

A grayscale photograph of two cheerleaders in mid-air, performing a stunt. One cheerleader is in a high kick position, while the other is supporting her from below. They are wearing dark uniforms with white stripes on the sleeves and skirts. The background is a blurred stadium setting. The entire image is overlaid with a large, diagonal graphic element consisting of three parallel lines in blue, red, and blue.

2025-26 **CHEER** **HOST MANUAL**



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IMPORTANT DATES

2025-2026 COMPETITIVE CHEER SPORT CALENDAR

SEPTEMBER 1	START – Practices, Scrimmages, Exhibitions, and Competition
FEBRUARY 14	DEADLINE – Undeclare from Postseason
February 15	DEADLINE – Submit Champions of Character Nominee
MARCH 14	DEADLINE – Completion of conference/CAC/unaffiliated tournaments
MARCH 16	RELEASE – National Championship Qualifiers announced
MARCH 18	DEADLINE – Submit Official Postseason Rosters in NAIA Connect
MARCH 19-21	All-America Recording Window
MARCH 27-28	NAIA Competitive Cheer National Championship <i>Stormont Vail Events Center – Topeka, Kansas</i>

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The NAIA Competitive Cheer Championship is under the direct control and supervision of the NAIA and the Competitive Cheer Championship Committee.

Host Event Information

EVENT DATE & TYPE

Once you have determined the date for your event, consider the following:

1. Will this be a Cheer only event or both Cheer and Dance.
 - a. Which sport will compete first.
2. Type of Cheer event.
 - a. Dual only
 - b. Multi-team competition
 - c. Multiple Dual competitions
 - d. Event with Prelims and Finals

PROMOTING THE EVENT

1. The NAIA Championship Sport Manager can post your event on the NAIA Competitions Listings Page, which is viewed by Coaches, Conference Coordinators, as well as Officials.
 - a. If your event is full, make sure to contact the NAIA Championship Manager to make a note on the competitions listings page.
 - b. It's a good idea to keep your event on the listings page for publicity purposes.
2. Your event should be posted on your school's website and team's schedule page.
3. Consider posting on the NAIA Coaches Facebook page (run by coaches, not the NAIA). If you need access, contact a member of the Executive Committee.

REGISTRATION AND CONTRACTS

1. Registration
 - a. Create a Google Form or Formstack registration page; this link can be added to the Competition Listings Page.
 - b. Include a registration fee for your event.
 - c. Determine if there is a cap on the number of teams that can register.
 - d. Determine how payments can be made.
2. Event Contract
 - a. Creating a contract is important to guarantee participation.
 - b. A contract is necessary to submit a request for a forfeit from a team that does not show or withdraws from an event.
 - c. Contracts are not necessary for Conference only competitions. However, check with your Athletic Director or Conference Commissioner for verification.

FACILITIES AND COMPETITION SCHEDULES

1. Competition Space
 - a. Suggested – full basketball court size.
 - b. Mat size/dimensions.
 - i. Nine (9) strips totaling 42' x 54' matting.
 - ii. Mat material is to be carpet-bonded foam at least 1 3/8" thick.
 - iii. Full Velcro strips should be used.
 - c. Spring-type floor is not permitted.
2. Warm-up Area
 - a. A warm-up space should be provided that is separate from the competition floor.

- b. Warm-up areas should include:
 - i. Proper sound and light
 - ii. Cheer mats with Velcro
- c. Warm-up times
 - i. Each team will be allocated a 30-minute warm-up period, structured in three segments:
 - 1. 10 minutes for general stretching and mobility (no mats required).
 - 2. 10 minutes for skill work (2 strips of mats, minimum).
 - 3. 10 minutes on a full competition mat (9 panels) for routine-specific preparation.
 - ii. Following the warm-up, teams will have 10 minutes on-deck before taking the floor.
- 3. Officials Seating (Judging area)
 - a. Recommended that officials should be seated away from spectators and located high enough to see the full competition area.
 - b. Officials should not be at the same level as the competitors.
- 4. Locker Rooms
 - a. Rooms for changing are required.
 - b. Remember to provide separate spaces for male and female participants.
 - c. Officials do not require a locker room; they should have access to a meeting room before and after the event.
- 5. Standard Competition Schedule with Countdown Clock
 - a. 40:00 Stretch
 - b. 30:00 Tumble or Turns/Tricks
 - c. 20:00 Run Through
 - d. 10:00 On Deck
 - e. 0:00 Performance
- 6. Sample Performance Schedule
 - a. 1:20p Warmups officially begin (see countdown clock)
 - b. 2:00p Team A performs
 - c. 2:10p Team B performs
 - d. 2:20p Etc.

STAFFING AN EVENT

- 1. The following positions/staff are encouraged to host an event.
 - a. Site Supervisor or Game Management/Tournament Director.
 - b. Sports Information Director
 - c. Athletic Training Staff
 - d. PA – Announcer
 - e. Music Coordinator
 - f. Live Stream/Production
 - g. Videographer – necessary to provide playback for officials.
 - h. Tally/Scorer
 - i. Totals scores from officials.
 - ii. Check accuracy of all score totals.
 - i. Runners
 - i. Make copies of scoresheets (one for coach, one for host).
 - ii. Deliver needed information to SID, Head Official, Site Supervisor, Music Coordinator.
 - iii. Assist officials as needed.
 - j. Timers – monitor warm-up periods.

