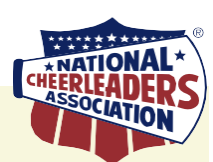


2022-2023 NCA RULES AND RESTRICTIONS



NOVICE SKILLS RESTRICTIONS

Novice teams will follow 2022-2023 USA Cheer/NFHS Spirit Rules Book with these additional skill restrictions.

STANDING TUMBLING: Standing tumbling is limited to a standing single back handspring.

- You can connect rolls and walkovers to a single back handspring.
- Standing back handspring series and jump/back handspring combinations are **not allowed**.
- Standing tucks are **not allowed**.

RUNNING TUMBLING: Running tumbling is limited to front and back handspring series.

- Flips and aerials are **not allowed** (no tucks).

STUNTS: Single leg stunts may only be held at prep level or below.

- Extended liberties are **not allowed**.
- Twisting transitions are limited to a 1/2 twist by the top person.
 - Exception: Log Rolls/Barrel rolls are allowed.
- All release moves must land in a cradle.
 - Released switch ups are **not allowed**.
- The only inversions allowed are transitions from ground level inversions to non-inverted positions. No other inversions are allowed.
 - Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed.
 - Example: Going from a cradle to a handstand or from a prone position to a forward roll is **not allowed**.

PYRAMIDS: Extended one leg stunts must be braced with a hand/arm connection by at least one person at prep level or below.

- The connection must be made prior to executing single leg extended stunt.
- Extended stunts may not brace another extended stunt:
 - Example: Braced extensions
- Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle.
- Inversion in pyramids is **not allowed** with the exceptions of the inversions allowed under Novice Stunts.
- Release moves in pyramids are **not allowed** except for the release moves allowed under Novice Stunts.

DISMOUNTS: Only straight pop downs, basic straight cradles and 1/4 turning dismounts are allowed. (Please see definition of dismount in NFHS rulebook)

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

INTERMEDIATE SKILLS RESTRICTIONS

Intermediate teams will follow 2022-2023 USA Cheer/NFHS Spirit Rules Book with these additional skill restrictions.

STANDING TUMBLING: Flips are **not allowed**.

- No standing back tucks or back handspring back tucks.

RUNNING TUMBLING: Flips may ONLY be performed in tuck position only and from a round off or round off back handspring(s).

- Other skills with hand support prior to the round off or round off back handspring are allowed.
- Punch fronts are **not allowed**.
- No twisting while airborne.
 - Exception: Aerial cartwheels are allowed.
- No tumbling is allowed after a flip or an aerial cartwheel.
- Cartwheel to tucked flips and/or cartwheel to back handspring(s) tucks are **not allowed**.

STUNTS:

- Twisting transitions to and from an extended position may not exceed 1/2 twisting transition. Twisting transitions to, from and at prep level may not exceed 1 twisting transition.
- Release moves at prep level or above are **not allowed**.
- Release moves are allowed if they follow ALL the below restriction:
 - MUST initiate from below prep level.
 - MUST be caught at prep level or below.
 - CANNOT exceed 1/4 turn (inversions CANNOT twist).
- Inversions may not pass through an extended position
 - Example: Pancake/Fold Over
- Twisting inversions are not permitted.
 - Example: Suspended roll with a full twist

PYRAMIDS: Braced flips are **not allowed**.

- Extended single leg skills may not be connected.
- Pyramid transitions cannot release and twist.
- All other pyramid skills must follow stunt rules unless braced from initiation of skill with a hand/arm connection.

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

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

JUNIOR HIGH / MIDDLE SCHOOL / ELEMENTARY SKILLS RESTRICTIONS

Junior High, Middle School, and Elementary teams will follow Additional Restrictions as outlined here: <https://www.usacheer.org>

ADVANCED SKILLS RESTRICTIONS

Advanced teams will follow the standard 2022-2023 USA Cheer/NFHS Spirit Rules Book with no other skill restriction