



2019-2020  
**JUNIOR & PEEWEE**  
DIVISION  
RULES AND  
REGULATIONS  
*10<sup>th</sup> Edition*

The NCC reserves the right to add, change, delete, or combine any information provided below:

## General Rules

1. All teams are required to submit all necessary documents by the given deadline to be eligible. The deadline for the submission of **COMPLETE** documents is **one (1) month** prior to the qualifiers the team will be joining.

If unable to submit at the given deadline a fine of **Php 3,000.00** will be implemented. The fine should be paid **BEFORE** the date of the qualifiers or else the team will **NOT** be allowed to perform.

For teams joining more than one division, only one (1) late fee applies for all deliverables.

2. All teams should be supervised during ALL official functions by a qualified advisor<sup>1</sup>/coach.
3. All directors, advisors and coaches should have an emergency response plan in the event of an injury.
4. On the day of the competition all official team members must report to the competition area for verification. Only those on the Final Roster submitted a month before the Qualifiers will be allowed inside the competition area.

The Final Roster consists of the following:

- a. Complete list of performers.
    - i. SENIOR DIVISION: A minimum of fifteen (15) and a maximum of thirty (30) performers are allowed. This number should already include spotters and lifters.
    - ii. COLLEGE DIVISION: A team should be composed of **minimum 16 athletes, maximum 24 athletes** (exactly twenty-four (24)) performers inclusive of spotters and lifters.  
***NOTE: Failure to abide by the number of performers prescribed will result in a 50 point deduction and/or disqualification from the competition.***
  - b. Complete list of reserves. Only **five (5)** reserves are allowed. The list of reserves may **NOT** be changed once the team has registered.
  - c. The coach, asst. coach and 2 other team officials (**including the music representative**) are allowed to enter with the team provided they are included in the roster list.
5. Drawing of lots
    - a. If a team is not present during the drawing of lots, it will get the last pick in the lot.
    - b. For the Qualifiers, if a team arrives at the competition venue two (2) slots prior to its own performance slot it will be assessed a sanction of **thirty (30) points** and will be allotted the performance slot of two (2) slots after arrival.
    - c. At Qualifiers, the last performance slot is reserved for the defending champion of that regional competition.
    - d. For the Finals, order of performance will be determined by drawing lots prior to the competition day (~~date and venue to be announced~~). ~~For teams with no coach present at the convention, the NCC reserves the right to draw a number on their behalf.~~
    - e. If a team misses its performance slot, it is automatically disqualified from the competition.

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<sup>1</sup> Someone who can be held responsible for the Team/Squad.

Note: If a team is not present at the allotted time given, the NCC reserves the right to draw a number on behalf of the team. Once the number has been picked it is final.

6. Run through<sup>2</sup>
  - a. Music should be provided at the time of the run through.
  - b. If a team misses their slot in the run through, they forfeit that time to rehearse.
  - c. Each team has a maximum of seven (7) minutes for its run through.<sup>3</sup>
7. All teams are required to take part in the Introduction of Teams. A penalty of **twenty (20) points** will be given to any team who doesn't comply.<sup>4</sup>
8. **ICU Anti-Doping Rules and Regulations- Guidelines and Operations Procedures**  
The ICU is committed to doping free sport, and strictly follows the enclosed guidelines and procedures of the ICU WADA approved Anti-Doping guidelines and procedures for the safety of our athletes and fairness of play for our sport.  
[http://cheerunion.org.ismmmedia.com/ISM3/std-content/repos/Top/2013\\_Website/WADA/ICU\\_2015\\_WADA-Code.pdf](http://cheerunion.org.ismmmedia.com/ISM3/std-content/repos/Top/2013_Website/WADA/ICU_2015_WADA-Code.pdf)
9. **ICU Rules and Regulations against Illegal Betting and Competition Fixing**  
The ICU is committed to fair play for our athletes and the integrity of the sport, and follows rules and regulations in the fight against illegal betting and competition fixing.  
[http://www.cheerunion.org/aspnet\\_client/FreeTextBox/upload/documents/AboutUS/Documents/ICU\\_Rules\\_Competition-Fixing.pdf](http://www.cheerunion.org/aspnet_client/FreeTextBox/upload/documents/AboutUS/Documents/ICU_Rules_Competition-Fixing.pdf)

### Eligibility of Participants

1. All Peewee and Junior Division participants must be official students of the school they are representing and must meet all of their eligibility requirements.
  - a. **Peewee Division**
    - i. Officially enrolled in **Grades 1 through 4** at the time of the competition.
    - ii. Should be in good academic and disciplinary standing.
  - b. **Junior Division**
    - i. Officially enrolled in **Grades 4 through 8** at the time of the competition.
    - ii. Should be in good academic and disciplinary standing.
2. Teams joining should comprise of **ALL GIRLS ONLY**. Teams are NOT allowed to use spotters and lifters from other schools.
3. Crossovers  
A cheerleader can compete in 2 or more separate divisions provided he/she is qualified and all required documents are submitted for **EACH** division he/she is participating in. Registration fees for each division apply.
4. Teams must submit the required official NCC forms on the specified deadline (***in alphabetical order of participants' last name***).
  - a. The following should be submitted via email at [nccphilippines.reg@gmail.com](mailto:nccphilippines.reg@gmail.com)
    - i. NCC Registration/Waiver Form and Roster List inclusive of the following:
      1. Name of all Participants, Reserves and Team Officials.
      2. Once submitted, names CANNOT be changed.
      3. If a participant is a minor, Guardian/Parent's signature is required.

