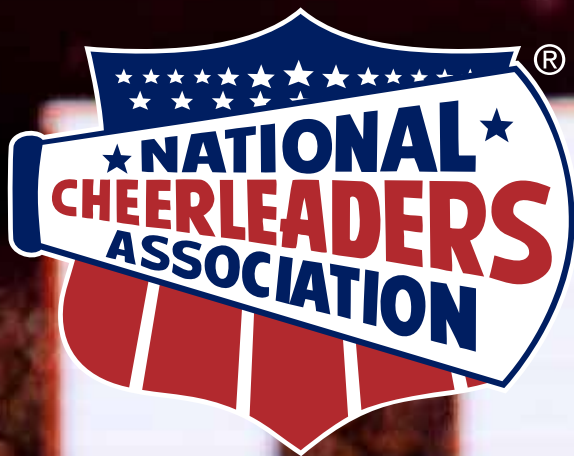


NCA COMPETITION RULE BOOK FOR ALL-STAR TEAMS



THE WORK IS WORTH IT.™



NCA ALL-STAR NATIONAL CHAMPIONSHIP
Dallas, Texas | February 28 - March 1, 2020

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For the most up-to-date USASF Safety Rules for the 2019 - 2020 championship season, please log in to your USASF portal.

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NCA ALL-STAR COMPETITION RULES

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CODE OF CONDUCT

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

- Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the Accuscore Table. The appropriate NCA Official will then be called to discuss the situation with the coach.
- Participants, coaches or spectators are prohibited from making contact with the Judges during the competition.
- Judges' rulings are final related to deductions, final team placements and legalities.
- Any unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or NCA Event Staff may result in potential deduction, team disqualification, removal from the event and/or barred participation from future NCA Championships.
- Varsity Spirit reserves the right to remove any persons from a competition for unsafe or unsportsmanlike conduct.

ELIGIBILITY POLICY

In fairness to all, NCA strictly enforces its age requirements for each division. NCA reserves the right to assess a penalty, disqualify, reclaim any and all awards and/or remove video appearance for any team/gym found to be in violation of the eligibility policy, whether before, during or after the event.

CROSSOVER POLICY

2020 NCA Nationals:

Crossovers WILL BE ALLOWED at NCA All-Star Nationals given the restrictions listed below:

1. Athletes competing in a USASF standard division may only crossover into another USASF standard division within the same level.
 - a. Exception: L4.2 may only crossover to L2, L3, and L4.
 - b. Exception: L5 and L6 may crossover to each other.
 - c. Exception: L6 and L7 may crossover to each other.
2. Athletes competing in a USASF standard division may only crossover to an International division if that division is the same level, one level up, or one level down (ex: L2 crossover to L1, L2, or L3).
 - a. Exception: Teams competing in L6 can crossover to L4 International
3. Athletes competing in an International division may not crossover to another International Division.
4. In USASF standard divisions, a maximum of five crossover athletes is allowed per team.
 - a. Exception: L6 Junior teams are allowed a maximum of 8 crossovers. Other teams may only exceed 5 crossovers if they all come from a L6 Junior team
5. In International divisions, there is no maximum number of crossover athletes allowed.
6. Athletes competing in an All Star Prep division or Novice division are not bound by the crossover rules listed above.
7. Athletes competing in an All Star Prep division or Novice division may not crossover to an All Star Elite division.

An athlete may represent a maximum of three teams but may not represent more than two USASF standard teams and/or more than one international team.

LEVEL ELIGIBILITY POLICY

All teams must compete in their legitimate USASF level. Teams that move to a lower USASF level prior to attending NCA Nationals are allowed to do so, provided they competed at least once in their new level at one or more USASF sanctioned competitions. This policy also applies to teams who typically compete in club divisions but move to an International divisions for NCA Nationals. Should a team's Level Eligibility be questioned by another program, NCA will request documentation of that team's participation at a previous event.

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SPOTTER POLICY

In an effort to promote a higher level of safety for competing athletes, Varsity Spirit will allow programs to provide spotters at Varsity Spirit competitions. We feel that the program is more qualified to provide spotters because of their familiarity with routine skills and safety concerns. The use of spotters is left to the discretion of the coach or gym owner. Programs may use up to 4 spotters for each performance; however, spotters are not required. **Definition of Additional Spotter:** Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine.

