

# NCA & NDA COMPETITION RULE BOOK FOR COLLEGE TEAMS



NCA & NDA Collegiate Cheer and Dance Championship  
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# TABLE OF CONTENTS

NCA & NDA reserve the right to be the arbitrator and interpreter of all rules covered in this document.

## NCA COLLEGE COMPETITION RULES

- 3 2013 - 2014 AACCA College Safety Rules
- 7 Code of Conduct
- 7 How to Qualify
- 8 Cheer Video Entry Format
- 9 College Cheer Divisions
- 11 Intermediate Division Restrictions
- 12 Eligibility Verification
- 13 NCA & NDA Exclusivity Policy
- 13 Legality Verification
- 14 Team Routine Requirements
- 14 Game Day Score
- 15 Performance Area
- 15 Judging Panels
- 16 NCA Scoring Process
- 18 Choreography, Music and Costumes Rules
- 18 NCA College Cheer Uniform Requirements
- 19 Verification and/or Violations
- 20 Interruption of Performance
- 21 NCA Selection of Finalists and Performance Order
- 21 College Mascot General Safety Rules
- 22 NCA Collegiate Mascot Championship
- 23 Partner Stunt Competition Requirements
- 23 Group Stunt Competition Requirements
- 23 Judges Categories
- 24 College Scoring Guidelines
- 25 Cheer Performance Outline Sample
- 26 NCA Collegiate Score Sheet Samples

## NDA COLLEGE COMPETITION RULES

- 32 NDA Collegiate Score Sheet Samples
- 36 General Safety Guidelines
- 36 Code Of Conduct
- 37 Competition Safety Guidelines
- 37 Tumbling and Aerial Street Style Skills (Individuals)
- 38 Dance Lifts and Partnering (Groups)
- 38 Release Moves
- 39 How to Qualify
- 40 General Routine Guidelines
- 41 College Dance Divisions
- 42 Team Performance Routine Requirements
- 42 Open Routine Requirements
- 42 Hip Hop Routine Requirements
- 42 Eligibility Verification
- 43 NCA & NDA Exclusivity Policy
- 44 Legality Verification
- 45 Judging Scales for Dance Fundamentals
- 48 NDA "Collegiate Image" Category
- 49 Judging Panels
- 49 NDA Scoring Process
- 50 Choreography and Music Rules
- 50 Dance Costume Requirements
- 50 Performance Area
- 51 General/Safety Verification Process
- 52 Interruption of Performance
- 53 Music Download Procedure
- 53 Selection of Finalists and Performance Order
- 53 Glossary of Terms and Positisons of the Feet

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# 2013-2014 AACCA SAFETY RULES

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## A. DEFINITIONS

- **Base:** A person who is in direct contact with the performing surface and is supporting another person's weight.
- **Cradle:** Dismount from a stunt/pyramid/toss in which the top person lands in a face-up, semi-piked position.
- **Cupie/Awesome:** A stunt in which both of the top person's feet are in one hand of the base.
- **Dive Roll:** An aerial forward roll where the feet of the performer are at or above the performer's waist prior to the hands making contact with the performing surface.
- **Flatback:** A stunt in which the top person is in a face-up, straight-body position parallel to the performing surface.
- **Flip:** When a person is airborne while the feet pass over the head.
- **Height-increasing Apparatus:** Any type of equipment that increases the height of a skill.
- **Helicopter Toss:** A stunt in which the top person is tossed into the air with the body parallel to the ground and completes a 360 degree horizontal rotation (like the blades of a helicopter).
- **Loading Position:** Any intermediate position below shoulder level that uses continuous motion to put a top person in a stunt or pyramid. Examples: elevator/sponge load, basket load, smooch, scoop from the back, etc.
- **Middle:** A person who is being supported by a base while also supporting a top person.
- **Pyramid:** A skill in which a top person is being supported by a middle layer person.
- **Rewind:** Skill in which the top person starts with BOTH FEET on the ground, is tossed into the air and performs a backward or side rotation into a stunt, pyramid or loading position (this would include a cradle).
- **Spotter:** A person who is responsible for assisting or catching the top person in a partner stunt or pyramid. This person cannot be in a position of providing primary support for a top person but must be in a position to protect the top person coming off of a stunt or pyramid.
- **Stunt:** A skill in which a top person is supported by a base or bases.
- **Top:** A person who is either being supported by another while off of the performing surface or who has been tossed into the air by another person.
- **Toss:** A movement by a participant or group of participants that propels a person into the air so that the person is airborne (e.g. free of contact with the performing surface).

## B. GENERAL PROGRAM GUIDELINES

1. Cheerleading squads should be placed under the direction of a qualified and knowledgeable advisor or coach.
2. All practice sessions should be supervised by the advisor/coach and held in a location suitable for the activities of cheerleaders (e.g. use of appropriate matting, away from excessive noise and distractions, etc.).
3. Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including but not limited to: proximity of non-squad personnel, performance surface, lighting and/or precipitation. Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
4. Advisors/coaches should recognize the particular ability level of all participants and should limit the squad's activities accordingly. Participants should not be pressed to perform activities until they are safely prepared.
5. Skills that have not been mastered should be performed only in a supervised practice environment.
6. Thorough training in proper spotting techniques should be mandatory for all squads.
7. All cheerleaders should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids and jumps).
8. All cheerleading squads should adopt a comprehensive conditioning and strength building program.
9. An appropriate warm-up exercise should precede all cheerleading activities.
10. All programs should qualify cheerleaders according to accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate mastery of the skill, and when spotting is required by specific rule.
11. In environments where there is close proximity to the athletic event and out of bounds plays pose a significant risk of injury to the participant, no technical skills should be performed while the ball is in play.
12. All partner stunts, pyramids, and tosses should be reviewed and approved by the coach prior to execution.



# 2013-2014 AACCA SAFETY RULES

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## **C. GENERAL RESTRICTIONS**

1. The use of any height-increasing apparatus (e.g. mini-trampoline, etc.) other than a spring floor is prohibited for performance.
2. The top person in a partner stunt, pyramid or transition cannot be released from bases or leave the floor unassisted with the intent to land or be caught in an inverted body position.
3. An individual may not jump, flip or dive over, under, or through partner stunts, pyramids or individuals from basket tosses, similar tosses, partner stunts or other tosses from hands.
4. Drops (knee, seat, thigh, front, back and split) from a jump, stand or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet which breaks the impact of the drop.
5. Jewelry of any kind is prohibited (e.g. navel jewelry, tongue jewelry, earrings, necklaces, etc.). Medical bracelets are allowed provided they are taped to the body.
6. Soft-soled athletic shoes must be worn while cheering or competing. Gymnastics shoes, jazz shoes and/or boots are prohibited.

## **D. PARTNER STUNTS**

1. Twisting dismounts with more than a 360 degree rotation require an additional spotter that assists on the cradle.
2. Released load-ins from a handstand position (stationary or through a handspring load-in) to a partner stunt require an additional spotter.
3. Stunts in which the top person is in a handstand position require an additional spotter.
4. Stunts in which the base uses only one arm for support require a spotter when:
  - a. The stunt is anything other than a cupie/awesome or basic liberty. All other one-arm stunts require a spotter (e.g. heel stretch, arabesque, high torch, scorpion, bow and arrow, etc.).
  - b. The load-in or dismount involves a twist. The spotter must be in place during the twist and assist on the cradle during twisting dismounts.
  - c. The top person is popped from one arm to the other.
5. Single based split catches are prohibited.
6. All leg pitch, toe pitch, walk-in, sponge, and straddle catch flips are prohibited.
7. Twisting dismounts greater than two rotations are prohibited. Exception: side facing stunts, e.g. Arabesque, Scorpion, double full twisting cradles to the front are legal.
8. Front, back and side tension drops are prohibited.
9. Flips into or from partner stunts are prohibited, with the following exceptions.
  - a. Rewinds into a pyramid, stunt, loading position or cradle are allowed under the following conditions:
    1. The top person is limited to one and one quarter rotations and may not twist.
    2. Bases are limited to one quarter turn under the top person.
    3. An active spotter is required throughout the skill.
    4. If the rewind is continuous to a cradle, the spotter must assist in the cradle.
    5. In a rewind to a pyramid or to another base, the original base may serve as the spotter.
  - b. Flips from stunts in which the top person is in an upright position standing in the hand(s) of the base(s) are allowed under the following conditions:
    1. An additional spotter must be active throughout the following skills. Exception: An additional spotter is not required for a double base front flip to the performing surface.
    2. Front flips to the performing surface are allowed from single or double base shoulder level stunts. The top person must land on at least one foot with assistance from at least one base.
    3. Front flips to a cradle are allowed from single or double base stunts shoulder level and below.
    4. Back flips to a cradle are allowed from double base stunts shoulder level and below.
    5. The top person is limited to one and one quarter flipping rotations.
    6. Dismounts to a cradle may have up to one half twist. No other twists are allowed.

# 2013-2014 AACCA SAFETY RULES

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- c. Flips from stunts in which the top person is in a horizontal position not being supported at their feet are allowed under the following conditions:
1. Front flips and back flips from shoulder level double base stunts to a stunt, loading position, cradle or the performing surface with assistance from a base. Note that flips are not permitted from a horizontal position below shoulder level or from a single base.
  2. The top person is limited to one and one quarter rotation and may not twist.
  3. A spotter is not required.

## **E. PYRAMIDS**

1. Pyramids higher than 2½ body lengths are prohibited. Pyramid height is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1½ body lengths; shoulder stands are 2 body lengths; extended stunts (e.g. extension, liberty, etc.) are 2½ body lengths. Exception: An extended stunt on top of a thigh stand is allowed.
2. In all pyramids, there must be at least two spotters designated for each person who is above two persons high and whose primary support does not have at least one foot on the ground. Both spotters must be in position as the top person is loading onto the pyramid. One spotter must be behind the top person and the other must be in front of the top person or at the side of the pyramid in a position to get to the top person if they were to dismount forward. Once the pyramid shows adequate stability and just prior to the dismount, this spotter can move to the back to catch the cradle. As pyramid design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question.
3. In all "2-1-1 thigh stand tower" pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person. If a bracer is needed to assist the thigh stand middle layer, they do not fill this role and an additional spotter who is not in contact with the pyramid is required.
4. Cradles from pyramids over two high must use at least two catchers, one on each side of the top person.
5. All flips into or from pyramids are prohibited, with the exception of a forward flip dismount to a cradle and legal rewinds.
6. Releases to prone dismounts from pyramids are prohibited.
7. Front, back and side tension drops are prohibited.

## **F. TOSSES**

1. Basket tosses or similar tosses may only be performed from ground level, can use no more than four bases, and must be cradled by three of the original bases, one of which must catch in a scoop under the head and shoulders.
2. Basket and elevator/sponge tosses may not be directed so that the bases must move to catch the top person.
3. Basket and elevator/sponge tosses cannot exceed one flipping and two twisting rotations.
4. In flipping basket or elevator/sponge tosses (tuck, layout, or pike position) only two additional skills are allowed. One twisting rotation is considered to be one skill.

Examples:

### **LEGAL (TWO SKILLS)**

Tuck flip, X-out, Full Twist  
Double Full-twisting Layout  
Kick, Full-twisting Layout  
Pike, Open, Double Full Twist  
Arabian Front, Full Twist

### **ILLEGAL (THREE SKILLS)**

Tuck flip, X-out, Double Full Twist  
Kick, Double Full-twisting Layout  
Kick, Full-twisting Layout, Kick  
Pike, Split, Double Full Twist  
Full-twisting Layout, Split, Full Twist

*NOTE: An Arabian Front followed by a 1½ twist is considered to be a legal skill. A Kick Double Full Twist with no flip is legal.*

5. Basket and elevator/sponge load-ins can land in a stunt or pyramid provided that the toss does not significantly exceed the height of the intended skill. Flips into stunts or pyramids from a basket or elevator/sponge load-in are prohibited.

# 2013-2014 AACCA SAFETY RULES

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## **G. TUMBLING**

1. Tumbling skills performed over, under or through partner stunts, pyramids or individuals are prohibited.
2. Tumbling skills that exceed one flipping rotation are prohibited.
3. Tumbling skills with two or more twisting rotations are prohibited.
4. Dive rolls are prohibited.
5. Airborne drops to a prone position on the performing surface are illegal. Examples: A back flip or a jump landing in a pushup position is illegal. A handspring to a pushup position is legal as it is not airborne prior to the prone landing.

## **H. SPECIFIC SURFACE RESTRICTIONS**

1. The following skills are only allowed on a mat, grass (real or artificial) or rubberized track surface.
  - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
  - b. Flipping skills into or from stunts, tosses or pyramids.
  - c. Two and one half high pyramids. Mounts or dismounts to and from 2½ high pyramids may not flip or twist on a rubberized track surface.
2. Kick double baskets and baskets that flip AND twist are not allowed at a football game during regular play or timeouts. They may be done during a pre-game or half-time situation, but only on grass (real or artificial) or matted surface with dimensions of at least 10' x 10'.
3. At indoor court-type games such as basketball, the following skills may only be performed during pre-game, halftime, or post-game (not during timeouts) where the area is free of obstructions and non-cheer personnel, and all skills are performed on a matted surface.
  - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
  - b. Partner stunts in which the base uses only one arm to support the top person. Exception: Cupies/awesomes are allowed with an additional spotter.
  - c. Flips into or from partner stunts.
  - d. Inversions. Exception: High school level inversions are allowed. For example, suspended forward and backward rolls, low-level inversions, and braced flips with two bracers are allowed. For college, the two bracers and top person are not required to be double based.
  - e. Twisting dismounts greater than 1¼ rotation. Twisting dismounts up to 1¼ rotation on the court require an additional spotter.
  - f. Two and one half person high pyramids.
  - g. Airborne twisting tumbling skills (Arabians, full twisting layouts, etc.; Cartwheels, roundoffs and aerial cartwheels are allowed.)

The above safety rules are general in nature and are not intended to cover all circumstances. All cheerleading skills, including tumbling, partner stunts, pyramids, jumps and tosses should be carefully reviewed and supervised by a qualified and knowledgeable advisor or coach.

NCA & NDA, and The American Association of Cheerleading Coaches and Administrators make no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

For the most recent safety rules and information, visit <http://www.aacca.org>.

# NCA COLLEGE COMPETITION RULES

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## **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 to the NCA Event Information Table. The appropriate NCA Official will then be called to discuss the situation with the coach.
- Participants, coaches 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 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 and possible disqualification of team or suspension for following years.

NCA fervently encourages and supports sportsmanship, integrity and fairness among participants and coaches 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 are instrumental in promoting and instilling this among their respective team members.

## **HOW TO QUALIFY FOR THE NCA & NDA COLLEGIATE CHEER AND DANCE CHAMPIONSHIP**

### **CAMP QUALIFICATION**

Squads may qualify for the NCA & NDA Collegiate Cheer and Dance Championship at NCA Collegiate Resident Camps, Day Camps or Elite Home Camps. NCA will award Bids to Nationals based on the team's successful completion of specific requirements in the areas of participation, conduct, and camp achievements. Teams must have a minimum of eight (8) participating team members attending the same NCA Collegiate Summer Camp in order to be considered for a Bid.

### **VIDEO QUALIFICATION**

All Qualification Videos (including Cheer and Dance teams, Partner Stunt, All Girl Group Stunt and Mascot) must be RECEIVED no later than January 24, 2014. Team videos are free.

Videos must be sent to:

NCA & NDA Collegiate Cheer and Dance Championship  
2010 Merritt Dr.  
Garland, TX 75041

Each entry must be on a separate DVD and properly labeled with Name, Division, Cheer Coach's Name, Address, Email and Telephone number. A "Video Entry Form" should accompany each video entry.

- Receipt deadline for team qualification only: January 24, 2014.
- Receipt deadline for Partner Stunt, All Girl Group Stunt, and Mascot entries: January 24, 2014
  - Results will be posted at [nca.varsity.com](http://nca.varsity.com) by January 31, 2014, 6:00pm CST.
  - Videos may be emailed to: [NCACollegeSafety@gmail.com](mailto:NCACollegeSafety@gmail.com).
- Videos should not exceed 10MB and should be in Windows Media Player or Quicktime format.

# NCA COLLEGE COMPETITION RULES

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## **GENERAL VIDEO GUIDELINES**

- All skills MUST follow the AACCA College Cheerleading Safety Rules.
- No split screens, freeze frames or speed altering is allowed.
- All participants must be current eligible members of the school and team they are representing.
- All footage must be of current academic year.
- Teams must also follow specific Division requirements as applicable (e.g. Small Coed, Intermediate, All Girl, etc.).
- There is NO video entry fee for team videos.

