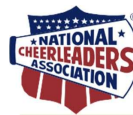


# 2025-2026 NCA RULES AND RESTRICTIONS

Novice & Intermediate teams will follow the **2025-2026 USA Cheer & NFHS Spirit Rules Book** in addition to these skill restrictions:



## NOVICE SKILL RESTRICTIONS

### STANDING TUMBLING

- Single Back Handsprings **are allowed**.
- Connected rolls and walkovers to a single back handspring or between 2 single back handsprings **are allowed**.
- Series front and back handsprings are **NOT allowed**.
- Jump handspring (s) combinations are **NOT allowed**

### RUNNING TUMBLING

- Series front and back handsprings **are allowed**.
- Flips and aerial cartwheels are **NOT allowed**.

### STUNTS

- Single leg stunts at prep level or below **are allowed**.
- Extended single leg show N go stunts are **NOT allowed**
- Single leg stunts at prep level or below may rotate up to ½ twist.
- Up to ½ twist by the top person to or from any 2-foot stunt **is allowed**. (Exception: A single full twisting Log roll is allowed, must start/end in a cradle.)

### RELEASES

- Release moves are **NOT allowed**.

### INVERSIONS

- Ground level inversions to a vertical upright position **are allowed**
- Ground level inversions may rotate up to ½ twist by the top person
- Released ground level inversions are **NOT allowed**
- **Downward Inversions are NOT allowed**

### PYRAMIDS

- All skills must follow novice stunts unless braced by at least one person at prep level or below with hand/arm connection. **The required connection must be made at the initiation of the skill and remain connected throughout the entire transition.**
- Extended single leg stunts must be braced by at least one person at prep level or below with hand/arm connection.
- The required hand/arm connection must be made prior to executing the extended single leg stunt. *(The bracer MUST have a minimum of 2 bases or 1 base and 1 spotter).*
- The required hand/arm connection must remain until the single leg stunt is no longer extended
- Extended stunts may not brace or be braced by any other extended stunts.

### PYRAMID RELEASES

- Braced release moves are **NOT allowed**.
- Any time a top person is released by the bases and braced by another top person, they may not perform any skill and must land in a cradle.

### PYRAMID INVERSIONS

- Inversions are **not allowed** except those allowed in Novice Stunts.

### DISMOUNTS- *(Please see definition of dismount in NFHS Rules Book)*

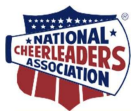
- Straight Pop downs **are allowed**
- Basic straight cradles **are allowed**
- ¼ twisting dismounts **are allowed**.

### TOSSES

- A toss to a cradle is allowed
- The only body position allowed is a straight ride.
- All other tosses are **NOT allowed**

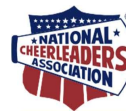
### ADDITIONAL REC, ELEMENTARY, MIDDLE SCHOOL & JUNIOR HIGH RESTRICTIONS

- All tosses to cradles are prohibited. (Example: Basket Tosses are not allowed)



# 2025-2026 NCA RULES AND RESTRICTIONS

Novice & Intermediate teams will follow the **2025-2026 USA Cheer & NFHS Spirit Rules Book** in addition to these skill restrictions:



## INTERMEDIATE SKILL RESTRICTIONS

### GENERAL TUMBLING

- No twisting while airborne. (Exception: Aerial cartwheels are allowed)

### STANDING TUMBLING

- Series front and back handsprings **are allowed**.
- Jump handspring (s) combinations **are allowed**
- Flips are **NOT allowed**.

### RUNNING TUMBLING

- Back flips performed in a tuck position **are allowed**.
- Back flips are **ONLY** allowed from a roundoff, cartwheel, or roundoff BHS.
- Other skills with hand support prior to the cartwheel or roundoff **are allowed**.
- Aerial Cartwheels **are allowed**
- No tumbling is allowed after a back flip or aerial cartwheel.
- Front flips are **not allowed**.

### STUNTS

- Up to ½ twist allowed to and from an extended position.
- Up to 1 twist allowed to and/or from prep level or below.

### RELEASES

- Release moves are allowed UP to prep level.
- Release moves are allowed up to ¼ twist.
- Release moves must initiate from **prep level or below**.

### INVERSIONS

- Inversions are allowed at prep level or below.
- Inversions may not pass through extended position. Foldover (Pancake) stunts are **not allowed**. **Suspended rolls are allowed**
- **Downward inversions are ONLY allowed from a horizontal/cradle position below prep level.**
- Released inversions are allowed up to ¼ twist
- Connected inversions are allowed up to 1 twist UP to prep level.

### PYRAMIDS

- All pyramid skills must follow Intermediate stunt restrictions unless connected to at least one bracer at prep level or below with hand/arm connection. **The required connection must be made at the initiation of the skill and remain connected throughout the entire transition.**
- Extended single leg stunts may not be braced by any other single leg extended stunts.

