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<i>2011 - 2012 NCA All-Star Divisions</i>	<b>03-09</b>
<i>2011 - 2012 USASF/IASF Rules</i>	
<i>General Safety Rules and Routine Requirements</i>	<b>10-11</b>
<i>Level 1 Rules</i>	<b>11-14</b>
<i>Level 2 Rules</i>	<b>15-18</b>
<i>Level 3 Rules</i>	<b>19-23</b>
<i>Level 4 Rules</i>	<b>24-29</b>
<i>Level 5 Rules</i>	<b>29-34</b>
<i>Level 6 Rules</i>	<b>34-37</b>
<i>2011 - 2012 All-Star Scoring Ranges</i>	<b>38-41</b>
<i>2011 - 2012 All-Star Scoring Descriptions</i>	<b>42</b>
<i>2011 - 2012 All-Star Point Deduction System</i>	<b>43</b>
<i>Legality Verification</i>	<b>44</b>
<i>Routine Requirements</i>	<b>45</b>
<i>Performance Area</i>	<b>45</b>
<i>Music Information</i>	<b>45</b>
<i>Judging Panels</i>	<b>46</b>
<i>NCA Scoring Process</i>	<b>46</b>
<i>Code Of Conduct</i>	<b>47</b>
<i>Eligibility Policy</i>	<b>47</b>
<i>Divisions &amp; Crossovers</i>	<b>48</b>
<i>Inappropriate Choreography/Music/Outfitting</i>	<b>48-49</b>
<i>Interruption Of Performance</i>	<b>49-50</b>
<i>Best Cheerleader</i>	<b>50</b>
<i>Group Stunt</i>	<b>50</b>

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## 2011-2012 USASF/IASF ALL-STAR DIVISIONS

Items below that are highlighted show significant changes that were made to the 2010-11 Cheer Age Grid. The divisions listed below will be split into “Small” (5-20) and “Large” (21-32/36) if there will be at least 2 teams in each of the “Small” and “Large” divisions. See below for Senior Level 5 split information.

### USASF LEVEL 1

<b>Tiny</b>	5 Years & Younger (5-32 Members, Female/Male)
<b>Mini</b>	8 Years & Younger (5-32 Members, Female/Male)
<b>Youth</b>	11 Years & Younger (5-32 Members, Female/Male)
<b>Junior</b>	14 Years & Younger (5-32 Members, Female/Male)
<b>Senior</b>	18 Years & Younger (5-32 Members, Female/Male)

### USASF LEVEL 2

<b>Mini</b>	8 Years & Younger (5-32 Members, Female/Male)
<b>Youth</b>	11 Years & Younger (5-32 Members, Female/Male)
<b>Junior</b>	14 Years & Younger (5-32 Members, Female/Male)
<b>Senior</b>	18 Years & Younger (5-32 Members, Female/Male)

### USASF LEVEL 3

<b>Mini</b>	8 Years & Younger (5-32 Members, Female/Male)
<b>Youth</b>	11 Years & Younger (5-32 Members, Female/Male)
<b>Junior</b>	14 Years & Younger (5-32 Members, No Males)
<b>Junior Coed</b>	14 Years & Younger (5-32 Members, 1 or more Males)
<b>Senior</b>	18 Years & Younger (5-32 Members, No Males)
<b>Senior Coed</b>	18 Years & Younger (5-32 Members, 1 or more Males)

### USASF LEVEL 4

<b>Youth</b>	11 Years & Younger (5-32 Members, Female/Male)
<b>Junior</b>	14 Years & Younger (5-32 Members, No Males)
<b>Junior Coed</b>	14 Years & Younger (5-32 Members, 1 or more Males)
<b>Senior</b>	18 Years & Younger (5-32 Members, No Males)
<b>Senior Coed</b>	18 Years & Younger (5-32 Members, 1 or more Males)

### USASF LEVEL 4.2

<b>Senior</b>	18 Years & Younger (5-32 Members, Female/Male)
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## 04 NCA ALL-STAR COMPETITION GUIDELINES

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### USASF LEVEL 5

**Youth Restricted\*** 11 Years & Younger (5-36 Members, Female/Male)  
(See Restrictions Below)

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**Youth** 11 Years & Younger (5-36 Members, Female/Male)

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**Junior** 14 Years & Younger (5-36 Members, No Males)

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**Junior Coed** 14 Years & Younger (5-36 Members, 1 or more Males)

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**Senior Restricted\*** 18 Years & Younger (5-36 Members, Limit 0-4 Males)  
(See Restrictions Below)

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**Senior** 12-18 Years Old (5-36 Members, No Males)

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**Senior Small Coed** 12-18 Years Old (5-20 Members, 1-4 Males)

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**Senior Medium Coed** 12-18 Years Old (5-30 Members, 1-6 Males)

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**Senior Large Coed** 12-18 Years Old (5-36 Members, 1-18 Males)

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**International Open 5** 14 Years & Older (5-24 Members, No Males)

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**International Open Coed 5** 14 Years & Older (5-24 Members, 1-12 Males)

### USASF LEVEL 6

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**International Open 6** 17 Years & Older (5-24 Members, No Males)

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**International Open Coed 6** 17 Years & Older (5-24 Members, 1-15 Males)

### SPECIAL NEEDS

**Special Needs** Any age (Unlimited Members, Female/Male)

The information below is associated with the Age Chart above and on the previous page.

The Age Chart is a “menu” of divisions that may be offered by an individual event producer. An event producer does not have to offer every division listed above. However, a USASF/IASF member event producer may only offer divisions from the grid and/or combine/split divisions based upon the guidelines below, unless prior written approval is received from the USASF/IASF. Divisions/rules that are “less” or “more” restrictive than those listed are not permitted without written permission from the USASF/IASF.

The maximum size for a team is 32 competitors on the floor for the 2011-12 season, except for Levels 5 & 6 as noted.

The age of the competitor as of August 31, 2011 will be the age used for competition purposes throughout the 2011-2012 season for all divisions.

The USASF/IASF recognizes the concern with fielding teams of a broad age range and highly recommends that individual gyms/programs be vigilant in monitoring participants of various ages on the same team and that, whenever possible, a team’s composition is made up of participants of similar ages.

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- The Senior Restricted Level 5 division is open to all female (0 males) or female/male (limit 1-4 males) teams with participants 18 yrs and younger and the team size limit of 5 - 36 members. See “Split Guidelines” below for this division.
- The following skill restrictions apply for Senior Restricted Level 5:  
Tumbling skills are allowed up to 1 flipping and 1 twisting rotations.  
In tumbling, twisting skills may ONLY be performed if immediately preceded by a back handspring(s) or round off. During a full-twisting tumbling skill, no trick other than the twist is allowed (including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts) and both feet must land and finish on the performing surface (i.e. no full twisting tumbling to seat, prone body landings or similar). Clarification: All skills up to a full twist are also allowed. (example: half twists and Arabians) Additional tumbling skills may be performed prior to the round-off and/or back handspring.

No tumbling is allowed after the twisting skill. (Exception: A forward or backward roll is allowed after a twisting skill; however, no tumbling is allowed after the roll.) Clarification: If any tumbling follows a forward or backward roll or forward or backward twisting skill, at least one step into the next tumbling skill must be included to separate the two passes. **Stepping out of a twisting skill (i.e. Arabian) or forward roll is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out or a forward roll step out. However, if the athlete finishes the twisting skill or stands the forward roll with both feet together, then one step is all that is needed to create a new tumbling pass.**

Tosses may not exceed three tricks (i.e. hitch kick full, switch kick full, kick double)

Senior Restricted Level 5 and Senior Level 5 divisions may not be combined into one division.

- The Youth Restricted Level 5 division is open to all female (0 males) or female/male (limit 1-4 males) teams with participants 11 yrs and younger and the team size limit of 5 - 36 members. See “Split Guidelines” below for this division.
- The following skill restrictions apply for Youth Restricted Level 5:  
Tumbling skills are allowed up to 1 flipping and 1 twisting rotations.  
In tumbling, twisting skills may ONLY be performed if immediately preceded by a back handspring(s) or round off. During a full-twisting tumbling skill, no trick other than the twist is allowed (including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts) and both feet must land and finish on the performing surface (i.e. no full twisting tumbling to seat, prone body landings or similar). Clarification: All skills up to a full twist are also allowed. (example: half twists and Arabians) Additional tumbling skills may be performed prior to the round-off and/or back handspring. No tumbling is allowed after the twisting skill. (Exception: A forward or backward roll is allowed after a twisting skill; however, no tumbling is allowed after the roll.) Clarification:

If any tumbling follows a forward or backward roll or forward or backward

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twisting skill, at least one step into the next tumbling skill must be included to separate the two passes. **Stepping out of a twisting skill (i.e. Arabian) or forward roll is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out or a forward roll step out. However, if the athlete finishes the twisting skill or stands the forward roll with both feet together, then one step is all that is needed to create a new tumbling pass.**

Tosses may not exceed three tricks (i.e. hitch kick full, switch kick full, kick double)

Youth Restricted Level 5 and Youth Level 5 divisions may not be combined into one division.

The Youth Level 5 and Youth Level 5 Restricted divisions will be monitored for participation during the 2011-12 season and a determination will be made early in 2012 whether these divisions will continue for the 2012-13 season.

For Junior Co-Ed Levels 3, 4 and 5, if there is only ONE co-ed competing in a respective level, then that level must be combined into one Junior division (i.e. Four Junior Level 3 teams and one Junior Co-Ed Level 3 team = 5 Junior Level 3 teams for competition). If the Junior teams were split into Small and Large, then the Co-Ed team must be placed with the teams closest to its size.

