



# QUEST FOR THE BEST!



## NCA SCHOOL DIVISIONS - Fall 2011 - Spring 2012 CHAMPIONSHIPS

	NOVICE	INTERMEDIATE	ADVANCED	GAME TIME	
HIGH SCHOOL DIVISIONS	<b>SMALL NOVICE HIGH SCHOOL</b> 5-12 Members 12th Grade and Below Female/Male	<b>SMALL INTERMEDIATE HIGH SCHOOL</b> 5-12 Members 12th Grade and Below Female	<b>SMALL ADVANCED HIGH SCHOOL</b> 5-12 Members 12th Grade and Below Female	HIGH SCHOOL GAME TIME DIVISIONS	<b>TIME OUT CHEER HIGH SCHOOL</b> No Team Size Limit 12th Grade and Below Female/Male
	<b>MEDIUM NOVICE HIGH SCHOOL</b> 13-20 Members 12th Grade and Below Female/Male	<b>MEDIUM INTERMEDIATE HIGH SCHOOL</b> 13-20 Members 12th Grade and Below Female	<b>MEDIUM ADVANCED HIGH SCHOOL</b> 13-20 Members 12th Grade and Below Female		<b>FIGHT SONG HIGH SCHOOL</b> No Team Size Limit 12th Grade and Below Female/Male
	<b>LARGE NOVICE HIGH SCHOOL</b> 21-30 Members 12th Grade and Below Female/Male	<b>LARGE INTERMEDIATE HIGH SCHOOL</b> 21-30 Members 12th Grade and Below Female	<b>LARGE ADVANCED HIGH SCHOOL</b> 21-30 Members 12th Grade and Below Female		<b>TIME OUT DANCE HIGH SCHOOL</b> No Team Size Limit 12th Grade and Below Female/Male
		<b>COED INTERMEDIATE HIGH SCHOOL</b> 5-30 Members 12th Grade and Below Female/Male	<b>COED ADVANCED HIGH SCHOOL</b> 5-30 Members 12th Grade and Below Female/Male	JUNIOR HIGH/ MIDDLE SCHOOL GAME TIME DIVISIONS	<b>TIME OUT CHEER JH/MS</b> No Team Size Limit 9th Grade and Below Female/Male
			<b>NON-TUMBLING HIGH SCHOOL</b> <i>No Tumbling Allowed</i> 5-30 Members 12th Grade and Below Female		<b>FIGHT SONG JH/MS</b> No Team Size Limit 9th Grade and Below Female/Male
JV/FRESHMAN DIVISIONS	<b>NOVICE JV/FRESHMAN</b> 5-20 Members 12th Grade and Below Female/Male <i>Teams comprised exclusively of 9th Graders must compete in the JV/Freshman Division or a High School Division</i>	<b>INTERMEDIATE JV/FRESHMAN</b> 5-20 Members 12th Grade and Below Female/Male	<b>ADVANCED JV/FRESHMAN</b> 5-20 Members 12th Grade and Below Female/Male	RECREATION/ YOUTH GAME TIME DIVISIONS	<b>TIME OUT DANCE JH/MS</b> No Team Size Limit 9th Grade and Below Female/Male
JUNIOR HIGH/ MIDDLE SCHOOL DIVISIONS	<b>SMALL NOVICE JH/MS</b> 5-15 Members 9th Grade and Below Female/Male <i>Teams comprised exclusively of 9th Graders must compete in the JV/Freshman Division or a High School Division</i>	<b>SMALL INTERMEDIATE JH/MS</b> 5-15 Members 9th Grade and Below Female/Male	<b>SMALL ADVANCED JH/MS</b> 5-15 Members 9th Grade and Below Female/Male		<b>TIME OUT CHEER RECREATION/YOUTH</b> No Team Size Limit 16 Yrs of Age and Younger Female/Male
	<b>LARGE NOVICE JH/MS</b> 16-30 Members 9th Grade and Below Female/Male <i>Teams comprised exclusively of 9th Graders must compete in the JV/Freshman Division or a High School Division</i>	<b>LARGE INTERMEDIATE JH/MS</b> 16-30 Members 9th Grade and Below Female/Male	<b>LARGE ADVANCED JH/MS</b> 16-30 Members 9th Grade and Below Female/Male	<b>TIME OUT DANCE RECREATION/YOUTH</b> No Team Size Limit 16 Yrs of Age and Younger Female/Male	
ELEMENTARY DIVISIONS		<b>INTERMEDIATE ELEMENTARY</b> 5-30 Members 6th Grade and Below Female/Male		ELEMENTARY GAME TIME DIVISIONS	<b>TIME OUT CHEER ELEMENTARY</b> No Team Size Limit 6th Grade and Below Female/Male
					<b>TIME OUT DANCE ELEMENTARY</b> No Team Size Limit 6th Grade and Below Female/Male

