



2024-2025

JUNIOR & PEEWEE

DIVISION

RULES AND

REGULATIONS

10th Edition

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

General Rules

- 1. The National Cheerleading Championship (NCC) prioritizes the safety and welfare of all athletes participating at Cheer events and competitions. The NCC reserves the right to exercise all means necessary to uphold athlete safety as our primary concern in accordance with the safety standards of Cheer Pilipinas and the International Cheer Union (ICU) in accordance with the Safe Sport Initiative of the International Olympic Committee (IOC).**

We encourage all managers and coaches to read the ICU Athlete Safety Guidelines: <https://cheerunion.org/safeguarding/>

2. 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.
3. 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.

4. All teams should be supervised during ALL official functions by a qualified advisor¹/coach.
5. 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.
6. 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 minimum of **fifteen (15)** and a maximum of **thirty (30)** performers are allowed. This number should already include 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 and asst. coach **are the ONLY team officials** allowed to enter with the team provided they are included in the roster list.
7. 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.

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

- 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.
8. Run through²
- a. Music should be provided at the time of the run through.
 - b. If a team misses their slot in the run through, they forfeit that time to rehearse.
 - c. Each team has a maximum of seven (7) minutes for its run through.³
9. 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.⁴

Eligibility of Participants

1. All Peewee and Junior Division participants must meet ALL eligibility requirements indicated below:
 - a. **Peewee Division**
 - i. Officially enrolled in School between **Grades 1 through 4** at the time of the competition.
 - ii. Should be in good academic and disciplinary standing.
 - iii. **Officially enrolled in the Club being represented.**
 - b. **Junior Division**
 - i. Officially enrolled in School between **Grades 4 through 8** at the time of the competition.
 - ii. Should be in good academic and disciplinary standing.
 - iii. **Officially enrolled in the Club being represented.**
2. Teams joining should comprise of **ALL GIRLS ONLY**.
3. Teams are NOT allowed to use spotters and lifters from other schools.
4. 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
 - 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. **If joining as a Club Team:**
 1. **Certificate of Enrollment of all athletes to Club being represented with official club representative signature (SCANNED COPY)**
 2. **SEC Registration Certificate of Club / Organization (SCANNED COPY)**
 - iv. Payment Deposit Slip (SCANNED COPY)
 - b. The following ORIGINAL DOCUMENTS should be submitted in HARD COPY during registration on the DAY OF THE COMPETITION

² Only for Finals

³ Time allotment might vary depending on the number of participating teams.

⁴ Late = not ready

- i. Original NCC Registration/Waiver Form
 - ii. **Signed original NCC Rules and Regulation Agreement Form**
 - iii. School Based: Official Registrar's List with registrar's signature with school dry seal
 - iv. Club Team: **Certificate of Enrollment of all athletes to Club being represented with official club representative signature.**
5. Substitutions may be made on a team only in the event of an injury or academic probation; 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.
 6. 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's name more prominent than any brand or sponsor name.
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 everyone must be supporting their own weight with at least one foot on the performance floor.
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.
2. A one-minute pre-set will be given to each team.
3. 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.

4. 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 OR USBs** are allowed in the competition.
 - a. For CDs: Bring four (4) quality-recorded compact discs of your music to the competition. When burning own music on CD, you **MUST** use a CD-R NOT CD-RW. CDs should be properly labeled with the schools Name, contact person, and contact number.
 - b. For USBs: **Only file on the USB device should be the music for the routine. Please bring an extra USB with the music file. USBs should be properly labeled with the schools Name, contact person, and contact number.**
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.
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 a dancer'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 a dancer 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 can 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 we arer 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. 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) category judges will score each routine. (Motions/dance, tumbling, stunts, pyramids and tosses.)
2. Each category is worth eighty (80) points in total inclusive of ten (10) points for Overall Effect. Elements of the Overall Effect score vary from judge to judge.
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 is a maximum of **400 points**.
6. A technical judge will be assigned specifically to spot for performance errors.

