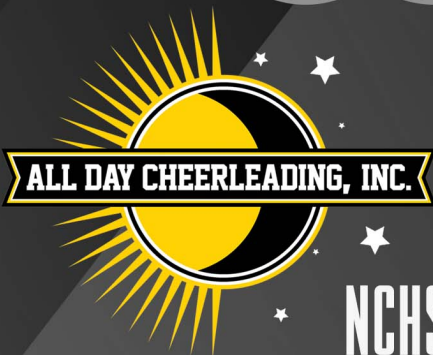


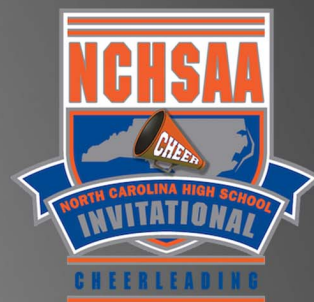


2023-2024

# COMPETITION GUIDELINES



DECEMBER 2, 2023  
NCHSAA STATE CHEERLEADING INVITATIONAL



# TABLE OF CONTENTS

<b>DIVISION GUIDELINES</b> .....	2
<b>NCHSAA STATE INVITATIONAL SCHOOL DIVISIONS</b> .....	2
<b>CODE OF CONDUCT</b> .....	3
<b>SCHOOL ELIGIBILITY POLICY</b> .....	4
<b>UNIFORM GUIDELINES</b> .....	4
<b>TIME LIMITATIONS</b> .....	4
<b>MUSIC GUIDELINES</b> .....	5
<b>COMPETITION PERFORMANCE AREA</b> .....	6
<b>INTERRUPTION OF PERFORMANCE</b> .....	8
<b>SPOTTER POLICY</b> .....	8
<b>SPORTSMANSHIP</b> .....	8
<b>VIOLATIONS</b> .....	8
<b>DISQUALIFICATION</b> .....	8
<b>FINALITY OF DECISIONS</b> .....	8
<b>SCORES AND RANKINGS</b> .....	9
<b>HOW TO HANDLE PROCEDURAL QUESTIONS</b> .....	9
<b>INTERPRETATIONS AND / OR RULINGS</b> .....	9
<b>GAME DAY ROUTINE FORMAT</b> .....	9
<b>2023-2024 SAFETY RULES AND ADDITIONAL DIVISION RESTRICTIONS</b> .....	10
<b>VIDEO MEDIA POLICY</b> .....	10
<b>LOGO USAGE</b> .....	10
<b>NCHSAA STATE CHEERLEADING INVITATIONAL COMPETITION RULES</b> .....	10
<b>PREMIER EVENTS OFFERED BY ALL DAY CHEERLEADING, INC</b> .....	11
<b>NCHSAA STATE CHEERLEADING INVITATIONAL SPECIFIC RULES AND REGULATIONS</b> .....	11
<b>RULES AND REGULATIONS AGREEMENT</b> .....	12

## DIVISION GUIDELINES

Athletes may only perform up to 2 times if one routine is a performance routine and the other is a game day routine. If an athlete is performing 2 times, they must be representing the same program/school in both performances.

Teams must compete in the same style Performance Routine and Game Day Routine i.e. Non Tumbling or Non Building must be the same for both.

Example 1: An Athlete may compete with a team in both a performance routine and game day routine.

## NCHSAA SCHOOLDIVISIONS

All teams must follow their district guidelines for team placement and grade allowance.

### All Junior Varsity Divisions – 9th Grade -12th Grade

Junior Varsity teams must be the official Junior Varsity of the school they represent. Teams will only be allowed to compete in the Junior Varsity Division if they are the official Junior Varsity team. If there is only one team from a school, that team will be required to compete in the Varsity division and meet the Varsity Division grade restrictions. Teams that have members that cheer varsity sports must compete as a varsity team.

### All Varsity Divisions – 9th Grade - 12th Grade

If there is only one team from a school, that team will be required to compete in the Varsity division and meet the Varsity Division grade restrictions. Teams that have members that cheer varsity sports must compete as a varsity team.

### Game Day Divisions – 9th Grade - 12th Grade

Individuals are only allowed to compete in a performance routine division and a game day division for the same school/program. If a Junior Varsity and Varsity combine/share athletes for a Game Day Division, they must compete in the Varsity Divisions.