## **CHEER VIDEO ENTRY FORMAT**

The video entry format for cheer teams submitting videos to qualify for the NCA & NDA Collegiate Cheer and Dance Championship will be as follows: each cheer team video must include five (5) separate segments:

- Stunts
- Tumbling
- Basket/Sponge Tosses
- Pyramids
- Game Day Segment

The skills segment of the video can be a maximum of two (2) minutes.

### **STUNTS**

Must show at least three (3) stunts in their entirety utilizing as many members as possible with the Partners starting with at least one foot on the ground, and conclude with the dismounts landing in a cradle position or back to the ground.

### **TUMBLING**

Must show at least two (2) skills of standing tumbling to include as many members as possible (e.g. handsprings, tucks, fulls, toe-backs, etc). Must also show at least two (2) synchronized running passes with as many members as possible (e.g. handspring series, tucks, fulls, whips, elite passes, etc.) where all participating members start and finish together.

### **BASKET / SPONGE TOSSES**

Must show at least three (3) complete separate tosses to include as many groups as possible. Each of these three tosses must be shown from the mount (at least one foot on the ground) through the cradle.

### **PYRAMIDS**

Must show at least three (3) complete pyramids to include as many people as possible. Each of these three pyramids must be shown from the mount (at least one foot on the ground) through the dismount to a cradle position or back to the ground.

### **GAME DAY SEGMENT**

In addition to the above requirements, ALL VIDEO QUALIFIERS MUST submit a 45 second Game Day performance. This format must follow the same rules as listed under the Game Day Score on page 14-15. This segment MUST be filmed in front of a live audience.



# NCA COLLEGE COMPETITION RULES

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## **ALL GIRL GROUP STUNT, MASCOT AND PARTNER STUNT**

Qualification videos must be sent with a payment of \$25 per video (this payment must accompany the video in order to have the video judged). All participants representing schools on videos must meet NCA & NDA's current eligibility requirements, as well as the eligibility requirements of their respective school. Participants must be current members of the same team (not program). Segments may NOT be edited. The speed of the performance may not be altered on the video. The use of a tripod is highly encouraged. Routine must follow AACCA College Cheerleading Safety Rules. Videos may be emailed to: NCACollegeSafety@gmail.com.

### **ALL GIRL GROUP STUNT**

Video must include a 45 second maximum unedited Routine. Routine should be choreographed to music. Groups may have up to four (4) members - all female. Must adhere to all uniform requirements.

### **MASCOT**

Videos must include a 90 second maximum unedited skit. Routine must be performed to music. No live props are allowed. Should follow the same format and rules as stated for the actual Competition on Page 22.

### **PARTNER STUNT**

Videos must include a 45 second maximum unedited Routine. Routine must be choreographed to music. One spotter is required. Must adhere to all uniform requirements.

THE RESULTS OF THE STUNT AND MASCOT VIDEO ENTRIES WILL BE AVAILABLE BY January 31, 2014 and will be posted on nca.varsity.com by 6:00pm CST. Videos submitted for qualification will not be viewed for Competition safety violations. A separate video must be sent for this purpose. Coaches of team videos will be notified individually of their qualifying status, and team video results will NOT be posted on the website.

## **COLLEGE CHEER DIVISIONS**

All teams will be required to compete in Divisions according to NCAA Football classifications, or as defined below. Schools that do not have football programs will compete in Divisions according to the school's NCAA Basketball program classifications. NCA reserves the right to add, delete or combine Divisions.

Every member of every squad representing a school must meet NCA's current eligibility requirements, as well as the eligibility requirements of their respective school. Teams from the same school can enter the same Division; however, only the top scoring team may advance to Finals should scores warrant.

# NCA COLLEGE COMPETITION RULES

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<b>DIVISION IA</b>	Teams competing with more than 4 males from Div. IA (FBS) football schools.
<b>DIVISION I</b>	Teams competing with more than 4 males from Div. IAA (FCS) football schools, or do not have football and compete in Div. I basketball.
<b>DIVISION II</b>	Teams competing with more than 4 males from Div. II, and III.
<b>NAIA LARGE COED</b>	Teams from NAIA schools that are competing with more than 4 males.
<b>SMALL COED IA</b>	Teams competing with 1 - 4 males from Div. IA (FBS) schools.
<b>SMALL COED I</b>	Teams competing with 1 - 4 males from Div. IAA (FCS) football schools, or do not have football and compete in Div. I basketball.
<b>SMALL COED II</b>	Teams competing with 1 - 4 males from Div. II, III, Junior College and Community College schools.
<b>NAIA SMALL COED</b>	Teams from NAIA schools that are competing with 1 - 4 males.
<b>JUNIOR COLLEGE</b>	Teams competing with more than 4 males from Junior College and Community College schools.
<b>ALL GIRL DIVISION IA</b>	Teams competing with NO males from Div. IA (FBS) schools.
<b>ALL GIRL DIVISION I</b>	Teams competing with NO males from Div. IAA (FCS) football schools, or from Div. I basketball schools.
<b>ALL GIRL DIVISION II</b>	Teams competing with NO males from Div. II schools.
<b>ALL GIRL DIVISION III</b>	Teams competing with NO males from Div. III, Junior College & Community College schools.
<b>NAIA ALL GIRL DIVISION</b>	Teams from NAIA schools that are competing with NO males.
<b>COED INTERMEDIATE DIVISION I</b>	Intermediate teams competing with one or more males from Div. IA (FBS), IAA (FCS) and Div. I schools (skill restrictions apply).
<b>COED INTERMEDIATE DIVISION II</b>	Intermediate teams competing with one or more males from Div. II, III, NAIA, Jr. College & Community College schools (skill restrictions apply).
<b>ALL GIRL INTERMEDIATE I</b>	Intermediate teams competing with NO males from Div. IA (FBS), IAA (FCS) and Div. I schools (skill restrictions apply).
<b>ALL GIRL INTERMEDIATE II</b>	Intermediate teams competing with NO males from Div. II, III, NAIA, Jr. College & Community College schools (skill restrictions apply).
<b>INTERNATIONAL</b>	International teams will compete in Divisions based on school enrollment, number of males, and skill restrictions. 20,000 or above - Coed IA, Small Coed IA, AG I, Coed Int., AG I Int. 10,000-20,000 – Coed I, Small Coed I, AG I, Coed Int., AG I Int. 5,000-10,000 – Coed II, Small Coed II, AG III, Coed Int., AG II Int. Less than 5,000 – Coed II, Small Coed II, AG III, Coed Int., AG II Int., Two-Year Schools – Coed Jr. College, Small Coed II, AG III, Coed Int., AG II Int.

# NCA COLLEGE COMPETITION RULES

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Teams are limited to a maximum of twenty participants plus one mascot, and must have a minimum of ten participants. The mascot may NOT participate in any technical skill (e.g. stunts, pyramids, tosses or tumbling) and may not serve as a spotter during the performance. Motions, jumps and dance are allowed. Individuals may not compete on more than one college cheer team at any given event. Violation of these rules will result in a 5.0 deduction per violation.

## NUMBER OF MALE PARTICIPANTS VS. FEMALE PARTICIPANTS ON LARGE COED TEAMS

Following are the restrictions for the maximum number of male participants:

- 10 - 11 total participants = 6 maximum males
- 12 - 13 total participants = 7 maximum males
- 14 - 15 total participants = 8 maximum males
- 16 - 17 total participants = 9 maximum males
- 18 - 19 total participants = 10 maximum males
- 20 total participants = 11 maximum males

## INTERMEDIATE DIVISION RESTRICTIONS

### INTERMEDIATE DIVISION RESTRICTIONS

#### Stunts / Pyramids

- Release flips into or from stunts are prohibited
- Release full twists to an extended position are prohibited
- Double twisting dismounts are prohibited
- Pyramids sustained over 2 persons high are prohibited

#### Tosses

- Release flips from basket/sponge tosses are prohibited
- Twisting dismounts from basket/sponge tosses may not exceed 2 rotations ( $\frac{1}{4}$  turn is allowed to set for the twist)

#### Tumbling

- Standing back tucks or other flips, and standing tumbling with back tucks or other flips are not permitted
- Airborne flips out of running tumbling are permitted (e.g. tucks, layouts, whips, etc.)
- Twisting flips are not permitted (includes running tumbling)

#### Note:

- Prelims and Finals for these Divisions may be conducted indoors
- Television air time may not be guaranteed for these Divisions

# NCA COLLEGE COMPETITION RULES

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## **ELIGIBILITY VERIFICATION**

A Team Eligibility Form will be sent to all Coaches participating in an NCA & NDA Championship. One form must be filled out per team with each team member's name, student ID number, hours currently enrolled and years of completed eligibility. This form must be signed by the Coach as well as signed by the school's Registrar's Office and school Administrative Supervisor and returned to NCA & NDA at Check-In. A current class schedule for each participant must also accompany the Eligibility Form. Teams must meet the following eligibility requirements in order to participate in the NCA & NDA Collegiate Cheer and Dance Championship:

- Each participating team member must be a current full-time student of the institution that they are representing at the Championship, or enrolled in a minimum of 9 credit hours. Graduating seniors and graduate students may be enrolled in less hours.
  - Each participating team member must be a current member of the team they are representing and meet all of the school's eligibility requirements.
  - Each cheer team must have a coach that is currently AACCA certified in order to compete. Proof of certification must be included with the Eligibility Form.
  - Each team must always comply with the AACCA College Safety Rules.
1. Any university or college competing in a Varsity College National Championship shall not permit a student-athlete to represent their school unless the student-athlete meets all applicable eligibility requirements, and the coach and program administrative supervisor has certified the student-athlete's eligibility.
  2. A student-athlete may only represent ONE (1) school in a National Championship competition for each academic year. For example, a student-athlete may not compete for one school in January, transfer and compete for another school in April.
  3. At the Junior College level, any student-athlete will only be eligible to compete in a maximum of three (3) National Championships during the course of his/her college career.
  4. A student-athlete can be a part of the institution's cheer/dance spirit squad but will only be allowed to compete for a maximum of five (5) National Championships during the course of his/her college career, regardless of the number of universities or colleges they have attended.
  5. A student-athlete may not compete in more than five (5) National Championships in combined Junior College and/or 4-year college/university.
  6. Individual Championships such as Partner Stunt and Group Stunt only apply if the athlete does not compete with a team during that same academic year (e.g. if an athlete only competes in NCA or UCA Partner Stunt any given year, that will count as one (1) year of eligibility used).
  7. Once the team eligibility is complete, athletes are no longer eligible for Partner Stunt or Group Stunt unless it is in the same academic year (e.g. an athlete competes on a team at UCA in January to complete five (5) years of eligibility, but is still eligible to compete in NCA Partner Stunt that same April, that concludes their total eligibility).
  8. An alternate or injured student-athlete that does not take the competition floor will not be perceived as a competing member and will not count towards the maximum of five (5) National Championships.
  9. This will apply for any student-athlete competing at any one of the Varsity Brands College National Championships (UCA & UDA, NCA & NDA) as well as any other designated College National Championship.
  10. Verification of eligibility will be required by the school's Registrar's Office and the program's administrative supervisor in addition to the coach. It will be the responsibility of these individuals to verify that all student-provided information and documentation is correct and valid.
  11. Teams violating this rule could forfeit their titles and rankings as well as be prohibited from entering any other Varsity Brands Championship the following year. For any clarification on these rules, please contact the event producer of the Championship you wish to attend.

# NCA COLLEGE COMPETITION RULES

NCA & NDA reserve the right to be the arbitrator and interpreter of all rules covered in this document.

## **NCA & NDA EXCLUSIVITY POLICY**

Due to television, sponsorship considerations, and administration concerns regarding school-based priorities, image and funding, teams that compete in the NCA & NDA Collegiate Cheer and Dance Championship may not participate in any other event at which a "College National Champion" title is awarded during the current school year.

Further, teams may jeopardize their eligibility to compete in the NCA & NDA Collegiate Cheer and Dance Championship if they participate in a televised program or print media that portrays their team, school or general activity of collegiate cheer and/or dance in a negative manner. NCA & NDA must deem the program or material content reasonable and appropriate with regard to performance integrity, safety, individual and school privacy and reputation, and overall image. Schools that desire to compete at Nationals and participate in such media (reality show or documentary, news articles, books, etc.) should consult their school legal counsel to develop an access license, and also consult with NCA & NDA in advance to pre-determine any possible conflicts of interest. The access license is a legal agreement that prohibits producers or publishers from including certain subject matters from being included in their media product, as well as grants the school officials the right to approve and/or reject final portrayal of their respective spirit squads that might be harmful or disrespectful to the school or spirit program.

## **LEGALITY VERIFICATION**

As a coach, it is important to be current on the NCA, NDA & AACCA Safety Rules. If you have questions concerning any safety rules or questions regarding specific performance elements, please follow these steps. This will ensure that you receive a timely and accurate response to your questions.

- 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 & NDA Championships.
- A separate video must be submitted for each Competition to ensure legality.
- For all Legality questions, you must send a video that contains the skill in question.
- Video must include the following:
  1. Front, side and back view of skill.
  2. Name of the Championship where you will be performing skill and the Division you will be performing in.
  3. Include your name, team name, email and phone number with your video.
  4. Do not send the entire Routine, only the skill(s) in question. Your video will be kept on file at NCA & NDA.

## **VIDEOS THAT ARE NOT IN THE ABOVE FORMAT WILL NOT BE VIEWED.**

**VIDEOS MUST BE RECEIVED IN THE NCA & NDA OFFICE** at least **THREE WEEKS PRIOR** to the Championship date. Videos not received in the NCA & NDA office three weeks prior to the championship date will **NOT** be reviewed.

You must email your videos to:

NCACollegeSafety@gmail.com.

**Note: Emailed videos may not exceed 10MB and should be in either Windows Media Player or Quicktime formats.**

**NOTE: DO NOT DEPEND ON YOUR CHOREOGRAPHER OR COACH TO DETERMINE IF SOMETHING IS LEGAL. IF YOU FEEL THAT SOMETHING MAY BE ILLEGAL, SEND A VIDEO TO THE NCA OFFICE.**



# NCA COLLEGE COMPETITION RULES

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## **TEAM ROUTINE REQUIREMENTS**

1. Each team will perform a choreographed routine not to exceed 2 MINUTES AND 15 SECONDS (135 SECONDS).
2. Music is allowed for all or part of each routine. No voice-overs or words may be recorded to make the team's vocal projection sound louder.
3. Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are not permitted. Cheerleaders, dancers and mascots should enter the performance area in a timely fashion.
4. Timing will begin with the first organized word, movement, or note of music by the team or individual after they are officially announced. Performers 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 or individual. Teams or individuals must exit the performance area immediately following the Routine.
6. Only the following props are allowed for cheer teams: flags, banners, megaphones, pom poms, and signs. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling.
7. Team/individual names will be called twice: once as the team/individual on deck and once as the next team/squad to perform.
8. Preliminary and Final Competitions may be held indoors or outdoors. In the event of either competition being held outdoors, wind and/or sun could be a factor. Practice and prepare accordingly.

## **GAME DAY SCORE**

Each team will be required to perform 45 seconds of Game Day material when they enter the mat for Prelims. During this time, the team should display modern and/or traditional methods of getting the crowd to stand, clap, cheer and/or make noise. Technical skills should be kept to a minimum and will NOT be judged during this time. Skills are restricted to the AACCA Basketball Timeout Rules (see section H of the AACCA College Safety Rules). The use of signs, flags, banners or other spirit related props are highly recommended. Due to safety concerns, items (t-shirts, towels, frisbees, etc.) may not be thrown, tossed or released from the performance area into the crowd. Music may not be used during this segment. The actual crowd response will not be factored into the judges' scores. Only the material being presented will be judged.

Each team will have a total of 45 seconds from the time their name is announced in which to enter the mat and perform their Game Day segment. Timing of the 45 seconds starts immediately with the announcement of the team name. Each team may stage at the back of the mat and set up props immediately following the previous team's conclusion and exit, but this may not delay the flow of the Competition. Timing deductions will be in effect for teams requiring too much staging time. Once the 45 second Game Day segment is complete, the team will have another 30 seconds to get set for the start of the routine performance (see Time Limit Violations for penalty information). This total 75 seconds will NOT count toward the 2 minutes and 15 seconds of the Routine performance.

Each judge will score the Game Day segment on a scale of 0-10. This will be it's own judging Category. The Game Day scores will carry over to Finals where they will be calculated into the teams' final score.

