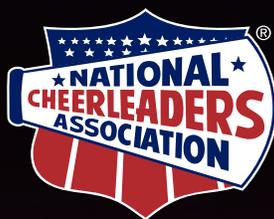


# NCA COMPETITION RULE BOOK FOR ALL-STAR TEAMS



THE WORK IS WORTH IT.®



NCA ALL-STAR NATIONAL CHAMPIONSHIP  
Dallas, Texas | March 1 - 3, 2019

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For the most up-to-date USASF Safety Rules for the 2018 - 2019 championship season, please log in to your USASF portal.

**THE WORK IS WORTH IT.®**

# NCA ALL-STAR COMPETITION RULES

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## ELIGIBILITY POLICY

In fairness to all, NCA strictly enforces its age requirements for each division. NCA reserves the right to assess a penalty, disqualify, reclaim any and all awards and/or remove video appearance for any team/gym found to be in violation of the eligibility policy, whether before, during or after the event.

## CROSSOVER POLICY

Crossovers at NCA ALL-STAR NATIONALS WILL BE ALLOWED given the following restrictions:

- Athlete competing in a USASF division may only crossover into another USASF division within the same level (exception: L4.2 athletes may only crossover to L2, L3, and L4). For the sake of this policy, L5 and L5R will be considered one level.
- Athletes competing in a USASF division may only crossover to an IASF division if that division is one level up, one level down, or the same level. (ex: L2 athlete may crossover to an L1, L2, or L3 team)
- Athletes competing in an IASF division may not crossover to another IASF division.
- In USASF divisions, a maximum of five crossover athletes is allowed per team. (exception: L5 Junior team - not L5 Junior Restricted - are allowed a maximum of 8 crossovers. Other L5 divisions may only exceed 5 crossovers if they all come from a L5 Junior team).
- In IASF divisions, there is no maximum number of crossover athletes allowed.
- Athletes competing in an All Star Prep division are not bound by the crossover rules listed above.
- An athlete competing in an All Star Prep division or All Star Novice division may not crossover to an All Star Elite division.
- An athlete may represent a maximum of three teams, but may not represent more than two USASF teams or more than one IASF team.

## LEVEL ELIGIBILITY POLICY

All teams must compete in their legitimate USASF level. Teams that move to a lower USASF level prior to attending NCA Nationals are allowed to do so, provided they competed at least once in their new level at one or more USASF competitions. This policy also applies to teams who typically compete in Club divisions but move to an International divisions for NCA Nationals. Should a team's Level Eligibility be questioned by another program, NCA will request documentation of that team's participation at a previous event.

## SPOTTER POLICY

In an effort to promote a higher level of safety for competing athletes, Varsity Spirit will allow programs to provide spotters at Varsity Spirit competitions. We feel that the program is more qualified to provide spotters because of their familiarity with routine skills and safety concerns. The use of spotters is left to the discretion of the coach or gym owner. Programs may use up to 4 spotters for each performance; however, spotters are not required. **Definition of Additional Spotter:** Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine.

Additional Spotters:

- a. Should only be used during the stunt, pyramid, and/or basket toss sections. Additional spotters are provided for added safety and should stand at the back of the floor when not spotting those sections.
- b. Should not touch, assist, or save skills being performed.  
Additional spotters should only be used to prevent a fall to the competition floor. Any touch, assist, or saved skill may be given an MBF.
- c. Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes. Program provided additional spotters should not wear clothing similar to the performing team's uniform.
- d. Should not dress or act in a manner that distracts from the athletes and their performance.
- e. Should be at least 18 years old and familiar with spotting the skills of the performing team.  
**Note:** To provide the safest competitive environment, teams should not attempt skills beyond their ability level.
- f. Additional spotters must be current members of another team in the program OR a coach listed on the roster as a professional member.

# NCA ALL-STAR COMPETITION RULES

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## **USASF IMAGE POLICY**

Judges reserve the right to assess warnings and/or deductions when a team's choreography, uniform, make up, bows, etc. do not meet the standards of 'appropriate' as described in this policy.

### COVER UP GUIDELINES

Athletes with non-full top uniforms must wear a T-shirt or other suitable cover up over their uniforms unless they are in the warm-up area, traveling as a group directly to or from the warm up area, or on the performance stage.

