2027 NCA COLLEGIATE CHAMPIONSHIP – DIVISION RESTRICTIONS

INTERMEDIATE DIVISION RESTRICTIONS

All Intermediate Teams must comply with USA Cheer College Cheer Rules in addition to the rules outlined below.
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STUNTS

- Twisting stunts (i.e., full ups) are limited to one and a quarter (1¼) twisting rotation. One and a half (1½) ups and double ups are prohibited.
- Released inversions from prep level or below are allowed up to a non-inverted position at prep and may not exceed a ½ twist.
- A top person may be released to an inverted prep level stunt from a non-inverted prep level stunt, a ground inversion, or a standing position on the ground. The release may not twist, the top person may not rotate more than 1/2 to the hand in hand, and a spotter must be present.
- Inversions may pass through an extended position but must not pause or stop in an extended position.
- Free flipping mounts and dismounts are not allowed.
- Multiple-base stunt groups may perform release full twists to an extended position; however, release full twists to an extended position are not permitted in coed-style stunts.
- Twisting dismounts are limited to one and a quarter twist (1¼).

PYRAMIDS

- All other skills must follow intermediate stunt rules unless braced by at least one person at prep level or below from initiation of the skill.
- Braced Flips must make contact with a bracer prior to initiation and remain connected until the top person is no longer inverted.
- Pyramids sustained over 2 persons high are prohibited. Pyramids are allowed to pass through 2.5 high if there is no stop in momentum or change in direction during the transition.
- Released transitions must be caught by 2 stationary catchers or stationary 1 catcher and 1 spotter.
- A Released top person in a pyramid may not be connected to an extended stunt OR other released top persons.
- A Released top person may not land in an inverted stunt.

TOSSES

- Release flips from basket/sponge tosses are prohibited.
- Twisting dismounts from basket/sponge tosses may not exceed 2 rotations (¼ turn is allowed to set for the twist).
- A toss may not pass through *(performance error)* or land in an inverted position *(point deduction)*.

TUMBLING

- Standing back tucks or other flips and standing tumbling with back tucks or other flips are prohibited.
- Airborne flips out of running tumbling are permitted (e.g. tucks, layouts, whips, etc.).
- No twisting while airborne. (Onodis ARE NOT ALLOWED)
- Aerials ARE ALLOWED.

GAME DAY DIVISIONS

GENERAL

- Maximum of 30 participating members
- Maximum time allotted is 3:00

STUNTS / PYRAMIDS

- Pyramids sustained at 2 ½ persons high are PERMITTED.
- Twisting stunts (i.e. full ups) may not exceed 1 ¼ twisting rotation

TOSSES

- Flipping tosses are permitted with zero twisting rotations.
- Non flipping/twisting tosses may not exceed 2 ¼ twisting rotations

TUMBLING

- Twisting flips are not permitted (EXCEPTION: Aerials are allowed)

PERFORMANCE STRUCTURE REQUIREMENTS

Must include school athletes from the 3 following school programs:

- Minimum Band / Pep Band / Drumline = 20%
- Minimum Cheer and/or Dance = 20%
- Minimum Mascot / Color Guard / Majorette / Student Spirit = 10%

Please use this chart to determine the minimum # of athletes required:

#	Cheer/Dance	Band/Drum	Other
30	6	6	1
25-29	5	5	1
20-24	4	4	1
15-19	3	3	1
10-14	3	3	1

SPIRIT RALLY DIVISIONS

THE FOLLOWING SKILLS ARE PROHIBITED:

- Basket tosses, elevator/sponge tosses and other multi-based tosses.
- Partner stunts in which the base uses only 1 arm to support the top person (Exception: Non-twisting cupies / awesomes are allowed).
- Flips into or from partner stunts.
- ***Full releases to or from an inversion on the ground or in a stunt***.
- ***Extended Inversions***.
- Twisting dismounts greater than 1 ¼ rotation. Twisting dismounts up to 1 ¼ rotation require a spotter.
- 2 ½ high Pyramids.
- Airborne twisting tumbling skills *(Exception: Aerials are allowed)*

GENERAL

- Maximum of 30 participating members *(Cheerleaders & Mascots)*
- Maximum time allotted is 2:15

PERFORMANCE STRUCTURE REQUIREMENTS

Must include at least 1 of each of the following, in any order:

