or liberty</li> <li>• Hands full around to extended</li> <li>• Full up to extended body positions</li> <li>• High to high full around - 2 feet</li> <li>• Hands 1 1/2 around to extended</li> <li>• 1 1/2 up to extended</li> <li>• Double up to extended</li> <li>• Hands double around to extended</li> <li>• High to high full around - 1 foot</li> <li>• High to high double around</li> </ul>				
	<b>Inversion</b>	<ul style="list-style-type: none"> <li>• Ground inversion to prep level</li> <li>• Ground inversion to prep level single leg</li> <li>• Ground inversions to extended</li> </ul>	<ul style="list-style-type: none"> <li>• Inversions below prep level</li> <li>• Below prep level inversions out of stunts (yo-yo, back walkover, etc.)</li> <li>• Suspended Rolls</li> <li>• Inverted dismounts (cartwheel style)</li> <li>• Ground inversion to prep level</li> <li>• Prep level inversions</li> <li>• Released inversions to below prep level</li> <li>• Released inversions to prep level</li> <li>• Ground inversions to extended</li> </ul>	<ul style="list-style-type: none"> <li>• Inverted dismounts (pancake)</li> <li>• Twisting ground inversion to extended (1/2 Twisting or more)</li> <li>• Released inversions to extended</li> <li>• Prep level inversion release to extended</li> <li>• Ground inversion release to extended body position</li> <li>• Prep level inversion release to extended body position</li> <li>• Hand to hand inversion release to prep</li> <li>• Alternate entries to Hand to Hand stunts (Diamidov) release to prep</li> <li>• Hand to hand inversion release to extended</li> <li>• Alternate entries - Hand to Hand stunts (Diamidov) release to ext.</li> </ul>			
		<b>Release</b>	<p style="color: red;"><i>Not allowed unless to a cradle</i></p>	<ul style="list-style-type: none"> <li>• Release moves to below prep level</li> <li>• Horizontal release move to below prep level</li> <li>• Release move to prep level (Quick toss, Switch up, Ball up)</li> <li>• Horizontal release move to prep level</li> <li>• Up to 1/4 Twisting Switch up to prep level one leg</li> </ul>	<ul style="list-style-type: none"> <li>• Prep level tick tock</li> <li>• Switch up to extended one leg</li> <li>• Release moves to extended (Low to High tick, Ball up, Quick Toss)</li> <li>• 1/2 Twisting Switch up to extended one leg</li> <li>• Horizontal release move to extended</li> <li>• Low to High tick to Body Position</li> <li>• 1/2 Twisting release moves to extended (Low to High tick, Ball up, Quick Toss)</li> <li>• Full Twisting Switch ups</li> <li>• High to High tick (lib to lib)</li> <li>• Horizontal release move to extended Body Position</li> <li>• Full Twisting Switch Ups to body position</li> <li>• Full Twisting release moves to extended (Low to High tick, Ball up, Quick Toss)</li> <li>• High to High Tick Tocks (body position to body position)</li> <li>• 1/2 Twisting (or greater) Horizontal release move to extended</li> </ul>		
			<b>Other</b>	<ul style="list-style-type: none"> <li>• Thigh stands</li> <li>• Shoulder sit</li> <li>• Shoulder stand</li> <li>• Extension Prep</li> <li>• Extension</li> <li>• Single base extension</li> </ul>	<ul style="list-style-type: none"> <li>• Full twisting dismount from two leg stunts</li> <li>• Single leg extended variations</li> <li>• Single base extension</li> <li>• Switch up to prep level one leg single base</li> <li>• Extended single base liberty</li> <li>• Extended single base body position</li> <li>• 1/2 Twisting to extended single base</li> </ul>	<ul style="list-style-type: none"> <li>• Full twisting dismount from single leg stunts</li> <li>• Kick Full twisting dismount from single leg stunts</li> <li>• Switch up to extended one leg single base</li> <li>• Extended single base variations that include twisting/releases (low to high tick tock, full up, 1/2 switch up, etc.)</li> <li>• Inverted Released and twisting skills to prep level</li> <li>• Inverted Released and Twisting skills To extended level</li> </ul>	
				<b>Partner Stunts</b>	<ul style="list-style-type: none"> <li>• Walk in/toss chair</li> <li>• Assisted walk-in hands</li> <li>• Assisted toss hands</li> <li>• Assisted coed skills at prep level</li> <li>• Assisted press extension</li> <li>• Walk in hands press extension</li> </ul>	<ul style="list-style-type: none"> <li>• Toss Hands</li> <li>• Toss hands press extension</li> <li>• Walk in extension</li> <li>• Assisted full up variations to prep level</li> <li>• Toss hands press to extended single leg</li> <li>• Walk in to extended single leg variation</li> <li>• Toss hands press to extended single arm</li> <li>• Walk in to extended single arm variation</li> <li>• Hands to hands full around</li> </ul>	<ul style="list-style-type: none"> <li>• Toss extension</li> <li>• Assisted full up variations to extended level</li> <li>• Toss extended platform to single leg variation</li> <li>• Toss to immediate extended liberty</li> <li>• Low to low/high tick tocks</li> <li>• Toss to immediate extended body position</li> <li>• Toss one arm extended</li> <li>• High to High Tick Tocks</li> <li>• 1/2 Twist or greater release moves (Hands full arounds/low to high)</li> <li>• Toss full up to extended</li> <li>• Released Inversion to prep level</li> <li>• Released inversion to extended</li> </ul>

\* This list of skills is not all inclusive. Please remember other factors for difficulty include **pace, combination of skills, number of bases**, etc.

\*\* Following this is only a guideline and does not guaranteed a specific difficulty score

\*\*\*NCA Reserves the Right to make all FINAL rules and Scoring Decisions

Stunt Group Requirements (traditional group of 4)		
Athletes	Stunts	
5 - 10	1	The number of stunt groups is the minimum number that should be executed to have most.  Utilizing ALL stunt groups could positively impact your difficulty scores
11 - 14	2	
15 - 19	3	
20 - 25	4	
26 - 30	5	