For Senior Co-Ed Levels 3 and 4, if there is only ONE co-ed competing in a respective level, then that level must be combined into one Senior division (i.e. Four Senior Level 3 teams and one Senior Co-Ed Level 3 team = Five Senior Level 3 teams for competition). If the Senior teams were split into Small and Large, then the Co-Ed team must be placed with the teams closest to its size.

## **WHEN TO SPLIT DIVISIONS:**

### **SMALL/LARGE SPLITS**

Event producers **will** split the division into “Small” and “Large” divisions when there are at least **two** teams that will ultimately be registered in each respective division. The designation of “Small” and “Large” divisions must follow the team sizes below:

--Small = 5 – 20 members

--Large = 21 – 32 members (36 members for Level 5)

--International Open 5/6 and International Open Level 6 is not permitted to split into Small and Large.

Event producers will split divisions first by size (when applicable) and then by co-ed vs. all girl (when applicable).

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### **#SMALL/MEDIUM/LARGE SPLITS - NEW!!!! For Senior Level 5 Only**

Event producers will split the Senior Level 5 division into “Small” and/or “Medium” and/or “Large” divisions when there are at least two teams that will ultimately be registered in each respective division. The designation of “Small”, “Medium” and “Large” divisions must follow the team sizes below:

--Small = 5 – 20 members

--Medium = 21 – 30 members

--Large = 31 – 36 members

An event producer must keep teams of 21 – 36 members in “Large” division, unless there are enough teams to split 2 teams each into “Medium” and “Large.”

NOTE: For Worlds qualifying divisions at an event where Worlds bids will be awarded, an event producer may leave Senior Level 5 divisions split regardless of the number of teams competing in them.

### **A/B SPLITS**

If after splitting divisions into “Small” and “Large” (“Medium” for Senior Level 5) there are **10 or more** teams in the “Small” or “Large” division, then event producers may split that division further by squad size or into “Small Gym” divisions. If splitting further by size, then event producers must use a name such as “Division I”, “Division II” or “Division A”, “Division B” to denote the split and must clearly define the number of competitors permitted on the team for each of these particular divisions. If splitting into a “Small Gym” division, then the definition of a “Small Gym” listed below must be followed.

No division may be subdivided further from the “Small”, “Large” or “Medium (Senior Level 5) classification if it means that only **one** team will be left in a division.

Event producers will split divisions first by size (when applicable) and then by co-ed vs. all girl (when applicable).

A “Small Gym” is defined as having one physical address for its location and has **75 or less** athletes registered in its competitive cheer program at the time of competition. Exhibition teams, crossover athletes, special needs teams and dance teams do not count toward the 75 or less athletes. It is up to the event producer’s discretion as to how to monitor this.

Divisions that are designated as “Small Gym” must use the definition of a “Small Gym” listed above.

### **CO-ED SPLITS**

Senior Restricted Level 5 may be split into Senior Restricted Level 5 and Senior Restricted Co-Ed Level 5 when there are at least **two** teams that will ultimately be registered in each respective division. Senior Level 4.2 may be split into Senior Level 4.2 and Senior Co-Ed Level 4.2 when there are at least **two** teams that will ultimately be registered in each respective division.

NOTE: Event producers will split divisions first by size (when applicable) and then by co-ed vs. all girl (when applicable).

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### **SENIOR RESTRICTED SPLITS**

Event producers will split these divisions into Small Senior Restricted and Large Senior Restricted and then Senior Restricted and Senior Restricted Small Co-Ed when there are at least **two** teams that will ultimately be registered in each respective division.

Event producers will split divisions first by size (when applicable) and then by co-ed vs. all girl (when applicable).

### **WORLDS SPLITS**

Event producers may also, at their discretion, split divisions into “Worlds Qualifying” and “Non-Worlds” qualifying divisions as long as the levels, age and female/male restrictions designated above remain the same for each division.

### **SPLIT EXCEPTIONS**

Teams from the same gym will not have to compete against themselves if they have a “Small” and “Large” team in the same division (i.e. Small Junior Level 2 and Large Junior Level 2). A mandatory split in the division would occur in this situation, even it means that a division is left with only one team performing. This exception is to be applied only to teams from the same physical gym location. Programs with more than one physical gym location still will be required to compete against their own teams if these teams are from different physical gym locations and are registered in the same division.

NOTE: For Worlds qualifying divisions at an event where Worlds bids will be awarded, an event producer may leave these divisions split regardless of the number of teams competing in them.

### **SMALL GYM COMPETITIONS**

Event producers may at their discretion offer separate competitions designated for “Small Gyms” only. Any USASF/IASF division may be offered at “Small Gyms” only events. A “Small Gym” is defined as having one physical address for its location and has 75 or less athletes registered in its competitive cheer program at the time of competition. Exhibition teams, crossover athletes, special needs teams and dance teams do not count toward the 75 or less athletes.

It is up to the event producer’s discretion as to how to monitor this.

Competitions that are designated as “Small Gym” must use the definition of a “Small Gym” listed above.

### **INDIVIDUAL/GROUP STUNT/ PARTNER STUNT COMPETITION**

The divisions of “Group Stunt”, “Partner Stunt” and “Individual” may be offered by an event producer at their discretion. The age, level and female/male restrictions designated above must remain in place for stunt divisions (i.e. no Mini Stunt Group may perform at L5).

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## **CROSSOVERS**

An individual will not be permitted to crossover from one program to another within the same event (Exception: An athlete from one gym may crossover to **one additional** gym's Level 6 team provided (s)he meets the age requirement.)

For the 2011-12 season, an all-star cheerleader is limited to crossing over to **2 (two)** additional cheer teams from their gym per competition. Therefore, an athlete may compete on one team and crossover to two more teams from the same gym during the competition.

An event producer may choose to be more restrictive than the rules above for crossovers limiting the number of teams an athlete may crossover to further; however an event producer may not be less restrictive than this.

Crossover limitations above do not include athletes that crossover from cheer to dance.

## 2011-2012 USASF/IASF RULES

### GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
5. Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
6. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets.  
*Clarification: Rhinestones are legal whether adhered to the uniform or the skin.*
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
9. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
11. On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all skills must be your own team's members and be trained in proper spotting techniques.
13. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovs are allowed. Clarification: Drops that include any weight bearing contact with the hands and feet would not be in clear violation of this rule.
14. Competition routines shall not exceed 2 minutes and 30 seconds.

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15. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
16. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be “replaced” by another performer during a routine.
17. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in their mouth during practice and/or performance.

## LEVEL 1 RULES

### LEVEL 1 GENERAL TUMBLING

NOTE: The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer’s discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed. Example 1: In L1, an athlete spotting another athlete in a back walkover, would:

- a.) not be a stunt because the athlete performing the skill is not above/off the performing surface and
- b.) be legal, because assisted tumbling is no longer restricted.

However, a panel judge may view this as the athlete lacks the ability to perform the skill without assistance and therefore, would give a lower score or no score at all. Example 2: If 6 athletes in L1 did back walkovers and 3 of them were spotted by other athletes, the judges should score only the 3 back walkovers performed without spots. The remaining 3 “spotted” back walkovers would receive no score for tumbling and no score for stunts due to the fact that the performing athlete was never based above the performing surface.

- A. All tumbling must originate from and land on the performing surface. Exception: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed. Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off. *Clarification: Rebounding to a prone position (½ twist to stomach) in a stunt is allowed in Level 1.*
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. *Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

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### LEVEL 1 STANDING/RUNNING TUMBLING

- A. Skills must involve constant physical contact with the performing surface. Tumbling skills must involve hand support with both hands when passing through the inverted position. Exception: Block cartwheels and round offs are also allowed.
- B. Forward and backward rolls, front and back walkovers, and handstands are allowed.
- C. Cartwheels and round offs are allowed.
- D. Front and back handsprings are not allowed.

### LEVEL 1 STUNTS

- A. A spotter is required for each top person at prep level and above. Example: Suspended splits, flat-bodied positions, preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (such as extended v-sits, extended flat backs, etc...) are considered prep level stunts.  
*Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.*  
Exception: Shoulder sits/straddles are not considered prep level stunts; and therefore, do not require a spotter.
- B. Stunt Levels
  - 1. Single leg stunts are only allowed below shoulder (prep) level.  
*Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning.*
  - 2. Extended stunts are not allowed (see definition of extended stunts in glossary).  
A stunt may not be held at or pass through an extended position.  
*Clarification: Taking the top person above the head of the bases would be illegal.*
- C. Twisting stunts and transitions are allowed up to a  $\frac{1}{4}$  twisting rotation by the top person in relation to the performing surface. *Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds  $\frac{1}{4}$  rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, then they may continue to walk the stunt in additional rotation. Clarification: Rebounding to a prone position ( $\frac{1}{2}$  twist to stomach) in a stunt is allowed in Level 1.*
- D. During transitions, at least one base must remain in contact with the top person. Exception: Leap frogs and leap frog variations are not allowed in L1.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: shoulder sit walking under extension prep.  
Exception: An individual may jump over another individual.

