



2021  
**DANCE**  
RULES AND  
REGULATIONS  
*Virtual Edition*

The NDC 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 this virtual competition to do the same.**

**We highly encourage ALL PARTICIPANTS to strictly adhere to the government (IATF) rules, regulations and protocols AT ALL TIMES.**

2. **All performance entries submitted are FINAL.**
3. All **participants** are required to submit all necessary **information together with the official video entry online** by the given deadline to be eligible. The deadline for the submission of the **COMPLETED Form, Bank Transfer Payment Proof AND Video Entry** is **one (1) month** prior to the qualifiers the team will be joining.
4. **Performance Sequence**  
**The NCC reserves the right to determine the sequence in which the video performances will be played during the virtual competition QUALIFIERS.**

## Eligibility of Participants

1. Eligibility per division will be according to age. Given the prevailing situation with the pandemic, the NCC will rely on the honesty and integrity of all participants to adhere to the Eligibility rules indicated below in the spirit of competition, fairness and true sportsmanship. Any complaints in relation to eligibility will need to be submitted via a formal letter with the accompanying evidence. Any coach/participant found to be in violation of any of the rules below will be subject to potential disqualification and/or be banned from future NCC events.
2. For all participants under 18 years of age, parental consent **MUST** be secured from a parent or guardian. This will be indicated by indicating the participant's parent/guardian's email address. This email address should be valid/working as we will be sending a copy of the filled up registration form of the minor to them.

### a. Senior Division 13 - 18 years old

1. SOLO - one (1) performer only

- ALL GIRL SENIOR JAZZ
- ALL GIRL SENIOR HIPHOP
- ALL BOY SENIOR HIPHOP

2. GROUP - four to six (4-6) performers only

- ALL GIRL SENIOR JAZZ
- ALL GIRL SENIOR HIPHOP
- MIXED SENIOR HIPHOP

\*Entries under this category may be composed of a mix of male and female participants OR all male participants only

### b. Advanced Division 18 years old and above

- i. There is no maximum age limit for participants.

1. SOLO - one (1) performer only

- ALL GIRL ADVANCED JAZZ
- ALL GIRL ADVANCED HIPHOP
- ALL BOY ADVANCED HIPHOP
- COED ADVANCED CONTEMPORARY

\*Entries under this category may be either female or male

2. GROUP - four to six (4-6) performers only
  - ALL GIRL ADVANCED JAZZ
  - ALL GIRL ADVANCED HIPHOP
  - COED ADVANCED HIPHOP
    - \*Entries under this category must have at least one (1) female or one (1) male participant
  - COED ADVANCED CONTEMPORARY
    - \* Entries under this category must have at least one (1) female or one (1) male participant

NOTE: A dancer 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.

3. 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.
4. Teams who wish to represent their school must submit a Signed Official Letter from the school that they are allowed to compete using their school's name (SCANNED COPY)

### **Sportsmanship**

1. All participants and competitors must exhibit the highest level of sportsmanship before, during and after the competition.
2. The same level of sportsmanship is expected from the teams' school, family and other supporters of the team.
3. **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. The NCC reserves the right to block any viewer exhibiting unsportsmanlike behavior from the virtual competition and prevent them from accessing the feed again.**
4. Grave acts against sportsmanship such as but not limited to sabotage, physical violence, homicide, collusion, libel, stealing, vandalism, untoward incident, internet posts and the like shall be dealt with the full force of the law after an appropriate investigation is concluded.

### **Apparel and Accessories**

1. Team costumes can have their school's/team's name provided they have proof of the school's consent
  - a. The NDC is not liable for the use of any proprietary name (i.e. school or brand) as part of the team name / uniform.
2. HIPHOP: Performers **MUST** wear soft or non-marking rubber soled shoes that cover the entire sole of the foot.

JAZZ and CONTEMPORARY: Performers may wear jazz shoes/boots, soft-soled shoes or go barefoot.

High heels, roller blades, roller skates or any other footwear inappropriate for dance sport is **NOT** allowed.

3. 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, and age appropriateness 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.
  - d. Appropriate undergarments must be worn by all dancers both male and female at all times.
4. Removing pieces of clothing during the performance is permitted provided it is not offensive or out of character. Discarded clothing should be placed outside the competition area. Appropriate under garments must be worn by all dancers both male and female at all times.
  5. Any prop that may be attached to the uniform or body is still considered a prop and not apparel.
  6. 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.
  7. Cycling and panty shorts cannot be skin-toned.
  8. Tights should be worn under hot pants or excessively short shorts.
  9. Tattoos of school logos, etc. are allowed; any other tattoos permanent or otherwise must be covered.
  10. Jewelry as part of the costume is allowed.

