



NCA COMPETITION DIVISIONS

FALL 2018 - SPRING 2019



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
Intermediate Junior High School	5 - 30 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

GAME 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 Performance	17 - 30 members	9th - 12th grade	Female/Male
Small Advanced Game Performance	5 - 16 members	9th - 12th grade	Female/Male
Large Intermediate Game Performance	17 - 30 members	9th - 12th grade	Female/Male
Small Intermediate Game Performance	5 - 16 members	9th - 12th grade	Female/Male
Novice Junior High/Middle School Game Performance	5 - 30 members	9th grade & below	Female/Male

CLUB CHEER DIVISIONS

Club divisions exist for teams who will follow the same 2 and ½ minute routine format as school teams. They will compete on the Game Performance score sheet with the standard restrictions applied to all Elementary, Middle School, and Junior high teams. They must be NFHS credentialed at a Varsity summer camp in order to compete at NCA Nationals. Elementary schools, Rec teams and other standard club teams may fall under this category. School eligibility requirements do not exist for this division, but the age of the competitor as of August 31, 2018 will be the age used for eligibility purposes for the 18-19 competition season.

Novice Junior Club	5 - 30 members	12 years & younger	Female/Male
Intermediate Senior Club	5 - 30 members	14 years & younger	Female/Male

GAME DAY 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. Game Day categories include: Game Day Cheer, Game Day Fight Song, and Game Day Band Chant. 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

SPIRIT PROGRAM DIVISION

This division encourages the use of sideline cheerleaders, dancers, school band, drum line and mascot. Each routine must be 3:00 (three minutes) or under in length and include a crowd leading section, Band Chant, and Fight song. Visit nca.varsity.com for more information about this division.

Spirit Program	5 - 30 members	12th grade and under	Female/Male
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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.