



NCA HIGH SCHOOL NATIONALS

NEW! SPIRIT PROGRAM DIVISION

NCA and NDA are proud to introduce a NEW division being implemented at the NCA Senior and Junior High School National Championship. Our goal is to provide a unique and exciting opportunity for school Spirit Programs to work together to showcase their ability to promote school spirit and excitement in support of their school. This division not only allows the use of traditional sideline cheer and dance teams, but also the incorporation of members of the school Marching Band, Pep Band, Drum Line, Mascot(s), Spirit Group/Club, etc. The primary responsibility of Spirit Programs is to develop and implement effective methods of generating excitement and often requires close coordination between various campus groups. NCA & NDA now offers a way to showcase this at the NCA Senior and Junior High School National Championship.

For examples of teams competing in this format at the collegiate level, [CLICK HERE](#).

FORMAT

Each performance must consist of the following performance sections, however you may determine the order of the sections. Sections cannot be split up.

CROWD LEADING SECTION

- Traditional school cheers and/or chants.
- Incorporation of props such as signs, poms, megaphones, flags, etc.
- No recorded music or voice enhancement is allowed. Onstage instruments are allowed to help set and enhance the rhythm and beats.
- Only trained cheer and dance members may perform skill incorporations.
- Scoring in this segment is based on the ability of the performers to promote crowd interaction and participation as well as display excitement and genuine school spirit.
- Actual crowd response at the Championship is NOT scored.

BAND CHANT SECTION

- Traditional school band chant(s).
- Incorporation of props such as signs, poms, megaphones, flags, etc.
- Recorded band music **must** be used and onstage musical instruments may also be utilized.
- Only trained cheer and dance members may perform skill incorporations.
- Scoring in this segment is based on the ability of the performers to promote crowd interaction and participation as well as display excitement and genuine school spirit.

FIGHT SONG SECTION

- Traditional school fight song.
- Incorporation of props such as signs, poms, megaphones, flags, etc.
- Recorded band music must be used and onstage musical instruments may also be utilized.
- Only trained cheer and dance members may perform skill incorporations.
- Scoring in this segment is based on the ability of the performers to effectively and accurately perform a traditional school fight song displaying high energy and solid performance techniques.

BENEFITS OF THE NEW SPIRIT PROGRAM DIVISION

1. Turn the skills, creativity and school traditions that you utilize on the sideline into a winning routine.
2. Earn the title of National Champion along with the coveted Megaphone trophy and National Champion Banner in a division that embodies school spirit in its purest form.
3. Utilize the preparation for games and game performances to prepare your team to compete.



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4. Better develop and display the core elements of your role at games.
5. Increase the value that the entire Spirit Program brings to your school and its athletic events.
6. Develop a successful and dynamic working relationship between ALL spirit-related groups on campus.

GENERAL RULES

1. Timing will begin when the team is announced to take the floor.
2. Teams may stage props immediately following the conclusion of the team before them, but this staging must be timely so that it does not disrupt the flow of the competition and cause any delay.
3. Each team may be comprised of a maximum of 30 participating members.
4. Participants may include cheer, dance, mascots, band, drum line, flag corps, etc.
5. All Participating members must meet NCA & NDA eligibility verification requirements and must also meet all respective school's eligibility requirements.
6. Cheer participants may **NOT** also be members of a cheer team competing in another Performance Division at Nationals. However, they may compete in any, or all three, of the Game Day categories.
7. The maximum time allotted for each Spirit Program routine is three minutes.
8. Recorded band music is required and must follow the Varsity Spirit Music Guidelines. Visit Varsity.com/music for more information. No voice-overs or words may be recorded to make the team's vocal projection sound louder.
9. The use of signs, flags, banners or other spirit related props are highly recommended.
10. Props may be touching out of bounds without penalty, however participants may not step out of bounds with both feet to retrieve the prop.
11. No items may be thrown, tossed, or released from the performance area into the crowd.
12. Instruments may not be utilized in skills.
13. Use of fire, noxious gases, live animals, weapons, and other potentially hazardous elements are strictly prohibited (including, but not limited to, guns, knives, swords, nun-chucks, etc.).

SCORING & RESTRICTIONS

Skill incorporations are allowed and encouraged as long as they are utilized to effectively promote and encourage crowd involvement and entertainment.

Teams competing in the Spirit Program division will adhere to AACCA safety guidelines with Game Day Skill restrictions. Only trained cheer and dance members may perform skill incorporations. Dancers must abide by the NDA safety rules.