

# COMPETITION RULE BOOK

## FOR COLLEGE TEAMS



### **NCA & NDA COLLEGIATE CHEER AND DANCE CHAMPIONSHIP**

Daytona Beach, Florida

April 7-11, 2021



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# COLLEGE COMPETITION RULES

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## HOW TO QUALIFY FOR THE NCA & NDA COLLEGIATE CHEER AND DANCE CHAMPIONSHIP

### CAMP QUALIFICATION

Squads may qualify for the NCA & NDA Collegiate Cheer and Dance Championship at NCA & NDA Collegiate Resident Camps, Day Camps or Elite Home Camps. NCA & NDA will award Bids to Nationals based on the team's successful completion of specific requirements in the areas of participation, conduct, and camp achievements. Teams must have a minimum of eight (8) participating team members attending the same NCA & NDA Collegiate Summer Camp to be considered for a Bid.

### VIDEO QUALIFICATION

All Qualification Videos (including Cheer and Dance teams, Partner Stunt, All Girl Group Stunt and Mascot) must be RECEIVED no later than January 22, 2021.

Videos may be sent to:

NCA & NDA Collegiate Cheer and Dance Championship  
640 Shiloh Road, Building 2, Suite 200  
Plano, TX 75074

Cheer Videos may be emailed to:  
[ncacollegevideos@gmail.com](mailto:ncacollegevideos@gmail.com)

Dance Videos may be emailed to:  
[nda.dance.videos@gmail.com](mailto:nda.dance.videos@gmail.com)

Each entry must be on a separate DVD and properly labeled with Team Name, Division, Cheer Coach's Name, Address, Email and Cell Phone number. A "Video Entry Form" should accompany each video entry. Alternatively, you may submit video links via YouTube, Dropbox, FileShare, etc.

- Receipt deadline for team qualification only: January 22, 2021
- Results will be posted at [nca.varsity.com](http://nca.varsity.com)/[nda.varsity.com](http://nda.varsity.com) by January 29, 2021 5:00pm CST.

**NOTE: No qualification needed for the Game Day Division.**

### GENERAL VIDEO GUIDELINES

- All skills MUST follow USA Cheer College Cheerleading Safety Rules
- No Split Screens, freeze frames, or speed altering is allowed
- All participants must be current eligible members of the school and team they are representing.
- All footage must be of current academic year.
- Teams must also follow specific Division requirements as applicable (e.g. Small Coed, Intermediate, All Girl, etc.).
- There is NO video entry fee for team videos.

### CHEER VIDEO ENTRY FORMAT

The video entry format for cheer teams submitting videos to qualify for the NCA & NDA Collegiate Cheer and Dance Championship will be as follows: each cheer team video must include five (5) separate segments:

1. Stunts
2. Tumbling
3. Basket/Sponge Tosses
4. Pyramids
5. 45 Second Crowd Segment

The skills segment of the video can be a maximum of two (2) minutes.

# COLLEGE COMPETITION RULES

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## STUNTS

Must show at least three (3) stunts in their entirety utilizing as many members as possible with the Partners starting with at least one foot on the ground and conclude with the dismounts landing in a cradle position or back to the ground.

## TUMBLING

Must show at least two (2) skills of standing tumbling to include as many members as possible (e.g. handsprings, tucks, fulls, toe-backs, etc.). Must also show at least two (2) synchronized running passes with as many members as possible (e.g. handspring series, tucks, fulls, whips, elite passes, etc.) where all participating members start and finish together.

## BASKET / SPONGE TOSSES

Must show at least three (3) complete separate tosses to include as many groups as possible. Each of these three tosses must be shown from the mount (at least one foot on the ground) through the cradle.

## PYRAMIDS

Must show at least three (3) complete pyramids to include as many people as possible. Each of these three pyramids must be shown from the mount (at least one foot on the ground) through the dismount to a cradle position or back to the ground.

## 45 SECOND CROWD SEGMENT

In addition to the above requirements, ALL VIDEO QUALIFIERS MUST submit a 45 second crowd-leading performance. This format must follow the same rules as listed under the 45 Second Crowd Segment on page 11. This segment MUST be filmed in front of a live audience.

## DANCE VIDEO ENTRY FORMAT

### TEAM PERFORMANCE VIDEO REQUIREMENTS

Teams competing in the Team Performance Division must submit one video that includes a 30 second Hip Hop routine, a 30 second Jazz routine, a 30 second Pom routine as well as 30 seconds of technical skills (this may be numerous across the floor patterns or a choreographed piece). Only the technical skills segment may contain numerous edits. Split screens are not allowed. The speed of the performance may not be altered on the video. All team members do not need to be in each segment; however, at least seven (7) members must appear in the pom, jazz, and hip-hop segments of the video. All members on the video must be official, eligible team members at time of filming. Videos submitted must be of current year; footage from previous years is prohibited. Teams that qualify for Team Performance will automatically be qualified for the Jazz, Pom, and/or Hip-Hop Division. Videos submitted for qualification will not be viewed for legalities. A separate video must be sent for this purpose no later than (2) weeks prior to competition.

### JAZZ, POM AND HIP HOP VIDEO REQUIREMENTS

Teams competing in the Jazz, Pom and/or Hip-Hop Division must submit, on video, a performance routine of any style, one minute and forty-five seconds (1:45) minimum in length (no editing or split screens). The style exhibited on the video is not required to match the division(s) in which the team registers. Teams that qualify with a Jazz, Pom or Hip-Hop video are qualified to compete in those divisions ONLY. Teams that qualify with a Jazz, Pom or Hip-Hop video do NOT automatically qualify for the Team Performance Division. The speed of the routine may not be altered through video editing. The team must be represented by AT LEAST seven (7) members. All members on the video must be official, eligible team members at time of taping. Videos submitted must be of current year; footage from previous years is prohibited. Videos submitted for qualification will not be viewed for legalities. A separate video must be sent for this purpose no later than two (2) weeks prior to competition.

# COLLEGE COMPETITION RULES

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## CODE OF CONDUCT

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

1. Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the NCA & NDA Event Information table. The appropriate NCA & NDA Official will then be called to discuss the situation with the coach.
2. Participants, coaches or spectators are prohibited from contacting the judges during the competition.
3. Judges' rulings are final related to deductions, final team placements and legalities.
4. Any unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or NCA & NDA Event Staff will result in potential team disqualification, removal from the event and/or barred participation from future NCA & NDA events and possible disqualification of team or suspension for following years.
5. Varsity Spirit reserves the right to remove any persons from a competition for unsafe or unsportsmanlike conduct.

NCA & NDA fervently encourages and supports sportsmanship, integrity and fairness among participants and coaches in all facets of cheerleading including, but not limited to team/squad practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities and believe that coaches are instrumental in promoting and instilling this among their respective team members.

## EXCLUSIVITY POLICY

Due to media, sponsorship considerations, and administration concerns regarding school-based priorities, image and funding, teams that compete in the NCA & NDA Collegiate Cheer and Dance Championship may not participate in any other event at which a "College National Champion" title is awarded during the current school year.

Further, teams may jeopardize their eligibility to compete in the NCA & NDA Collegiate Cheer and Dance Championship if they participate in a televised program or print media that portrays their team, school or general activity of collegiate cheer and/or dance in a negative manner. NCA & NDA must deem the program or material content reasonable and appropriate regarding performance integrity, safety, individual and school privacy and reputation, and overall image. Schools that desire to compete at Nationals and participate in such media (reality show or documentary, news articles, books, etc.) should consult their school legal council to develop an access license and consult with NCA & NDA in advance to pre-determine any possible conflicts of interest. The access license is a legal agreement that prohibits producers or publishers from including certain subject matters from being included in their media product, as well as grants the school officials the right to approve and/or reject final portrayal of their respective spirit squads that might be harmful or disrespectful to the school or spirit program.

# COLLEGE COMPETITION RULES

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## ELIGIBILITY VERIFICATION

A Team Eligibility Form will be sent to all Coaches participating in an NCA & NDA Championship. One form must be filled out per team with each team member's name, student ID number, hours currently enrolled and years of completed eligibility. This form must be signed by the Coach as well as signed by the school's Registrar's Office and school Administrative Supervisor and returned to NCA & NDA at Check-In. A current class schedule for each participant must also accompany the Eligibility Form. Teams must meet the following eligibility requirements to participate in the NCA & NDA Collegiate Cheer and Dance Championship:

1. Each participating team member must be a current member of the team they are representing, and a full-time student or enrolled in a minimum of 9 credit hours at the institution they are representing. Graduating seniors and graduate students may be enrolled in less hours. Verification of eligibility will be required by the school's Registrar's Office and the program's administrative supervisor in addition to the coach. It will be the responsibility of these individuals to verify that all student-provided information and documentation is correct, valid, and meets all the school's eligibility requirements.
2. A student-athlete may only represent ONE (1) school in ONE (1) National Championship competition for each academic year. For example, a student-athlete may not compete for one school in January, transfer and compete for another school in April, nor compete with the same school in separate championships in the same academic year.
3. A student-athlete may not compete in more than five (5) National Championships total (cheer, dance, Junior College, and/or 4-year college/university).
4. At the Junior College level, any student-athlete will only be eligible to compete in a maximum of three (3) National Championships during the course of his/her college career.
5. Eligibility verification for Individual participants such as Partner Stunt and Group Stunt will only apply if the athlete does not compete with a team during that same academic year (e.g. if an athlete only competes in NCA or UCA Partner Stunt any given year, that will count as one (1) year of eligibility used).
6. Once the team eligibility is complete, athletes are no longer eligible for Partner Stunt or Group Stunt unless it is in the same academic year (e.g. an athlete competes on a team at UCA in January to complete five (5) years of eligibility but is still eligible to compete in NCA Partner Stunt that same April, that concludes their total eligibility).
7. An alternate or injured student-athlete that does not take the competition floor will not be considered as a competing member and will not count towards the maximum of five (5) National Championships.
8. Each team must always comply with the USA Cheer College Safety Rules.
9. Each cheer team must have a coach that is currently USA Cheer certified to compete. Proof of certification must be included with the Eligibility Form.

This will apply for any student-athlete competing at any one of the Varsity Spirit Collegiate Championships (UCA, UDA, NCA & NDA) that award National Champion titles as well as any other designated College National Championship. Teams violating these rules could forfeit their titles and rankings as well as be prohibited from entering any other Varsity Brands Championship the following year. For any clarification on these rules, please contact the event producer of the Championship you wish to attend.

# COLLEGE COMPETITION RULES

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## NCA & NDA MUSIC FORMAT

NCA & NDA will follow the Varsity Spirit Music Guidelines for all competitions. Please visit [varsity.com/music](http://varsity.com/music) for the most up- to-date guidelines and latest resources. For further questions on Music Licensing please email [ncasupport@varsity.com](mailto:ncasupport@varsity.com).

Music should be on a digital music player/iPod. CD Players will not be available at Nationals. NCA & NDA will provide an auxiliary cord. Depending on the type of phone, please make sure you have all necessary adapters. 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.

# CHEER





# NCA GENERAL COMPETITION RULES

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## PERFORMANCE AREA

1. NCA Competitions comply with the NFHS and USA CHEER surface ruling that school-based programs may not compete on a spring floor. All permitted skills (stunts, pyramids, tumbling etc.) must be performed on the competition mat.
2. All cheer teams competing in the NCA & NDA Collegiate Cheer and Dance Championship will perform on a 42' deep x 54' wide carpeted mat.
3. Poms, signs, flags, megaphones and/or banners may be placed or dropped outside the competition area by a team member. Objects cannot be thrown outside the competition floor.

See Page 19 for information on Boundary Violations.

## COLLEGIATE EXPECTATIONS

### COLLEGIATE IMAGE

This category will be utilized to evaluate the overall representation by the team of its institution of higher education, the core values and standards that commonly exist and are mandated by such institution's administration, faculty, staff, alumni and student body. This evaluation will be based on, but not limited to the following:

### SPORTSMANSHIP

The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance regarding respect for themselves, other teams and the viewing audience. Teams should refrain from any taunting, bragging or suggestive expressions or gestures as well as discrimination of any nature.

### PERFORMANCE INTEGRITY

All aspects of the performance (music, choreography, skills, language, props, etc.) should represent the highest standards as expected by athletes and elite student body representatives at the collegiate level. All aspects of the performance should also be appropriate for a family viewing audience.

### SCHOOL REPRESENTATION

All aspects of the performance (music, choreography, skills, language, props, etc.) should represent the highest standards as expected by athletes and elite student body representatives at the collegiate level. All aspects of the performance should also be appropriate for a family viewing audience.

### UNIFORM

In general, appropriate attire is required during officially designated practice times, performances and awards ceremonies. NCA reserves the right to make rulings and enforce compliance regarding any participant's attire. It is the combination of garments worn that can deem an outfit or uniform appropriate or inappropriate, and this should be taken into consideration more so than the individual guidelines for each garment type outlined below. The following guidelines should assist in defining what is appropriate but should not be deemed a comprehensive and exclusive list. What is appropriate includes but is not limited to the list below.

# NCA GENERAL COMPETITION RULES

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## FEMALE UNIFORM

- Standard shell, crop, or midriff top.
- No “bra top” style or size tops – material must fall at least one inch below the bra line.
- No extremely low-cut necklines.
- No excessively bare or backless style tops.
- Must be secured by straps or material over at least one shoulder or around the neck, no tube tops.
- Must completely cover briefs when feet are shoulder width apart AND, in the back, fall at least 1.5 inches below boy-short briefs or 2 inches below standard briefs. No excessively short or tight skirts. Skirts must fully cover the hips.
- No ultra-low-rise waistbands (no lower than 2 inches below navel) when worn in conjunction with a cropped or midriff baring top.

NOTE: Hair bows may negatively affect the overall collegiate image of the athletes and their performances. Hair bows may only be worn behind the top center of the head and may not have material close to the face at any time. Hair bows should be small to medium in size to not be a distraction from the performance. Violations of this rule during preliminary Competition will result in a warning, and violations during final Competition can result in a 1.0 “Collegiate Image” deduction from each Panel Judge. Photos may also be submitted to the NCA & NDA office in advance for pre-event rulings in the same manner as all other legality verifications.

## MALE UNIFORM

- Must be full torso length, covering shoulders to waist and/or the top of the uniform bottom in standing position.
- Must be short or long sleeves, covering at least midway between shoulder and elbow.
- If full length pants, must cover waist to feet.
- If shorts, must fall no higher than mid-thigh.

## ALL

- No risqué, sexually provocative or lingerie-looking or inspired uniform or garments
- Garments/items should be secure to eliminate any possibility of “wardrobe malfunction”
- Appropriate undergarments must be worn
- Soft-soled athletic shoes must be worn while competing.

## UNIFORM DISTRACTIONS

The Safety 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.

While masks are not required on the warmup floor and/or performance floor unless dictated by state or local guidance, an athlete may choose to wear a mask. If an athlete chooses to wear a mask during the performance and the mask restricts the athletes view and/or interferes with skills or otherwise becomes a safety concern, the athlete should either secure or remove the mask. If the athlete does not secure or remove the mask, the routine is subject to being stopped by competition officials. If stopped, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the routine was previously stopped. Competition officials will determine the impact of the interruption.

**Each team is strongly encouraged to seek pre-approval on any questionable items. These are subjective matters and opinions and interpretations vary, but it will ultimately be the responsibility of the judges to determine a final ruling if not approved in advance. As a safety measure, we encourage each team to bring an alternate, conservative uniform in the event a warning or penalty is assessed.**

# NCA GENERAL COMPETITION RULES

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## MUSIC

**Deductions will be given for music or words unsuitable for family listening, which includes but is not limited to swearwords and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.**

## INTERRUPTION OF PERFORMANCE DUE TO 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 immediately unless NCA determines for safety reasons they should be moved later in the performance order. It is recommended that coaches have a backup music player with them at the music table. Judging and timing will resume from the point at which the malfunction occurred as determined by the judges.

## CHOREOGRAPHY

All facets of a performance or routine, including choreography, music selection and outfitting (cheerleading and dance uniforms or costumes), should be suitable for family viewing and listening. In general, school performances, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution to which the school team belongs. Outfitting for cheerleading performances should follow traditional dress standards. Routines, music and uniforms/costumes for all team types should be appropriate for the age of the participants performing the routine.

**NOTE:** If you are concerned about the appropriateness of your music or choreography you should submit the section(s) in question to NCA for feedback. Please note that with multiple performances of a routine, NCA is not able to approve a specific movement due to the chance that the movement may be approved and then modified during competition. Any and all feedback from NCA is just that, feedback, and should be used with your discretion to ensure your teams performance is appropriate for a family viewing audience.

## INJURY DURING PERFORMANCE

The Safety Judge 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 Preliminary Competition, the team will have 30 minutes to regroup before performing their routine full out from the beginning. Judging will resume from the point at which the injury/interruption occurred as determined by the judges. 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 a team's routine to be interrupted during Final Competition, a decision will be made based on the specific situation whether or not there is sufficient time and/or it is feasible for the team to perform the routine again. If performing again is not possible, scores will be based on the team's performance prior to the injury.