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<sup>2</sup> Only for Finals

<sup>3</sup> Time allotment might vary depending on the number of participating teams.

<sup>4</sup> Late = not ready

- ii. Official Registrar's List with registrar's signature and school dry seal (SCANNED COPY)
  - iii. Payment Deposit Slip (SCANNED COPY)
- b. The following ORIGINAL DOCUMENTS should be submitted in HARD COPY during registration on the DAY OF THE COMPETITION
  - i. Original NCC Registration/Waiver Form
  - ii. Signed original NCC Rules and Regulation Agreement Form
  - iii. Official Registrar's List with registrar's signature with school dry seal
- 5. Substitutions may be made on a team only in the event of an injury or academic probation; all substitutes must meet the eligibility requirements stated above. The necessary documents must be submitted together with the team's eligibility forms and must be made known to NCC Officials.
- 6. Athletes with any injuries and/or medical conditions should be cleared to perform both at the official run throughs and at the actual competition by a certified doctor/physician. The NCC is not liable for any undeclared medical conditions.

### **Sportsmanship**

- 1. All participants and competitors must exhibit the highest level of sportsmanship before, during and after the competition.
- 2. All participants must take part in the oath of sportsmanship and be at the competition venue at the designated time.
- 3. All winners must come forward to accept their award immediately after their school is called for all prizes regardless of ranking.
- 4. All winning teams are to have a photo taken upon receipt of the award.
- 5. The same level of sportsmanship is expected from the teams' school, family and other supporters of the team.
- 6. NCC officials can assess a **ten (10) point penalty** per occurrence against any team found to have violated the NCC's sportsmanship standards. Multiple sportsmanship infractions can result in disqualification and disbarment of the team from future NCC events.
- 7. Grave acts against sportsmanship such as but not limited to sabotage, physical violence, homicide, collusion, libel, stealing, vandalism, untoward incident, internet posting and the like shall be dealt with the full force of the law after an appropriate investigation is concluded.

### **Apparel and Accessories**

- 1. Team uniforms should have their school's name more prominent than any brand or sponsor name.
- 2. Soft-soled athletic shoes with adequate support must be worn while competing. Jazz shoes and/or boots, slippers, sandals, flip-flops, high heels, leather shoes, and bare feet are NOT allowed.
- 3. Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces, and pins are prohibited. Jewelry must be removed and may not be taped over. Rhinestones on the uniform are allowed. Face paint is allowed, but body jewelry like sticky rhinestones are prohibited.

4. Medical alert bracelets or necklaces may be worn but should be removed from the neck/wrist area and be secured to the body under the uniform with tape.
5. Fingernails, including artificial nails, must be kept at an appropriate length (i.e. short, near the end of the fingers) to minimize risk for the participants.
6. Inappropriate and vulgar clothing will not be allowed. Emphasis will be on a balance of aesthetic appeal and functionality taking into consideration the length, fit and style of the uniform to its wearer. This applies to both male and female athletes. No cross dressing allowed. The focus should be on safety while doing the routine. Any violations will result with a minimum penalty of **ten (10) points per occurrence to a maximum of disqualification** depending on the gravity of the offense.
  - a. Skirt: maximum Thumb level short
  - b. Shorts: buttocks are fully covered/concealed and not skin tone
  - c. Top: no cleavage, fully supported, and appropriately covered.
7. No grease or anything slippery on uniform or body.
8. Stockings are NOT allowed for safety reasons.
9. Any prop that may be attached to the uniform or body is still considered a prop and not apparel.
10. Neoprene, spandex supports, sleeves and the like are allowed. Braces, casts, etc., which are hard and unyielding or have rough edges or surfaces are prohibited.
11. Gloves, sweat bands and the like are not allowed to be worn by bases during stunts.
12. Cycling and panty shorts cannot be skin-toned.
13. Ribbons, rubber bands and hair pins should be properly secured.
14. Wigs are not allowed.
15. Tattoos of school logos, etc. are allowed; any other tattoos permanent or otherwise must be covered.

### **Competition Area, Flooring and Venue**

1. All competitors must start within the performance area and everyone must be supporting their own weight with at least one foot on the performance floor.
2. Teams will perform on a 54 feet (across) by 42 feet (wide) (54' x 42') carpeted floor, exercise mat or similar surface.
3. Performance area shall either be foam, spring floor, athletic mat or other material as decided upon by the NCC.
4. The floor shall be devoid of any other visible promotional material other than the NCC logo unless otherwise agreed on by the NCC.
5. Any and all official competition venues shall be at least 20 feet in height.
6. Stepping out of the competition area will be assessed a **five (5) point** deduction each incident.

### **Routine Timing**

1. High School Division

The minimum length of the performance is two minutes (2:00) and the maximum length is two minutes and thirty seconds (2:30). A penalty of **five (5) points** will be given for every lack or excess of five (5) seconds and a fraction thereof.

2. College Division

The minimum length of the performance is two minutes (2:00) and the maximum length is two minutes and thirty seconds (2:30). A penalty of **five (5) points** will be given for every lack or excess of five (5) seconds and a fraction thereof.