# NCA COLLEGE COMPETITION RULES

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Boundary rules are in effect from the time teams enter the mat for their 45-second Game Day segment and remain in effect until they leave the mat after their 2:15 performance. They CANNOT go out of bounds between the 45-second Game Day segment and the 2:15 performance. Stepping on or touching the edge of the mat does not constitute a violation. They must noticeably touch out of bounds with an entire foot, hand or other body part for a violation to occur. Props may be touching out of bounds without penalty. A team member may touch a prop that is out of bounds as long as that person does not step or touch out of bounds to retrieve or discard the prop. Doing so would result in a penalty. After the Game Day segment, members may only reach or touch out of bounds to discard props, but still may not step out of bounds. Only mascots may enter the floor for the Game Day segment, then leave the floor before the 2:15 performance. Any others doing so would result in a 5.0 rules violation. Any member participating in the Game Day segment must remain on the performance surface during the 2:15 performance as well to prevent a rules or boundary violation. They may not participate in the 45 second segment while off the performance surface. Throwing items from the performance surface into the stands will result in a 5.0 safety violation. There will be a 0.5 deduction for each boundary violation. Participating team members may enter the performance area immediately following the previous teams performance to set up props. This may not create any delay in the flow of the Competition. Any delay as a result of the props will result in a 0.5 deduction.

## **PERFORMANCE AREA**

All cheer teams competing in the NCA & NDA Collegiate Cheer and Dance Championship will perform on a 42' deep x 54' wide carpeted, gymnastics floor mat. The mat will be placed over a concrete or wooden surface. Only soft-soled tennis shoes will be allowed on the performance surface. It is important that your Routine be choreographed not to exceed these measurements, because penalty points will be assessed for going outside the performance area. This is particularly important in planning tumbling passes. This rule is designed for the safety of the participants due to over rotation of tumbling and uneven surfaces. The judges will score only what occurs within the boundaries. Props may be touching out of bounds without penalty. A team member may touch a prop that is out of bounds as long as that person does not step or touch out of bounds to retrieve or discard the prop.

## **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 will not judge performances.

### **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. Decisions made by Panel Judges are final.

### **SAFETY JUDGE**

The Safety Judge is responsible for administering all rule violations, time violations, and boundary violations. Decisions made by the Safety Judge are final.

### **POINT DEDUCTION JUDGE**

The Point Deduction Judge is responsible for assessing deductions in each routine for obvious bobbles or falls from technical skills. Decisions made by the Point Deduction Judge are final.

# NCA COLLEGE COMPETITION RULES

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## **NCA SCORING PROCESS**

The scoring process for the NCA Championships will be similar to that of gymnastics, diving, and figure skating. Scores for each Category will range from 0-10, including tenths of points (e.g. 5.5, 9.5, etc.). These scores will be entered into a computer that will add the scores. All point deductions and/or penalties will be deducted from the average score to get the FINAL SCORE. Deductions/penalties are assessed at the sole discretion of the judges based on the criteria set forth in this book. All judges decisions are final, ties will not be broken. Tying teams will share the title and/or ranking.

## **DEDUCTION SYSTEM**

### **Building Bobbles - .5**

Examples:

- Stunts and Pyramids that almost drop/fall, but are saved
- Blatant incomplete twisting cradles (landing on stomach, etc.)
- Knee or hand of base touching ground during cradle or dismount
- Severe balance checks

### **Building Falls - 1.0**

Examples:

- Cradling, dismounting, or bringing down a stunt or pyramid early (not timing issues)
- Base falling to the floor during a cradle or dismount

### **Athlete Bobbles - .25**

Examples:

- Hands down in tumbling or jumps
- Knees down in tumbling or jumps
- Blatant incomplete tumbling twist(s)

### **Athlete Falls - .5**

Examples:

- Multiple body parts touch the floor in tumbling or jumps
- Drops to the floor during individual skills (tumbling, jumps, etc.)

### **Major Building Falls - 1.5**

Examples:

- Falls from individual stunt, pyramid, or tosses to the ground (top person lands on ground or multiple bases land on ground)

### **Maximum - 2.0**

When multiple deductions should be assessed during an individual stunt or toss (by a single group), or during a pyramid collapse, then the sum of those deductions will not be greater than 2.0.

### **Boundary Violations - .5**

The performance surface is defined as the 42' x 54' competition floor. The competition boundary is defined as the performance surface and any immediate adjacent safety border. A .5 deduction will be assessed per occurrence for an athlete that makes contact with an entire foot, hand or body part touching outside the competition boundary. Stepping on, or just past the white tape is not a boundary violation.

# NCA COLLEGE COMPETITION RULES

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## Time Limit Violations

Routine Time Limit = 2 minutes, 15 seconds

Time limit violations (for both the music portion and/or total routine time) are as follows:

- 3 - 5 seconds over time will result in a 1.0 deduction
- 6 - 10 seconds over time will result in a 3.0 deduction
- 11 or more seconds over time will result in a 5.0 deduction

A two (2) second buffer is allowed for human and/or mechanical error.

## Safety Violations

A 5.0 deduction will be given for EACH safety/general competition rule violation (e.g. a 5.0 penalty will be assessed for jewelry). Safety Violations are in effect until the team leaves the performance floor. Please read and study the appropriate AACCA College Cheerleading Safety Rules 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.

## Unsportsmanlike Conduct Deduction

When a coach is in discussion with an official, other coaches, athletes and parents/spectators they must maintain proper professional conduct. Failing to do so may result in a 2.0 deduction, removal of coach, or disqualification.

## NCA "Collegiate Image" Category

This Category will be utilized to evaluate the overall representation by the team of its institution of higher education and the core values and standards that commonly exist and are mandated by such institution's administration, faculty, Staff, alumni and student body. This evaluation will be based on, but not limited to the following:

## Performance Integrity

All aspects of the performance (music, choreography, skills, language, props, etc.) should represent the highest standards as expected by athletes and elite student body representatives at the collegiate level.

## School Representation

How well the institution has been represented by its cheerleading team's presentation, props and appearance. NCA recommends that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their institution in regards to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

NOTE: Hair bows may negatively affect the overall collegiate image of the athletes and their performances. Hair bows may only be worn behind the top center of the head and may not have material close to the face at any time. Tails of the hair bow should be directed backward and not forward. Hair bows should also be small to medium in size so as to not be a distraction from the performance. Violations of this rule during preliminary Competition will result in a warning, and violations during final Competition can result in a 1.0 "Collegiate Image" deduction from each Panel Judge. Photos may also be submitted to the NCA office in advance for pre-event rulings in the same manner as all other legality verifications.

# NCA COLLEGE COMPETITION RULES

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## **CHOREOGRAPHY / MUSIC / COSTUMES RULES**

### **INAPPROPRIATE CHOREOGRAPHY / MUSIC / COSTUMES**

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

A deduction of 5.0 (per violation) will be given for vulgar or suggestive choreography, which includes but is not limited to movements such as hip thrusting and inappropriate touching, 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 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 costume 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.

## **NCA COLLEGE - CHEER UNIFORM REQUIREMENTS**

In general, appropriate attire is required during officially designated practice times, performances and awards ceremonies. NCA reserves the right to make rulings and enforce compliance regarding any participant's attire.

It is the combination of garments worn that can deem an outfit or uniform appropriate or inappropriate, and this should be taken into consideration more so than the individual guidelines for each garment type outlined below and on next page.

The following guidelines should assist in defining what is appropriate, but should not be deemed a comprehensive and exclusive list. What is appropriate includes but is not limited to the list below.

### **ALL**

- No risqué, sexually provocative or lingerie-looking or inspired uniform or garments
- Garments/items should be secure to eliminate any possibility of "wardrobe malfunction"
- Appropriate undergarments must be worn

### **MALE CHEER TOPS**

- Must be full torso length, covering shoulders to waist and/or the top of the uniform bottom in standing position
- Must be short or long sleeves, covering at least midway between shoulder and elbow
- May be round or v-neck

### **MALE CHEER BOTTOMS**

- If full length pants, must cover waist to feet
- If shorts, must fall no higher than mid-thigh



# NCA COLLEGE COMPETITION RULES

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## FEMALE CHEER TOPS

- Standard shell, crop, or midriff top
- No “bra top” style or size tops – material must fall at least one inch below the bra line
- No extremely low cut necklines
- No excessively bare or backless style tops
- Must have solid material around the back
- No “tube tops”
- Must be secured by straps or material over at least one shoulder or around the neck

## FEMALE CHEER SKIRTS

- Must fully cover the hips
- Must completely cover briefs when feet are shoulder width apart AND, in the back, fall at least 1.5 inches below boy-short briefs or 2 inches below standard briefs
- No excessively short or tight skirts
- No ultra low rise waistbands (no lower than 2 inches below navel) when worn in conjunction with a cropped or midriff baring top

## CHEER FOOTWEAR

- No bare feet
- Soft-soled athletic shoes must be worn while competing
- No gymnastics shoes, jazz shoes/boots

## VERIFICATION AND/OR VIOLATIONS

### SAFETY JUDGES

May issue warnings for perceived or possible violations during preliminary performance. Warnings will be communicated to the Panel Judges immediately. Teams must then verify compliance with the Judge Liaison or make appropriate changes as approved by the Judge Liaison prior to the next performance. Safety Judges will not issue any deductions in this Category during the remaining performances. DEDUCTIONS WILL BE ISSUED IN PRELIMS FOR BLATANT VIOLATIONS OF THE UNIFORM REQUIREMENTS RULES.

### PANEL JUDGES

May reduce a team’s score in the Collegiate Image Category for perceived or suspected violations as agreed with the Safety Judge(s), but must note the reason for doing so on the team’s score sheet. If the Safety Judge issues a warning, the Panel Judges should also reflect a reduction in the Collegiate Image Category and note the reason. Should the Judge Liaison confirm compliance before the next performance, the Panel Judges should not reduce the score in the Collegiate Image Category for this purpose. Should the team not confirm compliance prior to the next performance(s), the Panel Judges should reflect the same or additional reductions in the Collegiate Image Category. These reductions must also be noted on the team’s score sheet.

**EACH TEAM IS STRONGLY ENCOURAGED TO SEEK PRE-APPROVAL ON ANY QUESTIONABLE ITEMS. THESE ARE SUBJECTIVE MATTERS AND OPINIONS AND INTERPRETATIONS VARY, BUT IT WILL ULTIMATELY BE THE RESPONSIBILITY OF THE JUDGES TO DETERMINE A FINAL RULING IF NOT APPROVED IN ADVANCE. AS A SAFETY MEASURE, WE ENCOURAGE EACH TEAM TO BRING AN ALTERNATE, CONSERVATIVE UNIFORM IN THE EVENT A WARNING OR PENALTY IS ASSESSED.**

# NCA COLLEGE COMPETITION RULES

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## UNIFORM DISTRACTIONS

The Safety Judge or Head Judge reserves the right to stop a routine, assess a deduction, and/or disqualify a team due to 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. Leaving the performance floor to adjust a uniform may result in a deduction of a Major Mistake and/or Safety Rule infraction assessable from a 1.0 to a 5.0 deduction or disqualification depending on the amount of distraction and/or inappropriate exposure. If a judge stops the Routine, the penalty will be 5.0 or disqualification.

Any deductions for mistakes, time violations, safety guideline violations or inappropriate choreography/music will be subtracted from the FINAL averaged score. Thus, executing a “clean” routine is very important.

## 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 preliminary Competition, 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. 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 a team’s routine to be interrupted during Final Competition, a decision will be made based on the specific situation whether or not there is sufficient time and/or it is feasible for the team to perform the routine again. If performing again is not possible, scores will be based on the team’s performance prior to the injury.

### UNIFORM DISTRACTIONS

In the event that the Safety or Head Judge stops a routine due to a uniform distraction that occurs during Preliminary Competition, the team must perform their routine again from the beginning. Judging will resume from the point at which the distraction occurred as determined by the judges. All point deductions accumulated to that point will carry over. If a team prefers not to perform again, 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 a judge stops a routine due to a uniform distraction that occurs during Final Competition, the team will not have the opportunity to perform their routine again.

### 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 with them at the music table. Judging and timing will resume from the point at which the malfunction occurred as determined by the judges. In the event a music error caused by the coach occurs, the performance may be stopped and begun again immediately; however, timing of the routine will NOT be stopped, and, in most cases, a time penalty will occur. Judging will resume from the point at which the interruption occurred as determined by the judges.

### MUSIC DOWNLOAD PROCEDURE

If you choose to download your music and a malfunction occurs, you will be allowed to perform again. If the malfunction occurs within the first 30 seconds of the routine, you may choose to perform again given 5 minutes to regroup. If the malfunction occurs 31 seconds of the routine or beyond, you may choose to perform again given 10 minutes to regroup. Music may be emailed to: [nca\\_music@yahoo.com](mailto:nca_music@yahoo.com).

# NCA COLLEGE COMPETITION RULES

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## **NCA SELECTION OF FINALISTS / PERFORMANCE ORDER**

The number of finalists in each Division will be determined by the number of teams registered in that Division prior to the start of the competition as well as allowable time available for Finals. Late or canceled registrations that occur once the competition begins will not affect the predetermined number of finalists.

For Preliminary Competition, teams will perform in a random order determined by NCA. For Final Competition and Challenge Cup, teams will perform in reverse order of their preliminary ranking (e.g. teams finishing first in the Preliminary Competition will compete last in the Final Competition).

## **COLLEGE MASCOT GENERAL SAFETY RULES**

1. Be sure that the character is tailored to meet health and safety needs. Your character should be well ventilated so heat can escape. The costume should be designed so that it is easy to remove the head, hands, and feet. Removing these items will allow for proper aeration and cooling breaks.
2. Take breaks approximately every 15-20 minutes. Prior to each game you should set-up a private room (or area out of view by anyone) to which you can retreat and take breaks. Make sure to have plenty of fluids available. Ideally, drink water before, during and after your appearances.
3. Always have a trailer (a person responsible to stay near you) to help with crowd control. When you are in a familiar area you may be able to maneuver quite well. However, many mascots have poor vision. A trailer not only helps you to maneuver more safely, but also can keep crowds from getting out of control (especially in open festivals, malls, and parade situations).
4. Be prepared if you begin to feel extremely overheated. Have a plan, including an emergency signal with your coach, squad, and trainer. Do not get out of character immediately after an appearance (especially if in air conditioning) or you may cool down too quickly. Walk around in costume and gain control of your breathing, then remove the head, hands, and feet. Sip fluids, recline, and if necessary place ice packs on the back of your neck and hands. Note: Prevent heat exhaustion and related symptoms by building tolerance, stretching properly, drinking fluids, and following a proper diet.
5. Dress-up before you dress-out. During an appearance, your body heat can rise in excess of 100 degrees (especially during fall football games). To prepare your body for this increase in temperature, you should wear sweats or warm clothing prior to each appearance. Eventually, your body temperature will automatically rise before each appearance and you may experience a chill.
6. Be aware of your limits when performing. Be aware of the limitations that the character places on you. Pay attention to obstacles and people around you to prevent injury. When walking into a new area, scan the layout and try to memorize the location of obstacles. Also, count stairs as you go; chances are you will use those stairs again.
7. Protect your character and protect your image. Use common sense not to become too wreckless while in character. This could result in putting yourself and your audience in danger. Never let an untrained person perform for you. Protect your image through regular maintenance of your character. Always make sure it is clean and in good condition. Avoid doing stunts that may cause damage. Your school, in many cases, has invested a great deal of money in your mascot costume.

# NCA COLLEGE COMPETITION RULES

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## **NCA COLLEGIATE MASCOT CHAMPIONSHIP**

1. Each mascot must qualify through Video Qualification (Collegiate Nationals only).
2. Only ONE costumed mascot is allowed to perform. NO other live props are allowed.
3. Each mascot will perform a routine lasting a maximum of 1 minute and 30 seconds (90 seconds) not including set-up and tear-down time. The following overtime penalties will occur: 1-5 seconds -1.0, 6-10 seconds -3.0, 11+ seconds -5.0.
4. Three (3) people may assist with the set-up, support and tear-down. These assistants may not participate in any activity within the skit, others than to support props.
5. Mascots are allowed a total maximum set-up/tear-down time of 1 minute and 30 seconds (90 seconds). The following overtime penalties will occur: 1-5 seconds -1.0, 6-10 seconds -3.0, 11+ seconds -5.0. NOTE: This penalty is separate from the routine time penalty. For example, if your set-up time is 1 minute, your routine is 1 minute 33 seconds and your tear-down time is 40 seconds you would be assessed a 1.0 penalty for going 3 seconds overtime for your performance and a 3.0 penalty for going 10 seconds overtime on your set-up/tear-down time.
6. The routine should contain a theme and should be well organized and understandable.
7. Music may be used and is encouraged. Music must be on CD.
  - The routine should include the following elements:
    - a. 20 consecutive seconds minimum of dance with music
    - b. 20 consecutive seconds minimum of prop utilization
    - c. 20 consecutive seconds minimum of crowd interaction/response material
8. Mascots should enter the performance area in a timely fashion.
9. Timing will begin with the first organized word, movement, or note of music after they are officially announced.
10. Timing will end with the last organized word, movement, or note of music by the mascot.
11. Any size props may be used. Props that may cause damage to the matted surface may not be used. Confetti, water, paints or other such props that may delay Competition are prohibited.
12. Mascots may not utilize any type of height increasing apparatus (mini tramps, spring boards, etc.).
13. Participants must be dressed in the school's official mascot costume at all times including set-up. The costume must be the school's official mascot.
14. Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction.
15. Mascots should utilize all areas of technical strengths including actions/reactions, motions/emotions, character traits and habits, pantomime, crowd interaction, crowd appeal, prop utilization, and overall impression.
16. Mascots will be judged on the following categories with each valued at 10 points:
  - a. Characterization
  - b. Creativity
  - c. Crowd Leading
  - d. Dance
  - e. Prop Design/Effectiveness
  - f. Overall Impression

# NCA COLLEGE COMPETITION RULES

NCA & NDA reserve the right to be the arbitrator and interpreter of all rules covered in this document.

