

COLLEGE COMPETITION RULES

NCA & NDA RESERVES THE RIGHT TO BE THE ARBITRATOR AND INTERPRETER OF ALL RULES COVERED IN THIS DOCUMENT.

DIVISIONS

All teams will be required to compete in Divisions according to NCAA or NAIA Football classifications, or as defined below. Schools that do not have football programs will compete in Divisions according to the school's NCAA or NAIA Basketball program classifications. NCA reserves the right to add, delete or combine Divisions. Teams from the same school can enter the same Division; however, only the top scoring team may advance to Finals should scores warrant.

COLLEGE/UNIVERSITY CATEGORY FOR ATHLETICS:

- DIVISION IA (FBS) Football Schools
- DIVISION I (FCS) Football Schools, or do not have football and compete in Division I basketball.
- DIVISION II
- DIVISION III
- JUNIOR COLLEGE
- NAIA

Note: All Teams transitioning from one athletic division to another will remain in their CURRENT division until the respective school's administration provides documentation, they have completed their transition into the new division AND the football team (or basketball team if there is not a football team) is eligible to compete for post-season play in the new division.

Note: Beginning in 2026, both cheer and dance teams at schools transitioning to a new athletic division (Example: moving from Division I to Division IA) will begin competing in that new division at our championship as soon as the school's football/basketball teams begin competing at the new division/conference level. There will no longer be a "transition period" allowed.

INTERNATIONAL (based on school's total enrollment):

- 20,000 or above
- 10,000-19,999
- 5,000-9,999
- Less than 5,000

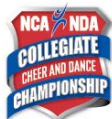
Note: NCA will assign divisions to international teams based on school enrollment and team specifics.

NUMBER OF MALE PARTICIPANTS VS. FEMALE PARTICIPANTS

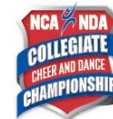
- **LARGE COED: 5 - 12 MALE PARTICIPANTS**
- 10 – 11 total participants = 6 maximum males
- 12 – 13 total participants = 7 maximum males
- 14 – 15 total participants = 8 maximum males
- 16 – 17 total participants = 10 maximum males
- 18 – 19 total participants = 11 maximum males
- 20 total participants = 12 maximum males

SMALL COED: 1 - 4 MALE PARTICIPANTS

ALL GIRL: NO MALE PARTICIPANTS



NCA COLLEGIATE DIVISIONS



ADVANCED DIVISIONS

Routine Length: 2:15 minutes Full Music

Rules: NCA Advanced Divisions follow rules as outlined by USA Cheer

ADVANCED SMALL COED DIVISIONS	ADVANCED SMALL COED DIII	10-20 members	Up to 4 males
	ADVANCED SMALL COED DII		
	ADVANCED SMALL COED DI		
	ADVANCED SMALL COED DIA		
	ADVANCED SMALL COED Junior College		
	ADVANCED SMALL COED NAIA		
ADVANCED LARGE COED DIVISIONS	ADVANCED LARGE COED DIII	10-20 members	5-12 males
	ADVANCED LARGE COED DII		
	ADVANCED LARGE COED DI		
	ADVANCED LARGE COED DIA		
	ADVANCED LARGE COED Junior College		
	ADVANCED LARGE COED NAIA		
ADVANCED ALL GIRL DIVISIONS	ADVANCED ALL GIRL DIII	10-20 members	Female Only
	ADVANCED ALL GIRL DII		
	ADVANCED ALL GIRL DI		
	ADVANCED ALL GIRL DIA		
	ADVANCED ALL GIRL NAIA		

INTERMEDIATE DIVISIONS

Routine Length: 2:15 minutes Full Music

Rules: NCA Intermediate Divisions follow rules as outlined by USA Cheer PLUS the additional Intermediate restrictions outlined in the NCA College Rulebook