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- G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s). When lifting a top person from the flat body position in a pendulum to the upright position, an additional base/spotter must be on the opposite side of the stunt and is responsible for catching the top person in the case of an overthrow. This additional spotter must be stationary, may not be involved with any other skill or choreography when the transition is initiated and must maintain visual contact with the top person throughout the entire transition. (The dip to throw the top person is considered the initiation of the skill.)
- H. Single based split catches are not allowed.
- I. "True" (unassisted) Double Cupies are not allowed.  
*Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep or below prep level. i.e. "True" (unassisted) Double Cupies = one base holding two top people. However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.*
- J. L1 Stunts-Release Moves
  - 1. Release moves are not allowed other than those allowed at Level 1 in "Dismounts".
  - 2. Release moves may not land in a prone or inverted position.
  - 3. Release moves must return to original bases.  
*Clarification: An individual may not land on the performing surface without assistance.*
  - 4. Helicopters are not allowed.
  - 5. A single full twisting log/barrel roll is not allowed.
  - 6. Release moves may not intentionally travel.
  - 7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- K. L1 Stunts-Inversions
  - 1. All inversions must maintain contact with the performance surface. Example: supported handstand.
- L. Bases may not support any weight of a top person while that base is in a backbend or inverted position. *Clarification: A person standing on the ground is not considered a top person.*

## LEVEL 1 PYRAMIDS

- A. Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top person must receive primary support from a base.
- C. Two leg extended stunts must be braced by at least two persons at prep level or below with hand/arm connection only. The connection must be made at or below prep level.
- D. Prep level single leg stunts:
  - 1. Must be braced by at least one person at prep level or below with hand/arm connection only.
  - 2. If the person bracing the top person is standing on the performance surface, the bracer must be a separate person not involved with basing or spotting.
  - 3. The connection must be made prior to executing the single leg prep level stunt.

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4. Prep level bracers must have both feet in bases' hands. Exception: Prep level bracers do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.
- E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

### LEVEL 1 DISMOUNTS

- A. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids above waist level must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. *Clarification: An individual may not land on the performing surface from above waist level without assistance.*
- D. Only straight pop downs and basic straight cradles are allowed.
- E. Twisting dismounts (including  $\frac{1}{4}$  turns) are not allowed.
- F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. No dismounts are allowed from extended stunts in pyramids. *Clarification: An extended stunt in a pyramid must be brought down to prep level or below before it can be dismounted.*
- H. No free flipping or assisted flipping dismounts allowed.
- I. Tension drops/rolls of any kind are not allowed.
- J. When cradling single based double awesome/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.

### LEVEL 1 TOSSES

- A. No tosses allowed.

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## LEVEL 2 RULES

### LEVEL 2 GENERAL TUMBLING

NOTE: The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed. Example 1: If an athlete in L2 receives a spot on a back handspring, this skill would receive no score under tumbling and would be considered illegal under L2 Stunt – Inversions L. 1. Example 2: If 6 athletes in L2 did back walkovers and 3 of them were spotted by other athletes, the judges should score only the 3 back walkovers performed without spots. The remaining 3 "spotted" back walkovers would receive no score for tumbling and no score for stunts due to the fact that the performing athlete was never based above the performing surface.

- A. All tumbling must originate from and land on the performing surface. Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed. Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. *Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed. Exception: Dive rolls performed in a swan/arched position are not allowed. Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

### LEVEL 2 STANDING TUMBLING

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are not allowed. *Clarification: A back walk over into a back handspring is allowed.*
- C. Jump skills in immediate combination with handspring(s) are not allowed. Example: Toe touch handsprings and handspring toe touches are considered illegal.
- D. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position. Example: front and back walkovers, cartwheels and round offs are examples of non-airborne tumbling skills.
- E. Airborne skills must involve hand support with both hands when passing through the inverted position. Example: Front and back handsprings are examples of airborne tumbling skills.
- F. No twisting while airborne. Exception: Round offs are allowed.

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**LEVEL 2 RUNNING TUMBLING**

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are allowed.
- C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- D. No twisting while airborne. Exception: Round offs are allowed.

**LEVEL 2 STUNTS**

- A. A spotter is required for each top person in an extended stunt or passing through an extended position.
- B. Single leg stunts may not be held at or pass through an extended position.  
*Clarification 1: Taking the top person above the head of the bases would be illegal.*  
*Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.*
- C. Twisting mounts and transitions are allowed up to a total of  $\frac{1}{2}$  twisting rotation by the top person in relation to the performing surface. *Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds  $\frac{1}{2}$  rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.*
- D. During transitions, at least one base must remain in contact with the top person.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: shoulder sits walking under prep Exception: An individual may jump over another individual.
- G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).
- H. Single based split catches are not allowed.
- I. "True" (unassisted) Double Cupies are not allowed.  
*Clarification: "True" (unassisted) Double Cupies are not allowed at extended, prep or below prep level. i.e. "True" (unassisted) Double Cupie = one base holding two top people. However, depending on the technique used, other variations of "Fake" (assisted) Double Cupies may or may not be allowed.*
- J. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base. *Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist. Clarification: The log roll may not be assisted by another top person.*
- K. L2 Stunts - Release Moves
  1. No release moves allowed other than those allowed at Level 2 in "Dismounts" and "Tosses."
  2. Release moves may not land in a prone or inverted position.
  3. Release moves must return to original bases. *Clarification: An individual may not land on the performing surface without assistance.*
  4. Helicopters are not allowed.

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5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position. *Clarification: The log roll may not be assisted by another top person. Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist.* Example: no kick full twists
  6. Release moves may not intentionally travel.
  7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- L. L2 Stunts-Inversions
1. All inversions must maintain contact with the performance surface.  
Exception: Transitions from ground level inversions to non-inverted positions are allowed. Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit. Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.
- M. Bases may not support any weight of a top person while that base is in a backbend or inverted position. *Clarification: A person standing on the ground is not considered a top person.*

## LEVEL 2 PYRAMIDS

- A. Pyramids must follow Level 2 “Stunts” and “Dismounts” rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base. *Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the L2 dismount rules.*
- C. Extended stunts may not brace or be braced by any other extended stunts. *Clarification: Being that L2 is the first level athletes are allowed to hold free standing extensions, the rules committee feels that it is an eminent safety hazard to allow extensions to brace other extensions, and therefore agreed to adjust this rule immediately.*
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: A shoulder sit walking under a prep is considered illegal.
- E. Extended single-leg stunts:
  1. Must be braced by at least one top person at prep level or below with hand/arm connection only. The hand/arm of the top person must be, and remain, connected to the hand/arm of the bracer.
  2. The connection must be made prior to executing the extended single leg stunt.
  3. Prep level top persons must have both feet in bases’ hands. Exception: Prep level top persons do not have to have both feet in the bases’ hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

## LEVEL 2 DISMOUNTS

- A. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

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- C. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.  
*Clarification: An individual may not land on the performing surface from above waist level without assistance.*
- D. Only straight pop downs, basic straight cradles and  $\frac{1}{4}$  turns are allowed.
- E. Twisting dismounts exceeding  $\frac{1}{4}$  turn are not allowed. All other positions are not allowed. Example: toe touch, pike, tuck, etc.
- F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Cradles from extended single leg stunts in pyramids are allowed.
- H. No free flipping or assisted flipping dismounts allowed.
- I. Tension drops/rolls of any kind are not allowed.
- J. When cradling single based double awesomes/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

## **LEVEL 2 TOSSES**

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss. Example: no intentional traveling tosses.
- C. Flipping, twisting, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. The only body positions allowed are straight rides. *Clarification: An exaggerated arch would not be included as a straight ride and therefore considered illegal.*
- F. During the straight body ride, the top person may use different arm variations such as (but not limited to) a salute or blowing a kiss but must keep the legs and body in the straight ride position.
- G. Top persons in separate tosses may not come in contact with each other.
- H. Only a single top person is allowed during a toss.

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## LEVEL 3 RULES

### LEVEL 3 GENERAL TUMBLING

NOTE: The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed. Example 1: If an athlete in L3 receives a spot on a back handspring (or back tuck where the contact was no higher than shoulder level), this would be considered legal under L3 Stunt – Inversions. However, because this skill would be considered a stunt, it would not receive a tumbling score. This skill would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine. Example 2: In L3 if 6 athletes did back handsprings (or back tucks where the contact was no higher than shoulder level) and 3 of them were spotted by other athletes, the judges should score only the 3 back handsprings performed without spots. The remaining 3 "spotted" back handsprings would receive no score for tumbling and would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine.

- A. All tumbling must originate from and land on the performing surface. Exception: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed. Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. *Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed. Exception: Dive rolls performed in a swan/arched position are not allowed. Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass. Example: If an athlete in L3 were to do a round off – toe touch – back handspring-back tuck, this would be considered illegal since a back tuck is not allowed in Standing Tumbling for L3.

### LEVEL 3 STANDING TUMBLING

- A. Flips are not allowed. *Clarification: Jumps connected to  $\frac{3}{4}$  front flips are also not allowed.*
- B. Series front and back handsprings are allowed.
- C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- D. No twisting while airborne. Exception: Round offs are allowed.

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### LEVEL 3 RUNNING TUMBLING

A. Flips:

1. Back Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s). Exception: Aerial cartwheels, running tuck fronts, and  $\frac{3}{4}$  front flips are allowed. The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and arabians. *Clarification: A front handspring (or any other tumbling skill) into a front tuck is illegal.*
2. Other skills with hand support prior to the round off or round off back handspring are allowed. Example: Front handsprings and front walkover through to round off back handspring back tucks are legal.
3. Cartwheel tucked flips are not allowed.

B. No tumbling is allowed after a flip or an aerial cartwheel. Exception: A forward or backward roll is allowed after a tuck flip; however, no tumbling is allowed after the roll. *Clarification: If any tumbling follows a forward or backward roll or forward or backward flip, at least one step into the next tumbling skill must be included to separate the two passes.*

C. No twisting while airborne. Exception: Round offs are allowed.

### LEVEL 3 STUNTS

A. A spotter is required for each top person in an extended stunt or passing through an extended position.

B. Single leg extended stunts are allowed.

C. Twisting mounts and transitions:

1. Twisting mounts and transitions are allowed up to one twisting rotation by the top person in relation to the performing surface. *Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.*
2. Full twisting transitions must land at and originate from prep level or below only. Example: no full up to an extended position
3. Twisting transitions to and from an extended position may not exceed a  $\frac{1}{2}$  twisting rotation. *Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds  $\frac{1}{2}$  rotation.*

D. During transitions, at least one base must remain in contact with the top person.

E. Free flipping mounts and transitions are not allowed.

F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: shoulder sits walking under prep. Exception: An individual may jump over another individual.

G. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.

H. Single based split catches are not allowed.

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- I. Single based double awesomes/cupies require a separate spotter for each top person.
- J. L3 Stunts-Release Moves
  1. Release moves are allowed but must not pass above extended arm level. *Clarification: If the release move passes above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.*
  2. Release moves may not land in an inverted position. Releasing from inverted to non-inverted is not allowed.
  3. 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.
  4. Release moves are restricted to a single skill/trick and zero twists. Only skills performed during the release are counted. Therefore; hitting an immediate body position would not be counted as a skill. Exception: Log/barrel rolls may twist up to one rotation and must land in a cradle, or flat and horizontal, body position. i.e. Flat back or prone. *Clarification: Being that L3 is the first level athletes are allowed to perform release moves that are not required to be caught in a cradle, the rules committee feels that it is an eminent safety hazard to allow twisting during release moves, and therefore agreed to adjust this rule immediately.*
  5. Release moves must return to original bases. *Clarification: An individual may not land on the performing surface without assistance.*
  6. Helicopters are not allowed.
  7. Release moves may not intentionally travel.
  8. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  9. Top person in separate release moves may not come in contact with each other.
- K. L3 Stunts-Inversions
  1. No inverted stunts above shoulder level. The connection and support of the top person with the base(s) must be at shoulder level or below. Exception: Multi base suspended forward roll dismounts to a cradle or the performing surface are allowed. Multi base suspended forward rolls must be supported by two hands. Both hands of the top person must be connected to a separate hand of the base(s).
  2. Inversions are limited to a ½ twisting rotation. Exception: Multi base suspended forward roll may twist up to a full twisting rotation. (see #1. Exception above)
  3. Downward inversions are only allowed below prep level and must be assisted by at least two bases positioned at the waist to shoulder region to protect the head and shoulder area. Top person must maintain contact with an original base. *Clarification 1: The stunt may not pass through prep level and then become inverted below prep level (the momentum of the top person coming down is the primary safety concern). Clarification 2: Catchers must physically catch the top person at the waist to shoulder region to protect the head and shoulder area.*
- L. Bases may not support any weight of a top person while that base is in a backbend or inverted position. *Clarification: A person standing on the ground is not considered a top person.*

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### LEVEL 3 PYRAMIDS

- A. Pyramids must follow Level 3 “Stunts” and “Dismounts” rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: shoulder sits walking under prep.
- E. L3 Pyramids-Release Moves  
*Clarification: Anytime a top person is released by the bases during a pyramid transition and does not adhere to the following four rules, the top person must land in a cradle or dismount to the performing surface and must follow the L3 dismount rules.*
1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least two persons at prep level or below.  
*Clarification: Level 3 Pyramid Release Moves may now incorporate stunt release moves that maintain contact with one other top person provided the Release move meet the criteria established under L3 Stunt Release Moves or L3 Dismounts . L3 Pyramid Release moves, must maintain contact with two other top persons if the release move begins at prep level or above, passes above extended arm level, includes more than one skill, or is caught in an extended position.*
  2. Top person must remain in direct arm-to-arm contact with at least two different top persons at prep level or below. *Clarification 1: Being braced on one side with both arms and the other side by hand-foot connection is NOT allowed. Clarification 2: If top person is braced on each side with arm-to-arm connection and a third bracer with hand-foot connection, the skill would be legal. Clarification 3: Twisting mounts and transitions are allowed up to 1 twist, if connected to two bracers at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.*
  3. These release transitions may not involve changing bases.
  4. These transitions must be caught by at least 2 catchers.
    - a. Both catchers must be stationary.
    - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
- F. L3 Pyramids-Inversions
1. Must follow L3 Stunt Inversions rules
  2. A top person may pass through an inverted position, during a pyramid transition, if the top person remains in contact with a base(s) that is direct weight bearing contact with the performing surface. The base that remains in contact with the top person may extend their arms during the transition, if the skill starts and ends in a position at prep level or below. Example: A flat back split which rolls to a load in position would be legal even if the base extends their arms during the inversion skill. Example: A flat back split which rolls to an extended position would be illegal because it did not first land in a position below extended level.
- G. L3 Pyramids - Release Moves w/ Braced Inversions
1. Pyramid transitions may not involve inversions while released from the bases.

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### LEVEL 3 DISMOUNTS

- A. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. *Clarification: An individual may not land on the performing surface from above waist level without assistance.*
- D. Only straight pop downs, basic straight cradles and  $\frac{1}{4}$  turns are allowed from any single leg stunt.
- E. Up to 1- $\frac{1}{4}$  twists are allowed from any two leg stunts. Twisting out of a platform position is not allowed. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 L4 Stunts Twisting Mounts and Transitions only.
- F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. Up to 1 trick allowed during a dismount from any two leg stunt.
- H. Any dismount from prep level and above involving a skill/trick (i.e. twist, toe touch) must be caught in a cradle.
- I. No free flipping dismounts allowed.
- J. Tension drops/rolls of any kind are not allowed.
- K. When cradling single based double awesomes/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

### LEVEL 3 TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss. Example: no intentional traveling tosses.
- C. Flipping, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 1 trick allowed during a toss. Twisting tosses may not exceed 1 twisting rotation. (ex 1: Legal: toe-touch, ball out, pretty girl) (ex 2: Illegal: Switch kick, pretty girl-kick, double toe-touch) Clarification: The 'arch' does not count as a trick. Exception: A Ball X toss is allowed at this level.
- F. During a twisting toss, no skill other than the twist is allowed. Example: no kick fulls,  $\frac{1}{2}$  twist toe touches
- G. Top persons in separate tosses may not come in contact with each other.
- H. Only a single top person is allowed during a toss.

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## LEVEL 4 RULES

### LEVEL 4 GENERAL TUMBLING

NOTE: The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed. Example 1: If an athlete in L4 receives a spot on a back tuck, this would be considered legal under L4 Stunt – Inversions. However, because this skill would be considered a stunt, it would not receive a tumbling score. This skill would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine. Example 2: In L4 if 6 athletes did back tucks and 3 of them were spotted by other athletes, the judges should score only the 3 back tucks performed without spots. The remaining 3 “spotted” back tucks would receive no score for tumbling and would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine.

- A. All tumbling must originate from and land on the performing surface. Exception: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed. Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. *Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed: Exception: Dive rolls performed in a swan/arched position are not allowed. Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass. Example: If an athlete in L4 were to do a round off – toe touch – back handspring – whip - layout, this would be considered illegal since consecutive a flip-flip combination is not allowed in Standing Tumbling for L4.

### LEVEL 4 STANDING TUMBLING

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 0 twisting rotations. Exception: Aerial cartwheels and Onodis are allowed.
- C. Consecutive flip-flip combinations are not allowed. Example: back tuck-back tuck, back tuck-punch front
- D. Jump skills are not allowed in immediate combination with a standing flip. Example: toe touch back tucks, back tuck toe touches, pike jump front flips. *Clarification: Jumps connected to  $\frac{3}{4}$  front flips are also not allowed. Clarification: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.*

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## LEVEL 4 RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 0 twisting rotations. Exception: Aerial cartwheels and Onodis are allowed.

## LEVEL 4 STUNTS

- A. A spotter is required for each top person in an extended stunt or passing through an extended position.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:
1. Twisting mounts and transitions to prep level and below are allowed up to 1-½ twisting rotations by the top person in relation to the performing surface. *Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1-½ rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.*
  2. Twisting mounts and transitions to an extended position are allowed ~~up to 1 twist~~ and must meet the following conditions:
    - a. Extended skills up to ½ twist are allowed. Example: ½ up to extended liberty is legal. *Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.*
    - b. Extended skills exceeding ½ and up to 1 twist must land in a two leg stunt. Example: full up to immediate extended liberty is illegal, full up to extension is legal. Exception: Landing in a platform position is permitted. Platform position must be visibly held prior to hitting a single leg stunt. *Clarification: Any additional turn performed by the bases in the same skill set would be illegal if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.*
- D. During transitions, at least one base must remain in contact with the top person. Exception: See “Release Moves”
- E. Free flipping mounts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another, separate stunt, pyramid or individual. Example: shoulder sits walking under prep. Exception 1: An individual may jump over another individual. Exception 2: An individual may move under a stunt, or a stunt may move over an individual.
- G. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.
- H. Single based split catches are not allowed.

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- I. Single based double awesomes/cupies require a separate spotter for each top person.
- J. L4 Stunts-Release Moves
  1. Release moves are allowed but must not exceed extended arm level.  
*Clarification: If the release move passes above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.*
  2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted.
  3. Release moves must return to original bases. *Clarification: An individual may not land on the performing surface without assistance.*
  4. Release moves that land in extended position must originate from ground-level and may not involve any twisting or flipping.
  5. Helicopters are allowed up to a 180 degree rotation and zero twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top.
  6. Release moves may not intentionally travel.
  7. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  8. Top persons in separate release moves may not come in contact with each other.
- K. L4 Stunts-Inversions
  1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
  2. Downward inversions are allowed at prep level or below and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area. *Clarification 1: The stunt may not pass above prep level and then become inverted at prep level. (The momentum of the top person coming down is the primary safety concern.) Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.*
  3. Downward inversions must maintain contact with an original base.  
*Exception: In side rotating downward inversions. Example: cartwheel-style transition dismounts, the original base may lose contact with the top person when it becomes necessary to do so.*
- L. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

#### LEVEL 4 PYRAMIDS

- A. Pyramids must follow Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 high. Exception: Twisting mounts and transitions to a single leg extended stunt are allowed up to 1 twist, if connected to a brace at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the skill.
- B. Top persons must receive primary support from a base.