Additional Spotters:

1. Should only be used during the stunt, pyramid, and/or basket toss sections. Additional spotters are provided for added safety and should stand at the back of the floor when not spotting those sections.
2. Should not touch, assist, or save skills being performed. Additional spotters should only be used to prevent a fall to the competition floor. Any touch, assist, or saved skill may be given an MBF.
3. Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes. Program provided additional spotters should not wear clothing similar to the performing team's uniform.
4. Should not dress or act in a manner that distracts from the athletes and their performance.
5. Should be at least 18 years old and familiar with spotting the skills of the performing team.
Note: To provide the safest competitive environment, teams should not attempt skills beyond their ability level.
6. Additional spotters must be current members of another team in the program OR a coach listed on the roster as a professional member.

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GENERAL INFORMATION

INTERRUPTION OF PERFORMANCE

INJURY

The Safety Judge, Panel Judge, coach, athlete or competition official 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 a Nationals' Preliminary Competition, Classic Championship or a Regional Championship, 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. The routine must be performed full-out from the beginning of the routine. 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 the team's routine to be interrupted during Final Competition (Nationals), the judges will determine if there is sufficient time and feasibility for the team to complete their performance. If not, scores will be based on the performance prior to the injury.

UNIFORM DISTRACTIONS

The Safety Judge or Panel Judge reserves the right to stop a routine, assess a deduction, and/or disqualify a team for 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. If a judge stops the routine or a performer leaves the floor to adjust a uniform a penalty or disqualification may result. The team may or may not be given an opportunity to return to complete their performance.

INTERPRETATIONS/RULINGS

NCA has the authority to make a decision on any issue, protest, penalty or rule that is unclear or not specifically addressed in this document. NCA will render a judgment in an effort to ensure that the competition is conducted in a manner consistent with the general spirit and goals of the competition and NCA.

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 in the spot they currently have unless NCA determines for safety reasons they should be moved down in the order. Judging and timing will resume from the point at which the malfunction occurred as determined by the Judges.

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MUSIC FORMAT

NCA 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 or Classics. NCA & NDA will provide an auxiliary cord. Depending on the type of phone, please make sure you have all necessary adapters to plug into the auxiliary cord. 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.

PERFORMANCE AREA

Performance surfaces and dimensions may vary by Championship based on venue, size and restrictions, divisions offered, and other factors. Please refer to specific Championship for which you are attending and make note of the Performance Area Information. Most NCA Competitions will have a Competition Area measuring 42' deep by 54' wide carpet-bonded foam spring floor.

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ROUTINE REQUIREMENTS

1. Each team will perform a choreographed routine not to exceed the designated time limit.

TIME LIMITS:

Elite Divisions: 2 minutes and 30 seconds

Prep Divisions: 2 minutes

Novice Divisions: 1 minute and 30 seconds

Non Tumbling Divisions: 2 minutes

IASF Global Divisions: 3 minutes and 30 seconds with 30-40 second cheer portion

2. Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are not permitted.

Cheerleaders must enter the performance area in a timely fashion.

3. Timing will begin with the first note of music by the team after they are officially announced and have taken the floor.

Cheerleaders must have at least one foot on the performing surface when the routine starts.

4. Timing will end with the last organized word, movement, or note of music by the team. Teams must exit the performance area immediately following the routine.

5. Team names will be called twice: once as the team on deck and once as the next team to perform.

6. Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

MINIMUM/MAXIMUM NUMBER OF ATHLETES

If a team competes with fewer than the minimum number of athletes for their specific division, a deduction will not be assessed if that team is registered and rostered with the minimum amount of athletes required for that division. Teams that register, roster, and compete with fewer than the number of athletes required for a specific division will either be moved to the correct division or issued up to a 5 point deduction.

From a judging perspective, all teams competing with fewer than the number of athletes required will be scored as if they meet the minimum athletes requirement (in terms of majority and most) and will not be eligible for bids to any end-of-season events.