NCA reserves the right to split, combine and delete divisions as warranted and/or deemed appropriate. Please refer to the NCA Competition and Safety Guidelines for Age Eligibility, Skill Restrictions and Enrollment Requirements prior to registering for a specific division.

## NCA SCHOOL DIVISIONS - RULES AND RESTRICTIONS

### NOVICE SKILLS RESTRICTIONS

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

- Standing Tumbling.** Standing tumbling is limited to a standing single back handspring. (Standing back handspring series and jump/back handspring combinations are not allowed). Standing tucks are not allowed.
- Running Tumbling.** Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).
- Stunts.** Single leg stunts may not be held or pass through an extended position. (No extended liberties). Twisting transitions are limited to a 1/2 twist by the top person (full ups are not allowed).
- Pyramids.** Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing single leg stunt and must be made at prep level or below. Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle.
- Dismounts.** Only straight pop downs, basic straight cradles and 1/4 turns are allowed.
- Tosses.** The only body position allowed is a straight ride.

### INTERMEDIATE SKILLS RESTRICTIONS

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

- Standing Tumbling.** Flips are not allowed. (No standing back tucks or back handspring back tucks).
- Running Tumbling.** Flips may only be performed in a tuck position. Flips may only be performed from a round off or round off back handspring entry. No tumbling is allowed after the flip. No twisting during the flip.
- Stunts.** Twisting transitions to and from an extended position may not exceed 1/2 twisting transition.
- Pyramids.** During a pyramid transition, top person may pass above 2 persons high while in direct, arm-to-arm contact with two other top persons at prep level or below.
- Dismounts.** Only straight pop downs, basic straight rides, and 1/4 turns are allowed from any single leg stunt. Up to 1 1/4 twists are allowed from any two leg stunt.
- Tosses.** Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

### JUNIOR HIGH / MIDDLE SCHOOL/ ELEMENTARY SKILLS RESTRICTIONS

*Advanced teams will follow the standard AACC Safety Guidelines with no other skill restrictions. Junior High, Middle School, and Elementary teams will follow Additional Restrictions as listed in the AACC Safety Guidelines.*

### ADVANCED SKILLS RESTRICTIONS

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

### GAME TIME

#### TIME OUT CHEER RULES AND RESTRICTIONS

- Showcase your best sideline crowd-leading material
- The use of signs, poms, flags, and/or megaphones is encouraged
- 1 minute 15 seconds time limit
- Time will begin and end with Buzzer sound - similar to Time Out at Game
- Emphasis on crowd involvement
- At least 2 components required from the following: cheers, chants, traditional yells, and/or drum cadences
- No music permitted. Drum cadence can be used (CD or Live Drummer)
- No baskets, sponge, elevator, or similar type tosses permitted
- No inversions and/or twisting into or out of stunts
- No single leg extended stunts
- Maximum difficulty in tumbling is limited to standing back handspring

#### FIGHT SONG RULES AND RESTRICTIONS

- Perform your favorite school fight song
- 1 minute 15 seconds time limit
- Up to three eight counts may be incorporated with stunts, tumbling and/or jumps
- Same skill restrictions as listed in Time Out Cheer Rules and Restrictions

#### TIME OUT DANCE RULES AND RESTRICTIONS

- Perform your favorite Time-Out dance
- 1 minute 15 seconds time limit
- Traditional sideline uniforms required
- Emphasis on crowd entertainment
- No stunts or tumbling permitted

See FULL competition Rules at [NCAVarsity.com/GameTime.aspx](http://NCAVarsity.com/GameTime.aspx)