3. A one-minute pre-set will be given to each team.

4. Timing will begin with the first organized movement of a cheer, sideline or dance, the first note of music, the first word of a cheer or sideline, or the building of a pyramid or stunt (i.e. the lifting of or support of another person off the ground). Competitors may do a spirited tumbling exit as long as it is within the given exit time.

5. The team should leave the floor immediately after their routine together with their props.

## Spotter Policy

In an effort to promote a higher level of safety for competing athletes, the NCC will provide spotters for all rehearsal and competition floors. To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

## Music

Performance music must adhere to the standards and practices of the official NCC rules and regulations. The music must be of good quality as this could affect the scoring by the judges.

1. Profane, vulgar, suggestive, offensive and inappropriate language is strictly prohibited. Such language should be edited out of the routine music. A penalty of **ten (10) points per occurrence** will be given to teams whose music/cheer has this content or anything that may be construed as the above.
2. Designate one representative from your group to run your music.
  - a. This person must remain at the sound table throughout the entire performance.
  - b. That representative is not allowed to touch the sound board except to push the play button (once) at the beginning of the routine and the stop button (once) at the end of the routine. Note: Teams will be penalized with a **ten (10) point** deduction if this is not followed.
3. Only **audio CD formats OR USB drives** are allowed in the competition. **If bringing CDs, please have** four (4) quality-recorded compact discs of your music to the competition. **If bringing USBs, please ensure that no more than 2 files are in the drive (both of which should be your routine music).** CDs /USBs should be properly labeled with the schools Name, contact person, and contact number. When burning own music on CD, you **MUST** use a CD-R NOT CD-RW.
4. No digital music player will be allowed to be used in the competition (i.e. iPods, MP3 Players, CD Players).
5. Each team will be allowed to test their music at a given time before the competition. An NCC representative will properly time the music to be recorded and have it signed off by the team's coach and the NCC representative.<sup>5</sup>

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<sup>5</sup> Qualifiers: sound check; Finals: run-through. This can change depending on the number of competing teams.

6. Schools may bring a maximum of 3 bass drums and 2 snare drums to be situated at the audience bleachers.
7. **Music Copyright:** The NCC is not responsible nor liable for music that teams use. It is the team's responsibility to secure all required copyrights should it be necessary.

### **Medical Attention**

1. It is the responsibility of the team or coach to report a dancer's injury or illness to the event organizer(s).
2. If at any time prior to or during competition a cheerleader is ill, injured, or his/her physical or emotional condition is at risk by participating, he/she may be declared ineligible to compete, or disqualified from competing further. The competition organizer(s), Competition Director and/or Head Judge reserves the right to withdraw any competitor who appears to have such serious disability or injury or needs medical attention.
3. The NCC reserves the right to request the submission of a physician's written authorization of a dancer to compete who is deemed medically or emotionally at risk by the competition organizer.

### **Interruption of Performance**

1. **Unforeseen Circumstances**
  - a. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.
  - b. The team shall be given the option to either resume their performance from the place where the interruption occurred or repeat their entire performance. **The degree and effect of the interruption will be determined by the competition officials.**
  - c. If a team re-performs a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.
2. **Fault of Team**
  - a. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition. Same holds true if an interruption is caused by any competitor or their coaches.
  - b. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety but will be evaluated **ONLY** from the point where the interruption occurred.
  - c. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.

Note: If any competitor and/or their coach are found guilty of deliberately undermining another team's routine, they will be disqualified from the competition and the NCC has the right to suspend the team for two (2) years.

3. **Injury**
  - a. The only persons that may stop a routine for injury are: a) competition officials, b) the advisor / coach from the team performing or c) an injured individual.
  - b. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety but will be evaluated **ONLY** from the point where the interruption occurred.

- c. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower level performance.
- d. The injured participant that wishes to perform may not return to the competition floor unless:
  - i. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
  - ii. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
  - iii. In the event of a suspected concussion, the participant cannot return to perform without clearance from a physician (MD/DO) that has training related to head injuries, and waiting 24 hours, even with a waiver from a parent or legal guardian.
  - iv. In addition to the head injury policy, we encourage you to be familiar with the specific law where the competition is being held.

## Props and Equipment

1. Wearable articles that may impede vision, movement, or may be deemed potentially injurious to the wearer or teammate are not permitted.
2. Any height increasing apparatus used to propel a competitor is prohibited.
3. Flags, banners, signs, pompons, and cheerleading megaphones are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt. All props must be safely discarded out of harm's way (i.e. throwing a hand sign or banner across or behind the mat from a stunt would be illegal).
4. Mascots are permitted to use any prop except fire, liquids, confetti, glitter and live animals.

## Disqualification

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate the following year.

# Technical Rules

## Scoring Information

1. A minimum of five (5) category judges will score each routine. (Motions/dance, tumbling, stunts, pyramids and tosses.)
2. Each category is worth eighty (80) points in total inclusive of ten (10) points for Overall Effect. Elements of the Overall Effect score vary from judge to judge.
3. Judges may give a zero (0) in a category if an element is not performed.
4. Judges may score on a half point system (i.e. 40.5 points).
5. The total number of possible points for each routine is a maximum of **400 points**.
6. A technical judge will be assigned specifically to spot for performance errors.