INTERMEDIATE SMALL COED DIVISIONS	INTERMEDIATE SMALL COED DIII	10-20 members	Up to 4 males
	INTERMEDIATE SMALL COED DII		
	INTERMEDIATE SMALL COED DI		
	INTERMEDIATE SMALL COED DIA		
	INTERMEDIATE SMALL COED Junior College		
	INTERMEDIATE SMALL COED NAIA		
INTERMEDIATE LARGE COED DIVISIONS	INTERMEDIATE LARGE COED DIII	10-20 members	5-12 males
	INTERMEDIATE LARGE COED DII		
	INTERMEDIATE LARGE COED DI		
	INTERMEDIATE LARGE COED DIA		
	INTERMEDIATE LARGE COED Junior College		
	INTERMEDIATE LARGE COED NAIA		
INT ALL GIRL DIVISIONS	INTERMEDIATE ALL GIRL DIII	10-20 members	Female Only
	INTERMEDIATE ALL GIRL DII		
	INTERMEDIATE ALL GIRL DI		
	INTERMEDIATE ALL GIRL DIA		
	INTERMEDIATE ALL GIRL NAIA		

If a division has less than 3 teams registered, the division MAY be combined at Event Directors discretion.

NCA COLLEGIATE DIVISIONS

SIDELINE CROWD LEADING DIVISIONS

SPIRIT RALLY DIVISIONS

Routine Length: 2:15 minutes (*Music only allowed during Band Chant/Fight Song*)

Routine Format: *Crowd Leading section and Fight Song and/or Band Chant*

Participants: *Female/Male Cheer Program members and Mascot (s)*

Rules: *For NCA Spirit Rally rules see USA Cheer College Rules* **SPECIFIC SURFACE RESTRICTIONS Rule H** *plus additional rules outline in the NCA College Rulebook*

SPIRIT RALLY DIVISIONS	SPIRIT RALLY OPEN	10-30 members	Female/Male
	SPIRIT RALLY DII		
	SPIRIT RALLY DI		
	SPIRIT RALLY DIA		

GAME DAY DIVISIONS

Routine Length: 3:00 minutes

Routine Format: *Band Chant, Fight Song, Crowd Leading section in ANY order*

Participants: *Incorporation of multiple spirit programs. See below for breakdown*

Rules: *For NCA Game Day Division Rules see the NCA College Rulebook. Game Day must comply with all rules and restrictions outlined by USA Cheer College Rules*

GAME DAY DIVISIONS	GAME DAY OPEN	10-30 members	Female/Male
	GAME DAY DII		
	GAME DAY DI		
	GAME DAY DIA		

If a division has less than 3 teams registered, the division MAY be combined at Event Directors discretion.

GAME DAY DIVISION

GENERAL

- Maximum of 30 participating members
- Maximum time allotted is 3:00

STUNTS / PYRAMIDS

- Pyramids sustained at 2 ½ persons high are PERMITTED.
- Twisting stunts (i.e. full ups) may not exceed 1 ¼ twisting rotation

TOSSES

- Flipping tosses are permitted with zero twisting rotations.
- Non flipping/twisting tosses may not exceed 2 ¼ twisting rotations

TUMBLING

- Twisting flips are not permitted (EXCEPTION: Aerials are allowed)

PERFORMANCE STRUCTURE REQUIREMENTS

Must include school athletes from the 3 following school programs:

- Minimum Band / Pep Band / Drumline = 20%
- Minimum Cheer and/or Dance = 20%
- Minimum Mascot / Color Guard / Majorette / Student Spirit = 10%

Please use this chart to determine the minimum # of athletes required:

#	Cheer/Dance	Band/Drum	Other
30	6	6	1
25-29	5	5	1
20-24	4	4	1
15-19	3	3	1
10-14	3	3	1

OTHER CHEER PROGRAM DIVISIONS

OTHER DIVISIONS	PARTNER STUNT	45 seconds	Female/Male
	GROUP STUNT	45 seconds	Female Only
	MASCOT	1:30 minutes	N/A