NATIONAL CHEERLEADERS ASSOCIATION®

NDA®

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COLLEGE EVENT GUIDELINES

COLLEGE COMPETITION RULES

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

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HOW TO QUALIFY FOR THE NCA & NDA COLLEGIATE CHEER AND DANCE CHAMPIONSHIP

CAMP QUALIFICATION

Squads may qualify for the NCA & NDA Collegiate Cheer and Dance Championship at NCA & NDA Collegiate Resident Camps, Day Camps or Elite Home Camps. NCA & NDA will award Bids to Nationals based on the team's successful completion of specific requirements in the areas of participation, conduct, and camp achievements.
Teams must have a minimum of eight (8) participating team members attending the same NCA & NDA Collegiate Summer Camp to be considered for a Bid.

VIDEO QUALIFICATION

All Qualification Videos (including Cheer and Dance teams, Partner Stunt, All Girl Group Stunt and Mascot) must be RECEIVED no later than January 24, 2025. Results of team video entries will be available 2-3 weeks after they are received. Coaches will be notified via email.

Videos will be uploaded to:
https://varsityspirit.formstack.com/forms/nca_nda_college_nationals_qualification_form.

NOTE: Teams may still register for the event prior to receiving their video qualification status.
Results of the Partner Stunt, Group Stunt and Mascot video entries will be posted at nca.varsity.com/college by February 1st, 2025, 5:00pm CST.

NOTE: No qualification is needed for the Game Day and Spirit Rally Divisions. GENERAL VIDEO GUIDELINES
* All skills MUST follow USA Cheer College Cheerleading Safety Rules
* No Split Screens, freeze frames, or speed altering is allowed
* All participants must be current eligible members of the school and team they are representing.
* All footage must be of current academic year.
* Teams must also follow specific Division requirements as applicable (e.g. Small Coed, Intermediate, All Girl, etc.).
* There is NO video entry fee for team videos.

CHEER VIDEO ENTRY FORMAT

The video entry format for cheer teams submitting videos to qualify for the NCA & NDA Collegiate Cheer and Dance Championship will be as follows: each cheer team video must include four (4) separate segments:
* Stunts
* Tumbling
* Basket/Sponge Tosses
* Pyramids

The skills segment of the video can be a maximum of two (2) minutes.

STUNTS

Must show at least three (3) stunts in their entirety utilizing as many members as possible with the Partners starting with at least one foot on the ground and conclude with the dismounts landing in a cradle position or back to the ground.

TUMBLING

Must show at least two (2) skills of standing tumbling to include as many members as possible (e.g. handsprings, tucks, fulls, toe-backs, etc.). Must also show at least two (2) synchronized running passes with as many members as possible (e.g. handspring series, tucks, fulls, whips, elite passes, etc.) where all participating members start and finish together.

BASKET / SPONGE TOSSES

Must show at least three (3) complete separate tosses to include as many groups as possible. Each of these three tosses

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must be shown from the mount (at least one foot on the ground) through the cradle.

PYRAMIDS

Must show at least three (3) complete pyramids to include as many people as possible. Each of these three pyramids must be shown from the mount (at least one foot on the ground) through the dismount to a cradle position or back to the ground.

DANCE VIDEO ENTRY FORMAT

TEAM PERFORMANCE VIDEO REQUIREMENTS

Teams competing in the Team Performance Division must submit one video that includes a 30 second Hip Hop routine, a 30 second Jazz routine, a 30 second Pom routine as well as 30 seconds of technical skills (this may be numerous across the floor patterns or a choreographed piece). Only the technical skills segment may contain numerous edits. Split screens are not allowed. The speed of the performance may not be altered on the video. All team members do not need to be in each segment; however, at least seven (7) members must appear in the pom, jazz, and hip-hop segments of the video. All members on the video must be official, eligible team members at time of filming. Videos submitted must be of current year; footage from previous years is prohibited. Teams that qualify for Team Performance will automatically be qualified for the Jazz, Pom, and/ or Hip-Hop Division. Videos submitted for qualification will not be viewed for legalities. A separate video must be sent for this purpose no later than (2) weeks prior to competition.

JAZZ, POM AND HIP HOP VIDEO REQUIREMENTS

Teams competing in the Jazz, Pom and/or Hip-Hop Division must submit, on video, a performance routine of any style, one minute and forty-five seconds (1:45) minimum in length (no editing or split screens). The style exhibited on the video is not required to match the division(s) in which the team registers. Teams that qualify with a Jazz, Pom or Hip- Hop video are qualified to compete in those divisions ONLY. Teams that qualify with a Jazz, Pom or Hip-Hop video do NOT automatically qualify for the Team Performance Division. The speed of the routine may not be altered through video editing. The team must be represented by AT LEAST seven (7) members. All members on the video must be official, eligible team members at time of taping. Videos submitted must be of current year; footage from previous years is prohibited. Videos submitted for qualification will not be viewed for legalities. A separate video must be sent for this purpose no later than two (2) weeks prior to competition.

EXCLUSIVITY POLICY

Due to media, sponsorship considerations, and administration concerns regarding school-based priorities, image and funding, teams that compete in the NCA & NDA Collegiate Cheer and Dance Championship may not participate in any other event at which a "College National Champion" title is awarded during the current school year. The only exception is for cheer and dance teams that compete in the NAIA Championship.

Further, teams may jeopardize their eligibility to compete in the NCA & NDA Collegiate Cheer and Dance Championship if they participate in a televised program or print media that portrays their team, school or general activity of collegiate cheer and/or dance in a negative manner. NCA & NDA must deem the program or material content reasonable and appropriate regarding performance integrity, safety, individual and school privacy and reputation, and overall image. Schools that desire to compete at Nationals and participate in such media (reality show or documentary, news articles, books, etc.) should consult their school legal counsel to develop an access license and consult with NCA & NDA in advance to pre-determine any possible conflicts of interest. The access license is a legal agreement that prohibits producers or publishers from including certain subject matters from being included in their media product, as well as grants the school officials the right to approve and/or reject final portrayal of their respective spirit squads that might be harmful or disrespectful to the school or spirit program.

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ELIGIBILITY VERIFICATION

A Team Eligibility Form will be sent to all Coaches participating in an NCA & NDA Championship. One form must be filled out per team with each team member's name, student ID number, hours currently enrolled and years of completed eligibility. This form must be signed by the Coach as well as signed by the school's Registrar's Office and school Administrative Supervisor and returned to NCA & NDA at Check-In. Teams must meet the following eligibility requirements to participate in the NCA & NDA Collegiate Cheer and Dance Championship:

1. Each participating team member must be a current member of the team they are representing, and a full-time student or enrolled in a minimum of 9 credit hours at the institution they are representing. Graduating seniors and graduate students **must be enrolled in at least one (1) class at the time of the Championship**. Verification of eligibility will be required by the school's Registrar's Office and the program's administrative supervisor in addition to the coach. It will be the responsibility of these individuals to verify that all student-provided information and documentation is correct, valid, and meets all the school's eligibility requirements.
2. A student-athlete may only represent ONE (1) school in ONE (1) National Championship competition for each academic year. For example, a student-athlete may not compete for one school in January, transfer and compete for another school in April, nor compete with the same school in separate championships in the same academic year. The only exception is for cheer and dance teams that participate in the NAIA Championship.
3. A student-athlete may not compete in more than five (5) National Championships total (cheer, dance, Junior College, and/or 4-year college/university). **Athletes that compete in both the NCA/NDA Championship and the NAIA Championship in the same year are only charged with one (1) year of eligibility for that year.**
4. At the Junior College level, any student-athlete will only be eligible to compete in a maximum of three (3) National Championships during the course of his/her college career.
5. Eligibility verification for Individual participants such as Partner Stunt and Group Stunt will only apply if the athlete does not compete with a team during that same academic year (e.g. if an athlete only competes in NCA or UCA Partner Stunt any given year, that will count as one (1) year of eligibility used).
6. Once the team eligibility is complete, athletes are no longer eligible for Partner Stunt or Group Stunt unless it is in the same academic year (e.g. an athlete competes on a team at UCA in January to complete five (5) years of eligibility but is still eligible to compete in NCA Partner Stunt that same April, that concludes their total eligibility).
7. An alternate or injured student-athlete that does not take the competition floor will not be considered as a competing member and will not count towards the maximum of five (5) National Championships.
8. Any student-athlete that competed at either the UCA/UDA or NCA/NDA Championships in 2021 either in- person or virtually will NOT be charged a year of eligibility that year due to the pandemic.
9. Each team must always comply with the USA Cheer College Safety Rules.
10. Each cheer team must have a coach that is currently USA Cheer certified to compete. Proof of certification must be included with the Eligibility Form.
11. **All coaches, assistant coaches, trainers, choreographers, administrators, etc. wishing to access the practice or backstage areas with their teams must also complete either the USA Cheer Coach or USA Cheer Professional credentialing program which includes a USA Cheer background check. These can be found and completed online at USACheer.org.**

This will apply for any student-athlete competing at any one of the Varsity Spirit Collegiate Championships (UCA, UDA, NCA & NDA) that award National Champion titles as well as any other designated College National Championship. Teams violating these rules could forfeit their titles and rankings as well as be prohibited from entering any other Varsity Brands Championship the following year. For any clarification on these rules, please contact the event producer of the Championship you wish to attend.

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CHEER
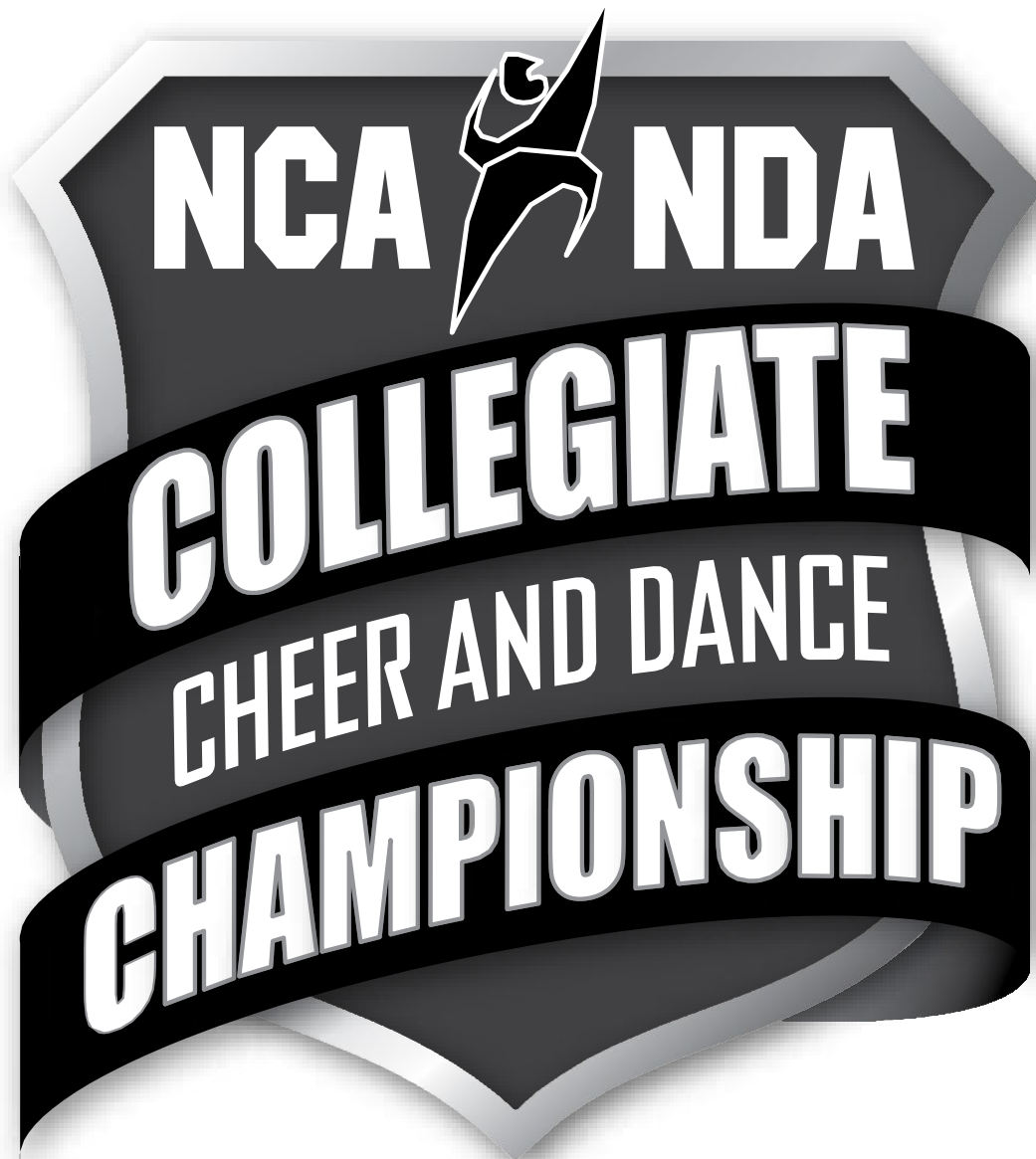
COLLEGE COMPETITION RULES

PERFORMANCE AREA

NCA Competitions comply with the NFHS and USA CHEER surface ruling that school-based programs may not compete on a spring floor. All permitted skills (stunts, pyramids, tumbling etc.) must be performed on the competition mat.
All cheer teams competing in the NCA & NDA Collegiate Cheer and Dance Championship will perform on a 42' deep x 54' wide carpeted mat.
Poms, signs, flags, megaphones and/or banners may be placed or dropped outside the competition area by a team member. Objects cannot be thrown outside the competition floor. See Page 14 for information on Boundary Violations.

COLLEGIATE EXPECTATIONS

COLLEGIATE IMAGE
This category will be utilized to evaluate the overall representation by the team of its institution of higher education, the core values and standards that commonly exist and are mandated by such institution's administration, faculty, staff, alumni and student body. This evaluation will be based on, but not limited to the following:

SPORTSMANSHIP
The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance regarding respect for themselves, other teams and the viewing audience. Teams should refrain from any taunting, bragging or suggestive expressions or gestures as well as discrimination of any nature.

PERFORMANCE INTEGRITY & SCHOOL REPRESENTATION
All aspects of the performance (music, choreography, skills, language, props, etc.) should represent the highest standards as expected by athletes and elite student body representatives at the collegiate level. All aspects of the performance should also be appropriate for a family viewing audience, as well as highlight the skills being performed in a safe and collegiate style manner

UNIFORM
In general, appropriate attire is required during officially designated practice times, performances and awards ceremonies. NCA reserves the right to make rulings and enforce compliance regarding any participant's attire. It is the combination of garments worn and the proper fit on each athlete that can deem an outfit or uniform appropriate or inappropriate, and this should be taken into consideration more so than the individual guidelines for each garment type outlined below. The following guidelines should assist in defining what is appropriate but should not be deemed a comprehensive and exclusive list. What is appropriate includes but is not limited to the list below.

FEMALE UNIFORM
- Standard shell, crop, or midriff top.
- No "bra top" style or size tops – material must fall at least one inch below the bra line.
- No extremely low-cut necklines.
- No excessively bare or backless style tops.
- Must be secured by straps or material over at least one shoulder or around the neck, no tube tops.
- Must completely cover briefs when feet are shoulder width apart AND, in the back, fall at least 1.5 inches below boy-short briefs or 2 inches below standard briefs. No excessively short or tight skits. Skirts must fully cover the hips.
- No ultra-low-rise waistbands (no lower than 2 inches below navel) when worn in conjunction with a cropped or midriff baring top.

NOTE: Hair bows may negatively affect the overall collegiate image of the athletes and their performances. Hair bows may only be worn behind the top center of the head and may not have material close to the face at any time. Hair bows should be small to medium in size to not be a distraction from the performance. Violations of this rule during preliminary competition will result in a warning, and violations during final competition can result in a 1.0 "Collegiate Image" deduction from each Panel Judge. Photos may also be submitted to the NCA & NDA office in advance for pre-event rulings in the same manner as all other legality verifications.

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MALE UNIFORM
- Must be full torso length, covering shoulders to waist and/or the top of the uniform bottom in standing position.
- Must be short or long sleeves, covering at least midway between shoulder and elbow.
- If full length pants, must cover waist to feet.
- If shorts, must fall no higher than mid-thigh.

ALL
- **No risqué, sexually provocative or lingerie-looking or inspired uniform or garments**
- Garments/items should be secure to eliminate any possibility of "wardrobe malfunction"
- Appropriate undergarments must be worn
- Soft-soled athletic shoes must be worn while competing.

MUSIC

Deductions will be given for music or words unsuitable for family listening, which includes but is not limited to swearwords 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 with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.

CHOREOGRAPHY

All facets of a performance or routine, including choreography, music selection and outfitting (cheerleading and dance uniforms or costumes), should be suitable for family viewing and listening. 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. Outfitting for cheerleading performances should follow traditional dress standards. Routines, music and uniforms/ costumes for all team types should be appropriate for the age of the participants performing the routine.

NOTE: If you are concerned about the appropriateness of your music or choreography you should submit the section(s) in question to NCA for feedback. Please note that with multiple performances of a routine, NCA is not able to approve a specific movement due to the chance that the movement may be approved and then modified during competition. Any and all feedback from NCA is just that, feedback, and should be used with your discretion to ensure your team's performance is appropriate for a family viewing audience.

ORDER OF PERFORMANCE

For Preliminary Competition, a team's performance order will be determined by how they qualified and when they registered for the event. For Final Competition, teams will perform in reverse order of their preliminary ranking (e.g. teams finishing first in the Preliminary Competition will compete last in the Final Competition)

SPOTTER POLICY

NCA Spotters are provided for each team during the competition. If a team chooses to decline spotters during their performance, they must do so prior to taking the floor and spotters will remain on the back of the floor for the entirety of the performance.

COLLEGE COMPETITION RULES

DIVISIONS

All teams will be required to compete in Divisions according to NCAA or NAIA Football classifications, or as defined below. Schools that do not have football programs will compete in Divisions according to the school's NCAA or NAIA Basketball program classifications. NCA reserves the right to add, delete or combine Divisions.

Teams from the same school can enter the same Division; however, only the top scoring team may advance to Finals should scores warrant.

COLLEGE/UNIVERSITY CATEGORY FOR ATHLETICS:

- DIVISION IA (FBS) Football Schools
- DIVISION I (FCS) Football Schools, or do not have football and compete in Division I basketball.
- DIVISION II
- DIVISION III
- JUNIOR COLLEGE
- NAIA

Note: All Teams transitioning from one athletic division to another will remain in their CURRENT division until the respective school's administration provides documentation, they have completed their transition into the new division AND the football team (or basketball team if there is not a football team) is eligible to complete for post-season play in the new division.

Note: Beginning in 2026, both cheer and dance teams at schools transitioning to a new athletic division (Example: moving from Division I to Division IA) will begin competing in that new division at our championship as soon as the school's football/basketball teams begin competing at the new division/conference level. There will no longer be a "transition period" allowed.

INTERNATIONAL (based on school's total enrollment):

- 20,000 or above
- 10,000-19,999
- 5,000-9,999
- Less than 5,000

Note: NCA will assign divisions to international teams based on school enrollment and team specifics.

NUMBER OF MALE PARTICIPANTS VS. FEMALE PARTICIPANTS

- **LARGE COED: 5 - 12 MALE PARTICIPANTS**
- 10 – 11 total participants = 6 maximum males
- 12 – 13 total participants = 7 maximum males
- 14 – 15 total participants = 8 maximum males
- 16 – 17 total participants = 10 maximum males
- 18 – 19 total participants = 11 maximum males
- 20 total participants = 12 maximum males

SMALL COED: 1 - 4 MALE PARTICIPANTS
ALL GIRL: NO MALE PARTICIPANTS

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TEAM ROUTINE REQUIREMENTS (ADVANCED AND INTERMEDIATE)

1. Routine maximum time limit is 2 minutes and 15 seconds (135 seconds).
2. Teams are limited to a maximum of twenty (20) participants plus **UP TO 2 Mascots ONLY if 2 DIFFERENT Mascots represent the school.** All teams must have a minimum of ten participants (not including the mascot).
3. (10) participants. Teams violating this rule will receive a five (5) point deduction per person over or under the maximum or minimum requirements. The mascot may NOT participate in any technical skill (e.g. stunts, pyramids, tosses, or tumbling) and may not serve as a spotter during the performance.
4. Music is allowed for all or part of each routine.
5. Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are not permitted. Cheerleaders, dancers and mascots should enter the performance area in a timely fashion.
6. Timing will begin with the first note of music or choreography meant to be scored on the scoresheet.
7. All performers must have at least one foot on the performing surface when the Routine starts. A .5 deduction will be assessed for any **SKILLS** performed prior to the start of the routine.
8. Teams will be given 30 seconds following the Team Introduction to start their routine. If a team exceeds this time limit, a deduction of .25 will be assessed for 1-5 seconds or a .5-point deduction for 6 seconds or more will be assessed.
9. Timing will end with the last organized word, movement, or note of music by the team or individual. Teams or individuals must exit the performance area immediately following the Routine

PROPS

Only the following props are allowed for cheer teams: flags, banners, megaphones, pom pons, signs and rally towels. Flags and/ or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling. Air horns or other artificial noise makers are prohibited.

1. Team/individual names will be called twice: once as the team/individual on deck and once as the next team/individual to perform.
2. Preliminary and Final Competitions may be held indoors or outdoors. In the event of either competition being held outdoors, wind and/or sun could be a factor. Practice and prepare accordingly.

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INTERMEDIATE DIVISION RESTRICTIONS

All Intermediate Teams must comply with USA Cheer College Safety Rules in addition to the rules outlined below for the Intermediate Divisions

STUNTS
- Release inversions into stunts are ALLOWED up to prep level and may not exceed prep level and may not exceed a ½ twist. This includes released inversions in a stunt to an upright position.
- Inversions may pass through an extended position but must not pause or stop in an extended position.
- Free flipping mounts and dismounts are not allowed.
- Release full twists to an extended position are prohibited.
- Twisting dismounts are limited to ONE and a quarter twist (1¼)
- Twisting stunts (i.e., full ups) are limited to ONE and a quarter (1¼) twisting rotation. One and a half (1½) ups and double ups are prohibited.

