



2023-2024  
**COLLEGE and  
Senior (HS)**

***COED / ALL GIRL***

DIVISION RULES AND REGULATIONS

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

The Final Roster consists of the following:

- a. Complete list of performers.
  - i. SENIOR DIVISION: A minimum of fifteen (15) and a maximum of thirty (30) performers are allowed. This number should already include spotters and lifters.
  - ii. COLLEGE DIVISION: A team should be composed of **exactly twenty-four (24)** performers inclusive of 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, asst. coach and 2 other team officials are allowed to enter with the team provided they are included in the roster list.

Note: The NCC will be providing each team three (3) backstage passes. This may be used by school officials and the like to enter for free.

5. Drawing of lots
  - 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. For the Finals, order of performance will be determined by drawing lots prior to the competition day (date and venue to be announced). For teams with no coach present at the convention, the NCC reserves the right to draw a number on their behalf.**
  - e. If a team misses its performance slot, it is automatically disqualified from the competition.

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.

6. 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>

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

<sup>2</sup> Only for Finals

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

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.<sup>4</sup>

## Eligibility of Participants

1. All high school and collegiate participants must be official students of the school they are representing and must meet all of their eligibility requirements.
  - a. **Senior (High School) Division**
    - i. Officially enrolled in **Grade Levels 7 through 12** at the time of the competition.
    - ii. Should be in good academic and disciplinary standing.
    - iii. **All Girl Category**
      1. Teams joining should comprise of ALL GIRLS ONLY.
      2. Teams are NOT allowed to use spotters and lifters from other schools.
  - b. **College Division**
    - i. Officially enrolled at the time of the competition in a non-audit<sup>5</sup> course towards an Undergraduate 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.**
    - ix. **All Girl Category**
      1. Teams joining should comprise of ALL GIRLS ONLY.
      2. 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](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. 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
3. 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.

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

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

4. 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** 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.
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**

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**

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



1. Wearable articles that may impede vision, movement, or may be deemed potentially injurious to the wearer or teammate are not permitted.
2. Any height increasing apparatus used to propel a competitor is prohibited.
3. Flags, banners, signs, pompons, and cheerleading megaphones are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt. All props must be safely discarded out of harms way (i.e. throwing a hand sign or banner across or behind the mat from a stunt would be illegal).
4. 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/jumps, tumbling, stunts, pyramids and tosses.)
2. Each category is worth eighty (80) points in total inclusive of ten (10) points for Overall Effect.
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 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.
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>
<b>I. Basic Elements</b>	
▪ 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
	<hr/>
	80
<b>II. Tumbling</b>	
▪ Standing Tumbling	
• Difficulty	15
• Technique	15
▪ Running Tumbling	
• Difficulty	15
• Technique	15
▪ Creativity	10
▪ Overall Effect	10
	<hr/>
	80
<b>III. Stunts</b>	
▪ Difficulty	20
▪ Technique	20
▪ Creativity	10
▪ Quantity	10
▪ Spacing and Synchronization	10
▪ Overall Effect	10
	<hr/>
	80
<b>IV. Pyramids</b>	
▪ Difficulty	20
▪ Technique	20
▪ Creativity	20
▪ Spacing and Synchronization	10
▪ Overall Effect	10
	<hr/>
	80
<b>IV. Tosses</b>	
▪ Difficulty	25
▪ Technique	25
▪ Quantity	10
▪ Synchronization	10
▪ Overall Effect	10
	<hr/>
	80

**Penalties and Technical Deductions**



## Penalties

### 10 Points for **EACH** occurrence:

- \* 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

### 50 Points

- \* 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

- Jumps/ Leaps/ Turns / Standing Tumbling / Running Tumbling
  - Falling -- any body part, other than feet, hitting the ground
  - Incomplete/Popped skill
  - Unattempted skill
- Tosses / Stunts
  - 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
  - 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
  - Dropped Poms / Props

Obvious/ Major Mistakes – 3 Points

Bobble/ Minor Mistakes – 1 Points

## 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 Senior (High School) and Collegiate Cheer Program for commercial purposes is NOT permitted. The NCC holds the sole copyright to any reproduction.