## ORDER OF PERFORMANCE

For Preliminary Competition, a team's performance order will be determined by how they qualified and when they registered for the event. For Final Competition, teams will perform in reverse order of their preliminary ranking (e.g. teams finishing first in the Preliminary Competition will compete last in the Final Competition)

# COLLEGE CHEER DIVISIONS

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## DIVISIONS

All teams will be required to compete in Divisions according to NCAA Football classifications, or as defined below. Schools that do not have football programs will compete in Divisions according to the school's NCAA Basketball program classifications. NCA reserves the right to add, delete or combine Divisions.

Teams from the same school can enter the same Division; however, only the top scoring team may advance to Finals should scores warrant.

### COLLEGE/UNIVERSITY CATEGORY FOR ATHLETICS:

- DIVISION IA (FBS) Football Schools
- DIVISION I (FCS) Football Schools, or do not have football and compete in Division I basketball.
- DIVISION II
- DIVISION III
- JUNIOR COLLEGE
- NAIA

### INTERNATIONAL (based on school's total enrollment):

- 20,000 or above
- 10,000-19,999
- 5,000-9,999
- Less than 5,000

**Note: NCA will assign divisions based on school enrollment and team specifics. Please refer to page 45 for information regarding our Game Day Divisions**

## NUMBER OF MALE PARTICIPANTS VS. FEMALE PARTICIPANTS

### LARGE COED:

- 10 – 11 total participants = 6 maximum males
- 12 – 13 total participants = 7 maximum males
- 14 – 15 total participants = 8 maximum males
- 16 – 17 total participants = 9 maximum males
- 18 – 19 total participants = 10 maximum males
- 20 total participants = 11 maximum males

SMALL COED: 1 - 4 MALE PARTICIPANTS

ALL GIRL: NO MALE PARTICIPANTS

## TEAM ROUTINE REQUIREMENTS (ADVANCED AND INTERMEDIATE)

1. Routine maximum time limit is 2 minutes and 15 seconds (135 seconds).
2. Teams are limited to a maximum of twenty (20) participants plus one mascot and must have a minimum of ten (10) participants. Teams violating this rule will be disqualified from Preliminary Competition and will forfeit their Game Day score for any additional round(s) of competition. The mascot may NOT participate in any technical skill (e.g. stunts, pyramids, tosses, or tumbling) and may not serve as a spotter during the performance.
3. Music is allowed for all or part of each routine. No voice-overs or words may be recorded to make the team's vocal projection sound louder.

# COLLEGE CHEER DIVISIONS

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## TEAM ROUTINE REQUIREMENTS (ADVANCED AND INTERMEDIATE) CONT.

4. Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are not permitted. Cheerleaders, dancers and mascots should enter the performance area in a timely fashion.
5. Timing will begin with the first note of music or start of the performance by the team or individual after they are officially announced.
  - a. Performers must have at least one foot on the performing surface when the Routine starts.
6. Timing will end with the last organized word, movement, or note of music by the team or individual. Teams or individuals must exit the performance area immediately following the Routine.
7. Only the following props are allowed for cheer teams: flags, banners, megaphones, pom poms, and signs. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling.
8. Team/individual names will be called twice: once as the team/individual on deck and once as the next team/individual to perform.
9. Preliminary and Final Competitions may be held indoors or outdoors. In the event of either competition being held outdoors, wind and/or sun could be a factor. Practice and prepare accordingly.

## INTERMEDIATE DIVISION RESTRICTIONS

### STUNTS / PYRAMIDS

- Release inversions into or from stunts are prohibited
- Release full twists to an extended position are prohibited
- Twisting dismounts are limited to ONE and a quarter twist ( $1\frac{1}{4}$ )
- Pyramids sustained over 2 persons high are prohibited
- Twisting stunts (i.e. full ups) are limited to ONE and a quarter ( $1\frac{1}{4}$ ) twisting rotation. One and a half ( $1\frac{1}{2}$ ) ups and double ups are prohibited.

### TOSSES

- Release flips from basket/sponge tosses are prohibited
- Twisting dismounts from basket/sponge tosses may not exceed 2 rotations ( $\frac{1}{4}$  turn is allowed to set for the twist)

### TUMBLING

- Standing back tucks or other flips, and standing tumbling with back tucks or other flips are prohibited
- Airborne flips out of running tumbling are permitted (e.g. tucks, layouts, whips, etc.)
- Twisting flips are prohibited (includes running tumbling)

NOTE: Intermediate Division winners will be awarded "Collegiate Champion" trophies and banners. Advanced Division winners will be awarded "National Champion" trophies, banners and jackets.

# COLLEGE CHEER DIVISIONS

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## **45-SECOND CROWD SEGMENT (ADVANCED AND INTERMEDIATE)**

Prior to each routine, teams will be required to perform 45 seconds of crowd-leading material for Prelims. During this time, the team should display modern and/or traditional methods of getting the crowd to stand, clap, cheer and/or make noise. Technical skills should be kept to a minimum and will NOT be judged during this time. Skills are restricted to USA Cheer Basketball Timeout Rules (see section H of the USA Cheer College Safety Rules). Teams competing in the Intermediate Divisions must also follow the Intermediate Rules during their 45 Second Crowd Segment. The use of signs, flags, banners or other spirit related props highly recommended. Due to safety concerns, items (t-shirts, towels, frisbees, etc.) may not be thrown, tossed or released from the performance area into the crowd. Music may not be used during this segment. The actual crowd response will not be factored into the judges' scores. Only the material being presented will be judged.

Each team will have a total of 45 seconds from the time their name is announced in which to enter the mat and perform their 45 Second Crowd Segment. All feet must be on the ground and off the performance area when the team is announced to take the floor. Skills may only begin after being announced and entering the performance mat. Timing of the 45 seconds starts immediately with the announcement of the team name. Each team may stage at the back of the mat and set up props immediately following the previous team's conclusion and exit, but this must not delay the flow of the Competition. Timing deductions will be in effect for teams requiring too much staging time. Once the 45 Second Crowd Segment is complete, the team will have another 30 seconds to get set for the start of the routine performance (see Time Limit Violations for penalty information). This total 75 seconds will NOT count toward the 2 minutes and 15 seconds of the Routine performance. Each judge will score the 45 Second Crowd Segment on a scale of 0-10. This will be its own judging Category. The 45 Second Crowd Segment scores will carry over to Finals where they will be calculated into the teams' final score. For Game Day Division Requirements see page 46.

## **USA CHEER COLLEGE SAFETY RULES**

NCA complies with the USA Cheer College Safety Rules. For rules, please visit [usacheer.org/safety](http://usacheer.org/safety).

# NCA COLLEGE SCORING GUIDELINES

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## NCA LEGALITY VERIFICATION

As a coach, it is important to be current on the NCA, NDA & USA Cheer Safety Rules. If you have questions concerning any safety rules or questions regarding specific performance elements, please follow these steps. This will ensure that you receive a timely and accurate response to your questions.

1. All questions must be submitted via email.
2. Due to the differences in interpretation and terminology, no phone calls will be accepted.
3. Do not rely on prior rulings from NCA & NDA Championships.
4. A separate video must be submitted for each Competition to ensure legality.
5. For all Legality questions, you must send a video that contains the skill in question.
6. Video must include the following:
  - a. Front, side and back view of skill.
  - b. Name of the Championship where you will be performing skill and the Division you will be performing in.
  - c. Include your name, team name, email and phone number with your video.
  - d. Do not send the entire Routine, only the skill(s) in question. Your video will be kept on file at NCA & NDA.

VIDEOS THAT ARE NOT IN THE ABOVE FORMAT WILL NOT BE REVIEWED.

**VIDEOS MUST BE RECEIVED IN THE NCA & NDA OFFICE** at least **THREE WEEKS PRIOR** to the championship date. Videos not received in the NCA office three weeks prior to the championship date will **NOT** be reviewed.

You must email your videos to:  
ncacollegevideos@gmail.com.

DO NOT DEPEND ON YOUR CHOREOGRAPHER OR COACH TO DETERMINE IF SOMETHING IS LEGAL. IF YOU FEEL THAT SOMETHING MAY BE ILLEGAL, SEND A VIDEO TO THE NCA OFFICE.

# NCA DEDUCTIONS AND VIOLATIONS

NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

## JUDGING PANELS

### PANEL JUDGES

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

### SAFETY JUDGE

The Safety Judge is responsible for administering all rule violations, time violations, and boundary violations. Decisions made by the Safety Judge are final.

### POINT DEDUCTION JUDGE

The Point Deduction Judge is responsible for assessing deductions in each routine for mistakes in technical skills. Decisions made by the Point Deduction Judge are final.

Scores for each Category will range from 0-10, including tenths of points (e.g. 5.5, 9.5, etc.). All point deductions and/or penalties will be deducted from the average score to get the FINAL SCORE. Deductions/penalties are assessed at the sole discretion of the judges based on the criteria set forth in this book. All judges' decisions are final. Ties will not be broken; tying teams will share the title and/or ranking.

## POINT DEDUCTION SYSTEM

All deductions may include, but are not limited to the following examples:

### ATHLETE FALL .25

- Drops to the performance surface during tumbling and or/jump skills. Includes the following:
  - Hand, hands or head down in tumbling or jump skill
  - Knee or knees down in tumbling or jump skills

### BUILDING FALL .75

- Drops to cradle and/or load in position from a stunt, pyramid and/or toss. Includes the following:
  - Base or spotter drops to the performance surface during building skills
  - Drops to a cradle and/or load in position

### MAJOR BUILDING FALL 1.25

- Drops to the performance surface from a stunt, pyramid, or toss by the top person and/or the bases/spotters  
Includes the following:
  - Top person drops to the performance surface
  - Multiple bases and/or spotters drop to the performance surface
  - Top person lands on base and/or spotter who drops to the performance surface

### PYRAMID COLLAPSE 1.50

- When two or more top people in a pyramid structure fall to a load in position or the ground, the result will be a pyramid collapse.

### MAXIMUM 1.75

- When multiple deductions should be assessed during a stunt or toss (by a single group) or during a pyramid skill, then the sum of those deductions will not be greater than 1.75. During pyramids where a fall continues to effect other portions of the pyramid, the deduction will not exceed 1.75. Two separated pyramids will result in separate deductions. The MAX deduction for a pyramid will not exceed 3.5.



# NCA DEDUCTIONS AND VIOLATIONS

NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

## **SAFETY VIOLATIONS**

1. Building skills performed out of level will be issued a 1.0 deduction.
2. Tumbling skills performed out of level and violation of any other General Safety Guidelines will be issued a .5 deduction.

## **BOUNDARY VIOLATIONS**

All participants must remain on the performance area for the duration of the performance. Only mascots may enter the floor for the 45 Second Crowd Segment, then leave the floor before the 2:15 performance. Any others doing so would result in a 1.0 rules violation. A participant must noticeably step out of bounds with both feet for a boundary violation to occur. Props may be touching out of bounds without penalty, and a team member may touch a prop that is out of bounds. There will be a .25 deduction for each boundary violation.

Participating team members may enter the performance area immediately following the previous teams' performance to set up props and return immediately to the on-deck area. This may not create any delay in the flow of the Competition, any delay because of the props will result in a timing violation 1.0 deduction.

## **INAPPROPRIATE CHOREOGRAPHY DEDUCTION**

A deduction of 1.0 (per violation) will be given for vulgar or suggestive choreography, which includes but is not limited to movements such as hip thrusting and inappropriate touching, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes but is not limited to swearwords and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior.

## **COLLEGIATE IMAGE VIOLATION**

The panel judges may reduce a team's score in the Collegiate Image Category for perceived or suspected violations as agreed with the Safety Judge(s), but must note the reason for doing so on the team's score sheet. If the Safety Judge issues a warning, the Panel Judges should also reflect a reduction in the Collegiate Image Category and note the reason. Should the Scoring Official confirm compliance before the next performance, the Panel Judges should not reduce the score in the Collegiate Image Category for this purpose. Should the team not confirm compliance prior to the next performance(s), the Panel Judges should reflect the same or additional reductions in the Collegiate Image Category. These reductions must also be noted on the team's score sheet.

# NCA DEDUCTIONS AND VIOLATIONS

NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

## TIME LIMIT VIOLATIONS

Teams that exceed division time limits are subject to the following deduction:

1. 1 or more seconds over time will result in a .25 deduction
2. 6 or more seconds over time will result in a 1.0 deduction

Routines that exceed the time limit run a risk of being assessed a deduction. Judges will use a stop watch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 3 seconds over the time limit.

## UNSPORTSMANLIKE CONDUCT DEDUCTION

When a coach is in discussion with an official, other coaches, athletes and/or parents and spectators they must maintain proper professional conduct. Failing to do so will result in 2.0 deduction and removal of coach or disqualification. Includes the following:

1. Inappropriate and deliberate physical contact between athletes during the event
2. Abuse of equipment or any items associated with the event
3. Using language or a gesture that is obscene, offensive, or insulting
4. Using language or gestures that offend race, religion, descent or national or ethnic origin
5. Failing to perform a routine
6. Excessive appealing at AccuScore
7. Showing dissent towards scoring official decision by word or action
8. Threat of assault to an event representative
9. Public criticism of an event related incident or event official

**Any deductions for mistakes, time violations, safety guideline violations or inappropriate choreography/music will be subtracted from the FINAL averaged score. Thus, executing a “clean” routine is very important.**

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team.

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team Skills performed by less than a majority of the team will be awarded scores in a lower range.

PARTNER STUNTS		PYRAMIDS		TOSSES		STANDING TUMBLING		RUNNING TUMBLING	
2 - 3		2 - 3		2 - 3		2 - 3		2 - 3	
Advanced Stunt Skills performed with strong incorporation of legal inverting, twisting, unique mounts, release toss stunts and transitions. Braced rewinds, full up to extended positions, etc.		Advanced Pyramid Skills 2 high pyramids incorporating multiple 2½ high transitions and multiple inverting/twisting/unique mounts and dismounts		Non-flipping Tosses with Double Full Twisting Skills Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills.		Intermediate Tumbling Skills Standing tumbling connected to back handspring(s).		Intermediate Tumbling Skills Round-off back handspring(s), etc.	
3.0 - 3.5		3 - 4		3 - 4		3 - 4		3 - 4	
Group stunt up to 1½ up to extended stunt, group stunt double up to extended stunt Single based toss to hands to extended stunt (majority unassisted)		Elite Pyramid Skills A pyramid sequence that contains single or multiple structures incorporating a top person at the 2½ high level or multiple 2½ high people with minimal inverting/twisting/unique mounting and dismounting by the top person(s). <i>Clarification: A transition where multiple top persons maneuver to the top of a 2½ high pyramid would only count as one inverting/twisting/unique transition.</i>		Flipping Tosses Back tucks Layouts Pike Open.		Advanced Tumbling Skills Standing tumbling connected to back tucks.		Advanced Tumbling Skills Round-off back handspring tucks, etc.	
3.5 - 4.0									
Group stunt inversions into extended one leg stunts. Single based toss to extended stunt (majority unassisted)									
4.0 - 4.5		4.0 - 4.5		4.0 - 4.5		4.0 - 4.5		4 - 5	
At least one section should contain a partner stunt listed below executed by stunt couples. - Unbraced rewinds to liberty/awesome - Unbraced inversions to liberty variations/awesome - Released toss full up to a liberty variation/awesome Required Dismount: Flipping or double full twisting from the above skills. Majority of the skills must be unassisted.		A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and ½ high level. The top people should use numerous connected inverting/twisting/unique entries to the top of the pyramids OR released toss entries that do not twist or invert. Should also include numerous inverting/twisting/unique dismounts.		Two position flipping tosses Tuck X-Out Tuck Split Layout Split/Kick Layout Straddle Pike Open Straddle Pike Open Split		Elite Tumbling Skills Standing tumbling connected to layouts and/or falls		Elite Tumbling Skills Round-off back handspring layouts, full twists, or passes consisting of full twists or more	
4.5 - 5.0		4.5 - 5.0		4.5 - 5.0		4.5 - 5.0			
At least one section should contain a partner stunt listed below executed by stunt couples. - Unbraced rewinds to liberty/awesome - Unbraced inversions to liberty variations/awesome - Released toss 1.5/double up to liberty variation/awesome Required Dismount: Flipping or double full twisting from the above skills. All of the stunts must be unassisted.		A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and ½ high level. The top people should use numerous released inverting/twisting/unique entries to the top of the pyramids and numerous inverting/twisting/unique dismounts.		Flipping tosses with a single twist. Full twisting layout Layout straddle full Layout split/kick full Tuck x-out full Tuck split/kick full		Elite Tumbling Skills Synchronized standing tumbling connected to layouts and/or falls			

"Unassisted" is defined as the stunt being supported by only one base the majority of time the stunt is sustained overhead in one position. In addition, the base must provide primary support throughout the entire transition (i.e. a group stunt may not throw a top person to a single base and receive unassisted credit).

# 2020 – 2021 NCA COLLEGE SCORING GUIDELINES - SMALL COED

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team.

Skills performed by less than a majority of the team will be awarded scores in a lower range.

PARTNER STUNTS		PYRAMIDS		TOSSES		STANDING TUMBLING		RUNNING TUMBLING	
2 - 3		2 - 3		2 - 3		2 - 3		2 - 3	
Advanced Stunt Skills performed with strong incorporation of legal inverting, twisting, unique mounts, release toss stunts and transitions. Braoad rewinds, full up to extended positions.		Advanced Pyramid Skills 2 high pyramids incorporating multiple 2½ high transitions and multiple inverting/twisting/unique mounts and dismounts		Non-flipping Tosses with Single Full Twisting Skills Toss single full twists, kick single full twists, etc. Note: a ¼ positioning move is allowed in twisting skills.		Intermediate Tumbling Skills Standing tumbling connected to back handspring(s).		Intermediate Tumbling Skills Round-off back handspring(s), etc.	
3.0 - 3.5		3 - 4		3 - 4		3 - 4		3 - 4	
Group stunt up to 1½ up to extended stunt, group stunt double up to extended stunt Single based toss to hands to extended stunt (majority unassisted)		Elite Pyramid Skills A pyramid sequence that contains single or multiple structures incorporating a top person at the 2½ high level or multiple 2½ high people with minimal inverting/twisting/unique mounting and dismounting by the top person(s). Clarification: A transition where multiple top persons maneuver to the top of a 2½ high pyramid would only count as one inverting/twisting/unique transition.		Non-flipping Tosses with Double Full Twisting Skills Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills.		Advanced Tumbling Skills Standing tumbling connected to back tucks.		Advanced Tumbling Skills Round-off back handspring tucks, etc.	
3.5 - 4.0		Group stunt inversions into extended one leg stunts. Single based toss to extended stunt Males participate in group stunts only. (majority unassisted)							
4.0 - 4.5		4.0 - 4.5		4.0 - 4.5		4.0 - 4.5		4 - 5	
At least one section should contain a partner stunt listed below executed by stunt couples: - Unbraaced rewinds to liberty/awesome - Unbraaced inversions to liberty variations/awesome - Released toss full up to a liberty variation/awesome Required Dismount: Flipping or double full twisting from the above skills. Majority of the skills must be unassisted.		A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and ½ high level. The top people should use numerous connected inverting/twisting/unique entries to the top of the pyramids OR released toss entries that do not twist or invert. Should also include numerous inverting/twisting/unique dismounts.		Flipping Tosses Back tucks, layouts, Pike Open.		Elite Tumbling Skills Standing tumbling connected to layouts and/or fulls		Elite Tumbling Skills Round-off back handspring layouts, full twists, or passes consisting of full twists or more	
4.5 - 5.0		4.5 - 5.0		4.5 - 5.0		4.5 - 5.0			
At least one section should contain a partner stunt listed below executed by stunt couples. - Unbraaced rewinds to liberty/awesome - Unbraaced inversions to liberty variations/awesome - Released toss 1.5/double up to liberty variation/awesome Required Dismount: Flipping or double full twisting from the above skills. All of the stunts must be unassisted.		A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and ½ high level. The top people should use numerous released inverting/twisting/unique entries to the top of the pyramids and numerous inverting/twisting/unique dismounts.		Two position flipping tosses Tuc X-Out, Tuck Split, Layout Splitkick, Layout Straddle, Pike Open Straddle, Pike Open Split  PLUS one of the following: Full twisting layout, layout straddle full, layout splitkick full, tuck x-out full, tuck splitkick full		Elite Tumbling Skills Synchronized standing tumbling connected to layouts and/or fulls			

## JUMPS

4.0
Single Jumps
4.5
Double Jump combinations
5.0
Triple jump combinations or double jump combinations and a single jump, must include a variety.

"Unassisted" is defined as the stunt being supported by only one base the majority of time the stunt is sustained overhead in one position. In addition, the base must provide primary support throughout the entire transition (i.e. a group stunt may not throw a top person to a single base and receive unassisted credit).

Number of unassisted single based stunts expected to score in a range will be based on a majority of the athletes on a specific team. (ex: a team with 17 athletes will only be expected to put up 3 unassisted single based stunts to reach a majority). The number of coed style stunts required is not based on the number of mates on the team.

# 2020 – 2021 NCA COLLEGE SCORING GUIDELINES - ALL GIRL

NCA College Judges will award scores based on the point ranges below when skills are performed by a majority of the team. Skills performed by less than a majority of the team will be awarded scores in a lower range.

PARTNER STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING
2 - 3	2 - 3	2 - 3	2 - 3	2 - 3
Advanced Stunt Skills performed with strong incorporation of braced inverting/twisting/unique mounts, dismounts and transitions. Braced rewinds, full up to extended positions, etc.	Advanced Pyramid Skills 2 high pyramids incorporating multiple 2½ high transition and multiple inverting/twisting/unique mounts and dismounts	Non-flipping Tosses with Single Full Twisting Skills Toss single full twists, kick single full twists, etc. Note: a ¼ positioning move is allowed in twisting skills.	Intermediate Tumbling Skills Standing tumbling connected to back handspring(s).	Intermediate Tumbling Skills Round-off back handspring(s), etc.
3 - 4	3 - 4	3 - 4	3 - 4	3 - 4
Group stunt up to 1½ up to extended stunt, group stunt double up to extended stunt Released inversions to below extended level Required Dismount: Flipping or double twisting from the above skills.	Elite Pyramid Skills A pyramid sequence that contains single or multiple structures incorporating a top person at the 2½ high level or multiple 2½ high people with minimal inverting/twisting/unique mounting and dismounting by the top person(s). <i>Certification: A transition where multiple top persons maneuver to the top of a 2½ high pyramid would only count as one inverting/twisting/unique transition.</i>	Non-flipping Tosses with Double Full Twisting Skills Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills.	Advanced Tumbling Skills Standing tumbling connected to back tucks.	Advanced Tumbling Skills Round-off back handspring tucks, etc.
4 - 4.5	4.0 - 4.5	4.0 - 4.5	4.0 - 4.5	4 - 5
Group stunt inversions into extended one leg stunts. Required Dismount: Flipping or double twisting from the above skills. Single based toss stunts that press to extended stunt performed by the majority of the team Unbraced rewinds to liberty variations/awesome, unbraced inversions to liberty variations/awesome, released toss full up to liberty variations/awesome <i>Required Dismount: Flipping or double twisting from the above skills.</i>	A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and ½ high level. The top people should use numerous connected inverting/twisting/unique entries to the top of the pyramids OR released toss entries that do not twist or invert. Should also include numerous inverting/twisting/unique dismounts.	Flipping Tosses Back tucks, layouts, Pike Open.	Elite Tumbling Skills Standing tumbling connected to layouts and/or fulls	Elite Tumbling Skills Round-off back handspring layouts, full twists, or passes consisting of full twists or more
4.5 - 5.0	4.5 - 5.0	4.5 - 5.0	4.5 - 5.0	
Group stunt inversions that also spin into extended one leg stunts. Single based toss stunts that catch in extended stunt performed by the majority of the team. Released toss one and a half or double twisting entry. Unbraced rewinds that quarter or half twist to liberty variations/awesome, unbraced inversions that spin to liberty variations/awesome, released toss multi-twist up to liberty variations/awesome <i>Required Dismount: Flipping or double twisting from the above skills.</i>	A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and ½ high level. The top people should use numerous released inverting/twisting/unique entries to the top of the pyramids and numerous inverting/twisting/unique dismounts.	Two position flipping tosses Tuck X-Out Tuck Split Layout Split/Kick Layout Straddle Pike Open Straddle Pike Open Split	Elite Tumbling Skills Synchronized standing tumbling connected to layouts and/or fulls	

\* Stunt groups are considered to be three (3) bases (including the backspot) and a top person. Those utilizing more than three bases will be rewarded in a lower range. Those utilizing less can garner reward in a higher range.

JUMPS
4.0
Single Jumps
4.5
Double Jump combinations
5.0
Triple jump combinations or double jump combinations and a single jump, must include a variety.

# 2020 – 2021 NCA COLLEGE SCORING GUIDELINES- INTERMEDIATE COED

NCA College Judges will award scores based on the point ranges below when skills are performed by a majority of the team.  
Skills performed by less than a majority of the team will be awarded scores in a lower range.

PARTNER STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING
2 - 3	2 - 3	2 - 3	2 - 3	2 - 3
Beginning Stunt Skills Shoulder stands, extensions, chair sits, etc.	Beginning Pyramid Skills 2 high, non-transitional	Non-flipping Tosses Toe touch, tuck arch, bottle rocket, etc.	Beginning Tumbling Skills Backward rolls, backwalkovers	Beginning Tumbling Skills Round-offs, cartwheels, etc.
3 - 4	3 - 4	3 - 4	3 - 4	3 - 4
Extended stunts performed with minimal incorporation of braced inverting/twisting/unique mounts, dismounts and transitions	Intermediate Pyramid Skills 2 high pyramids incorporating minimal to no 2½ high transitions and includes minimal incorporation of braced inverting/twisting/unique mounts and dismounts	Non-flipping Tosses with Single Twisting Skills Toss full twists, kick full twists, etc.	Intermediate Tumbling Skills Standing back handspring(s)	Intermediate Tumbling Skills Round-off back handspring(s), etc.
4 - 4.5	4 - 5	4 - 5	4 - 5	4 - 5
Advanced Stunt Skills performed with strong incorporation of braced inverting/twisting/unique mounts, dismounts and transitions Braced rewrinds, full up to extended positions, etc.	Advanced Pyramid Skills 2 high pyramids incorporating multiple 2½ high transitions and multiple inverting/twisting/unique mounts and dismounts	Non-flipping Tosses with Double Full Twisting Skills Toss double full twists, kick double full twists, etc. <i>Note: a ¼ positioning move is allowed in twisting skills.</i>	Advanced Tumbling Skills Synchronized back handspring(s)	Advanced Tumbling Skills Round-off (back handspring) tucks, layouts, etc.
4.5 - 5				
At least one section should contain a partner stunt listed below executed by stunt couples - Toss to liberty variations/awesomes Required Dismount: Single twisting from the above skills <i>All of the stunt groups must be unassisted</i>				
JUMPS				
4.0				
Single Jumps				
4.5				
Double Jump				
5.0				

## INTERMEDIATE DIVISION RESTRICTIONS

Teams competing in the intermediate division must adhere to the AACCA College safety guidelines and the following additional restrictions.

### STUNTS / PYRAMIDS

- Release inversions into or from stunts are prohibited
- Release full twists to an extended position are prohibited
- Twisting dismounts are limited to ONE and a quarter twist (1¼)
- Pyramids sustained over 2 persons high are prohibited
- Twisting stunts (i.e. full ups) are limited to ONE and a quarter (1¼) twisting rotation; one and a half (1½) ups and double ups are prohibited

### TOSSES

- Release flips from basket/sponge tosses are prohibited
- Tosses are limited to three tricks (ex. Kick double twisting toss)

### TUMBLING

- Standing back tucks or other flips, and standing tumbling with back tucks or other flips are not permitted
- Airborne flips out of running tumbling are permitted (e.g. tucks, layouts, whips, etc.)
- Twisting flips are not permitted (includes running tumbling)

"Unassisted" is defined as the stunt being supported by only one base the majority of time the stunt is sustained overhead in one position. In addition, the base must provide primary support throughout the entire transition (i.e. a group stunt may not throw a top person to a single base and receive unassisted credit).

*NOTE: Prelims and Finals for these Divisions may be conducted indoors.*

# 2020 – 2021 NCA COLLEGE SCORING GUIDELINES- INTERMEDIATE ALL GIRL

NCA College Judges will award scores based on the point ranges below when skills are performed by a majority of the team.  
Skills performed by less than a majority of the team will be awarded scores in a lower range.

PARTNER STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING
2 - 3	2 - 3	2 - 3	2 - 3	2 - 3
Beginning Stunt Skills Shoulder stands, extensions, chair sits, etc.	Beginning Pyramid Skills 2 high, non-transitional	Non-flipping Tosses Toe touch, tuck arch, bottle rocket, etc.	Beginning Tumbling Skills Backward rolls, backwalkovers etc.	Beginning Tumbling Skills Round-offs, cartwheels, etc.
3 - 4	3 - 4	3 - 4	3 - 4	3 - 4
Extended stunts performed with minimal incorporation of braced inverting/twisting/unique mounts, dismounts and transitions	Intermediate Pyramid Skills 2 high pyramids incorporating minimal to no 2½ high transitions and includes minimal incorporation of braced inverting/twisting/unique mounts and dismounts	Non-flipping Tosses with Single Twisting Skills Toss full twists, Kick full twists, etc.	Intermediate Tumbling Skills Synchronized back handspring(s)	Intermediate Tumbling Skills Round-off back handspring(s), etc.
4 - 5	4 - 5	4 - 5	4 - 5	4 - 5
Advanced Stunt Skills performed with strong incorporation of braced inverting/twisting/unique mounts, dismounts and transitions Braced tucks, full up to extended positions, etc.	Advanced Pyramid Skills 2 high pyramids incorporating multiple 2½ high transitions and multiple inverting/twisting/unique mounts and dismounts	Non-flipping Tosses with Double Full Twisting Skills Toss double full twists, Kick double full twists, etc. <i>Note: a ¼ positioning move is allowed in twisting skills.</i>	Advanced Tumbling Skills Synchronized back handspring(s)	Advanced Tumbling Skills Round-off (back handspring) tucks, layouts, etc.

Stunt groups are considered to be three (3) bases (including the backspot) and a top person. Those utilizing more than three bases  
will be rewarded in a lower range. Those utilizing less can garner reward in a higher range.

JUMPS
4.0
Single Jumps
4.5
Double Jump
5.0
Tripie jump combinations or double jump combinations and a single jump, must include a variety.

## INTERMEDIATE DIVISION RESTRICTIONS

Teams competing in the intermediate division must adhere to the AACC College safety guidelines and the following additional restrictions.

### STUNTS / PYRAMIDS

- Release inversions into or from stunts are prohibited
- Release full twists to an extended position are prohibited
- Twisting dismounts are limited to ONE and a quarter twist (1¼)
- Pyramids sustained over 2 persons high are prohibited
- Twisting stunts (i.e. full ups) are limited to ONE and a quarter (1¼) twisting rotation; one and a half (1½) ups and double ups are prohibited

### TOSSES

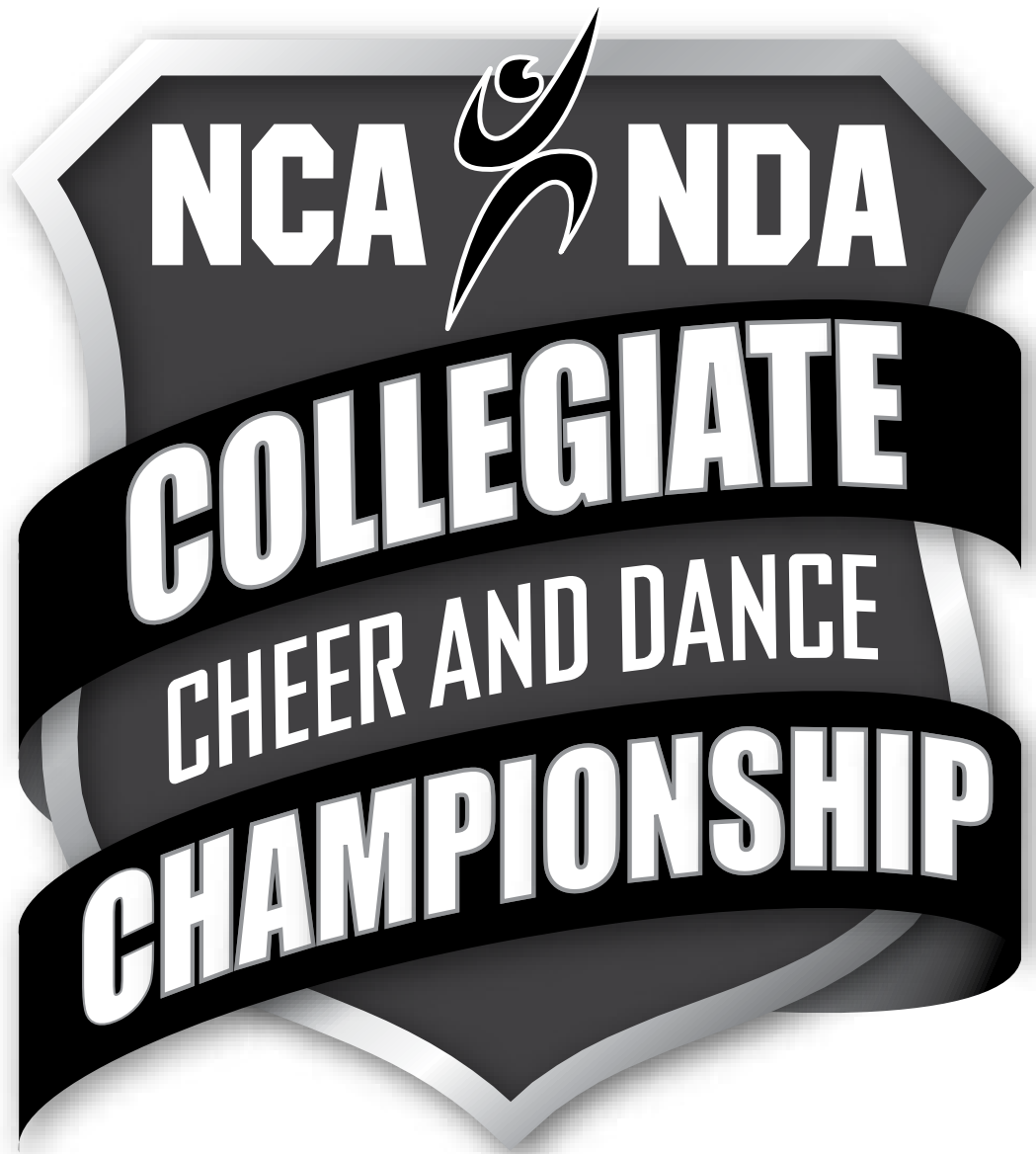
- Release flips from basket/sponge tosses are prohibited
- Tosses are limited to three tricks (ex. Kick double twisting toss)

### TUMBLING

- Standing back tucks or other flips, and standing tumbling with back tucks or other flips are not permitted
- Airborne flips out of running tumbling are permitted (e.g. tucks, layouts, whips, etc.)
- Twisting flips are not permitted (includes running tumbling)

NOTE: Prelims and Finals for these Divisions may be conducted indoors.

# DANCE





# NDA ROUTINE REQUIREMENTS

NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

## ROUTINE REQUIREMENTS

1. Teams must have at least 7 members. Any person on the performance floor is considered a team member.
2. Teams competing in the Team Performance Division will perform a choreographed routine not to exceed 2 minutes and 15 seconds (2:15) to demonstrate their style and expertise. Teams competing in the Jazz, Pom and Hip Hop Divisions will perform a choreographed routine not to exceed 2 minutes (2:00) to demonstrate their style and expertise. Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever comes last. Teams must exit the performance area immediately following the Routine.
3. Formal entrances which involve dance or technical skills are not permitted. Dancers should enter the performance area in a timely fashion. Entrances/exits will not be judged as part of the routine.
4. All performers (unless injured) must remain within the performance area throughout the entire performance. Dancers can only enter and exit through the designated entry and exit points.
5. Substitutions may be made in the event of any injury or other serious circumstance.
6. The team's name will be called twice: once as the team is on deck and once as the performing team.

## PERFORMANCE AREA

All dance teams competing in the NCA & NDA Collegiate Cheer and Dance Championship will perform on Marley. Each panel will be 38' deep x 4'11" wide. Due to the outdoor location of Hip Hop Finals, the floor may become 'tacky' when performing with shoes that have more traction due to heat and humidity. Dance floor dimensions are as follows:

1. Practice Room: 10 strips
2. Ocean Center (All Prelims & Finals): 10 strips
3. Band Shell (Hip Hop Finals): 10 strips

## COLLEGIATE EXPECTATIONS

### CHOREOGRAPHY

All facets of a performance or routine, including choreography and music selection should be suitable for family viewing and listening. Any music in which the appropriateness is questionable or with which uncertainty exists should be submitted to NDA for approval.

A deduction of .2 per violation, will be given for vulgar or suggestive choreography, which includes but is not limited to movements such as hip thrusting and inappropriate touching, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes but is not limited to swearwords and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.

Because multiple performances of a Routine when compared to one another will generally lack distinction, NDA is not able to approve with absoluteness the appropriateness of choreography (since movements can be easily modified, NDA could feasibly approve a particular movement when viewed on a video or in person, only to have it performed differently during Competition). However, choreography, if questionable, may be submitted to NDA for feedback.

# NDA ROUTINE REQUIREMENTS

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## MUSIC

**Deductions will be given for music or words unsuitable for family listening, which includes but is not limited to swearwords and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.**

## INTERRUPTION OF PERFORMANCE DUE TO 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 and begin again immediately. It is recommended that coaches have backup music with them at the music table. Judging and timing will resume from the point at which the malfunction occurred as determined by the judges. In the event a music error caused by the coach occurs, the performance may be stopped and begun again immediately; however, timing of the routine will NOT be stopped, and, in most cases, a time penalty will occur. Judging will resume from the point at which the interruption occurred as determined by the judges.

## DANCE COSTUME REQUIREMENTS

In general, appropriate attire is required during officially designated practice times, performances and awards ceremonies. NDA reserves the right to make rulings and enforce compliance regarding any participant's attire during these times. It is the combination of garments worn that can deem an outfit appropriate or inappropriate. This should be taken into consideration more so than the individual guidelines outlines below. Any costume in which the appropriateness is questionable should be submitted to NDA for approval.

The following guidelines should assist in defining what is appropriate but should not be deemed a comprehensive and exclusive list. What is appropriate includes but is not limited to the list below.

1. No risqué, sexually provocative or lingerie-looking or inspired costumes or garments
2. Garments/items should be secure to eliminate any possibility of "wardrobe malfunction"
3. Appropriate undergarments must be worn
4. Exercise good judgment when using sheer material in the costume and use it in an appropriate fashion.
5. No "bra top" style or size tops
6. No extremely low-cut necklines
7. No excessively bare or backless costumes
8. No "tube tops"
9. Skirts and/or pants must cover the hips at the waistband
10. Skirts must completely cover briefs when feet are shoulder width apart
11. Briefs must completely cover the buttocks

Non-marking shoes or bare feet are acceptable when competing. Dance paws are acceptable. Wearing "socks only" and/or "footed tights only" is prohibited. Shoes with wheels are not allowed (i.e. roller skates, roller blades, heelys, etc.) Warning: Due to the outdoor location of Hip Hop Finals, the dance floor may become extremely hot. We recommend footwear conducive to performing on a hot surface.

Jewelry as a part of a costume is allowed. Acceptable jewelry includes: small post stud earrings (in ear lobes only), chokers without dangling pendants, and hair accessories. Jewelry such as necklaces, hoop/dangling earrings, any piercings in any area other than the ear (belly, tongue and nose rings, etc.) are prohibited and will result in a .2 deduction per occurrence. Prohibited jewelry must be removed and may not be taped over or otherwise covered.

# NDA ROUTINE REQUIREMENTS

NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

## UNIFORM DISTRACTIONS

The Legality Official, Head Judge or NDA Official reserves the right to stop a routine, assess a deduction, and/or disqualify a team due to 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.

Leaving the performance floor to adjust a uniform may result in a Rule Infraction assessable from a .1 to a .5 deduction or disqualification depending on the amount of distraction and/or inappropriate exposure. In the event that a uniform malfunction causes a team's routine to be interrupted during Final Competition, a decision will be made based on the specific situation whether or not there is sufficient time, and/or it is feasible for the team to perform the routine again. If performing again is not possible, scores will be based on the team's performance prior to the uniform malfunction.

While masks are not required on the warmup floor and/or performance floor unless dictated by state or local guidance, an athlete may choose to wear a mask. If an athlete chooses to wear a mask during the performance and the mask restricts the athletes view and/or interferes with skills or otherwise becomes a safety concern, the athlete should either secure or remove the mask. If the athlete does not secure or remove the mask, the routine is subject to being stopped by competition officials. If stopped, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the routine was previously stopped. Competition officials will determine the impact of the interruption.

**EACH TEAM IS STRONGLY ENCOURAGED TO SEEK PRE-APPROVAL ON ANY QUESTIONABLE ITEMS. THESE ARE SUBJECTIVE MATTERS AND OPINIONS AND INTERPRETATIONS VARY, BUT IT WILL ULTIMATELY BE THE RESPONSIBILITY OF THE JUDGES TO DETERMINE A FINAL RULING IF NOT APPROVED IN ADVANCE. AS A SAFETY MEASURE, WE ENCOURAGE EACH TEAM TO BRING AN ALTERNATE, CONSERVATIVE COSTUME IN THE EVENT A WARNING OR PENALTY IS ASSESSED.**

## PROPS

Poms, hand held props, and costuming may be used. Wearable and handheld items are allowed in all categories and can be removed and discarded from the body in a safe and controlled manner. If taken off and danced with, it becomes a prop. Standing items such as chairs, stools, ladders, etc. are not allowed. If you are unsure if your prop falls within the given definition, please contact the NDA Office. Props may not be "stored" in the offstage wings of the performance space.

# NDA ROUTINE REQUIREMENTS

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## COLLEGE DANCE DIVISIONS

1. All teams will be required to compete in Divisions according to NCAA Football classifications. Schools that do not have football programs will compete in Divisions according to the school's NCAA Basketball program classifications.
2. Every member of every team representing a school must meet NDA's current eligibility requirements.
3. Teams in these divisions must follow the NDA Collegiate Dance Safety Rules.
4. Teams are limited to a maximum of twenty participants and must have a minimum of seven participants. A .5 general rule deduction will be given for below the minimum participant number.
5. A team may not enter more than two (2) divisions, and a team may not compete the same routine in more than one division.
6. At the discretion of NDA, divisions within categories may be combined based upon the number of teams registered. (Example: Pom Division II & Pom Division III may be combined into Pom Open Division).
7. A dancer may not compete in more than two (2) division categories.
8. Teams from the same school can enter the same Division; however, only the top scoring team may advance to Finals should scores warrant.

Division	Part. #	Category	Time Limit	International School Enrollment
Division IA (FBS) Football Schools	7-20 members	TP*, Jazz, Pom, Hip Hop, GMD***	2 minutes */***	20,000 or above
Division I (FCS) Football Schools, or do not have football and compete in Division I basketball	7-20 members	TP*, Jazz, Pom, Hip Hop, GMD***	2 minutes */***	10,000 - 19,999
Division II	7-20 members	TP*, Jazz, Pom, Hip Hop, GMD***	2 minutes */***	5,000 - 9,999
Division III	7-20 members	TP*, Jazz, Pom, Hip Hop, GMD***	2 minutes */***	Less than 5,000
Junior College	2-20 members	TP*, Jazz, Pom, Hip Hop, GMD***	2 minutes */***	N/A
NAIA	2-20 members	TP*, Jazz, Pom, Hip Hop, GMD***	2 minutes */***	N/A

TP = Team Performance

\*All Team Performance Category time limits are 2 minutes 15 seconds (2:15)

GMD = Game Day

\*\*\*All Game Day Division time limits are 3 minutes (3:00)

**Note: NDA will assign divisions based on school enrollment and team specifics.**

## SELECTION OF FINALISTS AND PERFORMANCE ORDER

The number of finalists in each Division will be determined by the number of teams registered in that Division prior to the start of the competition as well as allowable time available for Finals. Late or canceled registrations that occur once the competition begins will not affect the predetermined number of finalists. For Preliminary Competition, a team's performance order will be determined by how they qualified and when they registered for the event. For Final Competition, teams will perform in reverse order of their preliminary ranking (e.g. Teams finishing first in the Preliminary Competition will compete last in the Final Competition). Note: All teams in the Team Performance Divisions will advance to Finals.

# NDA LEGALITY AND SAFETY

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## COMPETITION SAFETY GUIDELINES

1. Competition will be held indoors. Hip Hop Finals will be held outdoors, so wind and/or sun could be a factor. Practice and prepare accordingly.
2. All staging, backdrops, special effects, costumes, or any items that may damage or otherwise alter the performance floor or environment, including the practice area and backstage, are prohibited, including but not limited to water, baby powder, feathers, sliding oil, fire, etc.

## GENERAL SAFETY GUIDELINES

1. All teams must be supervised during all official functions by a qualified coach/instructor.
2. Coaches/Instructors must require proficiency before skill progression. Coaches must consider the dancer and team skill level with regard to proper performance placement.
3. All programs should have, and review, an emergency action plan in the event of an injury.
4. No technical skills should be performed when a coach is not present or providing direct supervision.
5. All practice sessions should be held in a location suitable for the activities of dance, and away from noise and distractions.
6. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
7. The performance surface should be taken into consideration before engaging in any technical aspect of dance. The performing area should be reasonably free of obstructions. Dancers should not perform technical skills on:
  - concrete, asphalt, or any other hard, uncovered surface
  - wet surfaces
  - uneven surfaces
  - surfaces with obstructions

## TUMBLING AND AERIAL STREET STYLE SKILLS (EXECUTED BY INDIVIDUALS)

Tumbling as a dance skill is allowed, but not required, in all Divisions with the following limitations:

1. Inverted Skills:
  - a. Non-airborne skills are allowed (e.g. headstand).
  - b. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.
2. Tumbling Skills with hip overhead rotation:
  - a. Non-airborne skills are allowed.
  - b. Airborne skills with hand support:
    - i. May be airborne in descent if the approach is non-airborne (clarification: a round off is allowed - hands touch the ground before the foot leaves the ground).
    - ii. May not be airborne in approach.
  - c. Airborne skills without hand support are not allowed (exception: aerals)
    - i. **Recommendation: If using NON hands-free poms in an aerial, dancers should place both poms in non-dominant hand. (If a dancer bears weight on the performance surface with a hand that is holding a pom during the skill, the dancer would be in violation of rule 6.)**
3. Simultaneous tumbling over or under another dancer that includes hip overhead rotation by both dancers is not allowed.

# NDA LEGALITY AND SAFETY

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## TUMBLING AND AERIAL STREET STYLE SKILLS (EXECUTED BY INDIVIDUALS) CONT.

4. Drops (see glossary) to the knee, thigh, back, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
  - a. Only drops to the shoulder or seat are permitted provided the height of the airborne dancer does not exceed knee level of a standing dancer.
5. Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a Shushunova are not allowed.
6. Hip overhead rotation skills with hand support are not allowed while holding poms or props in supporting hand (exception: forward rolls and backward rolls are allowed). The proper use of hands-free poms for hip overhead rotation skills is allowed (see glossary).

## DANCE LIFTS AND PARTNERING (EXECUTED BY GROUPS OR PAIRS)

DANCE LIFTS AND PARTNERING ARE PERMITTED AND ARE DEFINED BELOW:

1. The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface (exception: kick line leaps partner aerial cartwheels and partner kip ups).
2. At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above shoulder level.
3. Hip overhead rotation of the Executing Dancer(s) is allowed if a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.
4. A Vertical Inversion is allowed if:
  - a. The Supporting Dancer(s) maintains contact until the Executing Dancer returns to the performance surface or returns to the upright position.
  - b. When the height of the Executing Dancer's shoulders exceeds shoulder level there is at least one additional dancer to spot who does not bear weight. (Exception: When there are 3 or more Supporting Dancers, an additional spotter is not required.)

## UNASSISTED DISMOUNTS TO THE PERFORMANCE SURFACE

1. An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) if:
  - a. The highest point of the released skill does not elevate the Executing Dancer's hips above head level.
  - b. **The Executing Dancer's hips may not cross the vertical axis after the release if airborne and/or inverted.**
  - c. Toe pitches are not allowed.
2. The Supporting Dancer(s) may toss an Executing Dancer if:
  - a. The highest point of the toss does not elevate the Executing Dancer's hips above head level.
  - b. The Executing Dancer may be supine or inverted when released but s/he must land on their foot/feet.
  - c. **The Executing Dancer does not pass through a prone or inverted position after release.**
  - d. **The Executing dancer's hips may not cross the vertical axis while airborne and/or inverted.**
  - e. Toe pitches are not allowed. (See glossary).

# NDA LEGALITY AND SAFETY

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## INJURY DURING PERFORMANCE

The Legality Official, Head Judge, coach or NDA 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 Preliminary Competition, 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. 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 that caption. In the event that an injury causes a team's routine to be interrupted during Final Competition, a decision will be made based on the specific situation whether or not there is sufficient time, and/or it is feasible for the team to perform the routine again. If performing again is not possible, scores will be based on the team's performance prior to the injury.

## DEDUCTIONS

Scores for each caption will range from 0-10, including tenths of points (i.e. 5.5, 9.2, etc.). The maximum number of points on each score sheet does not total 100, so the scores will be entered into a computer that will add the raw totals, average them, and then convert the average score into a 100 point scale. All penalties will be deducted from the converted 100 point scale score to get the FINAL SCORE.

### MAJOR FALLS

Serious falls incurred by one or more dancers that could result in injury or falls from a lift to the performance surface will result in a .5 deduction for each incident. Note: these falls are typically a result of dancers performing skills beyond their proficiency.

