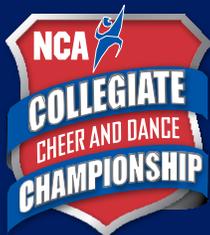
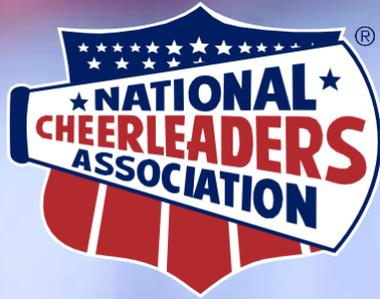


COMPETITION RULE BOOK

FOR COLLEGE TEAMS



**NCA & NDA COLLEGIATE CHEER
AND DANCE CHAMPIONSHIP**
April 10-13, 2024 | Daytona Beach, FL



COLLEGE COMPETITION RULES

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COLLEGE COMPETITION RULES

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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 19, 2024. 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 January 26, 2024 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.

COLLEGE COMPETITION RULES

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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 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.

CODE OF CONDUCT

To ensure the most positive experience for all attendees, NCA & NDA asks that the following Code of Conduct be adhered to during all NCA & NDA Championships:

1. Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the NCA & NDA Event Information table. The appropriate NCA & NDA Official will then be called to discuss the situation with the coach.
2. Participants, coaches or spectators are prohibited from contacting the judges during the competition.
3. Judges' rulings are final related to deductions, final team placements and legalities.
4. Any unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or NCA & NDA Event Staff will result in potential team disqualification, removal from the event and/or barred participation from future NCA & NDA events and possible disqualification of team or suspension for following years.
5. Varsity Spirit reserves the right to remove any persons from a competition for unsafe or unsportsmanlike conduct.

COLLEGE COMPETITION RULES

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NCA & NDA fervently encourages and supports sportsmanship, integrity and fairness among participants and coaches in all facets of cheerleading including, but not limited to team/squad practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities and believe that coaches are instrumental in promoting and instilling this among their respective team members.

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.

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 may be enrolled in less hours if working to graduate during 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.

COLLEGE COMPETITION RULES

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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.

NCA & NDA MUSIC FORMAT

NCA & NDA will follow the Varsity Spirit Music Guidelines for all competitions. Please visit varsity.com/music for the most up-to-date guidelines and latest resources. For further questions on Music Licensing please email ncasupport@varsity.com.

Music should be on a digital music player/iPod. CD Players will not be available at Nationals. NCA & NDA will provide an auxiliary cord. Depending on the type of phone, please make sure you have all necessary adapters. Be sure to follow these steps below prior to your performance:

- Set up a playlist for each routine
- Turn OFF any equalizer, sound check and/or volume limit
- Turn your volume up to 100%
- Turn off all notifications
- If using a phone, make sure it is in airplane mode to avoid incoming calls during performance

VIDEO MEDIA POLICY

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Varsity Spirit, LLC and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation.

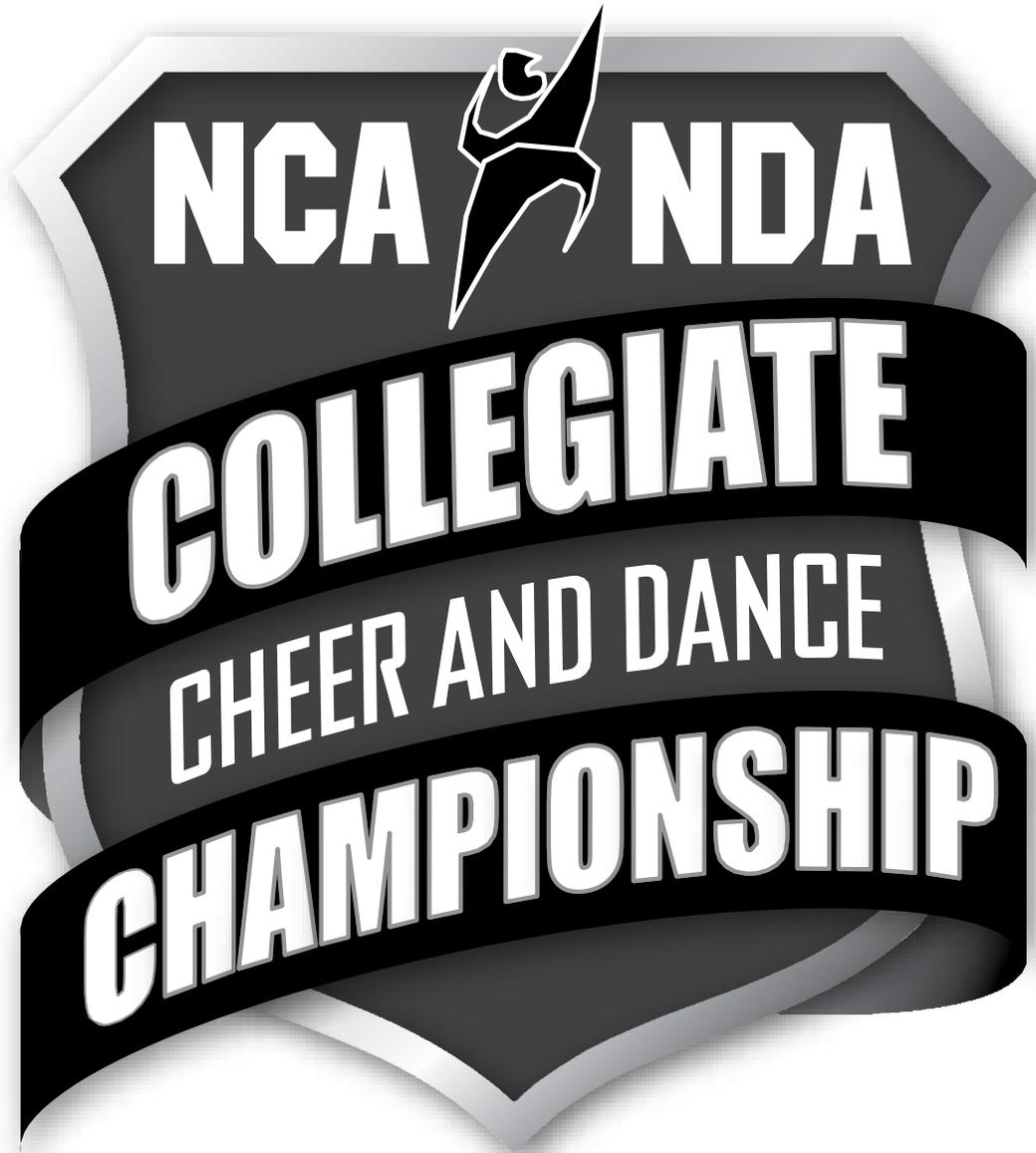
LOGO USAGE

Teams will not be allowed to use any Varsity Spirit Brand logo including: banners, rings, bows, t-shirts, etc. without prior approval from the Varsity Spirit office. The use of the brand letters will be allowed.

