



2026 NCA COLLEGIATE NATIONAL CHAMPIONSHIPS- DEDUCTIONS AND VIOLATIONS

Deductions WILL be considered prior to, during and following the performance until all athletes are SAFELY off the performance surface.

Athlete Fall .25- Drops to the performance surface DURING tumbling and/or jump skills

Includes	Would Not Include
• Hand/hands down during a tumbling or jump skill • Head, shoulders, back, seat down, or other compromising position during tumbling or jump skill • Knee or knees down during tumbling or jump skill • Tumbling transitions in and/or out of a building skill	• An athlete that trips while walking during a transition • An athlete trips/falls following a controlled completion of a tumbling or jump skill

Building Bobble .25- Building skills that almost drop but are saved

Includes	Would Not Include
• Base or spotter drops to performance surface during building skill • Top person leans and/or bears weight on a base/spotter and is pushed back up into the stunt/skill • Lowering of a stunt from extended position to prep level (not a timing issue) • Pyramid skills that would fall without the bracer or bracer's support • Both feet and/or both hands coming in contact with performance surface during a cradle/prone • Drops to the performing surface from a thigh stand and/or waist level style stunt on to their feet (not a timing issue) • Incomplete Twisting Dismount that lands in a prone (stomach) position	• An omitted skill • Drop in a body position by the top person • Excessive movement by the bases • Balance checks by the top person • A single hand/foot in contact with performance surface during a cradle/prone • Coed style skill that never results in contact beyond a toss grip (omitted coed style skill)

Building Fall .75- Drops or falls from a building skill or transition

Includes	Would Not Include
• Drops to a cradle position/ load in/ prone position • Drops/Lowering of a stunt, including single based/ Coed Style skills (assisted or unassisted) in a controlled manner to the performance surface with assistance from the base and/or spotter.	• Stunts that almost fall but are saved and return to a stunting position • All other items listed in the building bobble or major building fall sections

Major Building Fall 1.25- Drops to the performance surface from a building skill by the top person and/or base(s)/ spotter(s) OR drops to a compromising position not included in building falls.

Includes	Would Not Include
• Multiple bases and/or spotters drop to the performance surface • Top person lands on a base and/or spotter who drops to the performance surface • Dismounts landing in a compromising position- upright (feet down) or inverted (head down) position • Tosses that land in a prone (on stomach), upright (feet down) or inverted (head down) position • Skills in which the event spotter is the primary catcher/saves an athlete while falling.	• Top person comes in contact with the performance surface during a transitional stunt and/or pyramid but without interrupting or stopping • Top person is set out of a building skill, transitions, and or drops to the performance surface (this includes tripping while walking)

Pyramid Maximum 1.75- When multiple deductions should be assessed during a pyramid skill, then the sum of those deductions will not be greater than 1.75. During pyramids where a fall continues to affect other portions of the pyramid, the deduction will not exceed 1.75. Two separated pyramids will result in separate deductions. The MAX deduction for a pyramid will not exceed 3.5.



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BOUNDARY VIOLATION – 0.25 / 1.0 per occurrence

- Athlete with both or any combination of 2 feet, 2 hands, or any part of the seat/torso outside the performing surface.
- If a violation is assessed, Judges' decisions are final and will not be reviewed.
- Any participant who leaves the performance surface for any reason (other than a boundary violation) will receive a **1.0** deduction.

PROP VIOLATION – 0.5 per Routine, unless multiple rules are violated

- Only the following props are allowed for cheer teams: flags, banners, megaphones, pom poms, signs & rally towels. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling. Air horns or artificial noise makers are prohibited.
- Per USA Cheer, General Restrictions C3, when using props that are made of solid material or have sharp edges/corners:
 - A top or middle person may not release the props to the ground. Athletes must gently toss or place props. A top person may not perform any skills to a cradle. **Note: Props maybe placed off the performance surface by someone standing inside the performance surface.*

PERFORMANCE ERROR – 0.5

- Skills performed illegally, usually due to performer error, however the skill itself is legal. Examples include, but are not limited to:
 - Required spotter in a pyramid loading and not getting to required position by the time the stunt/pyramid is established.
 - Spotter grips on a 2 ½ high pyramid that become illegal to save the skill.
 - A Toss passing through the inverted position in the Intermediate Division (*does not include flipping tosses*).

