



2024-2025

# **POM DIVISION**

DIVISION RULES AND REGULATIONS

*8<sup>th</sup> 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 advisor<sup>1</sup>/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 will be allowed inside the competition area.

The Final Roster consists of the following:

- 1. Complete list of performers.
    - a. A minimum of **fifteen (15)** and a maximum of **thirty (30)** performers are allowed. This number should already include spotters and lifters.
    - b. FOR PAIRS: Only two (2) performers are allowed.
  - 2. Complete list of reserves.
    - a. Only **five (5)** reserves are allowed. The list of reserves may **NOT** be changed once the team has registered.
    - b. FOR PAIRS: There are **NO** reserves for pairs division.
  - 3. The coach, 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.
  - 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.

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

Note: If a team is not present at the allotted time given, the NCC reserves the right to draw a number on behalf of the team. Once the number has been picked it is final.

8. Run through<sup>2</sup>
  - 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.<sup>3</sup>
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.<sup>4</sup>

## Eligibility of Participants

1. Teams joining should comprise of **ALL GIRLS ONLY**.
2. Teams may enter any of the following Pom Divisions provided ALL eligibility requirements for division an athlete will compete in are met:
  - a. Junior All Girl POM Division
  - b. Junior All Girl POM PAIRS Division
  - c. Senior All Girl POM Division
  - d. Senior All Girl POM PAIRS Division
  - e. College All Girl POM Division
  - f. College All Girl POM PAIRS Division
  - g. Open All Girl POM PAIRS Division

### 3. SCHOOL BASED DIVISIONS

All grade school, high school and collegiate participants must be official students of the school they are representing and must meet all of their eligibility requirements.

#### a. Junior Division

- i. Officially enrolled in **Grades 4 through 8** at the time of the competition.
- ii. Should be in good academic and disciplinary standing.
- iii. Teams joining should comprise of **ALL GIRLS ONLY**.
- iv. Teams may join any of the following categories:
  1. **ALL GIRL JUNIOR POM**
  2. **ALL GIRL JUNIOR POM PAIRS**

#### b. Senior (High School) Division

- i. Officially enrolled in **Grades 7 through 12** at the time of the competition.
- ii. Should be in good academic and disciplinary standing.
- iii. Teams may join any of the following categories:
  1. **ALL GIRL SENIOR POM**
  2. **ALL GIRL SENIOR POM PAIRS**

#### c. College Division

- i. Officially enrolled at the time of the competition in a non-audit<sup>5</sup> course towards an Undergraduate or Master's degree.
- ii. **RESIDENCY RULE WAIVED FOR THIS SEASON**
- iii. Master's degree students are allowed to compete and represent the school they are currently enrolled in upon submission of necessary documents and a supporting letter from the dean.
- iv. Cross enrollees are only allowed to represent the school they are cross enrolling from. Pertinent documents should be submitted.
- v. Participants are eligible, if upon submission of documents, are still officially enrolled at the school they are competing for.
- vi. Should be in good academic and disciplinary standing.
- vii. Participants who are on Leave of Absence (LOA) status in the school they are representing are not eligible to compete in the NCC.
- viii. There is no maximum age limit for participants.

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<sup>2</sup> Only for Finals

<sup>3</sup> Time allotment might vary depending on the number of participating teams.

<sup>4</sup> Late = not ready

<sup>5</sup> A 4-year Bachelor's Degree Course

ix. Teams may join any of the following categories:

1. ALL GIRL COLLEGE POM
2. ALL GIRL COLLEGE POM PAIRS

4. **OPEN DIVISION**

Participants in this division should be at least **sixteen (16)** years of age by the date of the competition. There is no age limit for this division.

a. Teams may join any of the following categories:

- i. Open All Girl POM
- ii. Open All Girl POM PAIRS

5. Teams are NOT allowed to use lifters from other schools.

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.