## **Senior (High School)**

### **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).
  - e. Double cupies

### **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 except for the following:
  - a. Chair
  - b. Russian lift (arm pit lift)
  - c. Low Torch
  - d. Double-base split catch
  - e. Triple-base dead-man lift
  - f. Triple-base extended suspended splits
  - g. Double base vertical T-lift
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:

- 1) Grabbing **ONLY** the sole of the foot of the flyer.
  - 2) 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. A separate spotter is required for each flyer in an extended single-based double cupie.
  7. An inattentive person is not considered a spotter.

## Stunts and Pyramids<sup>7</sup>

1. Single-based stunts at prep level or above must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder area when cradling.
2. 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.
3. Tosses to any split or straddle position that is not supported by the middle base are illegal.
4. 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.
5. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the flyer does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required. Physical contact must be maintained with at least one original base or with a person at prep level or below when level rules allow.
6. Extended one-legged stunts may not brace any other extended stunts.
7. In mounts, one of the persons bracing shall be at shoulder height or below. **Exception:** The following extended stunts may brace any of the others listed:
  - a. Chair
  - b. Double/triple-base deadman 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).
  - e. Double cupies
8. A hanging pyramid is legal provided:
  - a. The base(s) remain stationary.
  - b. Spotters are present for each shoulder stand.
  - c. Base(s) shall maintain constant contact with the suspended person.
  - d. Suspended person is lower than the shoulder stand(s).
  - e. Suspended person's feet are hanging free.
  - f. Suspended person is not inverted.
  - g. Suspended person does not rotate on the dismount.
9. No stunt, pyramid, or individual may move through, over, or under a stunt or pyramid. **Exception:** Entrance skills or transitional stunts where a flyer moves over or under an original base that is in direct weight-bearing contact with the performance floor (i.e. dirty bird, scooper, leap frog, vault over, etc).
10. Tension drops/tension rolls from any elevated stunt are prohibited.
11. A totem pole is legal provided:
  - a. Each flyer leaning forward is stabilized/supported by the stunt directly in front
  - b. No extended stunt stabilizes/supports another flyer
  - c. A spotter is present for each extended stunt
12. A swinging stunt is legal provided the following conditions are met:
  - a. The flyer is swung in an upward direction
  - b. The flyer is in a face-up position
13. Suspended side splits are legal provided the following conditions are met:
  - a. There are at least two bases.

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<sup>7</sup> **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. Also includes stunts whereby a top person is being lifted by another person who is not in direct weight bearing contact with the performance surface. (i.e. 1-1-1, 2-1-1, 1-1-2 pyramids and the like)

- 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.
14. Single-based split catches or straddle catches are prohibited.
  15. In a single-base log roll, the flyer:
    - a. Must initiate the rotation toward the base.
    - b. Must begin and end in a face-up position.
  16. Once a flyer is tossed to a stunt, they cannot be tossed again without first dismounting to a cradle or the performing surface.

## Transitional Stunts

1. During transitional stunts, physical contact must be maintained between the flyer and the base(s) except when all of the following conditions are met:
  - a. The flyer is braced.
  - b. The flyer does not become inverted.
  - c. The flyer has at least two bases and a spotter throughout the transition.
  - d. Each bracer has a separate spotter, if bracer is at the second level.

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).
2. 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.
  3. In multi-base log rolls:
    - a. With fewer than four catchers, the flyer must begin and end in a face-up position.
    - b. With four catchers, the flyer may be caught in a face-up or face-down in a layout position.
    - c. Helicopter tosses are legal. They are limited to a 180-degree rotation with a ½ twist and must be caught by at least three (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 prone position is limited to a 360-degree rotation.
  4. A forward suspended flip is legal provided the following conditions are met:
    - a. It begins from a double base stunt with the flyer standing at shoulder height or below.
    - b. The flyer maintains continuous hand-to-hand/arm **or hand-to-foot/leg** contact with the original two bases.
    - c. The bases control the flyer's dismount to the performing surface or cradle.

