

NCA DIVISIONS AND GUIDELINES



CROWD LEADING DIVISIONS

Routine Length: 2:30 minutes (Music Time: Up to 1:45 minutes)

CHEER PORTION: EMPHASIZES CROWD LEADING ABILITY WITH CROWD EFFECTIVE MATERIAL AND PROPS TO ENHANCE CROWD ENGAGEMENT

Level	Division	Team Members	Age of Eligibility	Female/Male
NOVICE	Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	JV/Freshmen	5 - 30 members	11th grade & below	Female/Male
	Varsity	5 - 30 members	9th - 12th grade**	Female/Male
INTERMEDIATE	Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	JV/Freshmen	5 - 30 members	11th grade & below	Female/Male
	Varsity	5 - 30 members	9th - 12th grade**	Female
	Coed Varsity	5 - 30 members	9th - 12th grade**	Female/Male
ADVANCED	Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	JV/Freshmen	5 - 30 members	11th grade & below	Female/Male
	Varsity	5 - 30 members	9th - 12th grade**	Female
	Coed Varsity	5 - 30 members	9th - 12th grade**	Female/Male

OTHER CROWD LEADING DIVISIONS (Non- Building/ Non-Tumbling)

Routine Length: 2:30 minutes (Music Time: Up to 1:45 minutes)

CHEER PORTION: EMPHASIZES CROWD LEADING ABILITY WITH CROWD EFFECTIVE MATERIAL AND PROPS TO ENHANCE CROWD



Level	Division	Team Members	Age of Eligibility	Female/Male
NOVICE	Novice Non-Building Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	Novice Non-Building Varsity	5 - 30 members	9th - 12th grade**	Female/Male
INTERMEDIATE	Intermediate Non-Building Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	Intermediate Non-Building Varsity	5 - 30 members	9th - 12th grade**	Female/Male
	Intermediate Non-Tumbling Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	Intermediate Non-Tumbling JV/Freshman	5- 30 members	11 th grade & below	Female/Male
	Intermediate Non-Tumbling Varsity	5 - 30 members	9th - 12th grade**	Female
	Intermediate Non-Tumbling Coed Varsity	5-30 members	9th - 12th grade**	Female/Male
ADVANCED	Advanced Non-Building Varsity	5 - 30 members	9th - 12th grade**	Female/Male
	Advanced Non-Tumbling Varsity	5 - 30 members	9th - 12th grade**	Female
	Advanced Non-Tumbling Coed Varsity	5 - 30 members	9th - 12th grade**	Female/Male

DIVISION SPLIT GUIDELINES

National Cheerleaders Association will SPLIT divisions in the best interest of providing a competitive environment. Performance and Crowd Leading Divisions will be split into Small (5-15 members), Medium (16-23 members), Large (24 - 30 members). When/if a division has 10 or more teams (5 or more at Regionals), additional splits may be offered. When/if a division has less than 3 teams (less than 2 at Regionals), they may be combined into the same age/size division.

**Up to 2 Mascots will be allowed to participate on any performance or Crowd Leading Team in addition to the 5-30 members (only if 2 different mascots represent the school). Any additional Mascots and all Flag Runners will be considered in the total participant count. A Varsity Team will be considered COED when there are any male participants not including flag runners or mascots.

OTHER CROWDLEADING DIVISION GUIDELINES

The Crowd Leading divisions will follow the NCA Rules and Restrictions for Novice, Intermediate or Advanced divisions and requires a cheer portion that emphasizes crowd-leading ability. Categories on the score sheet include Spacing and Formations, Crowd Effective Material and Voice/Inflection.

The Non-Tumbling divisions will follow the above NCA Guidelines and, in addition, will prohibit all tumbling, except for inversions into or from load in positions, stunts and pyramids. Tumbling is defined as any skill with feet over head rotation. Exception: a back handspring entry into stunts / pyramids will not be allowed. Non-Tumbling divisions may not be eligible for certain specialty awards.

Non-Building divisions. In these divisions no partner stunts, pyramids or tosses are allowed. If an athlete is ever lifted off the performing surface by another athlete or athletes, it would be considered a 'building skill,' and therefore illegal.

Junior High/ Middle School Divisions will be restricted from performing any type of toss or waist level cradles- See usacheer.org for more information on these additional skill restrictions.

REC CROWD LEADING DIVISIONS (Rec Teams/Elementary/Other)

Routine Length: 2:30 minutes (Music Time: Up to 1:45 minutes)

CHEER PORTION: EMPHASIZES CROWD LEADING ABILITY WITH CROWD EFFECTIVE MATERIAL AND PROPS TO ENHANCE CROWD ENGAGEMENT



Level	Division	Team Members	Age of Eligibility	Female/Male
NOVICE	Novice Rec- 10Y	5 - 36 members	2016 and Later	Female/Male
	Novice Rec- 12Y	5 - 36 members	2014 and Later	Female/Male
	Novice Rec- 14Y	5 - 36 members	2012 and Later	Female/Male
INTERMEDIATE	Intermediate Rec- 10Y	5 - 36 members	2016 and Later	Female/Male
	Intermediate Rec- 12Y	5 - 36 members	2014 and Later	Female/Male
	Intermediate Rec- 14Y	5 - 36 members	2012 and Later	Female/Male
GAME DAY	Game Day Rec- 14Y	5 - 36 members	2012 and later	Female/Male

DIVISION SPLIT GUIDELINES

National Cheerleaders Association will SPLIT divisions in the best interest of providing a competitive environment. When/if an Rec division has 5 or more teams, additional splits may be offered. When/if a division has less than 2 teams, they may be combined. This split would include affiliated and non affiliated rec teams.