6. Teams must submit the required official NCC forms on the specified deadline (*in alphabetical order of participants' last name*).

a. The following should be submitted via email at [phil.ncc@gmail.com](mailto:phil.ncc@gmail.com)

- i. NCC Registration/Waiver Form and Roster List inclusive of the following:
  1. Name of all Participants, Reserves and Team Officials.
  2. Once submitted, names CANNOT be changed.
  3. If a participant is a minor, Guardian/Parent's signature is required.
- ii. Official Registrar's List with registrar's signature and school dry seal (SCANNED COPY)
- iii. For School Based Teams (Senior / College): Official Registrar's List with registrar's signature and school dry seal (SCANNED COPY)
- iv. For Open Division: Valid Government ID with Birth Date (SCANNED COPY)
- v. Payment Deposit Slip (SCANNED COPY)

b. The following ORIGINAL DOCUMENTS should be submitted in HARD COPY during registration on the DAY OF THE COMPETITION

- i. Original NCC Registration/Waiver Form
- ii. **Signed original NCC Rules and Regulation Agreement Form**
- iii. Official Registrar's List with registrar's signature with school dry seal

7. 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.

8. 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. The ONLY prop allowed are pompoms.
10. Any prop that may be attached to the uniform or body is still considered a prop and not apparel.
11. 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.
12. Gloves, sweat bands and the like are not allowed to be worn by bases during stunts.
13. Cycling and panty shorts cannot be skin-toned.
14. Ribbons, rubber bands and hairpins should be properly secured.
15. Wigs are not allowed.
16. 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 **for Groups** 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. The minimum length of the performance **for Pairs** is one minutes (1:00) and the maximum length is one minute 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.
- 3.
4. A one-minute pre-set will be given to each team.
5. Timing will begin with the first organized movement of a cheer, sideline or dance, the first note of music, the first word of a cheer or sideline, or the building of a pyramid or stunt (i.e. the lifting of or support of another person off the ground). Competitors may do a spirited tumbling exit as long as it is within the given exit time.
6. The team should leave the floor immediately after their routine together with their props.

## Music

Performance music must adhere to the standards and practices of the official NCC rules and regulations. The music must be of good quality as this could affect the scoring by the judges.

1. Profane, vulgar, suggestive, offensive and inappropriate language is strictly prohibited. **Such language should be edited out of the routine music.** A penalty of **ten (10) points per occurrence** will be given to teams whose music/cheer has this content or **anything that may be construed as the above.**
2. Designate one representative from your group to run your music.
  - a. This person must remain at the sound table throughout the entire performance.
  - b. That representative is not allowed to touch the sound board except to push the play button (once) at the beginning of the routine and the stop button (once) at the end of the routine.  
Note: Teams will be penalized with a **ten (10) point** deduction if this is not followed.
3. Only **audio CD formats 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.<sup>6</sup>
- ~~6. Schools may bring a maximum of 3 bass drums and 2 snare drums to be situated at the audience bleachers.~~

### **Medical Attention**

1. It is the responsibility of the team or coach to report 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**

4. 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.
5. 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.

6. 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.

7. 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. 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).

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<sup>6</sup> Qualifiers: sound check; Finals: run-through. This can change depending on the number of competing teams.

- 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 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 **100 points**.
- 4. 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**.
- 5. A penalty judge will be assigned specifically to spot for legalities especially when it comes to safety infractions. The judge will assess a **ten (10) point deduction** per occurrence for inappropriate choreography, music, language, uniforms/costuming (as set by the school). A routine including choreography, music selection and outfitting should be suitable for family viewing and listening.
- 6. A tabulator will compute final scores based on judges’ scoring, including technical deductions and penalties based on the NCC Rules.
- 7. Tie Breakers are left up to the discretion of the judging panel.
- 8. The Head Judge reserves the right to decide on any and all contentious scoring and interpretation of the rules and regulations of the NCC.

Note: All judging and rule interpretation decisions are final.

JUDGING CRITERIA for POM TEAMS	
	POINTS
I. Technical Execution	
▪ Category Style Execution	10
• Pom – Quality of Pom Motion Technique: placement, control, precise and strong completion of movement	
• Hip Hop – Groove and quality of authentic hip hop / street style	
• Jazz – Continuity of movement and quality of style, extension, presence/carriage	
• Contemporary – Quality of style, use of contraction/release, fall/recovery, suspension/momentum	
▪ Movement Technique Execution	10
Movement that has strength, intensity, placement, control, presence and commitment	
▪ Skill Technique Execution	10
Ability to demonstrate appropriate skills with	

correct placement, body alignment, control, extension, balance, strength and completion of movement		30
<b>II. Group Execution</b>		
▪ Synchronization/Timing with Music Correct timing with team members and the music	10	
▪ Uniformity of Movement Movements are the same on each person: clear, clean and precise	10	
▪ Spacing Correct positioning/distance between individuals on the performance surface during the routine and transitions	10	
		30
<b>III. Choreography</b>		
▪ Musicality Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc., in a creative, unique and original manner	10	
▪ Routine Staging / Visual Effects Utilization of varied formations and seamless transitions Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc.	10	
▪ Complexity of Movement Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution	10	
		30
<b>IV. Overall Effect</b>		
▪ Communication/Projection/Audience Appeal & Appropriateness Ability to exhibit a dynamic routine with genuine showmanship and audience appeal. The performance fulfills the category description and has age appropriate music, costume and choreography that enhances the performance	10	
		10
<b>TOTAL</b>	<b>100</b>	

JUDGING CRITERIA for POM PAIRS		POINTS
<b>I. Technical Execution</b>		
▪ Category Style Execution	10	
• Pom – Quality of Pom Motion Technique:		

	<ul style="list-style-type: none"> <li>placement, control, precise and strong completion of movement</li> <li>Hip Hop – Groove and quality of authentic hip hop / street style</li> <li>Jazz – Continuity of movement and quality of style, extension, presence/carriage</li> <li>Contemporary – Quality of style, use of contraction/release, fall/recovery, suspension/momentum</li> </ul>	
	<ul style="list-style-type: none"> <li>Overall Movement Execution Body alignment, placement, balance, control, completion of movement, extension and flexibility</li> </ul>	10
	<ul style="list-style-type: none"> <li>Execution of Technical Skills and Movement used within Category Kicks, leaps, jumps, turns, floor work, freezes, partner work lifts, etc.</li> </ul>	10
	<ul style="list-style-type: none"> <li>Execution of Quality of Movement Strength, intensity, presence and commitment to the movement</li> </ul>	10
		<hr/> 40
<b>II. Execution as a Pair</b>		
	<ul style="list-style-type: none"> <li>Synchronization Timing of movement with the music Synchronization and uniformity of the athletes</li> </ul>	10
		<hr/> 10
<b>III. Choreography</b>		
	<ul style="list-style-type: none"> <li>Musicality Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc., in a creative, unique and original manner</li> </ul>	10
	<ul style="list-style-type: none"> <li>Routine Staging Utilization of floor space, transitions, partner work, levels, opposition, etc. Interaction of the pair while allowing for a seamless flow of the routine</li> </ul>	10
	<ul style="list-style-type: none"> <li>Complexity of Movement Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc.</li> </ul>	10
	<ul style="list-style-type: none"> <li>Difficulty of skills being credited in relation to correct technical execution</li> </ul>	10
		<hr/> 40
<b>IV. Overall Effect</b>		
	<ul style="list-style-type: none"> <li>Communication/Projection/Audience Appeal &amp; Appropriateness Ability to exhibit a dynamic routine with genuine showmanship and audience appeal. The performance fulfills the category description and has age appropriate music, costume and choreography that enhances the performance</li> </ul>	10

	10
<b>TOTAL</b>	<b>100</b>

Penalties and Technical Deductions

Penalties
<p><b>10 Points</b> for <u><b>EACH</b></u> occurrence:</p> <ul style="list-style-type: none"> <li>* Not meeting the NCC’s Performance Requirements</li> <li>* Violating the NCC’s Rules</li> <li>* Requesting spotters to leave the competition floor during a performance (Mount only)</li> <li>* Inappropriate movements, music, language (including music), uniform/wardrobe</li> <li>* Wardrobe malfunction leading to exposed body parts</li> <li>* A competitor steps or falls completely off the Competition Floor</li> <li>* Safety Rule violations</li> <li>* Routine Timing violations</li> </ul> <p><b>50 Points</b></p> <ul style="list-style-type: none"> <li>* Performing an illegal skill in a division with Level Guidelines</li> </ul>

**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"> <li>• Jumps/ Leaps/ Turns / Kicks <ul style="list-style-type: none"> <li>Falling -- any body part, other than feet, hitting the ground</li> <li>Incomplete/Popped skill</li> <li>Unattempted skill</li> </ul> </li> <li>• Malfunctions <ul style="list-style-type: none"> <li>Dropped Poms / Props</li> </ul> </li> </ul> <p>Obvious/ Major Mistakes – 3 Points</p> <p>Bobble/ Minor Mistakes – 1 Points</p>

Video Taping of the Event

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

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.