If a team competes with more than the maximum number of athletes for their specific division they will either be moved to the correct division or issued up to a 5 point deduction and will not be eligible for bids to any end-of-season events.

JUDGING PANELS

PANEL JUDGES

Panel Judges are responsible for scoring each team's performance based on the Varsity All Star Scoresheet. Each Panel Judge fills out his/her own score sheet for each performance. Panel Judges score technical ability and the overall routine, but they do not determine or score deductions or safety violations.

SAFETY JUDGE

The Safety Judge is responsible for administering all safety violations, time violations, and boundary violations.

POINT DEDUCTION JUDGE

The Point Deduction Judge is responsible for assessing deductions in each routine for mistakes from technical skills.

ALL JUDGES' DECISIONS ARE FINAL

CALCULATING FINAL SCORE

At all NCA 2 Day events your Day 1 score will count as 25% of your final score. Your Day 2 score will account for the other 75%. At NCA All-Star Nationals teams will compete in reverse order from how they placed in prelims (e.g. squads with the highest score after prelims in a particular division will compete last in that division on finals). *At 2 day open championships, teams will compete in reverse order of the Day 1 performance order.

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LEGALITY VERIFICATION

The USASF Rules and Legality Review teams are no longer using email for video submission. If you sent an email with a general rules question the USASF will not be reviewing or responding to that email. Please resend your question to dfielding@usasf.net.

If you sent an email with a video attached, for review, the USASF will not be reviewing or responding to that email. To submit a video for Legality Review—you will need to submit your video using the USASF Coach App that is available for both Apple and Android devices.

STEPS TO SUBMIT A LEGALITY REVIEW:

1. Search for USASF Coach App and download to your phone
2. Use your COACH login (same as your usasfmembers.net email and password) to access the app:
 - a. If you need assistance with locating your username you can ask your Program Administrator to locate your email through the program account or you may email support@usasf.net.
 - b. If you need to recover or reset your password you will need to go to your web browser or reset it from a computer at usasfmembers.net on the login screen.
 - c. For more information about submitting a review please visit <http://rules.usasfmembers.net/wp-content/uploads/2018/07/USASF-Coach-App-Guide.pdf>

GUIDELINES & REMINDERS:

Coaches are encouraged to review videos prior to sending them to ensure they are clear and may be utilized for review, including ensuring they display in an upright manner. The USASF receives several videos that they cannot rule on due to something that would have been obvious if the video was watched in advance, such as the view being blocked by a finger of the camera holder. Also please ensure there are no extra people in the video that could impact the ruling, such as someone that is in view and could unintentionally be considered a spotter.

Please allow 10 days for review of your video, and be aware response time is likely to increase leading up to major events due to the volume of inquiries, so please be patient and plan accordingly. Most replies will be sent mid-week due to the travel schedules of the officials on the USASF Review Teams.

REMINDERS:

1. Every submission must be answerable with one word, LEGAL or ILLEGAL.
2. Videos should be filmed specifically for the purpose of getting a ruling.
3. Videos must be of your team in a practice environment.
4. Videos must be of a single skill or sequence. If you have questions regarding multiple skills they should be sent in separately.
5. Videos must display in an upright manner when viewed.
6. Videos should include the minimal number of athletes possible.
 - a. 1 person for individual skills
 - b. 1 group for group skills
7. The USASF can only tell you a skill is LEGAL for a specific division or a skill is ILLEGAL along with citing the rule violated. They will not assist with changing choreography.
8. The USASF expects you to have knowledge of the rules and will not be teaching the rules in their replies.
9. The USASF will only rule on the legality of the skill in the video, not the participants.
10. The USASF ruling is only valid if the skill is performed the same way in the video and at the event. If called on a skill ruled legal the official at the event should point out the difference.
11. Don't ask the USASF to call, text, or contact you via any method other than email. They cannot give official replies via text, social media, personal email accounts, or any other non-USASF method.

Examples that will not receive a ruling:

1. Videos from competitions
2. Videos of more than one skill or sequence
3. Videos believed to be of other teams will not receive a reply
4. A portion of a video
5. A description of a skill
6. A video of a skill with a description of the difference with the skill you would like to perform