#### Junior Varsity Performance Divisions

<i>Division</i>	<i>Female/ Male</i>	<i># athletes</i>	<i>Notes</i>
Small	Female	5 – 16	
Large	Female	17 – 30	
Coed	Female / Male	5 – 30	1+ Male
Non-Tumbling	Female / Male	5 – 30	Males Allowed
Non-Building	Female / Male	5 - 30	Males Allowed

\*Schools will compete as their high school is listed with the NCHSAA (1A – 4A), but split into two divisions:

D1 = 3A and 4A schools

D2 = 1A and 2A schools

#### Varsity Performance Divisions

<i>Division</i>	<i>Female/ Male</i>	<i># athletes</i>	<i>Notes</i>
Small	Female	5 – 15	
Medium	Female	16 - 19	
Large	Female	20 - 23	
Super	Female	24 - 30	
Small Coed	Female / Male	5 – 20	1+ Male
Medium Coed	Female / Male	21 – 25	1+ Male
Large Coed	Female / Male	26 – 30	1+ Male
Non-Tumbling Small	Female	5 – 15	
Non-Tumbling Medium	Female	16 - 19	
Non-Tumbling Large	Female	20 - 23	
Non-Tumbling Super	Female	24 - 30	
Non-Tumbling Coed	Female / Male	5 – 30	1+ Male
Non-Building	Female / Male	5 – 30	Males Allowed

\*Schools will compete as their high school is listed with the NCHSAA (1A – 4A), but split into two divisions:

D1 = 3A and 4A schools

D2 = 1A and 2A schools

Updated 8/9/2023

### Junior Varsity Game Day Divisions

<i>Division</i>	<i>Female/ Male</i>	<i># athletes</i>	<i>Notes</i>
Small	Female / Male	5 – 20	Males Allowed
Large	Female / Male	21 – 30	Males Allowed
Non-Tumbling	Female / Male	5 – 30	Males Allowed
Non-Building	Female / Male	5 – 30	Males Allowed

\*Schools will compete as their high school is listed with the NCHSAA (1A – 4A), but split into two divisions:

D1 = 3A and 4A schools

D2 = 1A and 2A schools

### Varsity Game Day Divisions

<i>Division</i>	<i>Female/ Male</i>	<i># athletes</i>	<i>Notes</i>
Small	Female	5 – 20	
Medium	Female	21 - 25	
Large	Female	26 - 30	
Small Coed	Female / Male	5 – 20	1+ Male
Medium Coed	Female / Male	21 – 25	1+ Male
Large Coed	Female / Male	26 – 30	1+ Male
Non-Tumbling	Female / Male	5 – 30	Males Allowed
Non-Building	Female / Male	5 – 30	Males Allowed

\*Schools will compete as their high school is listed with the NCHSAA (1A – 4A), but split into two divisions:

D1 = 3A and 4A schools

D2 = 1A and 2A schools

## CODE OF CONDUCT

NCHSAA and All Day Cheerleading, Inc encourages and supports 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.

Coaches must adhere to the Code of Conduct found in the NCHSAA handbook.

To ensure the most positive experience for all attendees, NCHSAA and All Day Cheereleading, Inc ask that the following Code of Conduct be adhered to during the NCHSAA State Cheerleading Invitational:

1. Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the Routine Review Table. The appropriate Official will then be called to discuss the situation with the coach.
2. Any routine review ruling by the appropriate Official is final.
3. Judges' rulings are final related to deductions, final team placements and legalities.
4. Participants, coaches, and spectators are prohibited from contacting the Judges during the competition.
5. 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 NCHSAA and All Day Cheerleading, Inc events.
6. All Day Cheerleading, Inc reserves the right to remove any persons from a competition for unsafe or unsportsmanlike conduct.

## SCHOOL ELIGIBILITY POLICY

1. All athletes must meet the eligibility requirements set forth by NCHSAA and their LEA.
2. All athletes and coaches must be listed on the master eligibility list.
3. All members of the cheerleading squad must be current members of the official school spirit squads and must attend the school they are representing.
4. Teams may participate in more than one local or regional competition during the season.
5. All coaches must meet the requirements as set forth by NCHSAA.

## UNIFORM GUIDELINES

### 1. UNIFORMS

- a. All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh or nude colored body suits and liners; however, fringe would not count as a cover.
- b. Any team in violation of the uniform guidelines will be assessed a TWO (2) point deduction.
- c. A traditional sideline uniform (that covers the midriff when standing at attention and has an element that is identifiable to your school – colors, logos, letters, mascot, etc.) is required for all divisions.