OFFICIALS

- Starting Fall 2025, all NAIA competitions required a minimum of four (4) and a maximum of seven (7) approved officials for NAIA competitions.
- The hiring of officials is the responsibility of each Conference Coordinator. Coaches are not permitted to hire officials directly.
- Breakdown of competition officials:
 - Building Judge (1-2 officials).
 - Tumbling Judge (1-2 officials).
 - Overall Judge (1-2 officials).
 - Deduction/Legality Judge (1 official).
- One of the panel judges will be selected as the Head Official.
- The Head Official and Site Supervisor are responsible for ensuring that protests, disputes, etc. are all settled onsite.
- The Host Institution is responsible for paying all officials.
- Recommended Conference Tournament Pay Scale provided by Justin Gragg, NAIA Director of Officiating Initiatives.

Zone	OW Milage	2-6 Routines Total Fee	7-15 Routines Total Fee	16+ Routines Total Fee
1	0-75	\$180	\$205	\$230
2	76-150	\$285	\$310	\$335
3	151-225	\$390	\$415	\$440
4	226-300	\$495	\$520	\$545
5	301-375	\$600	\$625	\$650
6	376-450	\$705	\$730	\$755
7	451+	\$810	\$835	\$860

Note 1
For Judges from Zone 4 or 5, lodging is recommended for events starting 10:00a* or earlier **and/or** ending 9:00p or later
(*assumes required advance arrival is 1hr prior to start of event)

Note 2
For judges from Zone 6 or 7, minimum one-night lodging is required

SCORING AN EVENT AND ANNOUNCING SCORES

- Judges will use NAIA Scoresheets to track scores for each performance.
- Finalized scoresheets (Panel and Deductions) will be given to a Tally-Scorer (that is not a Judge).
 - If two Panel Judges score a category (building, tumbling, or overall), then their scores will be averaged to achieve that categories total.
 - All three categories will be added together (not their average) to achieve a total.
 - Reminder that the 'Overall Effect' appears on all three category scoresheets and will be an average of the three category scoresheets, resulting in a score of 9-10 points.
 - Deductions will then be taken from the final Total.
- At the end of the competition, final scores will be read.

4. Following the competition, all scores will be entered into the NAIA Stat System.
 - a. Includes entering each Category Total.
 - b. Includes entering the 'Overall Effect' Total.
 - c. Includes entering the Deduction Scores.
5. Mathematical errors in tallying should be brought to the attention of the competition event manager. The math in question will be double checked and explained to the coach as applicable. If an error has occurred scores will be adjusted. Mathematical errors must be brought forward to the event manager within 20 minutes of the final teams performance. Once scores are announced they will be final.

REPORTING SCORES AND NAIA STAT SYSTEM

1. The Sports Information Director (SID) should review the NAIA Stat System at least two weeks in advance of any event to ensure access.
 - a. Access the NAIA Stat System – <https://stats.mynaia.org/>
 - b. Only the SID (listed as such in NAIA Connect) can gain access to the NAIA Stat System.
 - c. Access can only be done through an active account. If you do not have an active account, please contact naiacconnectsupport@naia.org.
 - d. Scribes/tutorials of the Stat System can be found on each [Cheer](#) and [Dance](#) Coaches Corner.
2. Pull Rosters for your Event
 - a. If a school has not uploaded a Roster, contact them immediately.
 - b. If a Roster is not in the system during your event, you will not be able to complete the steps necessary to upload event results.
 - c. Failure to upload results within 24 hours of your competition can result in a fine.
3. Information sent to the (Host) Conference Coordinator after the event.
 - a. All original scoresheets with the names of the Judge for each scoresheet.
 - b. Videos of each performance.

Important – Regarding Reporting Scores

1. In 2025-26, the Stat System has experienced many changes, all SID's are required to review the scribes/tutorials available on the Coaches Corner.
2. If an error occurs, or you are needing assistance, contact the NAIA Athletics Communications Manager (Reanne Kietlinski) by email only at rkietlinski@naia.org.

Neutral Site Host

If a Host Site is not competing in an event, the Host must determine and notify (at least two weeks in advance) which team will be considered the Host Team and responsible for reporting scores. It is good practice for the Host School SID, to communicate with the assigned School's SID as well.

Conference Championship Information

OFFICIAL PARTY AND POSTSEASON ROSTER INFORMATION

OFFICIAL PARTY

The official party for each team participating in post season play is up to 24 players allowed in uniform – 20 athletes on the floor and a maximum of 4 alternates, and up to 7 support staff (coaches, institutional representatives, and 3 optional safety spotters). Each team will receive a maximum number of 31 credentials, 24 student-athlete credentials and 7 official party credentials.

The deadline for certifying the official roster is prior to the first round of any postseason competition conference/Continental Athletic Conference/unaffiliated grouping, qualifying competition, or national championship. Once the event begins, no athlete may participate who is not on the official roster.



Official Postseason Roster forms will now be filled out via NAIA Connect (<https://www.naiiaconnect.org/s/login>) and sent to the NAIA National Office. If you do not have a login account, please contact naiiaconnectsupport@naia.org. Once you login, please follow these [instructions](#).

QUALIFICATION OF TEAMS

Each Conference/CAC/Unaffiliated Grouping must submit a tournament plan no later than **November 1st** annually. Only one plan should be submitted per conference/CAC/unaffiliated grouping. Contact [Championship Sport Manager](#) for more information.

Conference Competition Criteria

1. