

COLLEGE CHEER DIVISIONS

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

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.

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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.

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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.