### **Video and Recording Rules**

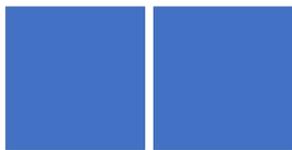
1. Performers should always be in the camera frame **AT ALL TIMES**.
2. Entire body including head, legs, feet, arms and hands should be seen all throughout the video even in the travelling parts of the routine.  
  
*Tip: We recommend putting markers on the performance area to ensure that you are in the camera frame at all times.*
3. The following devices may be used: phone cameras, dSLR, compact, mirrorless cameras and video cameras. (dSLR (ex. Canon 50D), compact (ex. Sony Cybershot), mirrorless (ex. Fujifilm XT1, Sony A6000)  
  
If you are using action cameras (i.e. GoPros) flat settings must be used. No fisheye mode or super wide mode.
4. Camera orientation must be landscape **AT ALL TIMES**.
5. Camera should be positioned straight and center in a stationary manner, no other camera angles allowed. No zooming in and out, no panning from side to side.  
  
*Tip: Lock all settings such as exposure, focus, and white balance before shooting your routine.*
6. Final video submission should be at 1080p resolution at 24fps & 16:9 aspect ratio, rendered in H.264 compression and .mp4 or .mov format. File should NOT exceed 1GB file size.
7. All routines should be filmed continuously. No cuts, transitions and other effects/editing allowed.

*Tip: Ensure that routine is recorded in a well-lit environment.*

8. No special effects, lighting effects, sound effects, overlays or any filters (including green screen and background) and the like are allowed during actual filming and post-production of the video submission.
9. No strobe lights, mood lighting, spotlights or smoke machines and the like are allowed.
10. Background should be plain with no logos/branding etc. It should not be distracting as the highlight of the video should be the routine.
11. No distractions either visually (i.e. moving persons / pets / unnecessary objects etc. i.e. walking in the frame) or any noise outside of the routine music during filming of the routine.
12. Audio track (routine music) should be overlaid for the final video submission.

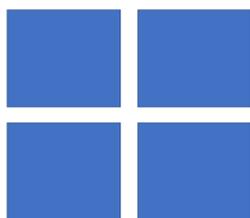
For DUO and TEAM Submissions:

13. Duo Grid

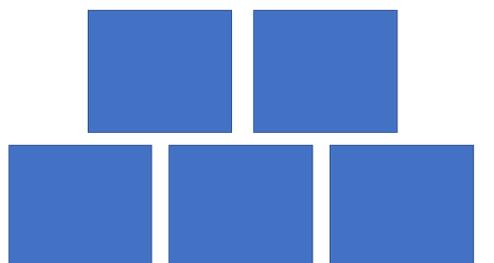


14. Team Orientation/Grid Guidelines

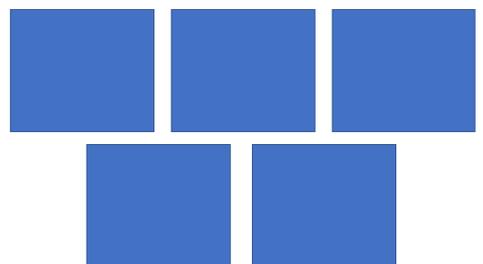
a. Team of 4



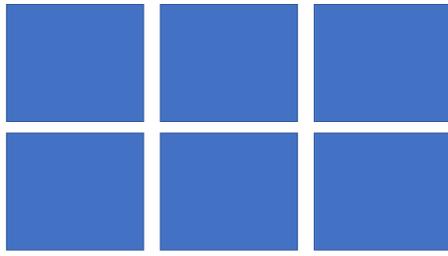
b. Team of 5



**OR**



c. Team of 6



*Tip: The NCC highly recommend no borders. A downloadable grid template will also be provided for your use.*

*NOTE: Any submission that does not meet the minimum specifications required will result in the DISQUALIFICATION of your entry from the competition.*

### **Performance Area**

1. Performance area should be devoid of any obstructions and should not be slippery. The NDC strongly suggests the use of wooden floors, vinyl, dance mats and the like to ensure safety while performing.
2. Ensure there is enough space in your performance area to execute the routine safely.
3. There is no penalty for stepping outside the physical performance area.

### **Routine Timing**

1. **SOLO** - The minimum length of the performance is 1 minute 20 seconds (1:20) and the maximum length is one minute thirty seconds (1:30)
2. **GROUP** - The minimum length of the performance is 1 minute 45 seconds (1:45) and the maximum length is two minutes (2:00)
3. A penalty of **five (5) points** will be given for every lack or excess of five (5) seconds and a fraction thereof.
4. Timing will begin with the first organized movement of the dance or the first note of music and will end with the last beat of the music or exit from the performance floor.