### TIME LIMIT VIOLATIONS

- Team Performance Division time limit = 2 minutes and 15 seconds (2:15)
- Jazz, Pom and Hip Hop Division time limit = 2 minutes (2:00)

Time limit violations (for both the music portion and/or total Routine time) are as follows:

- 3 - 5 seconds over time will result in a .5 deduction
- 6 - 10 seconds over time will result in a 1.5 deduction
- 11 or more seconds over time will result in a 2.5 deduction

A two (2) second buffer is allowed for human and/or mechanical error.

A .2 deduction will be given for EACH safety/general competition rule violation (e.g. a .2 penalty will be assessed for non-costume jewelry). Safety Violations are in effect until the team leaves the performance floor. Please read and study the appropriate NDA Safety Rules section to ensure your team does not have any safety violations. NDA reserves the right to make decisions on any violations not covered in this book and interpretation of rules covered.

Deductions and/or penalties are assessed at the sole discretion of the judges based on the criteria set forth in this book. All judges' decisions are final. Ties will not be broken. Tying teams will share the title and/or ranking.

**Note:** Legality Officials may issue warnings for perceived or possible violations during preliminary performance. Teams must then verify compliance with the Judge Liaison or make appropriate changes as approved by the Judge Liaison prior to the next performance. Legality Officials will not issue any deductions for corrected warnings during the remaining performances. DEDUCTIONS WILL BE ISSUED IN PRELIMS FOR BLATANT VIOLATIONS.

Any deductions for time violations, safety/general rule violations, inappropriate choreography/music or costuming will be subtracted from the FINAL averaged score.

# NDA LEGALITY AND SAFETY

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## NDA LEGALITY VERIFICATION

As a coach, it is important to be current on the NCA, NDA & USA Cheer Safety Rules. If you have questions concerning any safety rules or questions regarding specific performance elements, please follow these steps. This will ensure that you receive a timely and accurate response to your video inquiry.

1. All questions must be in written form.
2. Due to the differences in interpretation and terminology, no phone calls will be accepted.
3. Due to variance in camera angles/perspective, rulings on videos are not guaranteed. It is ultimately up to the final ruling of the Safety Judges on-site.
4. Do not rely on prior rulings from NCA & NDA Championships.
5. A separate video must be submitted for each Competition to ensure legality.
6. For all Legality questions, you must send a video that contains the skill in question.
7. Video must include the following:
  - a. Front, side and back view of skill.
  - b. Name of the Championship where you will be performing skill and the Division you will be performing in.
  - c. Include your name, team name, email and phone number with your video.
  - d. Do not send the entire Routine, only the skill(s) in question. Your video will be kept on file at NCA & NDA.
8. Costume approval must be submitted in photograph format with at least one (1) athlete wearing the costume in question. Front and back view of costume must be shown. Official approval cannot be given to sketches or drawings.
9. Music approval must be submitted in mp3 or WAV format.

VIDEOS THAT ARE NOT IN THE ABOVE FORMAT WILL NOT BE REVIEWED.

**VIDEOS MUST BE RECEIVED IN THE NCA & NDA OFFICE** at least **THREE WEEKS PRIOR** to the championship date.

Videos not received in the NDA office three weeks prior to the championship date will **NOT** be reviewed.

You must email your videos to:

nda.dance.videos@gmail.com

DO NOT DEPEND ON YOUR CHOREOGRAPHER, STATE DIRECTOR, OR COACH TO DETERMINE IF SOMETHING IS LEGAL. IF YOU FEEL THAT SOMETHING MAY BE ILLEGAL, SEND A VIDEO TO THE NDA OFFICE.



# NDA SCORING

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## JUDGING PANELS

### HEAD JUDGE

The Head Judge is responsible for overseeing the Panel Judges. Each Head Judge fills out his/her own score sheet for each performance. Select divisions may have a non-scoring Head Judge. Decisions made by Head Judges are final.

### PANEL JUDGES

Panel Judges are responsible for scoring each team's performance based on the NDA score sheet. Each Panel Judge fills out his/her own score sheet for each performance. Panel Judges do not determine or judge deductions or safety violations. Decisions made by Panel Judges are reviewed by the Head Judge and deemed final.

### LEGALITY OFFICIAL

The Legality Official is responsible for administering all safety/general competition rule violations. Decisions made by the Legality Official are final.

## CATEGORY DESCRIPTIONS

### TEAM PERFORMANCE

1. Prelims AND Finals for this division will be conducted indoors.
2. Routine is not to exceed 2 minutes and 15 seconds (2:15).
3. Routines must incorporate at least 30 consecutive seconds of Jazz, Pom and Hip Hop. Each style will be judged. See jazz, hip hop, and pom category descriptions below for additional details.
4. Poms and/or hand-held props may be used in this category but are not required.
5. A Routine Outline must be submitted at check-in.
6. See score sheet and range of scores for more information.

Dance teams competing at the NCA & NDA Collegiate Cheer and Dance Championship will be required to submit at check-in a Routine Outline for their Team Performance routine, consisting of a breakdown in minutes/seconds of the style of dance being performed at that time. A Routine Outline sample will be included in the Confirmation Packet sent prior to the Championship. While a team is competing, the Legality Official will reference the team's outline to determine that 30 CONSECUTIVE SECONDS of each style of dance (jazz, pom and hip hop) have been met. If the Legality Official, as well as the judging panel, does not think the Routine meets the above requirements, a .2 general rule deduction may occur. Judges' decisions are final. Teams in the Jazz, Pom and Hip Hop Divisions are excluded from the above.

### JAZZ

1. Prelims AND Finals for this Division will be conducted indoors.
2. Routine is not to exceed 2 minutes (2:00).
3. Routines may incorporate stylized dance movement and combinations. Emphasis is placed on proper movement execution, extension, control, body placement and team uniformity. Leaps, turns, and all other technical elements will be scored in the Technical Elements caption on the score sheet.
4. See score sheet and range of scores for more information.

### HIP HOP

1. Prelims AND Finals for this Division may be conducted indoors and/or outdoors.
2. Routine is not to exceed 2 minutes (2:00).
3. Routine may incorporate street style movements, such as, but not limited to breaking, popping, locking, krumping, etc.
4. Emphasis is placed on authentic stylized technique, a grounded approach and attention to backbeat while incorporating technical skills, musicality, creativity, flow, control, and overall quality of movement.
5. See score sheet and range of scores for more information.

# NDA SCORING

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## POM

1. Prelims AND Finals for this Division will be conducted indoors.
2. Routine is not to exceed 2 minutes (2:00).
3. Routines must use poms in 80% of the routine. Males are not required to use poms.
4. Characteristics of a pom routine include synchronization, visual effects, and clean/precise motions. Visual effects include level changes, group work, opposing motions, formation changes, etc.
5. See score sheet and range of scores for more information.

## JUDGING SCALE FOR DANCE FUNDAMENTALS

Total points received per caption consider **overall quality and quantity of movement (both variety of elements and number of members performing element)** throughout the routine. Appropriate difficulty level is considered for every caption, with the exception of Collegiate Image and Performance Impression. Specific elements performed that are not listed in one of the following captions will be placed in corresponding captions at the discretion of the judges.

Zero points will be given in a caption if elements for that particular caption are not executed.

## COLLEGIATE IMAGE

This category will be utilized to evaluate the overall representation by the team of its institution of higher education, the core values and standards that commonly exist and are mandated by such institution's administration, faculty, staff, alumni and student body. This Evaluation will be based on, but not limited to the following:

### SPORTSMANSHIP

The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance regarding respect for themselves, other teams and the viewing audience. Teams should refrain from any taunting, bragging or suggestive expressions or gestures as well as discrimination of any nature.

### PERFORMANCE INTEGRITY

All aspects of the performance (music, choreography, skills, language, props, etc.) should represent the highest standards as expected by athletes and elite student body representatives at the collegiate level. All aspects of the performance should also be appropriate for a family viewing audience.

### SCHOOL REPRESENTATION

How well the institution has been represented by its team's presentation, props and appearance. NDA recommends that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their institution regarding grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

## PERFORMANCE IMPRESSION

This score reflects overall appeal as well as each individual judge's overall impression of the routine. Elements factored into this score at each judge's discretion are genuine showmanship (face/full body) projection and confidence.

# NDA SCORING

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## UNIFORMITY

This score reflects spacing, timing and how well the team dances together as a group, rather than the team's execution of technique.

### RANGE OF SCORES

LOW	Beginning, or substandard, timing and synchronization of style. Memory mistakes as well as placement causing the routine to appear less cohesive. Spacing is substandard.
MEDIUM	Intermediate, or average, timing and synchronization of style. Few memory mistakes; good placement. Spacing is average, but not precise.
HIGH	Advanced, or strong, timing and synchronization of style. Very precise placement. Spacing is precise.

## QUALITY OF MOVEMENT - JAZZ

### RANGE OF SCORES

LOW	Beginning jazz movement executed with substandard technique (in this case "technique" refers to the movement itself, not to skills). Style is inconsistent lacking posture, control, and body placement. Below average extension, contraction/release, core control, spatial awareness, musicality and command of movement. Team Performance score sheet: Technical elements are executed with below average technique.
MEDIUM	Intermediate jazz movement executed with good technique (in this case "technique" refers to the movement itself, not to skills). Style is mostly consistent working on posture, control, and body placement. Average extension, contraction/release, core control, spatial awareness, musicality and command of movement. Team Performance score sheet: Technical elements are executed with average technique
HIGH	Advanced jazz movement executed with strong technique (in this case "technique" refers to the movement itself, not to skills). Style is consistent with emphasis on posture, control, and body placement. Crediting superior extension, contraction/release, core control, spatial awareness, musicality and command of movement. Team Performance score sheet: Technical elements are executed with strong technique.

# NDA SCORING

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## QUALITY OF MOVEMENT - POM

### RANGE OF SCORES

LOW	Beginning pom motions performed at a slow pace, executed with substandard placement and precision, lacking cohesive connection between upper and lower body pom movement. Lacking dynamics, control (motions may be hyper-extended), support of upper body and core control. Motions may be incomplete and unfinished. Below average ability to maintain accuracy, clarity and control when performing motions. Technical elements are executed with below average technique.
MEDIUM	Intermediate pom motions performed at an average pace, executed with good placement and precision with average cohesive connection between upper and lower body pom movement. Average use of dynamics, control, support of upper body and core control. Average ability to maintain accuracy, clarity and control when performing motions. Technical elements are executed with average technique.
HIGH	Advanced pom motions performed at an up tempo pace, executed with exact placement and precision with cohesive connection between upper and lower body pom movement. Strong dynamic motions supported by upper body strength and core control. Crediting ability to maintain accuracy, clarity and control when performing motions. Technical elements are executed with strong technique.

## QUALITY OF MOVEMENT - HIP HOP

### RANGE OF SCORES

LOW	Beginning hip hop movement executed with substandard technique. Style is inconsistent needing to work on grounded movement and musicality, flow and control. Below average quality of execution, stabilization, momentum, isolations and rhythm variations. Technical elements are executed with below average technique.
MEDIUM	Intermediate hip hop movement executed with good technique. Style is mostly consistent working on emphasis of grounded movement and musicality, flow and control. Average quality of execution, stabilization, momentum, isolations and rhythm variations. Technical elements are executed with average technique.
HIGH	Advanced hip hop movement executed with strong technique. Style is consistent with emphasis on grounded movement and has exceptional musicality, flow and control. Crediting superior quality of execution, stabilization, momentum, isolations and the body's ability to execute rhythm variations. Technical elements are executed with strong technique.

# NDA SCORING

NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

## TECHNICAL ELEMENTS

### RANGE OF SCORES

LOW	Beginning level style specific elements such as, but not limited to, turns, leaps, jumps, lifts, partnering, etc., executed with substandard technique.
MEDIUM	Intermediate level style specific elements such as, but not limited to, turns, leaps, jumps, lifts, partnering, etc., executed with good technique.
HIGH	Advanced level style specific elements such as, but not limited to, turns, leaps, jumps, lifts, partnering, etc., properly executed with strong technique. Appropriate utilization of the team's ability level with emphasis placed on utilizing a majority of the team members versus utilizing the same feature dancers throughout.

## VISUAL EFFECTS

### RANGE OF SCORES

LOW	Overall incorporation of beginning level style specific visuals such as, but not limited to, group/partner work, level changes, ground work, opposing motions, contagions, etc. Visual effects are accomplished at a slower pace with obvious execution.
MEDIUM	Overall incorporation of intermediate level style specific visuals such as, but not limited to, group/partner work, level changes, ground work, opposing motions, contagions, etc. Visual effects are accomplished at an average pace with good execution.
HIGH	Overall incorporation of advanced level style specific visuals such as, but not limited to, creative group/partner work, level changes, ground work, opposing motions, contagions, etc. Visual effects are accomplished at a fast pace with seamless execution.

## AUTHENTICITY

### RANGE OF SCORES

LOW	Basic or substandard understanding of the chosen style(s). Movement is uneven and does not easily flow from moment to moment. The overall groove is minimal with much more development needed.
MEDIUM	General understanding of the chosen style(s). Movement flows, but may have uneven moments. The overall groove is good, but may need more development.
HIGH	Display of deep understanding of the small nuances that are specific to the chosen style(s). Movement flows with ease from beginning to end, and the overall groove of the routine is compelling.

# NDA SCORING

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## CHOREOGRAPHY - JAZZ

This score reflects what the choreographer created, rather than how the team executed the routine/movement.

### RANGE OF SCORES

LOW	Beginning level routine with basic foot work, minimal musical interpretation, dynamics, direction changes, levels and group work. Routine is lacking in overall creativity and originality.
MEDIUM	Intermediate level routine with average use of foot work, musical interpretation, dynamics, direction changes, levels and group work. Routine showcases creative and original moments but is missing its full potential.
HIGH	Advanced level routine with strong use of intricate, complete, full body movement and strong use of musical interpretation, dynamics, direction changes, levels and group work. Creating a complete thought with the movement. Routine illustrates an abundance of creative and original ideas throughout. Appropriate utilization of the team's ability level and well-balanced and effective incorporation of technical elements.

## CHOREOGRAPHY - POM

This score reflects what the choreographer created, rather than how the team executed the routine/movement.

### RANGE OF SCORES

LOW	Beginning level routine with basic foot work, minimal musical interpretation, dynamics, direction changes, levels and group work. Substandard incorporation of innovative and creative variations and motion variety. Routine is lacking in overall creativity and originality.
MEDIUM	Intermediate level routine with average use of foot work, musical interpretation, dynamics, direction changes, levels and group work. Average incorporation of innovative and creative variations and motion variety. Routine showcases creative and original moments but is missing its full potential.
HIGH	Advanced level routine with strong use of intricate, complete, full body movement and strong use of musical interpretation, dynamics, direction changes, levels and group work. Incorporates innovative and creative variations and motion variety. Creating a complete thought with the movement. Routine illustrates an abundance of creative and original ideas throughout. Appropriate utilization of the team's ability level.

## CHOREOGRAPHY - HIP HOP

This score reflects what the choreographer created, rather than how the team executed the routine/movement.

### RANGE OF SCORES

LOW	Beginning level routine with basic foot work, minimal musical interpretation, dynamics, direction changes, levels and group work. Visual effects are accomplished at a slower pace with obvious execution. Routine is lacking in overall creativity and originality.
MEDIUM	Intermediate level routine with average use of foot work, musical interpretation, dynamics, direction changes, levels and group work. Visual effects are accomplished at an average pace with good execution. Routine showcases creative and original moments but is missing its full potential.
HIGH	Advanced level routine with strong use of intricate, complete, full body movement and strong use of musical interpretation, dynamics, direction changes, levels and group work. Visual effects are accomplished at a fast pace with seamless execution. Creating a complete thought with the movement. Routine illustrates an abundance of creative and original ideas throughout. Appropriate utilization of the team's ability level and well-balanced and effective incorporation of technical elements.

# NDA SCORING

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## STAGING

### RANGE OF SCORES

LOW	Beginning use of the performance space. Routine utilizes minimal formations and formation changes. Transitions are simple and lack continuity within the routine, i.e. walking transitions rather than dancing through to next formation seamlessly.
MEDIUM	Intermediate use of the performance space. May incorporate more interesting formations and formation changes, but still lacking in transition creativity.
HIGH	Advanced use of the performance space. Routine utilizes a variety of well-thought out formations and formation changes. Transitions are exciting and seamless. Team Performance Score Sheet: Bridges the gaps between styles seamlessly.

# DANCE GLOSSARY OF TERMS

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## POSITIONS OF THE FEET

- **First:** Turned out, with heels touching and toes facing outward (can be executed parallel).
- **Second:** Turned out, heels face each other shoulder width apart and toes face outward (can be executed parallel).
- **Semi-Third:** One foot parallel, other foot turns out so that heel is in instep of parallel foot.
- **Fourth:** From fifth position feet opened front/back shoulder width apart, weight is even between feet (can be executed parallel).
- **Fifth:** Turn out, heel of front foot in front of toe of back foot, legs look crossed.