- a. **A One (1) point Technical Deduction** will be deducted from your total score each time a competitor has a **Bobble/Minor Mistake** on jumps, standing tumbling, running tumbling, stunts, and pyramids.
 - b. **A Three (3) point Technical Deduction** will be deducted from your total score each time a competitor has an **Obvious/Major Mistake** on jumps, standing tumbling, running tumbling, stunts, and pyramids, including wardrobe and accessory malfunctions **where safety is a concern.**
7. A penalty 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.
 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		
	<i>CATEGORY</i>	<i>POINTS</i>
I. Basic Elements		
	▪ Motions / Dance	
	• Difficulty and Choreography	15
	• Technique and Execution	15
	• Timing and Spacing	10
	▪ Jumps	
	• Difficulty	15
	• Execution, Timing and Spacing	15
	▪ Overall Effect	10
		80
II. Tumbling		
	▪ Standing Tumbling	
	• Difficulty	15
	• Technique	15
	▪ Running Tumbling	
	• Difficulty	15
	• Technique	15
	▪ Creativity	10

▪ Overall Effect	10

	80
III. Stunts	
▪ Difficulty	20
▪ Technique	20
▪ Creativity	10
▪ Quantity	10
▪ Spacing and Synchronization	10
▪ Overall Effect	10

	80
IV. Pyramids	
▪ Difficulty	20
▪ Technique	20
▪ Creativity	20
▪ Spacing and Synchronization	10
▪ Overall Effect	10

	80
IV. Tosses	
▪ Difficulty	25
▪ Technique	25
▪ Quantity	10
▪ Synchronization	10
▪ Overall Effect	10

	80

Penalties and Technical Deductions

Penalties
<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 * 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 <p>50 Points</p> <ul style="list-style-type: none"> * Performing an illegal skill in a division with Level Guidelines

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.

Technical Deductions
<ul style="list-style-type: none"> • Jumps/ Leaps/ Turns / Standing Tumbling / Running Tumbling <li style="padding-left: 20px;">Falling -- any body part, other than feet, hitting the ground <li style="padding-left: 20px;">Incomplete/Popped skill

<p style="text-align: center;">Unattempted skill</p> <ul style="list-style-type: none"> • Tosses / Stunts <ul style="list-style-type: none"> Not catching a toss Falling: any athlete, including bases, that hit the floor with one or more body parts (unplanned) Incomplete skill Unattempted skill • Pyramids <ul style="list-style-type: none"> Not catching a toss Falling: any athlete, including bases, that hit the floor with one or more body parts (unplanned) Incomplete/Popped skill or dismount Unattempted skill Traveling skill • Malfunctions <ul style="list-style-type: none"> Dropped Poms / Props <p>Obvious/ Major Mistakes – 3 Points Bobble/ Minor Mistakes – 1 Points</p>

Protests on Eligibility

1. All official protests on **eligibility** must be submitted one (1) week before the 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

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

Peewee Division

Bases/Bracers

1. A base shall not assume a backbend, headstand, or handstand position.
2. A bracer shall not provide primary support for a flyer.
3. In mounts, one of the persons bracing shall be at shoulder height or below with both feet on the floor.

Spotting

1. The spotter **MUST** stand directly beside or behind (NOT in front) the stunt and may brace the stunt. A spotter may help control the building of, or dismounting from, a stunt, but must not provide primary support for the flyer.
2. A spotter's arms and hands must be in one of the following positions:
 - a. Hands grasping the wrist(s)/forearm(s) of the base(s)
 - b. Hands touching or grasping the ankle(s)/lower leg(s) of the flyer

A person is not considered a spotter if hand position includes:

- a. Grabbing **ONLY** the sole of the foot of the flyer.
 - b. Grabbing the hand(s) of the base(s) beneath the flyer's foot.
3. The spotter may not be involved in any other choreography during the stunt.
 4. A spotter's torso cannot be under a stunt.
 5. An inattentive person is not considered a spotter.

Stunts/Pyramids

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

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.

