

## **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.

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

### **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**

**Legality 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. Legality 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 Legality Judge(s), but must note the reason for doing so on the team’s score sheet. If the Legality 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.

NOTE: 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.

### **NDA COLLEGE - 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.

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 costume 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.

#### **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**

- No bare feet
- Soft-soled shoes or dance shoes must be worn while competing

### **VERIFICATION AND/OR VIOLATIONS**

**Legality 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. Legality Judges will not issue any deductions in this category during the remaining performances. DEDUCTIONS WILL BE ISSUED IN PRELIMS FOR BLATANT VIOLATIONS OF THE COSTUME REQUIREMENTS RULES.

**Panel Judges** – May reduce a team's score in the Collegiate Image category for perceived or suspected violations as agreed with the Legality Judge(s), but must note the reason for doing so on the team's score sheet. If the Legality 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.

NOTE: 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.