### PYRAMID RELEASES

- Braced release moves are allowed up to ½ twist.

### PYRAMID INVERSIONS

- **A braced forward, or backward flip is allowed; however, two bracers with hand to hand/arm connection with the top person is required, no twisting is allowed, and the flip must end in a cradle.**
- All other braced inversions must be braced from initiation of the skill and remain connected throughout the entire transition.

### DISMOUNTS

- Only straight pop downs, basic straight cradles and ¼ twisting dismounts are allowed from an extended single leg stunt.
- **Up to 1¼ twists are allowed from any prep level stunt or two-leg stunt at any level.**

### TOSSES

- Up to 1 trick is allowed.
- Up to 1 twisting rotation is allowed.
- During a twisting toss, no skill other than the twist is allowed.

### ADDITIONAL REC, ELEMENTARY, MIDDLE SCHOOL & JUNIOR HIGH RESTRICTIONS

- All tosses to cradles are prohibited. (Example: Basket Tosses are not allowed)
- Legal tosses to skills are allowed.

### ADDITIONAL NON-TUMBLING RESTRICTIONS

- Tumbling is **NOT** allowed. Tumbling is defined as any skill with feet over head rotation.
- Back Handspring entries into stunts or pyramids are **NOT** allowed.

## ADVANCED SKILL RESTRICTIONS

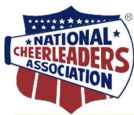
Novice & Intermediate teams will follow the **2025-2026 USA Cheer & NFHS Spirit Rules Book**

### ADDITIONAL MIDDLE SCHOOL & JUNIOR HIGH RESTRICTIONS

- All tosses to cradles are prohibited. (Example: Basket Tosses are not allowed)
- Legal tosses to skills are allowed.

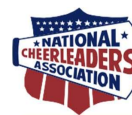
### ADDITIONAL NON-TUMBLING RESTRICTIONS

- Tumbling is **NOT** allowed. Tumbling is defined as any skill with feet over head rotation.
- Back Handspring entries into stunts or pyramids are **NOT** allowed.



# 2025-2026 NCA SCHOOL DEDUCTIONS AND VIOLATIONS

Deductions may be given before and following the routine



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

Includes	Would Not Include
<ul style="list-style-type: none"> <li>• Hand/hands down during a tumbling or jump skill</li> <li>• Head, shoulders, back, seat down, or other compromising position during tumbling or jump skill</li> <li>• Knee or knees down during tumbling or jump skill</li> <li>• Tumbling transitions in and/or out of a building skill</li> </ul>	<ul style="list-style-type: none"> <li>• An athlete that trips while walking during a transition</li> <li>• An athlete trips/falls following a controlled completion of a tumbling or jump skill</li> </ul>

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

Includes	Would Not Include
<ul style="list-style-type: none"> <li>• Base or spotter drops to performance surface during building skill.</li> <li>• Top person leans and/or bears weight on a base/spotter and is pushed back up into the stunt/skill</li> <li>• Lowering of a stunt from extended position to prep level (not a timing issue)</li> <li>• Pyramid skills that would fall without the bracer or bracer's support</li> <li>• Both feet and/or both hands coming in contact with performance surface during a cradle/prone</li> <li>• Drops to the performing surface from a thigh stand and/or waist level style stunt on to their feet (not a timing issue)</li> <li>• Incomplete Twisting Dismount that lands in a prone (stomach) position</li> </ul>	<ul style="list-style-type: none"> <li>• An omitted skill</li> <li>• Drop in a body position by the top person</li> <li>• Excessive movement by the bases</li> <li>• Balance checks by the top person</li> <li>• A single hand/foot in contact with performance surface during a cradle/prone</li> <li>• Single based/Coed style skill that never results in contact beyond a toss grip (omitted coed style skill)</li> </ul>

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

Includes	Would Not Include
<ul style="list-style-type: none"> <li>• Drops to a cradle position/ load in/ prone position</li> <li>• 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.</li> </ul>	<ul style="list-style-type: none"> <li>• Stunts that almost drop but are saved and return to a stunting position</li> <li>• All other items listed in the building bobble or major building fall sections</li> </ul>

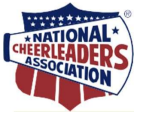
## **Major Building Fall 1.25-** Drops to the performance surface from a building skill by the top person and/or base(s)/ spotter(s) OR drops to a compromising position not included in building falls.