## GENERAL TERMS

- **Aerial:** A hip overhead airborne tumbling skill that takes off from one foot and lands on one or two feet without placing hands on the ground.
- **Airborne (executed by individual):** A state in which the dancer is free of contact from a person and/or the performing surface.
- **Airborne Hip Over Head Rotation (executed by individual):** An action where hips rotate over the head in a tumbling skill and there is no contact with the performance surface (e.g. Round off or a Back handspring).
- **Airborne Skill (executed by individual):** A skill in which the dancer is free of contact with the performance surface (e.g. Tour Jeté or Butterfly).
- **Arabesque (a-ra-BESK):** A position in which the working leg is extended behind while balancing on the supporting leg; can be executed as a turn.
- **Attitude (a-tee-tewd):** A position in which the working leg is lifted front, side, or behind with the knee bent at an angle of 90°; can be executed as a turn.
- **Axle (aka Axel) (AK-sel):** A turn in which the working leg rond de jambes to passé as the supporting leg pushes off the ground and tucks under the body-after rotation in air, land on original supporting leg.
- **Back Bend:** A face-up body position where the hands and feet are in contact with the surface and the hips are pushed upwards into an arch position.
- **Back Walkover:** A non-airborne tumbling skill where the dancer reaches backward with an arched torso through an inverted position, hands make contact with the ground, then the hips rotate over the head and the torso hollows bringing the dancer to an upright position, landing one foot/leg at a time.
- **Ball Change:** The shifting of weight from the ball of one foot to the flat of the other; can be executed from side to side and front to back.
- **Battement (bat-mahn):** A kick; the working leg is brushed/raised from the hip, with a straight knee, into the air and brought down again.
- **Breaking:** A style of hip hop dance that incorporates martial arts, acrobatic oriented tricks and dance. The term for a person who executes this style of dance is known as a BBoy (breaking boy) or BGirl (breaking girl).
- **C - Jump:** A jump in which the dancer creates an arch in the back allowing the knees to bend and the feet reach behind the body.
- **Calypso (ka-lip-SO):** A turning leap in which the working leg extends making a circle in the air as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air then the supporting (back) leg reaches behind the body, often in an attitude, and then lands on the original working leg.
- **Cartwheel:** A non-airborne tumbling skill where the dancer supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.
- **Category:** Denoting the style of a performance piece/competition routine (e.g. Jazz, Pom or Hip Hop).
- **Châiné (sheh-NAY):** A turn, or series of turns, executed with feet in 1st position, typically following one line of direction. Can be executed in a rapid series, and can be executed en relevé or en plié.



# DANCE GLOSSARY OF TERMS

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- **Chassé (sha-SAY):** A step in which one foot “chases” the other and assumes its original position.
- **Consecutive/Connected Skills:** An action in which the dancer connects skills immediately, without step, pause or break in between (e.g. Double Pirouette or Double Toe Touch).
- **Costume Jewelry:** Jewelry that enhances the costume and is worn by ALL members of the team.
- **Coupé (koo-PAY):** Meaning to cut or cutting; when one foot quickly takes the place of the other.
- **Dance Crew:** A style of dance, typically seen in the hip hop category, involving a body or group of dancers who work at a common style of dance.
- **Dance Lift (executed as partners or in a group):** A skill in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of “Lifting” dancer(s) and “Elevated” dancer(s).
- **Demi Plié:** Half bend of the knees, heels remain on floor.
- **Développé (dayv-law-PAY):** Meaning to develop; drawing the working leg up the supporting leg to passé, then extending the working leg to an open position.
- **Dig:** Ball of one foot is next to instep of other foot.
- **Dismount (executed by Groups or Pairs):** An action in which the Executing Dancer(s) returns to the performance surface or upright position with or without assistance from a Supporting Dancer(s) with whom there was prior contact.
- **Dive Roll:** An airborne tumbling skill in which the dancer does a forward roll where the hands and feet are off of the performing surface simultaneously. This skill is allowed only if the dancer is in a pike position.
- **Division:** Denoting the composition of a competing group of dancers (e.g. Varsity, Junior Varsity, Junior High, etc.).
- **Downrock:** An element of breakdance that includes all footwork performed on the floor.
- **Drop:** An Action in which an airborne dancer lands on a body part other than his/her hands or feet without first bearing weight on the hands/feet.
- **Drops:** Dropping to the knee, thigh, seat, front, back, or split position onto the performing surface from a jump, stand or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.
- **Elevated Dancer:** A dancer who is lifted from the performance surface as a part of a Dance Lift.
- **Elevated:** An action in which a dancer is moved to a higher position or place from a lower one.
- **Elevé:** Dancer rises up from flat feet to balance on one or both feet on at least demi-pointe (balls of the feet), or all the way up to full-pointe.
- **Executing Dancer:** A dancer who performs a skill as a part of a Dance Trick or uses support from another dancer or dancers when Partnering.
- **Extension:** Term used to describe the ability of a dancer to raise and hold the extended leg in the air.
- **Extension (executed by groups):** A group lift in which the supporting dancers, standing straight, hold the executing dancer’s feet with straight arms, so that the executing dancer is standing straight up.
- **Firebird:** See Ring Jump.
- **Flare:** A Power Move where the dancer uses momentum to swing the legs in a continuous circular pattern underneath the body while balancing on alternating hands.
- **Flying Saucer:** See Turning Disc.
- **Flying Squirrel:** A jump executed with forward momentum with the dancers arms extended in front, legs behind, creating an “x” position in the air.
- **Fouetté (foo-eh-TAY):** A turning step, usually done in a series, in which the working leg makes a circle in the air and then into passé as the dancer turns bending (plié) and rising (relevé) at each revolution; meaning to whip. Fouetté turns can also be done to the side or in second position (Fouetté a la Seconde).
- **Fouetté a la Seconde:** A turning step done in a series in which the working leg makes a circle in the air and extends at a 90° angle from the supporting leg remaining parallel to the ground as the dancer turns with a plié and relevé at each revolution.
- **Freeze:** A move that involves halting all body motion. Also known as a stall.

# DANCE GLOSSARY OF TERMS

NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

- **Front Aerial:** (an airborne hip over head rotation skill without and support) A skill which emulates a front walkover but is executed without placing hands on the ground.
- **Front Walkover:** A non-airborne tumbling skill where the dancer rotates forward with a hollow torso through an inverted position and arches up bringing the legs and hips over the head to a non-inverted position legs landing one foot/leg at a time.
- **Grand Jeté (grahnd zhuh-TAY):** A leap from one foot to the other; working leg stays straight as it brushes forward as supporting leg pushes off to assume a split position in the air.
- **Grand Jeté a la Seconde:** A grand jeté executed to the side so that a second position split is assumed in the air.
- **Grand Jeté en Tournant (ahn toor-NAHN):** A grand jeté turning where the supporting leg changes places with working leg as hips flip, the original working leg takes the landing and is now the supporting leg.
- **Grand Plié:** Full bend of the knees, heels come off the floor in all positions except second.
- **Hands-free Poms:** Poms specifically made so that performers do not have to hold the poms but rather they are affixed to the performer's hand. Proper use means bars cannot be in the palm of the hand and only an elastic band can be between the supporting hance and performance surface
- **Hand-held Props:** Items that are used by performing team as an extension of the arm/hand, that are easily carried by one person. Hand held props include, but are not limited to, boas, scarves, top hats, derby hats, or canes, etc.
- **Handstand:** A non-airborne, non-rotating, tumbling skill where the dancer supports his/herself vertically on his/her hands in an inverted position and the arms are extended straight by the head and ears.
- **Head Level:** A designated height; the height of standing dancer's head (at the "crown") while standing upright with straight legs. (Clarification: This is an approximate to measure space and is not changed by bending, inverting, etc.)
- **Head Spin:** A Power Move, typically performed in hip hop, in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.
- **Headspring:** (an airborne hip over head rotation skill with hand support) A skill where a dancer moves forward with the hands then head, making contact with the performance surface, then rotates the hips over the head passing through an arched position. It is non-airborne in approach but airborne in descent after hips pass through perpendicular.
- **Headstand:** A non-airborne, non-rotating, tumbling skill where the dancer supports his/herself vertically on his/her head in an inverted position and the hands are on the floor supporting the body.
- **Hip Level:** A designated height; the height of a standing dancers' hips while standing upright with straight legs (clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.).
- **Hip Over Head Rotation (executed by individuals):** An action where a dancers hips rotate over the head in a tumbling skill (e.g. Back Walkover or Cartwheel).
- **Hip Over Head Rotation (executed in groups or pairs):** An action where the Executing Dancers' hips rotate over the head in a lift or partnering skill.
- **Hollow Back:** A Freeze similar to a planche where the dancer balances on the hands and 'hollows' out the back. (If balancing on the head it is known as a "Head Hollow").
- **Inversion:** A position in which the dancer's waist and hips and feet are higher than his/her head and shoulders.
- **Invert:** A Freeze utilizing strength, flexibility and balance where the dancer's weight is placed on both hands with head facing knees and legs parallel to the floor.
- **Jeté (juh-TAY):** A skill in which the dancer takes off from one foot by brushing the feet into the ground and swiftly 'whipping' them into the position and then landing on one foot. A jeté can be executed in various directions, sizes and positions.
- **Jump:** Movement taking off and landing on same foot or both feet.
- **Kip Up:** A skill where the dancer begins in a supine position, rolls back onto their shoulders elevating their hips off the performance surface and into an inverted position. Using their arms and/or legs, core, and momentum, the dancer thrusts their body in an upward direction away from the floor. The movement is completed by bringing the feet to the performance surface keeping the body inline and following to an upright position.

# DANCE GLOSSARY OF TERMS

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- **Krumping:** A style of dance, hip hop category, 'street' dance characterized by free, expressive, exaggerated, and highly energetic moves involving the arms, head, legs, chest, and feet.
- **Lay-out:** Cambré back while extending the working leg forward.
- **Leap:** A skill in which the dancer pushes off the ground, from a plié (bend), off of one leg becoming airborne and landing on the opposite leg (also known as grand jeté).
- **Lifting Dancer:** A dancer(s), who is part of a dance lift and lifts an Elevated Dancer as a part of a Dance Lift. The supporting dancer may also be considered a Lifting Dancer.
- **Lifts:** An action in which the partner is elevated to any height and set down. Refer to the rules for Dance Lifts and Partnering for a full definition.
- **Parallel:** A position in which the thighs, knees and toes of both legs are facing straight ahead.
- **Partnering (executed in pairs):** A skill in which two dancers use support from one another. Partnering can involve both "Supporting" and "Executing" skills.
- **Pas de Bourrée (pah duh boo-RAY):** Three steps executed in relevé, relevé, plié; can be executed as a turn as in ballet, working foot steps behind supporting leg, supporting foot opens stepping to side, then working foot steps in front of original supporting leg; as in jazz-working foot steps behind supporting leg, supporting foot opens stepping to side, then working foot opens out, lunging to opposite side of supporting leg with each step that is taken.
- **Pas de chat:** "Cat's Step" the step owes its name to the likeness of the movement to a cat's leap.
- **Passé (pa-SAY):** A position or movement in which the working leg bends connecting the pointed foot to or near the knee of the supporting leg; meaning to pass. Passé can be executed with the hips parallel or turned out.
- **Pencil Turn:** A turn executed with the working leg held straight and next to the supporting leg.
- **Penché (pahn-SHAY):** Leaning, inclining. As, for example, in arabesque penché.
- **Perpendicular Inversion (Executed by individuals):** A skill that begins with backward airborne momentum and lands on the hands and head in an inverted position in which the dancer's head, neck and shoulders are directly aligned with the performance surface, creating a 90 degree angle between the head and floor.
- **Piqué (pee-KAY):** Stepping directly onto a straight leg in relevé; can be performed while turning and in various positions (arabesque, attitude, etc.)
- **Pirouette (peer-o-WET):** A skill in which the dancer bends (plié) with one foot in front of the other (fourth position) and rises (relevé) to one leg making a complete rotation of the body; meaning to whirl. A pirouette can be executed in a variety of positions.
- **Pirouette en Dedans (ahn duh-DAHN):** Turning inward, towards supporting leg.
- **Pirouette en Dehors (ahn duh-AWR):** Turning outward, towards working leg.
- **Pivot:** Movement step used to change direction; working leg steps forward assuming weight of body, body changes direction, support leg reassumes weight of body; can be executed front to back, side to side.
- **Plié (plee-AY):** A preparatory and landing skill in which the dancer bends, softens his/her knees; meaning to bend.
- **Power Move:** Loosely defined as relying on speed, momentum, and acrobatic elements for performance.
- **Prone:** A position in which the front of the dancers' body is facing the ground, and the back of the dancers body is facing up.
- **Prop:** An object that can be manipulated. A glove is a part of the uniform.
- **Relevé (rell-eh-VAY):** Dancer rises from a plié to balance on one or both feet on at least demi-pointe (balls of the feet), or possibly full pointe
- **Ring Jump (aka Firebird):** A skill taking off from two feet into a back attitude split jump while arching towards the back foot, and landing on either one or two feet.
- **Rond de jambe (rawn duh zhahnb):** Meaning circular, round movement of the leg; executed on the ground or in the air, it refers to the motion of leg brushing front, opening to side, continuing to the back and vice versa.
- **Saut de chat (soh duh shah):** Executed similarly to grand jeté except instead of brushing a straight working leg, it is developed from a bent to straight leg as supporting leg is pushing off; can also be executed a la seconde.
- **Sauté (soh-TAY):** Jumping and landing on the same foot, toes should be pointed in the air.

# DANCE GLOSSARY OF TERMS

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- **Shoulder Level:** A designated height; the height of a standing dancers' shoulders while standing upright with straight legs (clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.).
- **Shoulder Roll (forward/back):** A non-airborne tumbling skill where the dancer rolls with the back of the shoulder and maintains contact with the floor and the head is tilted to the side to avoid contact with the floor.
- **Shushunova (Shush-A-nova):** A jump variation in which the dancer lifts extended legs to a toe touch or pike position and then circles them behind the body dropping the chest and landing in a prone support (push up position).
- **Sickling:** This term is used for a fault in which the dancer turns his or her foot in from the ankle, thereby breaking the straight line of the leg.
- **Six-Step:** A form of Downrock that utilizes a footwork sequence, thereby enabling the dancer to gain momentum or prepare for another move.
- **Sous-sus (soo-SYEW):** In tight fifth position relevé.
- **Soutenu turn (soot-NEW):** From sousus, turning towards back leg one revolution, the other foot ending in front.
- **Split Drop:** Dropping to the performing surface from a jump, stand or inverted position, landing with legs extended at right angles to the trunk in a split position.
- **Spotting:** While turning; keeping the eyes focused on one spot as long as possible, then snapping head around to the same spot; helps to maintain sense of direction, balance, momentum.
- **Stag:** A position, typically performed in a leap or jump, in which the dancer bends the front leg.
- **Stall:** A non-airborne, non rotating, tumbling skill typically performed in hip hop where the dancer halts/stops body mid motion; often in an interesting, inverted or balance-intensive position on one or both hands for support. Also known as a freeze.
- **Stepping/Step Dancing:** A style of dance, typically hip hop category, which is a form of percussive dance in which the participant's entire body is used as an instrument to produce complex rhythms and sounds through a mixture of footsteps, spoken word, and hand claps.
- **Supine:** A position in which the back of the dancers' body is facing the ground, and the front of the dancers body is facing up.
- **Supporting Dancer:** A supporting dancer(s), who part of a dance trick and bears the primary weight of a lifted dancer. A supporting dancer(s) holds or tosses and/or maintains contact with an Executing dancer as a part of a Dance Trick or Partnering skill. The supporting dancer may also be considered a Lifting Dancer.
- **Supporting Leg:** The leg of a dancer that supports the weight of the body, during a skill.
- **Swipe:** A Power Move, often started from a crab position, where the dancer uses momentum to twist hands to one side of the body, placing them on the floor, and allowing the legs to follow and returning to the original position.
- **Switch Leap:** A jump popping straight up in the air, not traveling forward; working leg stays straight and lifts front, support leg pliés, working leg swings back while support leg lifts to assume a split position in the air.
- **Temps de fleche (tahn duh flesh):** Hitch kick; battement one leg, switch it with other leg in the air, can be executed to the front, side or back.
- **Tendu (tawn DEW):** To stretch, pushing the foot away from the supporting leg while keeping the toe on the floor.
- **Threading:** A form of Downrock where the dancer weaves their limbs through each other as if 'threading a needle'.
- **Three Step Turn:** A turn executed with three steps; step to side still facing front, step other foot across body to second position and face back, open first foot to second position to face front again.
- **Tilt:** A skill, typically performed in a leap or jump, in which the working leg sweeps up into the air and the supporting leg points toward the ground.
- **Toe Pitch (executed by groups or pairs):** A toss in which the Executing Dancer(s) foot is in the hands of the Supporting Dancer(s) and she/he is propelled upward causing the executing dancer to rotate hip over head, landing unassisted on the performance area.
- **Toe Touch:** A jump in which the dancer lifts the legs through a straddle rotating the hips so that the legs are rotating up toward the (upright) chest.
- **Toe Roll:** Executed on relevé and hinged; body arches back arms in high V head released, body contracts to floor; toes remain in contact the entire movement, hands catch body weight.

# DANCE GLOSSARY OF TERMS

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- **Tombé (tawn-BAY):** Meaning to fall, step down.
- **Toss:** A release move where Supporting Dancer(s) execute a throwing motion to increase the height of the executing dancer. The Executing Dancer is free from the performance surface when toss is initiated.
- **Tour Jeté:** A skill in which the dancer takes off from one leg, executes a half turn and lands on the other leg.
- **Tumbling:** A collection of skills that emphasize acrobatic or gymnastic ability, are executed by an individual dancer without contact, assistance or support of another dancer(s) and begin and end on the performance surface (clarification: tumbling skills do not have to include hip over head rotation).
- **Turn out:** A position in which the legs are rotated outward from the hip joints so that the thighs, knees, and toes face away from the center of the body.
- **Turning Disc (aka Disc, Flying Saucer):** A turning leap in which the dancer executes a Châiné Turn, then sweeps the working leg up from 5th position to 2nd position to execute a center leap, landing on the original working leg.
- **Vertical Axis (executed by Groups or Pairs):** A designated line in space that goes straight up and down and has no slope.
- **Vertical Inversion (executed in groups or pairs):** A position in which the Executing Dancer is inverted and bears direct weight on the Supporting Dancer by a stop, stall or change in momentum.
- **Weight Bearing:** A skill in which the dancer's weight is supported by one body part without any other body part on the ground.
- **Windmill:** A Power Move, non-airborne, non-rotating, tumbling skill in which a dancer begins on the back, spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V-shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.
- **Working Leg:** The leg that moves, stretches, and/or extends; the leg that is responsible for momentum and/or position.

# GAME DAY



# NCA & NDA GAME DAY DIVISIONS

NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

## OBJECTIVE

To provide a unique and exciting opportunity for school Spirit Programs to work together to showcase their ability to promote school spirit and excitement in support of their school and its athletic teams. This division not only allows the use of traditional sideline cheer and dance teams, but also the incorporation of members of the school Marching Band, Pep Band, Drum Line, Mascot(s), Spirit Group/Club, etc. The primary responsibility of Spirit Programs is to develop and implement effective methods of generating excitement and often requires close coordination between various campus groups. NCA & NDA now offers a way to showcase this at the highest level on the largest stage in spirit competition at the NCA & NDA Collegiate Cheer and Dance Championship.

## BENEFITS OF GAME DAY

1. Turn the skills, creativity and school traditions that you utilize on the sideline into a winning routine.
2. Earn the title of National Champion along with the coveted Megaphone trophy and National Champion Banner in a division that embodies college spirit in its purest form.
3. Utilize the preparation for games and game performances to prepare your team to compete.
4. Better develop and display the core elements of your role at games.
5. Increase the value that the entire Spirit Program brings to your school and its athletic events.
6. Develop a successful and dynamic working relationship between ALL spirit-related groups on campus.
7. Earn advancement to FINALS in the historic Daytona Beach Band Shell.

## GENERAL RULES

1. Each team may be comprised of a maximum of 30 participating members.
2. Participants may include cheer, dance, mascots, band, drumline, flag corps, etc.
3. All Participating members must meet NCA & NDA eligibility verification requirements and exclusivity policy, and must also meet all respective school's eligibility requirements. (see page 2).
4. Cheer participants may **NOT** also be members of a cheer team competing in another cheer division at the NCA & NDA Collegiate Cheer and Dance Championship.
5. Dance participants may utilize this as their second routine.
  - a. *Due to the time of day that the Game Day division will be offered, only dancers in the Team Performance, Hip Hop, or Pom categories will be eligible.*
6. All participating members, coaches and directors must follow the championship rules for Code of Conduct, Sportsmanship, and School Representation. (see page 1).
7. Performance Area is restricted to the 42' x 54' performance mat and must follow cheer boundary rules for the competition for all participants. (see page 7).
8. The maximum time allotted for each Game Day performance is three (3) minutes.
9. Recorded band music is required and must follow the Varsity Spirit Music Guidelines. Visit [Varsity.com/music](http://Varsity.com/music) for more information. No voice-overs or words may be recorded to make the team's vocal projection sound louder.
10. The use of signs, flags, banners or other spirit related props are highly recommended.
  - a. Props may be touching out of bounds without penalty, however participants may not step out of bounds with both feet to retrieve the prop.
  - b. No items may be thrown, tossed, or released from the performance area into the crowd.
  - c. Instruments may not be utilized in skills.
11. Use of fire, noxious gases, live animals, weapons, and other potentially hazardous elements are strictly prohibited (including, but not limited to, guns, knives, swords, nun-chucks, etc.).

# NCA & NDA GAME DAY DIVISIONS

NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

## FORMAT

1. Timing will begin when the team is announced to take the floor.
2. Teams may stage props immediately following the conclusion of the team before them, but this staging must be timely so that it does not disrupt the flow of the competition and cause any delay. Outdoor elements (wind and sun) should be taken into consideration when determining how props will be handled.
3. Each performance must consist of the following performance sections; however you may determine the order of the sections. Sections cannot be split up.

### CROWD LEADING SECTION

1. Traditional school cheers and/or chants.
2. Incorporation of props such as signs, poms, megaphones, flags, etc.
3. No recorded music or voice enhancement is allowed. Onstage instruments are allowed to help set and enhance the rhythm and beats.
4. Only trained cheer and dance members may perform skill incorporations.
5. Scoring in this segment is based on the ability of the performers to promote crowd interaction and participation as well as display excitement and genuine school spirit.
6. Actual crowd response at the Championship is NOT scored.

### BAND CHANT SECTION

1. Traditional school band chant(s).
2. Incorporation of props such as signs, poms, megaphones, flags, etc.
3. Recorded band music **must** be used, and onstage musical instruments may also be utilized.
4. Only trained cheer and dance members may perform skill incorporations.
5. Scoring in this segment is based on the ability of the performers to promote crowd interaction and participation as well as display excitement and genuine school spirit.

**Note:** For judging purposes it is encouraged to provide a clear distinction between your Band Chant and Fight Song.

### FIGHT SONG SECTION

1. Traditional school fight song.
2. Incorporation of props such as signs, poms, megaphones, flags, etc.
3. Recorded band music **must** be used, and onstage musical instruments may also be utilized.
4. Only trained cheer and dance members may perform skill incorporations.
5. Scoring in this segment is based on the ability of the performers to effectively and accurately perform a traditional school fight song displaying high energy and solid performance techniques.

**Note:** For judging purposes it is encouraged to provide a clear distinction between your Fight Song and Band Chant.



# NCA & NDA GAME DAY DIVISIONS

NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

## GAME DAY DIVISION SKILL SCORING & RESTRICTIONS

Skill incorporations are allowed and encouraged throughout the Game Day Division as long as they are utilized to effectively promote and encourage crowd involvement and entertainment. The NCA & NDA Point and Safety Deduction System will be utilized.

Teams competing in the GAME DAY division will adhere to hybrid safety guidelines. Only trained cheer and dance members may perform skill incorporations. Dance must abide by the NDA College Safety Rules, and Cheerleaders must abide by the USA Cheer College Safety Rules with the following additional permissions and limitations.

### STUNTS/PYRAMIDS

- Pyramids sustained at 2 ½ persons high are PERMITTED
- Twisting stunts (i.e. full ups) may not exceed 1 and ¼ twisting rotation.

### TOSSES

- Flipping tosses are permitted with zero twisting rotations.
- Non-flipping/twisting tosses may not exceed 1 and ¼ twisting rotations

### TUMBLING

- Twisting flips are not permitted

### KEY SCORING REMINDERS

- Included skills must be executed with strong technique while providing a visual effect that influences the crowd's participation or entertainment value.
  - Poor technique that pulls attention from the crowd will negatively impact the score.
  - The NCA & NDA Point and Safety Deduction System will be utilized.
- Use of cheer and dance skill incorporations amount to 30% of the total score. The Game Day effects created by the use of Spirit Programs to lead the crowd is 70%.

*Please review the DRAFT score sheets provided in the following pages for descriptions of each scoring category. Note that the final score will be out of 100 points as the Overall Impression on each score sheet will be averaged. FINAL score sheets will be published in October.*

# PARTNER STUNT GROUP STUNT MASCOT



# PARTNER STUNT, GROUP STUNT & MASCOTS

NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

## HOW TO QUALIFY FOR THE NCA & NDA COLLEGIATE CHEER AND DANCE CHAMPIONSHIP

### PARTNER STUNT, ALL GIRL GROUP STUNT, MASCOT VIDEO ENTRY FORMAT

Qualification videos must be sent with a payment of \$25 per video (this payment must accompany the video in order to have the video judged). All participants representing schools on videos must meet NCA & NDA's current eligibility requirements, as well as the eligibility requirements of their respective school. Participants must be current members of the same team (not program). Segments may NOT be edited. The speed of the performance may not be altered on the video. The use of a tripod is highly encouraged. Routine must follow USA Cheer College Cheerleading Safety Rules. Videos may be emailed to: Ncacollegevideos@gmail.com.

### PARTNER STUNT

Videos must include a 45 second maximum unedited Routine. Routine must be choreographed to music. One spotter is required. Must adhere to all uniform requirements.

### ALL GIRL GROUP STUNT

Video must include a 45 second maximum unedited Routine. Routine should be choreographed to music. Groups may have up to four (4) members - all female. Must adhere to all uniform requirements.

### MASCOT

Videos must include a 90 second maximum unedited skit. Routine must be performed to music. No live props are allowed. Should follow the same format and rules as stated for the actual Competition on page 51.

THE RESULTS OF THE STUNT AND MASCOT VIDEO ENTRIES WILL BE AVAILABLE BY January 29, 2021 and will be posted on [nca.varsity.com](http://nca.varsity.com). Videos submitted for qualification will not be viewed for Competition safety violations. A separate video must be sent for this purpose. Coaches of team videos will be notified individually of their qualifying status, and team video results will NOT be posted on the website.

## PARTNER STUNT COMPETITION REQUIREMENTS

1. Participants must be official members of the school and cheerleading team (not program) they are representing and meet all of their school's eligibility requirements. The official NCA Eligibility Form must be submitted prior to the competition.
2. Length of routine can be NO LONGER THAN FORTY-FIVE (45) SECONDS. The following penalties will apply for the routine going over the time limit:
  - a. 1 - 5 seconds over time will result in a .5 deduction
  - b. 6 or more seconds over time will result in a 1.0 deduction
3. The routine should be performed to music. Music must comply with Varsity Music copyright guidelines.
4. Each participating couple should provide one spotter. Only one spotter may be on the mat as needed to make the stunt legal. Spotter may not assist with performance. Spotter may not touch or assist any stunts. In the event a spotter touches or assists a stunt a 2.0 deduction will be assessed per occurrence (exception: may assist in dismounts or drops when mandated by USA Cheer Guidelines).
5. The routine and music must be suitable for family viewing. Violations will result in a 2.0 deduction or disqualification.
6. A participant may take part in only ONE (1) partner stunt Routine.
7. A participant may only compete with the partner with whom they qualified.
8. Participants MUST follow the USA Cheer College Cheerleading Safety Rules.
9. Must follow previously stated Uniform Requirements.

# PARTNER STUNT, GROUP STUNT & MASCOTS

NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

## GROUP STUNT COMPETITION REQUIREMENTS

1. Participants must be official members of the school and cheerleading team (not program) they are representing and meet all of their school's eligibility requirements. The official NCA Eligibility Form must be submitted prior to the competition.
2. Length of routine can be NO LONGER THAN FORTY-FIVE (45) SECONDS. The following penalties will apply for the routine going over the time limit:
  - a. 1 - 5 seconds over time will result in a .5 deduction
  - b. 6 or more seconds over time will result in a 1.0 deduction
3. The routine and music must be suitable for family viewing. Violations will result in a 2.0 deduction or disqualification.
4. The routine should be performed to music. Music must comply with Varsity Music copyright guidelines.
5. A participant may take part in only ONE (1) group stunt routine.
6. A participant may only compete with the stunt group in which they qualified.
7. Participants MUST follow the USA Cheer College Cheerleading Safety Rules.
8. Participants MUST be ALL female. (Maximum of 4 participants allowed)
9. Must follow previously stated Uniform Requirements.

## JUDGES' CATEGORIES (EACH WORTH 10 POINTS)

1. Technique
2. Stability of Stunts/Strength
3. Flow of Routine
4. Degree of Difficulty
5. Perfection of Routine
6. Overall Impression

## NCA COLLEGIATE MASCOT CHAMPIONSHIP

### GENERAL

1. Each mascot must qualify at an NCA College Summer Camp or through Video Qualification
2. Only ONE costumed mascot is allowed to perform. NO other live props are allowed.

### SET-UP/TEAR-DOWN

1. Mascots are allowed a total maximum set-up/tear-down time of 1 minute and 30 seconds (90 seconds). The following overtime penalties will occur:
  - a. 1 - 5 seconds over time will result in a .5 deduction
  - b. 6 or more seconds over time will result in a 1.0 deduction

NOTE: This penalty is separate from the routine time penalty. For example, if your set-up time is 1 minute, your routine is 1 minute 33 seconds and your tear-down time is 40 seconds you would be assessed a .5 penalty for going 3 seconds overtime for your performance and a 1.0 penalty for going 10 seconds overtime on your set-up/tear-down time. Pending weather conditions, NCA reserves the right to allocate more time for set up.
2. Other people may assist with set-up and tear-down.
3. Mascots must be dressed in the school's official mascot costume for both set-up and tear-down.

# PARTNER STUNT, GROUP STUNT & MASCOTS

NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

## ROUTINE

1. Mascots must be dressed in the school's official mascot costume.
2. Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words or music will result in a 2.0 score deduction or possible disqualification.
3. Each mascot will perform a routine lasting a maximum of 1 minute and 30 seconds (90 seconds) not including set-up and tear-down time.
4. Timing will begin with the first organized word, movement, or note of music after they are officially announced.
5. The routine should contain a theme and should be well organized and understandable.
6. Music may be used and is encouraged. Music should be on digital iPod. Mascots must be compliant with Varsity Music Policy.
  - a. The routine should include the following elements:
    - i. 20 consecutive seconds minimum of dance with music
    - ii. 20 consecutive seconds minimum of prop utilization
    - iii. 20 consecutive seconds minimum of crowd interaction/response material
7. Mascots should utilize all areas of technical strengths including actions/reactions, motions/emotions, character traits and habits, pantomime, crowd interaction, crowd appeal, prop utilization, and overall impression.
8. Mascots will be judged on the following categories with each valued at 10 points:
  - a. Characterization
  - b. Creativity
  - c. Crowd Leading
  - d. Dance
  - e. Prop Design/Effectiveness
  - f. Overall Impression
9. Mascots must comply with the USA Cheer College Safety Rules when performing athletic skills in their mascot skit.
10. Mascots may not utilize any type of height increasing apparatus (mini tramps, spring boards, etc.).
11. Any size props may be used. Props that may cause damage to the matted surface may not be used. Confetti, water, paints or other such props that may delay Competition are prohibited. Violations will result in a 2.0 deduction or disqualification.
12. Other people may assist with support. These assistants may not participate in any activity within the skit, other than to support props. This includes but is not limited to hand-offs, manipulating props to make move or spin, or any other function other than basic support. Violations will result in a 2.0 deduction
13. Use of fire, noxious gases, live animals, weapons, and other potentially hazardous elements are strictly prohibited (including, but not limited to, guns, knives, swords, nun-chucks, etc.)
14. Timing will end with the last organized word, movement, or note of music by the mascot.

# PARTNER STUNT, GROUP STUNT & MASCOTS

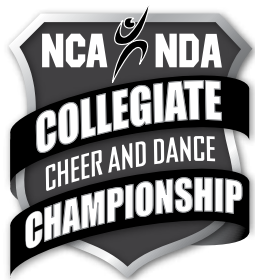
NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

## COLLEGE MASCOT GENERAL SAFETY RULES

1. Be sure that the character is tailored to meet health and safety needs. Your character should be well ventilated, so heat can escape. The costume should be designed so that it is easy to remove the head, hands, and feet. Removing these items will allow for proper aeration and cooling breaks.
2. Take breaks approximately every 15-20 minutes. Prior to each game you should set-up a private room (or area out of view by anyone) to which you can retreat and take breaks. Make sure to have plenty of fluids available. Ideally, drink water before, during and after your appearances.
3. Always have a trailer (a person responsible to stay near you) to help with crowd control. When you are in a familiar area you may be able to maneuver quite well. However, many mascots have poor vision. A trailer not only helps you to maneuver more safely, but also can keep crowds from getting out of control (especially in open festivals, malls, and parade situations).
4. Be prepared if you begin to feel extremely overheated. Have a plan, including an emergency signal with your coach, squad, and trainer. Do not get out of character immediately after an appearance (especially if in air conditioning) or you may cool down too quickly. Walk around in costume and gain control of your breathing, then remove the head, hands, and feet. Sip fluids, recline, and if necessary place ice packs on the back of your neck and hands. Note: Prevent heat exhaustion and related symptoms by building tolerance, stretching properly, drinking fluids, and following a proper diet.
5. Dress-up before you dress-out. During an appearance, your body heat can rise in excess of 100 degrees (especially during fall football games). To prepare your body for this increase in temperature, you should wear sweats or warm clothing prior to each appearance. Eventually, your body temperature will automatically rise before each appearance and you may experience a chill.
6. Be aware of your limits when performing. Be aware of the limitations that the character places on you. Pay attention to obstacles and people around you to prevent injury. When walking into a new area, scan the layout and try to memorize the location of obstacles. Also, count stairs as you go; chances are you will use those stairs again.
7. Protect your character and protect your image. Use common sense not to become too reckless while in character. This could result in putting yourself and your audience in danger. Never let an untrained person perform for you. Protect your image through regular maintenance of your character. Always make sure it is clean and in good condition. Avoid doing stunts that may cause damage. Your school, in many cases, has invested a great deal of money in your mascot costume.