## Pyramid Progressions by Level Restrictions 2024-2025

	Novice	Intermediate <i>Difficulty of skill determined by number of bracers used during execution. Skills performed without bracer must be legal as a stunt under intermediate rules.</i>	Advanced <i>Difficulty of skill will be based on number of bracers used or if skill is executed unbraced (when legal)</i>
Non-Released Transitions <i>(Top remains connected to base/spotter)</i>	• Braced non-released transitions	• Inverted stunts to prep level and below	• Inverted stunts involving spinning to extended
	• Braced extended single leg skills with hand-arm connection	• Full up variations to prep level or below	• Full up variations to extended single leg
	• Inverted stunts to prep level and below from ground	• Inverted stunts to extended with bracer (s)	• Full up variations to extended body positions
	• Inverted stunts to extended from ground with 2 bracers	• Full up variations to extended with bracer (s)	• 1.5 full up variations to extended
	• Inverted stunts to extended from ground with 1 bracer	• Inverted stunts involving spinning to prep with bracer (s)	• 1.5 full up variations to extended single leg
	• Inverted 1/2 up stunts to extended single leg from ground with 1 bracer	• Inverted stunts involving spinning to extended with bracer (s)	• Single based full up variations to single leg
		• Single based full up variations to prep with bracer (s)	• Inverted stunts involving spinning to extended unbraced
		• Single based full up variations to extended with bracer (s)	• Double up variations
			• Single based high to high full around variations
			• Single based single leg high to high full around variations
		• High to high double twisting variations	
Released Transitions <i>(Top released from base/spotter)</i>	• Released transitions to a cradle	• Non- Inverted Released transition to any level with 2 bracers	• Released transition involving spinning to prep
	• See rules and regulations and stunt progressions	• Non- Inverted Released transition to prep or below with 1 bracer	• Released transition involving spinning or inversion that land extended
		• Switch up landing extended - braced or unbraced	• Unbraced releases landing extended
		• Non- Inverted Released transition landing extended with 1 bracer	• Released transition involving spinning/inversion that land extended with 2 bracers
		• Braced inverted stunts released to prep level and below	• Released transition to extended involving spinning/inversions with 1 bracer
		• Released transition with up to 1/2 twist	• Unbraced spinning/inversions release landing extended
		• Released transition with inversion that land extended with 2 bracers	
Flipping/Rolling Transitions <i>(Hip over head rotation)</i>	• Flipping/rolling transitions are not allowed	• Rolling transition to prep and below	• Flipping transition landing below prep level
		• Rolling transition to extended position with 2 bracers	• Flipping transition landing at prep level with 2 bracers
		• Rolling transition to extended position with 1 bracer	• Twisting flipping transition landing below prep level
			• Flipping transition landing at prep level with 1 bracer
			• Flipping transition landing extended with 2 bracers
			• Twisting flipping transition landing at prep level
			• Flipping transition starting at prep or above, landing extended with 2 bracers
			• Flipping transition landing extended 1 bracer
			• Twisting flipping transition landing extended
			• Flipping transition starting at prep or above, landing extended with 1 bracer

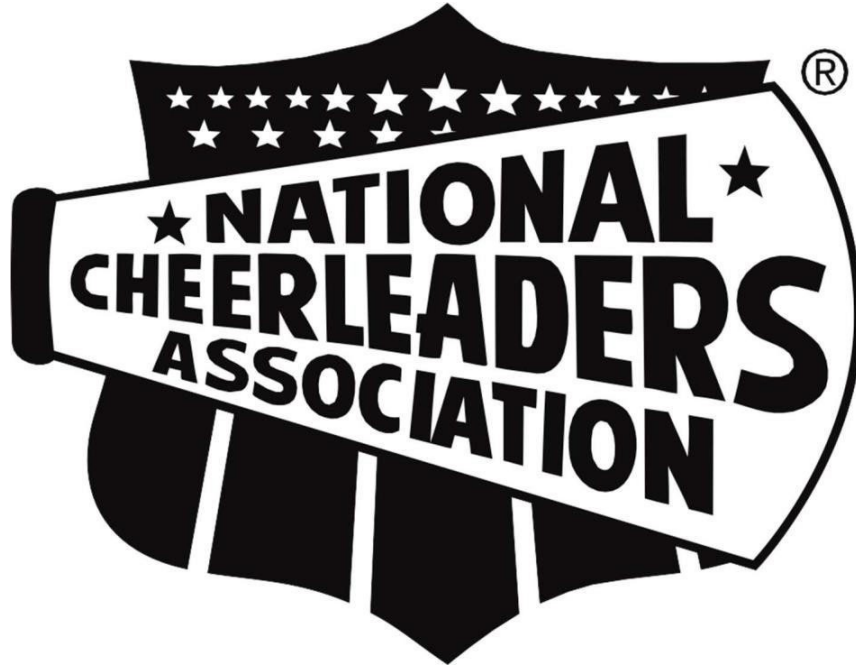
\* This list of skills is not all inclusive. Please remember other factors for difficulty include pace, combination of skills, number of bases, number of bracers, etc.

\*\* Following this is only a guideline and does not guarantee a specific difficulty score

# NCA SCHOOL COMPETITION RULES

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

## GAME DAY DIVISIONS



# NCA SCHOOL COMPETITION RULES

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

## GAME DAY DIVISIONS

**Routine Length:** 3:00 minutes

Includes in this order: Band Chant, Situational Cheer, Crowd Leading Cheer and Fight Song--all crowd leading material suitable for the sideline or pep rallies.

Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
JV/Freshmen	5 - 30 members	11th grade & below	Female/Male
Varsity	5 - 30 members	9th - 12th grade**	Female
Coed Varsity	5 - 30 members	9th - 12th grade**	Female/Male
* Game Day Rally (previously Spirit Program)	5 - 36 members	9th - 12th grade**	Female/Male

Game Day Divisions will be split into Small (5 - 15 members), Medium (16-23 members), Large (24 - 30 members). When/If a division has 10 or more teams (5 or more at Regionals), additional splits may be offered. When/if a division has less than 3 teams (less than 2 at Regionals), they may be combined into the same age/size division.

\*\*Up to 2 Mascots will be allowed to participate on any Game Day Team in addition to the 5-30 members (only if 2 different mascots represent the school). Any additional Mascots and all Flag Runners will be considered in the total participant count. A Varsity Team will be considered COED when there are any male participants not including flag runners or mascots.