- a. A **One (1) point Technical Deduction** will be deducted from your total score each time a competitor has a **Bobble/Minor Mistake** on jumps, standing tumbling, running tumbling, stunts, and pyramids.
  - b. A **Three (3) point Technical Deduction** will be deducted from your total score each time a competitor has an **Obvious/Major Mistake** on jumps, standing tumbling, running tumbling, stunts, and pyramids, including wardrobe and accessory malfunctions **where safety is a concern.**
7. A penalty judge will assess a **ten (10) point deduction** per occurrence for inappropriate choreography, music, language, uniforms/costuming (as set by the school). A routine including choreography, music selection and outfitting should be suitable for family viewing and listening.
  8. A tabulator will compute final scores based on judges’ scoring, including technical deductions and penalties based on the NCC Rules.
  9. Tie Breakers are left up to the discretion of the judging panel.
  10. The Head Judge reserves the right to decide on any and all contentious scoring and interpretation of the rules and regulations of the NCC.

***Note: All judging and rule interpretation decisions are final***

CRITERIA FOR JUDGING		
	CATEGORY	POINTS
<b>I. Basic Elements</b>		
	▪ Motions / Dance	
	• Difficulty and Choreography	15
	• Technique and Execution	15
	• Timing and Spacing	10
	▪ Jumps	
	• Difficulty	15
	• Execution, Timing and Spacing	15
	▪ Overall Effect	10
		<hr/>
		80
<b>II. Tumbling</b>		
	▪ Standing Tumbling	
	• Difficulty	15
	• Technique	15
	▪ Running Tumbling	
	• Difficulty	15
	• Technique	15
	▪ Creativity	10

▪ Overall Effect	10
	<hr/> 80
<b>III. Stunts</b>	
▪ Difficulty	20
▪ Technique	20
▪ Creativity	10
▪ Quantity	10
▪ Spacing and Synchronization	10
▪ Overall Effect	10
	<hr/> 80
<b>IV. Pyramids</b>	
▪ Difficulty	20
▪ Technique	20
▪ Creativity	20
▪ Spacing and Synchronization	10
▪ Overall Effect	10
	<hr/> 80
<b>IV. Tosses</b>	
▪ Difficulty	25
▪ Technique	25
▪ Quantity	10
▪ Synchronization	10
▪ Overall Effect	10
	<hr/> 80

Penalties and Technical Deductions

Penalties
<b>10 Points</b> for <b><u>EACH</u></b> occurrence: * Not meeting the NCC’s Performance Requirements * Violating the NCC’s Rules * Requesting spotters to leave the competition floor during a performance (Mount only) * Inappropriate movements, music, language (including music), uniform/wardrobe * Wardrobe malfunction leading to exposed body parts * A competitor steps or falls completely off the Competition Floor * Safety Rule violations * Routine Timing violations  <b>50 Points</b> * Performing an illegal skill in a division with Level Guidelines

**CLARIFICATION:** If an injured competitor walks off the floor, no penalty will be assessed. A competitor that walks off should not return to the competition floor.

Technical Deductions
<ul style="list-style-type: none"> <li>Jumps/ Leaps/ Turns / Standing Tumbling / Running Tumbling</li> <li>Falling -- any body part, other than feet, hitting the ground</li> <li>Incomplete/Popped skill</li> </ul>

<p>Unattempted skill</p> <ul style="list-style-type: none"> <li>• Tosses / Stunts <ul style="list-style-type: none"> <li>Not catching a toss</li> <li>Falling: any athlete, including bases, that hit the floor with one or more body parts (unplanned)</li> <li>Incomplete skill</li> <li>Unattempted skill</li> </ul> </li> <li>• Pyramids <ul style="list-style-type: none"> <li>Not catching a toss</li> <li>Falling: any athlete, including bases, that hit the floor with one or more body parts (unplanned)</li> <li>Incomplete/Popped skill or dismount</li> <li>Unattempted skill</li> <li>Traveling skill</li> </ul> </li> <li>• Malfunctions <ul style="list-style-type: none"> <li>Dropped Poms / Props</li> </ul> </li> </ul> <p>Obvious/ Major Mistakes – 3 Points</p> <p>Bobble/ Minor Mistakes – 1 Points</p>
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### Protests on Eligibility

1. All official protests on **eligibility** must be submitted one (1) week before the Qualifiers. Any protests on eligibility submitted after the given deadline shall not be entertained.
  - a. All protests must be accompanied by supporting documents.
  - b. Protests may be appealed once, after which the decision of the NCC board is final.
2. Questions on Eligibility  
Any team found to have violated eligibility requirements, found at any time, will be assessed a two (2) year suspension from NCC competitions and other related activities and their participation in the current year will be null and void.

### Finality of Decisions

By participating in this championship, each team agrees that all decisions by the judges **ARE DEEMED FINAL**. Reviews and corrections shall also be at the sole discretion of the judging committee. Clarificatory questions and issues shall be addressed at the discretion of the same. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

### Video Taping of the Event

For the NATIONAL CHEERLEADING CHAMPIONSHIP High School and Collegiate Cheer Program – Video taping for commercial purposes is NOT permitted. The NCC holds the sole copyright to any reproduction.

## Peewee Division

### Bases/Bracers

1. A base shall not assume a backbend, headstand, or handstand position.
2. A bracer shall not provide primary support for a flyer.
3. In mounts, one of the persons bracing shall be at shoulder height or below with both feet on the floor.