## **PARTNER STUNT COMPETITION REQUIREMENTS**

1. Participants must be official members of the school and cheerleading team (not program) they are representing and meet all of their school's eligibility requirements. The official NCA Eligibility Form must be submitted prior to the competition.
2. Length of routine can be NO LONGER THAN FORTY-FIVE (45) SECONDS. The following penalties will apply for the routine going over the time limit: 1-5 seconds (1.0), 6-10 seconds (3.0), over 11 seconds (5.0).
3. The routine should be performed to music.
4. Each participating couple should provide one spotter. Only one spotter may be on the mat as needed to make the stunt legal. Spotter may not assist with performance. Spotter may not touch or assist any stunts. In the event a spotter touches or assists a stunt a 5.0 deduction will be assessed per occurrence (exception: may assist in dismounts or drops).
5. The routine and music must be suitable for family viewing.
6. A participant may take part in only ONE (1) partner stunt Routine.
7. A participant may only compete with the partner with whom they qualified.
8. Participants MUST follow the AACCA College Cheerleading Safety Rules.
9. Must follow previously stated Uniform Requirements.

## **GROUP STUNT COMPETITION REQUIREMENTS**

1. Participants must be official members of the school and cheerleading team, not program, they are representing and meet all of their school's eligibility requirements. The official NCA Eligibility Form must be submitted prior to the Competition.
2. Length of routine can be NO LONGER THAN FORTY-FIVE (45) SECONDS. The following penalties will apply for the routine going over the time limit: 1-5 seconds (1.0), 6-10 seconds (3.0), over 11 seconds (5.0).
3. The routine should be performed to music.
4. The routine and music must be suitable for family viewing.
5. A participant may take part in only ONE (1) group stunt routine.
6. A participant may only compete with the stunt group in which they qualified.
7. Participants MUST follow the AACCA College Cheerleading Safety Rules.
8. Participants MUST be ALL female. (Maximum of 4 participants allowed)
9. Must follow previously stated Uniform Requirements.

## **JUDGES' CATEGORIES (EACH WORTH 10 POINTS)**

1. Technique
2. Stability of Stunts/Strength
3. Choreography/Flow of Routine
4. Degree of Difficulty
5. Perfection of Routine
6. Overall Impression



# 2013 - 2014 NCA COLLEGE SCORING GUIDELINES

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team with a high level of perfection. Skills performed by less than a majority of the team or with less than a high level of perfection will be awarded scores in a lower range.

PARTNER STUNTS		PYRAMIDS		TOSSES		JUMPS		TUMBLING	
5 - 6		5 - 6		5 - 6		5 - 6		5 - 6	
Beginning Stunt Skills (ex. shoulder stands, extensions, chair sits, etc.)		Beginning Pyramid Skills (ex. 2 high, non-transitional)		Non-flipping Tosses (ex. toe touch, tuck arch, bottle rocket, etc.)		Below Level Jumps		Beginning Tumbling Skills (ex. forward rolls, round offs, cartwheels)	
6 - 7		6 - 7		6 - 7		6 - 7		6 - 7	
Intermediate Stunt Skills (ex. liberties, liberty variations, awesomes, etc.) Minimal incorporation of braced inverting/twisting/unique mounts, dismounts and transitions		Intermediate Pyramid Skills 2 high pyramids incorporating minimal to no 2½ high transitions and includes minimal incorporation of braced inverting/twisting/unique mounts and dismounts		Non-flipping Tosses with Single Twisting Skills (ex. toss full twists, kick full twists, etc.)		Level jumps and jump combinations with average execution by the majority of the team		Intermediate Tumbling Skills (ex. standing back handspring, round off back handspring, etc.)	
7 - 8		7 - 8		7 - 8		7 - 8		7 - 8	
Intermediate Stunt Skills (ex. liberties, liberty variations, awesomes, etc.) Strong incorporation of braced inverting/twisting/unique mounts, dismounts and transitions		Advanced Pyramid Skills 2 high pyramids incorporating multiple 2½ high transitions and multiple inverting/twisting/unique mounts and dismounts		Non-flipping Tosses with Double Full Twisting Skills (ex. toss double full twists, kick double full twists, etc.) <i>Note: a ¼ positioning move is allowed in twisting skills</i>		Level jumps and jump combinations with above average execution. Must include at least one back handspring combination by the majority of the team.		Advanced Tumbling Skills (ex. standing back handspring series, round off back handspring, layouts, etc.)	
INTERMEDIATE MAX SCORE		INTERMEDIATE MAX SCORE		INTERMEDIATE MAX SCORE		INTERMEDIATE MAX SCORE		INTERMEDIATE MAX SCORE	
8 - 8.5		8 - 9		8 - 9		8 - 9		8 - 9	
Advanced Stunt Skills Strong incorporation of the following types of stunts: braced and/or unbraced inversion entries that land at chest level or below before transitioning to extended stunts AND/OR single full or 1½ twisting entries. Must also include inverting or double twisting dismounts, (ex. Braced rewind to sponge, full up or 1¼ up to extended 2 foot stunt before pulling body position, full up or 1¼ up to immediate liberty variations, unbraced inversion stunts that land at chest level or below prior to hitting extended stunt)		Elite Pyramid Skills A pyramid sequence that contains single or multiple structures incorporating a top person at the 2½ high level or multiple 2½ high people with minimal inverting/twisting/unique mounting and dismounting by the top person(s).  <i>Clarification: A transition where multiple top persons maneuver to the top of a 2½ high pyramid simultaneously would only count as one inverting/twisting/unique transition</i>		Flipping Tosses (ex. back tucks, layouts, x-outs, arabian ½ etc.)		Level jumps and jump combinations with above average execution. Must include at least one jump-to-tuck combination by the majority of the team.		Elite Tumbling Skills (ex. standing tucks, back handspring tucks, standing fulls, standing back handspring fulls, round off back handspring fulls, etc.) And numerous running passes consisting of full twists or greater.	
8.5 - 9									
Elite Stunt Skills Strong incorporation of unbraced inversion entries to EXTENDED stunts AND/OR twisting entries of MORE than 1¼ twists to EXTENDED stunts. Must also include inverting or double twisting dismounts, (ex. inversion entry to 2 foot extended stunt, 1¼ up to 2 foot extended stunt, 1½ twisting entry to immediate liberty variation, double up to EXTENDED stunt, inversion entry to immediate liberty variation)  <i>ALL GIRL MAX SCORE</i>									
9 - 9.5		9 - 10		9 - 10		9 - 10		9 - 10	
Elite Stunt Skills Unbraced inverting/twisting mounts into 1-leg and/or 1-arm stunts that also include inverting/twisting dismounts (majority are unassisted)		Elite Pyramid Skills A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain 2 or more top people at the 2½ high level. The top people should use numerous inverting/twisting/unique entries to the top of the pyramids and numerous inverting/twisting/unique dismounts.		Flipping and Twisting Tosses (ex. layout full twist, arabian 1½, layout double full twists, x-out full twist, etc.)		Hyperextended jumps and jump combinations with above average execution. Must include at least one jump-to-back handspring-to-tuck or layout variation by the majority of the team.		9 - 10 Requirements above plus at least one synchronized standing OR running skill whereby the majority of the team starts and finishes together. The synchronized skill must include a minimum back tuck flip.	
9.5 - 10									
AT LEAST ONE stunt segment performed by the majority of the team that is completely unassisted. This unassisted segment MUST include an inverting release toss or a 1.5 - 2 twisting release toss to an extended stunt followed immediately by a flipping or double twisting dismount (ex. rewind to target, stretch, double down - all other stunt segments must be majority unassisted). Also includes unassisted Double Liberties/Awesomes.		<i>Clarification: A transition where multiple top persons maneuver to the top of a 2½ high pyramid simultaneously would only count as one inverting/twisting/unique transition</i>							

"Unassisted" is defined as a stunt being supported by only one base during the majority of the time the stunt is being sustained extended overhead in one position.

# 2013 - 2014 CHEER PERFORMANCE OUTLINE SAMPLE

SCHOOL NAME:

DIVISION:

CATEGORY:		5 - 6 SKILLS / (#)	6 - 7 SKILLS / (#)	7 - 8 SKILLS / (#)	8 - 9 SKILLS / (#)	9 - 9.5 SKILLS / (#)	9.5 - 10 SKILLS / (#)
PARTNER STUNTS	1.	1.	1.	1. Unassisted Liberty Toss (6)	1. Unassisted Toss Stretch Doubles (8)	1. Unassisted Rewind Awesome Dbl. (6)	
	2.	2.	2.	2.	2. Unassisted Full-Up Scale Doubles (5)	2.	
	3.	3.	3.	3.	3.	3.	
	4.	4.	4.	4.	4.	4.	
	5.	5.	5.	5.	5.	5.	
CATEGORY:		5 - 6 SKILLS / (#)	6 - 7 SKILLS / (#)	7 - 8 SKILLS / (#)	8 - 9 SKILLS / (#)	9 - 10 SKILLS / (#)	
TUMBLING	1.	1.	1.	1.	1. Round Off Series Falls (12)	1. Standing Tucks (12)	
	2.	2.	2.	2.	2. Standing BHS Falls (5)	2.	
	3.	3.	3.	3.	3. Front thru to Falls (2)	3.	
	4.	4.	4.	4.	4. Full thru to Falls (2)	4.	
	5.	5.	5.	5.	5.	5.	
PYRAMIDS	1.	1.	1.	1.	1.	1. Full-Up 2-1-1 Liberty (2)	
	2.	2.	2.	2.	2.	2. Flip to Swedish Falls (2)	
	3.	3.	3.	3.	3.	3. Rewind Wolf Wall (2)	
	4.	4.	4.	4.	4.	4.	
	5.	5.	5.	5.	5.	5.	
BASKET TOSSES	1.	1.	1.	1.	1. Layout Baskets (3)	1. Double Full Baskets (4)	
	2.	2.	2.	2.	2. Tuck X-Out Baskets (3)	2.	
	3.	3.	3.	3.	3.	3.	
	4.	4.	4.	4.	4.	4.	
	5.	5.	5.	5.	5.	5.	
JUMPS	1.	1.	1.	1.	1.	1. Toe-Touch Combo BHS Tucks (18)	
	2.	2.	2.	2.	2.	2.	
	3.	3.	3.	3.	3.	3.	
	4.	4.	4.	4.	4.	4.	
	5.	5.	5.	5.	5.	5.	

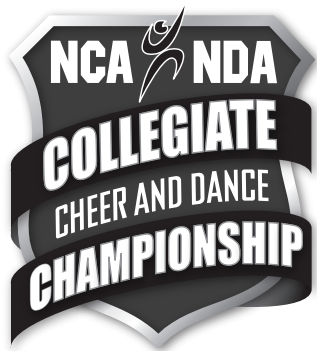


# OFFICIAL SCORE ★ SHEET

## TEAM PERFORMANCE

JUDGE \_\_\_\_\_

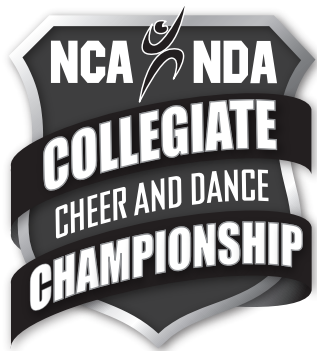
COMMENTS	CHEERLEADER FUNDAMENTALS	MAXIMUM VALUE	TEAM SCORE
	45 SECOND GAME DAY	<b>10</b>	
	TUMBLING	<b>10</b>	
	PARTNER STUNTS	<b>10</b>	
	PYRAMIDS	<b>10</b>	
	BASKET TOSSES	<b>10</b>	
	JUMPS	<b>10</b>	
	ROUTINE EXECUTION		
	CHOREOGRAPHY Music, Transitions, Flow, Pace, Dance, Motions, Creativity, Visuals, Entertaining, etc.	<b>10</b>	
	DEGREE OF DIFFICULTY Level and Perfection of Skill Performance	<b>10</b>	
	OVERALL EFFECT Performance Impression, Projection, Overall Appeal, Showmanship	<b>10</b>	
	COLLEGIATE IMAGE	<b>10</b>	
	<b>TOTAL</b>		



# OFFICIAL SCORE ★ SHEET GAME DAY

JUDGE \_\_\_\_\_

		NEEDS WORK	STRONG
COMMENTS	<b>CROWD APPEAL</b> Visually Appealing Energetic and Enthusiastic	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	<b>SHOWMANSHIP</b> Natural/Confident Eye Contact Genuine Smiles	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	<b>EFFECTIVE USE OF PROPS</b> Effective Use of Signs Effective Use of Flags and/or Banners Effective Use of Poms and Megaphones	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	<b>CROWD RESPONSE TECHNIQUES</b> Practicality (easy to follow and participate) Vocals (locals, consistent, encouraging, etc.)	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	<b>EXECUTION</b> Clean, Mistake-free Execution	<input type="checkbox"/>	<input type="checkbox"/>
	<b>BONUS</b> Effective Mascot Incorporation	add .1 Bonus	<input type="checkbox"/>
	<b>TOTAL (MAX 10 POINTS)</b>  <b>JUDGING &amp; SCORING</b> <ul style="list-style-type: none"> <li>Each performance begins with the score of "10" and maintains that score unless the boxes under "Needs Work" are checked, along with an associated explanation/comment by the judge.</li> <li>Each checked "Needs Work" box will reduce the score by .1</li> <li>Effective incorporation and use of the school mascot will be awarded a .1 bonus up to a total of 10 points maximum.</li> </ul>		



OFFICIAL

JUDGE \_\_\_\_\_

# SCORE ★ SHEET

## PARTNER STUNT & GROUP STUNT

COMMENTS		MAXIMUM VALUE	TEAM SCORE
	TECHNIQUE	<b>10</b>	
	STABILITY OF STUNTS/STRENGTH	<b>10</b>	
	FLOW OF ROUTINE	<b>10</b>	
	DEGREE OF DIFFICULTY	<b>10</b>	
	PERFECTION OF ROUTINE	<b>10</b>	
	OVERALL IMPRESSION	<b>10</b>	
	<b>TOTAL</b>		





# OFFICIAL SCORE ★ SHEET MASCOT

JUDGE \_\_\_\_\_

COMMENTS		MAXIMUM VALUE	TEAM SCORE
	CHARACTERIZATION	<b>10</b>	
	CREATIVITY	<b>10</b>	
	CROWD LEADING	<b>10</b>	
	DANCE	<b>10</b>	
	PROP DESIGN/ EFFECTIVENESS	<b>10</b>	
	OVERALL IMPRESSION	<b>10</b>	
	<b>TOTAL</b>		



OFFICIAL

JUDGE \_\_\_\_\_

# SCORE ★ SHEET

## SAFETY DEDUCTION

DEDUCTION CATEGORY	NUMBER OF DEDUCTIONS	DEDUCTIONS
BOUNDARY VIOLATIONS	_____ x (.5)	
TIME OF ROUTINE TOTAL _____ MUSIC _____	<b>T</b> <b>M</b> <b>OVERTIME (check)</b> <input type="checkbox"/> <input type="checkbox"/> 3-5 seconds - (1) <input type="checkbox"/> <input type="checkbox"/> 6-10 seconds - (3) <input type="checkbox"/> <input type="checkbox"/> 11 + seconds - (5)	TOTAL _____ MUSIC _____
NUMBER OF PARTICIPANTS _____		
SAFETY GUIDELINES VIOLATION (tumbling, stunts, language, signs, etc.)		
RULE INFRACTION	WARNING	CATEGORY      PAGE #      x 5
_____	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	_____
TOTAL SAFETY INFRACTION: _____		
SAFETY DEDUCTION		



