



2023-2024

**COED ELITE**

DIVISION RULES AND REGULATIONS

*7<sup>th</sup> Edition*

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

## General Rules

- 1. The NCC strictly adheres to all COVID 19 guidelines including but not limited to social distancing and requires all participants in all of its competition to do the same.**
2. 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 (or the Finals in the event there are no qualifiers) the team will be joining.

If unable to submit at the given deadline a fine of **Php 4,000.00** will be implemented. The fine should be paid **BEFORE** the date of the qualifiers (or the Finals in the event there are no 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.

3. All teams should be supervised during ALL official functions by a qualified advisor<sup>1</sup>/coach.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
5. 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 (or the Finals in the event there are no Qualifiers) will be allowed inside the competition area.

The Final Roster consists of the following:

- a. Complete list of performers. A team should consist of **EXACTLY twenty-four (24)** performers inclusive spotters and lifters.
  - 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 are allowed to enter with the team provided they are included in the roster list.
6. Performance Sequence
    - 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. The NCC reserves the right to determine the order of performance for all divisions in the National Finals.**
    - e. If a team misses its performance slot, it is automatically disqualified from the competition.
  7. Run through<sup>2</sup>
    - f. Music should be provided at the time of the run through.
    - g. If a team misses their slot in the run through, they forfeit that time to rehearse.
    - h. Each team has a maximum of seven (7) minutes for its run through.<sup>3</sup>
  8. 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>

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

<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

## Eligibility of Participants

1. The Elite Division is open to ALL participants. There is no age limit for this division.
2. 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 [phil.ncc@gmail.com](mailto:phil.ncc@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.
    - 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
3. Participants are allowed to represent more than one elite team provided they submit separate requirements and pay a separate registration fee for each team they join.

NOTE: 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. Substitutions may be made on a team only in the event of an injury. 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.
5. 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. 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.
6. The same level of sportsmanship is expected from the teams' school, family and other supporters of the team **whether watching live at the competition venue or virtually via TV broadcast or online streaming.**
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 or team name more prominent than any brand or sponsor name.

**NOTE: The NCC is not liable for the use of any proprietary name (i.e. school or brand) as part of the team name / uniform.**

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 all athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins.  
EXCEPTION: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing area.

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. 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. Competition routines shall not exceed 2 minutes and 30 seconds.
2. **Cheer Portion: Can be placed in the beginning or middle of the routine. Cheer portion minimum time requirement is thirty (30) seconds.**
3. **Maximum time between Cheer and Music portion: Twenty (20) seconds.**
4. A one-minute pre-set will be given to each team.
5. 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.
6. The team should leave the floor immediately after their routine together with their props.

### **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** are allowed in the competition. Bring four (4) quality-recorded compact discs of your music to the competition. CDs 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>
- ~~6. Schools may bring a maximum of 3 bass drums and 2 snare drums to be situated at the audience bleachers.~~

### **Medical Attention**

1. It is the responsibility of the team or coach to report an athlete'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 an athlete to compete who is deemed medically or emotionally at risk by the competition organizer.

### **Interruption of Performance**

1. In the event the performance of the competing team is interrupted because of the NCC (i.e. event equipment, facilities, etc.) the team shall be given the option to either resume their performance from the place where the interruption occurred or repeat their entire performance.
2. In the event the performance of any team is interrupted because of failure of the team's own equipment or supplies, the team must either continue the performance or withdraw from the competition. Same holds true if an interruption is caused by any competitor or their coaches.

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. In the event of a minor injury (defined as the athlete is still able to support himself) the team must continue. In the event of major injury (i.e. immobility, unconsciousness, excessive bleeding) the NCC reserves the right to stop the performance to provide proper medical attention.

If the major injury was obtained less than one (1) minute into the routine, the team will have the option to repeat their entire performance and will be given the last slot in the competition to do so.

If the major injury was obtained more than one (1) minute into the routine, then the team will be judged according to where the performance ended.

4. In the event injury happens on the day of the competition, prior to the competition performance, the team is given the option to continue or withdraw.

### **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 uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
3. Any height increasing apparatus used to propel a competitor is prohibited.

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

4. Flags, banners, signs, pompons, cheerleading megaphones and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (i.e. throwing a hand sign or banner across or behind the mat from a stunt would be illegal).
5. Mascots are permitted to use any prop except fire, liquids, confetti, glitter and live animals.