The Game Day format will consist of one 3-minute performance that includes all three Game Day categories, plus a Game Situation Response. These categories will be performed in the following order:

- Band Chant
- Game Situation Response
- Game Day Cheer
- Fight Song

## GENERAL GAME DAY ROUTINE REQUIREMENTS

1. All cheerleading skills including tumbling, partner stunts, pyramids, and jumps must follow the NFHS Guidelines. All skills should be carefully reviewed and supervised by a qualified adult coach.
2. Teams may not set up props in advance of any category.
3. Props may be set once your team has been announced to the floor before your music begins. **Teams will have 30 seconds to set up and begin the routine as well as 30 seconds to exit the performance surface. For Game Day, timing will begin once the first participant has stepped onto the performing surface.**
4. The maximum performance time must not exceed 3 minutes. Timing will not include the team spirting or rallying, but will begin with the first group movement, voice, or note of music, or organized entrance, whichever comes first. **This includes any formal chants or cheers prior to taking the mat.**
5. Teams competing in the Game Day Rally Division will follow a structure identical to the other Game Day Divisions, with the exception of the fact that this division encourages the use of sideline cheerleaders, dancers, school bands, drumlines, and mascots, etc.
6. In all Game Day Divisions all participants on the performance surface will count as a member of the team. This includes band members, flag runners, etc. **UP TO TWO Mascots can be included and WILL NOT count towards participant count ONLY IF two different mascots represent the school**
7. Mascots/Flag Runners do not affect if a team is All Girl or COED division. All other participants WILL determine if a team is All Girl or COED except for the additional school programs listed below for Game Day Rally.
8. Mascots/Flag Runner must be appropriately attired so their mobility, vision, etc. are not impaired. Only cheerleaders may participate in stunts, pyramids, and all tumbling skills.
9. Running Tumbling is not permitted during entry or exit of the performing surface
10. Spirited crowd leading interaction between each section is encouraged to continue the game day feel. Stunts are not allowed as a transition before/between sections, including the team's entry to the floor and any time before starting the performance. Single Standing tumbling skills and **single-based lifts** are allowed anytime during the performance except during the Band Chant. See any additional Game Day section restrictions and guidance below.

# NCA SCHOOL COMPETITION RULES

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

## GAME DAY RALLY (Formerly Spirit Program) REQUIREMENTS

1. To enter the Game Day Rally Division, the performance must include the following in addition to the cheer program:
  - Incorporation of additional spirit group(s):
    - Minimum 20% band/drumline/dance team (can be one of these or mixed)
    - **Plus** At least 1 mascot/color guard/majorettes/student spirit group
2. Only cheerleaders may participate in stunts and pyramids. Dancers/Majorettes may incorporate tumbling skills that are allowed per the NDA Rulebook as well as the additional Game Day skill restrictions listed in the NDA Rulebook. All other members of the Spirit Program may not participate in any stunt, pyramid, or tumbling skills.

## GAME DAY BAND CHANT REQUIREMENTS

1. Traditional school band chant(s).
2. Incorporation of props such as signs, poms, megaphones, flags, etc.
3. Recorded band music must be used.
4. Timing will begin with the first organized movement, voice or note of music, whichever comes first and end with the last beat of music or organized movement.
5. Camp material may be easily adapted to fit this category.

### SPECIFIC SKILL RESTRICTIONS

- A. **Tumbling and/or stunting of any kind is prohibited during the Band Chant Section.**
- B. Dance skills (i.e. turns, leaps, kicks, etc.) are permitted.

## GAME SITUATION RESPONSE

Each team will respond to audio cues by a game announcer, as heard at football and basketball games. In order to imitate the Game Day environment, audio cues will include an announcer-lead situational cue to which the team will show a definitive OFFENSE or DEFENSE response. Squads should focus on crowd effectiveness, motion technique and skills relevant to game day. A general response would not meet the criteria.

\*Regardless of the sport, you will receive credit for the Game Situation Response if your chant matches the cue given. (Ex- If your cue is an OFFENSE Football chant and you respond with an OFFENSE Basketball chant, you will still receive credit for this category). Your Game Day Situational Response score will be determined by the following criteria:

### SITUATIONAL SCORING

- **Correct/Intricate Response = 5.0 (TWO POINTS REFERENCING offense or defense and other supporting action- i.e., Offense Move That Ball)**
- **Correct/Generic Response = 4.0 (Interchangeably only states offense or defense or only states an offensive or defensive action)**
- **Incorrect or General Response = 2.0 (Responds incorrectly or with a response neither Offensive or defensive)**

# NCA SCHOOL COMPETITION RULES

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

Below are some examples of the announcer-lead situational cues:

## OFFENSE SIDELINE:

1. "And that's another (team)- FIRST DOWN."
2. "The (team) keeps the drive alive with that FIRST DOWN play."
3. "What a catch (or run)! That sets up the (team) to SCORE."
4. "The (team) takes control of the ball on their own 25-yard line."
5. "It's 1st and 10 for the (team)."
6. "It's a close game and the (team) are driving down the field for a SCORE."
7. "We're down to the final minute, the (team) needs a TOUCHDOWN for the win"
8. "Pass complete to #7 for another (team) -FIRST DOWN"
9. "That run results in another (team)- FIRST DOWN"

## DEFENSE SIDELINE:

1. "The (team) needs to make a STOP to seal the win."
2. "It's 3rd down and the (team) needs to make a big STOP."
3. "After that turnover, the (team) needs to make a big STOP."
4. "The (team) needs a big STOP here, Let's Hold 'Em!"
5. "Our opponent has the ball and it's up to the (team) to STOP them"
6. "That will bring 4th down and short, the (team) need a STOP!"

## GAME DAY CHEER REQUIREMENTS

1. No music may be used during the performance. Live drummer and/or drum track is allowed. All specialty skills (i.e., jumps, stunts, tumbling) must be performed within a safe distance of all drummers. Drummers cannot be involved in any type of specialty skill.
2. Teams should utilize all areas of their squad's crowd-leading strengths. The use of poms, signs, flags, megaphones and/or banners is encouraged.
3. Emphasis on crowd involvement and practicality. All material should be suitable for a game or pep rally.

## SPECIFIC SKILL RESTRICTIONS

- Basket and waist level tosses are NOT allowed. **Examples of toss skills allowed are quick toss stunts, toss coed skills, and toss toe touches (require a spotter)**
- Inversion stunts are NOT allowed
- Twisting released dismounts are NOT allowed
- Single leg extended stunts are limited to liberties and liberty hitches.
- Running tumbling is NOT allowed
- Tumbling is limited to a single standing tumbling skill with the highest skill level allowed being a back tuck. Exception: A Jump CAN be connected to this single standing tumbling skill. **Other example of standing tumbling skills allowed include: back tuck, back handspring, forward roll, front walkover, cartwheel, standing aerial, jump back handspring, and jump tuck.**

# NCA SCHOOL COMPETITION RULES

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

## GAME DAY FIGHT SONG REQUIREMENTS

1. Teams are encouraged to use their traditional team fight song.
2. Timing will end with the last organized movement, voice or note of music, whichever comes first and end with the last beat of music or organized movement.
3. Props (poms, signs, flags, megaphones and/or banners) are permitted in this category.
4. Performances can incorporate up to three (3) eight counts of skills (stunts, tumbling and/or jumps). The three (3) eight counts must be consecutive. During the fight song, the three (3) eight counts may be repeated, if performed identically. The three (3) eight counts of skills include loading and dismounting from stunts (unless routine finishes in stunt/pyramid).
5. Emphasis will be placed on practicality. All material should be suitable and able to be performed multiple times during a game or pep rally.
6. Dismounts following the completion of the routine will not be included for timing purposes. **Any choreographed dismounts will continue the timing of the routine. Example – Coed toe touch pop offs performed together, in unison would be considered choreographed.**