COLLEGE COMPETITION RULES

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CHEER



COLLEGE COMPETITION RULES

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PERFORMANCE AREA

1. 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.
2. All cheer teams competing in the NCA & NDA Collegiate Cheer and Dance Championship will perform on a 42' deep x 54' wide carpeted mat.
3. 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 skirts. 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.

COLLEGE COMPETITION RULES

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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.

UNIFORM MALFUNCTION

All uniform pieces must be secured to eliminate any possibility of a wardrobe malfunction with appropriate undergarments worn. If, in the event, a uniform malfunction was to occur resulting in indecent exposure, it will be the responsibility of the coach/sponsor to ensure the music is stopped from the music table.

While masks are not required on the warmup floor and/or performance floor unless dictated by state or local guidance, an athlete may choose to wear a mask. If an athlete chooses to wear a mask during the performance and the mask restricts the athletes view and/or interferes with skills or otherwise becomes a safety concern, the athlete should either secure or remove the mask. If the athlete does not secure or remove the mask, the routine is subject to being stopped by competition officials. If stopped, the team will perform the routine again in its entirety but will be evaluated **ONLY** from the point where the routine was previously stopped. Competition officials will determine the impact of the interruption.

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 uniform in the event a warning or penalty is assessed.

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.

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. Generally, the team will perform immediately unless NCA determines for safety reasons they should be moved later in the performance order. It is recommended that coaches have a backup music **source** with them at the music table. Judging and timing will resume from the point at which the malfunction occurred as determined by the judges.

COLLEGE COMPETITION RULES

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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 teams performance is appropriate for a family viewing audience.

INJURY DURING PERFORMANCE

The Safety Judge reserves the right to stop a routine due to an obvious injury. In the event that an injury causes the team's routine to be interrupted during Preliminary Competition, the team will have 30 minutes to regroup before performing their routine full out from the beginning. Judging will resume from the point at which the injury/interruption occurred as determined by the judges. All point deductions accumulated to that point will carry over. If a team prefers not to re-work the routine, then at the coach's discretion, they may take the score they have received up to that point. If a skill has not been performed a "0" will be given in the category. In the event that an injury 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 injury.

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

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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

INTERNATIONAL (based on school's total enrollment):

- 20,000 or above will compete in Division IA
- 10,000-19,999 will compete in Division I
- 5,000-9,999 will compete in Division II
- Less than 5,000 will compete in Division III

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

NUMBER OF MALE PARTICIPANTS VS. FEMALE PARTICIPANTS

LARGE COED:

- 10 – 11 total participants = 7 maximum males
- 12 – 13 total participants = 8 maximum males
- 14 – 15 total participants = 9 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

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
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 start of the performance by the team or individual after they are officially announced.
 - a. 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.
7. 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.

COLLEGE COMPETITION RULES

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8. 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.
9. Team/individual names will be called twice: once as the team/individual on deck and once as the next team/individual to perform.
10. 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.

INTERMEDIATE DIVISION RESTRICTIONS

STUNTS / PYRAMIDS

- Release inversions into stunts are ALLOWED but may not exceed prep level and may not exceed a $\frac{1}{2}$ twist. This includes released inversions in a stunt to an upright position.
- Free flipping mounts and dismounts are not allowed.
- Braced inversions must make contact with a bracer prior to initiation and remain connected until the top person is no longer inverted.
- Release full twists to an extended position are prohibited.
- Twisting dismounts are limited to ONE and a quarter twist ($1\frac{1}{4}$)
- Pyramids sustained over 2 persons high are prohibited.
- Twisting stunts (i.e., full ups) are limited to ONE and a quarter ($1\frac{1}{4}$) twisting rotation. One and a half ($1\frac{1}{2}$) ups and double ups are prohibited.
- When Released skills involve new catchers, these catchers must be stationary at the time of initiation of the release.

TOSSES

- Release flips from basket/sponge tosses are prohibited.
- Twisting dismounts from basket/sponge tosses may not exceed 2 rotations ($\frac{1}{4}$ 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) (examples: Aerials and Onodis ARE NOT 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.

COLLEGE COMPETITION RULES

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

NCA LEGALITY VERIFICATION

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

1. All questions must be submitted via email.
2. Due to the differences in interpretation and terminology, no phone calls will be accepted.
3. Do not rely on prior rulings from NCA & NDA Championships.
4. A separate video must be submitted for each Competition to ensure legality.
5. For all Legality questions, you must send a video that contains the skill in question.
6. Video must include the following:
 - a. Front, side and back view of skill.
 - b. Name of the Championship where you will be performing skill and the Division you will be performing in.
 - c. Include your name, team name, email and phone number with your video.
7. 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.

You must email your videos to:

ncacollegevideos@gmail.com

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.

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.

COLLEGE COMPETITION RULES

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POINT DEDUCTION SYSTEM

All deductions may include, but are not limited to the following examples:

ATHLETE FALL .25

- Drops to the performance surface during tumbling and or/jump skills. Includes the following:
- Hand, hands or head down in tumbling or jump skill
- Knee or knees down in tumbling or jump skills

BUILDING BOBBLES .25

- Obvious control or execution mistakes that do not result in a fall
- Incomplete twisting dismounts landing in a prone position (stomach)

BUILDING FALL .75

- Drops to cradle and/or load in position from a stunt, pyramid and/or toss. Includes the following:
- Base or spotter drops to the performance surface during building skills
- Drops to a cradle and/or load in position

MAJOR BUILDING FALL 1.25

Drops to the performance surface from a stunt, pyramid, or toss by the top person and/or the bases/spotters Includes the following:

- Top person drops to the performance surface
- Multiple bases and/or spotters drop to the performance surface
- Top person lands on base and/or spotter who drops to the performance surface
- Tosses that land in prone (on stomach), upright (feet down) or inverted (head down) positions

MAXIMUM 1.75

- When multiple deductions should be assessed during a stunt or toss (by a single group) or during a pyramid skill, then the sum of those deductions will not be greater than 1.75. During pyramids where there are multiple falls or 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.

SAFETY VIOLATIONS

1. Building skills performed out of level will be issued a 1.0 deduction.
2. Tumbling skills performed out of level and violation of any other General Safety Guidelines OR any skill which appears to be performed as a performance error will be issued a.5 deduction.

BOUNDARY VIOLATIONS

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 makes contact with both feet, both hands, or any part of the upper torso outside the competition boundary. **If a violation is assessed, judges' decisions are final.** 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.

COLLEGE COMPETITION RULES

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INAPPROPRIATE CHOREOGRAPHY DEDUCTION

A deduction of 1.0 (per violation) will be given for vulgar or suggestive choreography, 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.

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.

TIME LIMIT VIOLATIONS

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

1. 1 or more seconds over time will result in a .25 deduction
2. 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 stop watch or similar device to measure the official time. Because of human error and acknowledging that a judge may not stop the clock at the precise moment a routine ends, we will not assess a deduction if the time recorded is within 3 seconds over the required time limit to account for human error and mistake. If a request is made to re-time a routine and the routine does in fact exceed the allowed time limit, the deduction will stand even if it is less than 3 seconds over.

UNSPORTSMANLIKE CONDUCT DEDUCTION

When a coach is in discussion with an official, other coaches, athletes and/or parents and spectators they must maintain proper professional conduct. Failing to do so will result in 2.0 deduction and removal of coach or disqualification. Includes the following:

- Inappropriate and deliberate physical contact between athletes during the event
- Abuse of equipment or any items associated with the event
- Using language or a gesture that is obscene, offensive, or insulting
- Using language or gestures that offend race, religion, descent or national or ethnic origin
- Failing to perform a routine
- Excessive appealing at AccuScore
- Showing dissent towards scoring official decision by word or action
- Threat of assault to an event representative
- 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.

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.

**NCA COLLEGE SCORING
GUIDELINES –
LARGE COED
COMING SOON**

**NCA COLLEGE SCORING
GUIDELINES –
SMALL COED
COMING SOON**

**NCA COLLEGE SCORING
GUIDELINES –
ALL GIRL
COMING SOON**

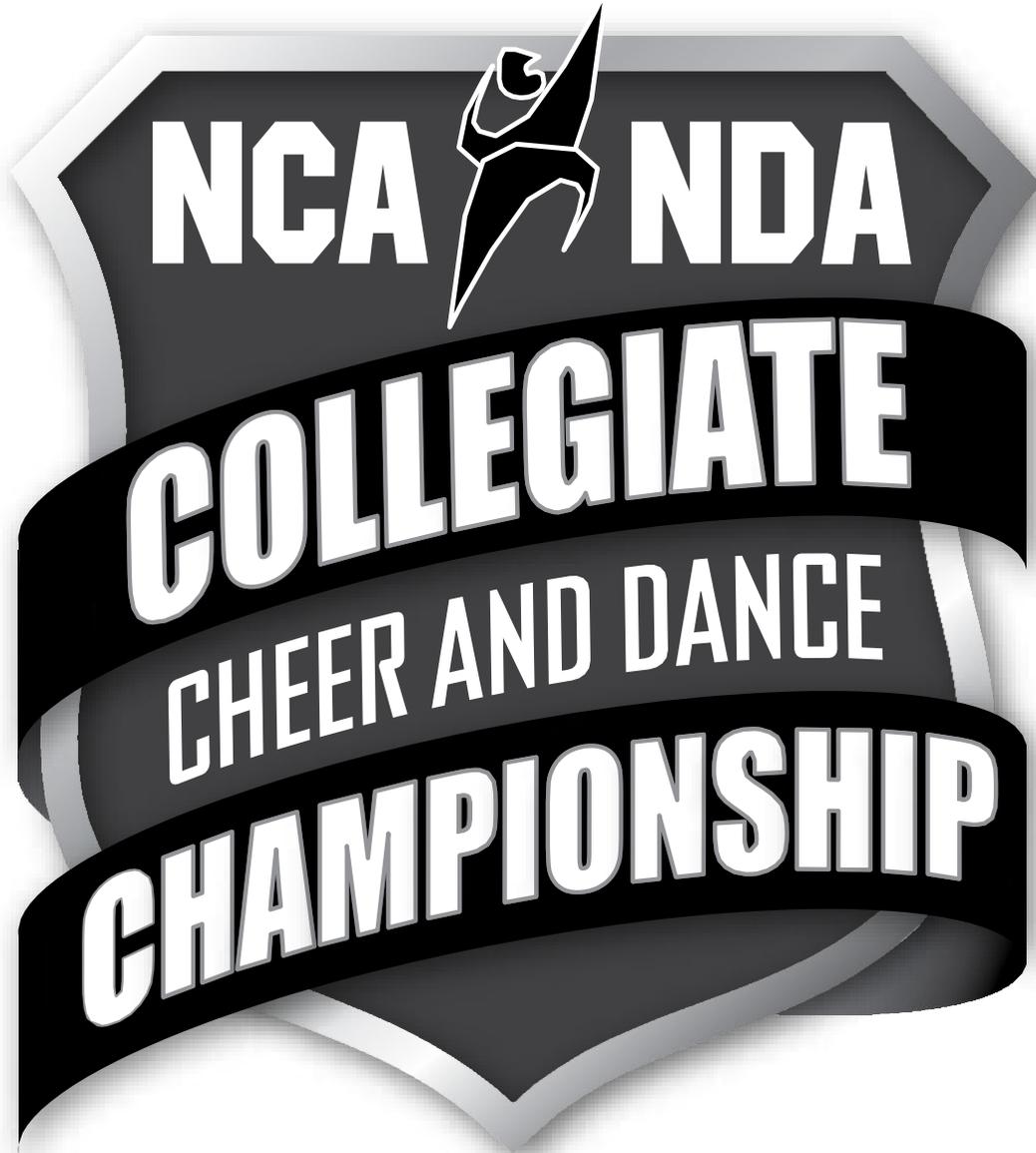
**NCA COLLEGE SCORING
GUIDELINES –
INTERMEDIATE COED
COMING SOON**

**NCA COLLEGE SCORING
GUIDELINES –
INTERMEDIATE ALL GIRL
COMING SOON**

COLLEGE COMPETITION RULES

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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:

1. Practice Room: 10 strips
2. Ocean Center (All Prelims & Finals): 10 strips
3. Band Shell (Hip Hop Finals): 10 strips

COLLEGIATE EXPECTATIONS

CHOREOGRAPHY

All facets of a performance or routine, including choreography 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 .25 per violation, will be given for vulgar or suggestive choreography, 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

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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.

1. 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.
2. 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.

COLLEGE COMPETITION RULES

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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.

PROPS

Poms, hand held 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.

COLLEGE COMPETITION RULES

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COLLEGE DANCE DIVISIONS

1. 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.
2. Every member of every team representing a school must meet NDA's current eligibility requirements.
3. Teams in these divisions must follow the NDA Collegiate Dance Safety Rules.
4. 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.
5. A team may not enter more than two (2) divisions, and a team may not compete the same routine in more than one division.
6. 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).
7. A dancer may not compete in more than two (2) division categories.
8. Teams from the same school can enter the same Division; however, only the top scoring team may advance to Finals should scores warrant.

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.

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).

COLLEGE COMPETITION RULES

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COMPETITION SAFETY GUIDELINES

1. Competition will be held indoors. Hip Hop Finals will 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
 - **Clarification: All hip over-head rotation skills with or without hand support, airborne or non-airborne.**
 - b. Involves no more than one twisting transition
 - c. Standing full twisting back flip will not be permitted
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.

COLLEGE COMPETITION RULES

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**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 **

ALLOWED:

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

NOT ALLOWED:

Shushanova
Toe Pitch Back Tucks
Dive Rolls
Layouts

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.
 - b. The Executing Dancer's hips may not cross the vertical axis after the release if airborne and/or inverted.
 - c. Toe pitches are not allowed.
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. The 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).

COLLEGE COMPETITION RULES

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INJURY/ILLNESS DURING PERFORMANCE

The Legality Official, Head Judge, coach or NDA Official reserves the right to stop a routine due to an obvious injury/illness. In the event that an injury causes the team's routine to be interrupted during Preliminary Competition, the team will have 30 minutes to regroup before performing their routine again from the beginning. Judging will resume from the point at which the injury/interruption occurred as determined by the judges. All point deductions accumulated to that point will carry over. If a team prefers not to re-work the routine, then at the coach's discretion, they may take the score they have received up to that point. If a skill has not been performed a "0" will be given in that caption. In the event that an injury/illness 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 injury.

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 .5 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

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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.

1. All questions must be in written form.
2. Due to the differences in interpretation and terminology, no phone calls will be accepted.
3. 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.
4. Do not rely on prior rulings from NCA & NDA Championships.
5. **Legality rulings will not be provided with a digital dance critique, a separate legality verification must be submitted.**
6. A separate video must be submitted for each Competition to ensure legality.
7. For all Legality questions, you must send a video that contains the skill in question.
8. Video must include the following:
 - a. Front, side and back view of skill.
 - b. Name of the Championship where you will be performing skill and the Division you will be performing in.
 - c. Include your name, team name, email and phone number with your video.
 - d. Do not send the entire Routine, only the skill(s) in question. Your video will be kept on file at NCA & NDA.
9. 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.
10. 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 by January 19, 2024. 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.

COLLEGE COMPETITION RULES

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JUDGING PANELS

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

1. Prelims AND Finals for this division will be conducted indoors.
2. Routine is not to exceed 2 minutes and 15 seconds (2:15).
3. 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.
4. Poms and/or hand-held props may be used in this category but are not required.
5. A Routine Outline must be submitted at check-in.
6. 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.
HIGH	Advanced, or strong, timing and synchronization of style. Very precise placement. Spacing is precise.

COLLEGE COMPETITION RULES

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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.
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.

COLLEGE COMPETITION RULES

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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.

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.

COLLEGE COMPETITION RULES

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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.

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

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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.
- **Coupé (koo-PAY):** Meaning to cut or cutting; when one foot quickly takes the place of the other.

COLLEGE COMPETITION RULES

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- **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 Saucer:** See Turning Disc.
- **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.

COLLEGE COMPETITION RULES

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- **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.
- **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 dancers 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.

COLLEGE COMPETITION RULES

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- **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 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-DAHNN):** 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).
- **Sickling:** This term is used for a fault in which the dancer turns his or her foot in from the ankle, thereby breaking the straight line of the leg.

COLLEGE COMPETITION RULES

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- **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.
- **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.

COLLEGE COMPETITION RULES

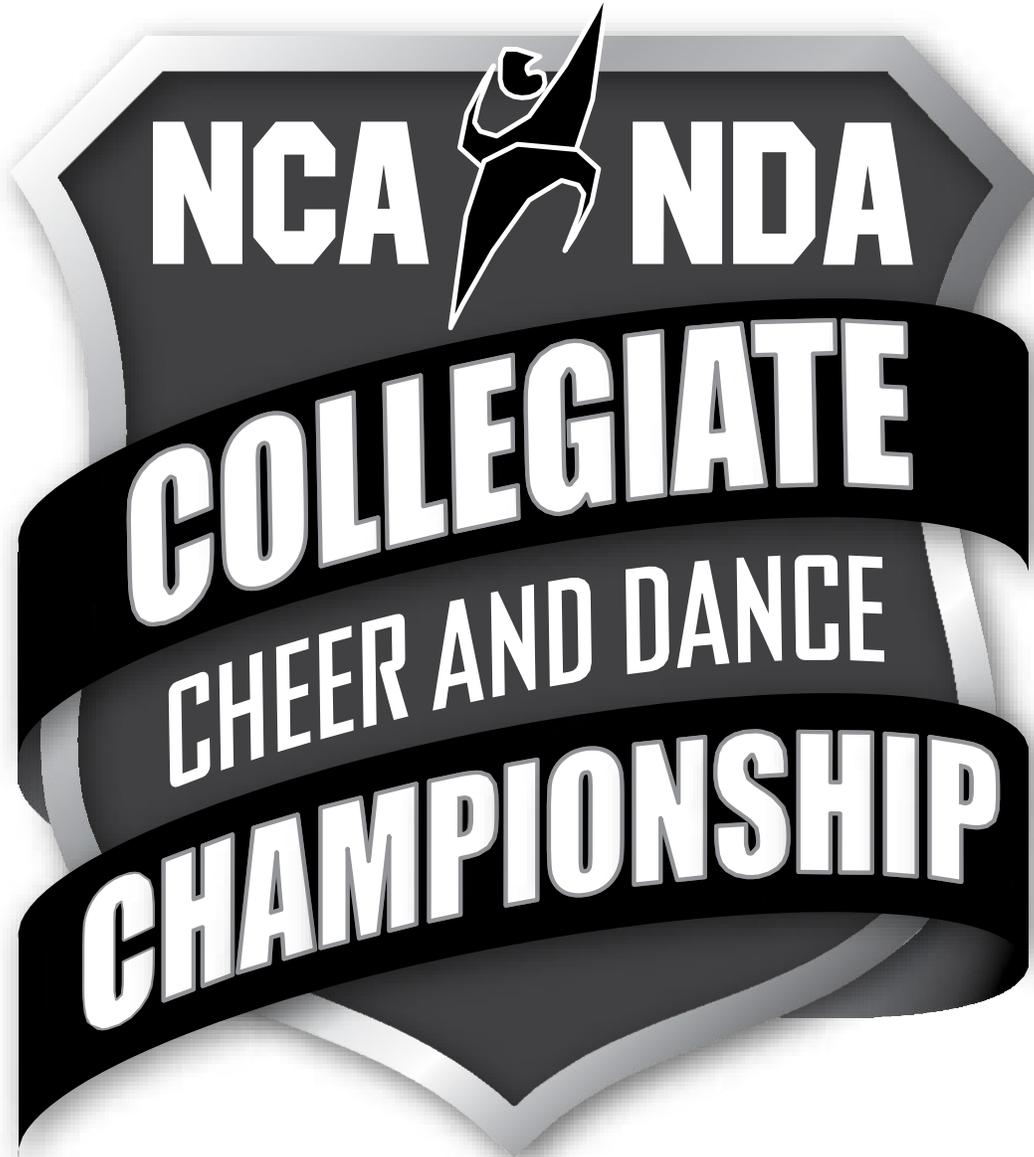
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- **Turning Disc (aka Disc, Flying Saucer):** A turning leap in which the dancer executes a Châiné Turn, then sweeps the working leg up from 5th position to 2nd position to execute a center leap, landing on the original working leg.
- **Vertical Axis (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.

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GAME DAY

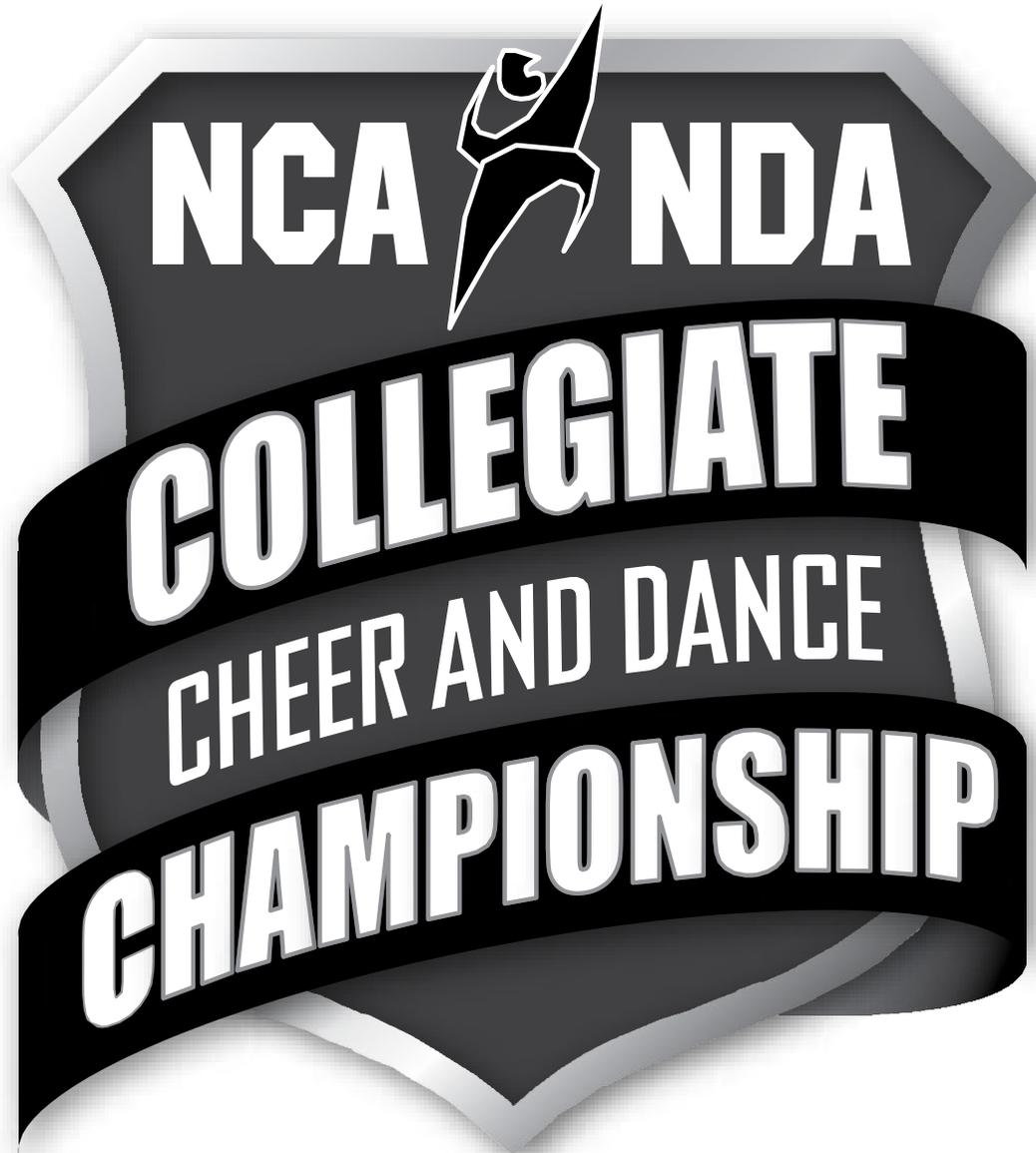


UPDATES COMING SOON

COLLEGE COMPETITION RULES

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SPIRIT RALLY DIVISION



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:
2. Cheer - Any combination of cheerleaders and mascots
3. Dance – Any combination of dancers and mascots
4. All participants must meet the Eligibility Requirements as specified on the previous pages of the NCA and NDA College Rule Book.
5. Maximum length of routine is two minutes and 15 seconds (2:15)
6. 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.
7. Dance teams must include one (1) fight song and one (1) timeout performance. The timeout performance may NOT exceed one (1) minute.
8. There is no set order of these elements being performed and the order is not scored.
9. Cheer skills are limited to only those allowed by the USA Cheer College Safety Rules **during basketball timeouts on a hard surface (see above under General Information)**
10. Skill incorporation, quantity, execution, and effectiveness WILL factor into the scoring for cheer
11. Standard NCA/NDA deductions will be applied to skill execution and performance errors as well as time violations.
12. 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. ***See dance tumbling/skills section for restrictions***
13. Timing will begin with the first sound or organized movement. Standard NCA/NDA deductions will be applied for time violations.
14. Cheer teams will perform on a regulation cheer mat. Dancers will perform on the standard competition Marley floor.
15. All the same eligibility, uniform, sportsmanship, collegiate image, etc. rules in the NCA/NDA College Rule Book apply to the Spirit Rally Championship.
16. 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.
17. Dance teams may select Spirit Rally as their second performance at the Championship.

COLLEGE COMPETITION RULES

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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
- 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 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.

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 dancers ability to create crowd appeal and entertainment value true to their school's game day

COLLEGE COMPETITION RULES

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

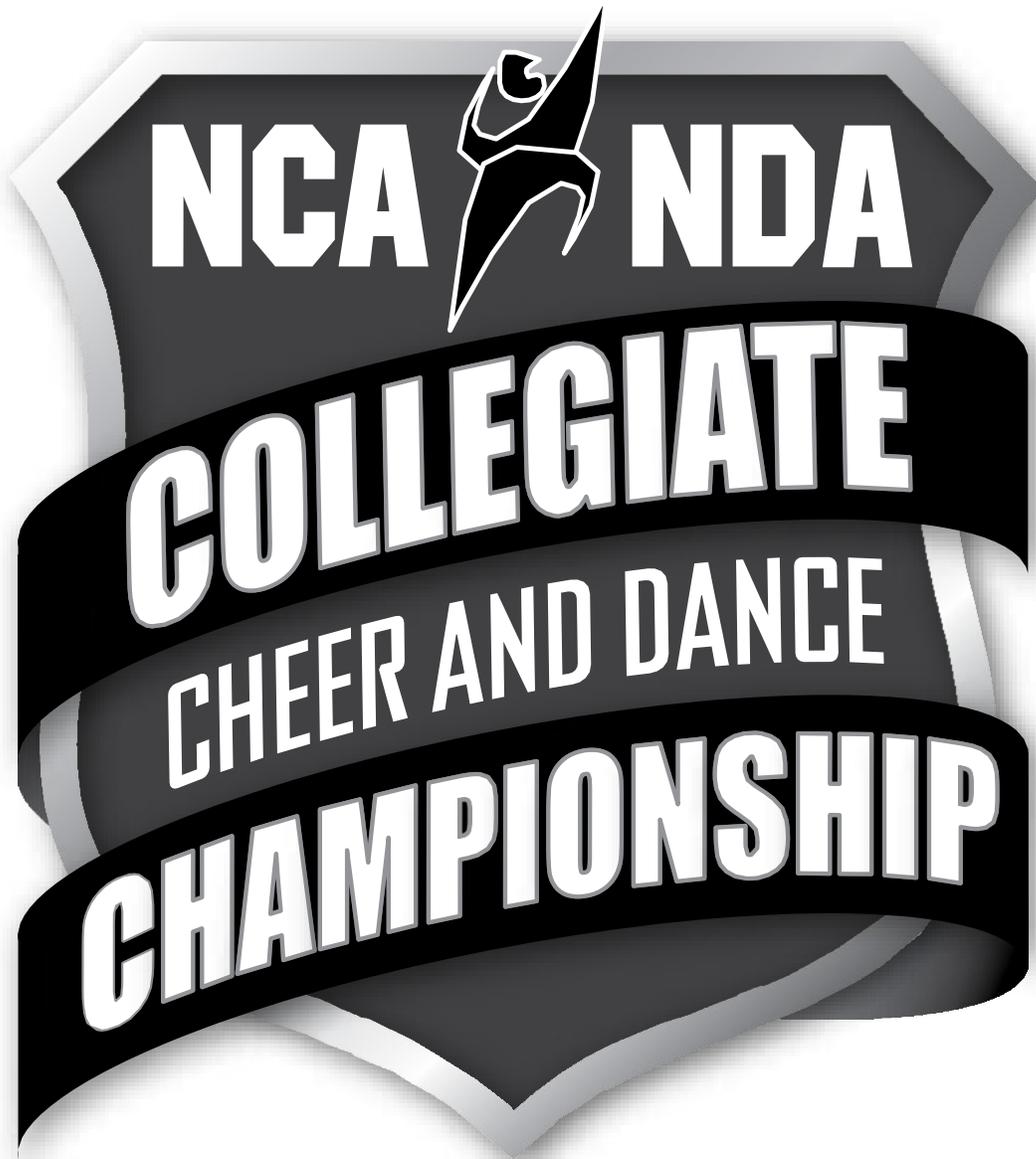
TIMEOUT PERFORMANCE

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.

COLLEGE COMPETITION RULES

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PARTNER STUNT, GROUP STUNT & MASCOT



COLLEGE COMPETITION RULES

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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 19, 2024

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 January 26, 2024 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.

COLLEGE COMPETITION RULES

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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:
 - 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
3. The routine and music must be suitable for family viewing. Violations will result in a 2.0 deduction or disqualification.
4. The routine should be performed to music. Music must comply with Varsity Music copyright guidelines.
5. A participant may take part in only ONE (1) group stunt routine.
6. A participant may only compete with the stunt group in which they qualified.
7. Participants MUST follow the USA Cheer College Cheerleading Safety Rules.
8. Participants MUST be ALL female. (Maximum of 4 participants allowed)
9. Must follow previously stated Uniform Requirements.

JUDGES' CATEGORIES (Total Possible Score 75 Points)

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

NCA COLLEGIATE MASCOT CHAMPIONSHIP

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.
5. The routine should contain a theme and should be well organized and understandable.

COLLEGE COMPETITION RULES

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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.).
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. Violations will result in a 2.0 deduction or disqualification.
12. Other people may assist with support. 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.

COLLEGE COMPETITION RULES

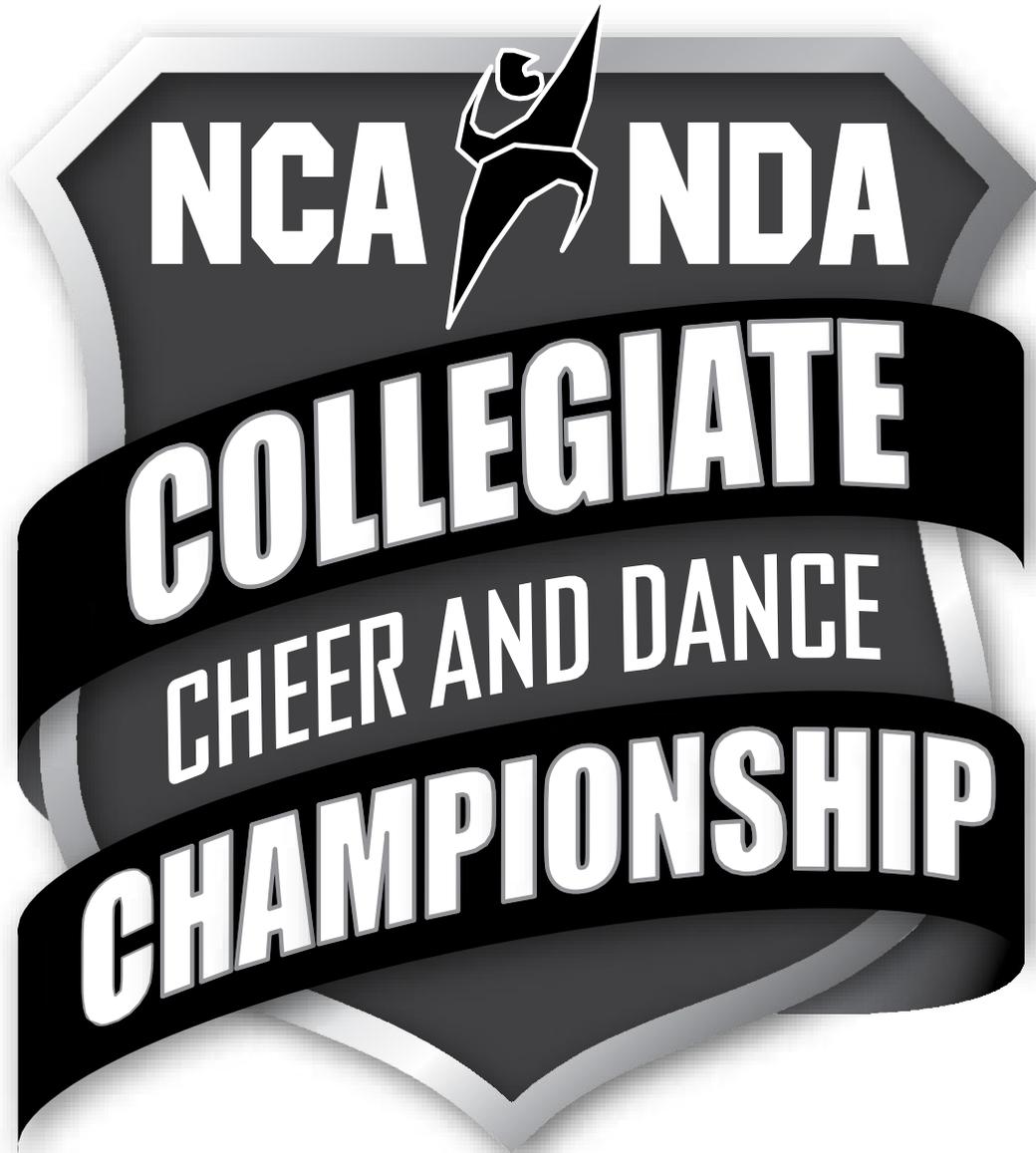
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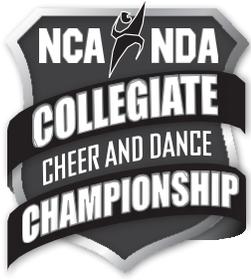
7. Be aware of your limits when performing. Be aware of the limitations that the character places on you. Pay attention to obstacles and people around you to prevent injury. When walking into a new area, scan the layout and try to memorize the location of obstacles. Also, count stairs as you go; chances 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

JUDGE _____

SCORE SHEET

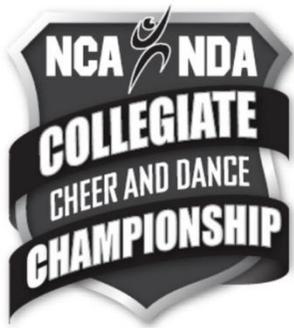
PERFORMANCE DIVISION MASTER SCORESHEET

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

TUMBLING SKILLS		MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	TECHNIQUE
	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	100	
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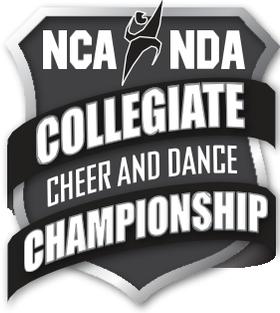
OFFICIAL

JUDGE _____

SCORE ★ SHEET

SAFETY DEDUCTION

DEDUCTION CATEGORY	NUMBER OF DEDUCTIONS	DEDUCTIONS
BOUNDARY VIOLATIONS	_____ x (.25)	
TIME VIOLATIONS	T M OVERTIME (check) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	TIME OF ROUTINE TOTAL _____ MUSIC _____
NUMBER OF PARTICIPANTS _____		
SAFETY GUIDELINES VIOLATION (tumbling, stunts, language, signs, etc.)		
RULE INFRACTION	WARNING	CATEGORY PAGE # x .50, 1.0 or 2.0
_____	<input type="checkbox"/>	_____ x (.25) _____
_____	<input type="checkbox"/>	_____ x (1.0) _____
_____	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	1-5 seconds - (.25) _____
_____	<input type="checkbox"/>	6+ seconds - (1.0) _____
_____	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	_____
TOTAL SAFETY INFRACTION:		x .25, .50, 1.0, 2.0, 5.0
SAFETY DEDUCTION		



OFFICIAL

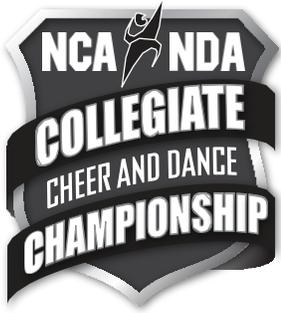
JUDGE _____

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	10	
			CHOREOGRAPHY Creativity, Originality, Musical Interpretation, Difficulty, Staging	10	
		POM	EXECUTION Motion Placement, Control, Strength, Difficulty, Uniformity	10	
			CHOREOGRAPHY Creativity, Originality, Musical Interpretation, Motion Variety, Difficulty, Staging	10	
		HIP HOP	EXECUTION Hip Hop Style, Control, Approach, Musicality, Proper Execution of Elements, Difficulty, Uniformity	10	
			CHOREOGRAPHY Creativity, Originality, Visual Effects, Difficulty, Staging	10	
		TOTAL			



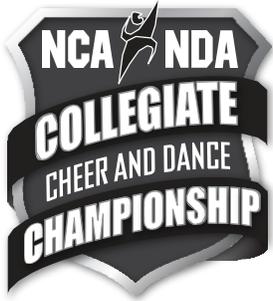


OFFICIAL JUDGE _____

SCORE ★ SHEET

DANCE POM DIVISION

		MAXIMUM VALUE	TEAM SCORE
COMMENTS	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		

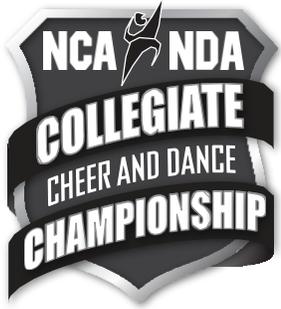


OFFICIAL JUDGE _____

SCORE ★ SHEET

DANCE HIP HOP DIVISION

		MAXIMUM VALUE	TEAM SCORE
COMMENTS	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		

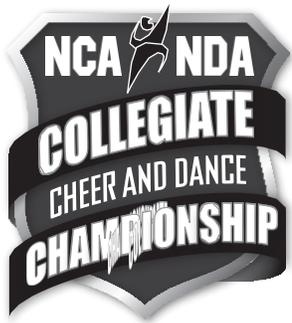


OFFICIAL JUDGE _____

SCORE ★ SHEET

DANCE JAZZ DIVISION

		MAXIMUM VALUE	TEAM SCORE
COMMENTS	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		



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
_____	<input type="checkbox"/>	_____	_____ x _____ = _____
_____	<input type="checkbox"/>	_____	_____ x _____ = _____
_____	<input type="checkbox"/>	_____	_____ x _____ = _____
_____	<input type="checkbox"/>	_____	_____ 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

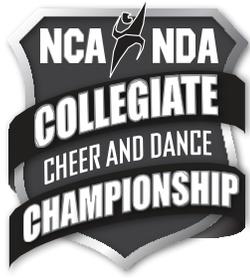
HIP HOP DIVISION
 Time Limit 2:00
 Per Person Below 7 Minimum = .5
 Per Person Above 20 Maximum = .5

TOTAL OVER TIME DEDUCTION _____

TOTAL MAJOR FALL DEDUCTION(S) _____

TOTAL RULE INFRACTION DEDUCTION(S) _____

TOTAL DEDUCTION _____



OFFICIAL

JUDGE _____

SCORE ★ SHEET

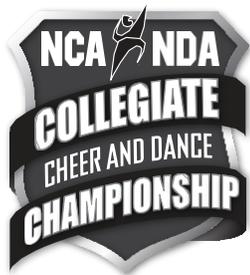
NDA COLLEGE SPIRIT RALLY SCORESHEET

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

FIGHT SONG	COMMENTS		
	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		
	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	
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OFFICIAL

JUDGE _____

SCORE ★ SHEET

NCA COLLEGE SPIRIT RALLY SCORESHEET

CROWD-LEADING SEGMENT

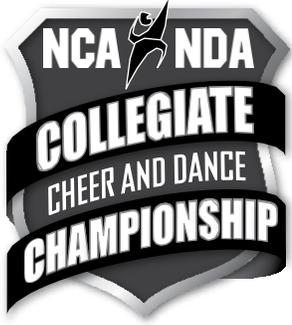
	MAXIMUM VALUE	
CROWD APPEAL Visually appealing energetic and enthusiastic	10	
SHOWMANSHIP Natural/confident eye contact genuine smiles	10	
EFFECTIVE USE OF PROPS Effective use of signs, flags/banners, poms and/or megaphones	10	
CROWD RESPONSE TECHNIQUES Practicality (easy to follow and participate) /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

FIGHT SONG/BAND CHANT 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	

	MAXIMUM VALUE	
TOTAL POSSIBLE	100	





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JUDGE _____

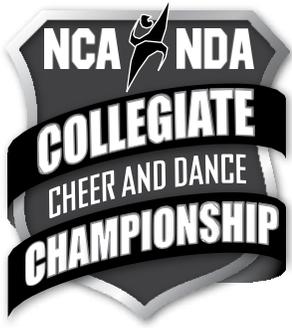
SCORE ★ SHEET

PARTNER STUNT & GROUP STUNT

MAXIMUM
VALUE

TEAM
SCORE

COMMENTS			
	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 top person of a stunt including flexibility, bodyline, stability, etc.	15	
	DEGREE OF DIFFICULTY Proper execution of the technique of skills performed by the top person of a stunt including flexibility, bodyline, stability, etc.	15	
	TRANSITIONS AND FLOW Proper execution of the technique of skills performed by the top person of a stunt including flexibility, bodyline, stability, etc.	10	
	PERFORMANCE AND SHOWMANSHIP Proper execution of the technique of skills performed by the top person of a stunt including flexibility, bodyline, stability, etc.	10	
	OVERALL IMPRESSION	10	
	TOTAL		



OFFICIAL JUDGE _____
SCORE ★ SHEET
MASCOT

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