OFFICIAL

JUDGE \_\_\_\_\_

# SCORE ★ SHEET

## POINT DEDUCTION

T	
PS	
PY	
BT	
MD	
J	

0 - :15 SECONDS

T	
PS	
PY	
BT	
MD	
J	

:15 - :30 SECONDS

T	
PS	
PY	
BT	
MD	
J	

:30 - :45 SECONDS

T	
PS	
PY	
BT	
MD	
J	

:45 SECONDS - 1 MINUTE

T	
PS	
PY	
BT	
MD	
J	

1 MINUTE - 1:15

T	
PS	
PY	
BT	
MD	
J	

1:15 - 1:30

T	
PS	
PY	
BT	
MD	
J	

1:30 - 1:45

T	
PS	
PY	
BT	
MD	
J	

1:45 - 2:00

T	
PS	
PY	
BT	
MD	
J	

2:00 - 2:15

### LEGEND

<b>AB</b>	ATHLETE BOBBLE	.25
<b>AF</b>	ATHLETE FALL	.50
<b>BB</b>	BUILDING BOBBLE	.50
<b>BF</b>	BUILDING FALL	1.0
<b>MBF</b>	MAJOR BUILDING FALL	1.5
<b>MAX</b>	MAXIMUM	2.0

<b>T</b>	TUMBLING
<b>PS</b>	PARTNER STUNT
<b>PY</b>	PYRAMID
<b>BT</b>	BASKET TOSS
<b>MD</b>	MOTIONS/DANCE
<b>J</b>	JUMPS

.25 x \_\_\_\_\_ = \_\_\_\_\_

.5 x \_\_\_\_\_ = \_\_\_\_\_

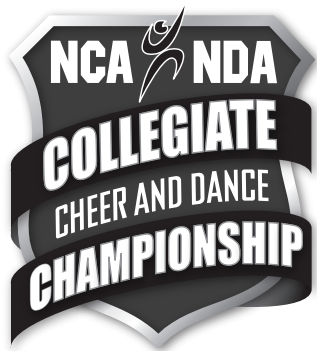
1.0 x \_\_\_\_\_ = \_\_\_\_\_

1.5 x \_\_\_\_\_ = \_\_\_\_\_

2.0 x \_\_\_\_\_ = \_\_\_\_\_

**TOTAL** \_\_\_\_\_

### COMMENTS



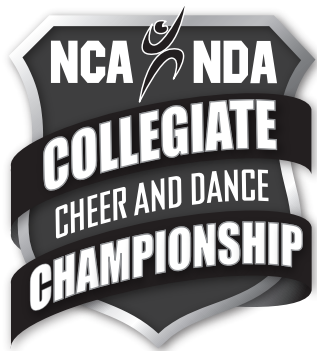
OFFICIAL

JUDGE \_\_\_\_\_

# SCORE ★ SHEET

## DANCE TEAM PERFORMANCE DIVISION

COMMENTS		MAXIMUM VALUE	TEAM SCORE
JAZZ	TECHNIQUE Style, Extension, Control, Musicality	<b>10</b>	
	CHOREOGRAPHY Creativity, Variety, Originality, Musical Interpretation	<b>10</b>	
POM	TECHNIQUE Motion Placement and Variety, Control, Precision	<b>10</b>	
	CHOREOGRAPHY Creativity, Variety, Originality, Musical Interpretation	<b>10</b>	
HIP HOP	TECHNIQUE Style, Control, Approach, Musicality	<b>10</b>	
	CHOREOGRAPHY Creativity, Variety, Originality, Musical Interpretation	<b>10</b>	
	TECHNICAL SKILLS Incorporation/Execution of style specific skills	<b>10</b>	
	VISUALS Incorporation of style specific visuals	<b>10</b>	
	STAGING Spacing, Formations, Transitions	<b>10</b>	
	DEGREE OF DIFFICULTY Level/Pace of performance, Intricacy	<b>10</b>	
	UNIFORMITY Team precision of timing and synchronization	<b>10</b>	
	PERFORMANCE IMPRESSION Projection, Expression, Audience Appeal	<b>10</b>	
	COLLEGIATE IMAGE Sportsmanship, Performance, Integrity, School Representation	<b>10</b>	
	<b>TOTAL</b>		



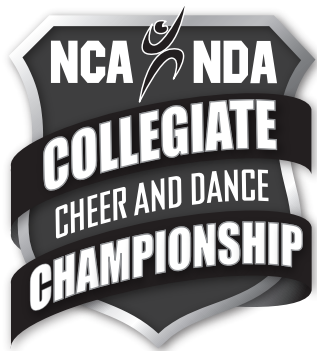
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JUDGE \_\_\_\_\_

# SCORE ★ SHEET

## DANCE HIP HOP DIVISION

COMMENTS		MAXIMUM VALUE	TEAM SCORE
	HIP HOP TECHNIQUE Style, Control, Approach, Musicality	10	
	TECHNICAL SKILLS Incorporation/Execution of style specific skills	10	
	VISUAL EFFECTS Group Builds, Illusions, Level Changes, Group Work	10	
	STAGING Spacing, Formations, Transitions	10	
	DEGREE OF DIFFICULTY Level/Pace of performance, Intricacy	10	
	UNIFORMITY Team precision of timing and synchronization	10	
	CHOREOGRAPHY Creativity, Variety, Originality, Musical Interpretation	10	
	PERFORMANCE IMPRESSION Projection, Expression, Audience Appeal	10	
	COLLEGIATE IMAGE Sportsmanship, Performance, Integrity, School Representation	10	
	<b>TOTAL</b>		



OFFICIAL

JUDGE \_\_\_\_\_

# SCORE ★ SHEET

## DANCE OPEN DIVISION

COMMENTS		MAXIMUM VALUE	TEAM SCORE
	ROUTINE EXECUTION Control, Musicality, Team precision of style	10	
	TECHNICAL SKILLS Incorporation/Execution of style specific skills	10	
	VISUAL EFFECTS Incorporation of style specific visuals	10	
	STAGING Spacing, Formations, Transitions	10	
	DEGREE OF DIFFICULTY Level/Pace of performance, Intricacy	10	
	UNIFORMITY Team precision of timing and synchronization	10	
	CHOREOGRAPHY Creativity, Variety, Originality	10	
	PERFORMANCE IMPRESSION Projection, Expression, Audience Appeal	10	
	COLLEGIATE IMAGE Sportsmanship, Performance, Integrity, School Representation	10	
	<b>TOTAL</b>		





OFFICIAL

JUDGE \_\_\_\_\_

# SCORE ★ SHEET

## DANCE SAFETY / GENERAL DEDUCTIONS

NUMBER OF PARTICIPANTS \_\_\_\_\_

TIME OF FALL \_\_\_\_\_

DESCRIPTION \_\_\_\_\_

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TOTAL \_\_\_\_\_ x .05 = \_\_\_\_\_

TIME OF MAJOR FALL \_\_\_\_\_

DESCRIPTION \_\_\_\_\_

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TOTAL \_\_\_\_\_ x .1 = \_\_\_\_\_

RULE INFRACTION

WARNING

PAGE #

# OF DEDUCTIONS

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☐

\_\_\_\_\_

\_\_\_\_\_ x .5 = \_\_\_\_\_

☐

\_\_\_\_\_

\_\_\_\_\_ x .5 = \_\_\_\_\_

☐

\_\_\_\_\_

\_\_\_\_\_ x .5 = \_\_\_\_\_

☐

\_\_\_\_\_

\_\_\_\_\_ x .5 = \_\_\_\_\_

TIME OF ROUTINE \_\_\_\_\_

OVER TIME

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☐

3 - 5 SECONDS (.1) = \_\_\_\_\_

6 - 10 SECONDS (.3) = \_\_\_\_\_

11+ SECONDS (.5) = \_\_\_\_\_

### LEGEND

#### TEAM PERFORMANCE DIVISION

Time Limit 2:15

Per Person Below 8 Minimum = .5

Per Person Above 20 Maximum = .5

#### OPEN DIVISION

Time Limit 2:00

Per Person Below 8 Minimum = .5

Per Person Above 20 Maximum = .5

#### HIP HOP DIVISION

Time Limit 2:00

Per Person Below 8 Minimum = .5

Per Person Above 20 Maximum = .5

TOTAL FALL DEDUCTION(S) \_\_\_\_\_

TOTAL MAJOR FALL DEDUCTION(S) \_\_\_\_\_

TOTAL RULE INFRACTION DEDUCTION(S) \_\_\_\_\_

TOTAL OVER TIME DEDUCTION \_\_\_\_\_

**TOTAL DEDUCTION** \_\_\_\_\_

# NDA COLLEGE COMPETITION RULES

NCA & NDA reserve the right to be the arbitrator and interpreter of all rules covered in this document.

## **GENERAL SAFETY GUIDELINES**

1. All teams must be supervised during all official functions by a qualified coach/instructor.
2. Coaches/Instructors must require proficiency before skill progression. Coaches must consider the dancer and team skill level with regard to proper performance placement.
3. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
4. All programs should have, and review, an emergency action plan in the event of an injury.
5. Coaches must recognize the entire team's particular ability level and limit the team's activities accordingly.
6. No technical skills should be performed when a coach is not present or providing direct supervision.
7. All practice sessions should be held in a location suitable for the activities of dance, and away from noise and distractions.
8. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
9. The performance surface should be taken into consideration before engaging in any technical aspect of dance. The performing area should be reasonably free of obstructions. Dancers should not perform technical skills on:
  - concrete, asphalt, or any other hard, uncovered surface
  - wet surfaces
  - uneven surfaces
  - surfaces with obstructions
10. Preliminary Competition will be held indoors. Final Competition may be held outdoors, so wind and/or sun could be a factor. Practice and prepare accordingly.

## **CODE OF CONDUCT**

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

- Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the NDA Event Information Table. The appropriate NDA Official will then be called to discuss the situation with the coach.
- Participants, coaches or spectators are prohibited from making contact with the judges during the competition.
- Judges' rulings are final related to deductions, final team placements and safety violations.
- Any unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or NDA Event Staff will result in potential team disqualification, removal from the event and/or barred participation from future NDA Events and possible disqualification of team or suspension for following years.

NDA fervently encourages and supports sportsmanship, integrity and fairness among participants and coaches in all facets of dance 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 are instrumental in promoting and instilling this among their respective team members.

# NDA COLLEGE COMPETITION RULES

NCA & NDA reserve the right to be the arbitrator and interpreter of all rules covered in this document.

## **COMPETITION SAFETY GUIDELINES**

1. Non-marking shoes or bare feet are acceptable when competing. Dance paws are acceptable. Wearing "socks only" and or "footed tights only" is prohibited. Warning: Due to the outdoor location, the dance floor may become extremely hot. We recommend footwear conducive to performing on a hot surface.
2. Jewelry as a part of a costume is allowed. Acceptable jewelry includes: small post stud earrings (in ear lobes only), chokers without dangling pendants, and hair accessories. Jewelry such as hoop/dangling earrings, any piercings in any area other than the ear (necklaces, belly, tongue and nose rings, etc.) is prohibited and will result in a .5 deduction per occurrence. Prohibited jewelry must be removed and may not be taped over or otherwise covered.

## **TUMBLING AND AERIAL STREET STYLE SKILLS (EXECUTED BY INDIVIDUALS)**

Tumbling and/or aerial street style skills: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface.

Tumbling as a dance skill is allowed, but not required, in all Divisions with the following limitations:

1. Inverted Skills:
  - a. Non airborne skills are allowed (e.g. headstand).
  - b. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.
2. Tumbling Skills with hip over head rotation:
  - a. Non airborne skills are allowed.
  - b. Airborne skills with hand support:
    - i. May be airborne in descent if the approach is non airborne (clarification: a round off is allowed - hands touch the ground before the foot leaves the ground).
    - ii. May not be airborne in approach.
  - c. Airborne skills without hand support are not allowed (exception: aerial cartwheel that is not connected to any other skill).
3. Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.
4. Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
5. Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed. All variations of a Shushunova are not allowed.
6. Hip over head rotation skills with hand support are not allowed while holding poms or props in supporting hand (exception: forward rolls and backward rolls are allowed).

# NDA COLLEGE COMPETITION RULES

NCA & NDA reserve the right to be the arbitrator and interpreter of all rules covered in this document.

## **DANCE LIFTS AND PARTNERING (EXECUTED AS PARTNERS OR GROUPS)**

### **DANCE LIFTS AND PARTNERING ARE PERMITTED AND ARE DEFINED BELOW:**

1. Dance Lifts are allowed.
2. The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface (exception: kick line leaps).
3. At least one Supporting Dancer must maintain contact with the Executing Dancer(s) throughout the entire skill above shoulder level.
4. Hip over head rotation of the Executing Dancer(s) is allowed if:
  - a. A Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.
  - b. The skill is limited to one (hip over head) rotation (clarification: any hip over head rotations within a partnering or lift sequence must have a clear stop in the upright position).
5. A Vertical Inversion is allowed if:
  - a. The Supporting Dancer(s) maintains contact until the Executing Dancer returns to the performance surface or returns to the upright position.
  - b. When the height of the Executing Dancer's shoulders exceed shoulder level there is at least one additional dancer to spot who does not bear weight.

## **RELEASE MOVES (DISMOUNTS TO THE PERFORMANCE SURFACE)**

1. An Executing Dancer may jump, leap, step or push off a Supporting Dancer(s) if:
  - a. The highest point of the released skill does not elevate the Executing Dancer's hips above shoulder level.
  - b. When the height of the skill is between hip level and shoulder level, the Executing Dancer may not pass through the prone or inverted position after the release.
  - c. Free flying toe pitches are not allowed.
2. A Supporting Dancer may toss an Executing Dancer if:
  - a. The highest point of the toss does not elevate the Executing Dancer's hips above shoulder level.
  - b. The Executing Dancer is not supine or inverted when released.
  - c. The Executing Dancer does not pass through a prone or inverted position after release

# NDA COLLEGE COMPETITION RULES

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## **HOW TO QUALIFY FOR THE NCA & NDA COLLEGIATE CHEER AND DANCE CHAMPIONSHIP**

### **CAMP QUALIFICATION**

Teams may qualify for the NCA & NDA Collegiate Cheer and Dance Championship at NDA Collegiate Overnight or Day Summer Camp. NDA will award Bids to Nationals based on the team's successful completion of specific requirements in the areas of participation, conduct, and camp achievements. Teams must have a minimum of eight (8) participating team members attending the same NDA Collegiate Overnight or Day Summer Camp in order to be considered for a Bid. Teams may also qualify for Nationals at an NDA Elite Home Camp.

### **VIDEO QUALIFICATION**

All Qualification Videos (for dance teams) must be RECEIVED no later than January 24, 2014.

Videos must be sent to:

NCA & NDA Collegiate Cheer and Dance Championship  
2010 Merritt Dr.  
Garland, TX 75041

Each team's entry must be on a separate video and properly labeled with Name, Division, Dance Coach's Name, Address, Email, and Telephone number. A "Video Entry Form" should accompany each video entry. Download at [nda.Varsity.com](http://nda.Varsity.com).

- Receipt deadline for team qualification: January 24, 2014.
- Videos may be emailed to: [nda.dance.videos@gmail.com](mailto:nda.dance.videos@gmail.com).
- Videos should not exceed 10MB and should be in Windows Media Player or Quicktime format.

### **TEAM PERFORMANCE VIDEO REQUIREMENTS**

Teams competing in the Team Performance Division must submit one video that includes a 30 second Hip Hop routine, a 30 second Jazz routine, a 30 second Pom routine as well as 30 seconds of technical skills (this may be numerous across the floor patterns or a choreographed piece). Only the technical skills segment may contain numerous edits. Split screens are not allowed. The speed of the performance may not be altered on the video. All team members do not need to be in each segment; however, at least eight (8) members must appear in the pom, jazz, and hip hop segments of the video. All members on the video must be official, eligible team members at time of filming. Videos submitted must be of current year; footage from previous years is prohibited. Teams that qualify for Team Performance will automatically be qualified for Hip Hop Division. Videos submitted for qualification will not be viewed for legalities. A separate video must be sent for this purpose at least (2) weeks prior to competition.

### **OPEN VIDEO REQUIREMENTS**

Teams competing in the "Open" Division must submit, on video, a performance routine of any style, two (2) minutes maximum and 90 seconds minimum in length (no editing or split screens). The speed of the routine may not be altered. The team must be represented by AT LEAST eight (8) members. All members on the video must be official, eligible team members at time of taping. Videos submitted must be of current year; footage from previous years is prohibited. Teams that qualify for Open will automatically be qualified for Hip Hop Division. Videos submitted for qualification will not be viewed for legalities. A separate video must be sent for this purpose at least two (2) weeks prior to competition.