### 2. MAKE-UP

- a. If worn, make-up should be appropriate for both the performance and age of the athletes, utilizing colors suitable for skin tone.

### 3. HAIR

- a. Hair for all athletes does not have to be worn the same but must be secured off the face with a simple style that considers all diversities.
- b. Bows are not required. If worn, bows must:
  - NOT be excessive in size
  - NOT be a distraction to the performance.
  - Be positioned in a manner to minimize risk for all participants. This is restricted to back of the head (below the crown)
  - If the bow has tails, they must be facing backwards and down to limit the ability to fall on to the forehead and into the participants' eyes or block the view of the participants while performing.
- c. A 0.25 deduction will be given for teams in violation of this rule.

## TIME LIMITATIONS

### 1. Introductions

- a. All introductions (entrances, chants, spellouts, etc.) are considered part of the routine and will be timed as part of the performance. Skills are not allowed during the team's entry to the floor or any time prior to starting the performance. EXCEPTION – Game Day See Below
  - 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. Example: running of the flags, chest bumps, hugs, handshakes, etc.
  - d. All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a ONE point deduction.
  - e. There should not be any organized exits or other activities after the official ending of the routine.
2. Timing will begin with the first movement, voice, or note of music, whichever comes first.
  3. One (1) point deduction for 1-5 seconds over, Two (2) point deduction for 6 and over.
  4. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until 3 seconds over the allowed time. If a routine is re-timed as part of a review, the exact time will be used without the 3 second allowance listed above.
  5. 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 presentation must include at least one cheer or sideline chant.

- Maximum Overall Time: 2:30 (150 Seconds)
- Maximum Music Portion: 1:45 (105 Seconds)

**Game Day Routines** - Each Game Day performance must consist of a Band Chant, Situational Sideline, Time Out Cheer and Fight Song.

- Maximum Overall Time: 3:00 (180 Seconds)

\*For Game Day Routines, timing will NOT include the team spiring, rallying, or individuals performing jumps, kicks or tumbling, but will begin with the first group movement, voice, or note of music, whichever comes first.

## MUSIC GUIDELINES

1. The NCHSAA State Cheerleading Invitational shall adhere to the USA Cheer Music Copyrights Educational Initiative and all sound recordings used in team's music shall only be used with written license from the owners(s) of the sound recordings.
2. For the most up to date music information, visit <http://alldaycheerleading.com> If you have any questions, cheer teams should email [Nicole@alldaycheerleading.com](mailto:Nicole@alldaycheerleading.com). Please check Music Provider list for updates and changes periodically.
3. Teams must be able to provide proof of licensing.  
Acceptable Proof:
  - a. Provide team's invoice from camp.
  - b. Itunes – provide screenshot of the song you are using from your purchased playlist
  - c. Music Provider – provide a printed copy of proof of licensing.
  - d. Band Music - If you'd like to perform to a recording of your band playing a single musical composition, you will need to provide documentation that confirms the following:
    - i. The team has secured a compulsory license to make copies of the recording made by the band or orchestra
    - ii. The band or orchestra recorded the song for and in conjunction with the cheer/dance squad
    - iii. The school principal or dean was aware of and approved this recording
    - iv. The band or orchestra does not provide music to other cheer/dance squads
    - v. No other musical compositions are embodied in the recording to be used by the authorized cheer/dance squad
4. When recording your music for the event, coaches or music editors should edit their song in a Digital Audio Workstation (DAW) and make sure that the volume of the song is at 0. Things to note: Most DAW's have a default that sets a track at -6 when a track is added. Check to see if there is a normalization process after you render or save your work.
5. If you would like to perform your school's original fight song, you may bring a recording of your marching band playing the song. You will need to get the school's permission to use the song and recording. A letter granting permission for the cheer or dance team to use the fight song on school letterhead is enough. It should be signed by your program's administrative supervisor. Go to [alldaycheerleading.com](http://alldaycheerleading.com) for more details.
6. If a team is unable to provide required paperwork, they will be given the option to count the routine verbally or perform to an approved track of music or a track with counts (Provided by All Day Cheerleading, Inc).
7. All proof of music compliance must be uploaded into registration software prior teams check in on event day. In addition, teams must have on their person a printed copy of the required paperwork.
8. If a team is not able to provide the required paperwork and chooses not to count the routine or perform to an approved track of music or a track with counts, the team will be disqualified from the competition and not allowed to perform or compete.
9. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.

