

COLLEGE COMPETITION RULES

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 or NAIA Football classifications, or as defined below. Schools that do not have football programs will compete in Divisions according to the school's NCAA or NAIA 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 to international teams based on school enrollment and team specifics.

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
3. (10) participants. Teams violating this rule will receive a five (5) point deduction per person over or under the maximum or minimum requirements. 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.
4. Music is allowed for all or part of each routine.
5. 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.
6. 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. All performers must have at least one foot on the performing surface when the Routine starts. A .5 deduction will be assessed for any skills performed prior to the start of the routine.
7. 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.

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8. 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.
9. Team/individual names will be called twice: once as the team/individual on deck and once as the next team/individual to perform.
10. 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 stunts are **ALLOWED but may not exceed prep level. Release inversions from stunts are not allowed.**
- **Braced inversions must make contact with a bracer prior to initiation and remain connected until the top person is no longer inverted**
- 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.
- **When Released skills involve new catchers, these catchers must be stationary at the time of initiation of the release**

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) **(examples: Aerials and Onodis ARE NOT ALLOWED)**

NOTE: Intermediate Division winners will be awarded “**National** Champion” trophies, banners **and jackets**.

USA CHEER COLLEGE SAFETY RULES

NCA complies with the USA Cheer College Safety Rules. For rules, please visit usacheer.org/safety.