

# NECA OPEN CHEERLEADING CHAMPIONSHIP

## NECA Exclusive:

First Place Teams AND Stunt Groups will receive a TEAM BID to the Pro-Bowl from All American Cheer and Dance.

Only available at NECA events!

Over \$20,000 in overnight camp scholarships will be awarded!

The "traveling" SILVER CUP will be awarded to the first place team in the open division.

DIVISIONS	GRADE LEVEL	MEMBERS	SKILL LEVELS OFFERED
Pee Wee/Recreational	5th and under	5-36	n/a
Youth/Elementary School	6th and under	5-36	Novice, Advanced
Junior High/Middle School	9th and under	5-36	Intermediate, Advanced
Junior Varsity Non-Tumble	11th and under	5-36	n/a
Junior Varsity Tumble	11th and under	5-36	n/a
Varsity Co-ED	12th and under	5-36	n/a
Varsity Non-Tumble	12th and under	5-36	Intermediate
Varsity Tumble	12th and under	5-36	Novice, Intermediate, Open
College	HS graduate	5-36	All-Girl, Co-Ed
Dance	Per division	5-36	Youth, JR.High, JV, Varsity, College
Stunt: All-Girl	Per division	4-5	Youth, JR.High, JV, Varsity, College
Stunt: Co-Ed	Per division	2-3	Varsity, College

contact the NECA Office at (860) 848-0040 or (888) 551-1388 at the earliest possible date.

## NECA COMPETITION RULES

### General Rules

- The use of props is prohibited with the exception of signs, poms, and/or megaphones.
- Glitter is NOT permitted on the hair, body, face, or uniform. This rule pertains to scholastic, recreation, AND College Teams. Signs made with glitter must be laminated.
- Jewelry is not permitted for any team (exception: medical/religious medals must be taped to the body).

### COMPETITION SURFACES

- The competition surface will be a cheerleading mat measuring approximately 42'x42'.
- Practice surfaces may vary with facility and may be either of the following: wrestling mat, gymnastics mat, other acceptable safety surfaces.
- All skills are to be performed on the matted surface. No stunting or tumbling is permitted outside these areas.

## SAFETY GUIDELINES:

The National Federation of State High School Associations Spirit Guidelines (NFHS) will be the foundation for all rulings for scholastic and recreation cheer and dance teams. Pee Wee and Youth teams are expected to follow the safety guidelines put forth by their local, state, or national cheerleading organizations. College teams will follow nationally recognized safety guidelines put forth by AACC. All coaches are responsible for the safety of their cheerleaders and should use appropriate judgment when allowing teams to perform skills.

### NOTE:

NECA has placed "skill limitations" in the novice and intermediate divisions to assist coaches in selecting the appropriate division for their teams. Please read descriptions and consider carefully when selecting. It is the coach's responsibility to know the limitations of the division they enter. Division changes will be at the discretion of the tournament director and NO division changes will be made within one week of the event.

## DIVISIONS & DESCRIPTIONS

**Pee Wee & Youth Novice:** Stunts in this division are limited to shoulder level. Extended stunts, twist dismounts, and basket tosses are prohibited. Back tucks, punch fronts, or full twisting tumbling is prohibited. One-legged stunts AT SHOULDER LEVEL are allowed.

**Youth Advanced:** There are no additional skill limitations in this division. League, State, or National Federation Guidelines should be used.

**Junior High Intermediate:** The following skills are prohibited: extended "one-legged" stunts that are not braced, twist dismounts, back tucks, punch fronts, or full twisting tumbling. "One-legged" Hitch/Stretch/Lib Pyramids may be performed but must be braced (by either the hand or foot) at shoulder level before extending.

**Junior High Advanced:** There are no skill limitations in this division. National Federation Guidelines will be followed.

**Junior Varsity:** Junior varsity team members should be in 11th grade or below. National Federation Guidelines followed.

**Junior Varsity Non-Tumble:** Tumbling is not allowed in this division. This includes handstands and forward rolls.

**Varsity Cheer:** All varsity teams must adhere to National Federation Guidelines. NOTE: there are additional "skill limitations" or restrictions for the novice and intermediate divisions to assist coaches in selecting the appropriate division for their team(s) abilities. Please read carefully and select the appropriate division. It is the coach's responsibility for knowing the rules of each division.

• **Varsity Novice:** The following skills are prohibited: extended "one-legged" stunts that are not braced, twist dismounts, back tucks, punch fronts, or full twisting tumbling. "One-legged" Hitch/Stretch/Lib Pyramids may be performed but must be braced (by either the hand or foot) at shoulder level before extending.