## Spotting

1. The spotter **MUST** stand directly beside or behind (NOT in front) the stunt and may brace the stunt. A spotter may help control the building of, or dismounting from, a stunt, but must not provide primary support for the flyer.
2. A spotter's arms and hands must be in one of the following positions:
  - a. Hands grasping the wrist(s)/forearm(s) of the base(s)
  - b. Hands touching or grasping the ankle(s)/lower leg(s) of the flyer

A person is not considered a spotter if hand position includes:

- 1) Grabbing **ONLY** the sole of the foot of the flyer.
  - 2) Grabbing the hand(s) of the base(s) beneath the flyer's foot.
3. The spotter may not be involved in any other choreography during the stunt.
  4. A spotter's torso cannot be under a stunt.
  5. An inattentive person is not considered a spotter.

## Stunts/Pyramids

Stunt – any skill in which a top person is supported above the performance surface by one or more bases.

Pyramid – A stunt or a group of stunts involving one or more flyers/top persons supported by one or more bases that are linked together.

1. Multi-based stunts at prep level or above must have two catchers, a front spot and a separate spotter positioned at the head and shoulder area.
2. When catching a transitional stunt that is above prep level, at least three catchers are required. The weight of the flyer **MUST** remain within the vertical axis of the stunt.
3. Extended stunts, both 2-legged and 1-legged, are prohibited.
4. In mounts, one of the persons bracing shall be at shoulder height or below.
5. No stunt, pyramid, or individual may move through, over, or under a stunt or pyramid.
6. Tension drops/tension rolls from any elevated stunt are prohibited.
7. Suspended splits are legal provided the following conditions are met:
  - a. There are at least two bases, a back spot and a front spot.
  - b. When dropping to suspended splits, four bases must slow the momentum of the flyer by supporting under her thighs and legs prior to reaching the full split position; or three bases support her under her thighs and legs and the fourth base holds her hands. The flyer must have both hands in contact with a base(s) once she reaches the full split position.

## Transitional Stunts

1. During transitional stunts, physical contact must be maintained between the flyer and the base(s).
2. Transitional stunts may NOT involve changing bases.
3. Swinging or pendulum style stunts are NOT allowed.
4. Log rolls are prohibited.

## **Tosses**

Tosses of any kind are prohibited.

## **Dismounts**

1. All dismounts from multi-base stunts must be cradled by at least two (2) catchers and an additional head and shoulders spotter.
2. All dismounts to catchers who are not the original bases must have at least three catchers, one being a head and shoulders catcher/spotter.
3. All dismounts to the performing surface from shoulder height or above must have assisted landings.
4. For all cradle dismounts, the catcher(s) must have continuous visual contact with the flyer.
5. Bases must not move during dismounts except for safety purposes.
6. No skill shall be performed prior to landing on the performing surface or on dismount cradles.
7. Flyer must land in a face up position.

## **Tumbling**

1. All tumbling must originate from and land on the performing surface. **Exception:** Tumbler may (without hip-over-head rotation) rebound from his/her feet into a stunt transition.
2. Free flipping skills into a stunt, pyramid or cradle are illegal.
3. Tumbling over, under, or through a stunt, individual, pyramid is not permitted.
4. Tumbling over, under, with OR on a prop is not permitted. (i.e. aerials with poms are ILLEGAL.) **Exception:** A forward, backward, or side roll over, under, with or on a prop is LEGAL.
5. Spotted, assisted, or connected tumbling where two or more individuals are in direct physical contact with each other is prohibited. Spotters are not permitted to assist in tumbling skills. (i.e. toe pitch flip or double cartwheels are prohibited.)
6. Dive rolls performed in a swan or layout position are prohibited.

## **Drops**

1. Drops including but not limited to knee, seat, thigh, front, back, and split drops from an airborne position are illegal unless majority of the weight is first borne on the hands/feet or is controlled to absorb the impact of the drop.
2. Tension drops/rolls are illegal.
3. A handspring/flip over to any drop is illegal.

## **Junior – Advanced Division**

### **General Stunts, Bases, Bracers, Spotting**

1. A base shall not assume a backbend, headstand, or handstand position.
2. A bracer shall not provide primary support for a flyer.
3. In mounts, one of the persons bracing shall be at shoulder height or below with both feet on the floor. **Exception:** The following extended stunts may brace any of the others listed:
  - a. Chair
  - b. Double/triple-base dead-man lift
  - c. Double/triple-base straddle lift
  - d. Extended stunts (except a totem pole) provided the top people have both feet in both hands of their base(s).
4. The spotter **MUST** stand directly beside or behind (NOT in front) the stunt and may brace the stunt. A spotter may help control the building of, or dismounting from, a stunt, but must not provide primary support for the flyer.
5. A spotter is required for all extended stunts
6. A spotter's arms and hands must be in one of the following positions:
  - a. Hands grasping the wrist(s)/forearm(s) of the base(s)
  - b. Hands touching or grasping the ankle(s)/lower leg(s) of the flyer

A person is not considered a spotter if hand position includes:

  - a. Grabbing **ONLY** the sole of the foot of the flyer.
  - b. Grabbing the hand(s) of the base(s) beneath the flyer's foot.
7. The spotter may not be involved in any other choreography during the stunt.
8. A spotter's torso cannot be under a stunt.
9. An inattentive person is not considered a spotter.

### **Stunts/Pyramids DEFINITION**

Stunt – any skill in which a top person is supported above the performance surface by one or more bases.

Pyramid – A stunt or a group of stunts involving one or more flyers/top persons supported by one or more bases that are linked together.

