

NCA SCHOOL COMPETITION RULES

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

2023-2024 JUDGING RANGES

The following grids outline the point ranges for specific skill sets performed by MOST of the team. Skills performed by LESS than most of the team will move the score into a lower range. In each category, most of the team must master each listed skill unless the skills are separated by the word “or.” MOST is defined as approximately 75% of the team.

NOVICE DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
3 - 4	3 - 4	3 - 4
<ul style="list-style-type: none"> • Extension Preps OR • One Leg Variations below Prep Level 	Pyramids involving <ul style="list-style-type: none"> • Extended Two Leg Stunts AND/OR • One Leg Stunts at Prep Level 	<ul style="list-style-type: none"> • Cartwheels OR • Round-offs OR • Forward/Backward Rolls
4 - 5	4 - 5	4 - 5
<ul style="list-style-type: none"> • Extensions OR • One Leg Variations at Prep Level 	Pyramids involving <ul style="list-style-type: none"> • Extended One Leg Stunts (multiple) • Multiple (2 or more) Novice level transitions 	<ul style="list-style-type: none"> • Round-off BHS OR • Standing BHS

TOSESSES

Tosses are not required but may be rewarded in the “Pyramid” category.

JUMP DIFFICULTY (4.0 - 5.0) **Must begin and finish on feet and the SAME jump must be performed by most (hurdlers in different directions are same jump)**

*Must be advanced 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 variety

TIMING (9.0 - 10.0)

Synchronization and uniformity

ROUTINE COMPOSITION (9.0 - 10.0)

Spacing, seamless movement and patterns, execution of formations

VOICE/INFLECTION (9.0 - 10.0)

Pace of cheer is practical; flow of words is easy to understand.

MOTIONS/GIRLS DANCE (9.0 - 10.0)

This category will be judged based on a team’s ability to incorporate transitions, level changes, footwork and floorwork, with a variety of visual movement in their dance with a high level of perfection. Motion technique throughout the routine will also be considered.

SHOWMANSHIP (9.0 - 10.0) or (4.0-5.0)

Genuine enthusiasm and energy level throughout routine

SCHOOL REPRESENTATION (9.0 - 10.0)

Sportsmanship, performance integrity, make-up, bows

Crowd Effective Material (4.0 - 5.0)

Easy to follow, encourages crowd participation, use of props (signs, poms, flags, megaphones)

* Jump Combination = Jumps connected with continuous movement, using either a whip or prep approach

* BHS = Back Handspring

NOTE: Elementary & Junior High/Middle School Teams must follow the additional USA Cheer Safety Restrictions located in the NCA Rule Book. Advanced Jumps = Toe Touch, Right/Left Hurdlers (front or side), Pike

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INTERMEDIATE DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2 - 3	2 - 3	2 - 3
<ul style="list-style-type: none"> • Extension Preps OR • One Leg Variations Below Prep Level 	Pyramids involving <ul style="list-style-type: none"> • Extended Two Leg Stunt AND/OR • One Leg Stunt at Prep Level 	<ul style="list-style-type: none"> • Cartwheels OR • Round-offs OR • Forward/Backward Rolls
3 - 4	3 - 4	3 - 4
<ul style="list-style-type: none"> • Extensions OR • One Leg Variations at Prep Level 	Pyramids involving <ul style="list-style-type: none"> • Extended One Leg Stunt (multiple) • Multiple (2 or more) Novice level transitions 	<ul style="list-style-type: none"> • Round-off BHS OR • Stand BHS
4 - 5	4 - 5	4 - 5
<ul style="list-style-type: none"> • Extended One Leg Stunts AND • Single Twisting transition or dismount to or from a Two Leg Stunt 	Pyramids involving <ul style="list-style-type: none"> • multiple transitional elements, one of which is a release AND • multiple extended structures including extended one leg stunts. 	<ul style="list-style-type: none"> • Round-off BHS Back Tucks OR • Round-off Tucks OR • Standing BHS Series OR • Jump/BHS Combinations

TOSSES

Tosses are not required but may be rewarded in the "Pyramid" category.

JUMP DIFFICULTY (4.0 - 5.0)- **Must begin and finish on feet and the SAME jump must be performed by most (hurdlers in different directions are same jump)**

*Must be advanced 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 variety

TIMING (9.0 - 10.0)

Synchronization and uniformity

ROUTINE COMPOSITION (9.0 - 10.0)

Spacing, seamless movement and patterns, execution of formations

VOICE/INFLECTION (9.0 - 10.0)

Pace of cheer is practical, flow of words is easy to understand

MOTIONS/GIRLS DANCE (9.0 - 10.0)

This category will be judged based on a team's ability to incorporate transitions, level changes, footwork and floorwork, with a variety of visual movement in their dance with a high level of perfection. Motion technique throughout the routine will also be considered.