TEAM ENTRANCE/EXITS – 0.25 / 0.5

- Teams will be given 30 seconds following the Team Introduction to start their routine and 30 seconds following the routine completion to exit the competition mat. If a team exceeds this time limit either at the beginning or the end, a deduction of **0.25** will be assessed for 1-5 seconds or a **0.5** for 6+ seconds. This deduction can be issued 2 times if the team is in excess of 30 seconds at entrance and at exit of the routine.
- Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are not permitted.
- All athletes must have at least 1 foot on the mat when the routine starts. Skills performed prior to the start of the routine will receive a **0.5** deduction.

EXCESSIVE CELEBRATION – 0.5

- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures or skills of any kind.
- Teams should refrain from any type of excessive celebration after the performance (head swings, break dancing, alternates/coaches on the mat, drops to the mat, etc)

UNSPORTSMANLIKE CONDUCT – 2.0

- When a coach is in discussion with an official, other coaches, athletes, or parents/spectators they must maintain professional conduct. Unsportsmanlike behavior could result in a deduction, removal of coach or disqualification.

INAPPROPRIATE CHOREOGRAPHY / MUSIC – 1.0

- Vulgar or suggestive choreography, which includes, but is not limited to, hip thrusting, inappropriate touching/gestures, slapping, positioning body parts to one another. Music unsuitable for family listening, which includes, but is not limited to swear words, connotations of sexual acts/behavior, drugs, and/or violent acts/behavior. Removing or replacing words with sound effects constitutes inappropriate.

DIVISION / PARTICIPATION VIOLATIONS – 5.0 per athlete, maximum of 10.0

- A team performs with an athlete in more than 1 Cheer division (crossover), the 2nd & each subsequent team will receive a deduction.
- A team does not meet the required minimum # of 10 performers or exceeds the maximum # of performers.
 - Performance: 20 athletes MAX, plus 2 mascots (if 2 different Mascots represent the school). **Mascots may not participate in any skills or be the required spotter.*
 - Small Coed = 1 – 4 Male Athletes
 - Large Coed must adhere to the following

10-11 Total = 6 Males	12-13 Total = 7 Males	14-15 Total = 8 Males	16-17 Total = 10 Males	18-19 Total = 11 Males	20 Total = 12 Males
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- Game Day & Spirit Rally: 30 athletes MAX (*Cheerleaders & Mascots*)

- This violation will also apply to any team not meeting the required **MINIMUM** participation for the Game Day divisions.
 - Band/Pep Band/Drumline = 20%, Cheer and/or Dance = 20%, Mascot/Color Guard/Majorette/Student Spirit Group = 10%

10-14 Total = 3 + 3 + 1	15-19 Total = 3 + 3 + 1	20-24 Total = 4 + 4 + 1	25-29 Total = 5 + 5 + 1	30 Total = 6 + 6 + 1
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TIME LIMIT VIOLATIONS – 0.25 / 0.5 / 1.0

- Performance Divisions & Spirit Rally = 2:15 MAXIMUM, Game Day = 3:00 MAXIMUM
 - 1 – 5 seconds over = **0.25**; 6+ seconds over = **1.0**
- Partner/Group Stunt = 0:45 MAXIMUM, Mascot = 1:30 MAXIMUM for Set-Up + Tear-Down, 1:30 MAXIMUM for Routine
 - 1 – 5 seconds over = **0.5**; 6+ seconds over = **1.0**
- Judges will not issue a deduction until the stopwatches show a time of 3 seconds over the allotted time. If a routine has multiple time limits, each section could receive a deduction. If a routine is retimed as part of a review, the exact time will be used without the 3 second allowance.

GENERAL USA CHEER RULES / TUMBLING VIOLATIONS – 0.5

- Skills performed in violation of USA Cheer College Cheer General and/or Tumbling Rules.
- Tumbling skills performed in violation of specific division skill restrictions.

USA CHEER RULES / BUILDING VIOLATIONS – 2.0

- Skills performed in violation of USA Cheer College Rules, as well as building performed in violation of division skill restrictions.