## Technical Rules

### Scoring Information

1. A minimum of five (5) judges will score each routine.
2. Judges may score on a half point system (i.e. 40.5 points).
3. The total number of possible points for each routine is a maximum of **500 points** (assuming there are 5 judges).
4. The final score will be the result of the sum of the judges' scores minus the lowest and the highest score.
5. A penalty judge will be assigned specifically to spot for legalities especially when it comes to safety infractions. The 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.
6. A tabulator will compute final scores based on judges' scoring, including technical deductions and penalties based on the NCC Rules.
7. Tie Breakers are left up to the discretion of the judging panel.
8. **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

<b>CRITERIA FOR JUDGING</b>	
<i>CATEGORY</i>	<i>POINTS</i>
<b>I. CHEER</b>	
<ul style="list-style-type: none"> <li>▪ Use of Signs, Poms or Megaphones and use of Stunts/ Pyramids</li> <li>▪ Word clarity and volume, Motion Synchronization and Placement</li> </ul>	<hr style="width: 100px; margin: 0 auto;"/> 10
<b>II. PARTNER STUNTS</b>	
<ul style="list-style-type: none"> <li>▪ Execution</li> <li>▪ Variety</li> <li>▪ Difficulty</li> <li>▪ Synchronization</li> <li>▪ Number of Bases / Groups</li> </ul>	<hr style="width: 100px; margin: 0 auto;"/> 25

<b>III. PYRAMIDS</b> <ul style="list-style-type: none"> <li>▪ Timing</li> <li>▪ Difficulty</li> <li>▪ Execution</li> <li>▪ Creativity</li> <li>▪ Transitions</li> </ul>	<hr/> 25
<b>IV. BASKET TOSSES</b> <ul style="list-style-type: none"> <li>▪ Skill Execution and Toss Height</li> <li>▪ Variety and Synchronization when applicable</li> <li>▪ Difficulty</li> </ul>	<hr/> 15
<b>V. TUMBLING</b> <ul style="list-style-type: none"> <li>▪ Difficulty, Proper Technique, and Synchronization when applicable</li> <li>▪ Group Tumbling</li> </ul>	<hr/> 10
<b>VI. FLOW OF ROUTINE / TRANSITIONS</b> <ul style="list-style-type: none"> <li>▪ Contiguity, Pace and Overall Timing of skills, transitions and movement</li> </ul>	<hr/> 5
<b>VII. OVERALL PRESENTATION, CROWD APPEAL</b> <ul style="list-style-type: none"> <li>▪ Overall Presentation, Showmanship, Crowd Effect</li> </ul>	<hr/> 10

### Penalties

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
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**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.

### Protests on Eligibility

1. All official protests on **eligibility** must be submitted one (1) week before the Qualifiers (or the Finals in the event there will be no 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**

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

## **Coed Elite**

### **Stunts<sup>6</sup>**

1. A spotter is required for all extended stunts.
2. Single leg extended stunts are allowed.
3. Twisting mounts and twisting transitions are allowed up to 2 twisting rotations by the top person.
4. Free flipping stunts or transitional stunts are NOT allowed.
5. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least 2 of which are NOT original bases. Physical contact must be maintained with all of the original base(s).
6. Single based split catches are NOT allowed.
7. Single based double awesomes / cupies require a separate spotter for each top person.

### **Release Moves**

1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level. (Ex: Tick-tocks are allowed)
2. Release moves may NOT land in a prone position.
3. Release moves must return to original bases.
4. Helicopters are allowed up to a 180-degree rotation with a ½ twist and must be caught by at least 3 catchers, one of which is positioned at the head and shoulder are of the top person.
5. Release move may NOT intentionally travel.

### **Inversions**

1. Extended inverted stunts are allowed.
2. Downward inversions are allowed from prep level and above and must be assisted by at least 3 bases, at least 2 of which are positioned at the head and shoulder area of the flyer and MUST make contact with head and shoulder area when catching. Contact must be initiated at the shoulder level (or above) of the bases.

EXCEPTION: A controlled power pressing of an extended inverted stunt (i.e. needle) to shoulder level is allowed.

3. Downward inversions must maintain contact with an original base.
4. Downward inversions from above prep level may not be caught and / or land in an inverted position.

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<sup>6</sup> Stunt – any skill in which a top person is supported above the performance surface by one or more bases.

*Clarification: Top person must NOT be caught or land with their shoulders below their hips.*

## **Pyramids<sup>7</sup>**

1. Pyramids must follow Stunts and Dismounts rules and are allowed up to 2 levels high.
2. Top persons must receive primary support from a base(s).

### Release Moves

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
2. Primary weight may not be borne at second level. Pyramid transitions must be continuous.
3. Non-inverted pyramid release moves must be caught by at least 2 catchers.
  - a. In pyramids where the top person travels over their bracer (i.e. leap frogs or wolf wall transitions), both catchers must be stationary.
  - b. Both catchers must maintain visual contact with the top person throughout the entire transition.
4. Non inverted transitional pyramids may involve changing bases:
  - a. The top person must maintain physical contact with a person at prep level or below.
  - b. The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved in any other skill or choreography when the transition is initiated.

### Inversions

1. Must follow Division Stunt Inversion rules.
2. Release Moves with Braced Inversions
  - a. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. Contact must be maintained throughout the entire transition with either the top person(s) or the base(s).
  - b. Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations.
  - c. Braced inversions (including braced flips) are allowed up to 1 twist if contact is maintained with 2 top persons at prep level or below.
  - d. Inverted transitional pyramids may involve changing bases.
  - e. Braced inversions (including braced flips) must be in continuous movement.
  - f. All braced inversions (including braced flips) must be caught by at least 3 catchers.
    - i. All catchers must be stationary.
    - ii. All catchers must maintain visual contact with the top person throughout the entire transition.
    - iii. The 2 catchers may not be involved with any other skill or choreography when the transition is initiated.
3. Braced inversions (including braced flips) may not travel downward while inverted.

