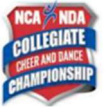


2026 NCA/NDA Collegiate Updates



NCA/NDA WEBSITE

- Updated rules and regulations book and any additional brand specific documents will be available online soon! This document has been created to highlight any updates that will be released.

NCA/NDA DIVISIONS/AWARDS

- Teams at schools transitioning to a new athletic division (Example: moving from Division I to Division IA) will compete in the new division at our championship as soon as the school's football/basketball teams begin competing at the new division/conference level. There is no transition period.
- Reminder- Divisions could be scheduled through Saturday if/when necessary, due to scheduling or weather. Plan to depart Sunday
- Each National Championship team will be given jackets for the number of competing participants on the winning team plus **UP TO** an additional 8 jackets to be used for alternates and/or coaches.

NCA/NDA RULES AND REGULATIONS

- Teams will now have 30 seconds to take the floor once announced and begin their routines. Teams will have no more than 30 seconds to exit the floor following their performance. This 30 second rule applies to all NCA/NDA divisions except- Mascot/Group Stunt/Partner Stunt
- Game Day and Spirit Rally are no longer allowed to preset props

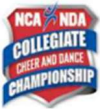
NCA SCORING

- NEW- Guidelines have been created for the following:
 - Execution
 - Game Day
 - Spirit Rally
 - Overall scoring categories
- Unassisted Coed definition has been updated- see the difficulty guidelines for the updated definition.
- Intermediate Large and Small Coed 3.0-4.0 range verbiage has been updated or clarity of requirements
- All scoring questions and division questions should be submitted to ncascoring@varsity.com

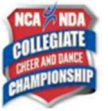
NCA LEVEL RESTRICTIONS

- Intermediate Level Restrictions have been updated
 - New allowed tosses
 - Additional clarifications
- For all questions regarding a legality, please send to our legality inquiry form here →
- The deadline to submit a legality question is March 25, 2026**





2026 NCA/NDA Collegiate Updates



NDA WEBSITE

- Rules & Scoring Page has been restructured to provide ease in locating information with the following new drop-down tabs:
 - Divisions
 - Rules & Regulations
 - Scoring Guidelines
 - Scoresheets

NDA DIVISIONS

- 60% of all divisions will advance to the final round at Nationals
 - In divisions with 4 or less teams, all teams will advance.

NDA RULES AND REGULATIONS

- Team Performance routines now have a 2-minute (2:00) time limit.
- Dancers are now allowed to connect hip overhead skills. This is limited to 1 connection
 - This may be airborne, non-airborne, with hands or without hands
- Please send any legality questions to ndascoring@varsity.com

NDA SCORING

- Judging scale has been updated for the following captions:
 - Authenticity
 - Fight Song
- Spirit Rally scoresheet and guidelines have been updated to provide clear expectations of guidelines within the Fight Song section.