



2021

CHEER and POM

COED / ALL GIRL

DIVISION RULES AND REGULATIONS

Virtual 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 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.

CHEER

a. Senior Division – 13 to 18 years old

- i. **This division is open to two categories: Coed and All Girl.**
- ii. **Cheerleaders can participate in any of the following subdivisions:**
 1. **Duo – two (2) performers only**
 2. **Team – four to six (4-6) performers only**

iii. All Girl Category

Teams joining should comprise of ALL GIRLS ONLY.

iv. Coed Category

Teams can be composed of at least one (1) female or at least one (1) male participant.

b. Elite Division – 18 above

- i. **Cheerleaders can participate in any of the following subdivisions:**
 1. **Duo – two (2) performers only**
 2. **Team – four to six (4-6) performers only**
- ii. There is no maximum age limit for participants.
- iii. **All Girl Category**
 1. Teams joining should comprise of ALL GIRLS ONLY.

iv. Coed Category

1. Teams must have a minimum of 1 female or a 1 male participant.

POM

- a. **Senior Division – 13 to 18 years old**
 - i. **This division is solely an ALL GIRL Division.**
 - ii. **Cheerleaders can participate in any of the following subdivisions:**
 1. **Duo – two (2) performers only**
 2. **Team – four to six (4-6) performers only**
- b. **Elite Division – 18 above**
 - i. **This division is solely an ALL GIRL Division.**
 - ii. **Cheerleaders can participate in any of the following subdivisions:**
 1. **Duo – two (2) performers only**
 2. **Team – four to six (4-6) performers only**

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.

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.

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. 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.
2. 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 is prohibited.
3. 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.
4. 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.
5. 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.
6. No grease or anything slippery on uniform or body.
 7. Stockings are NOT allowed for safety reasons.
 8. Any prop that may be attached to the uniform or body is still considered a prop and not apparel.
 9. 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.
 10. Cycling and panty shorts cannot be skin toned.
 11. Ribbons, rubber bands and hair pins should be properly secured.
 12. Wigs are not allowed.
 13. Tattoos of school logos, etc. are allowed; any other tattoos permanent or otherwise must be covered.

Video and Recording Rules

1. Cheerleaders should always be in the camera frame **AT ALL TIMES**.
2. **The NCC strongly suggests the entire body including head, legs, feet, arms and hands be seen all throughout the video even in the travelling parts of the routine.**

Tip 1: We recommend putting markers on the performance area to ensure that you are in the camera frame at all times.

Tip 2: Take into consideration the essence of the skill to be performed to ensure the judges get a full view of what is being attempted/performed as part of the routine.

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.

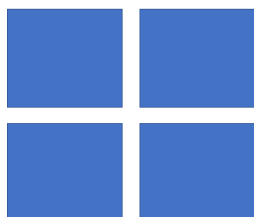
For DUO and TEAM Submissions:

13. Duo Grid

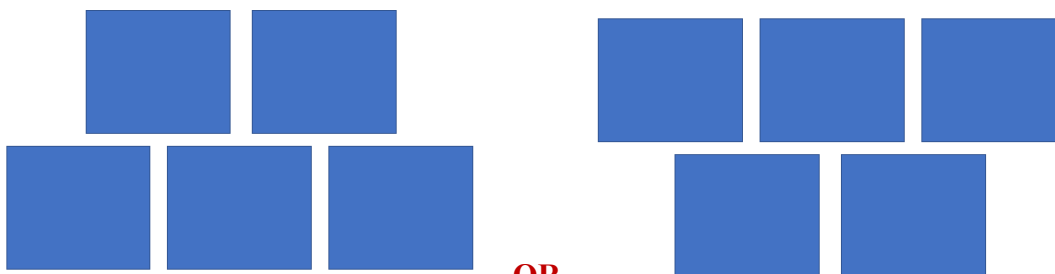


14. Team Orientation/Grid Guidelines

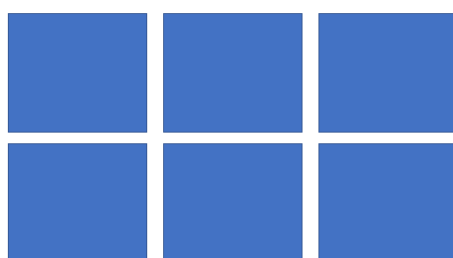
a. Team of 4



b. Team of 5



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 not be slippery and devoid of any obstructions. The NCC strongly suggests the use of foam, athletic mat ~~or air track, spring floor 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 will be no “out of bounds” rule.

Routine Timing

1. The minimum length of the performance is **one minute (1:00) and the maximum length is one minutes and thirty seconds (1:30)**. A penalty of **five (5) points** will be given for every lack or excess of five (5) seconds and a fraction thereof.
2. 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. Competitors may do a spirited tumbling exit as long as it is within the given exit time.

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. **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. 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 harms way (i.e. throwing a hand sign or banner across or behind the mat from a stunt would be illegal).
4. **Poms made out of material different from the standard foil/plastic/crepe paper is acceptable provided the end result still looks like a traditional pompom and is used accordingly.**
5. Mascots are permitted to use any prop except fire, liquids, confetti, glitter and live animals.

Technical Rules

Scoring Information

1. **A minimum of three (3) judges will score each routine across all elements (Basic Elements and Tumbling).**
2. **Criteria Breakdown:**
 - a. **Senior Division**
 - i. **Basic Elements criteria is worth one hundred (100) points.**

- ii. Tumbling criteria is worth eighty (80) points.
 - iii. Creativity criteria is worth ten (10) points.
 - iv. Overall Effect criteria is worth ten (10) points.
- For a total of two hundred (200) points.

b. Elite Division

- i. Same as above except for the addition of the Cheer criteria worth ten (10) points for a total of two hundred ten (200) points in all.

c. Pom Division

- i. Choreography criteria is worth forty-five (45) points.
 - ii. Technique criteria is worth forty-five (45) points.
 - iii. Overall Effect criteria is worth ten (10) points.
- For a total of one (100) hundred points.