10. A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.
11. Challenge Process
  - a. All music challenges must be submitted in writing to the event director.
  - b. Challenge forms are available at registration.
  - c. There will be \$50 fee to request a music challenge.
  - d. Fees collected will be voided if challenge is correct.
  - e. If the team challenged can provide documentation during the event and can be verified, the fees will be donated to a charity of choice.
  - f. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
  - g. Any team that submits false paperwork is subject to potential team disqualification, removal from the event and/or barred participation from future NCHSAA and All Day Cheerleading, Inc events.
12. It is required that each team have a responsible adult remain at the music station that knows the routine and music (no alternates or team members allowed). This representative is responsible for pressing "play". Should an adult choose not to stay at the music table for the duration of the routine, and a malfunction occurs, teams may or may not be permitted to perform the routine again.
13. It is not recommended that a smart phone be used for playing music, due to interference that may be caused during a routine. No cover may be on any MP3 player so that a jack may be easily inserted into the device.
14. All teams must provide their own device for use on the event provided sound system. Music should be on a digital music player/iPod/iPhone. CD's will no longer be allowed, and CD players will not be provided at competition.
15. Please make sure that all devices have a headphone jack to connect to sound system and are fully charged, volume turned up and placed in airplane mode.
16. Please ensure that jacks are clean and free of any debris which may impact connectivity. You will need to acquire an adapter in advance if your player does not have a headphone jack.

## 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. The NCHSAA State Cheerleading Invitational Competition will comply with the NFHS surface ruling that school-based programs may not compete on a spring floor.
4. Approximate floor size will be 54 feet wide by 42 feet deep (9 strips).
5. BOUNDARY – Any team member stepping outside or touching outside the performance area will cause the squad to receive a 0.5 penalty per occurrence.
  - a. The border is considered a warning mark.
  - b. A penalty will be assessed when any ONE full hand, foot or body is completely outside of the performance surface.
  - c. Once a team member takes the floor, they must remain on the floor until the end of the performance.
6. Signs or props may be safely placed or dropped outside the competition area by a team member who must remain inside the competition area. Please see the deduction explanation sheet for additional Prop Restrictions.
7. All team mascots (ex: stuffed animals), center markers, etc. are prohibited. The center will be marked on all performance surfaces.

# INTERRUPTION OF PERFORMANCE

## UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition, venue (power outage, fire alarm, etc.), the coach of the team at the music stand affected should STOP the routine.
  - a. Examples: Equipment Issue – Music volume is all the way down and athletes can't hear the beginning of the routine, etc.
  - b. Venue Emergency – power outage, fire alarm, etc.
2. If the coach chooses not to stop the routine, the team may not have the option to perform again.
3. 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.
4. **UNIFORM MALFUNCTION** As a precaution, each performer is required to take the necessary steps to avoid inappropriate exposure during the performance. Should a uniform malfunction resulting in indecent exposure occur, the routine should be stopped immediately. This is a shared responsibility of all parties involved to recognize a malfunction has occurred.
5. 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 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 / ILLNESS

1. The only persons that may stop a routine for injury are: competition officials, the 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 injured participant that wishes to perform may not return to the competition floor unless:
  - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
  - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
  - c. An athlete who has a suspected concussion should be removed from the activity immediately and should not be allowed to return to participation the same day of the incident and without being cleared by a medical professional in accordance with state law or organizational policy.
4. In addition, the sponsor and all of the coaches attending the competition must be familiar with all federal, state and local laws applicable to such individuals and relating to such individuals' duties and responsibilities regarding the recognition and treatment of injuries.
5. In the event of an injury or emergency, 1 parent or legal guardian may be escorted backstage during the evaluation process. While backstage, they will need to remain with the athlete or an event staff member.



## RE-PERFORMANCE SCHEDULE

1. The competition officials will determine whether the team will be allowed to perform at a later time.
2. 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 and must be within thirty minutes after the rest of the division is complete.
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.
4. Teams that limit/mark skills prior to the point of interruption could result in an adjustment in scores based on the skills performed.
5. If a team prefers not to re-perform 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.

## SPOTTER POLICY

Spotters will not be provided nor permitted at the NCHSAA State Cheerleading Invitational.

Note: Teams should not attempt skills beyond their ability level.