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- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. No stunt or pyramid may move over or under another separate stunt or pyramid.  
Example: shoulder sits walking under prep. Exception 1: An individual may jump over another individual. Exception 2: An individual may move under a stunt.
- E. L4 Pyramids-Release Moves
  1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.  
*Clarification: While a tic-tock from an extended position to an extended position (high to high) is illegal in stunts for L4, the same skill is legal in L4 Pyramid Release Moves if it is braced by at least one person at prep level or below.*
  2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
  3. Primary weight may not be borne at second level. *Clarification: The transition must be continuous.*
  4. Non-inverted transitional pyramids may involve changing bases. When changing bases:
    - a. The top person must maintain physical contact with a person at prep level or below.
    - b. The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
  5. Non-inverted pyramid release moves must be caught by at least 2 catchers.
    - a. In pyramids where the top person travels over their bracer (example: leap frogs, wolf wall transitions), both catchers must be stationary.
    - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
- F. L4 Pyramids-Inversions
  1. Must follow L4 Stunt Inversions rules.
- G. L4 Pyramids-Release Moves w/ Braced Inversions
  1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s). *Clarification: The bracers of the inverted top person must show a concerted effort to maintain contact throughout the entire transition until they are safely caught by the bases.* Braced flips must be braced on two separate sides (i.e. right side-left side, left side -back side, etc...) by two separate bracers. (Example: two bracers on the same arm will no longer be permitted) A top person must be braced on 2 of the 4 sides (front, back, right, left) of her/his body.
  2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations.
  3. Braced inversions (including braced flips) may not involve changing bases.
  4. Braced inversions (including braced flips) must be in continuous movement.

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5. All braced inversions (including braced flips) must be caught by at least 3 catchers.
  - a. All 3 catchers must be stationary
  - b. All 3 catchers must maintain visual contact with the top person throughout the entire transition.
  - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
6. All braced inversions (including braced flips) that land in an extended upright position require at least one base and 2 additional spotters.
  - a. The base(s) and spotter(s) must be stationary.
  - b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
  - c. The base(s) and spotter(s) may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
7. Braced inversions (including braced flips) may not travel downward while inverted.

#### LEVEL 4 DISMOUNTS

- A. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. *Clarification: An individual may not land on the performing surface from above waist level without assistance.*
- D. Up to a 2- $\frac{1}{4}$  twisting rotations allowed from all two leg stunts. Exception: Twisting from a platform position may not exceed 1- $\frac{1}{4}$  rotation. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 L4 Stunts Twisting Mounts and Transitions only.
- E. Up to a 1- $\frac{1}{4}$  twisting rotation allowed from all single leg stunts. Platform is not considered a two leg stunt. There are specific exceptions given for the platform body position at Level 4 L4 Stunts Twisting Mounts and Transitions only.
- F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
- G. During a cradle that exceeds 1- $\frac{1}{4}$  twists, no skill other than the twist is allowed.
- H. No free flipping dismounts allowed.
- I. Tension drops/rolls of any kind are not allowed.
- J. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

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## LEVEL 4 TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss. Example: no intentional traveling tosses Exception: A ½ turn is allowed by bases as in a kick full basket.
- C. Flipping, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 2 tricks allowed during a toss. Example: kick full, full up toe touch
- F. During a toss that exceeds 1-½ twisting rotations, no skill other than the twist is allowed. Example: no kick double tosses
- G. Tosses may not exceed 2-¼ twisting rotations.
- H. Top persons in separate tosses may not come in contact with each other.
- I. Only a single top person is allowed during a toss.

## LEVEL 5 RULES

### RESTRICTED DIVISIONS (Youth and Sr Restricted 5)

The following skill restrictions apply for all (and only) Restricted divisions:

### STANDING/RUNNING TUMBLING

1. Tumbling skills are allowed up to 1 flipping and 1 twisting rotation. In tumbling, twisting skills may ONLY be performed if immediately preceded by a back handspring(s) or round off. During a full-twisting tumbling skill, no trick other than the twist is allowed (including but not limited to: split fulls, hitch kick fulls, X-Fulls, Full-Xouts) and both feet must land and finish on the performing surface (i.e. no full twisting tumbling to seat, prone body landings or similar). *Clarification: All skills up to a full twist are also allowed.* (example: half twists and Arabians) Additional tumbling skills may be performed prior to the round-off and/or back handspring.
2. No tumbling is allowed after the twisting skill. (Exception: A forward or backward roll is allowed after a twisting skill; however, no tumbling is allowed after the roll.) *Clarification: If any tumbling follows a forward or backward roll or forward or backward twisting skill, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a twisting skill (i.e. Arabian) or forward roll is considered a continuation of the same tumbling pass. An athlete must take an additional step out of a twisting skill step out or a forward roll step out. However, if the athlete finishes the twisting skill or stands the forward roll with both feet together, then one step is all that is needed to create a new tumbling pass.*

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### PYRAMIDS

1. Pyramids-Release moves w/ braced inversions: All pyramid release moves are limited to up to one and  $\frac{1}{4}$  flipping and 0 twisting rotations.

### TOSSES

1. Tosses may not exceed three tricks (i.e. hitch kick full, switch kick full, kick double)

### LEVEL 5 GENERAL TUMBLING

NOTE: The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed. Example 1: If an athlete in L5 receives a spot on a back tuck, this would be considered legal under L4 Stunt – Inversions. However, because this skill would be considered a stunt, it would not receive a tumbling score. This skill would also receive a very low stunt score which would bring down the overall stunt scores of the entire routine. Example 2: In L5 if 6 athletes did back tucks and 3 of them were spotted by other athletes, the judges should score only the 3 back tucks performed without spots. The remaining 3 “spotted” back tucks would receive no score for tumbling and would also receive a very low stunt score which would bring down the overall stunt scores of the entire

- A. All tumbling must originate from and land on the performing surface. Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed. Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. *Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed: Exception: Dive rolls performed in a swan/arched position are not allowed. Exception: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

### LEVEL 5 STANDING/RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.

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## LEVEL 5 STUNTS

- A. A spotter is required for each top person in an extended stunt or passing through an extended position.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and twisting transitions are allowed up to 2 twisting rotations by the top person in relation to the performing surface. *Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.*
- D. Free flipping mounts and transitions are not allowed.
- E. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.
- F. Single based split catches are not allowed.
- G. Single based double awesomes/cupies require a separate spotter for each top person.
- H. L5 Stunts-Release Moves
  1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level. Example: tic-tocks are allowed. *Clarification: If the release move exceeds more than 18 inches above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.*
  2. Release moves may not land in a inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted.
  3. Release moves must return to original bases. *Clarification: An individual may not land on the performing surface without assistance.*
  4. Helicopters are allowed up to a 180 degree rotation and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
  5. Release moves may not intentionally travel.
  6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  7. Top persons in separate release moves may not come in contact with each other.
- I. L5 Stunts-Inversions
  1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
  2. Downward inversions are allowed from prep level and above and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases. *Clarification: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area.* Exception: A controlled power pressing of an extended inverted stunt (example: needle or handstand) to shoulder level is allowed.

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3. Downward inversions must maintain contact with an original base.  
Exception: In side rotating downward inversions, the original base may lose contact with the top person when it becomes necessary to do so (example: cartwheel-style transition dismounts).
4. Downward inversions from above prep level:
  - a. May not stop in an inverted position. (example: a cartwheel roll off would be legal because the top person is landing on their feet)
  - b. May not land on or touch the ground while inverted. *Clarification: Prone or supine landings from an extended stunt must visibly stop in a noninverted position and be held before any inversion to the ground.*
- J. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

### LEVEL 5 PYRAMIDS

- A. Pyramids must follow Level 5 “Stunts” and “Dismounts” rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. L5 Pyramids-Release Moves
  1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
  2. Primary weight may not be borne at second level. *Clarification: The transition must be continuous.*
  3. Non-inverted pyramid release moves must be caught by at least 2 catchers.
    - a. In pyramids where the top person travels over their bracer (example: leap frogs, wolf wall transitions), both catchers must be stationary.
    - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
  4. Non inverted transitional pyramids may involve changing bases. When changing bases:
    - a. The top person must maintain physical contact with a person at prep level or below.
    - b. The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
- D. L5 Pyramids-Inversions
  1. Must follow L5 stunt inversions rules.
- E. L5 Pyramids-Release moves w/ braced inversions
  1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s). *Clarification: Top person(s) bracing the inversion must show a concerted effort to maintain contact with the inverted top person until they are safely caught by the bases.*
  2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations and ½ twisting rotations.

