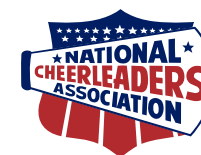


NCA SCHOOL DIVISIONS

2018 - 2019 RULES AND RESTRICTIONS



NOVICE SKILLS RESTRICTIONS

Novice teams will follow AACCA Safety Guidelines with these additional skill restrictions.

STANDING TUMBLING: Standing tumbling is limited to a standing single back handspring. Standing back handspring series and jump/back handspring combinations are not allowed. Standing tucks are not allowed.

RUNNING TUMBLING: Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).

STUNTS: Single leg stunts may not be held or pass through an extended position. No extended liberties. Twisting transitions are limited to a ½ twist by the top person. Exception: Log Rolls/Barrel rolls are allowed.

All release moves must land in a cradle.

The only inversions allowed are transitions from ground level inversions to non-inverted positions. No other inversions are allowed.

Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed.

Example: Going from a cradle to a handstand or from a prone position to a forward roll is not allowed.

PYRAMIDS: Extended one leg stunts must be braced by at least one person at prep level or below. The connection must be made prior to executing single leg extended stunt.

Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle.

Inversion in pyramids are not allowed with the exceptions of the inversions allowed under Novice Stunts.

Release moves in pyramids are not allowed with the exception of the release moves allowed under Novice Stunts.

DISMOUNTS: Only straight pop downs, basic straight cradles and ¼ turns are allowed.

TOSSES: The only body position allowed is a straight ride.

INTERMEDIATE SKILLS RESTRICTIONS

Intermediate teams will follow AACCA Safety Guidelines with these additional skill restrictions.

STANDING TUMBLING: Flips are not allowed. No standing back tucks or back handspring back tucks.

RUNNING TUMBLING: Flips may ONLY be performed in tuck position only and from a round off or round off back handspring(s). Other skills with hand support prior to the round off or round off back handspring are allowed. Punch fronts are not allowed.

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

No tumbling is allowed after a flip or an aerial cartwheel.

Cartwheel tucked flips and/or cartwheel – back handspring(s) – tucks are not allowed.

STUNTS: Twisting transitions to and from an extended position may not exceed ½ twisting transition. Twisting transitions to, from and at prep level may not exceed 1 twisting transition. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level. Release moves above prep level are NOT allowed.

PYRAMIDS: Braced flips are not allowed.

DISMOUNTS: Only straight pop downs, basic straight rides, and ¼ turns are allowed from any single leg stunt. Up to 1¼ twists are allowed from any two leg stunt.

TOSSES: Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

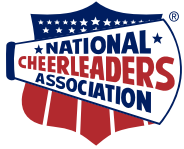
JUNIOR HIGH / MIDDLE SCHOOL / ELEMENTARY SKILLS RESTRICTIONS

Junior High, Middle School, and Elementary teams will follow Additional Restrictions as listed in the AACCA Safety Guidelines.

ADVANCED SKILLS RESTRICTIONS

Advanced teams will follow the standard AACCA Safety Guidelines with no other skill restrictions.

RULES AND RESTRICTIONS TO TAKE EFFECT FOR 2018 - 2019 CHAMPIONSHIP SEASON.



2018 - 2019 NCA SCHOOL JUDGING RANGES

The following grid outlines 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
Extension Preps or One Leg Variations Below Prep Level	Pyramids involving Extended Two Leg Stunts and/or One Leg Stunts at Prep Level	Cartwheels or Round-offs or Forward/Backward Rolls
4 - 5	4 - 5	4 - 5
Extensions or One Leg Variations at Prep Level	Pyramids involving an Extended One Leg Stunt	Round-off BHS or Standing BHS

TOSSES

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

JUMP DIFFICULTY (4.0 - 5.0)

*Must be advanced jumps

- 4.0 – Single jumps
- 4.2 – Double jump combinations
- 4.4 – Triple jump combinations with no variety
- 4.6 – Triple jump combinations with variety
- 4.8 – Quad jump combinations or triple jump combinations and a single jump, no variety
- 5.0 – Quad jump combinations or triple 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.

