

TCSAAL School Cheer Performance Rules 2019-2020

We will offer competition in 2 age categories, 6-8 Grade and High School. \$500 a team

The School Team Cheer Competition will be 1 state tournament.

We will follow the National Cheerleaders Association rules for the **Performance category in the novice level.**

Teams can be 5-30 people. We will not have a cap for number of males.

Depending on number of sign ups we may split into small and large team size categories and/or performance difficulty level(s). We will make this decision by mid-September. You should move forward as planned and based on your team size we will put you in large or small group if necessary.

We will be following the National Cheer Association (NCA) rulebook for school teams.

http://nca.s3.varsity.com.s3.amazonaws.com/Files/Competitions/Rules-Divisions/nca_school_rulebook.pdf

Please note that the 2020-2021 NCA rules have not been published. When they do we will follow them, which may slightly alter rules in this document. Also, as this will be the first year having this competition we will be discussing it at the coaches conference which might alter the rule book. So please think of this as a draft.

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PERFORMANCE COMEPTITION OVERVIEW

These routines are entertaining, visual and showcase athleticism. Each routine must be 2:30 (two minutes and 30 seconds) or under in length and include both a cheer and dance portion.

PERFORMANCE ROUTINE REQUIREMENTS

- Each team will perform a choreographed routine not to exceed 2 minutes and 30 seconds (150 seconds).
- Up to 1 minute and 30 seconds (90 seconds) of the routine may be performed to music. No voice-overs or words may be recorded to make the team's vocal projection sound louder.
- Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- Timing will begin with the first organized word, movement or note of music by the team after they are officially announced and have taken the floor. Cheerleaders must have at least one foot on the performing surface when the routine starts.
- Timing will end with the last organized word, movement or note of music by the team. Teams must exit the performance area immediately following the routine.
- Teams should utilize all areas of their squad's technical strength in jumps, tumbling, partner stunts, pyramids, motion technique, projection and expression, choreography, showmanship and dance.
- Team names will be called twice: once as the team on deck and once as the next team to perform.
- Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.
- Cheer words should be practical, and the flow of words should be easy to understand by the crowd and judges.

PERFORMANCE AREA

NCA Competitions comply with the NFHS and AACCA surface ruling that school-based programs may not compete on a spring floor. Most NCA Competitions will have a Competition Area measuring 42' deep by 54' wide carpet-bonded foam floor. See each event for confirmation of the floor type and size.

NCA SCHOOL PERFORMANCE COMPETITION RULES

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.

NCA SCORING PROCESS The scoring process for NCA Championships will be on a 100 point scale. Scores for each category will range from 0-10, including tenths of points (example: 5.5, 9.2, 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 subtotal to get the **FINAL SCORE**. At all 2 day events your Day 1 score will count as 25% of your final score. Your Day 2 score will account for the other 75%. At NCA High School Nationals teams will compete in reverse order from how they placed in prelims (e.g. squads with the highest score after prelims in a particular division will compete last in that division in Finals).

DEDUCTION SYSTEM

ATHLETE FALL .25 • Drops to the performance surface during tumbling and or/jump skills Other Examples: • Hand, hands or head down in tumbling or jump skills • Knee or knees down in tumbling or jump skills

BUILDING FALL .75 • Drops to cradle, uncontrolled dismounting and/or uncontrolled lowering of a building skill (not timing issues) Other Examples: • Base or spotter drops to the performance surface during a building skill

MAJOR BUILDING FALL 1.25 Examples: • Drops to the performance surface from a stunt, pyramid, or toss by the top person and/or the bases/spotters Other Examples: • Top person drops to the performance surface • Multiple bases and/or spotters drop to the performance surface • Top person lands on base and/or spotter who drops to the performance surface

MAXIMUM 1.75 • When multiple deductions should be assessed during a stunt or toss (by a single group) or during a pyramid transition, then the sum of those deductions will not be greater than 1.75.

SCHOOL CHEER RULE BOOK • 2 UPDATED AS OF 10/05/17 NCA SCHOOL COMPETITION RULES NCA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

TIME LIMIT VIOLATIONS Teams that exceed 2:30 will be subject to the following deduction: • 1 or more seconds over time will result in a .25 deduction • 6 or more seconds over time will result in a 1.0 deduction The routine time limit is 2:30. Routines that exceed this time limit run a risk of being assessed a deduction. Judges will use a stop watch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 2:33.