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3. Braced inversions (including braced flips) that exceed  $\frac{1}{2}$  twisting rotations are only allowed up to a  $\frac{3}{4}$  flipping rotation provided release is initiated from an upright, non-inverted position, doesn't transition past a horizontal position (i.e. cradle, flatback, prone) and doesn't exceed one twisting rotation. *Clarification: LEGAL - An athlete tossed from an upright, non-inverted position (i.e. basket toss or sponge) performing a full twist and a backward  $\frac{3}{4}$  rotation to a prone position while in contact with one bracer.*
4. Inverted transitional pyramids may involve changing bases.
5. Braced inversions (including braced flips) must be in continuous movement.
6. All braced inversions (including braced flips) must be caught by at least 3 catchers. Exception: Brace flips that land in an extended upright position (see #7 below).
  - a. The 3 catchers must be stationary.
  - b. The 3 catchers must maintain visual contact with the top person throughout the entire transition.
  - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
7. All braced inversions (including braced flips) that land in an extended upright position require at least one base and 2 additional spotters.
  - a. The base(s) and spotter(s) must be stationary.
  - b. The base(s) and spotter(s) must maintain visual contact with the top person throughout the entire transition.
  - c. The base(s) and spotter(s) may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
8. Braced inversions (including braced flips) may not travel downward while inverted.

## LEVEL 5 DISMOUNTS

- A. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance. *Clarification: An individual may not land on the performing surface from above waist level without assistance.*
- D. Up to a  $2\frac{1}{4}$  twisting rotations allowed from all stunts.
- E. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
- F. No free flipping dismounts allowed.
- G. Tension drops/rolls of any kind are not allowed.

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- H. When cradling single based double awesomes/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.

### LEVEL 5 TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss. *Clarification: no intentional traveling tosses.* Exception: A  $\frac{1}{2}$  turn is allowed by bases as in a kick full basket.
- C. Flipping, inverted or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 2- $\frac{1}{2}$  twisting rotations allowed.
- F. Top persons in separate basket tosses may not come in contact with each other.
- G. Only a single top person is allowed during a basket toss.

### LEVEL 6 RULES

#### LEVEL 6 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. Exception 1: Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed. Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. *Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted or connected tumbling is not allowed. *Clarification: Double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.*
- E. Dive rolls are allowed: Exception: Dive rolls performed in a swan/arched position are not allowed. Exception: Dive rolls that involve twisting are not allowed.

#### LEVEL 6 STANDING/RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.

#### LEVEL 6 STUNTS

- A. A spotter is required:
1. During extended, one-arm stunts other than an cupies or liberties.
  2. When the load/transition involves a twist or flip.
- B. Twisting stunts and transitions are allowed up to 2 twisting rotations by the top person in relation to the performing surface. *Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person*

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*performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop, they may continue to walk the stunt in additional rotation.*

- C. Free flipping or assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 2 twisting rotations. Exception 1: Rewinds to a cradle position are allowed. All free flipping transitions caught at shoulder level or below must use an additional catcher who protects the head and neck. (example: a flip that lands in a straddle position) Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.
- D. Transitional stunts may involve changing bases.
- E. Single based split catches are not allowed.
- F. Single based double cupies require a separate spotter for each top person
- G. L6 Stunts-Release Moves
  - 1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level. *Clarification: If the release move exceeds more than 18 inches above extended arm level, it will be considered a toss, and must follow the appropriate "Toss" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs plus an additional 18 inches, it will be considered a toss or dismount and must follow the appropriate "Toss" or "Dismount" rules.*
  - 2. Release moves may not land in a prone or inverted position.
  - 3. Release moves must return to original bases. Exception: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill or choreography when the transitions is initiated. *Clarification: An individual may not land on the performing surface without assistance.*
  - 4. Helicopters are allowed up to a 180 degree rotation with a ½ twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
  - 5. Release moves may not intentionally travel. See exception in #3 above.
  - 6. Release moves may not pass over, under or through other stunts, pyramids or individuals.
  - 7. Top persons in separate release moves may not come in contact with each other.
- H. L6 Stunts-Inversions
  - 1. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base.

## LEVEL 6 PYRAMIDS

- A. Pyramids are allowed up to 2-½ high.
- B. For 2-½ high pyramids, there must be a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is at the 2-½ high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2-½ high level. Spotters may not be a primary support of the pyramid.

*NCA reserves the right to be the arbitrator and interpreter of all rules and guidelines covered in this book.*

- C. Free-flying mounts must originate from ground level only and are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 twisting rotations. Exception: Free-flyings mounts originating from above ground level are permitted and are allowed up to 1 flipping and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations.
- D. L6 Pyramids—Release Moves
  - 1. During a pyramid transition, a top person may pass above 2-½ high while in direct physical contact with at least one person at prep level or below.
- E. L6 Pyramids—Inversions
  - 1. Inverted stunts are allowed up to 2-½ persons high and must be braced by at least 1 person at prep level or below.
  - 2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.
- F. L6 Pyramids—Release Moves w/ Braced Inversions
  - 1. Braced flips are allowed up to up to 1-¼ flipping and 1 twisting rotation.
  - 2. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.

### LEVEL 6 DISMOUNTS

- A. Single based cradles that exceed 1-¼ twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person.
- B. Dismounts to the performing surface, from above waist level, from stunts and pyramids must be assisted by an original base. Bases may not intentionally pop, move or toss an athlete to the performance surface without assistance. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.  
*Clarification: An individual may not land on the performing surface from above waist level without assistance.*
- C. Up to a 2-¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2-½ high pyramids are allowed up to 1-¼ twist and require 3 catchers. Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only (example: extension, liberty, heel stretch).
- D. Free flipping dismounts are allowed up to 1-¼ flipping and 0 twisting rotations.
- E. Free flipping dismounts to the performance surface are not allowed.
- F. Flips into cradles from prep level or below stunts require at least 2 catchers, one of which is an original base.
- G. Flips that originate above prep level are not allowed. Exception: ¾ front flip may occur from a 2-½ high pyramid but requires 2 catchers and an additional spotter positioned at the head and shoulder area of the top person. Spotter may stand slightly to the side but must use at least one hand/arm to catch under the top person's head and shoulders.
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

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**LEVEL 6 TOSSES**

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (example: no intentional traveling tosses).
- C. Flipping tosses are allowed up to 1- $\frac{1}{4}$  flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill.
- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Non-flipping tosses may not exceed 3- $\frac{1}{2}$  twists.
- F. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1- $\frac{1}{2}$  twisting rotations. The bases involved in the toss must be stationary while tossing. Exception:  $\frac{3}{4}$  front flips with no twists are allowed.

# 38 NCA ALL-STAR SCORING RANGES

NCA reserves the right to be the arbitrator and interpreter of all rules and guidelines covered in this book.

The following grid outlines the point ranges for specific skill sets performed by a **MAJORITY** of the team. Judges will consider difficulty and variety when deciding on a specific score. Skills performed by less than a majority of the team will move the score into a lower range. In each category, the majority of the team must master each listed skill unless the skills are separated by the word "or". Execution/Technique for each skill category will be rewarded separately on the score sheet. (Definitions and examples of "Advanced" and "Elite" skills attached).

	<b>Stunts</b>	<b>Pyramids</b>	<b>Tosses</b>
Level 1	3-4 Extension Preps or One Leg Variations below Prep Level	3-4 Pyramids at Prep Level and Below or Pyramids Involving Extended Two Leg Stunts	3-4 Dismounts Only (Tosses are NOT Permitted) Squish Dismount or Basic Straight Ride Dismount
	4-5 One Leg Variations at Prep Level or 1/4 Turn Cradle from Prep or 1/2 Up to Prep Level One Leg or Extension or Straight Cradle from Extension or 1/2 Up to Extension	4-5 Pyramids involving Extended One Leg Stunts and/or Level 2 Release Moves or Level 2 Inversions into Pyramid	4-5 Basic Straight Rides
Level 2	5-6 Extended One Leg Stunts or Full Up to Prep Level or 1/2 up to Extended One Leg Stunt or Single Based, Extended Unassisted Stunts and Required Dismount: Full Twist from Two Leg Stunt	5-6 Pyramids involving extended One Leg Stunts and/or Level 3 Release Moves or Suspended Front Flips	5-6 Non-Twisting Tosses Ex: Toe Touch or Tuck Arch or Single Twisting Tosses
	5-6 Advanced Skills and Required Dismount: Single Twist from One Leg Stunt or Double Twist from Two Leg Stunt	5-6 Pyramids Involving One Leg Extended Stunts and at least one Release Move	6-7 Double Skill Tosses Ex: Kick Fulls or Double Fulls or Single Skill Tosses including a Twist
Level 3	6-7 Elite Skills Required Dismount: Single Twist from One Leg Stunt or Double Twist from Two Leg Stunt or Single Based Extended Unassisted Stunts	6-7 Pyramids Involving One Leg Extended Stunts and Multiple Release Move and Multiple Extended Structures	
Level 4			

# NCA ALL-STAR SCORING RANGES

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Standing Tumbling	Running Tumbling	Jumps
<p style="text-align: center;"><b>3-4</b></p> <p style="text-align: center;">Forward/Backward Rolls or Cartwheels or Front/Back Walkovers</p>	<p style="text-align: center;"><b>3-4</b></p> <p style="text-align: center;">Cartwheels or Round-offs or Round Off Back Walkover Series</p>	<p style="text-align: center;"><b>3-4</b></p> <p style="text-align: center;">Basic Jumps or Single Jumps</p>
<p style="text-align: center;"><b>4-5</b></p> <p style="text-align: center;">Single BHS or Any Level 1 Standing Tumbling Skill to a BHS</p>	<p style="text-align: center;"><b>4-5</b></p> <p style="text-align: center;">Round-off BHS or Round Off BHS Stepout Series or Front Walkover into Round Off BHS</p>	<p style="text-align: center;"><b>4-5</b></p> <p style="text-align: center;">Advanced Jump Combinations</p>
<p style="text-align: center;"><b>5-6</b></p> <p style="text-align: center;">Series BHS or Jump/BHS Combinations</p>	<p style="text-align: center;"><b>5-6</b></p> <p style="text-align: center;">Round-off BHS Back Tucks or Round-off Tucks or Front Walkover Round off BHS Tucks or Running Punch Fronts or Punch Front Forward Roll Into Round Off BHS Tucks</p>	<p style="text-align: center;"><b>5-6</b></p> <p style="text-align: center;">Advanced Jump Combinations</p>
<p style="text-align: center;"><b>6-7</b></p> <p style="text-align: center;">Back Tucks or BHS Back Tucks or BHS to a Layout position or Jump/BHS Back Combinations</p>	<p style="text-align: center;"><b>6-7</b></p> <p style="text-align: center;">Layouts or Speciality Passes to Layout Ex: Front Walkover through to Layout or Boulder Passes or Front Handspring through to Layout</p>	<p style="text-align: center;"><b>6-7</b></p> <p style="text-align: center;">Advanced Jump Combinations</p>

# 40 NCA ALL-STAR SCORING RANGES

NCA reserves the right to be the arbitrator and interpreter of all rules and guidelines covered in this book.