### **ADVANCED DIVISION STUNTS**

- A. A spotter is required for each top above prep level.
- B. Single leg extended stunts are allowed.
- C. Twisting stunts and transitions to prep level are allowed up to **1 1/2 twisting rotations** by the top person in relation to the performing surface.

*Clarification: A twist performed with an additional turn by the bases performed in the same skill set, is not allowed if the resulting cumulative rotation of the top person exceeds 1 1/2 rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.*

- D. Twisting stunts and transitions to an extended position are allowed under the following conditions:
  1. Extended skills up to a **1/2 twist** are allowed.

Example: A 1/2 up to extended single leg stunt is allowed.

*Clarification: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds 1/2 rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.*

2. Extended skills exceeding a **1/2 twist but not exceeding 1 twist must land in a 2 -leg stunt**, platform position or a liberty (body position variations are not allowed).

Example: A full up (1 twist) to an immediate extended heel stretch is not allowed, but a full up (1 twist) to an extension is allowed.

*Clarification 1: An extended platform position must be visibly held prior to executing a single leg stunt other than a liberty.*

*Clarification 2: Any additional turn performed by the bases in the same skill set would not be allowed if the resulting cumulative rotation of the top person exceeds 1 rotation. The safety judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once the stunt is hit (i.e. a prep) and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.*

- E. During transitions, at least 1 base must remain in contact with the top person.  
Exception: See "Release Moves".
- F. Free flipping mounts and transitions are not allowed.
- G. No stunt, pyramid or individual may move over or under another separate stunt, pyramid or individual.  
*Clarification: This rule pertains to an athlete's torso (midsection of an athlete's body) not moving over or under the torso of another athlete; this does not pertain to an athlete's arms or legs.*

Example: A shoulder sit walking under a prep is not allowed.

Exception 1: An individual may jump over another individual.

Exception 2: An individual may move under a stunt or a stunt may move over an individual

- H. Single based split catches are not allowed.
- I. Single based stunts with multiple top persons require a separate spotter for each top person. Extended single top persons may not connect to any other extended single leg top person.

**J. ADVANCED Stunts-Release Moves**

1. Release moves are allowed but must not exceed extended arm level.

*Clarification: If the release move passes above the bases' extended arm level, it will be considered a toss and/or dismount, and must follow the appropriate "Toss" and/or "Dismount" rules. To determine the height of a release move, at the highest point of the release, the distance from the hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs, it will be considered a toss or dismount and must follow the appropriate "Toss" and/or "Dismount" rules.*

2. Release moves may not land in an inverted position. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted. Release moves inverted to non-inverted positions may not twist. Release moved from inverted to non- inverted positions landing at prep level or higher must have a spot.
3. Release skills that land in a non-upright position must have 3 catchers for a multi-based stunt and 2 catchers for a single based stunt.
4. Release moves must return to original bases.

*Clarification: An individual may not land on the performing surface without assistance.*

Exception: See Advanced Division Dismount "C".

Exception: Dismounting single based stunts with multiple top persons.

5. Release moves that land in an extended position must originate from waist level or below and may not involve twisting or flipping.
6. Release moves initiating from an extended level may not twist.
7. Helicopters are allowed up to a 180 degree rotation and 0 twisting and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
8. Release moves may not intentionally travel.
9. Release moves may not pass over, under or through other stunts, pyramids or individuals.
10. Top persons in separate release moves may not come in contact with each other.

Exception: Dismounting single based stunts with multiple top persons.

#### **K. ADVANCED Stunts-Inversions**

1. Extended inverted stunts are allowed
2. Downward inversions are allowed at prep level and must be assisted by at least 3 catchers, at least 2 of which are positioned to protect the head and shoulder area.

Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed.

*Clarification 1: The stunt may not pass above prep level and then become inverted at prep level or below. (The momentum of the top person coming down is the primary safety concern.)*

*Clarification 2: Catchers must make contact with the waist to shoulder region to protect the head and shoulder area of the top person.*

*Clarification 3: Downward inversions originating from below prep level do not require three (3) bases.*

Exception: Two-leg "Pancake" stunts must start at shoulder level or below and are allowed to immediately pass through the extended position during the skill.

*Clarification 4: Two-leg Pancakes cannot stop or land in an inverted position.*

2. Downward inversions must maintain contact with an original base.  
Exception: Side rotating downward inversions. Example: In cartwheel-style transitions, the original base may lose contact with the top person when it becomes necessary to do so.
3. Downward inversions may not come into contact with each other.

Bases may not support any weight of a top person while that base is in a backbend or inverted position.

*Clarification: A person standing on the ground is not considered a top person.*

### **ADVANCED DIVISION PYRAMIDS**

A. Pyramids must follow Advanced Division "Stunts" and "Dismounts" rules and are allowed up to 2 high.

Exception: Twisting mounts and transitions to extended skills are allowed up to **1 1/2 twists** if connected to a bracer at prep level or below. The connection must be made prior to the initiation of the skill and must remain in contact throughout the transition.

B. Top persons must receive primary support from a base.

Exception: See "Advanced Pyramid Release Moves"

C. Extended single leg (1 leg) stunts may not brace or be braced by any other single leg (1 leg) extended stunts.

D. No stunt or pyramid may move over or under another separate stunt or pyramid.

*Clarification: A top person may not invert over or under the torso (midsection of an athlete's body) of another top person regardless if the stunt or pyramid is separate or not.*

Example: A shoulder sit walking under a prep is not allowed.