### APPROPRIATE CHOREOGRAPHY

All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening.

Examples of inappropriate choreography may include, but are not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Music or words unsuitable for family listening, which includes, but is not limited, to swear words and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body torso, and/or violent acts or behavior are other examples of inappropriate choreography. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.'

Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put their team in an unfortunate situation.

## MAKEUP AND OTHER

### MAKEUP

Makeup should be uniform and appropriate for both the performance and the age of the athletes. Face/Eyelid Rhinestones are not allowed. False eyelashes are allowed but may not be decorated in rhinestones or additional jewelry.

### BOWS

Bows should not be excessive in size (acceptable bows are generally no more than 3" in width) and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

## APPROPRIATE UNIFORM

### GENERAL UNIFORM GUIDELINES

No risqué, sexually provocative or lingerie looking or inspired uniform or garments allowed. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. Appropriate undergarments must be worn.

In addition to the specific guidelines below, athletes must also consider that a combination of uniform pieces may also deem a uniform appropriate or inappropriate. ALL garments must properly cover the athlete and the athlete's undergarments during the routine.

# NCA ALL-STAR COMPETITION RULES

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## UNIFORM SKIRT/SHORTS GUIDELINES

When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs and must fall at least 1 inch below briefs (regular and boy cut briefs). When shorts are worn as part of the uniform, there must be a minimum of a 2" inseam.

## UNIFORM TOP GUIDELINES

Uniform tops may not include an exposed midriff (crop top) except when worn by athletes competing in Senior divisions. Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed). Judges reserve the right to assess warnings and/or deductions when a team's choreography, uniform, make up, bows, etc. do not meet the standards of 'appropriate' as described in this policy.

## **INTERRUPTION OF PERFORMANCE**

### INJURY

The Safety Judge, Panel Judge, coach, athlete or competition official reserves the right to stop a routine due to an obvious injury. In the event that an injury causes the team's routine to be interrupted during a Nationals' Preliminary Competition, Classic Championship or a Regional Championship, the team will have 30 minutes to regroup before performing their routine again from the beginning. Judging will resume from the point at which the injury/interruption occurred as determined by the Judges. The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over. If a team prefers not to re-work the routine then, at the coach's discretion, they may take the score they have received up to that point. If a skill has not been performed a "0" will be given in the category. In the event that an injury causes the team's routine to be interrupted during Final Competition (Nationals), the judges will determine if there is sufficient time and feasibility for the team to complete their performance. If not, scores will be based on the performance prior to the injury.

### UNIFORM DISTRACTIONS

The Safety Judge or Panel Judge reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance. If a judge stops the routine or a performer leaves the floor to adjust a uniform a penalty or disqualification may result. The team may or may not be given an opportunity to return to complete their performance.

### INTERPRETATIONS/RULINGS

NCA has the authority to make a decision on any issue, protest, penalty or rule that is unclear or not specifically addressed in this document. NCA will render a judgment in an effort to ensure that the competition is conducted in a manner consistent with the general spirit and goals of the competition and NCA.

### MUSIC

In the event a technical error causes a team's music to be interrupted, the coach will have the opportunity to stop the performance. Generally, the team will perform in the spot they currently have unless NCA determines for safety reasons they should be moved down in the order. Judging and timing will resume from the point at which the malfunction occurred as determined by the Judges.

# NCA ALL-STAR COMPETITION RULES

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## MUSIC GUIDELINES

NCA will follow the Varsity Spirit Music Guidelines for all competitions. Please visit [varsity.com/music](http://varsity.com/music) for the most up-to-date guidelines and latest resources.

## CHALLENGE PROCESS

If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.

- All music challenges must be submitted in writing to the event director.
- There will be \$100 fee to request a music challenge and must be in the form of a check made out to St Jude Children's Research Hospital.
- Fees collected will be voided if challenge is correct.
- If the team challenged can provide documentation during the event and can be verified, the fees will be donated to St. Jude.
- If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.

## MUSIC INFORMATION

Nationals, Classics and Regionals: Music should be on digital music player (iPod, iPhone, MP3).