The following grid outlines the point ranges for specific skill sets performed by a *MAJORITY of the team*. Judges will consider difficulty and variety when deciding on a specific score. Skills performed by less than a majority of the team will move the score into a lower range. In each category, the majority of the team must master each listed skill unless the skills are separated by the word "or". Execution/Technique for each skill category will be rewarded separately on the score sheet. (Definitions and examples of "Advanced" and "Elite" skills attached).

	<b>Stunts</b>	<b>Pyramids</b>	<b>Tosses</b>
	<b>7-8</b>	<b>7-8</b>	<b>7-8</b>
	Advanced Skills and Required Dismount: Double Twist from One Leg Stunt	Advanced Pyramids Involving Extended One Leg Stunts and at least one Braced Flip Transition Sequence	Advanced Tosses Ex: Kick Double Fulls
<b>L</b>	<b>8-9</b>	<b>8-9</b>	<b>8-9</b>
<b>e</b>	Elite Skills and Required Dismount: Double Twist from One Leg Stunt or Single Based, Extended Unassisted Stunts	Pyramids Involving Extended One Leg Stunts and Multiple Braced Flip Transition Sequences and Multiple Extended Structures and Upward Twisting Transitions	Elite Tosses Ex: Switch Kick Double Fulls Hitch Kick Double Fulls Other Specialty Kick Full Tosses
<b>5</b>	<b>9-10</b>	<b>9-10</b>	<b>9-10</b>
<b>L</b>	Unassisted Single Based Stunts or Free Flipping Stunts to an Extended Position or Full Up Toss to an Extended Position	2 and 1/2 high Collegiate Pyramids	Flipping Tosses or Flipping and Twisting Tosses
<b>e</b>			
<b>6</b>			

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<b>Standing Tumbling</b> 7-8	<b>Running Tumbling</b> 7-8	<b>Jumps</b> 7-8
Jump/Tuck Combinations	Single Full Twisting Skills	Minimal Jump Combinations
8-9	8-9	8-9
Standing Passes that include Full Twisting Skills and/or Double Twisting Skills Ex: Standing Two to a Full Standing One to a Full Standing Full	Single Full Twisting Skills and Numerous Speciality Passes to a full twisting skill and Numerous Double Full Twisting Skills	Multiple Jump Combinations
8-9	8-9	8-9
See 8-9	See 8-9	See 8-9

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Maximum Difficulty will be determined by the performing team's USASF Level. Technique will be worth an additional one point value.

Technique will be evaluated on the following criteria: synchronization, form, technique, body position, flexibility and skill completion.

Jumps difficulty will be evaluated based on the following criteria: variety, difficulty, incorporation, use of approaches, and quantity. Jumps execution will be based on the following criteria: chest placement, flexibility, form and landing. Basic Jumps - Spread Eagle, Double Hook, Tuck and Stag. Advanced Jumps - Herkie, Side Hurdler, Toe Touch, Front Hurdler, Pike and Double Nine. Combinations - Connecting jumps with a prep or whip in between. Standing Tumbling difficulty will be reflected in the standing tumbling score and will not be evaluated in the jump category.

Motions/Dance difficulty will be evaluated on the following three areas of criteria. Little to no transitions and level changes will score in the low portion of the range. Minimal transitions and level changes to include variety of movement, footwork and floorwork along with average energy and entertainment value will score in the middle portion of the range. Multiple transitions and level changes to include variety of movement, footwork, floorwork along with high energy and entertainment value will score on the high end of the range.

Formation/Transition difficulty will be evaluated on the following criteria: creativity, flow, visual effect, ease of movement, pace, spacing and seamless patterns. Technique will be evaluated on how well the above criteria is performed by the athletes.

Performance will be evaluated on the following criteria: showmanship, energy levels, excitement, crowd appeal, uniformity, genuine enthusiasm and athletic sportsmanship.

Skills Creativity will reward teams for using new, inventive, unique load ins, dismounts and transitions in the building and tumbling portions of the routine and will have a maximum value of 5 points.

Routine Creativity will reward teams for using creative and innovative choreography which may include music, routine, and skill themes throughout the overall routine and will have a maximum value of 5 points.

Level 4.2 teams will follow the Level 4 range for Building Skills (Stunts, Pyramids and Tosses), Overall Routine (Motions/Dance, Formations/Transitions and Performance) and the Jumps category. All Tumbling Skills (Standing Tumbling and Running Tumbling) will follow the Level 2 range.

### **Definitions and Examples of "Advanced" and "Elite" skills**

Advanced Stunting Skills include (but are not limited to):

Extended One Leg Stunts  
Minor Releases that land at Prep Level or Below  
Inverted Transitions to Prep Level and Below  
Walking Stunts/Turning Stunts  
1/2 or Single Twisting Transitions  
Power Presses

\*Other unique Mounts and Transitions of similar difficulty level

Elite Stunting Skills include (but are not limited to):

Full Up to Extended Position  
Major Tick Tock variations  
Inverted Transitions to an extended position  
1 1/2 - 2 Twisting Transitions  
Toss Extended Stunts  
Release moves that land in an extended position

\*Other unique Mounts and Transitions of similar difficulty level

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## Stunt Bobbles

Bobbles during stunting skills will result in a .5 deduction for each occurrence.

### Examples:

- Stunts and Pyramids that almost drop/fall, but are saved
- Incomplete twisting cradles
- Knee or hand touching ground during cradle or dismount
- Severe balance checks

## Stunt Falls

Falls during stunting skills will result in a 1.0 deduction for each occurrence.

### Examples:

- Drops from individual stunt to a cradle
- Drops from individual stunt to a pop down dismount

## Stunt Falls (Major)

Falls during stunting skills will result in a 1.5 deduction for each occurrence.

### Examples:

- Fall from individual stunt to the ground (Top person lands on ground or multiple bases land on ground)

## Stunt or Pyramid Collapse

Collapses during stunt or pyramid skills will result in a 2.0 deduction for each occurrence.

### Examples:

- If a stunt drops to the ground (1.5) and then rebuilds in the same stunt sequence and drops again (1.5), the maximum deduction issued will be a 2.0.
- If only an individual stunt performs an error during the pyramid sequence, then only a 1.0 or 1.5 deduction will be assessed.

## Athlete Bobbles

Bobbles during individual skills will result in a .25 deduction for each occurrence.

### Examples:

- Hands down on tumbling
- Knees touch ground in back handspring

## Athlete Falls

Falls during individual skills will result in a .5 deduction for each occurrence.

### Examples:

- Drops to the floor during individual skills (tumbling, jumps, etc.)

## Time Limit Violations

Time limit violations are as follows:

3-5 seconds over time will result in a .5 deduction

6-10 seconds over time will result in a 1.0 deduction

11 or more seconds over time will result in a 2.0 deduction

## Safety Violation/Skills Performed Out Of Level

Safety Violations will result in a 2.0 deduction for each occurrence.

## Boundary Violations

All skills must originate and be completed within the competition boundary. No lineups, skills, or transitions are allowed outside of the competition boundary. Anytime a participant unintentionally steps outside the competition boundary, they must return immediately. The competition boundary is defined as the actual spring floor, the carpet bonded foam panels that connect to the spring floor, and any additional border that supports the spring floor.

Excessive out of bounds is not allowed and will result in a .5 deduction for each occurrence. Excessive out of bounds includes stepping, with both feet, completely off of the performance mat and its borders. (Stepping on, or just past the white tape is not a boundary violation).

## LEGALITY VERIFICATION

For a timely and accurate response to questions concerning safety guidelines or questions regarding specific stunts, pyramids and/or dance skills, please follow these steps.

- All questions must be in written form. Due to the differences in interpretation and terminology, **no phone calls will be accepted**. Do not rely on prior rulings from NCA championships. A separate DVD must be submitted for each competition to ensure legality.
- For partner stunt, pyramid, or dance skill approval, you must send a DVD that contains the skill in question along with a letter stating the skill you are questioning. DVD **must** include the following:
  1. Front, side and back view of skill.
  2. Name(s) of all championships where you will be performing skill and the division you will be performing in.
  3. Include your name, team name, address, email and phone number on your DVD.
  4. Do not send the entire routine, only the skill(s) in question. Your DVD will be kept on file at NCA.
  5. If you would prefer to send the skill via email, please contact the NCA/NDA office to find out if that is a viable option.

DVD's that are not in the above format will **NOT** be viewed.

DVD's **MUST BE RECEIVED IN THE NCA OFFICE** at least **TWO WEEKS PRIOR** to the championship date. DVD's not received in the NCA office two weeks prior to the championship date will **NOT** be reviewed.

