



# OFFICIAL RULES & REGULATIONS



## MARCH 15TH, 2025

Sanctioned by the National Stomp and Shake Cheerleading Federation



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# CODE OF CONDUCT

We encourage and support sportsmanship, integrity, and fairness among participants and coaches in all facets of cheerleading. We strive to uphold the highest standards and believe that coaches are instrumental in promoting and instilling our standards among their athletes. To provide an amazing experience, we ask that you follow the following code of conduct.

1. The person who registers the competing team or organization (preferably a coach) will be the contact person for that team or organization. This contact person will handle any correspondence and any questions concerning rules, procedures, or performance during the competition.  
**NOTE:** This contact person is the only person authorized to pick up score sheets after the event. Please be advised that NBCC Coordinators will only communicate with the team spokesperson by either email, TEXT MESSAGES, and/or PHONE CALLS; unless there is a scheduled call between the coach and coordinator.
2. All athletes must be supervised during the event by a registered coach
3. Only registered coaches and participating athletes are permitted in the holding area, performance floor, or any other area that does not permit spectators.
4. Participants, coaches, or spectators are prohibited from contacting the Judges before or during the competition.
5. Judges' rulings are **FINAL** related to deductions, final team placements, and legalities.
6. Any unsportsmanlike conduct including, booing, hissing, racial/sexual slurs, vulgar noises, or rude outbursts, is not permitted before, during, or after any performance.
7. Any unruly, aggressive, or belligerent behavior by participants, coaches, or spectators toward any other attendee or Event Staff will result in potential team disqualification, removal from the event, and/or barred participation from future NSASCF Sanctioned Events.
8. All coaches, managers, and participants must agree to the code of conduct. Any deviation from this policy would result in possible disqualification and dismissal from the event.

***NSASCF reserves the right to remove any persons from competition for unsafe or unsportsmanlike conduct.***

# **CATEGORY TYPES & DEFINITION**

## ***STANDARD PERFORMANCE***

**FLOOR ROUTINE:** Serves as the primary category where each enrolled team takes the spotlight during the competition's focal moments. Teams are categorized by Middle School, Junior All-Star & Rec, Junior Varsity High School, Varsity High School, Senior All-Star & Rec, College, and Super Senior All-Star & Rec which are further classified within each division by either Stunt and Tumble or Non-Stunt and Tumble. Each team will have 3 minutes and 30 seconds to display their cheer and dance abilities, creativity, teamwork, and precision within the given time frame while meeting specific requirements outlined in the score sheet.

**NON-STUNT & TUMBLE** - a performance with a combination of stomps, shakes, and intricate arm motions, while showcasing all the elements of your team's original style.

**STUNT AND TUMBLE** - a performance with a combination of stomps, shakes, and intricate arm motions, while showcasing all the elements of your team's original style. In addition, adding levels of stunting and tumbling.

## ***SPECIALTY CATEGORIES***

**TimeOut Dance Break** - Teams will perform choreographed dance routines to marching band music selected by their team. Each team has up to 2 minutes to showcase their skills and execute all required elements listed on the score sheet. The segment emphasizes synchronization, technique, creativity, energy, formations, transitions, and overall presentation.

# DIVISION GUIDELINES

Teams can only complete under the division/category they are registered under. EX., If a team registers under the High School Stunt and Tumble division, they will be scored based on that division.

Individual athletes may only perform up to two times if and only if, one routine is a scholastic organization, High School or College, and the other is an All-Star routine. If an athlete is performing twice, please inform us so we can prevent back-to-back performances.

The NSASCF highly recommends that all teams have an alternate (backup athlete) in case of an emergency. This alternate must be registered along with the team in the roster count.

## NBCC SCHOOL DIVISIONS AND AGES

HIGH SCHOOL: JV - AGES 11-16

HIGH SCHOOL: VARSITY - AGES 13-19

COLLEGE: VARSITY - AGES 17 - 28

ALL-STAR: SENIOR - AGES 13-19

ALL-STAR: SUPER SENIOR - AGES 19 - 28

***Athletes must be their respective age by February 22nd, 2025***

## ELIGIBILITY

All participating athletes must be current members of the official school or All-Star cheerleading squad and members of the represented school or All-Star organization. Any violation will result in an automatic disqualification and possible barring. The maximum number of athletes on the mat for any performance is 26.