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:
 - a. Senior Division is a maximum of **600 points with 3 judges.**
 - b. Elite Division is a maximum of **600 points with 3 judges.**
 - c. Pom Division is a maximum of **300 points with 3 judges.**
6. There will be no technical deductions in this competition.
7. 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. 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 SENIOR CHEER DIVISION	
<i>CATEGORY</i>	<i>POINTS</i>
I. Basic Elements	
<ul style="list-style-type: none"> ▪ Motions / Dance <ul style="list-style-type: none"> • Difficulty and Choreography • Technique and Execution • Timing and Spacing ▪ Jumps <ul style="list-style-type: none"> • Difficulty • Execution, Timing and Spacing 	 30 30 10 15 15

II. Tumbling	
▪ Standing Tumbling	
• Difficulty	20
• Technique	20
▪ Running Tumbling	
• Difficulty	20
• Technique	20
III. Creativity	10
IV. Overall Effect	10
	<hr/>
	200

CRITERIA FOR JUDGING ELITE CHEER DIVISION	
<i>CATEGORY</i>	<i>POINTS</i>
I. Basic Elements	
▪ Motions / Dance	
• Difficulty and Choreography	30
• Technique and Execution	30
• Timing and Spacing	10
▪ Jumps	
• Difficulty	10
• Execution, Timing and Spacing	10
II. Tumbling	
▪ Standing Tumbling	
• Difficulty	20
• Technique	20
▪ Running Tumbling	
• Difficulty	20
• Technique	20
III. Cheer	10
▪ Use of Signs, Poms or Megaphones	
▪ Word clarity and volume, Motion Synchronization and Placement	
IV. Creativity	10
V. Overall Effect	10
	<hr/>
	200

CRITERIA FOR JUDGING **POM** DIVISION

<i>CATEGORY</i>	<i>POINTS</i>
I. Choreography	
• Creativity / Complements the Music / Originality	15
• Routine Staging / Visual Effects Formations, transitions, visual impact, levels	15
• Difficulty	15
II. Technique	
▪ Pom Execution Demonstration of strong and powerful motions Correct placement, clean lines, body control and precision	15
▪ Dance Execution Correct placement and levels, body control, extension, balance, style in movement	15
▪ Execution of Skills Proper execution of turns/jumps/leaps/partner work, etc.	15
IV. Overall Effect	
▪ Communication / Projection / Appeal Ability to connect effectively with the audience Music / Costume Appropriateness	10
TOTAL	100

Penalties and Technical Deductions

<p>Penalties</p> <p>10 Points for <u>EACH</u> occurrence:</p> <ul style="list-style-type: none"> * Not meeting the NCC's Performance Requirements * Violating the NCC's Rules * Inappropriate movements, music, language (including music), uniform/wardrobe * Wardrobe malfunction leading to exposed body parts * Dropped pompoms * Safety Rule violations <p>15 Points</p> <ul style="list-style-type: none"> * Performing an illegal skill in a division with Level Guidelines
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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 Senior (High School) and Collegiate Cheer Program for commercial purposes is NOT permitted. The NCC holds the sole copyright to any reproduction.

Senior Division

Tumbling

1. All tumbling must originate from and land on the performing surface.
2. Tumbling over, under, with OR on a prop is not permitted. (i.e. back handsprings or back tucks with poms are ILLEGAL) **Exception:** A forward, backward, or side roll over, under, with or on a prop is LEGAL.
3. No spotted tumbling allowed.
4. 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.

2021 Level Rules

SENIOR	
Standing Tumbling	<ul style="list-style-type: none">• Skills must have hand support when in an inverted position.• Maximum skill allowed is a Back Handspring.
Running Tumbling	<ul style="list-style-type: none">• Skills are limited to one (1) flipping rotation only.• Twisting is NOT allowed.

Elite Division

Tumbling

1. Tumbling over, under, with OR on a prop is not permitted. (i.e. back handsprings or back tucks with poms are ILLEGAL) **Exception:** A forward, backward, or side roll over, under, with or on a prop is LEGAL.
2. Dive rolls performed in a swan or layout position are prohibited.
3. No spotted tumbling allowed.

Drops

1. 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.
2. Tension drops/rolls are illegal.
3. A handspring/flip over to any drop is illegal.

2021 Level Rules

ELITE	
Standing Tumbling	<ul style="list-style-type: none">• Skills are limited to one (1) flipping rotation only.• No twisting allowed.• Maximum skill allowed is Back Tuck / Front Tuck.
Running Tumbling	<ul style="list-style-type: none">• Skills are limited to one (1) flipping and one (1) twisting rotation.• Maximum skill allowed is a Full Twist.

Pom Division

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 10-point penalty per occurrence will be assessed for violators.
2. Teams should be performing holding pompoms during 90% of the routine.
3. Stunts and Pyramids are strictly prohibited.

Tumbling and Tricks

1. **Tumbling must have at least one (1) hand/arm support when in an inverted position.**
Note: Forward rolls and Backward rolls are allowed. Single-handed cartwheels and single-handed front/back walkovers are allowed provided poms are held with the free hand.
2. Tumbling over or under another individual is not allowed.
3. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, 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.

NCC OFFICE ADDRESS

**National Cheerleading Championship Office
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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
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*Luchele Dizon
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