• **Varsity Intermediate Non-Tumble:** Tumbling is not allowed in this division. This includes handstands and forward rolls. The following stunts are prohibited; double twisting dismounts.

### • Varsity Intermediate Tumble:

The following stunts are prohibited; double twisting dismounts and/or full twisting tumbling.

- **Varsity Open:** Teams follow National Federation Rules exclusively.
- **Varsity Co-Ed:** Teams involving one (1) or more male participants. NECA will offer a small (1-4 males) and a large (5+males) varsity co-ed division if the number of registrations warrants it. National Federation Guidelines followed.

**College Cheer:** Divisions include both All-Girl and co-ed. NECA will offer a small (1-4 males) and a large (5+males) varsity co-ed division if the number of registrations warrants it. College Teams must follow recognized college cheerleading guidelines. The routine may or may not be performed entirely to music.

**Top Gun Stunts (All-Girl):** Levels include pee wee, youth, junior high, junior varsity, varsity, and college. Top gun groups will include no more than 5 members (including the spotter) and will be allowed a maximum of 1 minute to demonstrate their skills.

- Stunting sequences must be continuous and be performed entirely to music.
- The flyer is allowed to return to the ground during the routine.
- The spotter is allowed contact with the stunt.
- No participant may compete in more than one top gun group; however teams may enter more than one group per school.
- Tumbling, Jumps, Dance and/or Cheer are not permitted in this category. Deductions will be taken if these skills are preformed.
- Scholastic and recreation teams will follow skill limitations outlined in the divisions and descriptions section according to the top gun division they enter.
- College teams will follow national college guidelines.

**Top Gun Stunts (Co-Ed):** Levels include varsity and college. Co-Ed groups will follow the same rules as the All-Girl groups with the following exceptions:

- Co-Ed groups may include no more than 3 members (including the spotter).
- The main participants must be 1 male and 1 female partner.
- The spotter is only allowed contact during dismounts.

## GENERAL COMPETITION INFORMATION

### Competition Day

- Team Registration times will be posted online one week prior to the event at [www.cheermeca.com](http://www.cheermeca.com). Coaches should verify times the day before the event as they are subject to change.
- Teams MUST register together (as a group) with their coach/school official.
- Each team member must have an official signed copy of the release form to participate.
- There will be no changes to the order of appearance once it is posted.
- There will be no division changes on the day of the event.
- The first five teams in each session, must arrive and be stretched in time for the start of warm-ups.
- Teams who fail to appear for warm-up may NOT be allowed to compete.
- Spray Glitter, Lose Glitter, and/or Body Paint MAY NOT be used at this event by cheerleaders OR spectators due to possible damage to the facility.
- Entrants agree that the time, manner, and method of judging shall be solely within the discretion of the competition director and/or head judge and the decisions of all judges are final.
- Dance teams must have soft soled/rubber shoes on the competing surface.
- Video taping of the event is prohibited. The competition will be professionally recorded and available for purchase.
- Alcoholic beverages are prohibited from this event. Cigarette smoking is not allowed on the school grounds.
- Teams will be seated in a section separate from spectators. Banners and large signs are prohibited from this section.
- It is very important that if your team will be unable to attend after registering, that you

### Music & Timing

- Timing will begin with the first movement, voice, or beat of music.
- Teams have a maximum of 3 minutes to perform. Stunt groups will have a maximum of 1 minute. Music specifications are as follows:
  - Cheer Divisions: Must adhere to state regulations.
  - Pom/Dance Divisions: music MUST be used throughout routine.
  - College Divisions: music may or may not be used throughout routine.
  - Top Gun Stunt Groups: music MUST be used (limit 1 minute).
- Deductions will be assessed for going over the time limit.
- Teams must have a representative to play their music.
- All music must be appropriate and suitable for "family viewing".
- Music must be furnished on a high quality CD. A "back-up" should be "in-hand" in case the original is damaged.
- IMPORTANT:** Test your CD's in several players before the competition (house, car, boom box, etc.) to avoid compatibility issues.
- CD-RW should not be used.
- Music must be cued and ready to begin.
- In the event team performance is interrupted due to failure of the tournament equipment, that team will be allowed to start from the beginning of their routine or the point of the failure.
- In the event team performance is interrupted due to failure of the team's equipment, supplies or method, the team must either continue or forfeit the competition.
- NECA and/or facility medical staff reserves the right to stop a performance due to injury if deemed necessary.