SHOWMANSHIP (9.0 - 10.0) or (4.0-5.0)

Genuine enthusiasm and energy level throughout routine

SCHOOL REPRESENTATION (9.0 - 10.0)

Sportsmanship, performance integrity, make-up, bows.

CROWD EFFECTIVE MATERIAL (4.0 - 5.0)

Easy to follow, encourages crowd participation, use of props (signs, poms, flags, megaphones)

NOTE: Elementary & Junior High/Middle School Teams must follow the additional USA Cheer Safety Restrictions located in the NCA Rule Book. Advanced Jumps = Toe Touch, Right/Left Hurdlers (front or side), Pike

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ADVANCED DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2 - 3	2 - 3	2 - 3
<ul style="list-style-type: none"> Extension Preps OR One Leg Variations Below Prep Level OR Extensions OR One Leg Variations at Prep Level 	Pyramids involving <ul style="list-style-type: none"> Extended Two Leg Stunts AND/OR One Leg Stunts at Prep Level Pyramids involving an Extended One Leg Stunt 	<ul style="list-style-type: none"> Cartwheels OR Round-offs OR Forward/Backward Rolls OR Round-off BHS OR Standing BHS
3 - 4	3 - 4	3 - 4
<ul style="list-style-type: none"> Extended One Leg Stunts AND Required twisting skill: Single Twisting transition or dismount to or from Two Leg Stunts 	Pyramids involving <ul style="list-style-type: none"> multiple transitional elements, one of which is a release and multiple extended structures including extended one leg stunts. 	<ul style="list-style-type: none"> Round-off BHS Back Tucks OR Round-off Tucks OR Standing BHS Series OR Jump/BHS Combinations
4 - 5	4 - 5	4 - 5
<ul style="list-style-type: none"> Multiple Elite Skills* AND Single Twisting transition or dismount FROM One Leg Stunts OR Extended Stunt Sequence performed by a Single Base, Unassisted COED STYLE 	Pyramids involving <ul style="list-style-type: none"> Extended One Leg Stunts with Multiple Transitional Sequences <ul style="list-style-type: none"> PLUS one of the following) At least one of which is a Braced Flip Transition OR Arm Braced Tic Tock [AND Multiple Extended Structures] 	<ul style="list-style-type: none"> Layouts OR Standing Back Tucks OR Standing BHS Back Tucks <p><i>Additional skills above this may be executed including standing or running fulls</i></p>

STUNTS (ELITE STUNT SKILLS FOR ADVANCED DIVISION INCLUDE, BUT ARE NOT LIMITED TO): SEE PROGRESSIONS FOR ADDITIONAL SKILLS

- Full up/double to extended position
- Release moves/inversions that land in an extended position
- Tick tock variations
- Toss extended stunts
- Other unique mounts and transitions of similar difficulty level or harder

TOSSES

Tosses are not required but may be rewarded in the "Pyramid" category.

JUMP DIFFICULTY (4.0 - 5.0) **Must begin and finish on feet and the SAME jump must be performed by most (hurdlers in different directions are same jump)**

4.0 – Single jumps

4.5 – Double jump combinations

5.0 – Triple jump combinations or double jump combination and a single jump- **MUST** include variety

*Must be advanced jumps

TIMING

(9.0 - 10.0)
Synchronization and uniformity

ROUTINE COMPOSITION

(9.0 - 10.0)
Spacing, seamless movement and patterns, execution of formations

VOICE/INFLECTION

(9.0 - 10.0)
Pace of cheer is practical, flow of words is easy to understand

MOTIONS/GIRLS DANCE

(9.0 - 10.0)
This category will be judged based on a team's ability to incorporate transitions, level changes, footwork and floorwork, with a variety of visual movement in their dance with a high level of perfection. Motion technique throughout the routine will also be considered.

SHOWMANSHIP

(9.0 - 10.0) or (4.0-5.0)
Genuine enthusiasm and energy level throughout routine

SCHOOL REPRESENTATION

(9.0 - 10.0)
Sportsmanship, performance integrity, make-up, bows

CROWD EFFECTIVE MATERIAL

(4.0 - 5.0)
Easy to follow, encourages crowd participation, use of props (signs, poms, flags, megaphones)

* Jump Combination = Jumps connected with continuous movement, using either a whip or prep approach

* BHS = Back Handspring

NOTE: Elementary & Junior High/Middle School Teams must follow the additional USA Cheer Safety Restrictions located in the NCA Rule Book. Advanced

Jumps = Toe Touch, Right/Left Hurdlers (front or side), Pike