PYRAMIDS
- All other skills must follow intermediate stunt rules unless braced by at least one person at prep level or below from initiation of the skill.
- Braced inversions must make contact with a bracer prior to initiation and remain connected until the top person is no longer inverted.
- Pyramids sustained over 2 persons high are prohibited. Pyramids are allowed to pass through 2.5 high if there is no stop in momentum or change in direction during the transition.
- Released transitions must be caught by 2 STATIONARY catchers.
- A Released top person in a pyramid may not be connected to an extended stunt OR other released top persons
- A Released top person MAY NOT land in an inverted stunt.

TOSSES
- Release flips from basket/sponge tosses are prohibited.
- Twisting dismounts from basket/sponge tosses may not exceed 2 rotations (¼ turn is allowed to set for the twist)
- A toss may not pass through or land in an inverted position

TUMBLING
- Standing back tucks or other flips and standing tumbling with back tucks or other flips are prohibited.
- Airborne flips out of running tumbling are permitted (e.g. tucks, layouts, whips, etc.)
- Twisting flips are prohibited (includes running tumbling) (examples: Onodis ARE NOT ALLOWED)
- Aerials ARE ALLOWED

NOTE: Intermediate Division winners will be awarded "National Champion" trophies, banners and jackets.

USA CHEER COLLEGE SAFETY RULES

NCA complies with the USA Cheer College Safety Rules. For rules, please visit usacheer.org/safety.

JUDGING PANELS

PANEL JUDGES
Panel Judges are responsible for scoring each team's performance based on the NCA score sheet. Each Panel Judge fills out his/her own score sheet for each performance. Panel Judges judge technical ability and the overall routine, but they do not determine or judge deductions or safety violations. Decisions made by Panel Judges are final.

SAFETY JUDGE
The Safety Judge is responsible for administering all rule violations, time violations, and boundary violations. Decisions made by the Safety Judge are final.

POINT DEDUCTION JUDGE
The Point Deduction Judge is responsible for assessing deductions in each routine for mistakes in technical skills. Decisions made by the Point Deduction Judge are final.

Scores for each Category will range from 0-10, including tenths of points (e.g. 5.5, 9.5, etc.). All point deductions and/or penalties will be deducted from the average score to get the FINAL SCORE. Deductions/penalties are assessed at the sole discretion of the judges based on the criteria set forth in this book. All judges' decisions are final. Ties will not be broken; tying teams will share the title and/or ranking.

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NCA LEGALITY VERIFICATION

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

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

To Submit a Legality review, scan the QR Code:

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

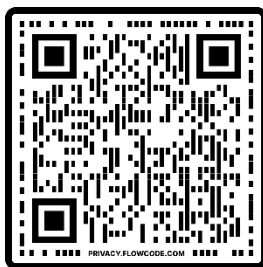For all Scoring Questions Email: NCAScoring@varsity.com
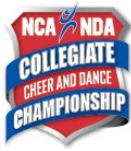
DEDUCTIONS AND VIOLATIONS

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NCA COLLEGE DEDUCTIONS AND VIOLATIONS

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
• Hand/hands down during a tumbling or jump skill • Head, shoulders, back, seat down, or other compromising position during tumbling or jump skill • Knee or knees down during tumbling or jump skill • Tumbling transitions in and/or out of a building skill	• An athlete that trips while walking during a transition • An athlete trips/falls following a controlled completion of a tumbling or jump skill • A hand or hands down that would redefine the skill executed (Ex. An aerial becomes a dive cartwheel)

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

| Includes	Would Not Include
• Top person leans and or bears weight on a base/spotter and is pushed back up into the stunt/skill • Lowering of a stunt to prep from extended position (not a timing issue) • Weight incorrectly distributed onto the bracer during a pyramid (would fall if bracer was not in contact) • Both feet/hands coming in contact with performance surface during a cradle/prone. • Incomplete Twisting Dismount that lands in a prone (stomach) position.	• An omitted skill • Drop in a body position by the top person • Excessive movement by the bases • Minor balance checks by the top person • A single hand/foot in contact with performance surface during a cradle/prone • Coed style skill that never results in contact beyond a toss grip (omitted coed style skill) • Base or spotter drops to performance surface during building skill anytime during a stunt, transition or dismount

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

Includes	Would Not Include
• Drops to a cradle position/ load in/ prone position • 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. • Base or spotter drops to performance surface during building skill anytime during a stunt, transition or dismount	• Lowering of a stunt from extended position to a prep level position • Stunts that almost fall but are saved and return to a stunting position • All other items listed in the building bobble or major building fall sections • Any skill where the top remains standing and at least ONE foot remains at prep level

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
• Multiple bases and/or spotters drop to the performance surface • Top person lands on performance surface (bases are unable to prevent the top from falling to the ground) • Top person makes contact with a base or spotter who drops to the performance surface • Other compromising drops not defined by a building fall • Tosses that land in a prone (on stomach), upright (feet down) or inverted (head down) position • Dismounts landing in a compromising position- upright (feet down) or inverted (head down) position • Skills in which the event spotter is the primary catcher/saves an athlete while falling.	• Top person comes in contact with the performance surface during a transition but without interrupting or stopping the skill.

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*
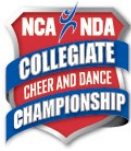
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NCA COLLEGE DEDUCTIONS AND VIOLATIONS CONTINUED

SAFETY VIOLATION 2.0/0.5

- USACheer College Rules violations- 2.0
- Building Skills performed out of level- 2.0
- Tumbling skills performed out of level. -0.5
- General USAcheer Safety Violations- 0.5
- Performance error- 0.5

BOUNDARY VIOLATION .25

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. **If a violation is assessed, judges' decisions are final and will not be reviewed.** If props are utilized in a routine these MAY be placed outside the performance surface. A participant must remain on the performance surface for the duration of the performance. Any participant who leaves the performance surface for any reason (other than those listed as a boundary violation) would receive a 1-point penalty.

All participants must remain on the performance area for the duration of the performance. Any not doing so would result in a 1.0 rules violation. A participant must noticeably step out of bounds with both feet for a boundary violation to occur. Props may be touching out of bounds without penalty, and a team member may touch a prop that is out of bounds. There will be a .25 deduction for each boundary violation.

TIME LIMIT VIOLATION .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.
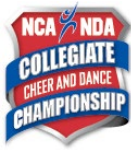
DEDUCTIONS AND VIOLATIONS

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

NCA COLLEGE GENERAL VIOLATIONS

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.

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 **.5**

UNSPORTSMANLIKE CONDUCT DEDUCTION 2.0

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

DIVISION VIOLATIONS

If a team performs with a member participating in more than one Cheer division (crossover), the second and each subsequent team will receive a **5.0** deduction off their final score for each illegal participant (**maximum penalty is 10.0**). If a team does not meet the required minimum number of 10 performers, or exceeds the maximum number of performers, they will receive a **5.0** deduction for each violation. This violation will also apply to any team not meeting the required participation for the Game Day division.

Any deductions for mistakes, time violations, safety guideline or rules violations or inappropriate choreography/music will be subtracted from the FINAL averaged score. Thus, executing a "clean" routine is very important.

COLLEGIATE IMAGE VIOLATION

The panel judges may reduce a team's score in the Collegiate Image Category for perceived or suspected violations as agreed with the Safety Judge(s) but must note the reason for doing so on the team's score sheet. If the Safety Judge issues a warning, the Panel Judges should also reflect a reduction in the Collegiate Image Category and note the reason. Should the Scoring Official confirm compliance before the next performance, the Panel Judges should not reduce the score in the Collegiate Image Category for this purpose. Should the team not confirm compliance prior to the next performance(s), the Panel Judges should reflect the same or additional reductions in the Collegiate Image Category. These reductions must also be noted on the team's score sheet

2024 – 2025 NCA COLLEGE SCORING GUIDELINES – ADVANCED LARGE COED

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team unless otherwise noted. Skills performed by less than a majority of the team will be awarded scores in a lower range.

STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING
1.0-2.0	**1.0-3.0**	**1.0-3.0**	**1.0-3.0**	**1.0-3.0**
Intermediate and Advanced Group and Coed Stunt Skills (SEE PROGRESSION CHART FOR QUALIFYING SKILLS)	**Advanced Pyramid Skills** Two High pyramids incorporating multiple 2-1/2 high transitions and multiple inverting & twisting & unique mounts and dismounts	**Non-Flipping Tosses with Double Twisting Skills** Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills	**Intermediate Standing Tumbling** Standing tumbling connected to back handspring(s)	**Intermediate Running Tumbling** Round- off back handspring(s), etc.
2.0-3.0	**3.0-4.5**	**3.0-4.0**	**3.0-4.0**	**3.0-4.0**
Advanced Group stunts or Advanced Coed Skills PLUS required ADVANCED dismount connected to a required skill (SEE PROGRESSION CHART FOR QUALIFYING SKILLS)	**Elite Pyramid Skills** Pyramids containing single or multiple structures incorporating a top person at 2-1/2 high level or multiple 2-1/2 people with minimal inverting & twisting & unique mounts & dismounts	**Flipping Tosses** Back tucks, layouts, pike open, front flipping toss	**Advanced Standing Tumbling** Standing tumbling connected to back tucks	**Advanced Running Tumbling** Round off back handspring tucks, etc.
3.0-4.5	**4.5-6.0**	**4.0-4.5**	**4.0-4.5**	**4.0-4.5**
Elite Group Stunts or Elite Coed Skills that do not meet the higher range requirements. (SEE PROGRESSION CHART FOR QUALIFYING SKILLS)	**Multiple Elite Pyramid Transitions and Structures by 2 or More people at 2-1/2 High that includes:** Numerous CONNECTED inverting and twisting and unique entries to the top of the pyramid AND numerous inverting and twisting and unique dismounts	**Two Position Flipping Tosses** Tuck X-out, Tuck split, layout split, kick layout straddle, pike open straddle, pike open split, layout full twist	**Elite Standing Tumbling** Standing tumbling connected to layouts and/or full Synchronized standing tumbling connected to layouts	**Elite Running Tumbling** Round-off back handspring layouts, full twists, or passes consisting of full twists or more.
4.5-6.0	**6.0-7.5**	**4.5-5.0**	**4.5-5.0**	**4.5-5.0**
Majority Unassisted Elite Coed Skills in a Single Section performed to a liberty variation/awesome PLUS required ELITE dismount connected to the required skill (SEE PROGRESSION CHART FOR QUALIFYING SKILL)	**Multiple Elite Pyramid Transitions and Structures by 2 or more people at 2-1/2 High that includes:** Numerous RELEASED inverting and twisting and unique entries to the top of the pyramid AND numerous inverting and twisting and unique dismounts	**Flipping Tosses with a Single Twist and Double Twisting Toss** Full Twisting Layout, Layout straddle full, layout split/kick full, tuck x-out full, tuck split/kick full, double full twisting layout	**Majority Synchronized Elite Standing Tumbling** Synchronized standing tumbling connected to a full	**Majority Synchronized Elite Running Tumbling** Synchronized running tumbling connected to full.
6.0-7.5				
Most Unassisted Elite Coed Skills in a Single Section performed to a liberty variation/awesome PLUS required ELITE dismount connected to the required skill (SEE PROGRESSION CHART FOR QUALIFYING SKILL) ***ALL SKILLS PERFORMED IN SINGLE SECTION MUST BE UNASSISTED**				

"Unassisted" is defined as the stunt being supported by only one base the majority of time the stunt is sustained overhead in one position. In addition, the base must provide primary support throughout the entire transition (i.e., a group stunt may not throw a top person to a single base and receive unassisted credit)

For the 6.0-7.5 Stunt range ALL skills performed in one section MUST be UNASSISTED or the score will drop to the 4.5-6.0 range or lower. This includes any skills performed above majority or most requirement. Once within a range, COED divisions are first driven by Unassisted COED skills, degree of difficulty, Immediate single arm or leg skills, number of stunts, number of bases, variety of skills, pace of skills.

Pyramid Clarification- In pyramids where multiple top persons maneuver to the top of a 2-1/2 high pyramid would only count as one inverting/twisting unique transition.

See Stunt Progressions for list of Novice, Intermediate, Advanced and Elite Skills

JUMPS
4.0
Single Jumps
4.5
Double Jump Combinations
5.0
Triple Jumps or Double Jumps plus a Single Jump, MUST include variety

* STANDING & RUNNING TUMBLING: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.

2024 – 2025 NCA COLLEGE SCORING GUIDELINES – ADVANCED SMALL COED

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team unless otherwise noted. Skills performed by less than a majority of the team will be awarded scores in a lower range.

STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING
1.0-3.0	**1.0-3.0**	**1.0-3.0**	**1.0-3.0**	**1.0-3.0**
Intermediate and Advanced Group and Coed Stunt Skills (SEE PROGRESSION CHART FOR QUALIFYING SKILLS)	**Advanced Pyramid Skills** Two High pyramids incorporating multiple 2-1/2 high transitions and multiple inverting & twisting & unique mounts and dismounts	**Non-Flipping Tosses with single full twisting skills** Toss single full twists, kick single full twists, etc. Note: a ¼ positioning move is allowed in twisting skills	**Intermediate Standing Tumbling** Standing tumbling connected to back handspring(s)	**Intermediate Running Tumbling** Round- off back handspring(s), etc.
3.0-4.5	**3.0-4.5**	**3.0-4.0**	**3.0-4.0**	**3.0-4.0**
Advanced Group stunts or Advanced Coed Skills PLUS required ADVANCED dismount connected to a required skill. (SEE PROGRESSION CHART FOR QUALIFYING SKILLS)	**Elite Pyramid Skills** Pyramids containing single or multiple structures incorporating a top person at 2-1/2 high level or multiple 2-1/2 people with minimal inverting & twisting & unique mounts & dismounts	**Non-Flipping Tosses with double full twisting skills** Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills	**Advanced Standing Tumbling** Standing tumbling connected to back tucks	**Advanced Running Tumbling** Round off back handspring tucks, etc.
4.5-6.0	**4.5-6.0**	**4.0-4.5**	**4.0-4.5**	**4.0-4.5**
Elite Group Stunts or Elite Coed Skills that do not meet the higher range requirements. (SEE PROGRESSION CHART FOR QUALIFYING SKILLS)	**Multiple Elite Pyramid Transitions and Structures by 2 or More people at 2-1/2 High that includes:** Numerous CONNECTED inverting and twisting and unique entries to the top of the pyramid AND numerous inverting and twisting and unique dismounts.	**Flipping Tosses** Back tucks, layouts, pike open, front flipping toss	**Elite Standing Tumbling** Standing tumbling connected to layouts and/or full Synchronized standing tumbling connected to layouts	**Elite Running Tumbling** Round-off back handspring layouts, full twists, or passes consisting of full twists or more.
6.0-7.5	**6.0-7.5**	**4.5-5.0**	**4.5-5.0**	**4.5-5.0**
Majority Unassisted Elite Coed Skills in a Single Section performed to a liberty variation/awesome PLUS required ELITE dismount connected to the required skill (SEE PROGRESSION CHART FOR QUALIFYING SKILLS)	**Multiple Elite Pyramid Transitions and Structures by 2 or more people at 2-1/2 High that includes:** Numerous RELEASED inverting and twisting and unique entries to the top of the pyramid AND numerous inverting and twisting and unique dismount	**Two Position Flipping Tosses** Tuck X-out, Tuck split, layout split, kick layout straddle, pike open straddle, pike open split, layout full twist. PLUS at least one additional toss from the following list: Layout straddle full, split/kick full, tuck x-out full, tuck, split/kick full, double full twisting layout.	**Majority Synchronized Elite Standing Tumbling** Synchronized standing tumbling connected to a full	**Majority Synchronized Elite Running Tumbling** Synchronized running tumbling connected to full.

"Unassisted" is defined as the stunt being supported by only one base the majority of time the stunt is sustained overhead in one position. In addition, the base must provide primary support throughout the entire transition (i.e., a group stunt may not throw a top person to a single base and receive unassisted credit)

For the 6.0-7.5 Stunt range **teams MUST demonstrate MAJORITY UNASSISTED coed** skills performed in one section using the majority chart. Other assisted or group stunts may also be performed in this single section to showcase athlete participation. If less than MAJORITY is performed UNASSISTED, the score will remain in the 4.5-6.0 range. Once within a range, COED divisions are first driven by Unassisted COED skills, degree of difficulty, Immediate single arm or leg skills, number of stunts, number of bases, variety of skills, pace of skills.

Pyramid Clarification- In pyramids where multiple top persons maneuver to the top of a 2-1/2 high pyramid would only count as one inverting/twisting unique transition.

See Stunt Progressions for list of Novice, Intermediate, Advanced and Elite Skills

JUMPS
4.0
Single Jumps
4.5
Double Jump Combinations
5.0
Triple Jumps or Double Jumps plus a Single Jump, MUST include variety

* STANDING & RUNNING TUMBLING: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.

7.16.2024

2024 – 2025 NCA COLLEGE SCORING GUIDELINES – ADVANCED ALL GIRL

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team unless otherwise noted. Skills performed by less than a majority of the team will be awarded scores in a lower range.

STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING
1.0-3.0	**1.0-3.0**	**1.0-3.0**	**1.0-3.0**	**1.0-3.0**
Advanced Group Stunts performed with advanced or elite dismounts.	**Advanced Pyramid Skills** Two High pyramids incorporating multiple 2-1/2 high transitions and multiple inverting & twisting & unique mounts and dismounts	**Non-Flipping Tosses with single full twisting skills** Toss single full twists, kick single full twists, etc. Note: a ¼ positioning move is allowed in twisting skills	**Intermediate Standing Tumbling** Standing tumbling connected to back handspring(s)	**Intermediate Running Tumbling** Round- off back handspring(s), etc.
3.0-4.5	**3.0-4.5**	**3.0-4.0**	**3.0-4.0**	**3.0-4.0**
Advanced Group Stunts connected to an elite dismount performed by MAJORITY in a single section.	**Elite Pyramid Skills** Pyramids containing single or multiple structures incorporating a top person at 2-1/2 high level or multiple 2-1/2 people with minimal inverting & twisting & unique mounts & dismounts	**Non-Flipping Tosses with double full twisting skills** Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills.	**Advanced Standing Tumbling** Standing tumbling connected to back tucks	**Advanced Running Tumbling** Round off back handspring tucks, etc.
4.5-6.0	**4.5-6.0**	**4.0-4.5**	**4.0-4.5**	**4.0-4.5**
Elite Group stunts or COED style single based variations of inverting/releasing and spinning skills to extended positions. Required Dismount: Elite Dismount connected to the above skill.	**Multiple Elite Pyramid Transitions and Structures by 2 or More people at 2-1/2 High that includes:** Numerous CONNECTED inverting and twisting and unique entries to the top of the pyramid AND numerous inverting and twisting and unique dismounts	**Flipping Tosses** Back tucks, layouts, pike open, front flipping toss	**Elite Standing Tumbling** Standing tumbling connected to layouts and/or full Synchronized standing tumbling connected to layouts	**Elite Running Tumbling** Round-off back handspring layouts, full twists, or passes consisting of full twists or more.
6.0-7.5	**6.0-7.5**	**4.5-5.0**	**4.5-5.0**	**4.5-5.0**
Elite Group stunts to an extended liberty variation or COED style single based variations of inverting/releasing and spinning skills to extended liberty variations/awesome. Required Dismount: Elite Dismount connected to the above skill. At least one required stunt connected to the required dismount must be performed by a MAJORITY in a single section.	**Multiple Elite Pyramid Transitions and Structures by 2 or more people at 2-1/2 High that includes:** Numerous RELEASED inverting and twisting and unique entries to the top of the pyramid AND numerous inverting and twisting and unique dismounts.	**Two Position Flipping Tosses** Tuck X-out, Tuck split, layout split, kick layout straddle, pike open straddle, pike open split, layout full twist	**Majority Synchronized Elite Standing Tumbling** Synchronized standing tumbling connected to a full	**Majority Synchronized Elite Running Tumbling** Synchronized running tumbling connected to full.

For the 6.0-7.5 Stunt range **ALL** skills performed in one section **MUST** be an elite skill with the connected required dismount performed by MAJORITY as stated in the guidelines

Pyramid Clarification- In pyramids where multiple top persons maneuver to the top of a 2-1/2 high pyramid would only count as one inverting/twisting unique transition.

Unless otherwise stated, group stunts are considered a group with 3 bases (including the spotter) for a total of 4 participants. Adding a 4th base does decrease the skills value to a lower scoring range.

See Stunt Progressions for list of Novice, Intermediate, Advanced and Elite Skills

JUMPS
4.0
Single Jumps
4.5
Double Jump Combinations
5.0
Triple Jumps or Double Jumps plus a Single Jump, MUST include variety

* STANDING & RUNNING TUMBLING: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.

2024 – 2025 NCA COLLEGE SCORING GUIDELINES – INTERMEDIATE LARGE COED

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team unless otherwise noted. Skills performed by less than a majority of the team will be awarded scores in a lower range.

STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING
1.0-2.0	**1.0-2.0**	**1.0-3.0**	**1.0-3.0**	**1.0-3.0**
Novice Stunt Skills Shoulder stands, extensions, chair sits, etc.	**Novice Pyramid Skills** 2 high, non-transitional	**Non flipping tosses** Toe touch, tuck arch, bottle rocket, etc.	**Novice Standing Tumbling** Back rolls, forward rolls, back walkovers, front walkovers, etc.	**Novice Running Tumbling** Round-offs, cartwheels, etc.
2.0-3.0	**2.0-3.0**	**3.0-4.0**	**3.0-4.0**	**3.0-4.0**
Intermediate Stunt Skills (SEE PROGRESSION CHART FOR QUALIFYING SKILLS)	**Intermediate Pyramid Skills** 2 high pyramids incorporating minimal to no 2 ½ high transitions and includes minimal incorporation of braced inverting and twisting and unique mounts and dismounts	**Non-Flipping tosses with single twisting skills** Toss full twists, kick full twists, etc.	**Intermediate Standing Tumbling** Standing back handspring(s) jump back handspring etc.	**Intermediate Running Tumbling** Round-off back handspring (s), etc.
3.0-4.0	**3.0-4.0**	**4.0-4.5**	**4.0-5.0**	**4.0-4.5**
Group Stunts and Assisted Advanced Coed Skills or other skills that do not meet the higher range requirements (SEE PROGRESSION CHART FOR QUALIFYING SKILLS)	**Advanced Pyramid Skills** 2 high pyramids incorporating MULTIPLE 2 ½ high transitions and MULTIPLE inverting and twisting and unique mounts and dismounts *Skills must EXECUTE through 2 ½ high to be considered 2 ½ high*	**Non-Flipping Tosses with double full twisting skills** Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills	**Advanced Standing Tumbling (synchronized by Majority)** Standing back handspring(s), jump back handspring etc. synchronized by majority.	**Advanced Running Tumbling** Round-off (back handspring) tucks, layouts etc.
				4.5-5.0
				Advanced Running Tumbling synchronized by Majority Round-off (back handspring) tucks, layouts etc.
4.0-5.0	**4.0-5.0**	**4.5-5.0**		
Majority Unassisted Advanced Coed Skills in a Single Section performed to a liberty variation/awesome PLUS required Advanced dismount connected to the required skill *ALL SKILLS PERFORMED IN ONE SECTION MUST BE UNASSISTED COED SKILLS*	**Advanced Pyramid Skills** 2 high pyramids incorporating MULTIPLE 2 ½ high transitions and MULTIPLE inverting and twisting and unique mounts and dismounts. MUST include use of coed style skills *Skills must EXECUTE through 2 ½ high to be considered 2 ½ high*	**Majority Non-Flipping Tosses with double full twisting skills in same section** Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills		

JUMPS

4.0	
Single Jumps	
4.5	
Double Jump Combinations	
5.0	
Triple Jumps or Double Jumps plus a Single Jump, MUST include variety	

"Unassisted" is defined as the stunt being supported by only one base the majority of time the stunt is sustained overhead in one position. In addition, the base must provide primary support throughout the entire transition (i.e., a group stunt may not throw a top person to a single base and receive unassisted credit)

For the 4.0-5.0 Stunt range **ALL** skills performed in one section **MUST** be UNASSISTED or the score will drop to the 3.0-4.0 range. This includes any skills performed above majority requirement. Once within a range, COED divisions are first driven by Unassisted COED skills, degree of difficulty, Immediate single arm or leg skills, number of stunts/number of bases, variety of skills, pace of skills.