- **Coaches are strongly advised to create routines (mix music) that finish a few seconds under the time limit to ensure that the team does not go over time.** Judges' decisions on timing of total routine and music portion of routines are final.
- NCA & NDA will provide an auxiliary cord. Depending on type of phone, please make sure you have all necessary adapters to plug into the auxiliary cord. Be sure to follow these steps below prior to your performance:
  - Set up a playlist for each routine
  - Turn OFF any equalizer, sound check and/or volume limit
  - Turn OFF all notifications
  - Turn your volume up to 100%
  - If using a phone, make sure it is in airplane mode to avoid incoming calls during performance
  - It is best to have the phone or device out of its case for proper cable connection

## VIDEO MEDIA POLICY

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Varsity Spirit, LLC and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation.

## LOGO USAGE

Teams will not be allowed to use any Varsity Spirit Brand logo including: banners, rings, bows, t-shirts, etc. without prior approval from the Varsity Spirit office. The use of the brand letters will be allowed.

# NCA ALL-STAR COMPETITION RULES

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## PERFORMANCE AREA

Performance surfaces and dimensions may vary by Championship based on venue, size and restrictions, divisions offered, and other factors. Please refer to specific Championship for which you are attending and make note of the Performance Area Information. Most NCA Competitions will have a Competition Area measuring 42' deep by 54' wide carpet-bonded foam spring floor.

## ROUTINE REQUIREMENTS

1. Each team will perform a choreographed routine not to exceed the designated time limit.  
TIME LIMITS:  
Elite Divisions: 2 minutes and 30 seconds  
Prep Divisions: 2 minutes  
Novice Divisions: 1 minute and 30 seconds  
Non Tumbling Divisions: 2 minutes  
IASF Global Divisions: 3 minutes and 30 seconds with 30-40 second cheer portion
2. Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are not permitted. Cheerleaders must enter the performance area in a timely fashion.
3. Timing will begin with the first note of music by the team after they are officially announced and have taken the floor. Cheerleaders must have at least one foot on the performing surface when the routine starts.
4. Timing will end with the last organized word, movement, or note of music by the team. Teams must exit the performance area immediately following the routine.
5. Team names will be called twice: once as the team on deck and once as the next team to perform.
6. Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

## MINIMUM/MAXIMUM NUMBER OF ATHLETES

If a team competes with fewer than the minimum number of athletes for their specific division, a deduction will not be assessed if that team is registered and rostered with the minimum amount of athletes required for that division. Teams that register, roster, and compete with fewer than the number of athletes required for a specific division will either be moved to the correct division or issued up to a 5 point deduction.

From a judging perspective, all teams competing with fewer than the number of athletes required will be scored as if they meet the minimum athletes requirement (in terms of majority and most) and will not be eligible for bids to any end-of-season events.

If a team competes with more than the maximum number of athletes for their specific division they will either be moved to the correct division or issued up to a 5 point deduction and will not be eligible for bids to any end-of-season events.

## JUDGING PANELS

### PANEL JUDGES

Panel Judges are responsible for scoring each team's performance based on the Varsity All Star Scoresheet. Each Panel Judge fills out his/her own score sheet for each performance. Panel Judges score technical ability and the overall routine, but they do not determine or score deductions or safety violations.

### SAFETY JUDGE

The Safety Judge is responsible for administering all safety violations, time violations, and boundary violations.

### POINT DEDUCTION JUDGE

The Point Deduction Judge is responsible for assessing deductions in each routine for mistakes from technical skills.

## ALL JUDGES' DECISIONS ARE FINAL

## CALCULATING FINAL SCORE

At all NCA 2 Day events your Day 1 score will count as 25% of your final score. Your Day 2 score will account for the other 75%. At NCA All-Star Nationals teams will compete in reverse order from how they placed in prelims (e.g. squads with the highest score after prelims in a particular division will compete last in that division on finals).

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## USASF ATHLETE ID

In lieu of the Team Eligibility Roster that was previously required by NCA & NDA, all cheer and dance participants must be registered in the USASF Athlete ID program. Registration is required prior to your first competition of the 2018-2019 championship season. If you haven't already registered, please see the process below.