*NOTE: Any NAIA team that is qualifying by video for an NAIA Team Performance Small Division must be represented by AT LEAST two (2) members.*

# NDA COLLEGE COMPETITION RULES

NCA & NDA reserve the right to be the arbitrator and interpreter of all rules covered in this document.

## **GENERAL ROUTINE REQUIREMENTS**

1. Teams must have at least 8 members.
2. Teams competing in the Team Performance Division will perform a choreographed routine not to exceed 2 minutes and 15 seconds (2:15) to demonstrate their style and expertise. Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever comes last. Teams must exit the performance area immediately following the Routine.
3. Teams competing in the Open Division will perform a choreographed routine not to exceed 2 minutes (2:00) to demonstrate their style and expertise. Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever comes last. Teams must exit the performance area immediately following the Routine.
4. Teams competing in the Hip Hop Division will perform a choreographed routine not to exceed 2 minutes (2:00) to demonstrate their style and expertise. Timing will begin with the first choreographed movement or note of the music. Timing will end with the last choreographed movement or note of the music, whichever comes last. Teams must exit the performance area immediately following the Routine.
5. Substitutions may be made in the event of any injury or other serious circumstance.
6. Formal entrances which involve dance or technical skills are not permitted. Dancers should enter the performance area in a timely fashion.
7. Poms, hand held props, and costuming may be used. Standing items such as chairs, stool, ladders, etc. are not allowed. If you are unsure if your prop falls within the given definition, please contact the NDA Office.
8. All staging, backdrops, special effects, costumes, or any items that may damage or otherwise alter the performance floor or environment are prohibited (water, powder, feathers, etc.).
9. The team's name will be called twice: once as the team is on deck and once as the next team to perform.
10. Routines must be appropriate for family viewing. Any vulgar or suggestive movements (hip thrusting, inappropriate touching/slapping/positioning to one another, etc.), words, costuming or music will result in a .5 rule deduction per violation.
11. All performers (unless injured) must remain on stage throughout the entire performance. Dancers may not enter or exit the performance area once the routine has started or prior to the end of the routine.



# NDA COLLEGE COMPETITION RULES

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## COLLEGE DANCE DIVISIONS

All teams will be required to compete in Divisions according to NCAA Football classifications. Schools that do not have football programs will compete in Divisions according to the school's NCAA Basketball program classifications. Every member of every team representing a school must meet the NDA's current eligibility requirements. Teams from the same school can enter the same Division; however only the top scoring team may advance to finals should scores warrant.

<b>TEAM PERFORMANCE DIVISION IA</b>	Teams competing from Div. IA (FBS) football schools (8 - 20 members)
<b>TEAM PERFORMANCE DIVISION I</b>	Teams competing from Div. IAA (FCS) football schools, or do not have football and compete in Div. I basketball (8 - 20 members)
<b>TEAM PERFORMANCE DIVISION II</b>	Teams competing from Div. II schools (8 - 20 members)
<b>TEAM PERFORMANCE DIVISION III</b>	Teams competing from Div. III, Junior College & Community College schools (8 - 20 members)
<b>TEAM PERFORMANCE NAIA LARGE</b>	Teams from NAIA schools competing with 10 - 20 team members
<b>TEAM PERFORMANCE NAIA SMALL</b>	Teams from NAIA schools competing with 2 - 9 team members
<b>OPEN DIVISION IA</b>	Open teams competing from Div. IA (FBS) football schools (8 - 20 members)
<b>OPEN DIVISION I</b>	Open teams competing from Div. IAA (FCS) football schools, or do not have football and compete in Div. I basketball (8 - 20 members)
<b>OPEN DIVISION II</b>	Open teams competing from Div. II, III, NAIA, Junior College & Community College schools (8 - 20 members)
<b>*HIP HOP DIVISION IA</b>	Open to all Division IA collegiate dance teams of 8 - 20 or less in which the team is also registered for either a standard Dance Division or an Open Division performance.
<b>*HIP HOP DIVISION I</b>	Open to all Division I collegiate dance teams of 8 - 20 or less in which the team is also registered for either a standard Dance Division or an Open Division performance.
<b>*HIP HOP DIVISION II</b>	Open to all other Division dance teams of 8 - 20 or less in which the team is also registered for either a standard Dance Division or an Open Division performance.
<b>INTERNATIONAL TEAMS</b>	International teams will compete in Divisions based on school enrollment. 20,000 or above – Div. IA or Open Div. IA. 10,000-20,000 – Div. I or Open Div. I. 5,000-10,000 – Div. II or Open Div. II. Less than 5,000 – Div. III or Open Div. II. Two-Year Schools – Div. III or Open Div. II (8 - 20 members)

\*A dancer may only compete in two Divisions if one of them is Hip Hop Division IA, I, or II. At the discretion of NDA, Hip Hop Divisions may be combined based upon the number of teams registered.

- Teams are limited to the maximum number of participants per division, plus one mascot.
- A .5 general rule deduction will be given for each person below the minimum number of participants per division.
- Teams in these Divisions must follow the NDA Collegiate Dance Safety Rules.

# NDA COLLEGE COMPETITION RULES

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## TEAM PERFORMANCE ROUTINE REQUIREMENTS

1. Prelims AND Finals for this Division may be conducted indoors.
2. Routines must consist of a variety of dance styles. Each team will be judged on Jazz, Hip Hop and Pom.
3. Routines must incorporate at least 30 consecutive seconds of each style.
4. Each team is required to submit a Routine Outline at check in.
5. NDA Collegiate Safety Rules must be followed.
6. Please reference the Team Performance sample score sheet online at [nda.varsity.com](http://nda.varsity.com).
7. Routine not to exceed 2 minutes and 15 seconds (2:15).

## OPEN ROUTINE REQUIREMENTS

1. Prelims AND Finals for this Division may be conducted indoors.
2. Television air time will not be guaranteed for this Division.
3. Teams may present a routine of any one style or combination of styles.
4. A team may not enter multiple Divisions. Exception: Hip Hop Division, but multiple teams from the same school may compete separately in the Open Division and Team Performance Division.
5. NDA Collegiate Safety Rules must be followed.
6. Please reference the Open sample score sheet online at [nda.varsity.com](http://nda.varsity.com).
7. Routine not to exceed 2 minutes (2:00).

## HIP HOP ROUTINE REQUIREMENTS

1. Prelims AND Finals for this Division may be conducted indoors.
2. Television air time will not be guaranteed for this Division.
3. NDA Collegiate Safety Rules must be followed.
4. Please reference the Hip Hop sample score sheet online at [nda.varsity.com](http://nda.varsity.com).
5. Routine not to exceed 2 minutes (2:00).

## TEAM PERFORMANCE ROUTINE OUTLINE

Dance teams competing at the NCA & NDA Collegiate Cheer and Dance Championship will be required to submit at check-in a Routine Outline for their dance routine, consisting of a breakdown in minutes/seconds of the style of dance being performed at that time. A Routine Outline sample will be included in the Confirmation Packet sent prior to the Championship. While a team is competing, the Safety Judge will reference the team's outline to determine that 30 CONSECUTIVE SECONDS of each style of dance (jazz, pom and hip hop) have been met. If the Safety Judge, as well as the judging panel, does not think the Routine meets the above requirements, a .5 general rule deduction may occur. Judges' decisions are final. Teams in the Open Division and Hip Hop Division are excluded from the above.

## ELIGIBILITY VERIFICATION

A Team Eligibility Form will be sent to all coaches participating in an NCA & NDA Championship. One form must be filled out per team with each team member's name, student ID number, hours currently enrolled. This form must be signed by the coach as well as signed by the school's Registrar's Office and returned to NCA & NDA at check-in. A current class schedule for each participant must also accompany the Eligibility Form. Teams must meet the following eligibility requirements in order to participate in the NCA & NDA Collegiate Cheer and Dance Championship:

- Each participating team member must be a current full-time student of the institution that they are representing at the Championship, or enrolled in a minimum of 9 credit hours. Graduating seniors and graduate students may be enrolled in less hours.
- Each participating team member must be a current member of the team they are representing and meet all of the school's eligibility requirements.

# NDA COLLEGE COMPETITION RULES

NCA & NDA reserve the right to be the arbitrator and interpreter of all rules covered in this document.

1. Any university or college competing in a Varsity College National Championship shall not permit a student-athlete to represent their school unless the student-athlete meets all applicable eligibility requirements, and the coach and program administrative supervisor has certified the student-athlete's eligibility.
2. A student-athlete may only represent ONE (1) school in a National Championship competition for each academic year. For example, a student-athlete may not compete for one school in January, transfer and compete for another school in April.
3. At the Junior College level, any student-athlete will only be eligible to compete in a maximum of three (3) National Championships during the course of his/her college career.
4. A student-athlete can be a part of the institution's cheer/dance spirit squad but will only be allowed to compete for a maximum of five (5) National Championships during the course of his/her college career, regardless of the number of universities or colleges they have attended.
5. A student-athlete may not compete in more than five (5) National Championships in combined Junior College and/or 4-year college/university.
6. Individual Championships such as Partner Stunt and Group Stunt do not apply.
7. An alternate or injured student-athlete that does not take the competition floor will not be perceived as a competing member and will not count towards the maximum of five (5) National Championships.
8. This will apply for any student-athlete competing at any one of the Varsity Brands College National Championships (UCA/UDA, NCA & NDA) as well as any other designated College National Championship.
9. Verification of eligibility will be required by the school's Registrar's Office and the program's administrative supervisor in addition to the coach. It will be the responsibility of these individuals to verify that all student-provided information and documentation is correct and valid.
10. Teams violating this rule could forfeit their titles and rankings as well as be prohibited from entering any other Varsity Brands Championship the following year. For any clarification on these rules, please contact the event producer of the Championship you wish to attend.

## **NCA & NDA EXCLUSIVITY POLICY**

Due to television, sponsorship considerations, and administration concerns regarding school-based priorities, image and funding, teams that compete in the NCA & NDA Collegiate Cheer and Dance Championship may not participate in any other event at which a "National Champion" title is awarded during the current school year.

Further, teams may jeopardize their eligibility to compete in the NCA & NDA Collegiate Cheer and Dance Championship if they participate in a televised program or print media that portrays their team, school or general activity of collegiate cheer and/or dance in a negative manner. NCA & NDA must deem the program or material content reasonable and appropriate with regard to performance integrity, safety, individual and school privacy and reputation, and overall image. Schools that desire to compete at Nationals and participate in such media (reality show or documentary, news articles, books, etc.) should consult their school legal counsel to develop an access license, and also consult with NCA & NDA in advance to pre-determine any possible conflicts of interest. The access license is a legal agreement that prohibits producers or publishers from including certain subject matters from being included in their media product, as well as grants the school officials the right to approve and/or reject final portrayal of their respective spirit squads that might be harmful or disrespectful to the school or spirit program.

# NDA COLLEGE COMPETITION RULES

NCA & NDA reserve the right to be the arbitrator and interpreter of all rules covered in this document.

## **LEGALITY VERIFICATION**

As a coach, it is important to be current on the NCA, NDA & AACCAs Safety Rules. If you have questions concerning any safety rules or questions regarding specific performance elements, please follow these steps. This will ensure that you receive a timely and accurate response to your questions.

- 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 & NDA Championships.
- A separate video must be submitted for each Competition to ensure legality.
- For all Legality questions, you must send a video that contains the skill in question.
- Video must include the following:
  1. Front, side and back view of skill.
  2. Name of the Championship where you will be performing skill and the Division you will be performing in.
  3. Include your name, team name, email and phone number with your video.
  4. Do not send the entire Routine, only the skill(s) in question. Your video will be kept on file at NCA & NDA.

## **VIDEOS THAT ARE NOT IN THE ABOVE FORMAT WILL NOT BE VIEWED.**

**VIDEOS MUST BE RECEIVED IN THE NCA & NDA OFFICE** at least **THREE WEEKS PRIOR** to the Championship date. Videos not received in the NCA & NDA office three weeks prior to the championship date will **NOT** be reviewed.

You must email your videos to:

nda.dance.videos@gmail.com.

**Note: Emailed videos may not exceed 10MB and should be in either Windows Media Player or Quicktime formats.**

**NOTE: DO NOT DEPEND ON YOUR CHOREOGRAPHER OR COACH TO DETERMINE IF SOMETHING IS LEGAL. IF YOU FEEL THAT SOMETHING MAY BE ILLEGAL, SEND A VIDEO TO THE NCA OFFICE.**

# NDA COLLEGE COMPETITION RULES

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## **JUDGING SCALES FOR DANCE FUNDAMENTALS**

Total points received per caption will be based on overall quality, quantity (if applicable), and execution of movements described below (both variety of elements and number of members performing skills/movement will be weighed) throughout the routine. Specific skills/movement performed that are not listed in one of the following captions will be placed in one of those captions at the discretion of the Judges.

Zero points will be given in a caption if skills for that particular caption are not executed.

### **JAZZ TECHNIQUE**

#### **RANGE OF SCORES**

#### **SKILLS**

5 - 7 points

Beginning jazz movement executed with substandard technique (in this case "technique" refers to the movement itself, not to skills). Style is inconsistent throughout all team members lacking posture, control, and body placement. Below average extension, contraction/release, core control, spatial awareness, musicality and command of movement.

7 - 9 points

Intermediate jazz movement executed with good technique (in this case "technique" refers to the movement itself, not to skills). Style is mostly consistent throughout all team members working on emphasis on posture, control, and body placement. Average extension, contraction/release, core control, spatial awareness, musicality and command of movement.

9 - 10 points

Advanced jazz movement executed with strong technique (in this case "technique" refers to the movement itself, not to skills). Style is consistent throughout all team members with emphasis on posture, control, and body placement. Crediting the dancer's superior extension, contraction/release, core control, spatial awareness, musicality and command of movement.

### **POM TECHNIQUE**

#### **RANGE OF SCORES**

#### **SKILLS**

5 - 7 points

Beginning pom motions performed at a slow pace executed with substandard placement and precision lacking cohesive connection between upper and lower body pom movement. Lacking dynamics, control (motions may be hyper-extended), support of upper body and core control. Motions may be incomplete, and unfinished. Substandard incorporation of innovative and creative variations and motion variety. Below average ability to maintain accuracy, clarity and control when performing motions.

7 - 9 points

Intermediate pom motions performed at an average pace executed with good placement and precision with average cohesive connection between upper and lower body pom movement. Average use of dynamics, control, support of upper body and core control. Average incorporation of innovative and creative variations and motion variety. Average ability to maintain accuracy, clarity and control when performing motions.

9 - 10 points

Advanced pom motions performed at an up tempo pace executed with exact placement and precision with cohesive connection between upper and lower body pom movement. Strong dynamic motions supported by upper body strength and core control. Incorporates innovative and creative variation and motion variety. Crediting the dancer's ability to maintain accuracy, clarity and control when performing motions.

# NDA COLLEGE COMPETITION RULES

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## HIP HOP TECHNIQUE

RANGE OF SCORES	SKILLS
-----------------	--------

5 - 7 points	Beginning hip hop movement executed with substandard technique. Style is inconsistent throughout team members needing to work on authentic, grounded movement and musicality with attention to backbeat, flow and control. Below average quality of execution, stabilization, momentum, body isolations and rhythm variations.
7 - 9 points	Intermediate hip hop movement executed with good technique. Style is mostly consistent throughout all team members working on emphasis of authentic, grounded movement and musicality with attention to backbeat, flow and control. Average quality of execution, stabilization, momentum, body isolations and rhythm variations.
9 - 10 points	Advanced hip hop movement executed with strong technique. Style is consistent throughout all team members with emphasis on authentic, grounded movement and has exceptional musicality with attention to backbeat, flow and control. Crediting the dancer's superior quality of execution, stabilization, momentum, body isolations and rhythm variations.

## TECHNICAL SKILLS

RANGE OF SCORES	SKILLS
-----------------	--------

5 - 7 points	Overall incorporation/execution of beginning level style specific skills such as but not limited to, turns, leaps, jumps, hip hop skills (e.g. power moves, tricks) and pom tricks (i.e. passes, kick lines) performed by the majority of the team and executed with substandard technique.
7 - 9 points	Overall incorporation/execution of intermediate level style specific skills such as but not limited to, turns, leaps, jumps, hip hop skills (e.g. power moves, tricks) and pom tricks (e.g. passes, kick lines) performed by the majority of the team and executed with good technique.
9 - 10 points	Overall incorporation/execution of advanced level style specific skills such as but not limited to, turns, leaps, jumps, hip hop skills (e.g. power moves, tricks) and pom tricks (e.g. passes, kick lines) performed by the majority of the team and executed with strong technique.