* STANDING & RUNNING TUMBLING: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.

See INTERMEDIATE Stunt Progressions for list of Novice, Intermediate, Advanced ALL GIRL AND COED skills.

Pyramid Clarification- For a skill to be considered coed style for the range requirement, it must be a transition used for the range requirement. Basic load ins for the purpose of bracing will not be considered

Intermediate Rules

Teams Competing in the Intermediate Division must also adhere to USAcheer.org College Safety Rules in addition to the complete Intermediate Restrictions located in the NCA College Rulebook!

2024 – 2025 NCA COLLEGE SCORING GUIDELINES – INTERMEDIATE ALL GIRL

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team unless otherwise noted. Skills performed by less than a majority of the team will be awarded scores in a lower range.

STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING
1.0-3.0	**1.0-3.0**	**1.0-3.0**	**1.0-3.0**	**1.0-3.0**
Novice Stunt Skills (SEE STUNT PROGRESSIONS FOR LIST OF SKILLS)	**Novice Pyramid Skills** 2 high, non-transitional	**Non flipping tosses** Toe touch, tuck arch, bottle rocket, etc.	**Novice Standing Tumbling** Back rolls, forward rolls, back walkovers, front walkovers, etc.	**Novice Running Tumbling** Round-offs, cartwheels, etc.
3.0-4.0	**3.0-4.0**	**3.0-4.0**	**3.0-4.0**	**3.0-4.0**
Intermediate Stunt Skills incorporating a variety of inverting, twisting and unique mounts, dismounts and transitions. (SEE STUNT PROGRESSIONS FOR LIST OF SKILLS)	**Intermediate Pyramid Skills** 2 high pyramids incorporating minimal to no 2 ½ high transitions and includes minimal incorporation of braced inverting and twisting and unique mounts and dismounts	**Non-Flipping tosses with single twisting skills** Toss full twists, kick full twists, etc.	**Intermediate Standing Tumbling** Standing back handspring(s) jump back handspring etc.	**Intermediate Running Tumbling** Round-off back handspring (s), etc.
4.0-5.0	**4.0-5.0**	**4.0-4.5**	**4.0-5.0**	**4.0-4.5**
Advanced Stunt Skills incorporating a variety of multiple inverting, twisting, unique mounts, dismounts and other advanced level transitions. (SEE STUNT PROGRESSIONS FOR LIST OF SKILLS)	**Advanced Pyramid Skills** 2 high pyramids incorporating MULTIPLE 2 ½ high transitions and MULTIPLE inverting and twisting and unique mounts and dismounts. *Skills must EXECUTE through 2 ½ high to be considered 2 ½ high*	**Non-Flipping Tosses with double full twisting skills** Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills	**Advanced Standing Tumbling (synchronized by Majority)** Standing back handspring(s), jump back handspring etc. synchronized by majority.	**Advanced Running Tumbling** Round-off (back handspring) tucks, layouts etc.
		4.5-5.0		**4.5-5.0**
		Majority Non-Flipping Tosses with double full twisting skills in same section Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills		**Advanced Running Tumbling synchronized by Majority** Round-off (back handspring) tucks, layouts etc.

Stunt groups are defined as groups of FOUR with three bases (including the back spot) and a top person. Those utilizing more than three bases will be rewarded in a lower range for the corresponding skill. Those utilizing less bases can garner reward in a higher range for the corresponding skill.

Pyramid difficulty can vary based on the number of bracers or the timing in which a skill becomes braced ensuring skills meet the requirements/rules of the Intermediate division.

See our Intermediate Skill Progressions for a breakdown of skills for the Intermediate division.

JUMPS
4.0
Single Jumps
4.5
Double Jump Combinations
5.0
Triple Jumps or Double Jumps plus a Single Jump, MUST include variety

* STANDING TUMBLING and RUNNING TUMBLING: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.

Intermediate Rules
Teams Competing in the Intermediate Division must also adhere to USAcheer.org College Safety Rules in addition to the complete Intermediate Restrictions located in the NCA College Rulebook!

2024 – 2025 NCA COLLEGE SCORING GUIDELINES – INTERMEDIATE SMALL COED

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team unless otherwise noted. Skills performed by less than a majority of the team will be awarded scores in a lower range.

STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING
1.0-2.0	**1.0-2.0**	**1.0-3.0**	**1.0-3.0**	**1.0-3.0**
Novice Stunt Skills Shoulder stands, extensions, chair sits, etc.	**Novice Pyramid Skills** 2 high, non-transitional	**Non flipping tosses** Toe touch, tuck arch, bottle rocket, etc.	**Novice Standing Tumbling** Back rolls, forward rolls, back walkovers, front walkovers, etc.	**Novice Running Tumbling** Round-offs, cartwheels, etc.
2.0-3.0	**2.0-3.0**	**3.0-4.0**	**3.0-4.0**	**3.0-4.0**
Intermediate Stunt Skills (SEE PROGRESSION CHART FOR QUALIFYING SKILLS)	**Intermediate Pyramid Skills** 2 high pyramids incorporating minimal to no 2 ½ high transitions and includes minimal incorporation of braced inverting and twisting and unique mounts and dismounts	**Non-Flipping tosses with single twisting skills** Toss full twists, kick full twists, etc.	**Intermediate Standing Tumbling** Standing back handspring(s) jump back handspring etc.	**Intermediate Running Tumbling** Round-off back handspring (s), etc.
3.0-4.0	**3.0-4.0**	**4.0-4.5**	**4.0-5.0**	**4.0-4.5**
Group Stunts and Assisted Advanced Coed Skills or other skills that do not meet the higher range requirements (SEE PROGRESSION CHART FOR QUALIFYING SKILLS)	**Advanced Pyramid Skills** 2 high pyramids incorporating MULTIPLE 2 ½ high transitions and MULTIPLE inverting and twisting and unique mounts and dismounts *Skills must EXECUTE through 2 ½ high to be considered 2 ½ high*	**Non-Flipping Tosses with double full twisting skills** Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills	**Advanced Standing Tumbling (synchronized by Majority)** Standing back handspring(s), jump back handspring etc. synchronized by majority.	**Advanced Running Tumbling** Round-off (back handspring) tucks, layouts etc.
				4.5-5.0
				Advanced Running Tumbling synchronized by Majority Round-off (back handspring) tucks, layouts etc.
4.0-5.0	**4.0-5.0**	**4.5-5.0**		
Majority Unassisted Advanced Coed Skills in a Single Section performed to a liberty variation/awesome PLUS required Advanced dismount connected to the required skill	**Advanced Pyramid Skills** 2 high pyramids incorporating MULTIPLE 2 ½ high transitions and MULTIPLE inverting and twisting and unique mounts and dismounts. MUST include use of coed style skills *Skills must EXECUTE through 2 ½ high to be considered 2 ½ high*	**Majority Non-Flipping Tosses with double full twisting skills in same section** Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills		

JUMPS

4.0	
Single Jumps	
4.5	
Double Jump Combinations	
5.0	
Triple Jumps or Double Jumps plus a Single Jump, MUST include variety	

"Unassisted" is defined as the stunt being supported by only one base the majority of time the stunt is sustained overhead in one position. In addition, the base must provide primary support throughout the entire transition (i.e., a group stunt may not throw a top person to a single base and receive unassisted credit)

For the 4.0-5.0 Teams must demonstrate MAJORITY UNASSISTED Coed style skills performed in ONE section using the MAJORITY chart. Other assisted coed or group stunts may also be performed in this single section to showcase athlete participation. If less than a majority is performed unassisted, the score will remain in the 3.0-4.0 scoring range. Once within a range, COED divisions are first driven by Unassisted COED skills, degree of difficulty, Immediate single arm or leg skills, number of stunts/number of bases, variety of skills, pace of skills.

* STANDING & RUNNING TUMBLING: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.

See INTERMEDIATE Stunt Progressions for list of Novice, Intermediate, Advanced ALL GIRL AND COED skills.

Pyramid Clarification- For a skill to be considered coed style for the range requirement, it must be a transition used for the range requirement. Basic load ins for the purpose of bracing will not be considered

Intermediate Rules

Teams Competing in the Intermediate Division must also adhere to USAcheer.org College Safety Rules in addition to the complete Intermediate Restrictions located in the NCA College Rulebook!

2024-2025 Advanced COED Progressions and Majority/Most Chart

The below progressions are intended to be a guide to accompany the NCA College Scoring Guidelines. Skills listed in each category are Unassisted Coed unless otherwise stated. Any modification to the stunt group could impact the difficulty of a skill. Other factors include where a skills is caught, how a skill is caught and body positions. Disclaimer: NCA reserves the right to make all final rules and scoring

	INTERMEDIATE	ADVANCED	ELITE
INVERSION STYLE COED SKILLS	Connected Ground inversion to extended Ground Inversion Released to Prep Prep Level Released inversion to prep hand in hand inversions released to prep level Prep Level released inversion to Extended	Connected full twisting prep level inversion to prep or extended (pirouette) Ground inversion released to hand in hand Released Ground up inversion to extended (RO, BHS, FHS, Cartwheel) Released Ground up inversion to extended skill with ¼- ¾ twist Prep level Hand in Hand release to extended	Released Ground up inversion to extended skill with full twist Prep Level Released Inversion with ½-1 full twist to Extended FHS 1.5 Extended Hand in Hand release to Extended Hand in Hand Release full twist Diamodov to Extended Aerial 1.5 Handski BHS Double Up
TWISTING STYLE COED SKILLS	Walk In To Extended Full up to Prep Level ¼ to Arabesque Walk- In to 1 Arm Extended Full up to Extended Hands Full around to Extended	Full up to Extended Single Leg Full Up to 1 arm Extended Hands full around to Extended Single Leg	High to High Full around to Extended 1.5 up to Extended Hands 1.5 to Extended Hands double to Extended Double up to Extended
RELEASE STYLE COED SKILLS	Toss to Extension Toss to prep press to 1-arm Extended Low to High Release to Extended Twist Release to below prep level skill	High to High Released Skills Pop Over Toss One Arm Extended Twist Release to Prep Level Twisting Tic Toc to skill (Low to High)	Rewind High to High Full Twist Release Skills Toss to Invert (Pop Tart) Fast Forward/Front to Stunt 1 Arm Rewind Side Sumi Stunt Flip to Stunt (Shotgun) Twisting Rewinds
COED DISMOUNTS		Full Twisting Dismount (released) to ground or cradle Front flip to Cradle Back ¾ to Prone	Double Twisting dismount (released) to cradle Back Flip to Cradle Front Flip Full Twist To Cradle Back ¾ Flip with half/full Twist Back Flip Full Twisting Dismount

#Athletes	Group Stunt	Pyramid	Toss	Coed Style		Tumbling
				MAJ	MOST	
10-11	2	2	2	2	3	6
12-13	2	2	2	3	3	7
14	2	2	2	3	4	8
15	3	3	2	3	4	8
16	3	3	2	3	4	9
17	3	3	2	3	5	9
18	3	3	2	4	5	10
19	3	3	3	4	5	10
20	3	3	3	4	5	11

*Disclaimer: NCA reserves the right to make all final rules and scoring decisions

Using this chart, the numbers listed specify majority/most assuming groups are used as defined below. Any deviation from the traditional number of athletes invloved would CHANGE the total number of groups needed for Group Stunt, pyramids, tosses, or COED style skills. Keep in mind these numbers ony list the minimum required to get INTO a range. Other factors such as difficulty of skill and team participation can affect your score once within a range.

GROUP STUNT- A traditional group of 4 athletes
Toss- A traditional group of 4 athletes PLUS a front spottter
COED STYLE- A group of 3 athletes (assisted or unassisted) using a COED entry (TOSS or WALK IN)
SINGLE BASE- Group Stunts performed as a group 3 not using a COED entry

Updatede as of: 11/6/2024

2024-2025 Advanced Group Stunt Progressions and Majority/Most Chart

The below progressions are intended to be a guide to accompany the NCA College Scoring Guidelines. Skills listed in each category are based on group stunts unless otherwise stated. Any modification to the stunt group could impact the difficulty of a skill. Other factors include where a skills is caught, how a skill is caught and body positions. Disclaimer: NCA reserves the right to make all final rules and scoring

	INTERMEDIATE	ADVANCED	ELITE
INVERSION STYLE SKILLS	Released inversion to prep level Connected Ground inversion to extended Prep Level Released inversion to Extended	Connected ground up inversion with modified twisting skill to prep or extended Released inversions with ¼ - ½ twist to prep level single leg skill Creative hand in hand inversions released to prep level (EX. Diamodov) Connected Ground up inversion with 1 full twist or 1¼ twist Ground inversion release to prep level hand in Hand Released Ground up inversion to extended Released Ground up inversion to extended skill with ¼- ¾ twist Prep Level Hand in Hand inversion Released to Extended	Released Ground up inversion with full twist to extended Released Inversion with 1 full twist to extended Extended Hand in Hand released to extended FHS 1.5 Hand in Hand Inversion Release full twist Aerial 1.5 BHS double up
TWISTING STYLE SKILLS	Modified full twisting stunt to single leg Full twisting to extended Full twisting to extended single leg Hands full around to prep	Hands full around to extended 1-1/4 twisting to extended 1-1/4 twisting to extended single leg skill Full up single based to extended 1.5 twisting to extended Hands 1.5 to Extended Double up to extended High to High Full around Quick Toss Full Up	Hands Double Around to Extended High to High 1.5 to Extended Quick toss Double Up
RELEASE STYLE SKILLS	Low to high released skills Switch up to extended single leg skill Twist release to prep level or below High to high releases lib to lib Single based toss to hand	High to high released skills lib to body position High to high body position to body position Full Twisting release to prep level Switch up to extended single leg skill with ¼ - ¾ twist Single Based toss to extended Low to high released skills with a twist ¼- ¾ High to high released skills with a twist ¼- ¾	Rewind Full twist release at extended (high to high) Ground toss to invert Side sumi Shotgun (stunt flip to stunt) Twisting Rewinds
DISMOUNTS	¼ twisting dismount to cradle Transitions to cradle or prone	Full twisting dismount to cradle Full twisting pop off Kick full dismount Front flip to Cradle Back ¾ to prone	Double Twisting dismounts Front Full Twist to cradle Back ¾ with half/full twist Back flip full twisting dismount

#Athletes	Group Stunt	Pyramid	Toss	Coed Style		Tumbling
				MAJ	**MOST**	
10-11	2	2	2	2	3	6
12-13	2	2	2	3	3	7
14	2	2	2	3	4	8
15	3	3	2	3	4	8
16	3	3	2	3	4	9
17	3	3	2	3	5	9
18	3	3	2	4	5	10
19	3	3	3	4	5	10
20	3	3	3	4	5	11

*Disclaimer: NCA reserves the right to make all final rules and scoring decisions
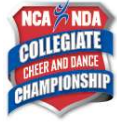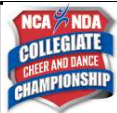
Using this chart, the numbers listed specify majority/most assuming groups are used as defined below. Any deviation from the traditional number of athletes invloved would CHANGE the total number of groups needed for Group Stunt, pyramids, tosses, or COED style skills. Keep in mind these numbers ony list the minimum required to get INTO a range. Other factors such as difficulty of skill and team participation can affect your score once within a range.

GROUP STUNT- A traditional group of 4 athletes
Toss- A traditional group of 4 athletes PLUS a front spottter
COED STYLE- A group of 3 athletes (assisted or unassisted) using a COED entry (TOSS or WALK-IN)

Updated as of: 11/6/2024

2024-2025 Intermediate COED Progressions and Majority/Most Chart

The below progressions are intended to be a guide to accompany the NCA College Scoring Guidelines. Skills listed in each category are Unassisted Coed unless otherwise stated. Any modification to the stunt group could impact the difficulty of a skill. Other factors include where a skills is caught, how a skill is caught and body positions. Disclaimer: NCA reserves the right to make all final rules and scoring

|	NOVICE	INTERMEDIATE	ADVANCED
INVERSION STYLE COED SKILLS	Connected ground inversions landing at prep level Below extended level inversions to the ground (Yo-Yo, Back Walkover, etc)	Connected Ground inversion to extended Ground Inversion Released to Prep Prep Level Released inversion to prep hand in hand inversions released to prep level	Creative hand in hand inversions released to prep level (EX. Diamodov, forward release) Connected Ground up inversion with 1 full twist or 1¼ twist Ground inversion release to prep level hand in Hand
TWISTING STYLE COED SKILLS	Walk- In to Prep Level	Walk In To Extended Full up to Prep Level ¼ to Arabesque Full up to Extended Hands Full around press to Extended	Walk- In to 1 Arm Extended Full up to Extended Single Leg (modified) Full Up to 1 arm Extended (modified) Hands full around to Extended
RELEASE STYLE COED SKILLS	Toss to Prep Level Prep Level Or Below Tic Toc to skill Toss to Prep press Extended	Toss to Extension Toss to prep press to 1-arm Extended Low to High Release to Extended Twist Release to below prep level	Toss to Single Leg Twist Release to Prep Level High to High Released Skills Pop Over Toss One Arm Extended
COED DISMOUNTS	Pop offs		Full Twisting Dismount (released) to ground or cradle

#Athletes	Group Stunt	Pyramid	Toss	Coed Style		Tumbling
				MAJ	**MOST**	
10-11	2	2	2	2	3	6
12-13	2	2	2	3	3	7
14	2	2	2	3	4	8
15	3	3	2	3	4	8
16	3	3	2	3	4	9
17	3	3	2	3	5	9
18	3	3	2	4	5	10
19	3	3	3	4	5	10
20	3	3	3	4	5	11
Disclaimer: NCA reserves the right to make all final rules and scoring decisions						

Using this chart, the numbers listed specify majority/most assuming groups are used as defined below. Any deviation from the traditional number of athletes invloved would CHANGE the total number of groups needed for Group Stunt, pyramids, tosses, or COED style skills. Keep in mind these numbers ony list the minimum required to get INTO a range. Other factors such as difficulty of skill and team participation can affect your score once within a range.

GROUP STUNT- A traditional group of 4 athletes
Toss- A traditional group of 4 athletes PLUS a front spotter
COED STYLE- A group of 3 athletes (assisted or unassisted) using a COED entry (TOSS or WALK-IN)
SINGLE BASE- Group Stunts performed as a group 3 not using a COED entry

Updated as of: 11/6/2024
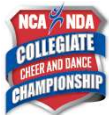
2024-2025 Intermediate Group Stunt Progressions and Majority/Most Chart

The below progressions are intended to be a guide to accompany the NCA College Scoring Guidelines. Skills listed in each category are based on group stunts unless otherwise stated. Any modification to the stunt group could impact the difficulty of a skill. Other factors include where a skills is caught, how a skill is caught and body positions. Disclaimer: NCA reserves the right to make all final rules and scoring

	NOVICE	INTERMEDIATE	ADVANCED
INVERSION STYLE SKILLS	Connected inversions landing below prep level Released inversions landing below prep level Below extended level inversions to the ground (Yo-Yo, Back Walkover, etc)	Released inversion to prep level Connected Ground inversion to extended	Connected ground up inversion with modified twisting skill to prep or extended Released inversions with ¼ - ½ twist to prep level single leg skill Creative hand in hand inversions released to prep level (EX. Diamodov/forward released) Connected Ground up inversion with 1 full twist or 1¼ twist Ground inversion release to prep level hand in Hand
TWISTING STYLE SKILLS	Twisting skills below extended level ½ twisting to extended single leg stunt Modified full twisting stunt to 2 feet	Modified full twisting stunt to single leg Full twisting to extended Hands full around to prep	Full twisting to extended single leg Hands full around to extended 1-1/4 twisting to extended 1-1/4 twisting to extended single leg skill Full up single based to extended High to High Full around
RELEASE STYLE SKILLS	Release skills landing at prep level or below (Ball up, quick toss, switch up)	Low to high released skills Switch up to extended single leg skill Twist release to prep level or below High to high releases lib to lib Single based toss to hands	High to high released skills lib to body position High to high body position to body position Full Twisting release to prep level Switch up to extended single leg skill with ¼ - ¾ twist Single Based toss to extended Low to high released skills with a twist ¼- ¾ High to high released skills with a twist ¼- ¾
DISMOUNTS	Bump downs Pop offs	¼ twisting dismount to cradle Transitions to cradle or prone	Full twisting dismount to cradle Full twisting pop off Kick full dismount

| #Athletes	Group Stunt	Pyramid	Toss	Coed Style		Tumbling
				MAJ	MOST	
10-11	2	2	2	2	3	6
12-13	2	2	2	3	3	7
14	2	2	2	3	4	8
15	3	3	2	3	4	8
16	3	3	2	3	4	9
17	3	3	2	3	5	9
18	3	3	2	4	5	10
19	3	3	3	4	5	10
20	3	3	3	4	5	11
*Disclaimer: NCA reserves the right to make all final rules and scoring decisions						

Using this chart, the numbers listed specify majority/most assuming groups are used as defined below. Any deviation from the traditional number of athletes invloved would CHANGE the total number of groups needed for Group Stunt, pyramids, tosses, or COED style skills. Keep in mind these numbers ony list the minimum required to get INTO a range. Other factors such as difficulty of skill and team participation can affect your score once within a range.