Includes	Would Not Include
<ul style="list-style-type: none"> <li>• Multiple bases and/or spotters drop to the performance surface</li> <li>• Top person lands on a base and/or spotter who drops to the performance surface</li> <li>• Tosses that land in a prone (on stomach), upright (feet down) or inverted (head down) position</li> <li>• Skills in which the event spotter is the primary catcher/saves an athlete while falling.</li> </ul>	<ul style="list-style-type: none"> <li>• Top person comes in contact with the performance surface during a transitional stunt and/or pyramid but without interrupting or stopping.</li> <li>• Top person is set out of a building skill or transition and drops to the performance surface (this includes tripping while walking)</li> </ul>

**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 separate pyramids will result in separate deductions.



# 2025-2026 NCA SCHOOL DEDUCTIONS AND VIOLATIONS



Deductions may be given before and following the routine

## BOUNDARY VIOLATION – 0.25

- Athlete with any part of the seat/torso or any combination of two hands and/or feet completely outside the performance surface.
- Judges' decisions are final and will not be reviewed.

## PROP VIOLATION – 0.5

- Props are allowed to be placed off the performing surface by someone who remains inside the performing surface.
- Teams may only receive 1 deduction for the same prop violation.
  - Hard props/megaphones released from an athlete while loading, dismounting or stationary in a stunt
  - A person on the ground throwing to another person or discarding a hard prop/megaphone with the intent of distance
  - Athletes performing/landing stunts, tumbling or jumps on props

## EXCESSIVE CELEBRATION – 0.5

- Teams should enter and exit the performing surface quickly. Any entrance/exit more than 30 seconds will result in a deduction. In all divisions including Game Day, timing will begin once the first participant has stepped onto the performing surface.
- Introductions (organized entrances, chants, spell outs, etc.) are considered part of the routine and will be timed as part of the performance. Team breaks, rituals and traditions need to take place prior to entering the mat.
- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures
- Teams should refrain from any type of excessive celebration after the performance (head swings, breakdancing, alternates/coaches on the mat, drops to the mat, etc.).

## UNSPORTSMANLIKE CONDUCT – 1.0

- 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 / WORDS – 1.0

- A deduction will be given for vulgar or suggestive choreography and/or music with words unsuitable for family viewing. Removing improper language or words from a song and replacing with sound effects constitutes inappropriate.

## DIVISION / PARTICIPATION VIOLATIONS (General – all divisions) – 1.0

- If a team performs with an athlete participating in more than 1 division, the 2<sup>nd</sup> and each subsequent team will receive a deduction off the final score for each illegal participant (maximum penalty is -10.0).
- Teams that compete with fewer than the minimum number of athletes will receive a deduction. Teams that compete with more than the maximum number of athletes will be disqualified.
- **UP TO 2** Mascots are allowed **ONLY if 2 DIFFERENT** Mascots represent the school and cannot participate in stunts, pyramids or tumbling skills. Mascots will not count towards # of participants.

## TIME LIMIT VIOLATIONS – 0.25 / 1.0 / 2.0

- In Crowd Leading/Performance divisions, timing will begin with the first organized word, movement or note of music by the team after they have taken the floor and END with the last movement, voice or note of the music, whichever comes last. Maximum total routine time is 2:30 and UP to 1:45 of the routine may be performed to music.
  - 1 – 5 seconds over = 0.25; 6+ seconds over = 1.0
- In Game Day divisions, timing will not include the team spiring or rallying but will begin with the first group movement, voice, or note of music. Jumps/kicks, single standing tumbling skills and single-based lifts are allowed prior to the start of the routine. The maximum performance time is 3:00.
  - 1 – 5 seconds over = 1.0; 6+ seconds over = 2.0
- 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.

## NFHS RULES / DIVISION SKILL VIOLATIONS – 0.5 / 1.0 / 3.0

- Crowd Leading/Performance and Game Day divisions
  - skills performed in violation of General NFHS Rules and/or division tumbling skill requirements, including Tumbling in a non-tumbling division will be deducted 0.5. Inversions in/out of the load position in stunts/pyramids are allowed. Back handspring entry is NOT allowed.
- Crowd Leading/Performance divisions
  - skills performed in violation of NFHS Safety Rules and/or division building skill requirements, including building in a non-building division will be deducted 1.0. Lifting and athlete(s) off the performing surface is considered a building skill and illegal.
- Game Day Divisions
  - skills performed in violation of NFHS Safety Rules will be deducted 3.0.

## GAME DAY FORMAT VIOLATIONS – 2.0

- Teams will perform the following, in order: Band Chant, Game Situation Response, Game Day Cheer and Fight Song.
- Tumbling and/or stunting is prohibited during the Band Chant section. Recorded band music must be used.
- During the Fight Song, teams can incorporate up to 3 consecutive 8-counts of skills which will include loading and dismounting (unless routine finished in a stunt/pyramid). Any choreographed dismounts will continue the timing of the routine. Skills may be repeated, if performed identically.
- Stunts are not allowed as a transition before or between sections. See the Event Guidelines for additional skill restrictions in Game Day Cheer and Fight Song.

## MASCOT DIVISION VIOLATIONS

- Mascot Prop Violations -2.0
- Mascot Inappropriate Choreography – 2.0
- Mascot Format Violation -1.0