## SPECIFIC SKILL RESTRICTIONS

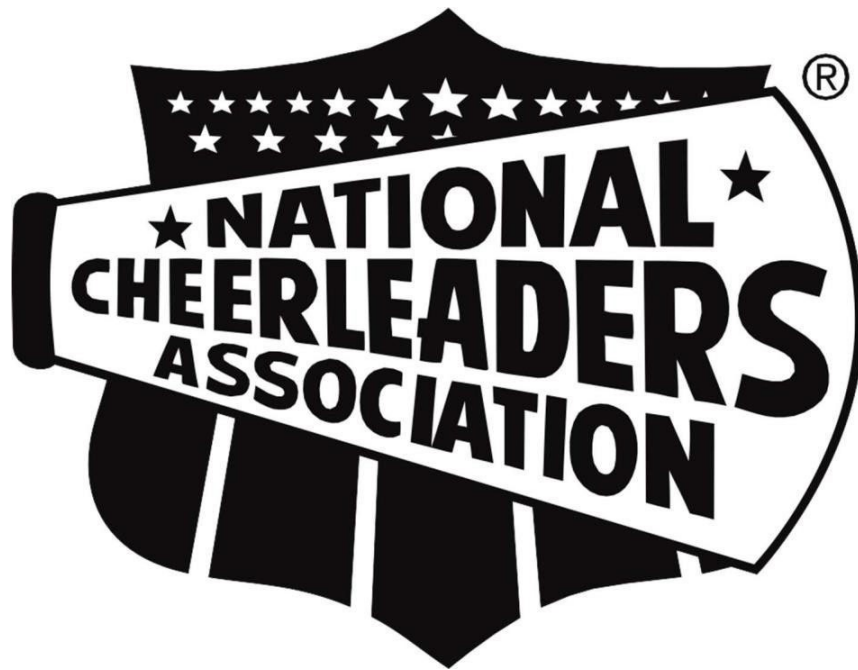
- Basket and waist level tosses are NOT allowed. **Examples of toss skills allowed are quick toss stunts, toss coed skills, and toss toe touches (require a spotter)**
- Inversion stunts are NOT allowed
- Twisting released dismounts are NOT allowed
- Single leg extended stunts are limited to liberties and liberty hitches.
- Running tumbling is NOT allowed
- Tumbling is limited to a single standing tumbling skill with the highest skill level allowed being a back tuck. Exception: A Jump CAN be connected to this single standing tumbling skill. **Other example of standing tumbling skills allowed include: back tuck, back handspring, forward roll, front walkover, cartwheel, standing aerial, jump back handspring, and jump tuck.**
- A JUMP is considered a skill and can only be performed in the 3 consecutive 8 count segment.

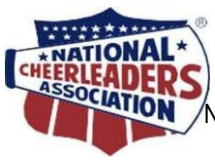
**\*Game Day sample score sheets are available online.**

# NCA SCHOOL COMPETITION RULES

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

## DEDUCTIONS & VIOLATIONS





# DEDUCTIONS AND VIOLATIONS

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

## CROWD LEADING, PERFORMANCE & GAME DAY POINT DEDUCTIONS

*Deductions WILL be considered prior to, during and following the performance until all athletes are SAFELY off the performance surface.*

### Athlete Fall .25- Drops to the performance surface DURING tumbling and/or jump skills

Includes	Would Not Include
<ul style="list-style-type: none"> <li>Hand/hands down during a tumbling or jump skill</li> <li>Head, shoulders, back, seat down, or other compromising position during tumbling or jump skill</li> <li>Knee or knees down during tumbling or jump skill</li> <li>Tumbling transitions in and/or out of a building skill</li> </ul>	<ul style="list-style-type: none"> <li>An athlete that trips while walking during a transition</li> <li>An athlete trips/falls following a controlled completion of a tumbling or jump skill</li> <li>A hand or hands down that would redefine the skill executed (Ex. An aerial becomes a dive cartwheel)</li> </ul>

### Building Bobble .25- Stunt/Pyramid skills that almost fall or drop but are saved

Includes	Would Not Include
<ul style="list-style-type: none"> <li>Top person leans and or bears weight on a base/spotter and is pushed back up into the stunt/skill</li> <li>Lowering of a stunt to prep from extended position (not a timing issue)</li> <li>Weight incorrectly distributed onto the bracer during a pyramid (would fall if bracer was not in contact)</li> <li>Both feet/hands coming in contact with performance surface during a cradle/prone.</li> <li>Incomplete Twisting Dismount that lands in a prone (stomach) position.</li> </ul>	<ul style="list-style-type: none"> <li>An omitted skill</li> <li>Drop in a body position by the top person</li> <li>Excessive movement by the bases</li> <li>Minor balance checks by the top person</li> <li>A single hand/foot in contact with performance surface during a cradle/prone</li> <li>Coed style skill that never results in contact beyond a toss grip (omitted coed style skill)</li> <li>Base or spotter drops to performance surface during building skill anytime during a stunt, transition or dismount</li> </ul>

### Building Fall .75- Drops from a building skill or transition during a stunt or pyramid

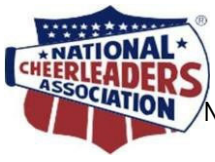
Includes	Would Not Include
<ul style="list-style-type: none"> <li>Drops to a cradle position/ load in/ prone position</li> <li>Drops/Lowering of a stunt, including single based/coed style skills, in a controlled manner to the performance surface with assistance from the base and/or spotter.</li> <li>Base or spotter drops to performance surface during building skill anytime during a stunt, transition or dismount</li> </ul>	<ul style="list-style-type: none"> <li>Lowering of a stunt from extended position to a prep level position</li> <li>Stunts that almost fall but are saved and return to a stunting position</li> <li>All other items listed in the building bobble or major building fall sections</li> <li>Any skill where the top remains standing and at least ONE foot remains at prep level</li> </ul>

### Major Building Fall 1.25- Drops to the performance surface from a stunt, pyramid or toss by the top person AND a base or spotter OR more than 1 base and/or spotter or uncontrolled lowering or drops to a compromising position not listed under building fall

Includes	Would Not Include
<ul style="list-style-type: none"> <li>Multiple bases and/or spotters drop to the performance surface</li> <li>Top person lands on performance surface (bases are unable to prevent the top from falling to the ground)</li> <li>Top person makes contact with a base or spotter who drops to the performance surface</li> <li>Other compromising drops not defined by a building fall</li> <li>Tosses that land in a prone (on stomach), upright (feet down) or inverted (head down) position</li> <li>Skills in which the event spotter is the primary catcher/saves an athlete while falling.</li> </ul>	<ul style="list-style-type: none"> <li>Top person comes in contact with the performance surface during a transition but without interrupting or stopping the skill.</li> </ul>

**Pyramid Maximum 1.75-** When multiple deductions should be assessed during a pyramid skill, then the sum of those deductions will not be greater than 1.75. During pyramids where a fall continues to affect other portions of the pyramid, the deduction will not exceed 1.75. Two separated pyramids will result in separate deductions. The MAX deduction for a pyramid will not exceed 3.5.