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SINGLE BASE- Group Stunts performed as a group 3 not using a COED entry

COLLEGE COMPETITION RULES

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

DANCE
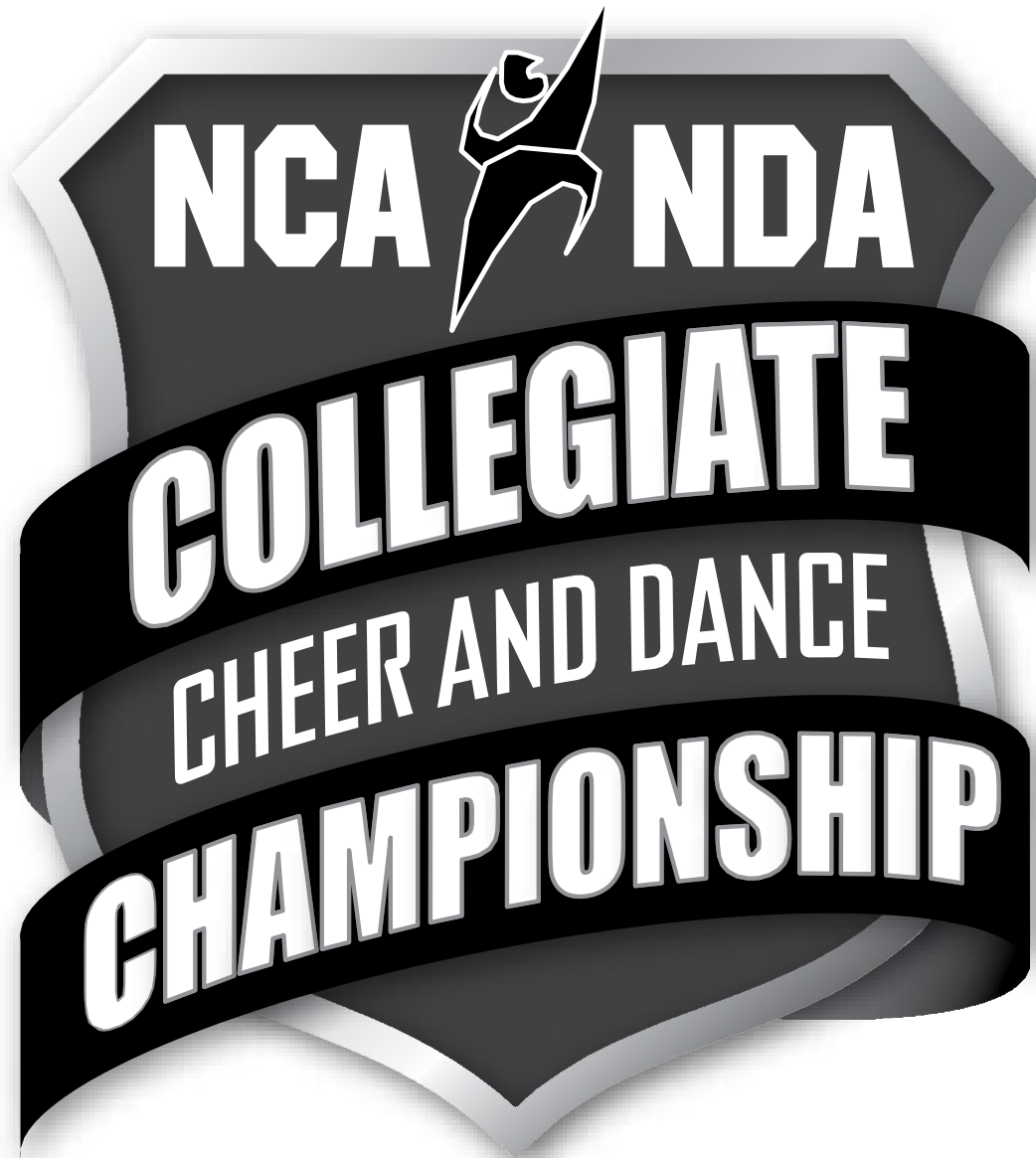
COLLEGE COMPETITION RULES

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ROUTINE REQUIREMENTS

1. Teams must have at least 7 members. Any person on the performance floor is considered a team member.
2. Teams competing in the Team Performance Division will perform a choreographed routine not to exceed 2 minutes and 15 seconds (2:15) to demonstrate their style and expertise. Teams competing in the Jazz, Pom and Hip Hop Divisions will perform a choreographed routine not to exceed 2 minutes (2:00) to demonstrate their style and expertise. Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever comes last. Teams must exit the performance area immediately following the Routine.
3. Formal entrances which involve dance or technical skills are not permitted. Dancers should enter the performance area in a timely fashion. Entrances/exits will not be judged as part of the routine.
4. All performers (unless injured) must remain within the performance area throughout the entire performance. Dancers can only enter and exit through the designated entry and exit points.
5. Substitutions may be made in the event of any injury or other serious circumstance.
6. The team's name will be called twice: once as the team is on deck and once as the performing team.

PERFORMANCE AREA

All dance teams competing in the NCA & NDA Collegiate Cheer and Dance Championship will perform on Marley. Each panel will be 38' deep x 4'11'' wide. Due to the outdoor location of Hip Hop Finals, the floor may become 'tacky' when performing with shoes that have more traction due to heat and humidity. Dance floor dimensions are as follows:

- Practice Room: 10 strips
- Ocean Center (All Prelims & Finals): 10 strips
- Band Shell (Hip Hop Finals): 10 strips

COLLEGIATE EXPECTATIONS

CHOREOGRAPHY

All facets of a performance or routine, including choreography, costuming and music selection should be suitable for family viewing and listening. Any music in which the appropriateness is questionable or with which uncertainty exists should be submitted to NDA for approval.

A deduction of .2 per violation, will be given for vulgar or suggestive choreography or costuming, which includes but is not limited to movements such as hip thrusting and inappropriate touching, 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 swearwords 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 with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.

Because multiple performances of a Routine when compared to one another will generally lack distinction, NDA is not able to approve with absoluteness the appropriateness of choreography (since movements can be easily modified, NDA 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 NDA for feedback.

MUSIC

Deductions will be given for music or words unsuitable for family listening, which includes but is not limited to swearwords 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 with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.

COLLEGE COMPETITION RULES

INTERRUPTION OF PERFORMANCE DUE TO MUSIC

In the event a technical error causes a team's music to be interrupted, the coach will have the opportunity to stop the performance and begin again immediately. It is recommended that coaches have backup music with them at the music table. Judging and timing will resume from the point at which the malfunction occurred as determined by the judges. In the event a music error caused by the coach occurs, the performance may be stopped and begun again immediately; however, timing of the routine will NOT be stopped, and, in most cases, a time penalty will occur.
Judging will resume from the point at which the interruption occurred as determined by the judges.

DANCE COSTUME REQUIREMENTS

In general, appropriate attire is required during officially designated practice times, performances and awards ceremonies. NDA reserves the right to make rulings and enforce compliance regarding any participant's attire during these times. It is the combination of garments worn that can deem an outfit appropriate or inappropriate. This should be taken into consideration more so than the individual guidelines outlines below. Any costume in which the appropriateness is questionable should be submitted to NDA for approval.

Shoes, on both feet, are recommended but not required while on the performance surface. Please note that should dancers choose to wear shoes, anything with wheels is not allowed (example: roller skate, roller blades, Heelys, etc.). Wearing socks and or footed tights only is not allowed. Warning: Due to the outdoor location of Hip Hop Finals, the dance floor may become extremely hot. We recommend footwear conducive to performing on a hot surface.
Jewelry as a part of a costume is allowed.

The following guidelines should assist in defining what is appropriate but should not be deemed a comprehensive and exclusive list. What is appropriate includes but is not limited to the list below.
No risqué, sexually provocative or lingerie-looking or inspired costumes or garments
Garments/items should be secure to eliminate any possibility of "wardrobe malfunction"
* Appropriate undergarments must be worn
* Exercise good judgment when using sheer material in the costume and use it in an appropriate fashion.
* No "bra" style or size tops
* No extremely low-cut necklines
* No excessively bare or backless costumes
* No "tube tops"
* Skirts and/or pants must cover the hips at the waistband
* Skirts must completely cover briefs when feet are shoulder width apart
* Briefs must completely cover the buttocks

UNIFORM DISTRACTIONS

The Legality Official, Head Judge or NDA Official reserves the right to stop a routine, assess a deduction, and/or disqualify a team due to a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance. Leaving the performance floor to adjust a uniform may result in a Rule Infraction assessable from a .1 to a .5 deduction or disqualification depending on the amount of distraction and/or inappropriate exposure. In the event that a uniform malfunction causes a team's routine to be interrupted during Final Competition, a decision will be made based on the specific situation whether or not there is sufficient time, and/or it is feasible for the team to perform the routine again. If performing again is not possible, scores will be based on the team's performance prior to the uniform malfunction.

EACH TEAM IS STRONGLY ENCOURAGED TO SEEK PRE-APPROVAL ON ANY QUESTIONABLE ITEMS. THESE ARE SUBJECTIVE MATTERS AND OPINIONS AND INTERPRETATIONS VARY, BUT IT WILL ULTIMATELY BE THE RESPONSIBILITY OF THE JUDGES TO DETERMINE A FINAL RULING IF NOT APPROVED IN ADVANCE. AS A SAFETY MEASURE, WE ENCOURAGE EACH TEAM TO BRING AN ALTERNATE, CONSERVATIVE COSTUME IN THE EVENT A WARNING OR PENALTY IS ASSESSED.

COLLEGE COMPETITION RULES

PROPS

Poms, handheld props, and costuming may be used. Wearable and handheld items are allowed in all categories and can be removed and discarded from the body in a safe and controlled manner. If taken off and danced with, it becomes a prop. Standing items such as chairs, stools, ladders, etc. are not allowed. If you are unsure if your prop falls within the given definition, please contact the NDA office. Props may not be "stored" in the offstage wings of the performance space.

Please see Spirt Rally section on page 50 for Prop rules specific to Spirit Rally Division.

COLLEGE COMPETITION RULES

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COLLEGE DANCE DIVISIONS

All teams will be required to compete in Divisions according to NCAA or NAIA Football classifications. Schools that do not have football programs will compete in Divisions according to the school's NCAA or NAIA Basketball program classifications.

1. Every member of every team representing a school must meet NDA's current eligibility requirements.
2. Teams in these divisions must follow the NDA Collegiate Dance Safety Rules.
3. Teams are limited to a maximum of twenty participants and must have a minimum of seven participants. A .5 general rule deduction will be given for below the minimum participant number.
4. A team may not enter more than two (2) divisions, and a team may not compete the same routine in more than one division.
5. At the discretion of NDA, divisions within categories may be combined based upon the number of teams registered. (Example: Pom Division II & Pom Division III may be combined into Pom Open Division).
6. A dancer may not compete in more than two (2) division categories.
7. Teams from the same school can enter the same Division; however, only the top scoring team may advance to Finals should scores warrant.

NOTE: All Teams transitioning from one athletic division to another will remain in their CURRENT division until the respective school's administration provides documentation, they have completed their transition into the new division AND the football team (or basketball team if there is not a football team) is eligible to complete for post-season play in the new division.

Beginning in 2026, both cheer and dance teams at schools transitioning to a new athletic division (Example: moving from Division I to Division IA) will begin competing in that new division at our championship as soon as the school's football/basketball teams begin competing at the new division/conference level. There will no longer be a "transition period" allowed.

Division	Part. #	Category	Time Limit	International School Enrollment
Division IA (FBS) Football Schools	7-20 members	TP*, Jazz, Pom, Hip Hop, SR*, GMD***	2 minutes */***	20,000 or above
Division I (FCS) Football Schools, or do not have football and compete in Division I basketball	7-20 members	TP*, Jazz, Pom, Hip Hop, SR*, GMD***	2 minutes */***	10,000 - 19,999
Division II	7-20 members	TP*, Jazz, Pom, Hip Hop, SR*, GMD***	2 minutes */***	5,000 - 9,999
Division III	7-20 members	TP*, Jazz, Pom, Hip Hop, SR*, GMD***	2 minutes */***	Less than 5,000
Junior College	2-20 members	TP*, Jazz, Pom, Hip Hop, SR*, GMD***	2 minutes */***	N/A
NAIA	2-20 members	TP*, Jazz, Pom, Hip Hop, SR8, GMD***	2 minutes */***	N/A

TP = Team Performance   SR = Spirit Rally
*All Team Performance Category and Spirit Rally Division time limits are 2 minutes 15 seconds (2:15)

GMD = Game Day ***All Game Day Division time limits are 3 minutes (3:00)
***Note:** At NDA's discretion, divisions will be combined into open divisions if there are not at least 3 teams registered within the split divisions.*

COLLEGE COMPETITION RULES

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SELECTION OF FINALISTS AND PERFORMANCE ORDER

The number of finalists in each Division will be determined by the number of teams registered in that Division prior to the start of the competition as well as allowable time available for Finals. Late or canceled registrations that occur once the competition begins will not affect the predetermined number of finalists. For Preliminary Competition, a team's performance order will be determined by how they qualified and when they registered for the event. For Final Competition, teams will perform in reverse order of their preliminary ranking (e.g. Teams finishing first in the Preliminary Competition will compete last in the Final Competition). Note: All teams in the Team Performance Divisions will advance to Finals.

COMPETITION SAFETY GUIDELINES

1. Competition will be held indoors. Hip Hop Finals could be held outdoors, so wind and/or sun could be a factor. Practice and prepare accordingly.
2. All staging, backdrops, special effects, costumes, or any items that may damage or otherwise alter the performance floor or environment, including the practice area and backstage, are prohibited, including but not limited to water, baby powder, feathers, sliding oil, fire, etc.

GENERAL SAFETY GUIDELINES

1. All teams must be supervised during all official functions by a qualified coach/instructor.
2. Coaches/Instructors must require proficiency before skill progression. Coaches must consider the dancer and team skill level with regard to proper performance placement.
3. All programs should have, and review, an emergency action plan in the event of an injury.
4. No technical skills should be performed when a coach is not present or providing direct supervision.
5. All practice sessions should be held in a location suitable for the activities of dance, and away from noise and distractions.
6. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
7. The performance surface should be taken into consideration before engaging in any technical aspect of dance. The performing area should be reasonably free of obstructions.
   Dancers should not perform technical skills on:
   - concrete, asphalt, or any other hard, uncovered surface
   - wet surfaces
   - uneven surfaces
   - surfaces with obstructions

TUMBLING SKILLS (EXECUTED BY INDIVIDUALS)

1. Hip over-head rotation skills with hand support are not allowed while holding poms/props in the supporting hand. (Exception: Forward rolls and backward rolls are allowed).
   a. The proper use of hands-free poms for hip over-head skills is allowed. *Please reference the Hands-Free Poms section for more details*
2. Hip over-head rotation skills with hand support that are not airborne in approach are limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed; 4 are not allowed).
3. Hip over-head rotation skills with hand support that are airborne in approach OR hip over-head rotation skills without hand support are allowed provided the following:
   a. May not connect to any other hip over-head rotation skill
      i. Clarification: This includes ALL hip over-head rotation skills with or without hand support, airborne or nonairborne.
   b. Involves no more than one twisting transition
   c. Standing full twisting back flip will not be permitted
   d. Clarification: Dive rolls are allowed if peak does not surpass shoulder height, and the dancer first bears weight on the hand(s) before head/neck/shoulders make contact with performance surface.

COLLEGE COMPETITION RULES

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

4. Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
5. Choreographed drops/landings to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
6. Landing in a push-up position on the performance surface is allowed from a standing or kneeling position or from a jump with forward momentum. All variations of a shushanova are not allowed.

*Below are some examples of commonly known dance skills. This does NOT mean that they are required for your routine, nor does this list encompass all skills that are legal/illegal. The above rules still apply *

<u>ALLOWED:</u>

Aerial Cartwheels	Front Aerials
Back Handsprings	Front Handsprings
Standing Front Tucks	Front/Back Walkovers
Round Offs (with or without hands)	Side Somi
Head Spins	Standing Back Tucks
Forward Rolls	Backward Rolls
Windmills	Kip Ups
Shoulder Rolls	Cartwheels
Headstands	Headsprings (with or without hands)
Handstands	Backbends
Stalls/Freeze	

<u>NOT ALLOWED</u>

Shushanova	Cartwheel/Round Off Back Handspring
Layouts	Cartwheel Round Off Back Tuck
Toe Pitch Back Tucks	

DANCE LIFTS AND PARTNERING (EXECUTED BY GROUPS OR PAIRS)

DANCE LIFTS AND PARTNERING ARE PERMITTED AND ARE DEFINED BELOW:

1. The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface (exception: kick line leaps/jumps, partner aerial cartwheels, and partner kip ups).
2. At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above shoulder level.
   a. Lifting with poms is allowed.
   b. Extensions, pyramids, and basket tosses are NOT allowed.
3. Hip overhead rotation of the Executing Dancer(s) is allowed if a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.
4. A Vertical Inversion is allowed if:
   a. The Supporting Dancer(s) maintains contact until the Executing Dancer returns to the performance surface or returns to the upright position.
   b. When the height of the Executing Dancer's shoulders exceeds shoulder level there is at least one additional dancer to spot who does not bear weight. (Exception: When there are 3 or more Supporting Dancers, an additional spotter is not required.)

UNASSISTED DISMOUNTS TO THE PERFORMANCE SURFACE

1. An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) if:
   a. The highest point of the release (when supporting dancer releases contact from executing dancer) does not elevate the Executing Dancer's hips above head level. The Executing Dancer's hips may not cross the vertical axis after the release if airborne and/or inverted.
   b. Toe pitches are not allowed.

COLLEGE COMPETITION RULES

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2. The Supporting Dancer(s) may toss an Executing Dancer if:
   a. The highest point of the toss does not elevate the Executing Dancer's hips above head level. B
   b. Executing Dancer may be supine or inverted when released but s/he must land on their foot/feet.
   c. The Executing dancer's hips may not cross the vertical axis while airborne and/or inverted.
   d. Toe pitches are not allowed. (See glossary).

DEDUCTIONS

Scores for each caption will range from 0-10, including tenths of points (i.e. 5.5, 9.2, etc.). The maximum number of points on each score sheet does not total 100, so the scores will be entered into a computer that will add the raw totals, average them, and then convert the average score into a 100 point scale. All penalties will be deducted from the converted 100 point scale score to get the FINAL SCORE.

MAJOR FALLS

Serious falls incurred by one or more dancers that could result in injury or falls from a lift to the performance surface will result in a .5 deduction for each incident. Note: these falls are typically a result of dancers performing skills beyond their proficiency.

TIME LIMIT VIOLATIONS

- Team Performance Division time limit = 2 minutes and 15 seconds (2:15)
- Jazz, Pom and Hip Hop Division time limit = 2 minutes (2:00)

Time limit violations (for both the music portion and/or total Routine time) are as follows:
- 3 - 5 seconds over time will result in a .5 deduction
- 6 - 10 seconds over time will result in a 1.5 deduction
- 11 or more seconds over time will result in a 2.5 deduction

A two (2) second buffer is allowed for human and/or mechanical error.

A deduction will be given for EACH safety/general competition rule violation. The point value of this deduction will range from .25 to 2.5, depending upon the severity of the violation (i.e. a .25 penalty will be assessed for non-costume jewelry). Safety Violations are in effect until the team leaves the performance floor. Please read and study the appropriate NDA Safety Rules section to ensure your team does not have any safety violations. NDA reserves the right to make decisions on any violations not covered in this book and interpretation of rules covered. Deductions and/or penalties are assessed at the sole discretion of the judges based on the criteria set forth in this book. All judges' decisions are final. Ties will not be broken. Tying teams will share the title and/or ranking.

Note: Legality Officials may issue warnings for perceived or possible violations during preliminary performance. Teams must then verify compliance with the Judge Liaison or make appropriate changes as approved by the Judge Liaison prior to the next performance. Legality Officials will not issue any deductions for corrected warnings during the remaining performances. DEDUCTIONS WILL BE ISSUED IN PRELIMS FOR BLATANT VIOLATIONS.

Any deductions for time violations, safety/general rule violations, inappropriate choreography/music or costuming will be subtracted from the FINAL averaged score.

COLLEGE COMPETITION RULES

NDA LEGALITY VERIFICATION

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

- All questions must be in written form.
- Due to the differences in interpretation and terminology, no phone calls will be accepted.
- Due to variance in camera angles/perspective, rulings on videos are not guaranteed. It is ultimately up to the final ruling of the Safety Judges on-site.
- Do not rely on prior rulings from NCA & NDA Championships.
- Legality rulings will not be provided with a digital dance critique, a separate legality verification must be submitted.
- A separate video must be submitted for each Competition to ensure legality.
- For all Legality questions, you must send a video that contains the skill in question.
- Video must include the following:
  - Front, side and back view of skill.
  - Name of the Championship where you will be performing skill and the Division you will be performing in.
  - Include your name, team name, email and phone number with your video.
  - Do not send the entire Routine, only the skill(s) in question. Your video will be kept on file at NCA & NDA.
- Costume approval must be submitted in photograph format with at least one (1) athlete wearing the costume in question. Front and back view of costume must be shown. Official approval cannot be given to sketches or drawings.
- Music approval must be submitted in mp3 or WAV format.

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

VIDEOS MUST BE RECEIVED IN THE NCA & NDA OFFICE at least **THREE WEEKS PRIOR** to the championship. Videos not received in the NDA office three weeks prior to the championship date will **NOT** be reviewed.

You must email your videos to: ndascoring@varsity.com

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

JUDGING PANELS

COLLEGE COMPETITION RULES

HEAD JUDGE

The Head Judge is responsible for overseeing the Panel Judges. Each Head Judge fills out his/her own score sheet for each performance. Select divisions may have a non-scoring Head Judge. Decisions made by Head Judges are final.

PANEL JUDGES

Panel Judges are responsible for scoring each team's performance based on the NDA score sheet. Each Panel Judge fills out his/her own score sheet for each performance. Panel Judges do not determine or judge deductions or safety violations. Decisions made by Panel Judges are reviewed by the Head Judge and deemed final.