SAFETY VIOLATIONS • Building skills performed out of level will be issued a 1.0 deduction. • Tumbling skills performed out of level and violation of any other General Safety Guidelines will be issued a .5 deduction.

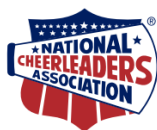
UNSPORTSMANLIKE CONDUCT DEDUCTION When a coach is in discussion with an official, other coaches, athletes and parents/spectators they must maintain proper professional conduct. Failing to do so may result in a 1.0 deduction, removal of coach, or disqualification.

BOUNDARY VIOLATIONS The performance surface is defined as the 42' x 54' competition floor. The competition boundary is defined as the performance surface. A .25 deduction will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary.

MINIMUM NUMBER OF ATHLETES Teams that compete with fewer than the minimum number of athletes required for that division may receive a 1.0 deduction or be disqualified.

UNIFORM MIDRIFF DEDUCTION NCA enforces the NFHS ruling that states: “when standing at attention, apparel must cover the midriff.” If a school or recreational team is found to be in violation of this rule, the team will receive a 1.0 deduction off of their final score.

NOVICE DIVISION JUDGING RANGES



2017 - 2018 NCA SCHOOL JUDGING RANGES

The following grid outlines the point ranges for specific skill sets performed by MOST of the team. Skills performed by LESS than most of the team will move the score into a lower range. In each category, most of the team must master each listed skill unless the skills are separated by the word “or.” MOST is defined as approximately 75% of the team.

NOVICE DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
3 - 4	3 - 4	3 - 4
Extension Preps or One Leg Variations Below Prep Level	Pyramids involving Extended Two Leg Stunts and/or One Leg Stunts at Prep Level	Cartwheels or Round-offs or Forward/Backward Rolls
4 - 5	4 - 5	4 - 5
Extensions or One Leg Variations at Prep Level	Pyramids involving Extended One Leg Stunts	Round-off BHS or Standing BHS
NOVICE MAX SCORE - 5.0	NOVICE MAX SCORE - 5.0	NOVICE MAX SCORE - 5.0

TOSSES

Tosses are not required, but may be rewarded in the “Pyramid” category.

JUMP DIFFICULTY (4.0 - 5.0)

- 4.0 – Single jumps
- 4.2 – Double jump combinations
- 4.4 – Triple jump combinations with no variety
- 4.6 – Triple jump combinations with variety
- 4.8 – Quad jump combinations or triple jump combinations and a single jump, no variety
- 5.0 – Quad jump combinations or triple jump combinations and a single jump, must include variety

TIMING (9.0 - 10.0)

Synchronization and uniformity

ROUTINE COMPOSITION (9.0 - 10.0)

Spacing, seamless movement and patterns, execution of formations

VOICE/INFLECTION (9.0 - 10.0)

Pace of cheer is practical, flow of words is easy to understand

MOTIONS/GIRLS DANCE (9.0 - 10.0)

This category will be judged based on a team’s ability to incorporate transitions, level changes, footwork and floorwork, with a variety of visual movement in their dance with a high level of perfection. Motion technique throughout the routine will also be considered.

PERFORMANCE/SHOWMANSHIP (9.0 - 10.0)

Genuine enthusiasm and energy level throughout routine

SCHOOL REPRESENTATION (9.0 - 10.0)

Image, sportsmanship, performance integrity

Jump Combination = Jumps connected with continuous movement, using either a whip or prep approach

BHS = Back Handspring

NOTE: Elementary & Junior High/Middle School Teams must follow the additional AACCA Restrictions located in the NCA Rule Book.

NOVICE RULES AND RESTRICTIONS

UPDATED AS OF 10/05/17



NCA SCHOOL DIVISIONS 2017 - 2018 RULES AND RESTRICTIONS



NOVICE SKILLS RESTRICTIONS

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

STANDING TUMBLING: Standing tumbling is limited to a standing single back handspring. Standing back handspring series and jump/back handspring combinations are not allowed. Standing tucks are not allowed.