## ROUTINE EXECUTION

RANGE OF SCORES	SKILLS
-----------------	--------

5 - 7 points	Beginning level of movement executed with substandard control. Dancers' extension, spatial awareness, and musicality are minimal. Strength of movement is lacking and style is somewhat inconsistent throughout all team members. Below average lines, flow, and continuity.
7 - 9 points	Intermediate movement executed with good control. Nice extension, spatial awareness, musicality but somewhat relaxed in execution of movement. Style is mostly consistent throughout all team members with average lines, flow, and continuity.
9 - 10 points	Advanced movement executed with strong control. Crediting the dancers superior extension, spatial awareness, musicality, and strength of movement. Style is consistent throughout all team members with emphasis on strong lines, flow, and continuity.



# NDA COLLEGE COMPETITION RULES

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## **VISUAL EFFECTS RANGE OF SCORES**

### **SKILLS**

5 - 7 points	Overall incorporation/execution of beginning level style specific visuals such as, but not limited to, group/partner work, level changes, builds, illusions, opposing motions, contagions, etc. Visual effects are accomplished at a slower pace with obvious execution.
7 - 9 points	Overall incorporation/execution of intermediate level style specific visuals such as, but not limited to, group/partner work, level changes, builds, illusions, opposing motions, contagions, etc. Visual effects are accomplished at an average pace with good execution.
9 - 10 points	Overall incorporation/execution of advanced level style specific visuals such as, but not limited to, creative group/partner work, level changes, builds, illusions, opposing motions, contagions, etc. Visual effects are accomplished at a fast pace with seamless execution.

## **STAGING**

This score reflects both formations, transitions and spacing, both what is choreographed and how the movement/formations are executed.

### **RANGE OF SCORES    SKILLS**

5 - 7 points	Beginning use of the performance space. Spacing is substandard. Routine utilizes minimal formations and formations changes. Transitions are simple and lack continuity within the routine, e.g. walking transitions rather than dancing through to next formation seamlessly.
7 - 9 points	Intermediate use of the performance space. Spacing is average, but not precise. May incorporate more interesting formations and formation changes, but still lacking in transition creativity.
9 - 10 points	Advanced use of the performance space. Spacing is precise. Routine utilizes a variety of well-thought out formations and formation changes. Transitions are exciting and seamless.

## **DEGREE OF DIFFICULTY**

This score does not reflect execution; it is simply scoring the difficulty of the Routine overall.

### **RANGE OF SCORES    SKILLS**

5 - 7 points	Beginning level choreography utilizing basic foot work, minimal direction changes, simple and possibly slower pace motions. Very limited use of floor work, or full-body movement.
7 - 9 points	Intermediate level choreography with more foot work, direction changes, intricate use of motions, and faster pace. May be lacking in use of dynamics.
9 - 10 points	Advanced choreography utilizing intricate motions, footwork, skills and transitions. Fast pace movement is found within the dynamics of this Routine as well as full body movement and a variety of direction changes.

# NDA COLLEGE COMPETITION RULES

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## UNIFORMITY

This score reflects timing and how well the team dances together as a group, rather than the team's execution of technique.

### RANGE OF SCORES      SKILLS

5 - 7 points	Beginning, or substandard, timing and synchronization of style. Memory mistakes as well as placement causing the Routine to appear less cohesive.
7 - 9 points	Intermediate, or average, timing and synchronization of style. Few memory mistakes; good placement.
9 - 10 points	Advanced, or strong, timing and synchronization of style. Very precise placement.

## CHOREOGRAPHY

This score reflects what the choreographer created, not how the team executed the routine/movement.

### RANGE OF SCORES      SKILLS

5 - 7 points	Beginning level routine with minimal musical interpretation, dynamics, transitions, direction changes, levels and group work.
7 - 9 points	Intermediate level routine with average use of musical interpretation, dynamics, transitions, direction changes, levels and group work.
9 - 10 points	Advanced level routine with strong use of musical interpretation, dynamics, transitions, direction changes, levels and group work. Creating a complete thought with the movement.

## PERFORMANCE IMPRESSION

This score reflects audience appeal as well as each individual judge's overall opinion of the Routine. Elements factored into this score at each judge's discretion are genuine showmanship (face/full body), projection, confidence and appropriateness of costuming/uniform, music and choreography.

## NDA "COLLEGIATE IMAGE" CATEGORY

This caption will be utilized to evaluate the overall representation by the team of its institution of higher education and the core values and standards that commonly exist and are mandated by such institution's administration, faculty, Staff, alumni and student body. This Evaluation will be based on, but not limited to the following:

### SPORTSMANSHIP

The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance in regards to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting, bragging or suggestive expressions or gestures as well as discrimination of any nature.

### PERFORMANCE INTEGRITY

All aspects of the performance (music, choreography, skills, language, props, etc.) should represent the highest standards as expected by athletes and elite student body representatives at the collegiate level.

### SCHOOL REPRESENTATION

How well the institution has been represented by its dance team's presentation, props and appearance. NDA recommends that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their institution in regards to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

# NDA COLLEGE COMPETITION RULES

NCA & NDA reserve the right to be the arbitrator and interpreter of all rules covered in this document.

## **JUDGING PANELS**

### **HEAD JUDGE**

The Head Judge is responsible for overseeing the Panel Judges. Each Head Judge fills out his/her own score sheet for each performance. Decisions made by Head Judges are final.

### **PANEL JUDGES**

Panel Judges are responsible for scoring each team's performance based on the NDA score sheet. Each Panel Judge fills out his/her own score sheet for each performance. Panel Judges do not determine or judge deductions or safety violations. Decisions made by Panel Judges are final.

### **SAFETY JUDGE**

The Safety Judge is responsible for administering all safety/general competition rule violations. Decisions made by the Safety Judge are final.

## **NDA SCORING PROCESS**

The scoring process for the NDA Championships will be similar to that of gymnastics, diving, and figure skating. Scores for each caption will range from 0-10, including tenths of points (e.g. 5.5, 9.2, etc.). These scores will be entered into a computer that will add the scores, and then average them. All penalties will be deducted from the average score to get the FINAL SCORE.

### **FALLS**

Falls to the floor during execution of skills or transitions, will result in a .05 deduction for each mistake.

### **MAJOR FALLS**

Major falls including multiple falls in a single sequence/series or multiple dancers falling or falls from a lift, will result in a .1 deduction for each mistake.

### **TIME LIMIT VIOLATIONS**

- **Team Performance Division time limit = 2 minutes and 15 seconds (2:15)**
- **Open Division time limit = 2 minutes (2:00)**
- **Hip Hop Division time limit = 2 minutes (2:00)**

Time limit violations (for both the music portion and/or total Routine time) are as follows:

- 3 - 5 seconds over time will result in a .1 deduction
- 6 - 10 seconds over time will result in a .3 deduction
- 11 or more seconds over time will result in a .5 deduction

A two (2) second buffer is allowed for human and/or mechanical error.

### **SAFETY VIOLATIONS / GENERAL COMPETITION RULES**

A .5 deduction will be given for EACH safety/general competition rule violation (e.g. a .5 penalty will be assessed for non-costume jewelry). Safety Violations are in effect until the team leaves the performance floor. Please read and study the appropriate NDA Safety Rules section to ensure your team does not have any safety violations. NDA reserves the right to make decisions on any violations not covered in this book and interpretation of rules covered.

Deductions and/or penalties are assessed at the sole discretion of the judges based on the criteria set forth in this book. All judges' decisions are final. Ties will not be broken. Tying teams will share the title and/or ranking.

# NDA COLLEGE COMPETITION RULES

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## **INAPPROPRIATE CHOREOGRAPHY AND MUSIC RULES**

All facets of a performance or routine, including choreography and music selection should be suitable for family viewing and listening. Any music in which the appropriateness is questionable or with which uncertainty exists should be submitted to NDA for approval.

A deduction of .5 per violation, will be given for vulgar or suggestive choreography, which includes but is not limited to movements such as hip thrusting and inappropriate touching, 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 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.

Because multiple performances of a Routine when compared to one another will generally lack distinction, NDA is not able to approve with absoluteness the appropriateness of choreography (since movements can be easily modified, NDA 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 NDA for feedback.

## **DANCE COSTUME REQUIREMENTS**

In general, appropriate attire is required during officially designated practice times, performances and awards ceremonies. NDA reserves the right to make rulings and enforce compliance regarding any participant's attire during these times. It is the combination of garments worn that can deem an outfit or costume appropriate or inappropriate, and this should be taken into consideration more so than the individual guidelines for each garment type outlined below. Any costume in which the appropriateness is questionable or with which uncertainty exists should be submitted to NDA for approval.

The following guidelines should assist in defining what is appropriate, but should not be deemed a comprehensive and exclusive list. What is appropriate includes but is not limited to the list below.

- No risqué, sexually provocative or lingerie-looking or inspired costumes or garments
- Garments/items should be secure to eliminate any possibility of "wardrobe malfunction"
- Appropriate undergarments must be worn
- Exercise good judgment when using sheer material in the costume, and use it in an appropriate fashion. For example, a sheer skirt over a bikini bottom or a sheer top over a bra would both be deemed inappropriate; in general and for example, sheer fabric over the midriff or neckline is appropriate, when there is adequate coverage with the regular garment material.

## **PERFORMANCE AREA**

All dance teams competing in the NCA & NDA Collegiate Cheer and Dance Championship will perform on Marley. Each panel will be 38' deep x 4'11" wide. Only dance soft-soled shoes or bare feet will be allowed on the performance surface; "socks only" or "tights only" is prohibited. Due to heat and humidity, the floor may become "tacky" when performing with shoes that have more traction. Dance floor dimensions are as follows:

- Practice Room: 8 strips
- Peabody Theater: 8 strips
- Ocean Center: 10 strips
- Bandshell: 10 strips

# NDA COLLEGE COMPETITION RULES

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## DANCE TOPS OR ONE-PIECE GARMENTS

- No “bra top” style or size tops – material must fall at least one inch below the bra line
- No extremely low cut necklines
- No excessively bare or backless style tops
- Must have solid material around the back
- No “tube tops”
- Must be secured by straps or material over at least one shoulder or around the neck

## DANCE BOTTOMS OR ONE-PIECE GARMENTS

- Skirts and/or pants must fully cover the hips
- Skirts must completely cover briefs when feet are shoulder width apart AND, in the back, fall at least 1.5 inches below boy-short briefs or 2 inches below standard briefs
- No excessively short shorts
- No ultra low rise waistbands (no lower than 2 inches below navel) when worn in conjunction with a cropped or midriff baring top

## DANCE FOOTWEAR

- Socks only is prohibited
- Footed tights only is prohibited

## GENERAL / SAFETY VERIFICATION PROCESS

### SAFETY JUDGES

May issue warnings for perceived or possible violations during preliminary performance. Warnings will be communicated to the Panel Judges immediately. Teams must then verify compliance with the Judge Liaison or make appropriate changes as approved by the Judge Liaison prior to the next performance. Safety Judges will not issue any deductions in this Category during the remaining performances. DEDUCTIONS WILL BE ISSUED IN PRELIMS FOR BLATANT VIOLATIONS.

### PANEL JUDGES

May reduce a team’s score in the Collegiate Image Category for perceived or suspected violations as agreed with the Safety Judge(s), but must note the reason for doing so on the team’s score sheet. If the Safety Judge issues a warning, the Panel Judges should also reflect a reduction in the Collegiate Image Category and note the reason. Should the Judge Liaison confirm compliance before the next performance, the Panel Judges should not reduce the score in the Collegiate Image Category for this purpose. Should the team not confirm compliance prior to the next performance(s), the Panel Judges should reflect the same or additional reductions in the Collegiate Image Category. These reductions must also be noted on the team’s score sheet.

**EACH TEAM IS STRONGLY ENCOURAGED TO SEEK PRE-APPROVAL ON ANY QUESTIONABLE ITEMS. THESE ARE SUBJECTIVE MATTERS AND OPINIONS AND INTERPRETATIONS VARY, BUT IT WILL ULTIMATELY BE THE RESPONSIBILITY OF THE JUDGES TO DETERMINE A FINAL RULING IF NOT APPROVED IN ADVANCE. AS A SAFETY MEASURE, WE ENCOURAGE EACH TEAM TO BRING AN ALTERNATE, CONSERVATIVE COSTUME IN THE EVENT A WARNING OR PENALTY IS ASSESSED.**

# NDA COLLEGE COMPETITION RULES

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## **UNIFORM DISTRACTIONS**

The Safety Judge or Head Judge reserves the right to stop a routine, assess a deduction, and/or disqualify a team due to 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. Leaving the performance floor to adjust a uniform may result in a deduction of a Major Mistake and/or Safety Rule infraction assessable from a .1 to a .5 deduction or disqualification depending on the amount of distraction and/or inappropriate exposure. If a judge stops the routine, the penalty will be .5 or disqualification.

Any deductions for time violations, safety/general rule violations, inappropriate choreography/music or costuming will be subtracted from the FINAL averaged score.

## **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 Preliminary Competition, 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. 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 that caption. In the event that an injury causes a team's routine to be interrupted during Final Competition, a decision will be made based on the specific situation whether or not there is sufficient time and/or it is feasible for the team to perform the routine again. If performing again is not possible, scores will be based on the team's performance prior to the injury.

### **UNIFORM DISTRACTIONS**

In the event that the Safety or Head Judge stops a routine due to a uniform distraction that occurs during Preliminary Competition, the team must perform their routine again from the beginning. Judging will resume from the point at which the distraction occurred as determined by the judges. All point deductions accumulated to that point will carry over. If a team prefers not to perform again, 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 caption. In the event that a judge stops a routine due to a uniform distraction that occurs during Final Competition, the team will not have the opportunity to perform their routine again.

### **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 with them at the music table. Judging and timing will resume from the point at which the malfunction occurred as determined by the judges. In the event a music error caused by the coach occurs, the performance may be stopped and begun again immediately; however, timing of the routine will NOT be stopped, and, in most cases, a time penalty will occur. Judging will resume from the point at which the interruption occurred as determined by the judges.



# NDA COLLEGE COMPETITION RULES

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## MUSIC DOWNLOAD PROCEDURE

If you choose to download your music and a malfunction occurs, you will be allowed to perform again. If the malfunction occurs within the first 30 seconds of the routine, you may choose to perform again given 5 minutes to regroup. If the malfunction occurs 31 seconds of the routine or beyond, you may choose to perform again given 10 minutes to regroup. Music may be emailed to: nca\_music@yahoo.com.

## SELECTION OF FINALISTS AND PERFORMANCE ORDER

The number of finalists in each Division will be determined by the number of teams registered in that Division prior to the start of the competition as well as allowable time available for Finals. Late or canceled registrations that occur once the competition begins will not affect the predetermined number of finalists. For Preliminary Competition, teams will perform in a random order determined by NDA. For Final Competition, teams will perform in reverse order of their preliminary ranking (e.g. Teams finishing first in the Preliminary Competition will compete last in the Final Competition).

## NDA GLOSSARY OF TERMS

- **Aerial Cartwheel:** An airborne tumbling skill which emulates a cartwheel executed without placing hands on the ground.
- **Airborne (executed by individual):** A state in which the dancer is free of contact from a person and/or the performing surface.
- **Airborne Hip Over Head Rotation (executed by individual):** An action where hips rotate over the head in a tumbling skill and there is no contact with the performance surface (e.g. Round off or a Back handspring).
- **Airborne Skill (executed by individual):** A skill in which the dancer is free of contact with the performance surface (e.g. Tour Jeté or Butterfly).
- **Arabesque (a-ra-BESK):** A position in which the working leg is extended behind while balancing on the supporting leg; can be executed as a turn.
- **Attitude (a-tee-tewd):** A position in which the working leg is lifted front, side, or behind with the knee bent at an angle of 90°; can be executed as a turn.
- **Axle (AK-sel):** A turn in which the working leg rond de jambes to passé as the supporting leg pushes off the ground and tucks under the body-after rotation in air, land on original supporting leg.
- **Back Bend:** A face-up body position where the hands and feet are in contact with the surface and the hips are pushed upwards into an arch position.
- **Back Walkover:** A non-airborne tumbling skill where the dancer reaches backward with an arched torso through an inverted position, hands make contact with the ground, then the hips rotate over the head and the torso hollows bringing the dancer to an upright position, landing one foot/leg at a time.
- **Ball Change:** The shifting of weight from the ball of one foot to the flat of the other; can be executed from side to side and front to back.
- **Battement (bat-mahn):** A kick; the working leg is brushed/raised from the hip, with a straight knee, into the air and brought down again.
- **Breaking:** A style of hip hop dance that incorporates martial arts, acrobatic oriented tricks and dance. The term for a person who executes this style of dance is known as a BBoy (breaking boy) or BGirl (breaking girl).