LEGALITY OFFICIAL

The Legality Official is responsible for administering all safety/general competition rule violations. Decisions made by the Legality Official are final.

CATEGORY DESCRIPTIONS

TEAM PERFORMANCE

- Prelims AND Finals for this division will be conducted indoors.
- Routine is not to exceed 2 minutes and 15 seconds (2:15).
- Routines must incorporate at least 30 consecutive seconds of Jazz, Pom and Hip Hop. Each style will be judged. See jazz, hip hop, and pom category descriptions below for additional details.
- Poms and/or hand-held props may be used in this category but are not required.
- A Routine Outline must be submitted at check-in.
- See score sheet and range of scores for more information.

Dance teams competing at the NCA & NDA Collegiate Cheer and Dance Championship will be required to submit at check-in a Routine Outline for their Team Performance routine, consisting of a breakdown in minutes/seconds of the style of dance being performed at that time. A Routine Outline sample will be included in the Confirmation Packet sent prior to the Championship. While a team is competing, the Legality Official will reference the team's outline to determine that 30 CONSECUTIVE SECONDS of each style of dance (jazz, pom and hip hop) have been met. If the Legality Official, as well as the judging panel, does not think the Routine meets the above requirements, a .2 general rule deduction may occur. Judges' decisions are final. Teams in the Jazz, Pom and Hip Hop Divisions are excluded from the above.

JAZZ

1. Prelims AND Finals for this Division will be conducted indoors.
2. Routine is not to exceed 2 minutes (2:00).
3. Routines may incorporate stylized dance movement and combinations. Emphasis is placed on proper movement execution, extension, control, body placement and team uniformity. Leaps, turns, and all other technical elements will be scored in the Technical Elements caption on the score sheet.
4. See score sheet and range of scores for more information.

HIP HOP

1. Prelims AND Finals for this Division may be conducted indoors and/or outdoors.
2. Routine is not to exceed 2 minutes (2:00).
3. Routine may incorporate street style movements, such as, but not limited to breaking, popping, locking, krumping, etc.
4. Emphasis is placed on authentic stylized technique, a grounded approach and attention to backbeat while incorporating technical skills, musicality, creativity, flow, control, and overall quality of movement.
5. See score sheet and range of scores for more information.

COLLEGE COMPETITION RULES

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POM
1. Prelims AND Finals for this Division will be conducted indoors.
2. Routine is not to exceed 2 minutes (2:00).
3. Routines must use poms in 80% of the routine. Males are not required to use poms.
4. Characteristics of a pom routine include synchronization, visual effects, and clean/precise motions. Visual effects include level changes, group work, opposing motions, formation changes, etc.
5. See score sheet and range of scores for more information.

JUDGING SCALE FOR DANCE FUNDAMENTALS

Total points received per caption consider **overall quality and quantity of movement (both variety of elements and number of members performing element)** throughout the routine. Appropriate difficulty level is considered for every caption, with the exception of Collegiate Image and Performance Impression. Specific elements performed that are not listed in one of the following captions will be placed in corresponding captions at the discretion of the judges.

Zero points will be given in a caption if elements for that particular caption are not executed.

COLLEGIATE IMAGE

This category will be utilized to evaluate the overall representation by the team of its institution of higher education, the core values and standards that commonly exist and are mandated by such institution's administration, faculty, staff, alumni and student body. This Evaluation will be based on, but not limited to the following:

SPORTSMANSHIP
The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance regarding respect for themselves, other teams and the viewing audience. Teams should refrain from any taunting, bragging or suggestive expressions or gestures as well as discrimination of any nature.

PERFORMANCE INTEGRITY
All aspects of the performance (music, choreography, skills, language, props, etc.) should represent the highest standards as expected by athletes and elite student body representatives at the collegiate level. All aspects of the performance should also be appropriate for a family viewing audience.

SCHOOL REPRESENTATION
How well the institution has been represented by its team's presentation, props and appearance. NDA recommends that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their institution regarding grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

PERFORMANCE IMPRESSION

This score reflects overall appeal as well as each individual judge's overall impression of the routine. Elements factored into this score at each judge's discretion are genuine showmanship (face/full body) projection and confidence.

UNIFORMITY

This score reflects spacing, timing and how well the team dances together as a group, rather than the team's execution of technique.

RANGE OF SCORES

LOW	Beginning, or substandard, timing and synchronization of style. Memory mistakes as well as placement causing the routine to appear less cohesive. Spacing is substandard.
MEDIUM	Intermediate, or average, timing and synchronization of style. Few memory mistakes; good placement. Spacing is average, but not precise.

COLLEGE COMPETITION RULES

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HIGH	Advanced, or strong, timing and synchronization of style. Very precise placement. Spacing is precise.

QUALITY OF MOVEMENT - JAZZ
RANGE OF SCORES

LOW	Beginning jazz movement executed with substandard technique (in this case "technique" refers to the movement itself, not to skills). Style is inconsistent lacking posture, control, and body placement. Below average extension, contraction/release, core control, spatial awareness, musicality and command of movement. Team Performance score sheet: Technical elements are executed with below average technique.
MEDIUM	Intermediate jazz movement executed with good technique (in this case "technique" refers to the movement itself, not to skills). Style is mostly consistent working on posture, control, and body placement. Average extension, contraction/release, core control, spatial awareness, musicality and command of movement. Team Performance score sheet: Technical elements are executed with average technique
HIGH	Advanced jazz movement executed with strong technique (in this case "technique" refers to the movement itself, not to skills). Style is consistent with emphasis on posture, control, and body placement. Crediting superior extension, contraction/release, core control, spatial awareness, musicality and command of movement. Team Performance score sheet: Technical elements are executed with strong technique.

QUALITY OF MOVEMENT - POM
RANGE OF SCORES

LOW	Beginning pom motions performed at a slow pace, executed with substandard placement and precision, lacking cohesive connection between upper and lower body pom movement. Lacking dynamics, control (motions may be hyper-extended), support of upper body and core control. Motions may be incomplete and unfinished. Below average ability to maintain accuracy, clarity and control when performing motions. Technical elements are executed with below average technique.
MEDIUM	Intermediate pom motions performed at an average pace, executed with good placement and precision with average cohesive connection between upper and lower body pom movement. Average use of dynamics, control, support of upper body and core control. Average ability to maintain accuracy, clarity and control when performing motions. Technical elements are executed with average technique.
HIGH	Advanced pom motions performed at an up tempo pace, executed with exact placement and precision with cohesive connection between upper and lower body pom movement. Strong dynamic motions supported by upper body strength and core control. Crediting ability to maintain accuracy, clarity and control when performing motions. Technical elements are executed with strong technique.

QUALITY OF MOVEMENT - HIP HOP
RANGE OF SCORES

LOW	Beginning hip hop movement executed with substandard technique. Style is inconsistent needing to work on grounded movement and musicality, flow and control. Below average quality of execution, stabilization, momentum, isolations and rhythm variations. Technical elements are executed with below average technique.

COLLEGE COMPETITION RULES

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MEDIUM	Intermediate hip hop movement executed with good technique. Style is mostly consistent working on emphasis of grounded movement and musicality, flow and control. Average quality of execution, stabilization, momentum, isolations and rhythm variations. Technical elements are executed with average technique.
HIGH	Advanced hip hop movement executed with strong technique. Style is consistent with emphasis on grounded movement and has exceptional musicality, flow and control. Crediting superior quality of execution, stabilization, momentum, isolations and the body's ability to execute rhythm variations. Technical elements are executed with strong technique.

TECHNICAL ELEMENTS
RANGE OF SCORES

LOW	Beginning level style specific elements such as, but not limited to, turns, leaps, jumps, lifts, partnering, etc., executed with substandard technique.
MEDIUM	Intermediate level style specific elements such as, but not limited to, turns, leaps, jumps, lifts, partnering, etc., executed with good technique.
HIGH	Advanced level style specific elements such as, but not limited to, turns, leaps, jumps, lifts, partnering, etc., properly executed with strong technique. Appropriate utilization of the team's ability level with emphasis placed on utilizing a majority of the team members versus utilizing the same feature dancers throughout.

VISUAL EFFECTS
RANGE OF SCORES

LOW	Overall incorporation of beginning level style specific visuals such as, but not limited to, group/partner work, level changes, ground work, opposing motions, contagions, etc. Visual effects are accomplished at a slower pace with obvious execution.
MEDIUM	Overall incorporation of intermediate level style specific visuals such as, but not limited to, group/partner work, level changes, ground work, opposing motions, contagions, etc. Visual effects are accomplished at an average pace with good execution.
HIGH	Overall incorporation of advanced level style specific visuals such as, but not limited to, creative group/partner work, level changes, ground work, opposing motions, contagions, etc. Visual effects are accomplished at a fast pace with seamless execution.

AUTHENTICITY
RANGE OF SCORES

LOW	Basic or substandard understanding of the chosen style(s). Movement is uneven and does not easily flow from moment to moment. The overall groove is minimal with much more development needed.
MEDIUM	General understanding of the chosen style(s). Movement flows but may have uneven moments. The overall groove is good but may need more development.
HIGH	Display of deep understanding of the small nuances that are specific to the chosen style(s). Movement flows with ease from beginning to end, and the overall groove of the routine is compelling.

COLLEGE COMPETITION RULES

CHOREOGRAPHY - JAZZ

This score reflects what the choreographer created, rather than how the team executed the routine/movement.

RANGE OF SCORES

LOW	Beginning level routine with basic foot work, minimal musical interpretation, dynamics, direction changes, levels and group work. Routine is lacking in overall creativity and originality.
MEDIUM	Intermediate level routine with average use of foot work, musical interpretation, dynamics, direction changes, levels and group work. Routine showcases creative and original moments but is missing its full potential.
HIGH	Advanced level routine with strong use of intricate, complete, full body movement and strong use of musical interpretation, dynamics, direction changes, levels and group work. Creating a complete thought with the movement. Routine illustrates an abundance of creative and original ideas throughout. Appropriate utilization of the team's ability level and well-balanced and effective incorporation of technical elements.

CHOREOGRAPHY - POM

This score reflects what the choreographer created, rather than how the team executed the routine/movement.

RANGE OF SCORES

LOW	Beginning level routine with basic foot work, minimal musical interpretation, dynamics, direction changes, levels and group work. Substandard incorporation of innovative and creative variations and motion variety. Routine is lacking in overall creativity and originality.
MEDIUM	Intermediate level routine with average use of foot work, musical interpretation, dynamics, direction changes, levels and group work. Average incorporation of innovative and creative variations and motion variety. Routine showcases creative and original moments but is missing its full potential.
HIGH	Advanced level routine with strong use of intricate, complete, full body movement and strong use of musical interpretation, dynamics, direction changes, levels and group work. Incorporates innovative and creative variations and motion variety. Creating a complete thought with the movement. Routine illustrates an abundance of creative and original ideas throughout. Appropriate utilization of the team's ability level.

CHOREOGRAPHY - HIP HOP

This score reflects what the choreographer created, rather than how the team executed the routine/movement.

RANGE OF SCORES

LOW	Beginning level routine with basic foot work, minimal musical interpretation, dynamics, direction changes, levels and group work. Visual effects are accomplished at a slower pace with obvious execution. Routine is lacking in overall creativity and originality.
MEDIUM	Intermediate level routine with average use of foot work, musical interpretation, dynamics, direction changes, levels and group work. Visual effects are accomplished at an average pace with good execution. Routine showcases creative and original moments but is missing its full potential.
HIGH	Advanced level routine with strong use of intricate, complete, full body movement and strong use of musical interpretation, dynamics, direction changes, levels and group work. Visual effects are accomplished at a fast pace with seamless execution. Creating a complete thought with the movement. Routine illustrates an abundance of creative and original ideas throughout. Appropriate utilization of the team's ability level and well-balanced and effective incorporation of technical elements.

COLLEGE COMPETITION RULES

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STAGING
RANGE OF SCORES

LOW	Beginning use of the performance space. Routine utilizes minimal formations and formation changes. Transitions are simple and lack continuity within the routine, i.e. walking transitions rather than dancing through to next formation seamlessly.
MEDIUM	Intermediate use of the performance space. May incorporate more interesting formations and formation changes, but still lacking in transition creativity.
HIGH	Advanced use of the performance space. Routine utilizes a variety of well-thought out formations and formation changes. Transitions are exciting and seamless. Team Performance Score Sheet: Bridges the gaps between styles seamlessly.

COLLEGE COMPETITION RULES

NDA GLOSSARY OF TERMS

POSITIONS OF THE FEET

- **First:** Turned out, with heels touching and toes facing outward (can be executed parallel).
- **Second:** Turned out, heels face each other shoulder width apart and toes face outward (can be executed parallel).
- **Semi-Third:** One foot parallel, other foot turns out so that heel is in instep of parallel foot.
- **Fourth:** From fifth position feet opened front/back shoulder width apart, weight is even between feet (can be executed parallel).
- **Fifth:** Turn out, heel of front foot in front of toe of back foot, legs look crossed.

GENERAL TERMS

- **Aerial:** A hip overhead airborne tumbling skill that takes off from one foot and lands on one or two feet without placing hands on the ground.
- **Airborne (executed by individual):** A state in which the dancer is free of contact from a person and/or the performing surface.
- **Airborne Hip Over Head Rotation (executed by individual):** An action where hips rotate over the head in a tumbling skill and there is no contact with the performance surface (e.g. Round off or a Back handspring).
- **Airborne Skill (executed by individual):** A skill in which the dancer is free of contact with the performance surface (e.g. Tour Jeté or Butterfly).
- **Arabesque (a-ra-BESK):** A position in which the working leg is extended behind while balancing on the supporting leg; can be executed as a turn.
- **Attitude (a-tee-tewd):** A position in which the working leg is lifted front, side, or behind with the knee bent at an angle of 90°; can be executed as a turn.
- **Axle (aka Axel) (AK-sel):** A turn in which the working leg rond de jambes to passé as the supporting leg pushes off the ground and tucks under the body-after rotation in air, land on original supporting leg.
- **Back Bend:** A face-up body position where the hands and feet are in contact with the surface and the hips are pushed upwards into an arch position.
- **Back Walkover:** A non-airborne tumbling skill where the dancer reaches backward with an arched torso through an inverted position, hands make contact with the ground, then the hips rotate over the head and the torso hollows bringing the dancer to an upright position, landing one foot/leg at a time.
- **Ball Change:** The shifting of weight from the ball of one foot to the flat of the other; can be executed from side to side and front to back.
- **Battement (bat-mahn):** A kick; the working leg is brushed/raised from the hip, with a straight knee, into the air and brought down again.
- **Breaking:** A style of hip hop dance that incorporates martial arts, acrobatic oriented tricks and dance. The term for a person who executes this style of dance is known as a BBoy (breaking boy) or BGirl (breaking girl).
- **C - Jump:** A jump in which the dancer creates an arch in the back allowing the knees to bend and the feet reach behind the body.
- **Calypso (ka-lip-SO):** A turning leap in which the working leg extends making a circle in the air as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air then the supporting (back) leg reaches behind the body, often in an attitude, and then lands on the original working leg.
- **Cartwheel:** A non-airborne tumbling skill where the dancer supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.
- **Category:** Denoting the style of a performance piece/competition routine (e.g. Jazz, Pom or Hip Hop).
- **Châiné (sheh-NAY):** A turn, or series of turns, executed with feet in 1st position, typically following one line of direction. Can be executed in a rapid series, and can be executed en relevé or en plié.
- **Chassé (sha-SAY):** A step in which one foot "chases" the other and assumes its original position.
- **Consecutive/Connected Skills:** An action in which the dancer connects skills immediately, without step, pause or break in between (e.g. Double Pirouette or Double Toe Touch).
- **Costume Jewelry:** Jewelry that enhances the costume and is worn by ALL members of the team.

COLLEGE COMPETITION RULES

- **Coupé (koo-PAY):** Meaning to cut or cutting; when one foot quickly takes the place of the other.
- **Dance Crew:** A style of dance, typically seen in the hip hop category, involving a body or group of dancers who work at a common style of dance.
- **Dance Lift (executed as partners or in a group):** A skill in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of "Lifting" dancer(s) and "Elevated" dancer(s).
- **Demi Plié:** Half bend of the knees, heels remain on floor.
- **Développé (dayv-law-PAY):** Meaning to develop; drawing the working leg up the supporting leg to passé, then extending the working leg to an open position.
- **Dig:** Ball of one foot is next to instep of other foot.
- **Dismount (executed by Groups or Pairs):** An action in which the Executing Dancer(s) returns to the performance surface or upright position with or without assistance from a Supporting Dancer(s) with whom there was prior contact.
- **Dive Roll:** An airborne tumbling skill in which the dancer does a forward roll where the hands and feet are off of the performing surface simultaneously. This skill is allowed only if the dancer is in a pike position.
- **Division:** Denoting the composition of a competing group of dancers (e.g. Varsity, Junior Varsity, Junior High, etc.).
- **Downrock:** An element of breakdance that includes all footwork performed on the floor.
- **Drop:** An Action in which an airborne dancer lands on a body part other than his/her hands or feet without first bearing weight on the hands/feet.
- **Drops:** Dropping to the knee, thigh, seat, front, back, or split position onto the performing surface from a jump, stand or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.
- **Elevated Dancer:** A dancer who is lifted from the performance surface as a part of a Dance Lift.
- **Elevated:** An action in which a dancer is moved to a higher position or place from a lower one.
- **Elevé:** Dancer rises up from flat feet to balance on one or both feet on at least demi-pointe (balls of the feet), or all the way up to full-pointe.
- **Executing Dancer:** A dancer who performs a skill as a part of a Dance Trick or uses support from another dancer or dancers when Partnering.
- **Extension:** Term used to describe the ability of a dancer to raise and hold the extended leg in the air.
- **Extension (executed by groups):** A group lift in which the supporting dancers, standing straight, hold the executing dancer's feet with straight arms, so that the executing dancer is standing straight up.
- **Firebird:** See Ring Jump.
- **Flare:** A Power Move where the dancer uses momentum to swing the legs in a continuous circular pattern underneath the body while balancing on alternating hands.
- **Flying Squirrel:** A jump executed with forward momentum with the dancers arms extended in front, legs behind, creating an "x" position in the air.
- **Fouetté (foo-eh-TAY):** A turning step, usually done in a series, in which the working leg makes a circle in the air and then into passé as the dancer turns bending (plié) and rising (relevé) at each revolution; meaning to whip. Fouetté turns can also be done to the side or in second position (Fouetté a la Seconde).
- **Fouetté a la Seconde:** A turning step done in a series in which the working leg makes a circle in the air and extends at a 90° angle from the supporting leg remaining parallel to the ground as the dancer turns with a plié and relevé at each revolution.
- **Freeze:** A move that involves halting all body motion. Also known as a stall.
- **Front Aerial:** (an airborne hip over head rotation skill without hand support) A skill which emulates a front walkover but is executed without placing hands on the ground.
- **Front Walkover:** A non-airborne tumbling skill where the dancer rotates forward with a hollow torso through an inverted position and arches up bringing the legs and hips over the head to a non-inverted position legs landing one foot/leg at a time.
- **Grand Jeté (grahnd zhuh-TAY):** A leap from one foot to the other; working leg stays straight as it brushes forward as supporting leg pushes off to assume a split position in the air.
- **Grand Jeté a la Seconde:** A grand jeté executed to the side so that a second position split is assumed in the air.
- **Grand Jeté en Tournant (ahn toor-NAHN):** A grand jeté turning where the supporting leg changes places with working leg as hips flip, the original working leg takes the landing and is now the supporting leg.

COLLEGE COMPETITION RULES

- **Grand Plié:** Full bend of the knees, heels come off the floor in all positions except second.
- **Hands-free Poms:** Poms specifically made so that performers do not have to hold the poms but rather they are affixed to the performer's hand. Proper use means bars cannot be in the palm of the hand and only an elastic band can be between the supporting hance and performance surface
- **Hand-held Props:** Items that are used by performing team as an extension of the arm/hand, that are easily carried by one person. Hand held props include, but are not limited to, boas, scarves, top hats, derby hats, or canes, etc.
- **Handstand:** A non-airborne, non-rotating, tumbling skill where the dancer supports his/herself vertically on his/her hands in an inverted position and the arms are extended straight by the head and ears.
- **Head Level:** A designated height; the height of standing dancer's head (at the "crown") while standing upright with straight legs. (Clarification: This is an approximate to measure space and is not changed by bending, inverting, etc.)
- **Head Spin:** A Power Move, typically performed in hip hop, in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.
- **Headspring:** (an airborne hip over head rotation skill with hand support) A skill where a dancer moves forward with the hands then head, making contact with the performance surface, then rotates the hips over the head passing through an arched position. It is non-airborne in approach but airborne in descent after hips pass through perpendicular.
- **Headstand:** A non-airborne, non-rotating, tumbling skill where the dancer supports his/herself vertically on his/her head in an inverted position and the hands are on the floor supporting the body.
- **Hip Level:** A designated height; the height of a standing dancers' hips while standing upright with straight legs (clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.).
- **Hip Over Head Rotation (executed by individuals):** An action where a dancer's hips rotate over the head in a tumbling skill (e.g. Back Walkover or Cartwheel).
- **Hip Over Head Rotation (executed in groups or pairs):** An action where the Executing Dancers' hips rotate over the head in a lift or partnering skill.
- **Hollow Back:** A Freeze similar to a planche where the dancer balances on the hands and 'hollows' out the back. (If balancing on the head it is known as a "Head Hollow").
- **Inversion:** A position in which the dancer's waist and hips and feet are higher than his/her head and shoulders.
- **Invert:** A Freeze utilizing strength, flexibility and balance where the dancer's weight is placed on both hands with head facing knees and legs parallel to the floor.
- **Jeté (juh-TAY):** A skill in which the dancer takes off from one foot by brushing the feet into the ground and swiftly 'whipping' them into the position and then landing on one foot. A jeté can be executed in various directions, sizes and positions.
- **Jump:** Movement taking off and landing on same foot or both feet.
- **Kip Up:** A skill where the dancer begins in a supine position, rolls back onto their shoulders elevating their hips off the performance surface and into an inverted position. Using their arms and/or legs, core, and momentum, the dancer thrusts their body in an upward direction away from the floor. The movement is completed by bringing the feet to the performance surface keeping the body inline and following to an upright position.
- **Krumping:** A style of dance, hip hop category, 'street' dance characterized by free, expressive, exaggerated, and highly energetic moves involving the arms, head, legs, chest, and feet.
- **Lay-out:** Cambré back while extending the working leg forward.
- **Leap:** A skill in which the dancer pushes off the ground, from a plié (bend), off of one leg becoming airborne and landing on the opposite leg (also known as grand jeté).
- **Lifting Dancer:** A dancer(s), who is part of a dance lift and lifts an Elevated Dancer as a part of a Dance Lift. The supporting dancer may also be considered a Lifting Dancer.
- **Lifts:** An action in which the partner is elevated to any height and set down. Refer to the rules for Dance Lifts and Partnering for a full definition.
- **Parallel:** A position in which the thighs, knees and toes of both legs are facing straight ahead.
- **Partnering (executed in pairs):** A skill in which two dancers use support from one another. Partnering can involve both "Supporting" and "Executing" skills.
- **Pas de Bourrée (pah duh boo-RAY):** Three steps executed in relevé, relevé, plié; can be executed as a turn as in ballet, working foot steps behind supporting leg, supporting foot opens stepping to side, then working foot steps in

COLLEGE COMPETITION RULES

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front of original supporting leg; as in jazz-working foot steps behind supporting leg, supporting foot opens stepping to side, then working foot opens out, lunging to opposite side of supporting leg with each step that is taken.