Send DVD's to:

*NCA Legalities for (specify event), P.O. Box 660359, Dallas, TX 75266-0359.*

You may Federal Express or UPS Overnight at least two weeks prior to the championship date to: *NCA Legalities for (specify event), 2010 Merritt Dr., Garland, TX 75041.*

*NOTE: Do not depend on your choreographer, coach or director to determine if something is legal. If you feel that something may be illegal, send a DVD to the NCA office.*

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You may email the video to:

ncandavideos@gmail.com. Must be in Quicktime or Windows Media Player format no more than 10mb. We cannot accept links to videos on YouTube or other websites. Please be sure to verify receipt.

## **ROUTINE REQUIREMENTS**

1. Each team will perform a choreographed routine not to exceed 2 minutes and 30 seconds (150 seconds).
2. Music is required for all of the routine. A 2.0 penalty will be assessed if music is not used for the entire routine.
3. Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
4. Timing will begin with the first note of music by the team after they are officially announced and have taken the floor. Cheerleaders must have at least one foot on the performing surface when the routine starts.
5. Timing will end with the last organized word, movement, or note of music by the team. Teams must exit the performance area immediately following the routine.
6. Team names will be called twice: once as the team on deck and once as the next team to perform.
7. Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed. Judges' decisions are final (please see page 67).
8. Teams should utilize all areas of their squad's technical strength in jumps, tumbling, (running and standing), partner stunts, pyramids, motion technique, projection and expression, choreography, basket tosses, showmanship, and dance.

## **PERFORMANCE AREA**

Performance surfaces and dimensions may vary by championship based on venue, size and restrictions, divisions offered, and other factors. Please refer to specific championship for which you are attending and make note of the Performance Area Information.

## **MUSIC INFORMATION**

Music should be on CD. **Duplicate CDs must be available at the music table in case of lost or damaged CDs.**

## **JUDGING PANELS**

**Head Judge** The Head Judge is responsible for overseeing the entire Judging Panel that consists of Panel Judges, Safety Judge, and Point Deduction Judge. The Head Judge may also fill out his/her own score sheet for each performance. Head Judge's scores will carry the same weight as a Panel Judge.

**Panel Judges** Panel Judges are responsible for scoring each team's performance based on the NCA score sheet. Each Panel Judge fills out his/her own score sheet for each performance. Panel Judges judge technical ability and the overall routine, but they do not determine or judge deductions or safety violations.

**Safety Judge** The Safety Judge is responsible for administering all safety violations, time violations, and boundary violations.

**Point Deduction Judge** The Point Deduction Judge is responsible for assessing deductions in each routine for obvious bobbles or falls from technical skills.

All judges' decisions are final.

## **NCA SCORING PROCESS**

NCA has adopted the Varsity Standard of Scoring.

### **Safety Violations/General Competition Guidelines**

A 2.0 deduction will be given for EACH safety/general competition guideline violation (*example: a 2.0 penalty will be assessed for jewelry*). Safety Violations are in effect until the team leaves the performance floor. Please read and study the appropriate NCA Safety Guidelines section to ensure your team does not have any safety violations. NCA reserves the right to make decisions on any violations not covered in this book and interpretation of rules covered. All deductions will be subtracted from the FINAL averaged score.

## **CODE OF CONDUCT**

To ensure the most positive experience for all attendees, NCA asks that the following Code of Conduct be adhered to during all NCA Championships:

- Any questions or concerns that affect a team's performance or experience must be communicated by the coach or advisor to the NCA Event Information Booth. The appropriate NCA Official will then be called to discuss the situation with the coach/advisor.
- Participants, coaches, advisors or spectators are prohibited from making contact with the Judges during the competition.
- Judges' rulings are final related to deductions, final team placements and legalities.
- Any unruly, aggressive or belligerent behavior by participants, coaches, advisors or spectators toward any other attendee or NCA Event Staff will result in potential team disqualification, removal from the event and/or barred participation from future NCA events.

NCA fervently encourages and supports sportsmanship, integrity and fairness among participants and coaches/advisors in all facets of cheerleading including, but not limited to, team/squad practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities, and believe that coaches/advisors are instrumental in promoting and instilling this among their respective team members.

## **ELIGIBILITY POLICY**

In fairness to all, NCA strictly enforces its age requirements for each division. NCA reserves the right to assess a penalty, disqualify, reclaim any and all awards and/or remove television appearance for any team/gym found to be in violation of the eligibility policy, whether before, during or after the Event.

A Team Roster Form will be sent to all coaches participating in an NCA Championship. One roster must be completed per team, and should include each participant's name, age and birth date. This form must be signed and given to NCA during the event check-in. Gym owners must sign and date this form.

## **DIVISIONS AND CROSSOVERS**

Unlimited Crossovers will continue to be allowed at all NCA events with the exception of NCA All-Star Nationals. Crossovers at NCA ALL-STAR NATIONALS WILL BE ALLOWED given the following restrictions:

1. Participant may only crossover into a division within the same USASF Level. (ex: Level 3 Jr Coed and Level 3 Small Senior).
2. Participant may only represent up to a maximum of two teams.
3. Participant may only represent on gym.
4. A maximum of five crossover participants is allowed per team.
5. Crossover participants must pay an additional commuter registration fee in full to perform on the second team.

NCA always attempts to ensure teams from the same program do not have overlapping performances during the preliminary schedule. However, NCA cannot guarantee that a performance overlap will not occur during the final schedule. If a team violates the crossover rule, the second and each subsequent team will receive a 10.0 deduction off of their final score for each illegal participant. (Maximum penalty is 20.0).

## **U.S. Championships, Classics, and Spirit Championships**

Crossovers are allowed in the All-Star Cheer divisions in all NCA competitions except the NCA All-Star National Championship unless otherwise stated.

## **INAPPROPRIATE CHOREOGRAPHY/MUSIC/OUTFITTING**

All facets of a performance or routine, including choreography, music selection and outfitting (cheerleading), should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine. Outfitting for cheerleading performances should follow traditional dress standards. In general, performances, including but not limited to the actual routine, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place.

A deduction of 2.0 will be given for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited, to swearwords and connotations of any type of sexual

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act or

behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.

Any uniform or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to NCA for approval. Because multiple performances of a routine when compared to one another will generally lack distinction, NCA is not able to approve with absoluteness the appropriateness of choreography (since movements can be easily modified, NCA could feasibly approve a particular movement when viewed on a video or in person, only to have it performed differently during competition). However, choreography, if questionable, may be submitted to NCA for feedback.

## **INTERRUPTION OF PERFORMANCE**

### **Injury**

The Safety Judge or Head Judge reserves the right to stop a routine due to an obvious injury. In the event that an injury causes the team's routine to be interrupted during a Nationals' preliminary competition, Classic Championship or a U.S. Championship, the team will have 30 minutes to regroup before performing their routine again from the beginning. Judging will resume from the point at which the injury/interruption occurred as determined by the Judges. The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over. If a team prefers not to re-work the routine, then at the coach's discretion, they may take the score they have received up to that point. If a skill has not been performed a "0" will be given in the category. In the event that an injury causes the team's routine to be interrupted during final competition (Nationals), the judges will determine if there is sufficient time and feasibility for the team to complete their performance. If not, scores will be based on the performance prior to the injury.

### **Uniform Distractions**

The Safety Judge or Head Judge reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance. If a judge stops the routine or a performer leaves the floor to adjust a uniform a penalty or disqualification may result. The team may or may not be given an opportunity to return to complete their performance.

### **Music**

In the event a technical error causes a team's music to be interrupted, the coach will have the opportunity to stop the performance and begin again immediately. It is recommended that coaches have a backup CD/tape with them at the music table. Judging and timing will resume from the point at which the malfunction occurred as determined by the Judges.

### **Interpretations/Rulings**

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NCA has the authority to make a decision on any issue, protest, penalty or rule that is unclear or not specifically addressed in this book. NCA will render a judgment in an effort to ensure that the competition is conducted in a manner consistent with the general spirit and goals of the competition and NCA.

### Questions and Dispute Resolution

At an Event, questions or concerns regarding score sheets, legalities and other issues should be addressed exclusively by the coach/advisor/gym owner. Please direct such inquiries to the Event Information Booth. The appropriate competition official will be contacted to discuss any questions or concerns.

### **BEST CHEERLEADER** (Offered at select competitions)

#### General Requirements

Each participant will perform the following in this order: three consecutive jumps, tumbling pass, and a cheer. Overall performance may not exceed 90 seconds. **Music is not allowed.** A partner may not be used during the performance. Judging is based on voice projection, showmanship, cheer execution, spirit, and ability in the areas of jumps and tumbling, as well as overall impression. There is a five-trick limit (jumps, gymnastics, splits) in your performance after your tumbling pass. A back handspring back tuck, toe touch back handspring, or round-off back tuck are each considered two tricks. There will be a .5 penalty if more than five tricks are performed in your cheer and a separate penalty if the routine exceeds the time limit.

**Elementary Best Cheerleader:** 6th grade and below

**Junior Best Cheerleader:** 7th - 9th grade

**Senior Best Cheerleader:** 10th - 12th grade

Males and females will compete in the same division based on grade. There is no limit as to how many individuals may enter from a team.

### **GROUP STUNT** (Offered at select competitions)

Each group stunt routine may be up to, but no longer than 60 seconds, with background music. Timing will begin with the first sound of music or movement of the team. The routine does not have to be choreographed directly to the music. Teams will be judged on technique, strength and stability of stunts, flow of routine, degree of difficulty (taking into consideration the number of stunts), perfection of routine and overall impression. There will be a penalty each time there is a violation of the All-Star Safety Guidelines and a separate penalty if your routine exceeds the time limit.