# DEDUCTIONS AND VIOLATIONS

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

## CROWD LEADING & PERFORMANCE DIVISION VIOLATIONS

### Safety Violation

- Specific NFHS Safety Violation and/or building skills performed out of division/level – 1.0 deduction
- General NFHS Safety Violation and/ or tumbling skills performed out of division/level. This will also include errors/violations that may result because of a fall such as a bracer in a pyramid. -.5 deduction

### Props Violation .5

Props violations fall under the general safety violation and will be deducted 1 time per routine if the violation is for the same bullet listed below. Multiple bullets would result in multiple violations. Props are allowed to be placed off the performance surface by someone who remains inside the performance surface.

- A hard prop with yielding edges released from a top person to the ground
- A prop is thrown by a person on the ground with intent to travel
- Tumbling not allowed by NFHS with props in hands

### Boundary Violation .25 (for National events only)

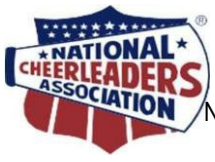
The performance surface is defined as the 42' x 54' competition floor. The competition boundary is defined as the performance surface. A .25 deduction will be assessed per occurrence for an athlete that is completely out of bounds with both or any combination of these body parts: 2 feet, 2 hands, or any part of the seat or torso outside the competition boundary. At a Regional or Classic event, a warning will be given for any boundary infraction. **If a violation is assessed, judges' decisions are final and will not be reviewed.**

### Time Limit Violations .25/ 1.0

Teams that exceed division time limits are subject to the following deduction:

- 1-5 seconds over time will result in a .25 deduction.
- 6 or more seconds over time will result in a 1.0 deduction.

*Routines that exceed the time limit run a risk of being assessed a deduction. Judges will use a stopwatch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 3 seconds over the time limit. If a deduction is assessed and a review is requested, a violation will remain for any team with a performance that exceeds the time requirements outlined in the NCA School Rule Book.*



# DEDUCTIONS AND VIOLATIONS

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

## GAME DAY DIVISION VIOLATIONS

### NFHS Rules Violation 3.0

#### Game Day Format Violation 2.0

This deduction will be assessed for any violation that does not meet the specific restrictions and guidelines listed in the NCA School Rule Book specific to the Game Day Division: (See Pages 12-14)

#### Props .5

Props violations fall under the general safety violation and will be deducted 1 time per routine if the violation is for the same bullet listed below. Multiple bullets would result in multiple violations. Props are allowed to be placed off the performance surface by someone who remains inside the performance surface.

- A hard prop with yielding edges released from a top person to the ground
- A prop is thrown by a person on the ground with intent to travel
- Tumbling not allowed by NFHS with props in hands

#### Boundary Violation .25 (for National events only)

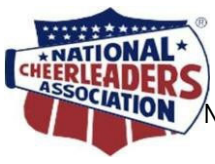
The performance surface is defined as the 42' x 54' competition floor. The competition boundary is defined as the performance surface. A .25 deduction will be assessed per occurrence for an athlete that is completely out of bounds with both or any combination of these body parts: 2 feet, 2 hands, or any part of the seat or torso outside the competition boundary. At a Regional or Classic event, a warning will be given for any boundary infraction. **If a violation is assessed, judges' decisions are final and will not be reviewed.**

#### Time Violation 1.0/ 2.0

Teams that exceed division time limits are subject to the following deduction:

- 1-5 seconds over time will result in a 1.0 deduction.
- 6 or more seconds over time will result in a 2.0 deduction.

*Routines that exceed the time limit run a risk of being assessed a deduction. Judges will use a stopwatch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 3 seconds over the time limit. If a deduction is assessed and a review is requested, a violation will remain for any team with a performance that exceeds the time requirements outlined in the NCA School Rule Book.*



# DEDUCTIONS AND VIOLATIONS

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

## GENERAL VIOLATIONS FOR ALL DIVISIONS

### Minimum Number of Athletes 1.0

Teams that compete with fewer than the minimum number of athletes required for that division will receive a 1.0 deduction. Teams that compete with more than the maximum number of athletes will be disqualified.

### Inappropriate Choreography Deduction 1.0

A deduction of 1.0 will be given for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited to swear words and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing them with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.

### Division Violations 1.0

If a team performs with a member participating in more than one Performance/Game Performance division, the second and each subsequent team will receive a 1.0 deduction off their final score for each illegal participant (maximum penalty is 10.0).

### Excessive Celebration 0.5

Teams should enter and exit the performance surface quickly before and following their routine at an event. Any entrance prior to the performance or exit following the performance in excess of 30 seconds would result in a deduction of **0.5-point**

- Introductions (organized entrances, chants, spells outs, etc.) are considered part of the routine and will be timed as part of the performance. Team breaks, rituals and traditions need to take place prior to entering the mat.
- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures (handshakes, chest bumps, etc.).
- Teams should refrain from any type of excessive celebration following the team's performance (team huddles, alternates/coaches entering the competition floor, and/or falling to the ground following the performance).

### Unsportsmanlike Conduct Deduction 1.0

When a coach is in discussion with an official, other coaches, athletes, and parents/spectators they must maintain proper professional conduct. Failing to do so will result in 1.0 deduction and removal of coach or disqualification. Includes the following:

1. Inappropriate and deliberate physical contact between athletes during the event
2. Abuse of equipment or any items associated with the event
3. Using language or a gesture that is obscene, offensive, or insulting
4. Using language or gestures that offend race, religion, color, descent or national or ethnic origin
5. Failing to perform a routine
6. Excessive appealing at AccuScore
7. Showing dissent towards scoring official decision by word or action
8. Threat of assault to an event representative
9. Public criticism of an event related incident or event official

*\*Uniform midriff and bows will no longer be a deduction but may affect your School Representation score which includes, Sportsmanship, Performance Integrity, Image (hair, make up, bows, uniforms) in the Performance/Game Performance divisions and your Overall Impression score in the Game Day divisions. Please see Page 20 of the NCA School Rulebook.*

# NCA SCHOOL COMPETITION RULES

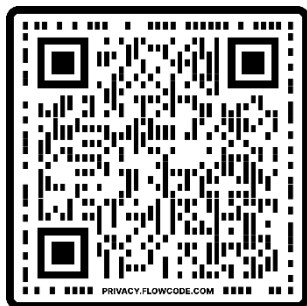
NCA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

## LEGALITY VERIFICATION

As a coach, it is important to be current on the NCA Rules and Restrictions, the NFHS Spirit Rule Book and any additional USA cheer requirements. 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.