# SCORE SHEETS





OFFICIAL

JUDGE \_\_\_\_\_

# SCORE ★ SHEET

## PERFORMANCE DIVISION MASTER SCORESHEET

CHEERLEADING  
FUNDAMENTALS

45 SECOND CROWD SEGMENT	<b>10</b>	
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BUILDING  
SKILLS

	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	TECHNIQUE
STUNTS	<b>5</b>		<b>5</b>	
PYRAMIDS	<b>5</b>		<b>5</b>	
TOSSES	<b>5</b>		<b>5</b>	

TUMBLING  
SKILLS

	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	TECHNIQUE
STANDING TUMBLING	<b>5</b>		<b>5</b>	
RUNNING TUMBLING	<b>5</b>		<b>5</b>	
JUMPS	<b>5</b>		<b>5</b>	

OVERALL  
PERFORMANCE

	MAXIMUM VALUE	DIFFICULTY
COLLEGIATE IMAGE	<b>10</b>	
OVERALL EFFECT	<b>10</b>	
CHOREOGRAPHY	<b>10</b>	

TOTAL POSSIBLE	<b>100</b>	
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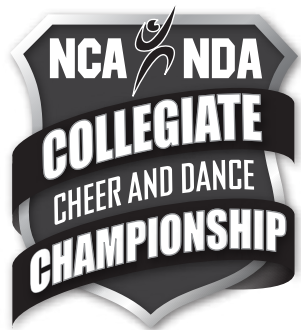


# OFFICIAL SCORE ★ SHEET

## 45 SECOND CROWD SEGMENT

JUDGE \_\_\_\_\_

COMMENTS		NEEDS WORK	STRONG
	<b>CROWD APPEAL</b> Visually Appealing Energetic and Enthusiastic	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	<b>SHOWMANSHIP</b> Natural/Confident Eye Contact Genuine Smiles	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	<b>EFFECTIVE USE OF PROPS</b> Effective Use of Signs Effective Use of Flags and/or Banners Effective Use of Poms and Megaphones	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	<b>CROWD RESPONSE TECHNIQUES</b> Practicality (easy to follow and participate) Vocals (locals, consistent, encouraging, etc.)	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	<b>EXECUTION</b> Clean, Mistake-free Execution	<input type="checkbox"/>	<input type="checkbox"/>
	<b>BONUS</b> Effective Mascot Incorporation	add .1 Bonus	<input type="checkbox"/>
	<b>TOTAL (MAX 10 POINTS)</b>  <b>JUDGING &amp; SCORING</b> <ul style="list-style-type: none"> <li>Each performance begins with the score of "10" and maintains that score unless the boxes under "Needs Work" are checked, along with an associated explanation/comment by the judge.</li> <li>Each checked "Needs Work" box will reduce the score by .1</li> <li>Effective incorporation and use of the school mascot will be awarded a .1 bonus up to a total of 10 points maximum.</li> </ul>		

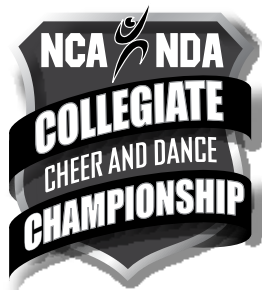


# OFFICIAL SCORE ★ SHEET

## SAFETY DEDUCTION

JUDGE \_\_\_\_\_

DEDUCTION CATEGORY	NUMBER OF DEDUCTIONS	DEDUCTIONS
BOUNDARY VIOLATIONS	_____ x (.25)	
TIME VIOLATIONS	<b>T</b> <b>M</b> <b>OVERTIME (check)</b> <input type="checkbox"/> <input type="checkbox"/> 3-5 seconds - (.5) <input type="checkbox"/> <input type="checkbox"/> 6-10 seconds - (1.0) <input type="checkbox"/> <input type="checkbox"/> 11 + seconds - (2.0)	TIME OF ROUTINE _____ TOTAL _____ MUSIC _____
NUMBER OF PARTICIPANTS _____		
SAFETY GUIDELINES VIOLATION (tumbling, stunts, language, signs, etc.)		
RULE INFRACTION	WARNING	CATEGORY      PAGE #      x .50, 1.0 or 2.0
_____	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	_____
TOTAL SAFETY INFRACTION: _____		
<b>SAFETY DEDUCTION</b>		



# OFFICIAL SCORE ★ SHEET

## POINT DEDUCTION

JUDGE \_\_\_\_\_

S  
T  
P  
BT  
J

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0 - :15 SECONDS

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:15 - :30 SECONDS

LEGEND		
<b>AF</b>	ATHLETE FALL	.25
<b>BF</b>	BUILDING FALL	0.5
<b>MBF</b>	MAJOR BUILDING FALL	1.0
<b>MAX</b>	MAXIMUM	1.5

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:30 - :45 SECONDS

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:45 SECONDS - 1 MINUTE

<b>S</b>	STUNTS
<b>T</b>	TUMBLING
<b>P</b>	PYRAMIDS
<b>BT</b>	BASKET TOSSES
<b>J</b>	JUMPS

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1 MINUTE - 1:15

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1:15 - 1:30

.25	x	_____	=	_____
0.5	x	_____	=	_____
1.0	x	_____	=	_____
1.5	x	_____	=	_____
<b>TOTAL</b>				_____

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1:30 - 1:45

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1:45 - 2:00

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2:00 - 2:15

**COMMENTS**

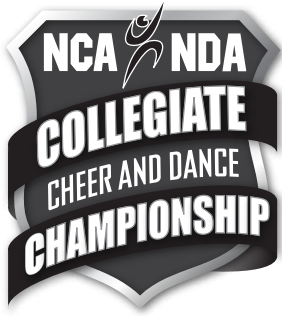


# OFFICIAL SCORE ★ SHEET

## DANCE TEAM PERFORMANCE DIVISION

JUDGE \_\_\_\_\_

COMMENTS		MAXIMUM VALUE	TEAM SCORE
COLLEGIATE IMAGE Sportsmanship, Integrity, School Representation		<b>10</b>	
PERFORMANCE IMPRESSION Projection, Expression, Appeal		<b>10</b>	
UNIFORMITY Team Timing, Synchronization, Spacing, Difficulty		<b>10</b>	
JAZZ	QUALITY OF MOVEMENT Execution of Jazz Style, Extension, Control, Musicality, Difficulty	<b>10</b>	
	CHOREOGRAPHY Creativity, Originality, Musical Interpretation, Difficulty	<b>10</b>	
POM	QUALITY OF MOVEMENT Motion Placement, Control, Strength, Difficulty	<b>10</b>	
	CHOREOGRAPHY Creativity, Originality, Musical Interpretation, Motion Variety, Difficulty	<b>10</b>	
HIP HOP	QUALITY OF MOVEMENT Hip Hop Style, Control, Approach, Musicality, Proper Execution of Elements, Difficulty	<b>10</b>	
	CHOREOGRAPHY Creativity, Originality, Visual Effects, Difficulty	<b>10</b>	
STAGING Formations, Transitions, Difficulty		<b>10</b>	
<b>TOTAL</b>			

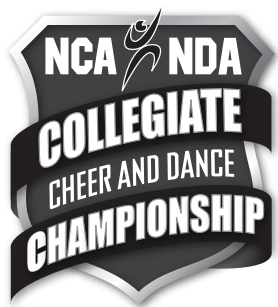


JUDGE \_\_\_\_\_

# OFFICIAL SCORE ★ SHEET

## DANCE POM DIVISION

COMMENTS		MAXIMUM VALUE	TEAM SCORE
	COLLEGIATE IMAGE Sportsmanship, Integrity, School Representation	10	
	PERFORMANCE IMPRESSION Projection, Expression, Appeal, Appropriateness	10	
	UNIFORMITY Team Timing, Synchronization, Spacing, Difficulty	10	
	QUALITY OF MOVEMENT Motion Placement, Control, Strength, Difficulty	10	
	VISUAL EFFECTS Ground Work, Level Changes, Opposing Motions, Pom Tricks, Difficulty	10	
	CHOREOGRAPHY Creativity, Originality, Musical Interpretation, Motion Variety, Difficulty	10	
	STAGING Formations, Transitions, Difficulty	10	
	<b>TOTAL</b>		



# OFFICIAL SCORE ★ SHEET

## DANCE HIP HOP DIVISION

JUDGE \_\_\_\_\_

COMMENTS		MAXIMUM VALUE	TEAM SCORE
	COLLEGIATE IMAGE Sportsmanship, Integrity, School Representation	10	
	PERFORMANCE IMPRESSION Projection, Expression, Appeal, Appropriateness	10	
	UNIFORMITY Team Timing, Synchronization, Spacing, Difficulty	10	
	QUALITY OF MOVEMENT Hip Hop Style, Control, Approach, Musicality, Proper Execution of Elements, Difficulty	10	
	AUTHENTICITY Flow, Groove, Musical Interpretation, Difficulty	10	
	CHOREOGRAPHY Creativity, Originality, Visual Effects, Difficulty	10	
	STAGING Formations, Transitions, Difficulty	10	
	<b>TOTAL</b>		

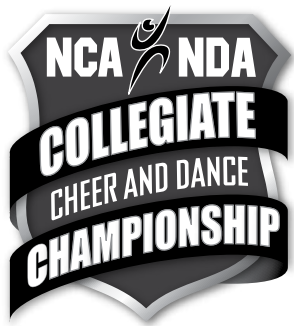


# OFFICIAL SCORE ★ SHEET

## DANCE JAZZ DIVISION

JUDGE \_\_\_\_\_

COMMENTS		MAXIMUM VALUE	TEAM SCORE
	COLLEGIATE IMAGE Sportsmanship, Integrity, School Representation	<b>10</b>	
	PERFORMANCE IMPRESSION Projection, Expression, Appeal, Appropriateness	<b>10</b>	
	UNIFORMITY Team Timing, Synchronization, Spacing, Difficulty	<b>10</b>	
	QUALITY OF MOVEMENT Execution of Jazz Style, Extension, Control, Musicality, Difficulty	<b>10</b>	
	TECHNICAL ELEMENTS Proper Execution of Technical Elements, Difficulty	<b>10</b>	
	CHOREOGRAPHY Creativity, Originality, Musical Interpretation, Difficulty	<b>10</b>	
	STAGING Formations, Transitions, Difficulty	<b>10</b>	
	<b>TOTAL</b>		



OFFICIAL

JUDGE \_\_\_\_\_

# SCORE ★ SHEET

## DANCE SAFETY / GENERAL DEDUCTIONS

NUMBER OF PARTICIPANTS \_\_\_\_\_

TIME OF ROUTINE

OVER TIME

3 - 5 SECONDS (0.5) = \_\_\_\_\_

☐

6 - 10 SECONDS (1.5) = \_\_\_\_\_

11+ SECONDS (2.5) = \_\_\_\_\_

TIME OF MAJOR FALL

DESCRIPTION

TOTAL \_\_\_\_\_ x 0.5 = \_\_\_\_\_

RULE INFRACTION

WARNING

PAGE #

# OF DEDUCTIONS

☐

\_\_\_\_\_ x \_\_\_\_\_ = \_\_\_\_\_

☐

\_\_\_\_\_ x \_\_\_\_\_ = \_\_\_\_\_

☐

\_\_\_\_\_ x \_\_\_\_\_ = \_\_\_\_\_

☐

\_\_\_\_\_ x \_\_\_\_\_ = \_\_\_\_\_

### LEGEND

#### TEAM PERFORMANCE DIVISION

Time Limit 2:15

Per Person Below 7 Minimum = .5

Per Person Above 20 Maximum = .5

#### POM DIVISION

Time Limit 2:00

Per Person Below 7 Minimum = .5

Per Person Above 20 Maximum = .5

#### JAZZ DIVISION

Time Limit 2:00

Per Person Below 7 Minimum = .5

Per Person Above 20 Maximum = .5

#### HIP HOP DIVISION

Time Limit 2:00

Per Person Below 7 Minimum = .5

Per Person Above 20 Maximum = .5

TOTAL OVER TIME DEDUCTION \_\_\_\_\_

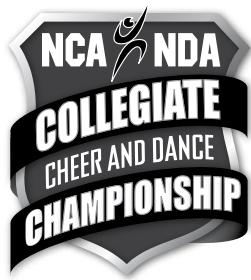
TOTAL MAJOR FALL DEDUCTION(S) \_\_\_\_\_

TOTAL RULE INFRACTION DEDUCTION(S) \_\_\_\_\_

**TOTAL DEDUCTION** \_\_\_\_\_

nda.varsity.com





OFFICIAL

JUDGE \_\_\_\_\_

# SCORE ★ SHEET

## GAME DAY DIVISION MASTER SCORESHEET

### BAND CHANTS

	MAXIMUM VALUE	
<b>EXECUTION OF BAND CHANT</b> Motion technique, synchronization, crowd coverage, entertainment value, relevant to crowd participation and game day excitement	<b>10</b>	
<b>SKILL INCORPORATION</b> Choice of effective crowd leading skills, technique and stability	<b>10</b>	
<b>VISUAL</b> Level changes, ripples, effective incorporation of props, creative movements	<b>10</b>	

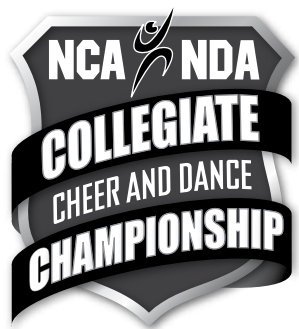
### CROWD LEADING

	MAXIMUM VALUE	
<b>GAME DAY MATERIAL</b> Proper use of cheer/chant, crowd leading techniques	<b>10</b>	
<b>SKILL INCORPORATION</b> Choice of effective crowd leading skills, technique and stability	<b>10</b>	
<b>EFFECTIVE USE OF GAME DAY PROPS</b>	<b>10</b>	

### FIGHT SONG

	MAXIMUM VALUE	
<b>EXECUTION OF FIGHT SONG</b> Motion technique, synchronization, crowd coverage, entertainment value, relevant to crowd participation and game day excitement	<b>10</b>	
<b>SKILL INCORPORATION</b> Choice of effective crowd leading skills, technique and stability	<b>10</b>	
<b>VISUAL</b> Level changes, ripples, effective incorporation of props, creative movements	<b>10</b>	

	MAXIMUM VALUE	
<b>OVERALL IMPRESSION</b> Overall execution, creativity, practicality, effectiveness, coordination between spirit group and overall appeal	<b>10</b>	



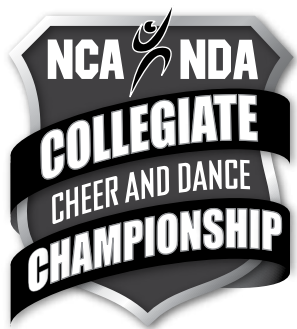
OFFICIAL

JUDGE \_\_\_\_\_

# SCORE ★ SHEET

PARTNER STUNT & GROUP STUNT

COMMENTS		MAXIMUM VALUE	TEAM SCORE
	TECHNIQUE	<b>10</b>	
	STABILITY OF STUNTS/STRENGTH	<b>10</b>	
	FLOW OF ROUTINE	<b>10</b>	
	DEGREE OF DIFFICULTY	<b>10</b>	
	PERFECTION OF ROUTINE	<b>10</b>	
	OVERALL IMPRESSION	<b>10</b>	
	<b>TOTAL</b>		



# OFFICIAL SCORE ★ SHEET MASCOT

JUDGE \_\_\_\_\_

COMMENTS		MAXIMUM VALUE	TEAM SCORE
	CHARACTERIZATION	<b>10</b>	
	CREATIVITY	<b>10</b>	
	CROWD LEADING	<b>10</b>	
	DANCE	<b>10</b>	
	PROP DESIGN/ EFFECTIVENESS	<b>10</b>	
	OVERALL IMPRESSION	<b>10</b>	
	<b>TOTAL</b>		