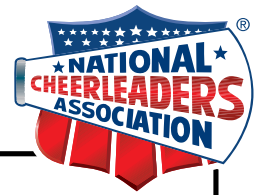


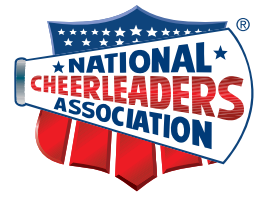
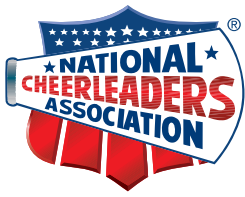
QUEST FOR THE BEST!



NCA SCHOOL DIVISIONS - 2009-2010 CHAMPIONSHIPS

	NOVICE	INTERMEDIATE	ADVANCED	SPECIALTY	GAME TIME	
HIGH SCHOOL DIVISIONS	SMALL NOVICE HIGH SCHOOL 5-12 Members 12th Grade and Below Female/Male	SMALL INTERMEDIATE HIGH SCHOOL 5-12 Members 12th Grade and Below Female	SMALL ADVANCED HIGH SCHOOL 5-12 Members 12th Grade and Below Female	NON-TUMBLING HIGH SCHOOL <i>No Tumbling Allowed</i> 5-30 Members 12th Grade and Below Female	HIGH SCHOOL GAME TIME DIVISIONS	GAME DAY (SIDELINE CHEERLEADING) HIGH SCHOOL No Team Size Limit 12th Grade and Below Female/Male
	MEDIUM NOVICE HIGH SCHOOL 13-20 Members 12th Grade and Below Female/Male	MEDIUM INTERMEDIATE HIGH SCHOOL 13-20 Members 12th Grade and Below Female	MEDIUM ADVANCED HIGH SCHOOL 13-20 Members 12th Grade and Below Female	NON-BUILDING HIGH SCHOOL <i>No Partner Stunts, Pyramids or Tosses Allowed</i> 5-30 Members 12th Grade and Below Female/Male		FIGHT SONG HIGH SCHOOL No Team Size Limit 12th Grade and Below Female/Male
	LARGE NOVICE HIGH SCHOOL 21-30 Members 12th Grade and Below Female/Male	LARGE INTERMEDIATE HIGH SCHOOL 21-30 Members 12th Grade and Below Female	LARGE ADVANCED HIGH SCHOOL 21-30 Members 12th Grade and Below Female			TIMEOUT DANCE HIGH SCHOOL No Team Size Limit 12th Grade and Below Female/Male
		COED INTERMEDIATE HIGH SCHOOL 5-30 Members 12th Grade and Below Female/Male	COED ADVANCED HIGH SCHOOL 5-30 Members 12th Grade and Below Female/Male			
JV/FRESHMAN DIVISIONS <small>Advanced Teams comprised exclusively of 9th Graders must compete in the JV/Freshman Division</small>			ADVANCED JV/FRESHMAN 5-20 Members 12th Grade and Below Female/Male		JUNIOR HIGH/MIDDLE SCHOOL GAME TIME DIVISIONS <small>Teams comprised exclusively of 9th Graders must compete in the JV/Freshman Division</small>	GAME DAY (SIDELINE CHEERLEADING) JUNIOR HIGH/MIDDLE SCHOOL No Team Size Limit 9th Grade and Below Female/Male
JUNIOR HIGH/MIDDLE SCHOOL DIVISIONS <small>Advanced Teams comprised exclusively of 9th Graders must compete in the JV/Freshman Division</small>	SMALL NOVICE JH/MS 5-15 Members 9th Grade and Below Female/Male	SMALL INTERMEDIATE JH/MS 5-15 Members 9th Grade and Below Female/Male	SMALL ADVANCED JH/MS 5-15 Members 9th Grade and Below Female/Male			FIGHT SONG JH/MS No Team Size Limit 9th Grade and Below Female/Male
	LARGE NOVICE JH/MS 16-30 Members 9th Grade and Below Female/Male	LARGE INTERMEDIATE JH/MS 16-30 Members 9th Grade and Below Female/Male	LARGE ADVANCED JH/MS 16-30 Members 9th Grade and Below Female/Male		TIMEOUT DANCE JH/MS No Team Size Limit 9th Grade and Below Female/Male	
PRIVATE SCHOOL DIVISIONS <small>Teams must be from a privately funded school</small>			PRIVATE ADVANCED 5-30 Members 12th Grade and Below Female		RECREATION GAME TIME DIVISIONS	GAME DAY (SIDELINE CHEERLEADING) RECREATION No Team Size Limit 16 Yrs of Age and Younger Female/Male

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



NCA SCHOOL DIVISIONS - RULES AND RESTRICTIONS

NOVICE SKILLS RESTRICTIONS

Novice teams will follow 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 1/2 twist by the top person (full ups are not allowed).
- Pyramids.** Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing single leg stunt and must be made at prep level or below. Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle.
- Dismounts.** Only straight pop downs, basic straight cradles and 1/4 turns are allowed.
- Tosses.** The only body position allowed is a straight ride.

INTERMEDIATE SKILLS RESTRICTIONS

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

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

ADVANCED SKILLS RESTRICTIONS

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

GAME TIME

GAME DAY (SIDELINE CHEERLEADING) RULES AND RESTRICTIONS

- Showcase your best sideline crowd-leading material.
The use of signs, poms, flags, and/or megaphones is encouraged.
- 1 minute 15 seconds time limit
 - Emphasis on crowd involvement
 - At least 2 components required from the following: cheers, chants, traditional yells, and/or drum cadences
 - No music permitted - Live drummer and/or drum track is allowed
 - No baskets, sponge, elevator, or similar type tosses permitted
 - No inversions and/or twisting into or out of stunts
 - No single leg stunts
 - Maximum difficulty in tumbling is limited to standing back handspring
 - Running tumbling is permitted only during team entrance

FIGHT SONG RULES AND RESTRICTIONS

- Perform your favorite school fight song.
- 1 minute 15 seconds time limit
 - Up to two eight counts may be incorporated with stunts, tumbling and/or jumps
 - Same skill restrictions as listed in Game Day (Sideline Cheerleading) Rules and Restrictions

TIME OUT DANCE RULES AND RESTRICTIONS

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

NCA - SIMPLY THE BEST!