- A. The skill in question must be recorded by the team at practice. We are unable to accept videos from performances, competitions, or of other teams including tik tok, Instagram and facebook links.
- B. All submission must include the coach, team, and division in the email subject line.
- C. The recording will be reviewed as if every person in the video is included in the skill. This would include additional spotters.
- D. Videos are limited to **30 seconds** and must be able to be viewed upright without rotating.
- E. Emailed videos must be sent via a **NON EXPIRING LINK**, make sure the video is 'Unlisted' and not set to Private. Please include the full program name and division in the subject line.
- F. All videos must be sent directly and cannot include a link to view skills through Instagram, facebook, tik tok or other social networking sites.
- G. All videos will receive either 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. Videos that do not follow the above rules will not receive a response.

SCAN HERE TO SUBMIT A LEGALITY VIDEO:



For all scoring questions, please email [ncascoring@varsity.com](mailto:ncascoring@varsity.com)

### REMINDERS

**VIDEOS THAT ARE NOT IN THE ABOVE FORMAT WILL NOT BE REVIEWED.**

**VIDEOS MUST BE RECEIVED IN THE NCA 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. Please do not wait until the final days to submit these as this greatly slows the process to respond and get feedback returned if any changes may be necessary. Videos submitted for review for High School Nationals should be submitted prior to December 27th, 2024, to allow for turnaround time.**

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

# NCA SCHOOL COMPETITION RULES

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

## MASCOT SAFETY RULES

1. Be sure that the character is tailored to meet health and safety needs. Your character should be well ventilated so heat can escape. The costume should be designed so that it is easy to remove the head, hands, and feet. Removing these items will allow for proper aeration and cooling breaks.
2. Take breaks approximately every 15-20 minutes. Prior to each game you should set-up a private room (or area out of view by anyone) to which you can retreat and take breaks. Make sure to have plenty of fluids available. Ideally, drink water before, during and after your appearances.
3. Always have a trailer (a person responsible to stay near you) to help with crowd control. When you are in a familiar area you may be able to maneuver quite well. However, many mascots have poor vision. A trailer not only helps you to maneuver more safely, but also can keep crowds from getting out of control (especially in open festivals, malls, and parade situations).
4. Be prepared if you begin to feel extremely overheated. Have a plan, including an emergency signal with your coach, squad, and trainer. Do not get out of character immediately after an appearance (especially if in air conditioning) or you may cool down too quickly. Walk around in costume and gain control of your breathing, then remove the head, hands, and feet. Sip fluids, recline, and if necessary, place ice packs on the back of your neck and hands. Note: Prevent heat exhaustion and related symptoms by building tolerance, stretching properly, drinking fluids, and following a proper diet.
5. Dress-up before you dress-out. During an appearance, your body heat can rise in excess of 100 degrees (especially during fall football games). To prepare your body for this increase in temperature, you should wear sweats or warm clothing prior to each appearance. Eventually, your body temperature will automatically rise before each appearance, and you may experience a chill.
6. Be aware of your limits when performing and be aware of the limitations that the character places on you. Pay attention to obstacles and people around you to prevent injury. When walking into a new area, scan the layout and try to memorize the location of obstacles. Also, count stairs as you go; chances are you will use those stairs again.
7. Protect your character and protect your image. Use common sense not to become too reckless while in character. This could result in putting yourself and your audience in danger. Protect your image through regular maintenance of your character. Always make sure it is clean and in good condition. Avoid doing stunts that may cause damage. Your school, in many cases, has invested a great deal of money in your mascot costume.

## MASCOT COMPETITION

1. Competition is open to all Middle School and High School mascots (Schools may have more than one mascot compete if each character maintains their own identity- (Ex. Mr. Wuf & Ms. Wuf). Division splits will be dependent upon registrations.
2. Only ONE costumed mascot can perform. NO other live props are allowed.
3. Each mascot will perform a routine lasting a maximum of 1 minute and 30 seconds (90 seconds) not including set-up and tear-downtime. The following overtime penalties will occur:
  - A. 1 - 5 seconds over time will result in a .5 deduction
  - B. 6 or more seconds over time will result in a 1.0 deduction.
4. Other people may assist with the set-up, support and tear-down. These assistants may not participate in any activity within the skit, others than to support props.
5. Mascots are allowed a total maximum set-up/tear-down time of 1 minute and 30 seconds (90 seconds). The following overtime penalties will occur:
  - A. 1 - 5 seconds over time will result in a .5 deduction
  - B. 6 or more seconds over time will result in a 1.0 deduction.

*\* This penalty is separate from the routine time penalty. For example, if your set-up time is 1 minute, your routine is 1 minute 33 seconds and your tear-down time is 40 seconds you would be assessed a .5 penalty for going 3 seconds overtime for your performance and a 1.0 penalty for going 10 seconds overtime on your set-up/tear-down time.*