# UNIFORM GUIDELINES

Each athlete must wear performance-appropriate attire that is tasteful and suitable for each body type, size, and age of each cheerleader. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction and appropriate undergarments must be worn. No risqué, sexually provocative, lingerie-looking, or inspired uniforms or garments allowed. In addition to the following guidelines, athletes also must consider that a combination of uniform pieces may also deem a uniform appropriate or inappropriate.

**PLEASE NOTE:** Uniforms, as long as they complement the theme of your performance, do NOT have to be your school or program cheerleading uniform. We understand that teams may want to express their creativity through your team's appearance, although it is not required.

**Uniform Bottoms** - if an athlete is wearing a uniform skirt or pants proper undergarments should be worn. Skirts must fit to ensure the undergarment is not being fully displayed.

**Uniform Tops** - Uniform tops must be secured by straps or material over at least one shoulder or around the neck. Tub tops are not allowed.

**Uniform Shoe** - All participants must wear soft-soled shoes on both feet while competing. Shoes must have a solid sole and cover the toe and heel. This is a safety rule and if a violation occurs a penalty will apply.

**Medical cast** - Casts that are hard and unyielding or have rough edges must be appropriately covered or padded to protect other performers.

**Jewelry** - Jewelry of any kind is prohibited (e.g., navel jewelry, tongue jewelry, earrings, necklaces, etc.) Medical bracelets are allowed provided they are taped to the body.



# TIME LIMITATIONS

1. Each team will be given a max of 3 minutes and 30 seconds total to perform.
2. Introduction
  - a. All introductions to the performance floor (synchronized entrance, chants, spellouts, walk-ins, etc.) are considered part of the routine and will be timed as part of the performance.
  - b. All team breaks, rituals, and traditions need to take place before entering the mat.
  - c. Teams should take the floor immediately with spirit and enthusiasm but without excessive gestures. To ensure all athletes make it to the performance floor safely.
3. Timing will begin with the first movement, voice, or note of music, whichever comes first.
4. Timing will desist with the final beat of music or when your team comes to a complete, stationary position or is completely off the competitive surface. Failing to make the end of your routine clear by the 3-minute and 30-second performance mark may result in a deduction.
5. Teams that exceed the 3-minute and 30-second performance time given will be penalized. (score sheet deduction)
  - a. 1-point deduction for 1-10 sec over
  - b. 2-point deduction for 10 seconds or more
6. It is recommended that all teams time their performance several times before performance and leave a several-second cushion to allow for variations in sound equipment.

***Each performance routine is required to have a combination of a cheer, chant & dance.***

# MUSIC GUIDELINES

Music or words unsuitable for family listening, which includes, but is not limited to, swear words or 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. Any violation of this will result in a point deduction to your total score.

## PRACTICE AREA

All teams will be assigned a designated time to practice before they perform if space permits. If your team doesn't make the practice time, they are assigned they will not be reassigned another time to practice.

## PERFORMANCE AREA

1. The performance area will consist of a 7-panel standard mat space.
2. Any team member stepping outside or touching outside the performance area will cause the squad to receive a 0.5 deduction on the performance score sheet.
3. Once a team member takes the floor, they must remain on the floor until the end of the performance.
4. Signs or props may be safely placed or dropped outside the competition area by a team member who must remain inside the competition area.
5. Props are not necessary during a routine unless the category calls for it. If props are used in a routine the prop must receive pre-approval from the NSASCF, before use, to ensure the safety of the athletes. Flags, standard banners/signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges and may not obstruct, or potentially obstruct, the athlete's vision. No prop may be weight-bearing and athletes are not permitted to bear weight on any prop. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way.  
Ex. Throwing a hard sign across the mat from a stunt would be illegal.
6. Once a uniform piece is purposefully used for visual effect it will be considered a prop.
7. Chewing gum or having any sort of food, candy, drinks, etc on the performance floor is strictly prohibited. If caught there will be a 10-point deduction from your total performance score.



# **PERFORMANCE INTERRUPTIONS**

## ***UNFORESEEN CIRCUMSTANCES***

1. In the case of a team's performance being interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
2. While masks are not required on the warmup floor and/or performance floor unless dictated by state or local guidance, an athlete may choose to wear a mask. If an athlete chooses to wear a mask during the performance and the mask restricts the athlete's view and/or interferes with skills or otherwise becomes a safety concern, the athlete should either secure or remove the mask. If the athlete does not secure or remove the mask, the routine is subject to being stopped by competition officials.
3. If allowed to perform again, 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, at the coach's discretion, they will 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. Teams that limit/mark skills before the point of injury could result in an adjustment in scores based on the skills performed.