1. Multi-based stunts at prep level or above must have two catchers, a front spot and a separate spotter positioned at the head and shoulder area.
2. When catching a transitional stunt that is above prep level, at least three catchers are required. The weight of the flyer **MUST** remain within the vertical axis of the stunt.
3. Extended stunts, both 2-legged and 1-legged, are prohibited.
4. In mounts, one of the persons bracing shall be at shoulder height or below.
5. No stunt, pyramid, or individual may move through, over, or under a stunt or pyramid.
6. Tension drops/tension rolls from any elevated stunt are prohibited.
7. Suspended splits are legal provided the following conditions are met:
 - a. There are at least two bases, a back spot and a front spot.
 - b. When dropping to suspended splits, four bases must slow the momentum of the flyer by supporting under her thighs and legs prior to reaching the full split position; or three bases support her under her thighs and legs and the fourth base holds her hands. The flyer must have both hands in contact with a base(s) once she reaches the full split position.

Transitional Stunts

1. During transitional stunts, physical contact must be maintained between the flyer and the base(s).
2. Transitional stunts may NOT involve changing bases.
3. Swinging or pendulum style stunts are NOT allowed.
4. Log rolls are prohibited.

Tosses

Tosses of any kind are prohibited.

Dismounts

1. All dismounts from multi-base stunts must be cradled by at least two (2) catchers and an additional head and shoulders spotter.
2. All dismounts to catchers who are not the original bases must have at least three catchers, one being a head and shoulders catcher/spotter.
3. All dismounts to the performing surface from shoulder height or above must have assisted landings.
4. For all cradle dismounts, the catcher(s) must have continuous visual contact with the flyer.
5. Bases must not move during dismounts except for safety purposes.
6. No skill shall be performed prior to landing on the performing surface or on dismount cradles.
7. Flyer must land in a face up position.

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.
2. Free flipping skills into a stunt, pyramid or cradle are illegal.
3. Tumbling over, under, or through a stunt, individual, pyramid is not permitted.
4. Tumbling over, under, with OR on a prop is not permitted. (i.e. aerials with poms are ILLEGAL.) **Exception:** A forward, backward, or side roll over, under, with or on a prop is LEGAL.
5. Spotted, assisted, or connected tumbling where two or more individuals are in direct physical contact with each other is prohibited. Spotters are not permitted to assist in tumbling skills. (i.e. toe pitch flip or double cartwheels are prohibited.)
6. 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.

2024 Level Rules

PEEWEE	
Standing Tumbling	<ul style="list-style-type: none"> • Skills must have hand support when in the 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. • Maximum inverted skill allowed is a Back Handspring. • Aerials are allowed.
Stunts	<ul style="list-style-type: none"> • Extended stunts are prohibited. • Twisting mounts are prohibited.
Dismounts	<ul style="list-style-type: none"> • No skill may be performed when dismounting.
Inversions	<ul style="list-style-type: none"> • Inversions above ground level are prohibited.
Pyramids	<ul style="list-style-type: none"> • Pyramids are limited to (2) two levels high.
Tosses	<ul style="list-style-type: none"> • Tosses are prohibited.

Junior Division

Bases/Bracers

1. A base shall not assume a backbend, headstand, or handstand position.
2. A bracer shall not provide primary support for a flyer.
3. In mounts, one of the persons bracing shall be at shoulder height or below with both feet on the floor. **Exception:** The following extended stunts may brace any of the others listed:
 - a. Chair
 - b. Double/triple-base dead-man lift
 - c. Double/triple-base straddle lift
 - d. Extended stunts (except a totem pole) provided the top people have both feet in both hands of their base(s).

Spotting

1. The spotter **MUST** stand directly beside or behind (NOT in front) the stunt and may brace the stunt. A spotter may help control the building of, or dismounting from, a stunt, but must not provide primary support for the flyer.
2. A spotter is required for all extended stunts
3. A spotter's arms and hands must be in one of the following positions:
 - a. Hands grasping the wrist(s)/forearm(s) of the base(s)
 - b. Hands touching or grasping the ankle(s)/lower leg(s) of the flyer

A person is not considered a spotter if hand position includes:

- c. Grabbing **ONLY** the sole of the foot of the flyer.
 - d. Grabbing the hand(s) of the base(s) beneath the flyer's foot.
4. The spotter may not be involved in any other choreography during the stunt.
5. A spotter's torso cannot be under a stunt.
6. An inattentive person is not considered a spotter.

Stunts/Pyramids

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

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.