### ATHLETE ID PROCESS

#### Step 1

- Prior to attending your first event in the 2018-2019 season, register all cheer and dance athletes by entering information in member profiles at USASF.net.
- *Athlete birth certificates will be uploaded to USASF secure servers for birthdate verification by USASF staff. Once birthdates are verified, birth certificate files are digitally destroyed and not stored on any server.*



#### Step 2

- Create and print USASF Official Event Rosters for **each team prior to each event** and submit at check-in.

## CODE OF CONDUCT

To ensure the most positive experience for all attendees, NCA asks that the following Code of Conduct be adhered to during all NCA Championships:

- Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the Accuscore Table. The appropriate NCA Official will then be called to discuss the situation with the coach.
- Participants, coaches or spectators are prohibited from making contact with the Judges during the competition.
- Judges' rulings are final related to deductions, final team placements and legalities.
- Any unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or NCA Event Staff may result in potential deduction, team disqualification, removal from the event and/or barred participation from future NCA Championships.
- Varsity Spirit reserves the right to remove any persons from a competition for unsafe or unsportsmanlike conduct.

# NCA ALL-STAR COMPETITION RULES

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## LEGALITY VERIFICATION

The USASF Rules and Legality Review teams are no longer using email for video submission. If you sent an email with a general rules question the USASF will not be reviewing or responding to that email. Please resend your question to [dfielding@usasf.net](mailto:dfielding@usasf.net).

If you sent an email with a video attached, for review, the USASF will not be reviewing or responding to that email. To submit a video for Legality Review—you will need to submit your video using the USASF Coach App that is available for both Apple and Android devices.

## STEPS TO SUBMIT A LEGALITY REVIEW:

1. Search for USASF Coach App and download to your phone
2. Use your COACH login (same as your usasfmembers.net email and password) to access the app:
  - a. If you need assistance with locating your username you can ask your Program Administrator to locate your email through the program account or you may email [support@usasf.net](mailto:support@usasf.net).
  - b. If you need to recover or reset your password you will need to go to your web browser or reset it from a computer at usasfmembers.net on the login screen.
  - c. For more information about submitting a review please visit <http://rules.usasfmembers.net/wp-content/uploads/2018/07/USASF-Coach-App-Guide.pdf>

## GUIDELINES & REMINDERS:

Coaches are encouraged to review videos prior to sending them to ensure they are clear and may be utilized for review, including ensuring they display in an upright manner. The USASF receives several videos that they cannot rule on due to something that would have been obvious if the video was watched in advance, such as the view being blocked by a finger of the camera holder. Also please ensure there are no extra people in the video that could impact the ruling, such as someone that is in view and could unintentionally be considered a spotter.

Please allow 10 days for review of your video, and be aware response time is likely to increase leading up to major events due to the volume of inquiries, so please be patient and plan accordingly. Most replies will be sent mid-week due to the travel schedules of the officials on the USASF Review Teams.

## REMINDERS:

- Every submission must be answerable with one word, LEGAL or ILLEGAL.
- Videos should be filmed specifically for the purpose of getting a ruling.
- Videos must be of your team in a practice environment.
- Videos must be of a single skill or sequence. If you have questions regarding multiple skills they should be sent in separately.
- Videos must display in an upright manner when viewed.
- Videos should include the minimal number of athletes possible.
  - 1 person for individual skills
  - 1 group for group skills
- The USASF can only tell you a skill is LEGAL for a specific division or a skill is ILLEGAL along with citing the rule violated. They will not assist with changing choreography.
- The USASF expects you to have knowledge of the rules and will not be teaching the rules in our replies.
- The USASF will only rule on the legality of the skill in the video, not the participants.
- The USASF ruling is only valid if the skill is performed the same way in the video and at the event. If called on a skill ruled legal the official at the event should point out the difference.
- Don't ask the USASF to call, text, or contact you via any method other than email. They cannot give official replies via text, social media, personal email accounts, or any other non-USASF method.

## Examples that will not receive a ruling:

- Videos from competitions
- Videos of more than one skill or sequence
- Videos believed to be of other teams will not receive a reply
- A portion of a video
- A description of a skill
- A video of a skill with a description of the difference with the skill you would like to perform