



NSASCF
NATIONAL STOMP AND SHAKE
AND SHAKE
CHEERLEADING FEDERATION

NATIONAL STOMP AND SHAKE CHEERLEADING FEDERATION

COMPETITION

NATIONAL BLACK CHEERLEADING CHAMPIONSHIP

2023
RULES AND PROCEDURES



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DIVISION GUIDELINES

Teams will only be able to compete under the division/category they registered under. If a team registers under the High School Stomp and Shake division, stunt, and tumble category they will be scored based on that which they were registered under.

Athletes may only perform up to 2 times if one routine is a Scholastic (High School/ College) routine and the other is a All-Star routine. If an athlete is performing 2 times, they must make sure that performances are not back-to-back.

The NSASCF highly recommends that all teams have an alternate (backup athlete) just in case of an emergency. Someone who is prepared to substitute in case of an injury or medical incident of any sort etc. This alternate must be registered along with the team included in the roster count.

CATEGORY TYPES & DEFINITION

STOMP AND SHAKE (NON-STUNT & TUMBLE) - This category is a performance with a combination of Stomps, Shakes, Intricate arm motions and showcasing all the basic elements of stomp and shake. With your team's original style implemented

STOMP AND SHAKE (STUNT AND TUMBLE) - This category is a performance with a combination of Stomps, Shakes, Intricate arm motions and showcasing all the basic elements of stomp and shake. With your team's original style implemented. In addition, adding different levels of stunting and tumbling to it.

NBCC SCHOOL DIVISIONS AND AGE

HIGH SCHOOL (JV) 9TH - 10TH GRADE (AGES 13-18)

HIGH SCHOOL (VARSITY) 9TH - 12TH GRADE (AGES 13-19)

COLLIGATE - (AGES 17 - 28)

ALL-STAR (SENIOR) - (AGES 13-19)

ALL-STAR (SUPER SENIOR) - (19 - 28)

CODE OF CONDUCT

We encourage and support sportsmanship, integrity and fairness among participants and coaches in all facets of cheerleading including, but not limited to, team/squad practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities and believe that coaches are instrumental in promoting and instilling this among their respective team members.

To make sure this experience is the best for everyone in attendance, 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 (ONE) team spokesperson. (Preferably a coach). NBCC event coordinators will communicate through EMAIL and PHONE CALL (preferably email) unless there is a scheduled call between coach and coordinator.
2. All athletes must be supervised during the event by a registered coach
3. Only registered Coaches and Cheerleading participants are permitted in the holding area, performance floor, or any other area that does not permit spectators to be in.
4. All coaches, managers, and participants must agree to the code of conduct. Any deviation from this policy would result in point deductions from teams' performance or possible disqualification and dismissal from the event.
5. No Booing, hissing, racial/sexual slurs, vulgar noises, or rude outburst are permitted before, during or after any performance. Failure to abide by the following rules will result in immediate dismissal from the event.
6. Participants, coaches, or spectators are prohibited from contacting the Judges during the competition.
7. Judges' rulings are final related to deductions, final team placements and legalities.
8. Any unruly, aggressive, or belligerent behavior by participants, coaches, or spectators toward any other attendee or Event Staff will result in a deduction, potential team disqualification, removal from the event and/or barred participation from future NBCC Championships.
9. NSASCF reserves the right to remove any persons from a competition for unsafe or unsportsmanlike conduct.

ELIGIBILITY

All members of the cheerleading squad must be current members of the official school's cheerleading squad. And must be members of the represented school.

ALL-STAR ELIGIBILITY POLICY

All members must be registered cheerleaders to the All-star program they are competing for.

UNIFORM GUIDELINES

No risqué, sexually provocative, or lingerie-resemblance, inspired uniforms or garments allowed. 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. Appropriate undergarments must be worn. In addition to the following guidelines, athletes also must 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. **PLEASE NOTE:** Uniforms, if they complement the theme of your performance, do NOT have to be your school's 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

I. Introduction

a. All introductions to the performance floor (synchronized entrance, chants, spell-outs, 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 prior to 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.
- 2. Timing will begin with the first movement, voice, or note of music, whichever comes first.
- 3. 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 5 min performance mark may result in a deduction.
- 4. Each team will be given a max of 5 mins total to perform.
- 5. Teams that exceed the 5 min performance allotted 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. Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave a several second cushion to allow for variations in sound equipment.

Performance Routines - 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 and / 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.

COMPETITION PERFORMANCE AREA

- 1. Participants must start in the competition area with at least one foot on the ground.
- 2. Teams may line up anywhere inside the competition area.
- 3. BOUNDARY – 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.
- 4. Once a team member takes the floor, they must remain on the floor until the end of the performance.
- 5. Signs or props may be safely placed or dropped outside the competition area by a team member who must remain inside the competition area
- 6. Props are not necessary for performance of a routine unless the category calls for it. If props are used in a routine the prop must receive pre-approval from the NSASCF, prior to use, to ensure the safety of the athletes. Flags, standard flat banners/signs, pom poms, megaphones, pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and / or pointed edge and may not obstruct, or potentially obstruct, the athlete's vision. No prop may be weight-bearing and or 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 (example: throwing a hard sign across the mat from a stunt would be illegal). 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.

INTERRUPTION OF PERFORMANCE

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 prior to 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 failure of the team's own 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 later. 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 later. 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 maybe allowed backstage during the evaluation process. While backstage, they will need to remain with the athlete or an event staff member.

SPOTTER POLICY

NBCC will have spotters there in support of those teams that are in the Stunt and Tumble category. If a team decides to bring in their own 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.

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 and removed from the event.

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. Go to uca.varsity.com for more specifics.

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, 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.

SCORES AND RANKINGS

1. All NBCC Judges are certified by the NSASCF (NATIONAL STOMP AND SHAKE CHEERLEADING FEDERATION)
2. Individual score sheets are for the exclusive use of each judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available only to the registered coaches at the conclusion of the competition. Judges' decisions are final.
3. Any deductions or violations will be taken off the final score.

HOW TO HANDLE PROCEDURAL QUESTIONS

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 made prior to 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.

MEDIA POLICY

There will be professional photographers and videographers 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 a NSASCF paid vendor, or paid videographer/photographer ALL videographer/photographer are 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.

PRACTICE

All teams will be assigned an allotted time to practice before they perform. If your team doesn't make the practice time, they are assigned they will not be reassigned another time to practice.

REFUND POLICY

1. In case of inclement weather, you can check our website and social media outlets at WWW.NSASCF.COM for Weather Updates. If the facility is open, the event will go on. Please make any necessary travel arrangements so that you will not have any problems making it to the event on time. No special favors or performance times will be granted to those who arrive late for any reason (weather or otherwise). Furthermore, no refunds will be given. Please keep an eye on the local and national weather forecasts so that you are prepared for any inclement weather. In the event of poor conditions, NSASCF will put an announcement on social media outlets with an update in the EXTREME case of cancellations.

2. If an event is canceled by NSASCF Brands 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 of the difference.

4. NSASCF Brands reserves 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.

CODE OF EXCELLENCE

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.

