



## NCSAA Cheerleading & Dance Competition Rules and Divisions

### NATIONAL SPORTS ID

National Sports ID Requirements to be completed and approved by the competition. Anyone without a fully verified National Sports ID will not be permitted to compete. Returning student-athletes with a National Sports ID account will just need to update their information in the system. New student-athletes will need to do the entire process. A player that is verified but NOT on the roster is considered ineligible to play. They must be fully verified AND on the roster.

1. **Headshot Photo** – *Similar to a Driver's License or Student ID Photo. This should be a close-up, clearly lit photo that shows the student-athlete's entire face and hair looking directly at the camera. No hats. No sunglasses. This can be a recent school photo or one simply taken from your cell phone.*
  2. **Scan of Birth Certificate, State ID, or Passport**
  3. **Proof of Grade** – *This can be your most recent report card, most recent School ID, school schedule showing your child's grade, screenshot of Online Account (i.e. Infinite Campus) proving grade level, etc.*
  4. **Parents E-Sign the NCSAA Participant Waivers**
5. **Pay \$10 National Sports ID annual fee per student-athlete** – *this is a onetime fee per school year*

1. Stunt release moves must start at or below prep level and must be caught at prep level or below. Release moves

may not pass above the base's/bases' extended arm level.

PYRAMIDS NCSAA will be following most AACCA rules and will be splitting up teams in the following divisions:

- Elementary School – Novice
  - Middle School – Novice
  - Elementary School – Intermediate
  - Middle School - 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 coordinators discretion.**

**\*IN ORDER TO SCORE IN THE HIGH RANGE SKILLS MUST BE PERFORMED BY MOST ATHLETES. EXAMPLE: TEAM 1 HAS MOST BACKWALKOVERS BUT TEAM 2 PERFORM BACKHANDSPRINGS NOT BY MOST, TEAM 1 WILL SCORE IN THE HIGH RANGE BECAUSE MOST ATHLETES PERFORMED THE "DIFFICULT" SKILL. SEE ATTACHED QUANTITY CHARTS**

#### 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)**

#### **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. For example, 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**

1. 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.
2. Single leg stunts may not be held or pass through an extended position.
3. 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.
4. All release moves must land in a cradle.
5. The only stunt inversions allowed are:
  - a. 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.
  - b. 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.
  - c. Dismounts to the performing surface from waist level stunts. Example: Waist level prone to forward roll dismount or cradle position to back walkover dismount.

##### **PYRAMIDS**

1. All single leg extended stunts must be braced by two top persons at prep level or lower. 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. Twisting pyramid transitions are limited to a ½ twist.

4. 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.

## **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 roundoff.

- 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. Punch fronts are not allowed. Cartwheel tucks, cartwheel tucked flips and/or cartwheel back handspring(s) tucks are not allowed. 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**

2. Extended single leg stunts are allowed.

3. Only a ½ twist is allowed to any extended single leg stunt.

4. All other twisting transitions may not exceed 1 twisting transition.

1. All pyramid twisting transitions must follow all dismount and stunt twisting transition rules.

2. Pyramid inversions: A braced forward or backward flip is allowed while adhering to the “USA Cheer/AACCA School Cheer Safety Rules” 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.

3. Extended single leg stunts may not be braced by other extended single leg stunts. 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.

1. Single leg extended stunts (liberty, heelstretch, arabesque, scorpion, etc.) are only allowed up to ¼ twist.

2. Up to 1 twist is allowed from a platform position.

3. Up to 1¼ twists are allowed from any two leg stunts.

### **ADDITIONAL INFORMATION:**

- All routines have a maximum time of 2 minutes and 30 seconds
  - We highly suggest following most varsity-non varsity events and their 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 minute and 30 seconds as you wish just 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.**

- **In regard to scoring: Please note we will always try to do what is best for our charter schools which may result in changes throughout the season. Consistency is important however accommodating to our charter 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 with only JR/Middle.**
- Individual Routines:
  - 1 minute and 30 second maximum
  - Required Sections (In no particular order)
    - Motion Section
    - Dance Section
    - Tumbling Section (Standing and Running)
    - Jump Section
  - No cheer/chant required
  - Signs, pom-poms and megaphones are the only props allowed on the performance surface.
  - Any other props must be sent to via email and approved by event coordinator at least 7 days prior to event.
- **New 2021-2022 Season Categories**
  - **No stunting Division**
  - **Mascot Division**
  - **Game Day that only consists of Fight Song and Chant (2:00 minute max)**
    - **Game Day can include Beg-Int level stunts and standing Tumbling (no running)**
      - **No Pyramids**
      - **Jumps allowed**

\*Please address all score sheet issues or concerns with our event coordinator within 24 hours after the event. Once time has exceeded, concerns will not be addressed.

Event Coordinator: Moises "MO" Santizo Via email at [gimmemoalex@gmail.com](mailto:gimmemoalex@gmail.com)