# NCA SCHOOL COMPETITION RULES

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

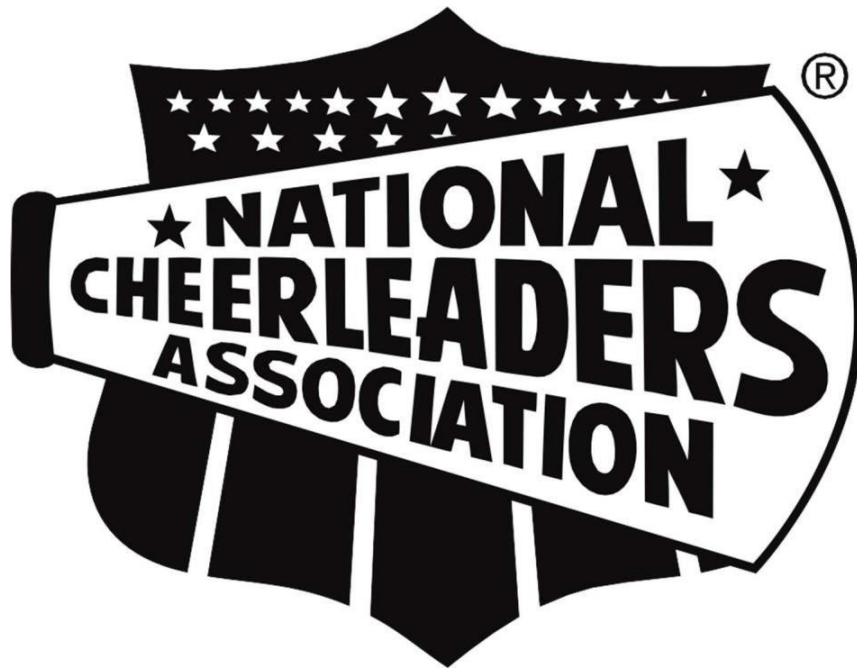
6. The routine should contain a theme and should be well organized and understandable.
  7. Music may be used and must be compliant with copyright laws. Music must be in digital format. The routine should include the following elements:
    - A. 20 consecutive seconds minimum of dance with music
    - B. 20 consecutive seconds minimum of prop utilization
    - C. 20 consecutive seconds minimum of crowd interaction/response material
- \*For questions on Music Licensing please email [musicinfo@varsity.com](mailto:musicinfo@varsity.com)
8. Mascots should enter the performance area in a timely fashion.
  9. Timing will begin with the first organized word, movement, or note of music after they are officially announced.
  10. Timing will end with the last organized word, movement, or note of music by the mascot.
  11. Any size props may be used. Props that may cause damage to the matted surface may not be used. Confetti, water, paints or other such props that may delay Competition are prohibited. **Any hard or yielding props may NOT be thrown. Any props MUST be placed and remain within the performing surface (unless weather related)** Violations will result in a 2.0 deduction or disqualification.
  12. Mascots may not utilize any type of height increasing apparatus (mini tramps, springboards, etc.). **A box is permitted however the height of the box cannot exceed 3 feet.**
  13. Participants must always be dressed in the school's official mascot costume including set-up. The costume must be the school's official mascot.
  14. Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words or music will result in a 2.0 score deduction or possible disqualification.
  15. Mascots should utilize all areas of technical strengths including actions/reactions, motions/emotions, character traits and habits, pantomime, crowd interaction, crowd appeal, prop utilization, and overall impression.
  16. Mascots will be judged on the following categories with each valued at 10 points:
    - A. Characterization
    - B. Creativity
    - C. Crowd Leading
    - D. Dance
    - E. Prop Design/Effectiveness
    - F. Overall Impression
  17. Must follow the 2023-2024 School Cheer Rule Book.

\*Mascot sample score sheets are available online.

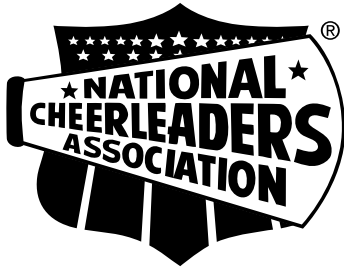
# NCA SCHOOL COMPETITION RULES

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

## SCORE SHEETS



THIS SCORE SHEET IS THE EXCLUSIVE PROPERTY OF VARSITY SPIRIT AND MAY NOT BE REPRODUCED, IN PART OR IN WHOLE, FOR EVENTS NOT SPONSORED AND APPROVED BY VARSITY SPIRIT.



OFFICIAL

JUDGE \_\_\_\_\_

# SCORE ★ SHEET

## SCHOOL PERFORMANCE MASTER SCORESHEET

BUILDING  
SKILLS

	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	TECHNIQUE
STUNTS	<b>5</b>		<b>5</b>	
PYRAMIDS	<b>5</b>		<b>5</b>	

9 - 10

TIMING Synchronization and Uniformity	<b>10</b>			
--	-----------	--	--	--

TUMBLING  
SKILLS

	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	TECHNIQUE
TUMBLING	<b>5</b>		<b>5</b>	
JUMPS	<b>5</b>		<b>5</b>	

9 - 10

ROUTINE COMPOSITION Spacing, Seamless Movement and Patterns, Execution of Formations	<b>10</b>			
---	-----------	--	--	--

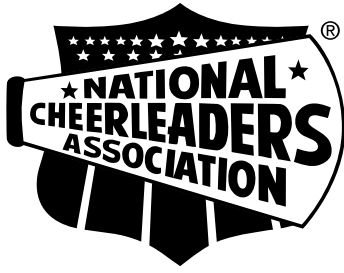
OVERALL  
PERFORMANCE

	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	TECHNIQUE
VOICE / INFLECTION Pace of cheer is practical, Flow of words is easy to understand	<b>10</b>			
MOTIONS / DANCE	<b>10</b>			
PERFORMANCE / SHOWMANSHIP Genuine enthusiasm and energy level throughout the routine	<b>10</b>			
SCHOOL REPRESENTATION Image, Sportsmanship, Performance Integrity	<b>10</b>			

9 - 10

TOTAL POSSIBLE	<b>100</b>			
----------------	------------	--	--	--





OFFICIAL

JUDGE \_\_\_\_\_

# SCORE ★ SHEET

## CROWD LEADING MASTER SCORESHEET

**BUILDING  
SKILLS**

	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	TECHNIQUE 4 - 5
STUNTS	<b>5</b>		<b>5</b>	
PYRAMIDS	<b>5</b>		<b>5</b>	

9 - 10

TIMING <small>Synchronization and Uniformity</small>	<b>10</b>			
---	-----------	--	--	--

**TUMBLING  
SKILLS**

	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	TECHNIQUE 4 - 5
TUMBLING	<b>5</b>		<b>5</b>	
JUMPS	<b>5</b>		<b>5</b>	

9 - 10

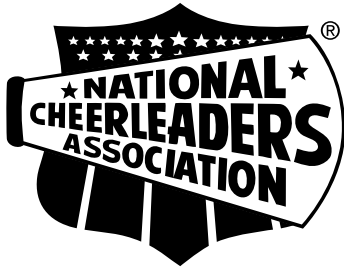
ROUTINE COMPOSITION <small>Spacing, Seamless Movement and Patterns, Execution of Formations</small>	<b>10</b>			
--	-----------	--	--	--

**OVERALL  
PERFORMANCE**

	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	TECHNIQUE 4 - 5
VOICE / INFLECTION <small>Pace of cheer is practical, Flow of words is easy to understand</small>	<b>10</b>			
MOTIONS / GIRLS DANCE	<b>10</b>			
SCHOOL REPRESENTATION <small>Image, Sportsmanship, Performance Integrity</small>	<b>10</b>			
CROWD EFFECTIVE MATERIAL <small>Easy to follow, encourages crowd participation, use of props (signs, poms, flags, megaphones)</small>	<b>5</b>			
PERFORMANCE / SHOWMANSHIP <small>Genuine enthusiasm and energy level throughout the routine</small>	<b>5</b>			

9 - 10

TOTAL POSSIBLE	<b>100</b>			
----------------	------------	--	--	--



OFFICIAL

JUDGE \_\_\_\_\_

# SCORE ★ SHEET

## NON TUMBLING CROWD LEADING MASTER SCORESHEET

BUILDING  
SKILLS

	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	TECHNIQUE
STUNTS	<b>5</b>		<b>5</b>	
PYRAMIDS	<b>5</b>		<b>5</b>	

