



NCA SCHOOL DIVISIONS

2021-2022 RULES AND RESTRICTIONS

NOVICE SKILLS RESTRICTIONS

Novice teams will follow 2021-2022 NFHS Spirit Rules Book with these additional skill restrictions.

STANDING TUMBLING: Standing tumbling is limited to a standing single back handspring. You can connect rolls and walkovers to a single back handspring. Standing back handspring series and jump/back handspring combinations are not allowed. Standing tucks are not allowed.

RUNNING TUMBLING: Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).

STUNTS: Single leg stunts may not be held or pass through an extended position. Extended liberties are not allowed. Twisting transitions are limited to a 1/2 twist by the top person. Exception: Log Rolls/Barrel rolls are allowed.

All release moves must land in a cradle.

Released switch ups are not allowed.

The only inversions allowed are transitions from ground level inversions to non-inverted positions. No other inversions are allowed.

Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed.

Example: Going from a cradle to a handstand or from a prone position to a forward roll is not allowed.

PYRAMIDS: Extended one leg stunts must be braced by at least one person at prep level or below. The connection must be made prior to executing single leg extended stunt.

Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle.

Inversion in pyramids are not allowed with the exceptions of the inversions allowed under Novice Stunts.

Release moves in pyramids are not allowed except for the release moves allowed under Novice Stunts.

DISMOUNTS: Only straight pop downs, basic straight cradles and 1/4 turns are allowed.

TOSES: The only body position allowed is a straight ride.

INTERMEDIATE SKILLS RESTRICTIONS

Intermediate teams will follow 2021-2022 NFHS Spirit Rules Book with these additional skill restrictions.

STANDING TUMBLING: Flips are not allowed. No standing back tucks or back handspring back tucks.

RUNNING TUMBLING: Flips may ONLY be performed in tuck position only and from a round off or round off back handspring(s). Other skills with hand support prior to the round off or round off back handspring are allowed. Punch fronts are not allowed.

No twisting while airborne. (Exception: Aerial cartwheels are allowed.)

No tumbling is allowed after a flip or an aerial cartwheel.

Cartwheel tucked flips and/or cartwheel – back handspring(s) – tucks are not allowed.

STUNTS: Twisting transitions to and from an extended position may not exceed 1/2 twisting transition. Twisting transitions to, from and at prep level may not exceed 1 twisting transition. Release moves at prep level or above are NOT allowed. Released switch ups are allowed if caught at prep level or below and they do not pass above extended arm level. Ball ups or other two feet release moves from below prep level are not allowed as these skills must follow toss rules.

PYRAMIDS: Braced flips are not allowed. All pyramid skills must follow stunt rules unless braced from initiation of skill.

DISMOUNTS: Only straight pop downs, basic straight rides, and 1/4 turns are allowed from any single leg stunt. Up to 1 1/4 twists are allowed from any two-leg stunt.

TOSES: Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

JUNIOR HIGH / MIDDLE SCHOOL / ELEMENTARY SKILLS RESTRICTIONS

Junior High, Middle School, and Elementary teams will follow Additional Restrictions as listed in the 2021-2022 NFHS Spirit Rules Book.

ADVANCED SKILLS RESTRICTIONS

Advanced teams will follow the standard 2021-2022 NFHS Spirit Rules Book with no other skill restrictions.