## Tosses

1. In all tosses including but not limited to baskets, sponges, toe pitches:
  - a. The flyer must be directed vertically and be caught face up in a cradle position by the original tossers.
  - b. Tosses must not involve more than four tossers.
  - 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. Exception: catchers and spotter may turn 1/4 when catching kick fulls or other tosses that require this technique.
  - e. The flyer must not become inverted. (i.e. head drops below hips.)
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 from single-base stunts to a single-base cradle must have an additional catcher/spotter who is responsible for the head and shoulder area of the flyer. No additional catcher/spotter is required when cradling a chair or torch.
3. All dismounts to catchers who are not the original bases must have at least three catchers, one being a head and shoulders catcher/spotter.
4. All dismounts to the performing surface from shoulder height or above must have assisted landings.
5. For all cradle dismounts, the catcher(s) must have continuous visual contact with the flyer.
6. Bases must not move during dismounts except for safety purposes.
7. No skill (i.e. toe touch, twist, etc.) without constant hand-to-hand contact with a base(s) shall be performed prior to landing on the performing surface or on dismounts to separate catchers.
8. Roll down dismounts must have an additional head and shoulders catcher/spotter.
9. When cradling, the flyer must always 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.

## College

### **Bases**

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

### **Spotting**

1. A spotter is required for all extended one-arm or one-leg 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. For two and a half (2 ½) high pyramids, there must be a spotter in front and back for each person on the two and a half (2 ½) high level. The spotter(s) must maintain visual contact and must be in position the entire time the flyer(s) is at the two and a half (2 ½) high level. Spotters must remain in a position to adequately spot the flyer. Spotters may not be a primary support of the pyramid. These spotters MUST be your own team's members and trained in proper spotting technique.
4. An inattentive person is not considered a spotter.
5. A spotter's torso cannot be under a stunt.
6. 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.
7. A separate spotter is required for each flyer in a single-based extended double cupie.

### **Stunts and Pyramids<sup>8</sup>**

1. Dismounts to the performing surface from stunts and pyramids must be assisted.
2. Tension drops/rolls from any stunt are prohibited.
3. Suspended splits are legal provided there at least two bases.
4. Tick Tocks are legal with proper spotting. (Refer to spotting rules 2 and 3 above.)
5. In a single-base log roll, the flyer must initiate the rotation toward the base and begin and end in a face-up position.
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. Two (2) catchers must catch the flyer when transitioning over to a stunt or pyramid, direct physical contact must be maintained between the flyer and a person at prep level or below.

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<sup>8</sup> **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. Also includes stunts whereby a top person is being lifted by another person who is not in direct weight bearing contact with the performance surface. (i.e. 1-1-1, 2-1-1, 1-1-2 pyramids and the like)



2. When changing bases from a stunt above prep level at least two (2) bases are required to catch the flyer.
3. When a transitional stunt involves changing bases:
  - a. The new base(s) must be to the side or front of the flyer.
  - b. The bases may make no more than a whole turn (360 degrees) as they take the flyer to the new base(s).
4. 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.
5. Helicopter tosses are legal. They are limited to a 180-degree rotation with a ½ 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. The flyer must be cradled by at least three (3) of the original tossers including the original head and shoulders spotter/tosser.  
**Exception:** Tosses may be cradled by separate bases are not involved in the originating toss. The additional catchers (new bases) of such a toss, whether flipping or not, may not be participating in any other skill at the time the toss is initiated. The only flipping maneuver allowed from such a toss is a forward front rotation to two (2) catchers in addition to a head and shoulders spotter.
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:** 1/4 turn by bases to catch the cradle is permitted.
6. 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. **Exception:** Tosses can be thrown over a 1 ½ high-level stunt.