- **Pas de chat:** "Cat's Step" the step owes its name to the likeness of the movement to a cat's leap.
- **Passé (pa-SAY):** A position or movement in which the working leg bends connecting the pointed foot to or near the knee of the supporting leg; meaning to pass. Passé can be executed with the hips parallel or turned out.
- **Pencil Turn:** A turn executed with the working leg held straight and next to the supporting leg.
- **Penché (pahn-SHAY):** Leaning, inclining. As, for example, in arabesque penché.
- **Perpendicular Inversion (Executed by individuals):** A skill that begins with backward airborne momentum and lands on the hands and head in an inverted position in which the dancer's head, neck and shoulders are directly aligned with the performance surface, creating a 90 degree angle between the head and floor.
- **Piqué (pee-KAY):** Stepping directly onto a straight leg in relevé; can be performed while turning and in various positions (arabesque, attitude, etc.)
- **Pirouette (peer-o-WET):** A skill in which the dancer bends (plié) with one foot in front of the other (fourth position) and rises (relevé) to one leg making a complete rotation of the body; meaning to whirl. A pirouette can be executed in a variety of positions.
- **Pirouette en Dedans (ahn duh-DAHN):** Turning inward, towards supporting leg.
- **Pirouette en Dehors (ahn duh-AWR):** Turning outward, towards working leg.
- **Pivot:** Movement step used to change direction; working leg steps forward assuming weight of body, body changes direction, support leg reassumes weight of body; can be executed front to back, side to side.
- **Plié (plee-AY):** A preparatory and landing skill in which the dancer bends, softens his/her knees; meaning to bend.
- **Power Move:** Loosely defined as relying on speed, momentum, and acrobatic elements for performance.
- **Prone:** A position in which the front of the dancers' body is facing the ground, and the back of the dancers' body is facing up.
- **Prop:** An object that can be manipulated. A glove is a part of the uniform.
- **Relevé (rell-eh-VAY):** Dancer rises from a plié to balance on one or both feet on at least demi-pointe (balls of the feet), or possibly full pointe
- **Ring Jump (aka Firebird):** A skill taking off from two feet into a back attitude split jump while arching towards the back foot, and landing on either one or two feet.
- **Rond de jambe (rawn duh zhahnb):** Meaning circular, round movement of the leg; executed on the ground or in the **air, it refers to the motion of leg brushing front, opening to side, continuing to the back and vice versa.**
- **Saut de chat (soh duh shah):** Executed similarly to grand jeté except instead of brushing a straight working leg, it is developed from a bent to straight leg as supporting leg is pushing off; can also be executed a la seconde.
- **Sauté (soh-TAY):** Jumping and landing on the same foot, toes should be pointed in the air.
- **Shoulder Level:** A designated height; the height of a standing dancers' shoulders while standing upright with straight legs (clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.).
- **Shoulder Roll (forward/back):** A non-airborne tumbling skill where the dancer rolls with the back of the shoulder and maintains contact with the floor and the head is tilted to the side to avoid contact with the floor.
- **Shushunova (Shush-A-nova):** A jump variation in which the dancer lifts extended legs to a toe touch or pike position and then circles them behind the body dropping the chest and landing in a prone support (push up position).
- **Six-Step:** A form of Downrock that utilizes a footwork sequence, thereby enabling the dancer to gain momentum or prepare for another move.
- **Sous-sus (soo-SYEW):** In tight fifth position relevé.
- **Soutenu turn (soot-NEW):** From sousus, turning towards back leg one revolution, the other foot ending in front.
- **Split Drop:** Dropping to the performing surface from a jump, stand or inverted position, landing with legs extended at right angles to the trunk in a split position.
- **Spotting:** While turning; keeping the eyes focused on one spot as long as possible, then snapping head around to the same spot; helps to maintain sense of direction, balance, momentum.
- **Stag:** A position, typically performed in a leap or jump, in which the dancer bends the front leg.
- **Stall:** A non-airborne, non rotating, tumbling skill typically performed in hip hop where the dancer halts/stops body mid motion; often in an interesting, inverted or balance-intensive position on one or both hands for support. Also known as a freeze.
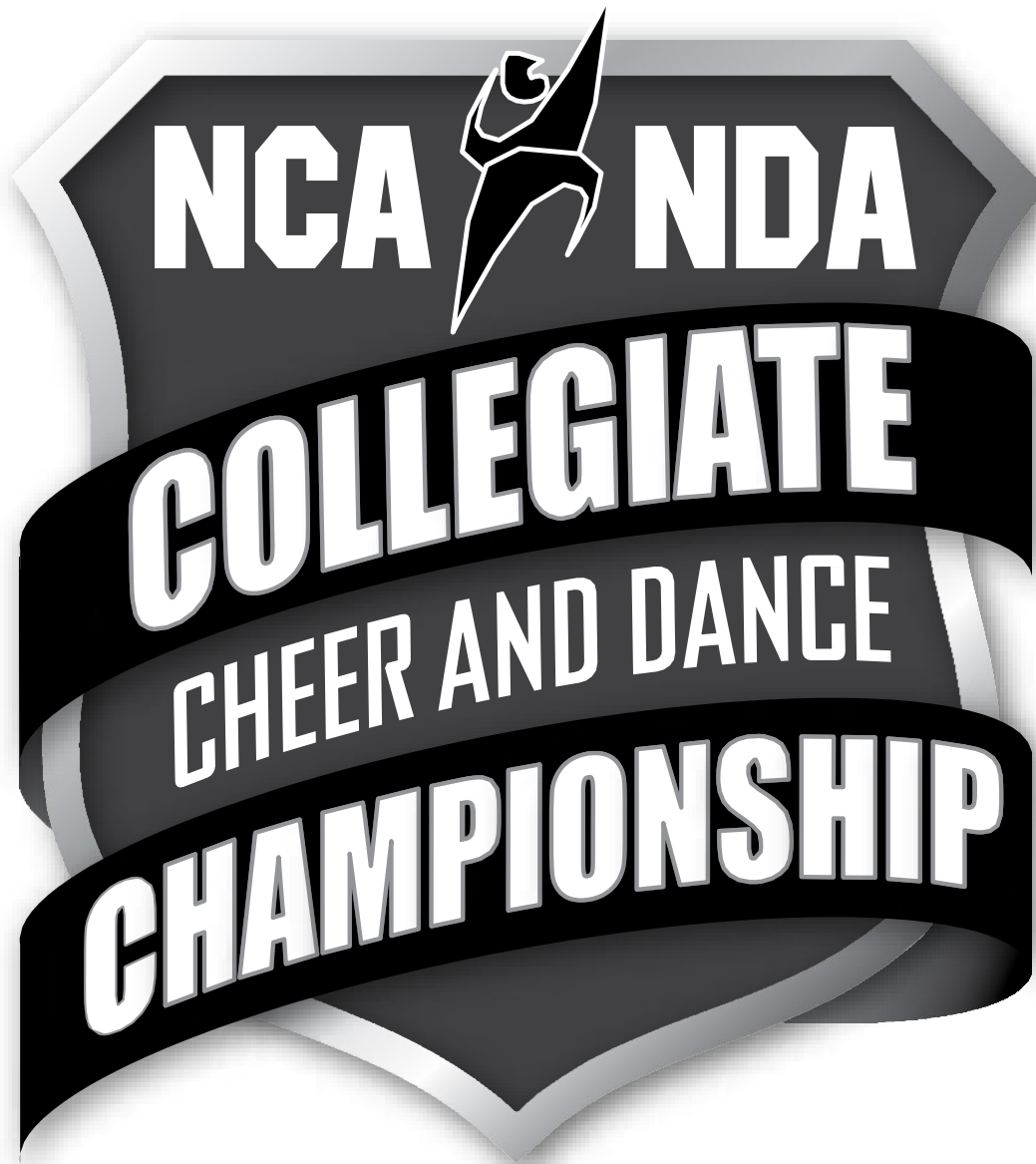
COLLEGE COMPETITION RULES

- **Stepping/Step Dancing:** A style of dance, typically hip hop category, which is a form of percussive dance in which the participant's entire body is used as an instrument to produce complex rhythms and sounds through a mixture of footsteps, spoken word, and hand claps.
- **Supine:** A position in which the back of the dancers' body is facing the ground, and the front of the dancers' body is facing up.
- **Supporting Dancer:** A supporting dancer(s), who part of a dance trick and bears the primary weight of a lifted dancer. A supporting dancer(s) holds or tosses and/or maintains contact with an Executing dancer as a part of a Dance Trick or Partnering skill. The supporting dancer may also be considered a Lifting Dancer.
- **Supporting Leg:** The leg of a dancer that supports the weight of the body, during a skill.
- **Swipe:** A Power Move, often started from a crab position, where the dancer uses momentum to twist hands to one side of the body, placing them on the floor, and allowing the legs to follow and returning to the original position.
- **Switch Leap:** A jump popping straight up in the air, not traveling forward; working leg stays straight and lifts front, support leg pliés, working leg swings back while support leg lifts to assume a split position in the air.
- **Temps de fleche (tahn duh flesh):** Hitch kick; battement one leg, switch it with other leg in the air, can be executed to the front, side or back.
- **Tendu (tawn DEW):** To stretch, pushing the foot away from the supporting leg while keeping the toe on the floor.
- **Threading:** A form of Downrock where the dancer weaves their limbs through each other as if 'threading a needle'.
- **Three Step Turn:** A turn executed with three steps; step to side still facing front, step other foot across body to second position and face back, open first foot to second position to face front again.
- **Tilt:** A skill, typically performed in a leap or jump, in which the working leg sweeps up into the air and the supporting leg points toward the ground.
- **Toe Pitch (executed by groups or pairs):** A toss in which the Executing Dancer(s) foot is in the hands of the Supporting Dancer(s) and she/he is propelled upward causing the executing dancer to rotate hip over head, landing unassisted on the performance area.
- **Toe Touch:** A jump in which the dancer lifts the legs through a straddle rotating the hips so that the legs are rotating up toward the (upright) chest.
- **Toe Roll:** Executed on relevé and hinged; body arches back arms in high V head released, body contracts to floor; toes remain in contact the entire movement, hands catch body weight.
- **Tombé (tawn-BAY):** Meaning to fall, step down.
- **Toss:** A release move where Supporting Dancer(s) execute a throwing motion to increase the height of the executing dancer. The Executing Dancer is free from the performance surface when toss is initiated.
- **Tour Jeté:** A skill in which the dancer takes off from one leg, executes a half turn and lands on the other leg.
- **Tumbling:** A collection of skills that emphasize acrobatic or gymnastic ability, are executed by an individual dancer without contact, assistance or support of another dancer(s) and begin and end on the performance surface (clarification: tumbling skills do not have to include hip over head rotation).
- **Turn out:** A position in which the legs are rotated outward from the hip joints so that the thighs, knees, and toes face away from the center of the body.
- **Turning Disc (aka Disc, Flying Saucer):** A turning leap in which the dancer executes a Châiné Turn, then sweeps the working leg up from 5th position to 2nd position to execute a center leap, landing on the original working leg.
- **Vertical Axis (executed by Groups or Pairs):** A designated line in space that goes straight up and down and has no slope.
- **Vertical Inversion (executed in groups or pairs):** A position in which the Executing Dancer is inverted and bears direct weight on the Supporting Dancer by a stop, stall or change in momentum.
- **Weight Bearing:** A skill in which the dancer's weight is supported by one body part without any other body part on the ground.
- **Windmill:** A Power Move, non-airborne, non-rotating, tumbling skill in which a dancer begins on the back, spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V-shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.
- **Working Leg:** The leg that moves, stretches, and/or extends; the leg that is responsible for momentum and/or position.

COLLEGE COMPETITION RULES

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GAME DAY

COLLEGE COMPETITION RULES

OBJECTIVE

To provide a unique and exciting opportunity for school Spirit Programs to work together to showcase their ability to promote school spirit and excitement in support of their school and its athletic teams. This division not only allows the use of traditional sideline cheer and dance teams, but also the incorporation of members of the school Marching Band, Pep Band, Drum Line, Mascot(s), Spirit Group/ Club, etc. The primary responsibility of Spirit Programs is to develop and implement effective methods of generating excitement and often requires close coordination between various campus groups. NCA & NDA now offers a way to showcase this at the highest level on the largest stage in spirit competition at the NCA & NDA Collegiate Cheer and Dance Championship.

BENEFITS OF GAME DAY

1. Turn the skills, creativity and school traditions that you utilize on the sideline into a winning routine.
2. Earn the title of National Champion along with the coveted Megaphone trophy and National Champion Banner in a division that embodies college spirit in its purest form.
3. Utilize the preparation for games and game performances to prepare your team to compete.
4. Better develop and display the core elements of your role at games.
5. Increase the value that the entire Spirit Program brings to your school and its athletic events.
6. Develop a successful and dynamic working relationship between ALL spirit-related groups on campus.
7. Earn advancement to FINALS in the historic Daytona Beach Band Shell. (time and weather permitting)

GAME DAY DIVISION SKILL SCORING & RESTRICTIONS

Skill incorporations are allowed and encouraged throughout the Game Day Division as long as they are utilized to effectively promote and encourage crowd involvement and entertainment. The NCA & NDA Point and Safety Deduction System will be utilized.

Teams competing in the GAME DAY division will adhere to hybrid safety guidelines. Only trained cheer and dance members may perform skill incorporations. Dancers must abide by the NDA College Safety Rules, and Cheerleaders must abide by the USA Cheer College Safety Rules with the following additional permissions and limitations.

STUNTS/PYRAMIDS
- Pyramids sustained at 2 ½ persons high are PERMITTED
- Twisting stunts (i.e. full ups) may not exceed 1 and ¼ twisting rotation

TOSSES
- Flipping tosses are permitted with zero twisting rotations
- Non flipping/twisting tosses may not exceed 2 and ¼ twisting rotations

TUMBLING
- Twisting flips are not permitted- EXCEPTION Aerials are allowed

KEY SCORING REMINDERS
- The perceived practicality of skills performed being conducive in a "real life" Game Day environment will factor into the scoring.
- Included skills must be practical for Game Day and should be executed with strong technique while providing a visual effect that influences the crowd's participation or entertainment value.
- Poor technique that pulls attention from the crowd will negatively impact the score.
- The NCA & NDA Point and Safety Deduction System will be utilized.
- Use of cheer and dance skill incorporations amount to 30% of the total score. The Game Day effects created by the use of Spirit Programs to lead and entertain the crowd is 70%.

COLLEGE COMPETITION RULES

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

GENERAL RULES

1. Each team may be comprised of a maximum of 30 participating members.
2. Participants may include cheer, dance, mascots, band, drumline, flag corps, etc.
3. All Participating members must meet NCA & NDA eligibility verification requirements and exclusivity policy and must also meet all respective school's eligibility requirements.
4. Cheer participants may **NOT** also be members of a cheer team competing in another cheer division at the NCA & NDA Collegiate Cheer and Dance Championship. (Crossovers are NOT allowed)
    a. Dance participants from all dance divisions may utilize Game Day as their second routine.
5. All participating members, coaches and directors must follow the championship rules for Code of Conduct, Sportsmanship, and School Representation. (See Rule Book)
6. Performance Area is restricted to the 42' x 54' performance mat and must follow cheer boundary rules for the competition for all participants. (See Rule Book)
7. The maximum time allotted for each Game Day performance is three (3) minutes.
8. Recorded band music is required and must follow the Varsity Spirit Music Guidelines. Visit Varsity.com/music for more information. No voice-overs or words may be recorded to make the team's vocal projection sound louder.
9. The use of signs, flags, banners or other spirit related props are highly recommended. Hand held or harnessed instruments are allowed BY the Band
10. Props may be touching out of bounds without penalty; however participants may not step out of bounds with both feet to retrieve the prop.
    a. No items may be thrown, tossed, or released from the performance area into the crowd.
    b. Instruments may not be utilized in skills.
    c. Use of fire, noxious gases, live animals, weapons, and other potentially hazardous elements are strictly prohibited (including, but not limited to, guns, knives, swords, nun-chucks, etc.).

PERFORMANCE STRUCTURE REQUIREMENTS

- ALL teams competing in the Game Day Divisions MUST include the following participation requirements. Failure to do so will result in a DIVISION VIOLATION of 5 POINTS AS OUTLINED ON THE EVENT DEDUCTIONS PAGE.
- Minimum Band/Pep Band/Drumline = 20%
- Minimum Cheer and/or Dance = 20%
- Minimum Mascot/Color Guard/Majorette/Student Spirit Group = 10%
- **NOTE: Numbers of participants are ROUNDED DOWN. See the chart below for minimum requirements in each category based on total number of participants.**

GAME DAY DIVISION

GENERAL
- Maximum of 30 participating members
- Maximum time allotted is 3:00

STUNTS / PYRAMIDS
- Pyramids sustained at 2 ½ persons high are PERMITTED.
- Twisting stunts (i.e. full ups) may not exceed 1 ¼ twisting rotation

TOSSES
- Flipping tosses are permitted with zero twisting rotations.
- Non flipping/twisting tosses may not exceed 2 ¼ twisting rotations

TUMBLING
- Twisting flips are not permitted (EXCEPTION: Aerials are allowed)

PERFORMANCE STRUCTURE REQUIREMENTS
Must include school athletes from the 3 following school programs:
- Minimum Band / Pep Band / Drumline = 20%
- Minimum Cheer and/or Dance = 20%
- Minimum Mascot / Color Guard / Majorette / Student Spirit = 10%

Please use this chart to determine the minimum # of athletes required:

#	Cheer/Dance	Band/Drum	Other
30	6	6	1
25-29	5	5	1
20-24	4	4	1
15-19	3	3	1
10-14	3	3	1

COLLEGE COMPETITION RULES

SCORING

Game Day is NOT a Cheer and/or Dance competition, but rather the coordination of multiple school spirit groups working in unison to promote and engage crowd participation in support of the school's athletic teams. While the incorporation of cheer and/or dance skills do consider into the scoring, so does the opinion of the judges as to how applicable such skills are to a live Game Day scenario and environment. Much of the scoring is subjective in terms of overall performance development and implementation, as well as the overall crowd appeal and entertainment value. Judging Panels will consist of experts from both a cheer, dance and band background.

BAND CHANT(S)

The Band Chant performance should consist of at least one (1) traditional school band chant. Band chants should promote crowd response and participation. All spirit groups should be performing in a coordinated fashion utilizing crowd-response props and visual tools. Skill incorporations should require minimal formation transitions and be conducive to spontaneous start in a real Game Day or Pep Rally situation. Motion technique, energy level, facial expressions, body language and crowd interaction are all key factors in the scoring of this category. There should be an obvious distinction between the school Band Chant(s) and the school Fight Song for scoring purposes. Teams may be required to provide specific timing designations if these music segments run together.

CROWD LEADING

The Crowd-Leading section should be without music but may be accompanied by onstage drum or instrument cadence. Formation and level changes are relevant in the section as desired or required for visual affect, and all crowd-leading props should be incorporated (signs, poms, flags, megaphones). Again, it is important for all spirit groups to be performing in a coordinated fashion to provide a structured appearance that is visually appealing. The focus should be to create a simple and easy to understand method for crowd response while utilizing body language, eye contact, energy level and crowd interaction skills in addition to visual props.

FIGHT SONG

The Fight Song segment should be the school's traditional fight song at its normal pace and length as it would be played in a Game Day or pep rally setting. Cheer and dance performers should begin in traditional sideline formation displaying a traditional Game Day fight song performance that complement each other in choreography. Transitions should be limited for visual affect, incorporations or the ending portion of the fight song for the conclusion. Skills should be easily incorporated at a quick pace (1-2 8-counts) and appear effortless. Synchronized skills would add value when performed with a high level of execution. Motion technique, facial expressions and eye contact, as well as overall execution and performance appeal will factor into the scoring in this section. The school fight song is commonly played numerous times during an athletic event, so the design and performance should be conducive to spontaneous and repetitive execution with ease. There should be an obvious distinction between the school Band Chant(s) and the school Fight Song for scoring purposes. Teams may be required to provide specific timing designations if these music segments run together.

1. Timing will begin with the first word or sound of music to start the performance.
2. Teams may stage props immediately following the conclusion of the team before them, but this staging must so that it does not disrupt the flow of the competition and cause any delay. Outdoor elements (wind and sun) should be taken into consideration when determining how props will be handled.
3. Each performance must consist of the following performance sections; however you may determine the order of the sections.

CROWD LEADING SECTION

1. Traditional school cheers and/or chants.
2. Incorporation of props such as signs, poms, megaphones, flags, etc.
3. No recorded music or voice enhancement is allowed. Onstage instruments are allowed to help set and enhance the rhythm and beats.
4. Only trained cheer and dance members may perform skill incorporations.

COLLEGE COMPETITION RULES

Scoring in this segment is based on the ability of the performers to promote crowd interaction and participation as well as display excitement and genuine school spirit.

- Actual crowd response at the Championship is NOT scored.

BAND CHANT SECTION

1. Traditional school band chant(s).
2. Incorporation of props such as signs, poms, megaphones, flags, etc.
3. Recorded band music must be used and onstage musical instruments may also be utilized.
4. Only trained cheer and dance members may perform skill incorporations.

Scoring in this segment is based on the ability of the performers to promote crowd interaction and participation as well as display excitement and genuine school spirit.