PERFORMANCE/SHOWMANSHIP (9.0 - 10.0)

Genuine enthusiasm and energy level throughout routine

SCHOOL REPRESENTATION (9.0 - 10.0)

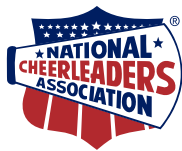
Image, sportsmanship, performance integrity

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 ACCA Restrictions located in the NCA Rule Book.

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



2018 - 2019 NCA SCHOOL JUDGING RANGES

The following grid outlines 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.

INTERMEDIATE DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2 - 3	2 - 3	2 - 3
Extension Preps or One Leg Variations Below Prep Level	Pyramids involving an Extended Two Leg Stunt and/or One Leg Stunt at Prep Level	Cartwheels or Round-offs or Forward/Backward Rolls
3 - 4	3 - 4	3 - 4
Extensions or One Leg Variations at Prep Level	Pyramids involving an Extended One Leg Stunt	Round-off BHS or Stand BHS
4 - 5	4 - 5	4 - 5
Extended One Leg Stunts Required Dismount: Single Twist from Two Leg Stunts	Pyramids involving multiple transitional elements, one of which is a release and multiple extended structures including extended one leg stunts.	Round-off BHS Back Tucks or Round-off Tucks or Standing BHS Series or Jump/BHS Combinations

TOSSSES

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

JUMP DIFFICULTY (4.0 - 5.0)

*Must be advanced jumps

- 4.0 – Single jumps
- 4.2 – Double jump combinations
- 4.4 – Triple jump combinations with no variety
- 4.6 – Triple jump combinations with variety
- 4.8 – Quad jump combinations or triple jump combinations and a single jump, no variety
- 5.0 – Quad jump combinations or triple 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.

PERFORMANCE/SHOWMANSHIP (9.0 - 10.0)

Genuine enthusiasm and energy level throughout routine

SCHOOL REPRESENTATION (9.0 - 10.0)

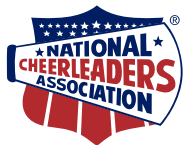
Image, sportsmanship, performance integrity

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 ACCA Restrictions located in the NCA Rule Book.

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



2018 - 2019 NCA SCHOOL JUDGING RANGES

The following grid outlines 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.

ADVANCED DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2 - 3	2 - 3	2 - 3
Extension Preps or One Leg Variations Below Prep Level Extensions or One Leg Variations at Prep Level	Pyramids involving Extended Two Leg Stunts and/or One Leg Stunts at Prep Level Pyramids involving an Extended One Leg Stunt	Cartwheels or Round-offs or Forward/Backward Rolls Round-off BHS or Standing BHS
3 - 4	3 - 4	3 - 4
Extended One Leg Stunts Required Dismount: Single Twist from Two Leg Stunts	Pyramids involving multiple transitional elements, one of which is a release and multiple extended structures including extended one leg stunts.	Round-off BHS Back Tucks or Round-off Tucks or Standing BHS Series or Jump/BHS Combinations
4 - 5	4 - 5	4 - 5
Required: Elite Skills* Single Twist from One Leg Stunts or Extended Stunt Sequence performed by a Single Base, Unassisted	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences, at least one of which is a Braced Flip Transition or Arm Braced Tic Tock [and Multiple Extended Structures]	Layouts or Standing Back Tucks or Standing BHS Back Tucks

STUNTS

ELITE STUNT SKILLS* INCLUDE (BUT ARE NOT LIMITED TO):

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

**Advanced Divisions only*

TOSSES

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

JUMP DIFFICULTY (4.0 - 5.0)

*Must be advanced jumps

- 4.0 – Single jumps
- 4.2 – Double jump combinations
- 4.4 – Triple jump combinations with no variety
- 4.6 – Triple jump combinations with variety
- 4.8 – Quad jump combinations or triple jump combinations and a single jump, no variety
- 5.0 – Quad jump combinations or triple jump combinations and a single jump, must include variety

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 AACCA Restrictions located in the NCA Rule Book.

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

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.

PERFORMANCE/SHOWMANSHIP (9.0 - 10.0)

Genuine enthusiasm and energy level throughout routine

SCHOOL REPRESENTATION (9.0 - 10.0)

Image, sportsmanship, performance integrity