## **Tosses**

1. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
2. Tosses must be performed from ground level 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 (i.e. No intentional traveling tosses.)

EXCEPTION: A ½ turn is allowed by bases as in a kick full basket.

3. Flipping, inverted or traveling tosses are not allowed.
4. 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.
5. Up to 2 ½ twisting rotations are allowed.

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<sup>7</sup> **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. Also includes stunts whereby a top person is being lifted by another person who is not in direct weight bearing contact with the performance surface. (i.e. 1-1-1, 2-1-1, 1-1-2 pyramids and the like)

## **Dismounts**

1. Cradles from single based stunts at prep level and above must have a separate spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
2. Dismounts to the performing surface must be assisted by an original base.
3. Up to a 2 ¼ twisting rotations allowed from all stunts.
4. No free flipping dismounts allowed.
5. Tension drops/rolls of any kind are not allowed.
6. When cradling single based double awesome/cupies 2 catchers must catch each top person.

## **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. Rebounding to a prone position in a stunt is allowed.
2. Tumbling over, under or through a stunt, individual or prop is not allowed.
3. Tumbling while holding or in contact with any prop is not allowed.
4. Assisted or connected tumbling is not allowed.

*Clarification: Double cartwheels and double forward roll are allowed because they will be interpreted as stunts and not assisted tumbling.*

5. Dive Rolls
  - a. Dive rolls performed in a swan/arched position are not allowed.
  - b. Dive rolls that involve twisting are not allowed.
6. Standing / Running Tumbling Skills are allowed up to 1 flipping and 2 twisting rotations.

## 2023 Level Rules

<b>COED ELITE</b>	
<b>Standing Tumbling</b>	<ul style="list-style-type: none"> <li>Skills are limited to one (1) flipping and two (2) twisting rotations.</li> </ul>
<b>Running Tumbling</b>	<ul style="list-style-type: none"> <li>Skills are limited to one (1) flipping and two (2) twisting rotations.</li> </ul>
<b>Stunts</b>	<ul style="list-style-type: none"> <li>Twisting mounts and twisting transitions are permitted up to two (2) twisting rotations by the flyer.</li> <li>Single based double awesomes / cupies required a separate spotter for each top person.</li> </ul>
<b>Dismounts</b>	<ul style="list-style-type: none"> <li>Up to two and one-fourth (2 ¼) twisting rotations allowed from all stunts.</li> <li>Free Flipping skills are not allowed.</li> </ul>
<b>Release Moves</b>	<ul style="list-style-type: none"> <li>Release moves are allowed but must not exceed more than 1 ½ feet (18 inches) above extended arm level.</li> <li>Release moves must return to original bases.</li> <li>Release moves may not land in a prone position.</li> <li>Release moves may not intentionally travel.</li> </ul>
<b>Inversions</b>	<ul style="list-style-type: none"> <li>Extended inverted stunts are allowed.</li> <li>Downward inversions must maintain contact with an original base.</li> <li>Braced inversions (including braced flips) are allowed up to 1 ¼ flipping rotations.</li> <li>Braced inversions (including braced flips) must be in continuous movement.</li> <li>Braced inversions (including braced flips) may not travel downward while inverted.</li> </ul>
<b>Pyramids</b>	<ul style="list-style-type: none"> <li>Pyramids are limited to (2) level high.</li> <li>During a pyramid transition, a flyer may pass over two (2) level high while maintaining physical contact with at least one (1) person at prep level or below.</li> <li>Braced inversions and braced flips are allowed if physical contact is maintained with at least one (1) bracer at prep level or below and must be caught by at least three (3) catchers.</li> <li>Braced inversions and flips are limited to one (1) twisting rotation if contact is maintained with 2 top persons at prep level or below.</li> <li>Primary weight may not be borne at the secondary level. (i.e. the transition must be continuous)</li> <li>Non-inverted pyramid release moves must be caught by at least 2 catchers.</li> <li>Inverted transitional pyramids may involve changing bases.</li> </ul>
<b>Tosses</b>	<ul style="list-style-type: none"> <li>Up to two and one-half (2 1/2) twisting rotations allowed.</li> <li>Flipping, inverted, or traveling tosses are not allowed.</li> </ul>

**NCC OFFICE ADDRESS**

**National Cheerleading Championship Office  
209 M. Paterno St.  
San Juan, Metro Manila**

**NCC ACCOUNT NUMBER**

**National Cheerleading Championship  
BPI Checking Account # 2421002269  
Megamall Branch**

**ACKNOWLEDGEMENTS**

*The NCC herein acknowledges any and all references made to the IASF, USASF, ICU and COA rules and regulations and to the Cheer Glossary of Terms of the USASF, COA and NLCC and herein respects any and all copyrights and intellectual property rights of said organizations.*