FIGHT SONG SECTION

1. Traditional school fight song
2. Incorporation of props such as signs, poms, megaphones, flags, etc.
3. Recorded band music must be used and onstage musical instruments may also be utilized.
4. Only trained cheer and dance members may perform skill incorporations.

Scoring in this segment is based on the ability of the performers to effectively and accurately perform a traditional school fight song displaying high energy and solid performance techniques.

COLLEGE COMPETITION RULES

SPIRIT RALLY
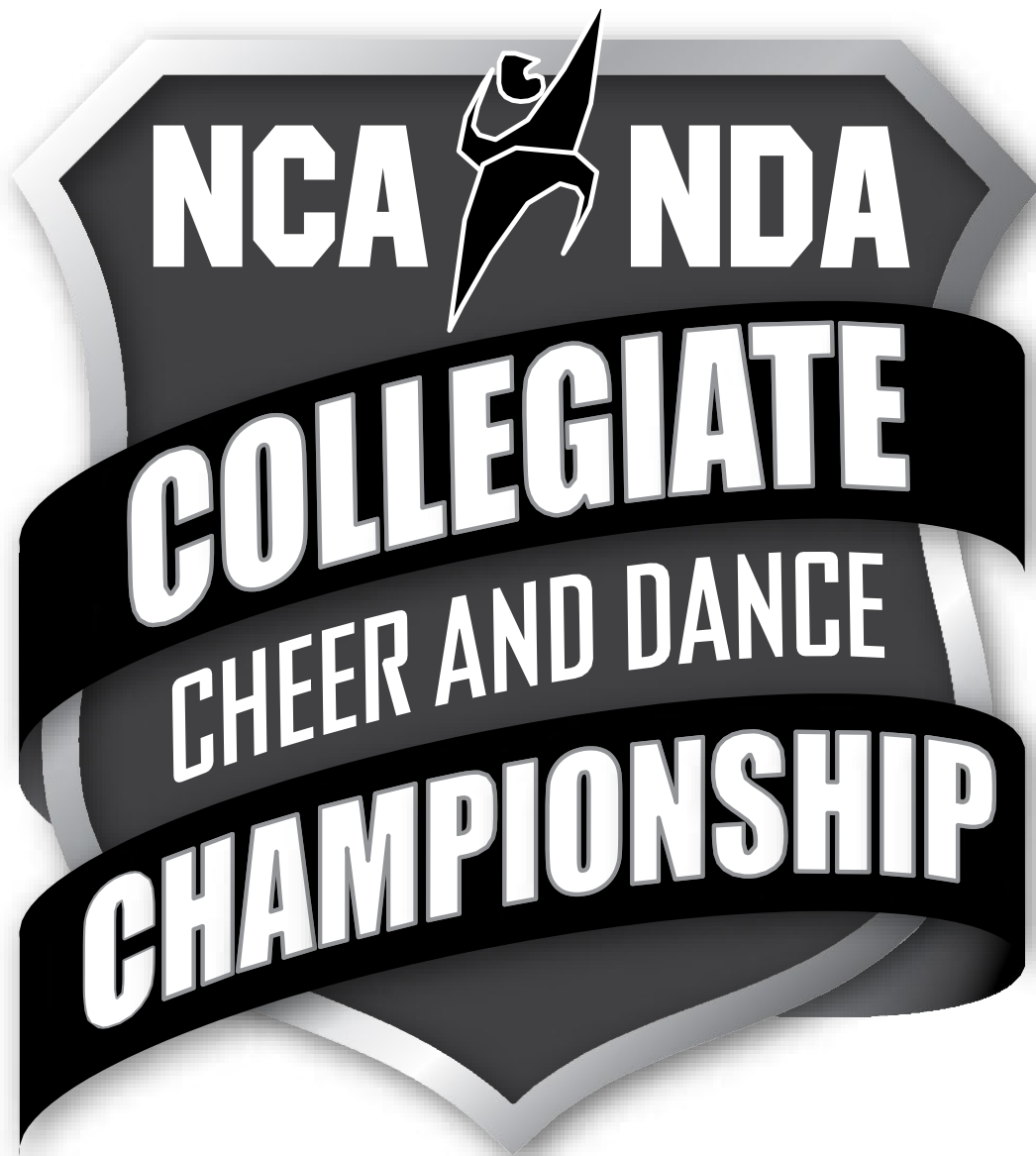
COLLEGE COMPETITION RULES

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GENERAL INFORMATION

1. NEW division offered by NCA and NDA that emphasizes Crowd Leading skills and high-level execution as well as overall entertainment value.
2. Designed to be a more simplified competition format that does NOT require outside music or choreography.
3. Material utilized is your traditional school game day and/or sideline material.
4. Cheer skill incorporations are limited to only those allowed by the USA Cheer College Safety Rules during basketball timeouts on a hard surface. Refer to the USA Cheer College Safety Rules for basketball timeouts in Section H.3. of the college rules that can be found at USACheer.org.
5. Dance skill incorporation should follow the safety rules listed in the NDA College Rule Book.

HOW TO QUALIFY

- Teams may qualify for the Spirit Rally Division by attending NCA or NDA college summer camp and earning a Bronze, Silver or Gold Paid Bid. Any bid earned at summer camp can be used to enter the Spirit Rally Division and receive all the bid benefits.
- No other qualifying is required for the Spirit Rally Division, and teams may enter and register to compete in the Spirit Rally Division that did not attend NCA/NDA college summer camp. No video qualifying is required.

GENERAL RULES

1. Maximum of 30 participants:
   a. Cheer - Any combination of cheerleaders and mascots
   b. Dance – Any combination of dancers and mascots
2. All participants must meet the Eligibility Requirements as specified on the previous pages of the NCA and NDA College Rule Book.
3. Maximum length of routine is two minutes and 15 seconds (2:15)
4. Cheer teams must include at least one (1) cheer, at least one (1) sideline chant, and at least one (1) school fight song and/or band chant
5. Dance teams must include one (1) fight song and one (1) timeout performance. The timeout performance may NOT exceed one (1) minute.
6. There is no set order of these elements being performed and the order is not scored
7. Skill incorporation, quantity, execution, and effectiveness WILL factor into the scoring for cheer
8. Standard NCA/NDA deductions will be applied to skill execution and performance errors as well as time violations
9. Signs, flags, poms and megaphones **ARE ALL REQUIRED** in at least the cheer and/or sideline chant segments for cheer teams. Dance should utilize crowd leading props and other visual effects. Air horns or artificial noise makers are prohibited. *See dance/tumbling skills section for restrictions.
10. Timing will begin with the first sound or organized movement. Standard NCA/NDA deductions will be applied for time violations.
11. Cheer teams will perform on a regulation cheer mat. Dancers will perform on the standard competition Marley floor.
12. All the same eligibility, uniform, sportsmanship, collegiate image, etc. rules in the NCA/NDA College Rule Book apply to the Spirit Rally Championship.
13. Cheer teams performing in the Spirit Rally Division may NOT enter any other cheer division at the Championship and individual athletes may NOT compete in multiple cheer divisions in the same year.
14. Dance teams may select Spirit Rally as their second performance at the Championship.

PERFORMANCE STRUCTURE
CHEER

- Incorporation of school cheerleaders and mascot(s):
- Incorporation of school traditions
- Incorporation of visual and response enhancing props
- Smooth and seamless transitions between performance categories

COLLEGE COMPETITION RULES

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- The maximum time limit for the Spirit Rally performance is two minutes and fifteen seconds

SCORING
Spirit Rally is **NOT** a traditional Cheer competition, but rather the display of true Game Day material designed to promote and engage crowd participation in support of the school's athletic teams. While the incorporation of cheer skills does consider into the scoring, so does the opinion of the judges as to how applicable such skills are to a live Game Day scenario and environment. Much of the scoring is subjective in terms of overall performance development and implementation, as well as the overall crowd appeal and entertainment value.

BAND CHANT
The Band Chant performance (if included) should consist of traditional school band chant. Band chants should promote crowd response and participation. All participants should be performing in a coordinated fashion utilizing crowd-response props and visual tools. Skill incorporations should require minimal formation transitions and be conducive to spontaneous start in a real Game Day or Pep Rally situation. Motion technique, energy level, facial expressions, body language and crowd interaction are all key factors in the scoring of this category.

CROWD-LEADING
The Crowd-Leading section should be without music and consist of at least one cheer and one sideline chant. Formation and level changes are relevant in this section as desired or required for visual affect, and all crowd-leading props should be incorporated (signs, poms, flags, megaphones). Again, it is important for the team to be performing in a coordinated fashion to provide a structured appearance that is visually appealing. The focus should be to create a simple and easy to understand method for crowd response while utilizing body language, eye contact, energy level and crowd interaction skills in addition to visual props.

FIGHT SONG
The Fight Song segment should be the school's traditional fight song at its normal pace and length as it would be played in a Game Day or pep rally setting. Cheerleaders should begin in traditional sideline formation displaying a traditional Game Day fight song performance. Transitions should be limited for visual affect, skill incorporations or the ending portion of the fight song for the conclusion. Skills should be easily incorporated at a quick pace (1-2 8- counts) and appear effortless. Synchronized skills would add value when performed with a high level of execution. Motion technique, facial expressions and eye contact, as well as overall execution and performance appeal will factor into the scoring in this section. The school fight song is commonly played numerous times during an athletic event, so the design and performance should be conducive to spontaneous and repetitive execution with ease.

PERFORMANCE STRUCTURE
DANCE
Incorporation of school dancers and mascot(s) Incorporation of school traditions Incorporation of crowd leading visual effects
Smooth and seamless transitions between performance categories
The maximum time limit for the Spirit Rally performance is two minutes and fifteen seconds

SCORING
Spirit Rally is **NOT** a traditional dance category, but rather the display of true Game Day material designed to promote and engage crowd participation to generate school spirit. Scoring will be based on the dancer's ability to create crowd appeal and entertainment value true to their school's game day

FIGHT SONG
Routine should be comprised of visual effects that are relevant to game day (typically performed on the sidelines/court); choreography that represents your schools traditional Fight Song that teams perform at games and within the community. Characteristics of a Fight Song include motion work, crowd interaction and other traditional engagement. Skills and choreography should represent a traditional Fight Song that your team performs at games and community events. Recorded band music will be used. Scoring in this section is based on the ability of the performers to perform a traditional

COLLEGE COMPETITION RULES

school fight song displaying high energy and solid performance techniques effectively and accurately.

TIMEOUT PERFORMANCE
Routine should showcase the team's energy and connection to the crowd with high energy, game day specific choreography designed for entertainment in either jazz, pom, hip hop or kick or any combination of these styles. This routine is pre-planned and choreographed to a specific piece of music; a highlight piece for the dance team at a game. The routine should complement the team's strengths while also providing exceptional visuals and crowd appeal. This portion has a maximum time limit of 1:00 minute.

NDA SPIRIT RALLY JUDGING SCALE

COLLEGIATE IMAGE
This category will be utilized to evaluate the overall representation by the team of its institution of higher education, the core values and standards that commonly exist and are mandated by such institution's administration, faculty, staff, alumni and student body. This Evaluation will be based on, but not limited to the following:

SPORTSMANSHIP
The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance regarding respect for themselves, other teams and the viewing audience. Teams should refrain from any taunting, bragging or suggestive expressions or gestures as well as discrimination of any nature.

PERFORMANCE INTEGRITY
All aspects of the performance (music, choreography, skills, language, props, etc.) should represent the highest standards as expected by athletes and elite student body representatives at the collegiate level. All aspects of the performance should also be appropriate for a family viewing audience.

SCHOOL REPRESENTATION
How well the institution has been represented by its team's presentation, props and appearance. NDA recommends that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their institution regarding grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

PERFORMANCE IMPRESSION
This score reflects overall appeal as well as each individual judge's overall impression of the routine. Elements factored into this score at each judge's discretion are genuine showmanship (face/full body) projection, energy, crowd interaction, entertainment value and confidence.

GAME DAY EFFECTIVENESS: FIGHT SONG ONLY (RANGE OF SCORES)

LOW	This score reflects the team's ability to connect with the audience through subpar use of material and movement to motivate and leave a lasting impression though practical and game day relevant choreography, crowd interaction, and entertainment value. Routine lacks the team's ability to lead the audience and promote school spirit.
MEDIUM	This score reflects the team's ability to connect with the audience through intermediate or average use of material and movement to motivate and leave a lasting impression though practical and game day relevant choreography, crowd interaction, and entertainment value. Routine fairly showcases team's ability to lead the audience and promote school spirit.
HIGH	This score reflects the team's ability to connect with the audience through advanced and effective use of material and movement to motivate and leave a lasting impression though

COLLEGE COMPETITION RULES

	practical and game day relevant choreography, crowd interaction, and entertainment value. Routine strongly showcases the team's ability to lead the audience and promote school spirit.

SYNCHRONIZATION (RANGE OF SCORES)

LOW	Beginning or substandard, timing, uniformity of style and unison of team (does not reflect execution). Memory mistakes causing the routine to appear less cohesive. Spacing is substandard.
MEDIUM	Intermediate or average, timing, uniformity of style and unison of team (does not reflect execution). Few memory mistakes. Spacing is average, but not precise.
HIGH	Advanced and consistent unison, uniformity of style and timing as team (does not reflect execution). Uniformity of team movement within choreography and skills. Consistent and even positioning ofdancers throughout all formations and transitions.

EXECUTION OF MOVEMENT & TECHNIQUE (RANGE OF SCORES)

| LOW	Beginning level of movement executed with substandard control, placement and completion of movement and skills. Minimal strength in movement and lacking cohesive connection between upperand lower body movement.
MEDIUM	Intermediate movement with average use of control, placement and completion of movement andskills. Average strength in movement and average ability to support upper body and core control.
HIGH	Advanced movement with proper control, placement, and completion of movement and skills. Proper quality of strength in movement and skills. Strong dynamic movement supported by upperbody strength and core control.

GAME DAY CHOREOGRAPHY: TIMEOUT PERFORMANCE ONLY (RANGE OF SCORES)

LOW	Beginner level routine with basic full body movement, minimal musical interpretation, dynamics, direction changes, levels, visuals and group work. Routine is lacking in overall creativity and originality for a game day performance.
MEDIUM	Intermediate level routine with average use of full body movement, musical interpretation, dynamics, direction changes, levels, visuals and group work creating a solid performance. Routineis missing its full potential for a game day performance.
HIGH	Advanced level routine with strong use of intricate, complete, full body movement and strong use ofmusical interpretation, dynamics, direction changes, levels, visuals and group work creating an entertaining performance. Routine has maximized its game day performance.

COLLEGE COMPETITION RULES

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PARTNER STUNT, GROUP STUNT & MASCOT
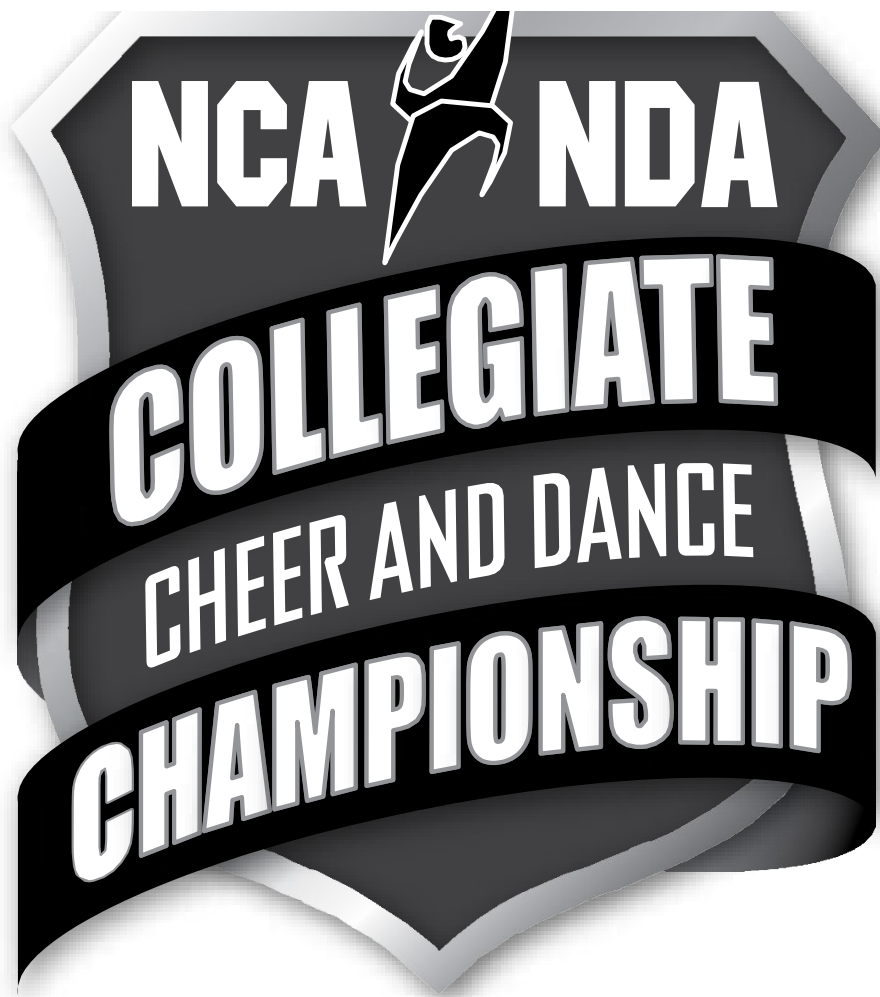
COLLEGE COMPETITION RULES

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

HOW TO QUALIFY FOR THE NCA & NDA COLLEGIATE CHEER AND DANCE CHAMPIONSHIP

PARTNER STUNT, ALL GIRL GROUP STUNT, MASCOT VIDEO ENTRY FORMAT

Qualification videos must be sent with a payment of $25 per video (this payment must accompany the video in order to have the video judged). All participants representing schools on videos must meet NCA & NDA's current eligibility requirements, as well as the eligibility requirements of their respective school. Participants must be current members of the same team (not program). Segments may NOT be edited. The speed of the performance may not be altered on the video. The use of a tripod is highly encouraged. Routine must follow USA Cheer College Cheerleading Safety Rules.

Video Entry Deadline: January 24, 2025
Videos will be uploaded to:
https://varsityspirit.formstack.com/forms/nca_nda_college_nationals_qualification_form

PARTNER STUNT

Videos must include a 45 second maximum unedited Routine. Routine must be choreographed to music. One spotter is required. Must adhere to all uniform requirements.

ALL GIRL GROUP STUNT

Video must include a 45 second maximum unedited Routine. Routine should be choreographed to music. Groups may have up to four (4) members - all female. Must adhere to all uniform requirements.

MASCOT

Videos must include a 90 second maximum unedited skit. Routine must be performed to music. No live props are allowed. Should follow the same format and rules as stated for the actual Competition on page 52.

THE RESULTS OF THE STUNT AND MASCOT VIDEO ENTRIES WILL BE AVAILABLE BY February 1, 2025 5:00 p.m. CST and will be posted on nca.varsity.com. Videos submitted for qualification will not be viewed for Competition safety violations. A separate video must be sent for this purpose. Coaches of team videos will be notified individually of their qualifying status, and team video results will NOT be posted on the website.

PARTNER STUNT COMPETITION REQUIREMENTS

1. Participants must be official members of the school and cheerleading team (not program) they are representing and meet all of their school's eligibility requirements. The official NCA Eligibility Form must be submitted prior to the competition.
2. Length of routine can be NO LONGER THAN FORTY-FIVE (45) SECONDS. The following penalties will apply for the routine going over the time limit:
3. 1 - 5 seconds over time will result in a .5 deduction
4. 6 or more seconds over time will result in a 1.0 deduction
5. The routine should be performed to music. Music must comply with Varsity Music copyright guidelines.
6. Each participating couple should provide one spotter. Only one spotter may be on the mat as needed to make the stunt legal. Spotter may not assist with performance. Spotter may not touch or assist any stunts. In the event a spotter touches or assists a stunt a 2.0 deduction will be assessed per occurrence (exception: may assist in dismounts or drops when mandated by USA Cheer Guidelines).
7. The routine and music must be suitable for family viewing. Violations will result in a 2.0 deduction or disqualification.
8. A participant may take part in only ONE (1) partner stunt Routine.
9. A participant may only compete with the partner with whom they qualified.
10. Participants MUST follow the USA Cheer College Cheerleading Safety Rules.
11. Must follow previously stated Uniform Requirements.
12. Props are not allowed

COLLEGE COMPETITION RULES

GROUP STUNT COMPETITION REQUIREMENTS

1. Participants must be official members of the school and cheerleading team (not program) they are representing and meet all of their school's eligibility requirements. The official NCA Eligibility Form must be submitted prior to the competition.
2. Length of routine can be NO LONGER THAN FORTY-FIVE (45) SECONDS. The following penalties will apply for the routine going over the time limit:
3. 1 - 5 seconds over time will result in a .5 deduction
4. 6 or more seconds over time will result in a 1.0 deduction
5. The routine and music must be suitable for family viewing. Violations will result in a 2.0 deduction or disqualification.
6. The routine should be performed to music. Music must comply with Varsity Music copyright guidelines.
7. A participant may take part in only ONE (1) group stunt routine.
8. A participant may only compete with the stunt group in which they qualified.
9. Participants MUST follow the USA Cheer College Cheerleading Safety Rules.
10. Participants MUST be ALL female. (Maximum of 4 participants allowed)
11. Must follow previously stated Uniform Requirements.
12. Props are not allowed

JUDGES' CATEGORIES (Total Possible Score 75 points)

- Execution of Top Person- 15points
- Execution of Base(s)- 15points
- Degree of Difficulty- 15points
- Transitions and Flow- 10points
- Performance and Showmanship- 10points
- Overall Impression- 10points

NCA COLLEGIATE MASCOT CHAMPIONSHIPN

GENERAL
Each mascot must qualify at an NCA College Summer Camp or through Video Qualification. Only ONE costumed mascot is allowed to perform. NO other live props are allowed.

SET-UP/TEAR-DOWN
1. 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
      i. NOTE: 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. Pending weather conditions, NCA reserves the right to allocate more time for set up.
2. Other people may assist with set-up and tear-down.
3. Mascots must be dressed in the school's official mascot costume for both set-up and tear-down.

ROUTINE
1. Mascots must be dressed in the school's official mascot costume.
2. 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.
3. Each mascot will perform a routine lasting a maximum of 1 minute and 30 seconds (90 seconds) not including set-up and tear- down time.
4. Timing will begin with the first organized word, movement, or note of music after they are officially announced.