♦ Cheer ♦ Sideline Chant ♦ School Fight Song / Band Chant

*Use of ALL the following are **REQUIRED** in Cheer &/or Sideline:*

♦ Signs ♦Flags ♦Poms ♦ Megaphones

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PARTNER STUNT

COMPETITION REQUIREMENTS

- All skills must comply with USA Cheer College Cheer Rules. Violations could result in a **-2.0** deduction.
- Participants must be official member of the school & cheerleading team (not program) they are representing & meet all of their school's eligibility requirements. The official NCA Eligibility Form must be submitted prior to the competition.
- Maximum time allotted is 0:45. *Time Violations: 1-5 seconds = **-0.5**, 6+ seconds = **-1.0**
- Judges will not issue a deduction until the stopwatches show a time of 3 seconds over the allotted time. If a routine is retimed as part of a review, the exact time will be used without the 3 second allowance.
- Routine should be performed to Music. Routine & Music must be suitable for family viewing or may result in a **-2.0** deduction or disqualification.
- Props are not allowed (Example: rally towels). *Prop Violations: **-0.5**
- Each participating couple should provide 1 spotter. Only 1 spotter may be on the mat as needed to make the stunt legal. Spotter may not assist with performance. Spotter may not touch or assist any stunts. In the event a spotter touches or assists a stunt, a **-2.0** deduction will be assessed per occurrence (exception: may assist in dismounts when mandated by USA Cheer Guidelines or drops/falls).
- A participant may take part in only 1 partner stunt routine. A participant may only compete with the partner with whom they qualified.
- Must follow Uniform requirements (pages 7-8).

GROUP STUNT

COMPETITION REQUIREMENTS

- All skills must comply with USA Cheer College Cheer Rules. Violations could result in a **-2.0** deduction.
- Participants must be official member of the school & cheerleading team (not program) they are representing & meet all of their school's eligibility requirements. The official NCA Eligibility Form must be submitted prior to the competition.
- Maximum time allotted is 0:45. *Time Violations: 1-5 Seconds = **-0.5**, 6+ Seconds = **-1.0**
- Judges will not issue a deduction until the stopwatches show a time of 3 seconds over the allotted time. If a routine is retimed as part of a review, the exact time will be used without the 3 second allowance.
- Routine should be performed to Music. Routine & Music must be suitable for family viewing or may result in a **-2.0** deduction or disqualification.
- Props are not allowed (Example: rally towels). *Prop Violations: **-0.5**
- A participant may take part in only 1 group stunt routine. A participant may only compete with the stunt group in which they qualified.
- Participants MUST be ALL female, MAXIMUM of 4 participants allowed.
- Must follow Uniform requirements (pages 7-8).

MASCOT

COMPETITION REQUIREMENTS

- All Mascots must comply with USA Cheer College Cheer Rules when performing athletic skills in their skit. Violations could result in a **-2.0** deduction.
- Mascots are allowed a total MAXIMUM set-up / tear-down time of 1:30. Maximum Routine time allotted is 1:30. Multiple time limits, each section could receive a deduction. *Time Violations: 1-5 seconds = **-0.5**, 6+ seconds = **-1.0**
- Judges will not issue a deduction until the stopwatches show a time of 3 seconds over the allotted time. If a routine is retimed as part of a review, the exact time will be used without the 3 second allowance.
- Timing of the routine will begin with the first organized word, movement, or note of music after they are officially announced.
- Other people may assist with set-up and tear-down.
- Mascots must be dressed in the school's official mascot costume, including during both set-up and tear-down.
- Music may be used and is encouraged. The routine should contain a theme and should be well organized and understandable.
- The routine should include 20 consecutive seconds MINIMUM of each of the following: Dance with Music, Prop Utilization & Crowd Interaction/Response material.
- Routine & Music must be suitable for family viewing or may result in a **-2.0** deduction or disqualification.
- Mascots may not utilize any type of height increasing apparatus (mini tramps, spring boards, etc.). A box is permitted however the height of the box cannot exceed 3 feet.
- Any size props may be used. Props that may cause damage to the performing surface may not be used. Confetti, water, paints or other such props that may delay Competition are prohibited. Any hard or yielding props may NOT be thrown. Any props MUST be placed and remain within the performing surface (unless weather related). Violations will result in a **-2.0** deduction or disqualification.
- Other people may assist with support of props ONLY IF the event is outside to reduce weather related issues. These assistants may not participate in any activity within the skit, other than to support props. This includes but is not limited to hand-offs, manipulating props to make move or spin, or any other function other than basic support. Violations will result in a **-2.0** deduction.
- Use of fire, noxious gases, live animals, weapons, and other potentially hazardous elements are strictly prohibited including, but not limited to, guns, knives, swords, nun-chucks, etc.
- Timing will end with the last organized word, movement, or note of music by the mascot.