### **Music**

Performance music must adhere to the standards and practices of the official NDC 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 has this content or anything that may be construed as the above.
2. Music Copyright: The NDC 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.
3. **In case the routines are streamed live, the competition will be subjected to the rules and regulations of the platform. Note that your music might be muted.**

*Note: The NCC highly recommends for each team to check YouTube and Facebook music rights rules and regulations.*

### **Props and Equipment**

1. A prop can be anything that is used to dance with that is NOT attached to the performer's costume. Items that can be worn as clothing are not considered props. If these articles of clothing are taken off and danced with, then these become props.

2. Props that are small, handheld and wearable are allowed in both categories. These may be moved and discarded from the body.
3. Large, free standing props (i.e. chairs, ladders, trampolines, stools, boxes, benches, stairs, bars etc.) are NOT allowed.
4. Wearable articles that may impede vision, movement, or may be deemed potentially injurious to the wearer or teammate are not permitted.
5. Any height increasing apparatus used to propel a competitor is prohibited.

### **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 three (3) 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 **300 points** (given there are three judges).
4. A penalty of **ten (10) points** will be deducted 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.
5. A tabulator will compute final scores based on judges’ scoring, including deductions and penalties based on the NDC Dance Rules.
6. Tie Breakers are left up to the discretion of the judging panel.
7. **The Head Judge reserves the right to decide on any and all contentious scoring and interpretation of the rules and regulations of the NDC.**

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

**JUDGING CRITERIA for the HIPHOP CATEGORY - GROUP**

**POINTS**

**I. Overall Effect**

- Overall Impression 10
  - Routine Energy and Dynamism
  - Costume
  - Music

- Communication and Projection 10
  - Expression and Emotion throughout routine
  - Showmanship
  - Confidence

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**20**

**II. Choreography**

- Creativity 10
- Difficulty 10
- Musicality 10

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**30**

**III. Technique**

- Execution of **Authentic Hiphop/Street Style(s)** 10

- Execution of Movement 10
  - Placement
  - Control
  - Clarity
  - Strength
  - Completion

- Execution of Skill 10
  - Placement
  - Control
  - Extension
  - Strength
  - Completion

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**30**

**IV. Group Execution**

- Synchronization with Music 10
- Uniformity of Movement 10

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**20**

**TOTAL 100**

**JUDGING CRITERIA for the HIPHOP CATEGORY - SOLO**

**POINTS**

**I. Overall Effect**

- Overall Impression 10
  - Routine Energy and Dynamism
  - Costume
  - Music
  
- Communication and Projection 10
  - Expression and Emotion throughout routine
  - Showmanship
  - Confidence

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**20**

**II. Choreography**

- Creativity 15
- Difficulty 15
- Musicality 10

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**40**

**III. Technique**

- Execution of Authentic Hiphop/Street Style(s) 15
  
- Execution of Movement 15
  - Placement
  - Control
  - Clarity
  - Strength
  - Completion
  
- Execution of Skill 10
  - Placement
  - Control
  - Extension
  - Strength
  - Completion

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**40**

**TOTAL 100**

**JUDGING CRITERIA for the JAZZ and CONTEMPORARY CATEGORY - GROUP POINTS**

**I. Overall Effect**

- Overall Impression 10
  - Routine Energy and Dynamism
  - Costume
  - Music
- Communication and Projection 10
  - Expression and Emotion throughout routine
  - Showmanship
  - Confidence

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**20**

**II. Choreography**

- Creativity 10
- Difficulty 10
- Musicality 10

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**30**

**III. Technique**

- Execution of Style(s) 10
- Execution of Movement 10
  - Placement
  - Control
  - Clarity
  - Strength
  - Completion
- Execution of Skill 10
  - Placement
  - Control
  - Extension
  - Strength
  - Completion

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**30**

**IV. Group Execution**

- Synchronization with Music 10
- Uniformity of Movement 10

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**20**

**TOTAL 100**

<b>JUDGING CRITERIA for the JAZZ and CONTEMPORARY CATEGORY - SOLO</b>		<b>POINTS</b>
<b>I. Overall Effect</b>		
● Overall Impression		10
Routine Energy and Dynamism		
Costume		
Music		
● Communication and Projection		10
Expression and Emotion throughout routine		
Showmanship		
Confidence		
		<b>20</b>
<b>II. Choreography</b>		
● Creativity		15
● Difficulty		15
● Musicality		10
		<b>40</b>
<b>III. Technique</b>		
● Execution of Style(s)		15
● Execution of Movement		15
Placement		
Control		
Clarity		
Strength		
Completion		
● Execution of Skill		10
Placement		
Control		
Extension		
Strength		
Completion		
		<b>40</b>
	<b>TOTAL</b>	<b>100</b>

**Penalties and Deductions**

<b>Penalties</b>
<p><b>10 Points</b></p> <ul style="list-style-type: none"> <li>* Not meeting the NDC's Performance Requirements</li> <li>* Violating the NDC's Rules (unless there's a designated point value associated with a particular rule)</li> <li>* Inappropriate movements, music, language (including music), uniform/wardrobe</li> <li>* Wardrobe malfunction leading to exposed body part <b>or where safety is a concern</b></li> <li>* Routine Timing violations</li> </ul>

## Interpretations and/or Rulings

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

## 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

Videotaping of the NATIONAL DANCE CHAMPIONSHIP Senior and Advanced Dance Program for commercial purposes is NOT permitted. The NDC holds the sole copyright to any reproduction.