## SPORTSMANSHIP

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine.
2. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.
3. When a coach is in discussion with an official, other coaches, athletes and parents/spectators, they must maintain proper professional conduct. Failing to do so may result in 1.0 deduction, removal of coach or disqualification.
4. NCHSAA's core values and beliefs state that sportsmanship is following the rules of the game, respecting the judgment of referees and officials, treating opponents with respect, respect for one's opponent, and graciousness in winning or losing.

## 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 deduction 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, will automatically forfeit any right to any prizes or awards presented by the competition. Teams that are disqualified will automatically forfeit any fees paid.

## FINALITY OF DECISIONS

By participating in this competition, each team agrees that the decisions by the judges and officials 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. 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 prior to the final tally of the scores for all teams. Final scores and rankings will be available only to coaches at the conclusion of the competition. Judges' decisions are final.
2. Any deductions or violations will be taken off the final score.
3. For more information on scoring, score sheet and judging criteria, please visit [alldaycheerleading.com](http://alldaycheerleading.com).
4. TIE BREAK POLICY – The team with the lessor deductions will be awarded the higher place. If the deductions remain equal, the team with the highest score on the Cheer Score Sheet (performance divisions), Crowd Leading (Game Day Division) will be awarded the higher place.
5. By participating at the NCHSAA State Cheerleading Invitational, teams give their consent for performances and scores to be made public.
6. All Day Cheerleading, Inc will provide routine review using the following process:
  - a. Teams deductions / legalities and difficulty scores will be sent via email to the email address associated with the team registration approximately 3 teams after thier performance.
  - b. Emails will have a timestamp when sent. Head coaches have 10 minutes from timestamp to request a routine review in writing using the appropriate form.
  - c. Head coaches will appropriately fill out and submit form. Scoring officials will review the request.
  - d. Head coaches will be notified via message that their request has either been approved and will receive the new score OR that their request has been denied. If request is denied, head coach will have the opportunity for a face to face brief explanation.
  - e. No coach will be able to review the scores of any other team.

## HOW TO HANDLE PROCEDURAL QUESTIONS

1. RULES & PROCEDURES - Any questions concerning the rules or procedures of the competition will be handled exclusively by the head coach of the team and 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 - Any questions concerning a specific violation in music compliance must be submitted in writing to the Competition Director immediately following the team's performance.

## INTERPRETATIONSAND/OR RULINGS

All Day Cheerleading, Inc, on behalf of NCHSAA, reserves the right of interpretation of these Rules and Regulations and any decision involving any other aspect of the competition. All Day Cheerleading, Inc will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition.

## GAME DAY ROUTINE FORMAT

1. The performance will follow this order: Band Chant, Situational Sideline, Cheer, followed by the Fight Song.
2. The use of crowd leading tools such as signs, poms, flags and/or megaphones is required.
3. The incorporation of stunts/tumbling is required in the Situational Sideline, Cheer and Fight Song.
4. **Band Chant** should have an emphasis on crowd appeal and practicality – No stunting or tumbling is permitted, however jumps and kicks are allowed.
5. **Situational Sideline** - Following the band chant, the announcer will give squads a game scenario indicating an offense or defense situation. Teams should show their definitive understanding of the situation with an offensive or defensive crowd-leading response.
6. **Crowd Leading Cheer** - Teams will be evaluated on their ability to lead the crowd, crowd effectiveness, proper use of motions/crowd leading tools and execution of stunts/tumbling relevant to a game day environment.
7. **Fight Song** - Incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. If the fight song repeats, the incorporation will only be allowed both times if it is repeated exactly the same both times. Counting will begin with the first initiation of a skill (stunt or tumbling) until one of the following:
  - a. The routine ends within the 3 consecutive 8 counts
  - b. Building Skills must be stationary prior to the end of the 3rd 8-count and may remain stationary until the end of the routine.

- c. Dismounts following the completion of the routine will not be included for timing purposes
8. Each section should have a beginning and end. Note: Spirited crowd leading interaction between each section is encouraged to continue the game day feel. Stunts are not allowed as a transition before/between sections, this would include the team's entry to the floor and any time prior to starting the performance. Tumbling would be allowed during the performance with the exception of during the Band Chant
9. Additional Skill Restrictions
  - a. Tosses (basket, sponge or elevator) are NOT allowed.
  - b. Inversions are NOT allowed.
  - c. Twisting Released Dismounts are NOT allowed.
  - d. Single leg stunts are limited to liberties and liberty hitches.
  - e. Standing Tumbling is allowed. Connected tumbling skills are NOT allowed and a back tuck is the most elite tumbling skill allowed. Examples: Standing full is not allowed. Rippled Single Back Handsprings would be allowed. Jump tumble (single skill) would be allowed.
10. Any deductions or violations will be taken off of the final averaged score. For more information on scoring, score sheets and judging criteria, please visit [alldaycheerleading.com](http://alldaycheerleading.com)

## 2023-2024 SAFETY RULES AND ADDITIONAL DIVISION RESTRICTIONS

Rules subject to change by USA Cheer. Go to [usacheer.org](http://usacheer.org) for the most updated rules.

Spirit Rules Changes 2023 - 2024: <https://www.nchsaa.org/sites/default/files/Spirit%20Rules%20Changes.pdf>

Divisional Restrictions:

- Non-Tumbling Divisions will restrict any hip over head rotation except for entries and exits in to stunts/pyramids. See rules definition of tumbling skill for clarification.
- Non-Building Divisions will restrict any athlete from providing support to another athlete off the performing surface.

## VIDEO MEDIA POLICY

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, noncommercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to NCHSAA and All Day Cheerleading Inc and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation.

## LOGO USAGE

Teams will not be allowed to use the All Day Cheerleading, Inc logo or the NCHSAA logo including: banners, rings, bows, t-shirts, etc. without prior approval from the appropriate office.

## NCHSAA STATE CHEERLEADING INVITATIONAL COMPETITION RULES

While the final details and schedule of any competition could require up to the day adjustments, and all guidelines are subject to change based on Centers for Disease Control and Prevention ("CDC"), federal, state and local guidance, please be assured that All Day Cheerleading, Inc and NCHSAA is committed to delivering the same high quality of competition experience for which we are known. We appreciate your understanding of the flexibility this will require. By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge to abide by the NCHSAA State Cheerleading Invitational Competition Rules.

## PREMIER EVENTS OFFERED BY ALL DAY CHEERLEADING, INC

Although not required, it is strongly recommended that teams attend at least one of the 4 regional Premier competitions offered by All Day Cheerleading, Inc. Teams can gain valuable experience on a full floor, receive scoring by qualified judges utilizing the same system that is used at the NCHSAA State Cheerleading Invitational. Teams will also have the opportunity to have routines checked by a legality official. Following the event, teams will have an opportunity to review comments and scores with time to make any adjustments or ask for clarification prior to the NCHSAA State Cheerleading Invitational. All Day Cheerleading, Inc will offer Schools the opportunity to compete in Performance, Game Day, Dance and Stomp N' Shake Divisions at our Premier Event Series.

## NCHSAA STATE CHEERLEADING INVITATIONAL SPECIFIC RULES & REGULATIONS

### TOURNAMENT FACILITY

1. The competition is scheduled to be held at the Raleigh Convention Center.
2. The competition officials shall have the right to alter the time and location of the competition in the event changes because necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the officials to be essential to the successful execution of the event.

### DIVISION WINNER AWARDS

All teams that win their division will receive a trophy. Teams will additionally receive a medal for 1st, 2nd and 3rd place.

### SCHOLARSHIP AWARDS

NCHSAA will award (4) \$500 scholarships. One will be awarded to a cheerleader per NCHSAA classification (1A, 2A, 3A, 4A)

Scholarship opens September 1, 2023.

Scholarship deadline is November 15, 2023.

Information can be found at: <https://www.nchsaa.org/students-parents/nchsaa-scholarship-opportunities>

### COMMUNITY LEADERSHIP AWARDS

All Day Cheerleading, Inc will be awarding prizes to teams that represent what it is to be a community leader. See [alldaycheerleading.com](http://alldaycheerleading.com) for more details and submission deadlines.

## RULES AND REGULATIONS AGREEMENT

By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge that

- (i) I am the sponsor/director of the team
- (ii) I have read and understand the foregoing,
- (iii) I will be solely responsible for communicating the foregoing to all coaches/directors in my program that will coaching and directing teams at the NCHSAA State Cheerleading Invitational,
- (iv) I will ensure that my teams will comply with all rules and regulations at all times, and (v) my team will support the results of the competition, as I am a role model for my programs.

**SIGNATURE TO BE COLLECTED ONLINE WITH REGISTRATION FORMS**