## ***FAULT OF TEAM***

1. In the event a team's routine is interrupted because of the failure of the team's equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed later, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team must perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.

## ***INJURY***

1. The only persons that may stop a routine for injury are competition officials, the advisor/coach of the team performing, or an injured individual. This is a shared responsibility of all parties involved to recognize an injury has occurred.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed later, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team must perform the routine again in its entirety but will be evaluated **ONLY** from the point where the interruption occurred.
3. The person or persons who have been recognized as the injured athletes will not be allowed to retake the performance floor. This is where the alternate athlete chosen by the coach will come into performance to take on the spot of the injured athlete.
4. In the event of an injury or emergency, 1 parent or legal guardian may be allowed backstage during the evaluation process. While backstage, they will need to remain with the athlete or an event staff member.

## **SPORTSMANSHIP**

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout and following the event. The directors, coaches, and program owners of each team are responsible for seeing that team members, coaches, parents, and any other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification, removal from the event, and possible barring from future events.

## **SCORES AND RANKINGS**

1. All NBCC Judges are certified by the National Stomp And Shake Cheerleading Federation.
2. Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings before the final tally of the scores for all teams. Scores and rankings will be available only to the registered coaches after the competition.
3. Any deductions or violations will be taken off the final score

## **MEDIA POLICY**

Professional photographers and videographers will be on-site to capture the moments of this experience. Spectators there will be no Live streaming of any sort, No flash photography or personal videography. Unless you are an NSASCF paid vendor, A or paid videographer/photographer ALL videographer/photographer is prohibited and if you are caught you will be asked to leave the event.

There will be no bashing any participating teams, downplaying another team's performance, or bad-mouthing any participating teams on social media at all. This rule is applied during and after the event.

There will be a designated spot for coaches to record and take photos of their team during their performance.

## **SPOTTER POLICY**

NBCC will have spotters to support teams that are performing in the Stunt and Tumble categories. If a team decides to bring in their spotters they may do so, however, they will need to be registered under that specific team and must comply with the rules and regulations listed.

## **VIOLATIONS**

Any team in violation of these Rules and Regulations or any of the above-mentioned guidelines will be assessed a two (2) point general deduction. This deduction does not apply to deductions or violations within the point deduction system or already assigned a lower/higher point value.

## **DISQUALIFICATION**

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, and will automatically forfeit any right to any prizes or awards presented by the competition.

# FINALITY OF DECISIONS

By participating in this competition, each team agrees that the decisions by the judges will be final and results may ONLY be reviewed for clarification. 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.

## REFUND POLICY

1. In case of inclement weather, you receive an email with information in regards to all things dealing with the event rescheduling. If the facility is open, the event will go on. No special favors or performance times will be granted to those who arrive late for any reason. Furthermore, no refunds will be given. In the event of poor conditions, The event producer will put an announcement on all social media outlets with an update in the EXTREME case of cancellations.

2. If an event is canceled by the Event Producer and not rescheduled, the team may transfer the payment to another event or may receive a FULL refund.

3. If your team needs to reduce participant numbers for ANY reason, there is NO REFUND for the difference.

4. NSASCF-sanctioned events reserve the right to move team registration from an in-person event to a virtual event if state and local mandates are issued.

5. ABSOLUTELY NO REFUNDS FOR A NO-SHOW, DROPOUT, SCRATCH, OR DISQUALIFIED TEAM AT THIS COMPETITION.

# HOW TO HANDLE INQUIRIES

1. **RULES & PROCEDURES** - Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor/coach of the team and will be directed to the Competition Director. Such questions should be asked before the team's competition performance.
2. **PERFORMANCE** - Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition.
3. **MUSIC/AGE** - Any questions concerning a specific violation in music compliance must be submitted in writing to the Competition Director immediately following the team's performance.

***The National Black Cheerleading Championship adheres to the rules and regulations of the National Stomp and Shake Cheerleading Federation. As a sanctioned event and practicing partner, this event will abide by these standards for the safety of our competing athletes, participating organizations, and partners of this federation.***