## Dismounts

1. When cradling, the flyer must always land in a face-up position.
2. Single-based extended stunts must have a spotter assisting the cradle and support the head and shoulder area when cradling.
3. When cradling single-based double cupies two (2) separate catchers must catch each flyer. Catchers and bases must be stationary prior to the initiation of the dismount.
4. Dismounts to the performing surface from shoulder height or above must have assisted landings.
5. Free flipping skills to the performance floor are prohibited.
6. For all cradle dismounts, the catcher(s) must have continuous visual contact with the flyer.
7. Bases/catchers must not move during dismounts except for safety purposes.
8. When cradling from extended multi-base stunts at least two catchers are required.
9. Dismounts to catchers who are not the original bases must have at least two (2) catchers.

## Tumbling

1. Tumbling over, under, or through a stunt, individual, pyramid is not permitted.
2. Tumbling over, under, with OR on a prop is not permitted. (i.e. back handsprings or back tucks with poms are ILLEGAL) **Exception:** A forward, backward, or side roll over, under, with or on a prop is LEGAL.
3. Dive rolls performed in a swan or layout position are prohibited.

Spotted, assisted, or connected tumbling where two or more individuals are in direct physical contact with each other is prohibited. Spotters are only permitted to assist in tumbling skills during a stunt/pyramid transition.

**Exception:** When tumbling into a rebound that transitions to a stunt, physical contact is allowed. Gymnastic oriented mounts, dismounts, and transitions such as cartwheels, round-offs, walkovers, and rewinds are not considered tumbling, but part of the stunt transition as long as inversion rules are followed.

## Drops

1. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, airborne or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the drop.
2. Tension drops/rolls are illegal.
3. A handspring/flip over to any drop is illegal.

## 2023 Level Rules

<b>SENIOR (HIGH SCHOOL)</b>	
<b>Standing Tumbling</b>	<ul style="list-style-type: none"> <li>• Skills are limited to one (1) flipping and one (1) twisting rotations.</li> </ul>
<b>Running Tumbling</b>	<ul style="list-style-type: none"> <li>• Skills are limited to one (1) flipping and <b>one (1) twisting</b> rotation.</li> </ul>
<b>Stunts</b>	<ul style="list-style-type: none"> <li>• Transitional stunts may involve changing bases. Physical contact during transitions must be maintained with a person at prep level or below.</li> <li>• Twisting mounts and twisting transitions are permitted up to two (2) twisting rotations by the flyer. <b>Constant hand-to-hand/arm or hand-to-foot/leg must be continuously maintained up until the cradle dismount.</b></li> </ul>
<b>Dismounts</b>	<ul style="list-style-type: none"> <li>• Up to two and one-fourth (2 ¼) twisting rotations allowed from all stunts.</li> <li>• Free Flipping skills are not allowed.</li> <li>• <b>Twisting or forward flipping dismounts are allowed as long as flyer maintains continuous hand-to-hand/arm or hand-to-foot/leg contact with the 2 original bases up until the cradle/dismount.</b></li> </ul>
<b>Release Moves</b>	<ul style="list-style-type: none"> <li>• Release moves are allowed but must not exceed more than 1 ½ feet above extended arm level. If bases release stunt, then it must come back to original bases.</li> </ul>
<b>Inversions</b>	<ul style="list-style-type: none"> <li>• Suspended flips are allowed. Forwarded suspended splits should begin from a double based stunt at shoulder height or below with the flyer maintaining continuous hand-to-hand/arm contact with the original 2 bases.</li> </ul>
<b>Pyramids</b>	<ul style="list-style-type: none"> <li>• Pyramids are limited to two (2) levels ONLY <b>but can consist of a combination of full-man or half-man high skills.</b> During a pyramid transition, a flyer may pass over two (2) level high while maintaining physical contact with at least one (1) person at prep level or below</li> </ul>

	<ul style="list-style-type: none"> <li>• Braced flips are allowed if physical contact is maintained with at least one (1) bracer at prep level or below and must be caught by at least three (3) catchers.</li> <li>• Braced flips are limited to one (1) flipping and one (1) twisting rotation.</li> </ul>
<b>Tosses</b>	<ul style="list-style-type: none"> <li>• Up to two and one-fourth (<math>2\frac{1}{4}</math>) twisting rotations allowed.</li> <li>• No flipping rotations allowed.</li> <li>• Flyers are limited to two (2) body positions in the air.</li> </ul>