OTHER REC DIVISION GUIDELINES

The Rec divisions will follow the NCA Rules and Restrictions for Novice and Intermediate Divisions and requires a cheer portion that emphasizes crowd- leading ability. Categories on the score sheet include Spacing and Formations, Crowd Effective Material and Voice/Inflection. Rec Divisions will be restricted from performing any type of toss or waist level cradles. - See usacheer.org for more information on these additional skill restrictions.

PERFORMANCE DIVISIONS

Routine Length: 2:30 minutes (Music Time: Up to 1:45 minutes)

CHEERPORTION: AN ENTERTAINMENT OR STORY TELLING STYLE CHEER WHICH MAY OR MAY NOT UTILIZE PROPS BUT DOES NOT REQUIRE CROWD PARTICIPATION



Level	Division	Team Members	Age of Eligibility	Female/Male
NOVICE	Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	JV/Freshmen	5 - 30 members	11th grade & below	Female/Male
	Varsity	5 - 30 members	9th - 12th grade**	Female/Male
INTERMEDIATE	Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	JV/Freshmen	5 - 30 members	11th grade & below	Female/Male
	Varsity	5 - 30 members	9th - 12th grade**	Female
	Coed Varsity	5 - 30 members	9th - 12th grade**	Female/Male
ADVANCED	Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
	JV/Freshmen	5 - 30 members	11th grade & below	Female/Male
	Varsity	5 - 30 members	9th - 12th grade**	Female
	Coed Varsity	5 - 30 members	9th - 12th grade**	Female/Male

DIVISION SPLIT GUIDELINES

National Cheerleaders Association will SPLIT divisions in the best interest of providing a competitive environment. Performance and Crowd Leading Divisions will be split into Small (5 - 15 members), Medium (16-23 members), Large (24 - 30 members). When/if a division has 10 or more teams (5 or more at Regionals), additional splits may be offered. When/if a division has less than 3 teams (less than 2 at Regionals), they may be combined into the same age/size division.

**Up to 2 Mascots will be allowed to participate on any performance or Crowd Leading Team in addition to the 5-30 members. Any additional Mascots and all Flag Runners will be considered in the total participant count. A Varsity Team will be considered COED when there are any male participants not including flag runners or mascots.

GAME DAY DIVISIONS

Routine Length: 3:00 minutes

Include all sections performed in this order: Band Chant, Situational Cheer, Crowd Leading Cheer and Fight Song--all crowd leading material suitable for the sideline or pep rallies.



Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
JV/Freshmen	5 - 30 members	11th grade & below	Female/Male
Varsity	5 - 30 members	9th - 12th grade**	Female
Coed Varsity	5 - 30 members	9th - 12th grade**	Female/Male
* Game Day Rally (previously Spirit Program)	5 - 36 members	9th - 12th grade**	Female/Male

DIVISION SPLIT GUIDELINES

National Cheerleaders Association will SPLIT divisions in the best interest of providing a competitive environment. Game Day Divisions will be split into Small (12 - 15 members), Medium (16-19 members), Large (20-23 members), Super (24-30). When/if a division has 10 or more teams (5 or more at Regionals), additional splits may be offered. When/if a division has less than 3 teams (less than 2 at Regionals), they may be combined into the same age/size division.

**Up to 2 Mascots will be allowed to participate on any Game Day Team in addition to the 5-30 members (only if 2 different mascots represent the school). Any additional Mascots and all Flag Runners will be considered in the total participant count. A Varsity Team will be considered COED when there are any male participants not including flag runners or mascots.

GAME DAY RALLY DIVISION GUIDELINES

*Game Day Rally must consist of more than cheer and mascot by incorporating other Spirit Program elements such as band, drum line, dance team, etc. The programs participating must be officially recognized by the competing school's admin as a member of the competing school's dance, cheer or band program. Game Day Rally participant requirements are not the same as our Game Day divisions. Mascots and Flag Runners are included in your participation totals as these are needed to accurately meet your division requirements. See the required breakdown below of each group requiring representation in addition to the cheer program:

- Incorporation of additional spirit group(s):
- Minimum 20% band/drumline/dance team (can be one of these or mixed)

OTHER DIVISION GUIDELINES

Athletes may only represent 1 school. Athletes MAY compete in any 1 Game Day Division and also compete in any 1 Performance OR Crowd Leading Division. Athletes CANNOT compete in 2 different Game Day divisions or both Performance and Crowd Leading division.

**All Varsity divisions are for 9th - 12th grade. Athletes younger than 9th grade will be allowed to participate if they are enrolled in the school they are representing, are recognized as full time cheerleaders for that school, and receive written permission from NCA prior to competition. A Varsity Team will be considered COED when there are any male participants not including flag runners or mascots.