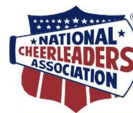


2026-2027 NCA RULES AND RESTRICTIONS

Novice & Intermediate teams will follow the **2026-2027 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.)
- Up to ½ twist allowed to and from an extended position. (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**
- Suspended Forward Rolls are **NOT allowed**
- Downward Inversions are **NOT allowed**

PYRAMIDS

- All skills must follow Novice stunt rules unless properly braced by at least one individual at prep level or below using a continuous hand/arm connection initiated at the start of the skill.
- Extended single-leg stunts require a brace at prep level or below, with the bracer supported by either two bases or one base and one spotter.
- The hand/arm connection must be established before the stunt becomes extended and maintained until the stunt returns below extension.
- Extended stunts may not brace or be braced by 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- **All allowed dismount variations must be caught by the original bases** (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)



2026-2027 NCA RULES AND RESTRICTIONS

Novice & Intermediate teams will follow the **2026-2027 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. (Exception: A single full twisting Log roll is allowed, must start/end in a cradle.)
- 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 **at** or 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 **2026-2027 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.