## 2023 Level Rules

<b>COLLEGE</b>	
<b>Standing Tumbling</b>	<ul style="list-style-type: none"> <li>• Skills are limited to one (1) flipping and two (2) twisting rotations.</li> </ul>
<b>Running Tumbling</b>	<ul style="list-style-type: none"> <li>• Skills are limited to one (1) flipping and two (2) twisting rotations.</li> </ul>
<b>Stunts</b>	<ul style="list-style-type: none"> <li>• Transitional stunts may involve changing bases.</li> <li>• Twisting mounts and twisting transitions are limited to two (2) twisting rotations by the flyer.</li> <li>• Rewinds must originate from ground level only and are limited to one (1) flipping and two (2) twisting rotations.</li> </ul>
<b>Dismounts (Stunts)</b>	<ul style="list-style-type: none"> <li>• Up to two and one-fourth (<math>2\frac{1}{4}</math>) twist cradle is allowed from all stunts up to two (2) level high.</li> <li>• Flips into cradles from prep level or above require at least two (2) catchers.</li> <li>• Free flipping skills are limited to one (1) <b>front</b> flipping rotation being that it does not dismount to the performance floor.</li> <li>• <b>Free back flipping rotations (blind spot dismounts) are NOT allowed. Flipping dismounts are allowed ONLY if flyer is in direct contact with the main base/catcher rendering blind spots as not applicable.</b></li> <li>• <b>ONLY a combination of one (1) flipping and one (1) twisting dismounts OR 2 twisting dismounts are allowed unless skill originates from a shreddie grip.</b></li> <li>• <b>Double fulls are NOT allowed unless skill originates from a shreddie grip.</b></li> </ul>
<b>Dismounts (Pyramids)</b>	<ul style="list-style-type: none"> <li>• Up to two and one-fourth (<math>2\frac{1}{4}</math>) twist cradle is allowed from all pyramids up to two (2) level high.</li> <li>• Cradles from two and a half (<math>2\frac{1}{2}</math>) high pyramids are limited to one (1) twist and require at least two (2) catchers.</li> <li>• Flips into cradles from prep level or above require at least two (2) catchers.</li> <li>• <b>Flips (360-degree blind spot dismounts) from two and a half (<math>2\frac{1}{2}</math>) high pyramids are NOT allowed.</b></li> <li>• Free flipping skills are limited to one (1) flipping rotation being that it does not dismount to the performance floor.</li> <li>• <b>ONLY a combination of one (1) flipping and one (1) twisting dismounts OR 2 twisting dismounts are allowed unless skill originates from a shreddie grip.</b></li> <li>• <b>Double fulls are NOT allowed unless skill originates from a shreddie grip.</b></li> </ul>
<b>Release Moves</b>	<ul style="list-style-type: none"> <li>• Release moves are allowed.</li> </ul>
<b>Inversions</b>	<ul style="list-style-type: none"> <li>• Inverted stunts are limited to two and a half (<math>2\frac{1}{2}</math>) level high and must be braced by at least one (1) person at prep level or below.</li> <li>• 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.</li> <li>• Braced flips are limited to one (1) flipping and one (1) twisting rotation.</li> </ul>

<b>Pyramids</b>	<ul style="list-style-type: none"> <li>• Pyramids are limited to two and a half (2 ½) levels ONLY <b>but can consist of a combination of full-man or half-man high skills.</b></li> <li>• During a pyramid transition, a flyer may pass above 2 ½ levels high while in direct contact with at least one (1) person at prep level or below.</li> <li>• Free-flipping mounts must originate from ground level only and are limited to one (1) flipping and two (2) twisting rotations.</li> <li>• No rewinds on to 2 ½ high pyramids.</li> </ul>
<b>Tosses</b>	<ul style="list-style-type: none"> <li>• Non-flipping tosses may not exceed 3 ¼ twists.</li> <li>• Flipping tosses are limited to one (1) flipping rotation and two (2) twists.</li> <li>• An individual can be thrown over a 1 ½ high-level stunt.</li> </ul>

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