

NCSAA Clarification on Skills
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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 charter 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 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:

Suspended forward rolls are allowed in novice if it is generated from the belly/waist level with continuous hand-to-hand contact to a stunt, two-person cradle, loading position, or the performing surface.

Waist level prone to forward roll dismount (feet must touch the ground before rolling) or cradle position to back walkover dismount (back walkover must be assisted).

A backspot may transition away from a prep as long as the top person is loaded in and controlled in the prep.

Basket tosses are NOT allowed. **Exception:** High School division can perform straight ride baskets.

Shoulder sits are allowed. Shoulder stands are NOT allowed. **Exception:** High School division can perform shoulder stands.

INTERMEDIATE Division:

Suspended forward rolls in intermediate can be generated from prep level with continuous hand-to-hand contact to a stunt, two-person cradle, loading position, or the performing surface.

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.

A backspot may transition away from a prep as long as the top girl is loaded in and controlled in the prep.

Basket tosses are NOT allowed. **Exception:** High School division can perform one trick only during a toss.

Shoulder sits are allowed. Shoulder stands are NOT allowed. **Exception:** High School division can perform shoulder stands.

INDIVIDUAL ROUTINES

Individual levels

- Level 1 –
- Level 2 –
- Level 3 -

Questions from Meeting:

Can you dismount from an extended stunt in the intermediate division?

- **Yes. Page 4 in the updated rules.**
 - “Up to 1 twist is allowed from an extended platform position OR from one leg stunt at prep level.”

In the novice division - are toe touch cradles from prep level allowed?

- **No. Page 3 in the updated rules.**
 - “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.”

Are you able to 1/2 twist a prone?

- **No, for novice. Page 3 in the updated rules.**
 - “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.”
- **Yes, for intermediate.**

Can you dismount directly from prep to prone?

- **Yes. Page 2 in the updated rules.**
 - “Stunt release moves must start at or below prep level.”
 - For novice - “Dismounts to the performing surface from waist level stunts. Example: Waist level prone to forward roll dismount (feet must touch the ground before rolling) or cradle position to back walkover dismount (back walkover must be assisted).”
- **Yes. Page 4 in the updated rules.**
 - For intermediate – “Prone to forward roll dismount (i.e. handstand forward roll) or cradle position to back walkover dismount.”

Can you explain prep to prone vs waist level to prone?

- **Prep to prone means that the pop from the bases happens at the prep level versus the pop happening at the waist level.**
 - Novice must pass through the waist level prone if there is an inversion dismount to the performing surface. “Example: Waist level prone to forward roll dismount (feet must touch the ground before rolling) or cradle position to back walkover dismount (back walkover must be assisted).”

Can you do full downs in novice from the prep level?

- **No, for novice. Page 3 in the updated rules.**
 - “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.”

Can we bump down from one leg extended in pyramid?

- **Yes. Page 2 in the updated rules.**
 - “Constant contact between the top person and the bracers must be maintained while the top person is on one leg above prep level.”

Are baskets allowed?

- **Basket tosses are NOT allowed in novice or intermediate.**
 - “**Exception:** High School division can perform straight ride baskets in novice.”
 - “**Exception:** High School division can perform one trick only during a toss in intermediate.”

Are multiple back handsprings allowed for running tumbling in novice?

- **Yes. Page 2 in the updated rules.**
 - “Running tumbling: limited in difficulty to front and/or back handspring series.”

Novice: running side aerials?

- **No. Page 2 in the updated rules.**
 - “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.”

Are shoulder stands allowed? without a spot?

- **Shoulder stands are NOT allowed in novice or intermediate. Should sits are allowed.**
 - “**Exception:** High School division can perform shoulder stands with a spot.”

Is a prep allowed without a back?

- A backspot may transition away from a prep as long as the top person is loaded in and controlled in the prep.

Can a team register for multiple divisions, i.e., game day and a traditional routine?

- Yes, the fee for the additional event is \$150 per team per event.

We have one 7th grader on the team, can we participate in the Elementary Division?

- Unfortunately, teams are formed by grade level. If a majority of the team is elementary with a few middle schoolers, the team must participate in the middle school division.

Will there be deductions at all the events?

- Deductions will only be given at the It's Showtime event in April. With concerns to novice teams performing intermediate skills, teams who perform multiple intermediate skills when entering a novice division will be disqualified from placing.

Can teams switch divisions for events, i.e., in February participate in novice and in March participate in intermediate?

- Yes, teams can change division during the Season. Please notify us prior to the event so we list you in the correct division for the judges.

Which events will you have individuals and stunt groups?

- Individuals and stunt groups will be at all events except those noted.

When will we have the performance times?

- Performance times will be released the Tuesday before the event. This will include warm up times.

Where do we send the music?

- Please send your music to melanie@ncsaasports.com. We will put this on a flash drive for the DJ. Please make sure to check your music with the DJ before your performance. You will be able to cue the DJ on when to start your music.

Are coaches allowed to be spotters?

- No coaches allowed on the mat.