Exception 1: An individual may jump over another individual.

Exception 2: An individual may move under a stunt or a stunt may move over an individual.

E. Any skill that is allowed as an Advanced Division Release Move is also allowed if it remains connected to a base and a bracer (or 2 bracers when required).

Example: An extended Pancake would be required to remain connected to 2 bracers.

## **F.ADVANCED PYRAMIDS - Release Moves**

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least 1 person at prep level or below. Contact must be maintained with the same bracer(s) throughout the entire transition.

*Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*

Exception: While a tick-tock from prep level or higher to an extended position (e.g. low to high and high to high) is not allowed for Advanced Division "Stunts", the same skill is allowed in Advanced Division "Pyramid Release Moves" if the skill is braced by at least 1 person at prep level or below. The top person performing the tick-tock must be braced the entire time during the release from the bases.

*Clarification 2: Advanced Division Pyramid Release Moves may incorporate stunt release moves that maintain contact with 1 other top person provided the release move meets the Advanced Division "Stunt Release Moves" or "Dismounts" criteria.*

*Clarification 3: Twisting stunts and transitions are allowed up to **1 1/2 twists if connected to at least 1 bracer at prep level or below.***

2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below.
3. Primary weight may not be borne at the 2<sup>nd</sup> level.

*Clarification: The transition must be continuous.*

4. Non-inverted transitional pyramids may involve changing bases under the following conditions:

- a. The top person must maintain physical

contact with a person at prep level or below.

*Clarification: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*

- b. The top person must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter). Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill).
5. Non-inverted pyramid release moves must be caught by at least 2 catchers (minimum of 1 catcher and 1 spotter) under the following conditions:
  - a. Both catchers must be stationary.
  - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
6. Release moves may not be braced / connected to the top persons above prep level.

## **G. ADVANCED PYRAMIDS -Inversions**

1. Must follow Advanced Division Stunt Inversions rules.

## H. ADVANCED DIVISION PYRAMIDS -Release Moves w/braced inversions

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained with the same bracer throughout entire transition.

*Clarification 1: Contact must be made with a base on the performing surface BEFORE contact with the bracer(s) is lost.*

*Clarification 2: Braced flips must be braced on 2 separate sides (i.e. right side - left side, left side- back side, etc.) by 2 separate bracers. (Example: Two bracers on the same arm will no longer be permitted). A top person must be braced on 2 of the 4 sides (front, back, right or left) of their body.*

2. Braced inversions (including braced flips) are allowed up to **1 1/4 flipping rotations** and **0 twisting rotations**.
3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in continuous movement.
5. All braced inversions (including braced flips) that do not twist must be caught by at least 3 catchers.  
Exception: Brace flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters.
  - a. All required catchers/spotters must be stationary.
  - b. All required catchers/spotters must maintain visual contact with the top person throughout the entire transition.
  - c. The required catchers/spotters may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)
6. Braced inversions (including braced flips) may not travel downward while inverted.
7. Braced inversions (including braced flips) may not come in contact with other stunt/pyramid release moves.
8. Braced inversions (including braced flips) may not be braced/connected to top persons above prep level.

## ADVANCED DISMOUNTS

*Note: Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.*

1. Cradles from single based stunts must have a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
2. Cradles from multi-based stunts must have 2 catchers and a spotter with at least 1 hand/arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
3. Dismounts must return to the original base(s).

Exception 1: Dismounts to the performance surface must be assisted by either an original base(s) and/or spotter(s).

Exception 2: Straight drops or small hop offs, with no additional skill(s), from the waist level or below are the only dismounts allowed to the performing surface without assistance.

*Clarification: An individual may not land on the performing surface from above waist level without assistance.*

4. Up to a **2 1/4 twisting rotations** are allowed from all **2- leg stunts**.

*Clarification: Twisting from a **platform position may not exceed 1 1/4 rotations**. A Platform is not considered a 2-leg stunt. There are specific exceptions given for the platform body position within the Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.*

5. Up to a **1 1/4 twisting rotations** are allowed from all single leg (1 leg) stunts.  
*Clarification: A Platform is not considered a 2 - leg stunt. There are specific exceptions*

*given for the platform body position within the Advanced Division "Stunts" regarding Twisting Stunts and Transitions specifically.*

6. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or prop.
7. During a cradle that exceeds **1 1/4 twists**, no skill other than the twist is allowed.
8. No free flipping dismounts allowed.
9. Dismounts may not intentionally travel.
10. Top persons in dismounts may not come in contact with each other while released from the bases.
11. Tension drops/rolls of any kind are not allowed.
12. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.
13. Dismounts from an inverted position may not twist.

### **ADVANCED TOSSES**

- A. Tosses are allowed up to a total of 4 tossing bases. One (1) base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed with all bases having their feet on the performing surface and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss.  
Example: No intentional traveling tosses.

Exception: A 1/2 turn is allowed by bases as in a kick full basket.

- C. The top person in a toss must have both feet in / on the hands of the bases when the toss is initiated.
- D. Flipping, inverted or traveling tosses are not allowed.
- E. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- F. Up to **2 tricks** are allowed during a toss. Example: Kick full, full up toe touch.
- G. During a toss that exceeds **1 1/2 twisting rotations**, no skill other than the twist is allowed. Example: No kick double tosses.
- H. Tosses may not exceed **2 1/4 twisting rotations**.
- I. I. Top persons in separate basket tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons.
- J. J. Only a single top person is allowed during a toss.

