



NCA COMPETITION DIVISIONS

FALL 2017 - SPRING 2018



PERFORMANCE DIVISIONS

These routines are entertaining, visual and showcase athleticism. Each routine must be 2:30 (two minutes and 30 seconds) or under in length and include both a cheer and dance portion.

Coed Advanced High School	5 - 30 members	9th - 12th grade	Female/Male
Large Advanced High School	21 - 30 Members	9th - 12th grade	Female
Medium Advanced High School	13 - 20 members	9th - 12th grade	Female
Small Advanced High School	5 - 12 members	9th - 12th grade	Female
Advanced High School Open	5 - 30 members	12th grade & below*	Female/Male
Advanced Non-Tumbling	5 - 30 members	9th - 12th grade	Female/0-2 Males
Coed Intermediate High School	5 - 30 members	9th - 12th grade	Female/Male
Large Intermediate High School	21 - 30 members	9th - 12th grade	Female
Medium Intermediate High School	13 - 20 members	9th - 12th grade	Female
Small Intermediate High School	5 - 12 members	9th - 12th grade	Female
Intermediate High School Open	5 - 30 members	12th grade & below*	Female/Male
Intermediate Non-Tumbling	5 - 30 members	9th - 12th grade	Female/0-2 Males
Large Novice High School	21 - 30 members	9th - 12th grade	Female/Male
Medium Novice High School	13 - 20 members	9th - 12th grade	Female/Male
Small Novice High School	5 - 12 members	9th - 12th grade	Female/Male
Intermediate JV/Freshman	5 - 30 members	9th - 11th grade	Female/Male
Novice JV/Freshman	5 - 30 members	9th - 11th grade	Female/Male
Advanced Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male
Large Intermediate Junior High/Middle School	16 - 30 members	9th grade & below	Female/Male
Small Intermediate Junior High/Middle School	5 - 15 members	9th grade & below	Female/Male
Large Novice Junior High/Middle School	16 - 30 members	9th grade & below	Female/Male
Small Novice Junior High/Middle School	5 - 15 members	9th grade & below	Female/Male
Novice Elementary	5 - 30 members	6th grade & below	Female/Male

GAME DAY PERFORMANCE DIVISIONS

These routines are entertaining, visual and showcase athleticism. Each routine must be 2:30 (two minutes and 30 seconds) or under in length and include both a cheer and dance portion. *The cheer portion should focus on crowd leading.*

Large Advanced Game Day	17 - 30 members	9th - 12th grade	Female/Male
Small Advanced Game Day	5 - 16 members	9th - 12th grade	Female/Male
Large Intermediate Game Day	17 - 30 members	9th - 12th grade	Female/Male
Small Intermediate Game Day	5 - 16 members	9th - 12th grade	Female/Male

TIME OUT DIVISIONS

These routines include crowd-leading material suitable for the sideline or pep rallies. Each routine must be 1:00 (one minute) or under in length. Time Out categories include: Time Out Cheer, Time Out Dance* and Fight Song.

Teams must compete in all three categories to be eligible for the national title.

Large High School	21 - 30 members	9th - 12th grade	Female/Male
Medium High School	13 - 20 members	9th - 12th grade	Female/Male
Small High School	5 - 12 members	9th - 12th grade	Female/Male
JV/Freshman	5 - 30 members	9th - 11th grade	Female/Male
Junior High/Middle School	5 - 30 members	9th grade & below	Female/Male

*At NCA High School Nationals, teams competing in Time Out Dance with a band dance will have the option of competing in a new Band Dance Division

NCA reserves the right to split/combine divisions as deemed appropriate. Please refer to the NCA Rulebook for age eligibility, skill restrictions and enrollment requirements prior to registering for a specific division.