

NCSAA Cheer Competition Rules and Divisions 2023-2024

NCSAA will be following most USA Cheer School Cheer Safety Rules and will be splitting up teams in the following divisions:

- Elementary School (3rd - 5th) – Novice
- Middle School (6th - 8th) – Novice
- High School (9th - 12th) – Novice
- Elementary School (3rd - 5th) – Intermediate
- Middle School (6th - 8th) – Intermediate
- High School (9th - 12th) – Intermediate
 - **NCSAA is an Independent Event Producer and is not required to follow any rules/guidelines specifically. Certain rules have been modified for the better interest of our choice school cheerleading programs. Any scoring challenges will be finalized at the event coordinator's discretion.**

****IN ORDER TO SCORE IN THE HIGH RANGE TUMBLING/JUMP SKILLS MUST BE PERFORMED BY MOST ATHLETES. TEAMS WILL BE REWARDED AS LONG AS "MOST" TUMBLING/JUMP SKILLS ARE PERFORMED THROUGHOUT THE ROUTINE.**

QUANTITY CHART TUMBLING/JUMP QUANTITY CHART:

5-7 ATHLETES (MOST 3 ATHLETES)
8-9 ATHLETES (MOST 5 ATHLETES)
10-11 ATHLETES (MOST 6 ATHLETES)
12-14 ATHLETES (MOST 7 ATHLETES)
15-16 ATHLETES (MOST 9 ATHLETES)
17-19 ATHLETES (MOST 10 ATHLETES)
20-22 ATHLETES (MOST 12 ATHLETES)
23-25 ATHLETES (MOST 14 ATHLETES)
26-27 ATHLETES (MOST 15 ATHLETES)
28-30 ATHLETES (MOST 16 ATHLETES)
31-38 ATHLETES (MOST 18 ATHLETES)

****IN ORDER TO SCORE IN THE HIGH RANGE BUILDING SKILLS MUST BE PERFORMED AT THE SAME TIME BY MOST GROUPS.**

BUILDING QUANTITY CHART:

5-11 ATHLETES (MOST 1 GROUP)
12-15 ATHLETES (MOST 2 GROUPS)
16-19 ATHLETES (MOST 3 GROUPS)
20-23 ATHLETES (MOST 4 GROUPS)
24-27 ATHLETES (MOST 5 GROUPS)
28-30 ATHLETES (MOST 6 GROUPS)
31-38 ATHLETES (MOST 7 GROUPS)

NOVICE Division:

TUMBLING

- **Standing tumbling:** limited in difficulty to a single standing back handspring. Jump/handspring combinations

and series handsprings are NOT allowed. Standing tucks and/or aerials are not allowed.

- Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round off.
- **Running tumbling:** limited in difficulty to front and/or back handspring series. Skills including, but not limited to, the following are not permitted: flips (tucks), aerials, punch fronts, etc.
- Running tumbling is defined as tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

STUNTS

- Extended stunts are limited to both feet in the base(s) hands at all times. Both of the top person's feet must be held throughout the entire transition to/from the extended position. Exception: Straight bump-down dismounts are allowed as part of a pyramid dismount.
- Single leg stunts are allowed but may not be held or pass through an extended position.
- Shoulder sits are allowed.
 - Shoulder stands are NOT allowed. Exception: High School division can perform shoulder stands with a spot.
- Twisting stunt transitions are limited to a ½ twist. Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position, does not involve any skill other than the twist, and is not assisted by and/or connected to another top person.
- The only stunt inversions allowed are:
 - Transitions from ground level inversions up to non-inverted positions. Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed.
 - Suspended forward rolls must be generated from the belly/waist level.
 - Suspended forward rolls where **two people** on the performing surface control the top person in a suspended forward roll with continuous hand-to-hand contact to a stunt, two-person cradle, loading position, or the performing surface. If caught in a cradle, load, or stunt, the new catchers must be in place and may not be involved in any other skill when the suspended forward roll is initiated.
 - During the roll, the feet of the top person must be released.
 - Dismounts to the performing surface from waist level stunts. Example: Waist level prone to forward roll dismount (must be guided/controlled) or cradle position to back walkover dismount (back walkover must be assisted).
 - A prone must start at or below prep level.
- Stunt release moves must start at or below prep level and must be caught at prep level or below.
 1. Release moves may not pass above the base's/bases' extended arm level.

PYRAMIDS

- All single leg extended stunts must be braced by two top persons at prep level or lower.
 1. The braced connection must be established at prep level or lower before the stunt passes into the extended level, and constant contact between the top person and the bracers must be maintained while the top person is on one leg above prep level.
 2. Any time a top person is released by bases during a pyramid transition, the top person must be braced by two top persons at prep level or below with hand-arm connection only and constant contact between the top person and the bracers must be maintained throughout the transition.
 3. A backspot may transition away from a prep as long as the top person is loaded in and controlled in the prep.
- Twisting pyramid transitions are limited to a ½ twist.
- Pyramid inversions are NOT allowed.

****DISMOUNTS** "Dismount" is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.

- Only straight pop downs/bump downs, basic straight cradles, ¼ turn dismounts, and dismounts from waist level inversions are allowed. All other dismounts are prohibited.

BASKETS

- Basket tosses are NOT allowed. Exception: High School division can perform straight ride baskets.
- Sponge toss (shot gun) NOT allowed. Exception: High School division can perform straight toss.

INTERMEDIATE Division

TUMBLING

- **Standing Tumbling:** limited in difficulty to a standing back handspring series and/or jump/handspring(s) combination. Tucks and/or aerials are NOT allowed. For example, a standing back tuck or standing back handspring back tuck is not allowed.
- Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round off.
- **Running Tumbling:** limited in difficulty to tucks. Round off back tucks and round off back handspring back tucks are examples of skills that are allowed. Aerial cartwheels are also allowed.
 1. Punch fronts are NOT allowed. Cartwheel tucks, cartwheel tucked flips and/or cartwheel back handspring(s) tucks are not allowed.
 2. The following types of advanced running tumbling skills are prohibited: X-outs, layouts, full twists, etc. No tumbling is allowed after a tuck (flip) or aerial skill.
- Running tumbling is defined as tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

STUNTS

- Extended single leg stunts are allowed.
- Variations of single leg stunts in prep level are allowed without a connection. Example: switch up to prep level single leg, prep level single leg low to low tick to single leg, etc.
- Shoulder sits are allowed.
 - Shoulder stands are NOT allowed. Exception: High School division can perform shoulder stands with a spot.
- Only a ½ twist is allowed to any extended single leg stunt.
- All other twisting transitions may not exceed 1 twisting transition.
- Inversion suspended forward rolls can be generated from prep level.
 - Suspended forward rolls where **two people** on the performing surface control the top person in a suspended forward roll with continuous hand-to-hand contact to a stunt, two-person cradle, loading position, or the performing surface. If caught in a cradle, load, or stunt, the new catchers must be in place and may not be involved in any other skill when the suspended forward roll is initiated.
 - During the roll, the feet of the top person must be released.
- Stunt release moves must start at or below prep level and must be caught at prep level or below.
 1. Release moves may not pass above the base's/bases' extended arm level.

PYRAMIDS

- All pyramid twisting transitions must follow all dismount and stunt twisting transition rules.
- **Pyramid inversions:** A braced forward or backward flip is allowed while adhering to the "USA Cheer School

Cheer Safety” rules on braced flips; however, two bracers are required, no twisting is allowed, and the flip must end in a cradle dismount or cradle transition position.

- Extended single leg stunts may not be braced by other extended single leg stunts.
- A backspot may transition away from a prep as long as the top person is loaded in and controlled in the prep.

****DISMOUNTS** “Dismount” is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.

- Single leg extended stunts (liberty, heel stretch, arabesque, scorpion, etc.) are only allowed up to ¼ twist.
- Up to 1 twist is allowed from an extended platform position OR from one leg stunt at prep level.
- Up to 1¼ twists are allowed from any two leg stunts.
- Dismounts must land in cradle, prone, load or ground.
 - Prone to forward roll dismount (i.e. handstand forward roll) or cradle position to back walkover dismount.

BASKETS

- Basket tosses are NOT allowed. Exception: High School division can perform one trick only during a toss.
- Sponge toss (shot gun) NOT allowed. Exception: High School division can perform one trick.

GAME DAY Division

- Game Day that only consists of Fight Song/Band Chant and Chant (2:00 minute max)
 - Game Day can include novice-intermediate level stunts and standing tumbling (no running)
 - No Pyramids
 - Jumps allowed
 - **Fight Song (or Band Chant):** includes sharpness, placement of motions, timing of movement, spacing, technique, stability, uniformity, etc.
 - Proper & practical use of material and relevant to game day environment.
 - Skills incorporated to properly lead the crowd, creative visuals, and effective formations & ways to transition.
 - Energy, showmanship, facial expressions, eye contact and overall connection to the crowd.
 - **Chant:** includes sharpness, placement of motions, loud voices, easy to follow, controlled pace, timing, uniformity, etc.
 - Proper & practical use of material, use of crowd encouragement, effective use of props (signs, megaphones, flags, poms).
 - Skills incorporated to properly lead the crowd, creative visuals, and effective formations.
 - Energy, showmanship, facial expressions, eye contact and overall connection to the crowd.

INDIVIDUAL ROUTINES

- 1 minute and 30 second maximum
- Individual levels are based off tumbling skills being performed.
 - Level 1: Novice
 - Level 2: Intermediate
 - Level 3: Advanced
- Required Sections (in no particular order)
 - Motion Section

- Dance Section
- Tumbling Section (Standing and Running)
- Jump Section
- No cheer/chant required
- Signs, flags, pom-poms and megaphones are the only props allowed on the performance surface.
- Any other props must be sent via email and approved by the event coordinator at least 7 days prior to the event.

GROUP STUNT

- **Novice Division**
 - 1 minute maximum
 - Four/Five members, including spotter (all female or all male).
 - All members must be from the same school.
 - Routines in this division must follow the above novice division rules.
- **Intermediate Division**
 - 1 minute maximum
 - Four/Five members, including spotter (all female or all male).
 - All members must be from the same school.
 - Routines in this division must follow the above intermediate division rules.

ADDITIONAL INFORMATION:

- All routines have a maximum time of 2 minutes and 30 seconds.
 - We highly suggest following most varsity and non-varsity events that follow routine format of 1-minute-long cheer/chant section and 1 minute and 30 seconds of routine to music. If you only plan on attending NCSAA events, you may use your 2 minutes and 30 seconds as you wish. But please ensure you have both a cheer/chant section and routine to music section.
 - **NCSAA will not be responsible for checking music licensing. If you use your music at a different event and have issues with music legalities it is no reflection of our events. For more information on music licensing and rules visit the varsity website or USASF.**
 - **Regarding scoring: Please note we will always try to do what is best for our choice schools, which may result in changes throughout the season. Consistency is important, however accommodating our choice schools is top priority; please be patient with us and give us the opportunity to grow with your programs.**
 - **Elementary schools will only go against elementary schools, JR/Middle schools will only go against JR/Middle schools and high schools will only go against high schools.**

We wish you the best of luck this season!

SKILL PROGRESSION

Note: This skill list follows progressions curriculum. It is not all inclusive. It can be used as a reference for competition but does not guarantee a certain score. Please make sure to assess your team's ability level when deciding what skills can be performed safely.

NOVICE SKILLS:

- THIGH STAND
 - SHOULDER STRADDLE
 - EXTENSION PREP
 - EXT. PREP, RETAKES
 - EXT. PREP, PRESS TO EXT
 - WALK IN EXT. PREP
 - EXTENTION
 - SUSPENDED FORWARD ROLL
 - ½ UP EXT. PREP
 - ½ UP EXTENSION
 - PREP LEVEL SINGLE LEG
 - ½ UP PREP LEVEL SINGLE LEG
 - LEAPFROG
 - J-UP TO EXT. PREP
 - SWITCH UP TO PREP LEVEL SINGLE LEG (REMAINS CONNECTED)
 - PREP LEVEL SINGLE LEG LOW TO LOW TICK TO PREP LEVEL SINGLE LEG (REMAINS CONNECTED)
 - ½ UP PREP LEVEL SINGLE LEG, ¼ TURN LOW TO LOW TICK TO PREP LEVEL SINGLE LEG (REMAINS CONNECTED)
 - ½ TURN SWITCH UP TO PREP LEVEL SINGLE LEG (REMAINS CONNECTED)
 - GROUND LEVEL CARTWHEEL IN TO EXT. PREP
 - ROUND OFF J-UP (PLANK) TO EXT. PREP
 - ROUND OFF J-UP (PLANK) TO PREP LEVEL SINGLE LEG
 - ROUND OFF ½ TURN J-UP TO EXT. PREP LEVEL SINGLE LEG
 - EXT. PREP, LOW TO LOW HALF AROUND TO EXT. PREP (REMAINS CONNECTED)
 - EXT. PREP, LOW TO HIGH HALF AROUND TO EXT. (REMAINS CONNECTED TO BOTH FEET)
 - EXTENTION HIGH TO HIGH HALF AROUND TO EXT. (REMAIN CONNECTED TO BOTH FEET)
- FRONT PERSON REQUIRED AS SPOTTER