### **ADVANCED GENERAL TUMBLING**

- A. All tumbling must originate from and land on the performance surface.

*Clarification: A tumbler may rebound from his/her feet into a transition. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt.*

Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.

- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.  
*Clarification: An individual may jump over another individual.*
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Dive rolls are allowed:  
Exception 1: Dive rolls performed in a swan/arched position are not allowed.  
Exception 2: Dive rolls that involve twisting are not allowed.
- E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

Example: If an athlete in Advanced/L4 performs a roundoff - toe touch - back handspring - whip- layout, this combination of skills would not be allowed since consecutive flip-flip combinations are not allowed within the Advanced/L4 Standing Tumbling regulations.

**ADVANCED DIVISION STANDING TUMBLING**

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 0 twisting rotations.

Exception: Aerial cartwheels and Onodis are allowed.

- C. Consecutive flip-flip combinations are not allowed.

Example: Back tuck – back tuck, back tuck – punch front are not allowed.

- D. Jump skills are not allowed in immediate combination with a standing flip.

Example: Toe touch back tucks, back tuck toe touches, pike jump front flips are not allowed.

*Clarification 1: Jumps connected to 3/4 front flips are not allowed.*

*Clarification 2: Toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.*

**ADVANCED DIVISION RUNNING TUMBLING**

- A. Skills are allowed up to 1 flipping and 0 twisting rotations.

Exception: Aerial cartwheels and Onodis are allowed.

**2020 Level Rules**

PEEWEE	
Standing Tumbling	<ul style="list-style-type: none"><li>• Skills must have hand support when in the inverted position.</li><li>• Maximum skill allowed is a Back Handspring.</li></ul>
Running Tumbling	<ul style="list-style-type: none"><li>• Skills are limited to one (1) flipping rotation.</li><li>• Maximum inverted skill allowed is a Back Handspring.</li><li>• Aerials are allowed.</li></ul>
Stunts	<ul style="list-style-type: none"><li>• Extended stunts are prohibited.</li><li>• Twisting mounts are prohibited.</li></ul>
Dismounts	<ul style="list-style-type: none"><li>• No skill may be performed when dismounting.</li></ul>
Inversions	<ul style="list-style-type: none"><li>• Inversions above ground level are prohibited.</li></ul>
Pyramids	<ul style="list-style-type: none"><li>• Pyramids are limited to (2) two levels high.</li></ul>
Tosses	<ul style="list-style-type: none"><li>• Tosses are prohibited.</li></ul>

**2020 Level Rules**

JUNIORS - ADVANCED	
Standing Tumbling	<ul style="list-style-type: none"><li>• Skills are limited to one (1) flipping and zero (0) twisting rotations.</li><li>• Aerials and Onodis are allowed.</li></ul>
Running Tumbling	<ul style="list-style-type: none"><li>• Skills are limited to one (1) flipping and zero (0) twisting rotations.</li><li>• Aerials and Onodis are allowed.</li></ul>
Stunts	<ul style="list-style-type: none"><li>• <b>Single-legged extended stunts are allowed.</b></li><li>• Transitional stunts may involve changing bases. Physical contact during transitions must be maintained with a person at</li></ul>

	<ul style="list-style-type: none"> <li>• prep level or below.</li> <li>• Twisting mounts are prohibited.</li> <li>• Braced inversions (including braced flips) are allowed up to <b>1 1/4 flipping rotations</b> and <b>0 twisting rotations</b>.</li> </ul>
<b>Dismounts</b>	<ul style="list-style-type: none"> <li>• Up to a <b>2 1/4 twisting rotations</b> are allowed from all <b>2- leg stunts</b>.</li> <li>• Up to a <b>1 1/4 twisting rotations</b> are allowed from all single leg (1 leg) stunts.</li> </ul>
<b>Inversions</b>	<ul style="list-style-type: none"> <li>• Extended inverted stunts are allowed.</li> <li>• Downward inverted stunts are allowed but may not pass above prep level then become inverted at prep level or below.</li> <li>• Downward inverted stunts <b>MUST</b> maintain contact with an original base.</li> </ul>
<b>Pyramids</b>	<ul style="list-style-type: none"> <li>• Pyramids are limited to (2) two levels high.</li> <li>• <del>One leg extended pyramids are allowed provided that the connection is made at prep level prior to becoming extended.</del></li> <li>• <del>Cradling from one leg extended pyramids is prohibited.</del></li> <li>• Twisting stunts and transitions are allowed up to <b>1 1/2 twists if connected to at least 1 bracer at prep level or below.</b></li> <li>• Braced inversions (including braced flips) are allowed up to <b>1 1/4 flipping rotations</b> and <b>0 twisting rotations</b>.</li> </ul>
<b>Tosses</b>	<ul style="list-style-type: none"> <li>• <del>Only straight rides (legs together) are allowed.</del></li> <li>• <del>Flyers are permitted different arm positions while airborne.</del></li> <li>• <b>Flyers are allowed up to two (2) tricks during a toss.</b></li> <li>• <b>During a toss that exceeds 1 1/2 twisting rotations, no skill other than the twist is allowed.</b></li> <li>• <b>Tosses may not exceed 2 1/4 twisting rotations.</b></li> </ul>

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