RUNNING TUMBLING: Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).

STUNTS: Single leg stunts may not be held or pass through an extended position. No extended liberties. Twisting transitions are limited to a ½ twist by the top person. Exception: Log Rolls/Barrel rolls are allowed.

All release moves must land in a cradle. The only inversions allowed are transitions from ground level inversions to non-inverted positions. No other inversions are allowed.

Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed.

Example: Going from a cradle to a handstand or from a prone position to a forward roll is not allowed.

PYRAMIDS: Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing single leg extended stunt and must be made at prep level or below.

Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle. Inversion in pyramids are not allowed with the exceptions of the inversions allowed under Novice Stunts. Release moves in pyramids are not allowed with the exception of the release moves allowed under Novice Stunts.

DISMOUNTS: Only straight pop downs, basic straight cradles and ¼ turns are allowed.

TOSES: The only body position allowed is a straight ride.

PLEASE REVIEW all 2018-19 AACCA School Cheer Safety Rules: <http://www.cheerrules.org/wp-content/uploads/2018/04/2018-19-School-Rules.pdf>

Please note that Junior high (6-8Grade) will follow additional restrictions as listed in AACCA Safety Guidelines. The American Association of Cheerleading Coaches and Administrators: <http://aacca.org/>

6-8 GRADE TOSS RESTRICTIONS

Please note the following tosses are not allowed in the 6-8 Grade junior high competition (Section F Tosses in the 2018-19 AACCA School Cheer Safety Rules) <http://www.cheerrules.org/wp-content/uploads/2018/04/2018-19-School-Rules.pdf>

“The rules in this section only apply to tosses where someone is under a foot, e.g. basket tosses, elevator/sponge tosses, toe pitch tosses.

1. All tosses in this section are prohibited for Elementary, Middle School, and Junior High cheerleading teams.

2. In all tosses: a. No more than four tossers are allowed. b. Must be caught in a cradle. 1) The cradle must include at least three of the original tossers. 2) One of the catchers must be at the head and shoulders. c. The toss may not be directed so that the bases must travel to catch the top person. (The bases can turn/rotate under the toss.) d. The top person must not land in an inverted position. e. The top person may not hold any objects (poms, signs, etc.) during the toss. f. The top person cannot travel over or under another person or through a prop. g. The total number of twists cannot be greater than one and one quarter rotations. EXCEPTION: Switch Liberties (also called Giddy Up or Tick Up) are allowed.”

TCSAAL JUDGING PANEL (Note we will use a 3 or 4 person panel)

Skill Panel Judge is responsible for scoring each team's performance based on the NCA Score Sheet. The Skill Judge will also serve as the Head Judge (If using a 3 person panel). The Panel Judge scores technical ability and the overall routine, but they do not determine or score deductions or safety violations.

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

POINT DEDUCTION JUDGE The Point Deduction Judge is responsible for assessing deductions in each routine mistakes in technical skills. ALL JUDGES' DECISIONS ARE FINAL

ADDITIONAL RULES

For additional competition rules including interruptions, music, eligibility legality and mascot requirements please see the NCA rulebook.

http://nca.s3.varsity.com.s3.amazonaws.com/Files/Competitions/Rules-Divisions/nca_school_rulebook.pdf

IMPOTANT REFERENCES

NCA School Competition Rules, please note that the TCSAAL competition is following the NCA School Performance guidelines for the Novice category (except for specifically outlined exceptions in this document). Our rules are just an outline. Please follow the NCA rules.

http://nca.s3.varsity.com.s3.amazonaws.com/Files/Competitions/Rules-Divisions/nca_school_rulebook.pdf

[Performance Division Score Sheet Samples](#)

http://nca.s3.varsity.com.s3.amazonaws.com/Files/links/Performance_Division_Score_Sheet_Samples.pdf

NCA Website: <https://nca.varsity.com/Competitions/Rules-And-Divisions>

NCA Scoring System training webinar:

<https://www.youtube.com/watch?v=7eWNW7aLKXA&feature=youtu.be>

The American Association of Cheerleading Coaches and Administrators: <http://aacca.org/>

NCA & TCSAAL RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

These rules are based on and adopted from the NCA rule document.