INTERMEDIATE SKILLS:

- QUICK TOSS TO EXT. PREP
- EXTENDED SINGLE LEG
- ½ UP SINGLE LEG
- FULL UP EXTENTION (Grips determine the difficulty, ex. Modified vs traditional)
- SWITCH UP TO PREP LEVEL SINGLE LEG
- PREP LEVEL SINGLE LEG LOW TO LOW TICK TO SINGLE LEG
- PREP LEVEL SINGLE LEG LOW TO HIGH TICK TO SINGLE LEG (CONNECTION REMAINS)
- PREP LEVEL SINGLE LEG LOW TO HIGH ¼ TURN TICK TO SINGLE LEG (CONNECTION REMAINS)
- ROUND OFF (PLANK), FRONT FLIP TO LOAD
- INVERTED PLANK AT SHOULDER LEVEL, POP THROUGH TO EXT. PREP
- REWIND TO LOAD
- REWIND TO EXT. PREP
- EXT. PREP, LOW TO LOW FULL AROUND TO EXT. PREP
- EXT. PREP, LOW TO HIGH FULL AROUND TO EXT. (REMAINS CONNECTED)
- EXTENTION HIGH TO HIGH FULL AROUND TO EXTENTION (REMAINS CONNECTED)
- ROUND OFF J-UP TO EXTENTION
- ROUND OFF J-UP TO SINGLE LEG
- QUICK TOSS FULL UP TO EXT. PREP
- ROUND OFF (PLANK) TO EXT. PREP (RELEASED)
- HAND TO HAND, POP THROUGH TO EXT. PREP (RELEASE)

TUMBLING SKILL PROGRESSION

Note: This skill list is not all inclusive. It can be used as a reference for competition but does not guarantee a certain score. Please make sure to assess your team's ability level when deciding what skills can be performed safely.

- Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round off (RHO)
- Running tumbling is defined as tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

NOVICE STANDING TUMBLING SKILLS:

- Backwards Roll
- Forward Rolls
- Back walkover
- Front Walkover
- Back Handspring
- Jump (**pause**) Back Handspring
- Back Handspring (**pause**) Back Handspring

INTERMEDIATE STANDING TUMBLING SKILLS:

- Back Handspring Series
- Jump Back Handspring
- Jump Back Handspring(s) Combination

NOVICE RUNNING TUMBLING SKILLS:

- Cartwheel
- RHO
- RHO Back Handspring series
- Front Handspring
- Front Handspring series

INTERMEDIATE RUNNING TUMBLING SKILLS:

- RHO Back Tuck
- RHO Back Handspring Tuck
- Aerial Carwheel

DISMOUNT SKILL PROGRESSION

Note: This skill list is not all inclusive. It can be used as a reference for competition but does not guarantee a certain score. Please make sure to assess your team's ability level when deciding what skills can be performed safely.

- Dismount is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.

NOVICE DISMOUNTS:

- Straight pop downs/bump down
- Straight cradle (prep)
- Straight cradle (ext. platform)
- Single leg straight cradle (prep)
- ¼ turn dismount (prep)
- ¼ turn dismount (ext. platform)
- Single leg ¼ turn dismount (prep)
- Dismounts from waist level inversions are allowed.

INTERMEDIATE DISMOUNTS:

- Single leg ¼ turn dismount (ext. platform)
- Full down (prep)
- Single leg full down (prep)
- Full down (ext. platform)
- Up to 1 ¼ turn dismount (prep)
- Up to 1 ¼ turn dismount (ext. platform)