9 - 10

TIMING Synchronization and Uniformity	<b>10</b>	
--	-----------	--

TUMBLING  
SKILLS

	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	TECHNIQUE
JUMPS	<b>5</b>		<b>5</b>	

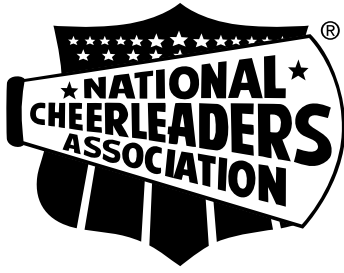
9 - 10

ROUTINE COMPOSITION Spacing, Seamless Movement and Patterns, Execution of Formations	<b>10</b>	
---	-----------	--

OVERALL  
PERFORMANCE

	MAXIMUM VALUE	9 - 10
VOICE / INFLECTION Pace of cheer is practical, Flow of words is easy to understand	<b>10</b>	
MOTIONS / DANCE	<b>10</b>	
CROWD EFFECTIVE MATERIAL Easy to follow, encourages crowd participation, use of props (signs, poms, flags, megaphones)	<b>10</b>	
SCHOOL REPRESENTATION Image, Sportsmanship, Performance Integrity	<b>10</b>	
PERFORMANCE / SHOWMANSHIP Genuine enthusiasm and energy level throughout the routine	<b>10</b>	

TOTAL POSSIBLE	<b>100</b>	
----------------	------------	--



OFFICIAL

JUDGE \_\_\_\_\_

# SCORE ★ SHEET

## NON BUILDING CROWD LEADING MASTER SCORESHEET

BUILDING  
SKILLS

	MAXIMUM VALUE	DIFFICULTY 9 - 10
TIMING Synchronization and Uniformity	<b>10</b>	

TUMBLING  
SKILLS

	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	TECHNIQUE
TUMBLING	<b>5</b>		<b>5</b>	
JUMPS	<b>5</b>		<b>5</b>	
9 - 10				
ROUTINE COMPOSITION Spacing, Seamless Movement and Patterns, Execution of Formations	<b>10</b>			

OVERALL  
PERFORMANCE

	MAXIMUM VALUE	DIFFICULTY 9 - 10
VOICE / INFLECTION Pace of cheer is practical, Flow of words is easy to understand	<b>10</b>	
MOTIONS / DANCE	<b>10</b>	
CROWD EFFECTIVE MATERIAL Easy to follow, encourages crowd participation, use of props (signs, poms, flags, megaphones)	<b>10</b>	
SCHOOL REPRESENTATION Image, Sportsmanship, Performance Integrity	<b>10</b>	
PERFORMANCE / SHOWMANSHIP Genuine enthusiasm and energy level throughout the routine	<b>10</b>	

TOTAL POSSIBLE	<b>90</b>	
----------------	-----------	--



# SCORE ★ SHEET

## GAME DAY FIGHT SONG

<b>EXECUTION OF MOTION &amp; DANCE</b> <i>Execution, sharpness, placement, timing, spacing</i>	<b>5</b>	
<b>EXECUTION OF SKILLS</b> <i>Execution and Stability of the skills incorporated</i>	<b>5</b>	
<b>SKILL INCORPORATION</b> <i>Choice of skills incorporated to lead the crowd.</i>	<b>5</b>	
<b>PERFORMANCE &amp; SHOWMANSHIP</b> <i>Energy, Excitement and Genuine Enthusiasm to Engage, Entertain and Elicit a crowd response</i>	<b>5</b>	
<b>CROWD EFFECTIVENESS</b> <i>Crowd oriented material and incorporations that encourage crowd engagement and crowd response including Voice, Pace and Flow with the use of practical material</i>	<b>10</b>	
<b>VISUAL APPEAL/OVERALL IMPRESSION</b> <i>Level Changes, incorporation of props and other techniques that engage and appeal to the crowd.</i>	<b>10</b>	
<b>TOTAL POSSIBLE</b>	<b>40</b>	

### CRITIQUE



# SCORE ★ SHEET

## GAME DAY CROWDLEADING

<b>GAME DAY SITUATIONAL RESPONSE</b> <i>Proper response to the offensive or defensive sideline cue</i>	<b>5</b>	
<b>PERFORMANCE &amp; SHOWMANSHIP</b> <i>Energy, Excitement and Genuine Enthusiasm to Engage, Entertain and Elicit a crowd response</i>	<b>5</b>	
<b>CROWD LEADING TOOLS</b> <i>Proper use of Signs, Poms, Flags, Megaphones or other tools used to engage, entertain and elicit crowd response and participation</i>	<b>10</b>	
<b>EXECUTION OF MOTIONS</b> <i>Correct placement of motions, sharpness, proper control</i>	<b>10</b>	
<b>EXECUTION OF SKILLS</b> <i>Technique, practicality, and execution of skills (jumps, tumbling, and/or stunts) added to lead the crowd</i>	<b>10</b>	
<b>GAME DAY MATERIAL</b> <i>Proper use of cheer, props, and skills in a sideline environment, leads the crowd to participate</i>	<b>10</b>	
<b>CROWD EFFECTIVENESS</b> <i>Encourages crowd engagement with the utilization of Voice, Pace and Flow</i>	<b>10</b>	
<b>VISUAL APPEAL/ OVERALL IMPRESSION</b> <i>Level Changes, incorporation of props and other techniques that engage and appeal to the crowd.</i>	<b>10</b>	
<b>TOTAL POSSIBLE</b>	<b>70</b>	

### CRITIQUE



# SCORE \* SHEET

## GAME DAY BAND CHANT

<b>PERFORMANCE &amp; SHOWMANSHIP</b> <i>Energy, Excitement and Genuine Enthusiasm to Engage, Entertain and Elicit a crowd response</i>	<b>5</b>	
<b>FORMATIONS &amp; SPACING</b> <i>Use of crowd effective formations, spacing and transitions to and from the variety of formations</i>	<b>5</b>	
<b>EXECUTION OF MOTION &amp; DANCE</b> <i>Motion and Dance Technique, Synchronization</i>	<b>10</b>	
<b>CROWD EFFECTIVENESS</b> <i>Crowd oriented material and incorporations that encourage crowd engagement and crowd response including Voice, Pace and Flow with the use of practical material</i>	<b>10</b>	
<b>VISUAL APPEAL</b> <i>Level changes, ripples, and other techniques that appeal to the crowd</i>	<b>10</b>	
<b>TOTAL POSSIBLE</b>	<b>40</b>	

### CRITIQUE

Large empty rectangular box for writing a critique.