

NCA COLLEGE VIRTUAL DIVISIONS

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

DIVISIONS

- Advanced Large Coed
- Advanced Small Coed
- Advanced All Girl
- Advanced Game Day
- Intermediate Large Coed*
- Intermediate Small Coed*
- Intermediate All Girl*
- NEW NCA Spirit Rally* (See next page for more details)

**Skill restrictions apply*

NOTE: The 45 Second Crowd Segment will NOT be required for the standard advanced and Intermediate divisions.

NCA reserves the right to combine divisions or break out further divisions by athletic affiliation based on the number of teams registered in each category.

NUMBER OF MALE PARTICIPANTS VS. FEMALE PARTICIPANTS

LARGE COED:

- 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 = 9 maximum males
- 18 – 19 total participants = 10 maximum males
- 20 total participants = 11 maximum males

SMALL COED: 1 - 4 MALE PARTICIPANTS

ALL GIRL: NO MALE PARTICIPANTS

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 one mascot and must have a minimum of ten (10) participants. Teams violating this rule will be disqualified from Preliminary Competition and will forfeit their Game Day score for any additional round(s) of competition. 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.
3. Music is allowed for all or part of each routine. No voice-overs or words may be recorded to make the team's vocal projection sound louder.
4. Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are not permitted.
5. Timing will begin with the first note of music or start of the performance by the team or individual after they are officially announced.
 - a. Performers must have at least one foot on the performing surface when the Routine starts.
6. Timing will end with the last organized word, movement, or note of music by the team or individual.
7. Only the following props are allowed for cheer teams: flags, banners, megaphones, pom poms, and signs. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling.

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INTERMEDIATE DIVISION RESTRICTIONS

STUNTS / PYRAMIDS

- Release inversions into or from stunts are prohibited
- Release full twists to an extended position are prohibited
- Twisting dismounts are limited to ONE and a quarter twist (1¼)
- Pyramids sustained over 2 persons high are prohibited
- 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.

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)

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)

NEW NCA Spirit Rally Division:

GENERAL INFORMATION

- NEW Virtual Competition format offered by NCA that emphasizes Crowd Leading skills and high-level execution
- Designed to be a more simplified format that does NOT require outside music or choreography
- Material utilized is your already developed traditional school game day and/or sideline material
- Skills are limited to only those allowed by the USA Cheer College Safety Rules during basketball timeouts on a hard surface. Please refer to the NCA & NDA College Nationals Rule Book located on nca.varsity.com and nda.varsity.com.

GENERAL RULES

- Maximum of 30 participants. (Any combination of cheerleaders and mascots)
- Maximum length of routine is two minutes and 15 seconds (2:15)
- The routine 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
- There is no set order of these elements being performed and the order is not scored
- Skills are limited to only those allowed by the USA Cheer College Safety Rules during basketball timeouts on a hard surface
- Skill incorporation, quantity, execution and effectiveness WILL factor into the scoring
- Standard NCA deductions will be applied to skill execution and performance errors
- Signs, flags, poms and megaphones are required in at least the cheer and/or sideline chant segments
- Timing will begin with the first sound or organized movement. Standard NCA deductions will be applied for time violations.
- It is recommended that cheer skills be performed on a regulation cheer mat, but not required
- It is NOT required that the performance be in front of a live audience
- All the same eligibility, uniform, sportsmanship, collegiate image, etc. rules in the 2020-2021 NCA College Rule Book apply to the performance division
- Scoring categories will include:
 - o Crowd Appeal
 - o Showmanship
 - o Effective Use of Props
 - o Crowd Response techniques
 - o Skill Incorporation – Effectiveness and Execution
 - o Collegiate Image

USA CHEER COLLEGE SAFETY RULES

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