1. Multi-based stunts at prep level or above must have two catchers and a separate spotter with at least one hand/arm supporting the head and shoulder area when cradling.
1. When catching a transitional stunt that is above prep level, at least three catchers are required. The weight of the flyer **MUST** remain within the vertical axis of the stunt.
2. Extended one-legged stunts **MUST** be braced on both sides at prep level or below by a hand/arm connection.
3. In mounts, one of the persons bracing shall be at shoulder height or below.
4. No stunt, pyramid, or individual may move through, over, or under a stunt or pyramid.
5. Tension drops/tension rolls from any elevated stunt are prohibited.

6. A totem pole is legal provided:
 - c. Each flyer leaning forward is stabilized/supported by the stunt directly in front
 - d. No extended stunt stabilizes/supports another flyer
 - e. A spotter is present for each extended stunt

7. Suspended splits are legal provided the following conditions are met:
 - f. There are at least two bases, a back spot and a front spot.
 - g. When dropping to suspended splits, four bases must slow the momentum of the flyer by supporting under her thighs and legs prior to reaching the full split position; or three bases support her under her thighs and legs and the fourth base holds her hands. The flyer must have both hands in contact with a base(s) once she reaches the full split position.

Transitional Stunts

1. During transitional stunts, physical contact must be maintained between the flyer and the base(s).
2. When a transitional stunt involves changing bases;
 - a. The new base(s) must be to the side or front of the person moving the stunt.
 - b. The base may make no more than a half turn (180 degrees) as they take the flyer to the new base(s).
3. A log roll is legal provided it does not involve more than one rotation, the flyer is not in contact with a person in another stunt, and there are four bases/catchers.

Tosses

1. In all tosses including but not limited to baskets, sponges:
 - a. The flyer must be directed vertically and be caught face up in a cradle position by the original tossers.
 - b. Tosses **MUST** involve four tossers, no more no less.
 - c. Flyers must not pass over or under other athletes.
 - d. The catchers and spotter must remain in their original positions unless making adjustments for safety purposes. No traveling tosses.
2. Tosses must be performed from ground level bases.
3. A catcher (spotter) must always be in position to spot the head and neck areas of the flyer.
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.

Dismounts

1. All dismounts from multi-base stunts must be cradled by at least two (2) catchers and an additional head and shoulders spotter.
2. All dismounts to catchers who are not the original bases must have at least three catchers, one being a head and shoulders catcher/spotter.
3. All dismounts to the performing surface from shoulder height or above must have assisted landings.
4. For all cradle dismounts, the catcher(s) must have continuous visual contact with the flyer.
5. Bases must not move during dismounts except for safety purposes.

6. No skill shall be performed prior to landing on the performing surface or on dismount cradles.
7. Flyer must land in a face up position.

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 is allowed.
2. Free flipping skills into a stunt, pyramid or cradle are illegal.
3. Tumbling over, under, or through a stunt, individual, pyramid is not permitted.
4. 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.
5. Spotted, assisted, or connected tumbling where two or more individuals are in direct physical contact with each other is prohibited. Spotters are not permitted to assist in tumbling skills. (i.e. toe pitch flip or double cartwheels are prohibited.)
6. 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.

2024 Level Rules

JUNIORS	
Standing Tumbling	<ul style="list-style-type: none"> • Skills must have hand support when in the inverted position.
Running Tumbling	<ul style="list-style-type: none"> • Skills are limited to one (1) flipping rotation. • Aerials are allowed.
Stunts	<ul style="list-style-type: none"> • Two-legged extended stunts are allowed. • One-legged stunts are limited to shoulder height and below unless braced on both sides prior to extension by a hand/arm connection. • Transitional stunts may involve changing bases. Physical contact during transitions must be maintained with a person at prep level or below. • Twisting mounts are prohibited.
Dismounts	<ul style="list-style-type: none"> • No skill may be performed when dismounting.
Inversions	<ul style="list-style-type: none"> • Inversions above ground level are prohibited.
Pyramids	<ul style="list-style-type: none"> • Pyramids are limited to (2) two levels high. • One leg extended pyramids are allowed provided that the connection is made at prep level prior to becoming extended. • Cradling from one leg extended pyramids is prohibited.
Tosses	<ul style="list-style-type: none"> • Only straight rides (legs together) are allowed. • Flyers are permitted different arm positions while airborne.

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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.