## Categories

### Hip Hop

Incorporates street style influenced movements and rhythms (Street Dance, Funk, Freestyle, B-boy/Breakdance, etc.) with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. There is also an additional focus on athletic incorporations such as jumps, stalls, and other tricks.

### Jazz

Incorporates traditional Jazz, stylized dance movements and combinations, formation changes, group work and technical elements. Emphasis must be on proper technical execution, extension, control, body placement, style and continuity of movement along with team uniformity. **The overall impression of the routine should be up-tempo, lively, energetic.**

### Contemporary

A style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Emphasis must be on fluid dance movements, the level of the dance movements carried out, as well as the theme and story line. The story, the building of a plot, is possible, but not so much emphasized here as, for example, for Show dance. It is primarily about pictures, moods.

## Choreography

1. Suggestive, offensive, or vulgar choreography is prohibited. Choreography should be appropriate for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. **A minimum 10 point penalty per occurrence** will be assessed for violators with a maximum of disqualification depending on the discretion of the judges.  
*Note: A story, theme, idea or concept used in routines for NDC competitions MUST always be in good taste and be acceptable to viewing by all ages.*
2. No cheers or chants allowed.

# Tumbling and Tricks

## Tumbling

1. Tumbling is allowed in all categories as long as one hand, foot or body part remains in constant contact with the performance surface. These skills may be performed individually or as part of a combination. Airborne skills involving hip over head rotation are NOT allowed. (Exception: aerial cartwheels are allowed.)
2. Tumbling while holding props is NOT allowed. (Exception: forward and backward rolls.)
3. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, airborne or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the drop.

ALLOWED	NOT ALLOWED
Forward / Backward Rolls	Dive Rolls
Shoulder Rolls	*Round-offs
Headstands	*Front Handsprings
Handstands	*Back Handsprings
Backbends	Front Tucks
Front / Back Walkovers	Back Tucks
Stalls	Side Somi
Head Spins	Layouts
Windmills	
Kip Up	
Cartwheels	
Aerials	

\*These airborne skills are allowed ONLY for the Hip Hop Division. The hip over head rotation must involve hand support with at least one hand while passing through the inverted position.

## GLOSSARY of TERMS

1. Aerial Cartwheel: An airborne tumbling skill, which emulates a cartwheel executed without placing hands on the ground.
2. Airborne (executed by Individuals, Groups or Pairs): A state or skill in which the performer is free of contact from a person and/or the performing surface.
3. Airborne Hip Over Head Rotation (executed by Individuals): An action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface. (Example: Round off or a Back Handspring).
4. Category: Denoting the style of the routine. (Example: Pom, Hip Hop, Jazz)
5. Connected/Consecutive Skills: An action in which the individual performs skills continuously, without a step, pause or break in between. (Example: Double Pirouette or Double Toe Touch.)
6. Contact (executed by Groups or Pairs): The state or condition of physical touching. Touching of the hair or clothing is not considered contact.
7. Division: Denoting the composition of a competing group of individuals. (Example: Junior, Senior)
8. Drop (executed by Individuals): An action in which the airborne individual lands on a body part other than his/her hand(s) or feet.
11. Head Level: A designated and averaged height; the crown of the head of a standing individual while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)
12. Hip Over Head Rotation (executed by Individuals): An action characterized by continuous movement where an individual's hips rotate over his/her own head in a tumbling skill (Example: Back Walkover or Cartwheel).
16. Shoulder Level: A designated and average height; the height of a standing performer's shoulders while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)
17. Tumbling: A collection of skills that emphasize acrobatic or gymnastic ability by an individual without contact, assistance or support of another individual(s) and begin and end on the performance surface.

## **NCC OFFICE ADDRESS**

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

## **NCC ACCOUNT DETAILS**

**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.*

*Evan Sunio  
Charlene Pena  
Anya Ong-Reyes  
Bianca Valencia  
Sheila Lacro-Pagaduan*

*Luchele Dizon  
Leejey Ebeo  
Moises Concepcion  
Celine Tanjuatco  
Paula de la Llana-Nunag*