



2023-2024
**GROUP STUNT
DIVISION**
COED / ALL GIRL
COMPETITION RULES
AND REGULATIONS
10th 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 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 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 advisor¹/coach.
4. 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 competition will be allowed inside the competition area

The Final Roster consists of the following:

- a. Complete list of performers consisting of the following:
 - i. **Coed Category** - one (1) flyer, three (3) bases and one (1) spotter.
 - ii. **All Girl Category** - one (1) flyer, four (4) bases and one (1) spotter.
 - b. The coach, asst. coach and 2 other team officials are allowed to enter with the team provided they are included in the roster list.
5. 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.
 6. 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
 7. 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 Someone who can be held responsible for the Team/Squad.

² Only for Finals

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

⁴ Late = not ready

1. The Group Stunt Division is open to participants who are at least **fourteen** (14) years of age.
 - a. **All Girl Category**
 - i. Teams joining should comprise of ALL GIRLS ONLY.
 - ii. Teams are NOT allowed to use spotters and lifters from other schools.
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
 - i. NCC Registration Form and Roster List inclusive of the following:
 1. Name of all Participants, Reserves and Team Officials.
 2. Once submitted, names CANNOT be changed.
 - ii. NCC Medical Waiver and Release Form (SCANNED COPY)
 1. If participant is a minor, Guardian/Parent's signature is required.
 - iii. Official Registrar's List with registrar's signature and school dry seal (SCANNED COPY)
 - iv. Payment Deposit Slip (SCANNED COPY)
 - v. School and Squad Logo preferably in high resolution in JPEG format
 - vi. Squad's History and Achievements
 - 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 stunt group 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 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.
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. Teams (bases, flyer and spotter) should have matching uniforms with their 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 **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 routine performance may not exceed **ONE MINUTE** in length. A penalty of **five (5) points** will be given for every 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 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.**
1. 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.
2. 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.
3. No digital music player will be allowed to be used in the competition (i.e. iPods, MP3 Players, CD Players).

4. 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.
- ~~5. 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 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 height increasing apparatus used to propel a competitor is prohibited.

3. Props are prohibited.
4. 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.
2. Judges may give a zero (0) in a category if an element is not performed.
3. Judges may score on a whole number system only (i.e. 8.5 NOT allowed).
4. The total number of possible points for each routine is a maximum of **100 points** for EACH judge (i.e. if there are 3 judges, total will be 300 points).
5. 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.**
6. 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.
7. A tabulator will compute final scores based on judges' scoring, including penalties based on the NCC Rules.
8. Tie Breakers are left up to the discretion of the judging panel.
9. **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. Stunts	70
<ul style="list-style-type: none"> ▪ Stunt Execution <ul style="list-style-type: none"> • Flyer Technique, Form and Flexibility • Bases Technique, Skill Completion, Stability ▪ Stunt Difficulty <ul style="list-style-type: none"> • Flyer Skill, Type/Qty of Body Positions 	20 20 15

Transitions, Variety	
• Bases	15
Skill, Transitions, Variety	
	70
II. Overall Performance	
▪ Transitions	10
Quantity, Pace, Routine Flow, Creativity	
▪ Overall Effect	10
Choreography, Visual Appeal	
▪ Showmanship	10
Presentation, Level of Excitement	
	30

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 spotter 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 <ul style="list-style-type: none"> Falling -- any body part, other than feet, hitting the ground Incomplete/Popped skill Unattempted skill • Stunts / Tosses <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 • 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

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

Group Stunts

Bases

1. A base shall not assume a backbend, headstand, or handstand position.

Spotting

1. A spotter is required for all extended stunts. The spotter must stand directly beside or behind the stunt and continue to spot through the cradle. The spotter may not be involved in any other choreography during the stunt.
2. A spotter may help control the building of, or dismounting from, a stunt, but must not provide primary support for the flyer.
3. An inattentive person is not considered a spotter.
4. A spotter's torso cannot be under a stunt.
5. 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.

Stunts

1. Single-based extended stunts are prohibited.
2. Dismounts to the performing surface from stunts and pyramids must be assisted.
3. Tension drops/rolls from any stunt are prohibited.
4. Suspended splits are legal provided there at least two bases.
5. Tick Tocks are legal with proper spotting.

6. Tosses into a stunt are legal provided the following conditions are met:
 - a. The toss does not significantly exceed the height of the intended toss.
 - b. The flyer does not land in a loading position for another toss.
7. Once a flyer is tossed to a stunt, the flyer cannot be tossed again without first dismounting to a cradle or the performing surface.

Transitional Stunts

1. When catching a transitional stunt that is above prep level, at least three catchers are required.
2. Two (2) catchers must catch the flyer when transitioning over to a stunt and direct physical contact must be maintained between the flyer and a person at prep level or below.
3. A log roll is legal provided it does not involve more than two rotations and the flyer is not in contact with a person in another stunt.
4. Helicopter tosses are legal. They are limited to a 180-degree rotation with a $\frac{1}{2}$ twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the flyer. A helicopter toss where the flyer remains in an upright position is limited to a 360-degree rotation.

Tosses

1. Basket tosses must not involve more than four (4) tossers, including the person who may set or “load” the flyer.
2. One of the tossers must be behind the flyer during the toss.
3. Tosses to any split or straddle position that is not supported by the middle base are illegal.
4. Tosses must be performed from ground level bases and be caught in a cradle position by three (3) catchers. The third catcher must always be in position to spot the head and neck area of the flyer.
5. No intentional traveling tosses; bases must remain stationary during the toss.
Exception: $\frac{1}{4}$ turn by bases to catch the cradle is permitted.
6. No stunt or individual may move over or under a toss and a toss may not be thrown over, under or through stunts or individuals.

Dismounts

1. When cradling, the flyer must always land in a face-up position.
2. Dismounts to the performing surface from shoulder height or above must have assisted landings.
3. Free flipping skills to the performance floor are prohibited.
4. For all cradle dismounts, the catcher(s) must have continuous visual contact with the flyer.
5. Bases/catchers must not move during dismounts except for safety purposes.
6. When cradling from extended multi-base stunts at least two catchers are required.

2023 Level Rules

GROUP STUNTS	
Stunts	<ul style="list-style-type: none"> • Twisting mounts and twisting transitions are limited to two (2) twisting rotations by the flyer. • Rewinds must originate from ground level only and are limited to one (1) flipping and two (2) twisting rotations.
Dismounts	<ul style="list-style-type: none"> • Up to two and one-fourth (2 ¼) twist cradle is allowed from all stunts. • Flips into cradles from prep level or above require at least two (2) catchers. • Free flipping skills are limited to one (1) flipping rotation being that it does not dismount to the performance floor.
Release Moves	<ul style="list-style-type: none"> • Release moves are allowed.
Inversions	<ul style="list-style-type: none"> • Braced flips are allowed if direct physical contact is maintained with at least one (1) flyer at prep level or below and must be caught by at least two (2) catchers. • Braced flips are limited to one (1) flipping and one (1) twisting rotation.
Tosses	<ul style="list-style-type: none"> • Non-flipping tosses may not exceed 3 ¼ twists. • Flipping tosses are limited to one (1) flipping rotation and two (2) twists. • An individual can be thrown over a 1 ½ high level stunt.

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The NCC herein acknowledges any and all references made to the USASF 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.