# NDA COLLEGE COMPETITION RULES

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- **C - Jump:** A jump in which the dancer creates an arch in the back allowing the knees to bend and the feet reach behind the body.
- **Calypso (ka-lip-SO):** A turning leap in which the working leg extends making a circle in the air as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air then the supporting (back) leg reaches behind the body, often in an attitude, and then lands on the original working leg.
- **Cartwheel:** A non-airborne tumbling skill where the dancer supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.
- **Category:** Denoting the style of a performance piece/competition routine (e.g. Jazz, Pom or Hip Hop).
- **Châiné (sheh-NAY):** A series of rapid turns executed in one line of direction.
- **Chassé (sha-SAY):** A step in which one foot "chases" the other and assumes its original position.
- **Consecutive Skills:** An action in which the dancer connects skills immediately, without step, pause or break in between (e.g. Double Pirouette or Double Toe Touch).
- **Costume Jewelry:** Jewelry that enhances the costume and is worn by ALL members of the team.
- **Coupé (koo-PAY):** Meaning to cut or cutting; when one foot quickly takes the place of the other.
- **Dance Crew:** A style of dance, typically seen in the hip hop category, involving a body or group of dancers who work at a common style of dance.
- **Dance Lift (executed as partners or in a group):** A skill in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of "Lifting" dancer(s) and "Elevated" dancer(s).
- **Demi Plié:** Half bend of the knees, heels remain on floor.
- **Développé (dayv-law-PAY):** Meaning to develop; drawing the working leg up the supporting leg to passé, then extending the working leg to an open position.
- **Dig:** Ball of one foot is next to instep of other foot.
- **Dive Roll:** An airborne tumbling skill in which the dancer does a forward roll where the hands and feet are off of the performing surface simultaneously. This skill is allowed only if the dancer is in a pike position.
- **Division:** Denoting the composition of a competing group of dancers (e.g. Senior Coed, Varsity, Junior and Youth).
- **Downrock:** An element of breakdance that includes all footwork performed on the floor.
- **Drop:** An Action in which an airborne dancer lands on a body part other than his/her hands or feet without first bearing weight on the hands/feet.
- **Drops:** Dropping to the knee, thigh, seat, front, back, or split position onto the performing surface from a jump, stand or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.
- **Elevated Dancer:** A dancer who is lifted from the performance surface as a part of a Dance Lift.
- **Elevated:** An action in which a dancer is moved to a higher position or place from a lower one.
- **Elevé:** Dancer rises up from flat feet to balance on one or both feet on at least demi-pointe (balls of the feet), or all the way up to full-pointe.
- **Executing Dancer:** A dancer who performs a skill as a part of a Dance Trick or uses support from another dancer or dancers when Partnering.
- **Extension:** Term used to describe the ability of a dancer to raise and hold the extended leg in the air.
- **Flare:** A Power Move where the dancer uses momentum to swing the legs in a continuous circular pattern underneath the body while balancing on alternating hands.
- **Flying Squirrel:** A jump executed with forward momentum with the dancers arms extended in front, legs behind, creating an "x" position in the air.
- **Fouetté (foo-eh-TAY):** A turning step, usually done in a series, in which the working leg makes a circle in the air and then into passé as the dancer turns bending (plié) and rising (relevé) at each revolution; meaning to whip. Fouetté turns can also be done to the side or in second position (Fouetté à la Seconde).

# NDA COLLEGE COMPETITION RULES

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- **Fouetté a la Seconde:** A turning step done in a series in which the working leg makes a circle in the air and extends at a 90° angle from the supporting leg remaining parallel to the ground as the dancer turns with a plié and relevé at each revolution.
- **Freeze:** A move that involves halting all body motion. Also known as a stall.
- **Front Walkover:** A non-airborne tumbling skill where the dancer rotates forward with a hollow torso through an inverted position and arches up bringing the legs and hips over the head to a non-inverted position legs landing one foot/leg at a time.
- **Grand Jeté (grahnd zhuh-TAY):** A leap from one foot to the other; working leg stays straight as it brushes forward as supporting leg pushes off to assume a split position in the air.
- **Grand Jeté a la Seconde:** A grand jeté executed to the side so that a second position split is assumed in the air.
- **Grand Jeté en Tournant (ahn toor-NAHN):** A grand jeté turning where the supporting leg changes places with working leg as hips flip, the original working leg takes the landing and is now the supporting leg.
- **Grand Plié:** Full bend of the knees, heels come off the floor in all positions except second.
- **Hand-held Props:** Items that are used by performing team as an extension of the arm/hand, that are easily carried by one person. Hand held props include, but are not limited to, boas, scarves, top hats, derby hats, or canes. Chairs and stools are prohibited.
- **Handstand:** A non-airborne, non-rotating, tumbling skill where the dancer supports his/herself vertically on his/her hands in an inverted position and the arms are extended straight by the head and ears.
- **Head Spin:** A Power Move, typically performed in hip hop, in which the dancer spins on his/her head and uses his/her hands to aid in speed. The legs can be held in a variety of positions.
- **Head Spring (front/back):** An airborne tumbling skill, typically performed in hip hop, in which the dancer approaches the head spring much like a hand spring, and can be executed either to the front or to the back. Beginning in a standing or squatting position, the hands are placed on the floor with the head between the hands, and the legs come over/whip through the body similar to a kip up and the dancer lands on two feet.
- **Headstand:** A non-airborne, non-rotating, tumbling skill where the dancer supports his/herself vertically on his/her head in an inverted position and the hands are on the floor supporting the body.
- **Hip Level:** A designated height; the height of a standing dancers' hips while standing upright with straight legs (clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.).
- **Hip Over Head Rotation (executed by individuals):** An action where a dancers hips rotate over the head in a tumbling skill (e.g. Back Walkover or Cartwheel).
- **Hip Over Head Rotation (executed in groups or pairs):** An action where the Executing Dancers' hips rotate over the head in a lift or partnering skill.
- **Hollow Back:** A Freeze similar to a planche where the dancer balances on the hands and 'hollows' out the back. (If balancing on the head it is known as a "Head Hollow").
- **Inversion:** A position in which the dancer's waist/hips/feet are higher than his/her head and shoulders.
- **Invert:** A Freeze utilizing strength, flexibility and balance where the dancer's weight is placed on both hands with head facing knees and legs parallel to the floor.
- **Jeté (juh-TAY):** A skill in which the dancer takes off from one foot by brushing the feet into the ground and swiftly 'whipping' them into the position and then landing on one foot. A jeté can be executed in various directions, sizes and positions.
- **Jump:** Movement taking off and landing on same foot or both feet.
- **Kip Up:** An airborne, non-rotating, tumbling skill, typically performed in hip hop, where the dancer brings the body to a non-inverted (upright) position by bending the knees, thrusting the legs into the chest rolling back slightly onto the shoulders, and then kicks up. The force of the kick causes the dancer to lift and land with both feet planted on the floor.
- **Krumping:** A style of dance, hip hop category, 'street' dance characterized by free, expressive, exaggerated, and highly energetic moves involving the arms, head, legs, chest, and feet.

# NDA COLLEGE COMPETITION RULES

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- **Lay-out:** Cambre back while extending the working leg forward.
- **Leap:** A skill in which the dancer pushes off the ground, from a plié (bend), off of one leg becoming airborne and landing on the opposite leg (also known as grand jeté).
- **Lifting Dancer:** A dancer(s), who is part of a dance lift and lifts an Elevated Dancer as a part of a Dance Lift. The supporting dancer may also be considered a Lifting Dancer.
- **Lifts:** An action in which the partner is elevated to any height and set down. Refer to the rules for Dance Lifts and Partnering for a full definition.
- **Parallel:** A position in which the thighs, knees and toes of both legs are facing straight ahead.
- **Partnering (executed in pairs):** A skill in which two dancers use support from one another. Partnering can involve both "Supporting" and "Executing" skills.
- **Pas de Bourrée (pah duh boo-RAY):** Three steps executed in relevé, relevé, plié; can be executed as a turn as in ballet, working foot steps behind supporting leg, supporting foot opens stepping to side, then working foot steps in front of original supporting leg; as in jazz-working foot steps behind supporting leg, supporting foot opens stepping to side, then working foot opens out, lunging to opposite side of supporting leg with each step that is taken.
- **Pas de chat:** "Cat's Step" the step owes its name to the likeness of the movement to a cat's leap.
- **Passé (pa-SAY):** A position or movement in which the working leg bends connecting the pointed foot to or near the knee of the supporting leg; meaning to pass. Passé can be executed with the hips parallel or turned out.
- **Pencil Turn:** A turn executed with the working leg held straight and next to the supporting leg.
- **Penché (pahn-SHAY):** Leaning, inclining. As, for example, in arabesque penché.
- **Pike:** A one-handed Freeze with the legs held in a pike position.
- **Piqué (pee-KAY):** Stepping directly onto a straight leg in relevé; can be performed while turning and in various positions (arabesque, attitude, etc.)
- **Pirouette (peer-o-WET):** A skill in which the dancer bends (plié) with one foot in front of the other (fourth position) and rises (relevé) to one leg making a complete rotation of the body; meaning to whirl. A pirouette can be executed in a variety of positions.
- **Pirouette en Dedans (ahn duh-DAHN):** Turning inward, towards supporting leg.
- **Pirouette en Dehors (ahn duh-AWR):** Turning outward, towards working leg.
- **Pivot:** Movement step used to change direction; working leg steps forward assuming weight of body, body changes direction, support leg reassumes weight of body; can be executed front to back, side to side.
- **Plié (plee-AY):** A preparatory and landing skill in which the dancer bends, softens his/her knees; meaning to bend.
- **Power Move:** Loosely defined as relying on speed, momentum, and acrobatic elements for performance.
- **Prone:** A position in which the front of the dancers' body is facing the ground, and the back of the dancers body is facing up.
- **Prop:** An object that can be manipulated. A glove is a part of the uniform.
- **Release Move (executed in groups or pairs):** An action in which the Executing Dancer becomes free of contact from Supporting Dancer(s) and are unassisted to the performance surface. Dancer(s) and are unassisted to the performance surface.
- **Relevé (rell-eh-VAY):** Dancer rises from a plié to balance on one or both feet on at least demi-pointe (balls of the feet), or possibly full pointe
- **Rond de jambe (rawn duh zhahnb):** Meaning circular, round movement of the leg; executed on the ground or in the air, it refers to the motion of leg brushing front, opening to side, continuing to the back and vice versa.
- **Saut de chat (soh duh shah):** Executed similarly to grand jeté except instead of brushing a straight working leg, it is developed from a bent to straight leg as supporting leg is pushing off; can also be executed a la seconde.
- **Sauté (soh-TAY):** Jumping and landing on the same foot, toes should be pointed in the air.

# NDA COLLEGE COMPETITION RULES

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- **Shoulder Level:** A designated height; the height of a standing dancers' shoulders while standing upright with straight legs (clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.).
- **Shoulder Roll (forward/back):** A non-airborne tumbling skill where the dancer rolls with the back of the shoulder and maintains contact with the floor and the head is tilted to the side to avoid contact with the floor.
- **Shushunova (Shush-A-nova):** A jump variation in which the dancer lifts extended legs to a toe touch or pike position and then circles them behind the body dropping the chest and landing in a prone support (push up position).
- **Sickling:** This term is used for a fault in which the dancer turns his or her foot in from the ankle, thereby breaking the straight line of the leg.
- **Six-Step:** A form of Downrock that utilizes a footwork sequence, thereby enabling the dancer to gain momentum or prepare for another move.
- **Sous-sus (soo-SYEW):** In tight fifth position relevé.
- **Soutenu turn (soot-NEW):** From sousus, turning towards back leg one revolution, the other foot ending in front.
- **Split Drop:** Dropping to the performing surface from a jump, stand or inverted position, landing with legs extended at right angles to the trunk in a split position. Illegal unless feet/hands bear most of the weight and break the impact of the drop.
- **Spotting:** While turning; keeping the eyes focused on one spot as long as possible, then snapping head around to the same spot; helps to maintain sense of direction, balance, momentum.
- **Stag:** A position, typically performed in a leap or jump, in which the dancer bends the front leg.
- **Stall:** A non-airborne, non rotating, tumbling skill typically performed in hip hop where the dancer halts/stops body mid motion; often in an interesting, inverted or balance-intensive position on one or both hands for support. Also known as a freeze.
- **Stepping/Step Dancing:** A style of dance, typically hip hop category, which is a form of percussive dance in which the participant's entire body is used as an instrument to produce complex rhythms and sounds through a mixture of footsteps, spoken word, and hand claps.
- **Supine:** A position in which the back of the dancers' body is facing the ground, and the front of the dancers body is facing up.
- **Supporting Dancer:** A supporting dancer(s), who part of a dance trick and bears the primary weight of a lifted dancer. A supporting dancer(s) holds or tosses and/or maintains contact with an Executing dancer as a part of a Dance Trick or Partnering skill. The supporting dancer may also be considered a Lifting Dancer.
- **Supporting Leg:** The leg of a dancer that supports the weight of the body, during a skill.
- **Swipe:** A Power Move, often started from a crab position, where the dancer uses momentum to twist hands to one side of the body, placing them on the floor, and allowing the legs to follow and returning to the original position.
- **Switch Leap:** A jump popping straight up in the air, not traveling forward; working leg stays straight and lifts front, support leg pliés, working leg swings back while support leg lifts to assume a split position in the air.
- **Temps de fleche (tahn duh flesh):** Hitch kick; battement one leg, switch it with other leg in the air, can be executed to the front, side or back.
- **Tendu (tawn DEW):** To stretch, pushing the foot away from the supporting leg while keeping the toe on the floor.
- **Threading:** A form of Downrock where the dancer weaves their limbs through each other as if 'threading a needle'.
- **Three Step Turn:** A turn executed with three steps; step to side still facing front, step other foot across body to second position and face back, open first foot to second position to face front again.
- **Tilt:** A skill, typically performed in a leap or jump, in which the working leg sweeps up into the air and the supporting leg points toward the ground.



# NDA COLLEGE COMPETITION RULES

NCA & NDA reserve the right to be the arbitrator and interpreter of all rules covered in this document.

- **Toe Pitch (executed by groups or pairs):** A toss in which the Executing Dancer(s) foot is in the hands of the Supporting Dancer(s) and she/he is propelled upward.
- **Toe Touch:** A jump in which the dancer lifts the legs through a straddle rotating the hips so that the legs are rotating up toward the (upright) chest.
- **Toe Roll:** Executed on relevé and hinged; body arches back arms in high V head released, body contracts to floor; toes remain in contact the entire movement, hands catch body weight.
- **Tombé (tawn-BAY):** Meaning to fall, step down.
- **Toss:** A release move where Supporting Dancer(s) execute a throwing motion to increase the height of the executing dancer. The Executing Dancer is free from the performance surface when toss is initiated.
- **Tour Jeté:** A skill in which the dancer takes off from one leg, executes a half turn and lands on the other leg.
- **Tumbling:** A collection of skills that emphasize acrobatic or gymnastic ability, are executed by an individual dancer without contact, assistance or support of another dancer(s) and begin and end on the performance surface (clarification: tumbling skills do not have to include hip over head rotation).
- **Turn:** See Pirouette.
- **Turn out:** A position in which the legs are rotated outward from the hip joints so that the thighs, knees, and toes face away from the center of the body.
- **Vertical Inversion (executed in groups or pairs):** A position in which the Executing Dancer is inverted and bears direct weight on the Supporting Dancer by a stop, stall or change in momentum.
- **Weight Bearing:** A skill in which the dancer's weight is supported by one body part without any other body part on the ground.
- **Windmill:** A Power Move, non-airborne, non-rotating, tumbling skill in which a dancer begins on the back, spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V-shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.
- **Working Leg:** The leg that moves, stretches, and/or extends; the leg that is responsible for momentum and/or position.

## POSITIONS OF THE FEET

- **First:** Turned out, with heels touching and toes facing outward (can be executed parallel).
- **Second:** Turned out, heels face each other shoulder width apart and toes face outward (can be executed parallel).
- **Semi-Third:** One foot parallel, other foot turns out so that heel is in instep of parallel foot.
- **Fourth:** From fifth position feet opened front/back shoulder width apart, weight is even between feet (can be executed parallel).
- **Fifth:** Turn out, heel of front foot in front of toe of back foot, legs look crossed.