## 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

*Performed by Individuals*

1. Inverted Skills:
  - a. Non-airborne inverted skills are allowed. *(Example: Headstand)*
  - b. Airborne inverted skills with hand support are not allowed while holding article(s) of clothing (e.g., used for choreography purposes)
  - c. Airborne inverted skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed as long as the athlete is not holding an article(s) of clothing. (e.g., used for choreography purposes)
2. Skills with hip over-head rotation:
  - a. That includes hand support, must use hand(s) free of any materials in the supporting hand(s) for the skill. *(Exception: Forward rolls and backward rolls are allowed).*
  - b. Non-airborne skills are allowed.
  - c. Airborne skills with hand support are allowed provided the skill is limited to two (2) consecutive hip overhead rotation skills.
  - d. Airborne skills without hand support are allowed provided **ALL** of the following criteria are met:
    - i. Involves no more than **one (1) twisting transition**.
    - ii. Does not connect to another skill that is airborne with hip over-head rotation without hand support.
    - iii. Are/Is limited to **two (2) consecutive hip over-head rotation skills**.
3. Simultaneous hip overhead rotation over and/or under another athlete is not allowed.
4. A drop to any body part other than the hand(s) or foot/feet is not allowed.  
*Exception: Only drops (airborne) to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed hip level.*
5. Landing in a push up position from an airborne skill in which the legs start in front of the body and swing behind while holding article(s) of clothing (e.g., used for choreography purposes) is not allowed.

## Dance Lifts and Partnering

*Performed by Groups or Pairs*

**Lifts and Partnering are allowed, but not required in all divisions with the following limitations:**

1. At least one (1) Supporting Athlete must maintain direct contact with the performance surface when the height of the skill of the Performing Athlete exceeds shoulder level.

2. At least one (1) Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above head-level.

*Exception: When a Performing Athlete is supported by one (1) Supporting Athlete, they may be released at any level provided:*

- a. The Performing Athlete does not pass through an inverted position after the release.*
- b. The Performing Athlete is either caught by or supported to the performance surface by one (1) or more Supporting Athletes(s).*
- c. The Performing Athlete is not caught in a prone position.*
- d. Any Supporting Athlete(s) must have hands free for the duration of the skill to aid in the support/catch/release as needed.*

3. Hip over-head rotation of the Performing Athlete(s) is allowed provided contact between the Performing Athlete and at least one (1) Supporting Athlete(s) is maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position.

4. A Vertical Inversion is allowed provided:

- a. Contact between the Performing Athlete and at least one (1) Supporting Athlete is maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position.
  - b. At the point when the height of the Performing Athlete’s shoulders exceeds shoulder level, there is at least one (1) additional athlete to spot who is not concurrently bearing the weight of the Performing Athlete.
- Clarification: When there are three (3) Supporting Athletes, an additional spot is not required.*

***Dismounts***  
*Performed by Groups or Pairs*

*Clarification: May be assisted but not required*

1. A Performing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:
- a. The highest point of the released skill does not elevate the Performing Athlete’s hips above head level.
  - b. The Performing Athlete does not pass through the prone or inverted position after the release.
2. A Supporting Athlete(s) may toss a Performing Athlete provided:
- a. The highest point of the toss does not elevate the Performing Athlete’s hips above head level.
  - b. The Performing Athlete is not supine or inverted when released.
  - c. The Performing Athlete does not pass through a prone or inverted position after release.

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**ACKNOWLEDGEMENTS**

*The NCC herein acknowledges any and all references made to the ICU, SEACO, IASF, 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.*