COLLEGE COMPETITION RULES

5. The routine should contain a theme and should be well organized and understandable
6. Music may be used and is encouraged. Music should be on digital iPod. Mascots must be compliant with Varsity Music Policy. 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
7. 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.
8. 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
9. Mascots must comply with the USA Cheer College Safety Rules when performing athletic skills in their mascot skit.
10. Mascots may not utilize any type of height increasing apparatus (mini tramps, spring boards, etc.). A box is permitted however the height of the box cannot exceed 3 feet.
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. Other people may assist with support of props ONLY IF the event is outside to reduce weather related issues. These assistants may not participate in any activity within the skit, other than to support props. This includes but is not limited to hand-offs, manipulating props to make move or spin, or any other function other than basic support. Violations will result in a 2.0 deduction
13. Use of fire, noxious gases, live animals, weapons, and other potentially hazardous elements are strictly prohibited (including, but not limited to, guns, knives, swords, nun-chucks, etc.)
14. Timing will end with the last organized word, movement, or note of music by the mascot.

COLLEGE MASCOT GENERAL 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
5. 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.
6. 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.
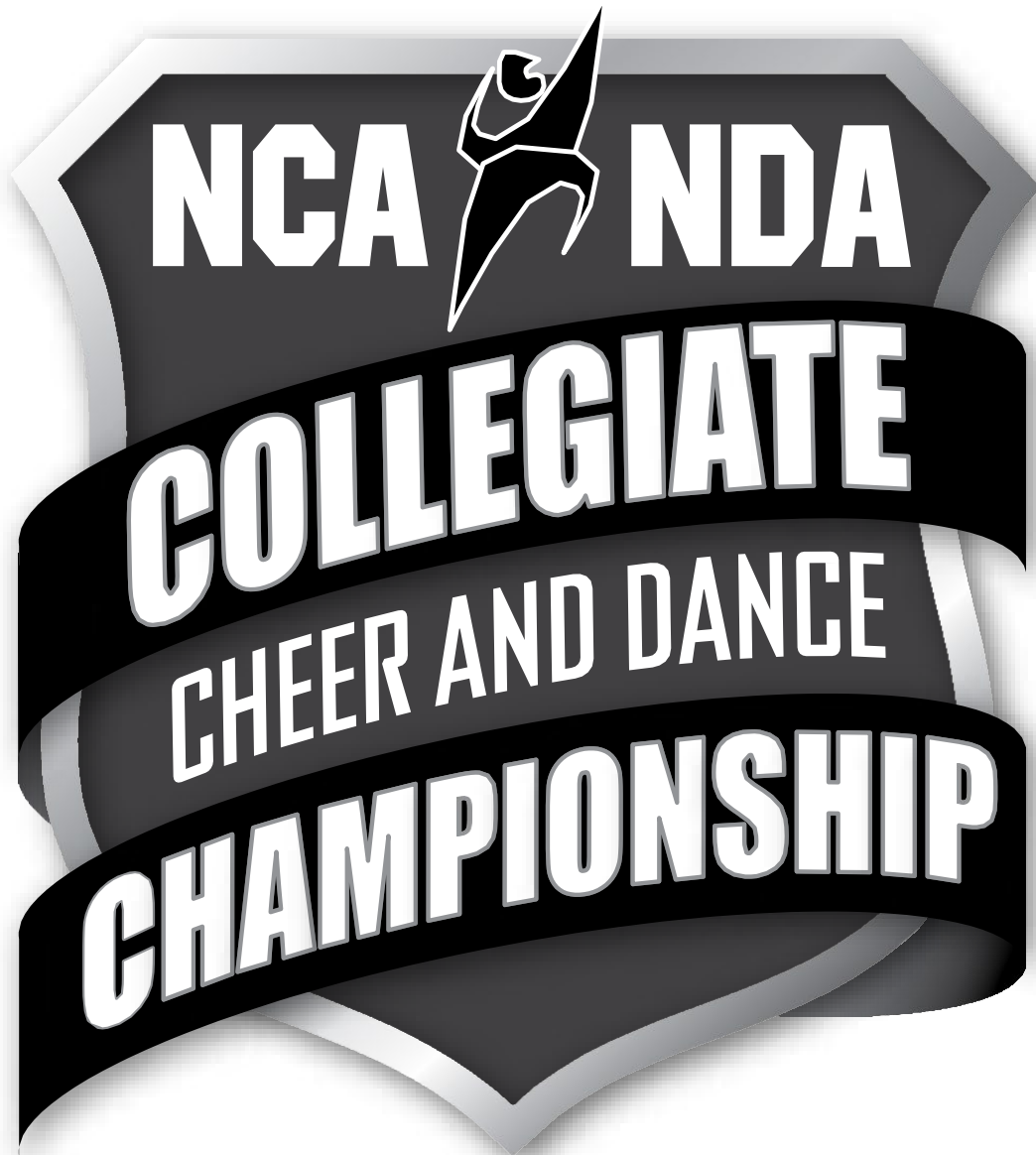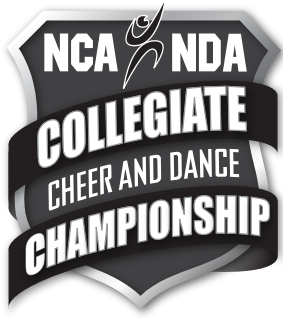
7. Be aware of your limits when performing. Be aware of the limitations that the character places on you. Pay attention to obstacles and people around you to prevent injury. When walking into a new area, scan the layout and try to memorize the location of obstacles. Also, count stairs as you go; chances are you will use those stairs again.
8. 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. Never let an untrained person perform for you. 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.

COLLEGE COMPETITION RULES

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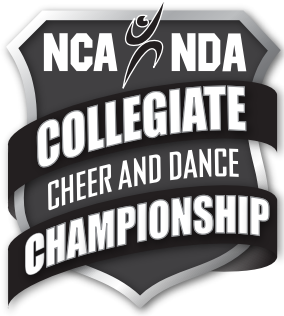
SCORESHEETS

OFFICIAL
SCORE ★ SHEET
DANCE TEAM PERFORMANCE DIVISION

COMMENTS			MAXIMUM VALUE	TEAM SCORE
		COLLEGIATE IMAGE Sportsmanship, Integrity, School Representation	**10**	
		PERFORMANCE IMPRESSION Projection, Expression, Appeal	**10**	
	JAZZ	**EXECUTION** Execution of Jazz Style, Extension, Control, Musicality, Difficulty, Uniformity, Staging	**10**	
		CHOREOGRAPHY Creativity, Originality, Musical Interpretation, Difficulty	**10**	
	POM	**EXECUTION** Motion Placement, Control, Strength, Difficulty, Uniformity, Staging	**10**	
		CHOREOGRAPHY Creativity, Originality, Musical Interpretation, Motion Variety, Difficulty	**10**	
	HIP HOP	**EXECUTION** Hip Hop Style, Control, Approach, Musicality, Staging, Proper Execution of Elements, Difficulty, Uniformity	**10**	
		CHOREOGRAPHY Creativity, Originality, Visual Effects, Difficulty	**10**	
		TOTAL		

OFFICIAL
SCORE ★ SHEET
DANCE POM DIVISION

JUDGE _____

COMMENTS		MAXIMUM VALUE	TEAM SCORE
	COLLEGIATE IMAGE Sportsmanship, Integrity, School Representation	**10**	
	PERFORMANCE IMPRESSION Projection, Expression, Appeal, Appropriateness	**10**	
	UNIFORMITY Team Timing, Synchronization, Spacing, Difficulty	**10**	
	QUALITY OF MOVEMENT Motion Placement, Control, Strength, Difficulty	**10**	
	VISUAL EFFECTS Ground Work, Level Changes, Opposing Motions, Pom Tricks, Difficulty	**10**	
	CHOREOGRAPHY Creativity, Originality, Musical Interpretation, Motion Variety, Difficulty	**10**	
	STAGING Formations, Transitions, Difficulty	**10**	
	TOTAL		

SAMPLE

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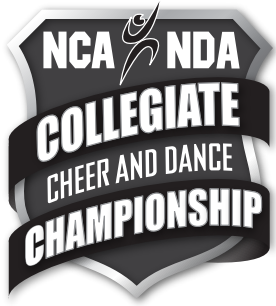
OFFICIAL
SCORE ★ SHEET
DANCE HIP HOP DIVISION

NCA NDA COLLEGIATE CHEER AND DANCE CHAMPIONSHIP

COMMENTS		MAXIMUM VALUE	TEAM SCORE
	COLLEGIATE IMAGE Sportsmanship, Integrity, School Representation	**10**	
	PERFORMANCE IMPRESSION Projection, Expression, Appeal, Appropriateness	**10**	
	UNIFORMITY Team Timing, Synchronization, Spacing, Difficulty	**10**	
	QUALITY OF MOVEMENT Hip Hop Style, Control, Approach, Musicality, Proper Execution of Elements, Difficulty	**10**	
	AUTHENTICITY Flow, Groove, Musical Interpretation, Difficulty	**10**	
	CHOREOGRAPHY Creativity, Originality, Visual Effects, Difficulty	**10**	
	STAGING Formations, Transitions, Difficulty	**10**	
	TOTAL		

SAMPLE

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OFFICIAL
SCORE ★ SHEET
DANCE JAZZ DIVISION

NCA NDA COLLEGIATE CHEER AND DANCE CHAMPIONSHIP

JUDGE _____

COMMENTS		MAXIMUM VALUE	TEAM SCORE
	COLLEGIATE IMAGE Sportsmanship, Integrity, School Representation	**10**	
	PERFORMANCE IMPRESSION Projection, Expression, Appeal, Appropriateness	**10**	
	UNIFORMITY Team Timing, Synchronization, Spacing, Difficulty	**10**	
	QUALITY OF MOVEMENT Execution of Jazz Style, Extension, Control, Musicality, Difficulty	**10**	
	TECHNICAL ELEMENTS Proper Execution of Technical Elements, Difficulty	**10**	
	CHOREOGRAPHY Creativity, Originality, Musical Interpretation, Difficulty	**10**	
	STAGING Formations, Transitions, Difficulty	**10**	
	TOTAL		

SAMPLE

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OFFICIAL
SCORE ★ SHEET
NDA COLLEGE SPIRIT RALLY
SCORESHEET

	COMMENTS		MAXIMUM VALUE	TEAM SCORE
OVERALL		COLLEGIATE IMAGE Sportsmanship, Integrity, School Representation	**10**	
		PERFORMANCE IMPRESSION Audience Connection, Crowd Interaction, Entertainment	**10**	
		TOTAL	**20**	

	COMMENTS			
FIGHT SONG		GAME DAY EFFECTIVENESS Appropriate Use of Material that Elicits Audience Connection, Crowd Interaction, and Entertainment Value	**10**	
		SYNCHRONIZATION Team Timing, Uniformity, Spacing	**10**	
		EXECUTION OF MOVEMENT & TECHNIQUE Proper Control, Placement, Strength of Movement	**10**	
		TOTAL	**30**	

	COMMENTS			
TIMEOUT PERFORMANCE		GAME DAY CHOREOGRAPHY Entertaining, Visual, Musical Interpretation, Dynamic, Full Body	**10**	
		SYNCHRONIZATION Team Timing, Uniformity, Spacing	**10**	
		EXECUTION OF MOVEMENT & TECHNIQUE Proper Control, Placement, Strength of Movement	**10**	
		TOTAL	**30**	

TOTAL	**80**	
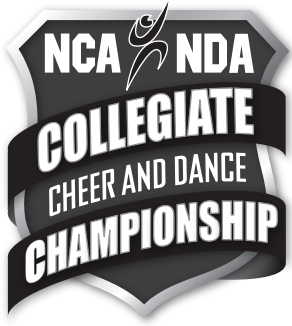
OFFICIAL

JUDGE _____

SCORE ★ SHEET

DANCE SAFETY / GENERAL DEDUCTIONS

NUMBER OF PARTICIPANTS _____

TIME OF ROUTINE   OVER TIME   3 - 5 SECONDS (0.5) = _____

_____   ☐   6 - 10 SECONDS (1.5) = _____

                                          11+ SECONDS   (2.5) = _____

TIME OF MAJOR FALL   DESCRIPTION

_____   _____

_____   _____   TOTAL _____ x 0.5 = _____

RULE INFRACTION	WARNING	PAGE #	# OF DEDUCTIONS
_____	☐	_____	_____ x ____ = _____
_____			
_____	☐	_____	_____ x ____ = _____
_____			
_____	☐	_____	_____ x ____ = _____
_____			
_____	☐	_____	_____ x ____ = _____
_____			

LEGEND

TEAM PERFORMANCE DIVISION
Time Limit 2:15
Per Person Below 7 Minimum = .5
Per Person Above 20 Maximum = .5

POM DIVISION
Time Limit 2:00
Per Person Below 7 Minimum = .5
Per Person Above 20 Maximum = .5

JAZZ DIVISION
Time Limit 2:00
Per Person Below 7 Minimum = .5
Per Person Above 20 Maximum = .5
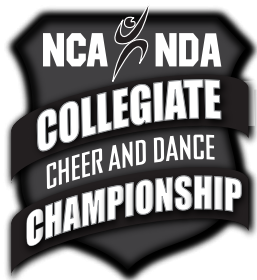
HIP HOP DIVISION
Time Limit 2:00
Per Person Below 7 Minimum = .5
Per Person Above 20 Maximum = .5

TOTAL OVER TIME DEDUCTION _____

TOTAL MAJOR FALL DEDUCTION(S) _____

TOTAL RULE INFRACTION DEDUCTION(S) _____

TOTAL DEDUCTION _____

OFFICIAL
SCORE ★ SHEET
PERFORMANCE DIVISION
MASTER SCORESHEET
ADVANCED

		MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	EXECUTION
BUILDING SKILLS	STUNTS	7.5		7.5	
	PYRAMIDS	7.5		7.5	
	TOSSES	5		5	

		MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	EXECUTION
TUMBLING SKILLS	STANDING TUMBLING	5		5	
	RUNNING TUMBLING	5		5	
	JUMPS	5		5	

		MAXIMUM VALUE	DIFFICULTY
OVERALL PERFORMANCE	COLLEGIATE IMAGE	10	
	OVERALL EFFECT	10	
	CHOREOGRAPHY	10	
	TOTAL POSSIBLE	100	

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OFFICIAL
SCORE ★ SHEET
PERFORMANCE DIVISION
MASTER SCORESHEET
INTERMEDIATE

BUILDING SKILLS		MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	EXECUTION
	STUNTS	5		5	
	PYRAMIDS	5		5	
	TOSSES	5		5	

TUMBLING SKILLS		MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	EXECUTION
	STANDING TUMBLING	5		5	
	RUNNING TUMBLING	5		5	
	JUMPS	5		5	

OVERALL PERFORMANCE		MAXIMUM VALUE	DIFFICULTY
	COLLEGIATE IMAGE	10	
	OVERALL EFFECT	10	
	CHOREOGRAPHY	10	
	TOTAL POSSIBLE	90	

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OFFICIAL
SCORE ★ SHEET
SAFETY DEDUCTION

JUDGE _____

DEDUCTION CATEGORY	NUMBER OF DEDUCTIONS	DEDUCTIONS
BOUNDARY VIOLATIONS	_____ x (.25) _____ x (1.0)	
TIME VIOLATIONS	**T** **M** **OVERTIME (check)** ☐ ☐ 1-5 seconds – (.25) ☐ ☐ 6+ seconds – (1.0)	TIME OF ROUTINE TOTAL _____ MUSIC _____
NUMBER OF PARTICIPANTS		

SAFETY GUIDELINES VIOLATION
(tumbling, stunts, language, signs, etc.)

RULE INFRACTION	WARNING	CATEGORY	PAGE #	x .25, .50, 1.0, 2.0, 5.0
_____	☐	_____	_____	_____
_____	☐	_____	_____	_____
_____	☐	_____	_____	_____
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_____	☐	_____	_____	_____
_____	☐	_____	_____	_____

TOTAL SAFETY INFRACTION: _____

SAFETY DEDUCTION	

SCORE ★ SHEET
POINT DEDUCTION

NCA NDA COLLEGIATE CHEER AND DANCE CHAMPIONSHIP

S
T
P
BT
J

0 - :15 SECONDS

S
T
P
BT
J

:15 - :30 SECONDS

S
T
P
BT
J

:30 - :45 SECONDS

S
T
P
BT
J

:45 SECONDS - 1 MINUTE

S
T
P
BT
J

1 MINUTE - 1:15

S
T
P
BT
J

1:15 - 1:30

S
T
P
BT
J

1:30 - 1:45

S
T
P
BT
J

1:45 - 2:00

S
T
P
BT
J

2:00 - 2:15

LEGEND		
AF	ATHLETE FALL	.25
BB	BUILDING BOBBLE	.25
BF	BUILDING FALL	.75
MBF	MAJOR BUILDING FALL	1.25
MAX	MAXIMUM	1.75

S	STUNTS
T	TUMBLING
P	PYRAMIDS
BT	BASKET TOSSES
J	JUMPS

.25 x _____ = _____

.75 x _____ = _____

1.25 x _____ = _____

1.75 x _____ = _____

TOTAL _____

COMMENTS

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OFFICIAL

SCORE ★ SHEET
GAME DAY DIVISION
MASTER SCORESHEET

MAXIMUM VALUE

BAND CHANTS

EXECUTION OF BAND CHANT Motion technique, proper placement, strength of movement, synchronization, crowd coverage, entertainment value, relevant to crowd participation and game day excitement	**10**	
INCORPORATION OF SKILLS Use of effective crowd leading skills by cheer and/or dancers, technique and stability	**10**	
GAME DAY VISUAL Appropriate use of material of ALL programs to elicit audience connection/response, crowd interaction formations & visuals effective incorporation of props & band, creative movements, entertainment value	**10**	

MAXIMUM VALUE

CROWD LEADING/ SPIRIT RAISING

GAME DAY MATERIAL Proper use of cheer/chant, crowd leading and spirit raising techniques to elicit audience connection and response.	**10**	
INCORPORATION OF SKILLS se of effective crowd leading skills by cheer and/or dancers, technique and stability	**10**	
EFFECTIVE USE OF GAME DAY PROPS This includes all props such as poms, signs, megaphones, flags as well as the coordination of instruments to enhance crowd engagement, entertainment, and participation	**10**	

MAXIMUM VALUE

FIGHT SONG

EXECUTION OF FIGHT SONG Motion technique, proper placement, strength of movement, synchronization, crowd coverage, entertainment value, relevant to crowd participation and game day excitement	**10**	
INCORPORATION OF SKILLS Use of effective crowd leading skills by cheer and/or dancers, technique and stability	**10**	
GAME DAY VISUAL Appropriate use of material of ALL programs to elicit audience connection/response, crowd interaction formations & visuals effective incorporation of props & band, creative movements, entertainment value	**10**	

MAXIMUM VALUE

OVERALL IMPRESSION Overall execution, creativity, practicality, energy, flow, effectiveness, COORDINATION AND UTILIZATION OF MULTIPLE SPIRIT GROUPS, overall appeal	**10**	

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OFFICIAL
SCORE ★ SHEET

A 64 ·6B ??8· 8·FC·E·G·E 4 ??L·
F·6B E·8F; 88G

		MAXIMUM VALUE	
	CROWD APPEAL Visually appealing energetic and enthusiastic	**10**	
	SHOWMANSHIP Natural/confident eye contact genuine smiles	**10**	
	EFFECTIVE USE OF PROPS Effective use of signs, flags/banners, poms and/or megaphones	**10**	
	CROWD RESPONSE TECHNIQUES Practicality (easy to follow and participate) / Vocals (consistent, encouraging, etc.)	**10**	
	SKILL INCORPORATION Choice of effective crowd leading skills, technique and stability	**10**	

CROWD-LEADING SEGMENT

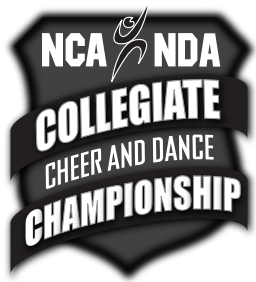|		MAXIMUM VALUE	
	CROWD APPEAL Visually appealing energetic and enthusiastic	**10**	
	MOTIONS Sharpness, synchronization, proper placement and technique	**10**	
	PRACTICALITY Formations, transitions and incorporations conducive of traditional and normal Game Day sideline or timeout performance	**10**	
	SKILL INCORPORATION Choice of effective crowd leading skills, technique and stability	**10**	
	OVERALL EXECUTION Overall execution, creativity, practicality, effectiveness, coordination between spirit group and overall appeal	**10**	

FIGHT SONG/BAND CHANT SEGMENT

		MAXIMUM VALUE	
	TOTAL POSSIBLE	**100**	

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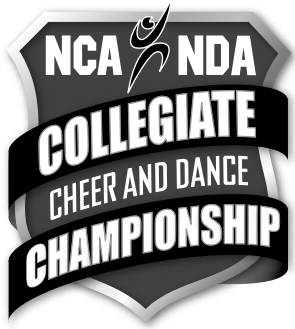
OFFICIAL
SCORE ★ SHEET
MASCOT

COMMENTS		MAXIMUM VALUE	TEAM SCORE
	CHARACTERIZATION	10	
	CREATIVITY	10	
	CROWD LEADING	10	
	DANCE	10	
	PROP DESIGN/ EFFECTIVENESS	10	
	OVERALL IMPRESSION	10	
	TOTAL		

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SCORE ★ SHEET
PARTNER STUNT & GROUP STUNT SCORESHEET

COMMENTS		MAXIMUM VALUE	TEAM SCORE
	EXECUTION OF TOP PERSON Proper execution of the technique of skills performed by the top person of a stunt including flexibility, bodyline, stability, etc.	**15**	
	EXECUTION OF BASE(S) Proper execution of the technique of skills performed by the base(s) and/or spotter including grips, height of catches, stability, etc.	**15**	
	DEGREE OF DIFFICULTY The difficulty of each element/skill performed based on progression, speed of connecting skills, quantity of skills, etc.	**15**	
	TRANSITIONS AND FLOW Pace of transitions as well as visual effects and the creativity of transitions to maintain flow and eliminate frequent pauses/breaks throughout the sequence	**10**	
	PERFORMANCE AND SHOWMANSHIP Showcasing genuine energy and enthusiasm throughout the performance as well as excitement and musicality	**10**	
	OVERALL IMPRESSION	**10**	
	TOTAL		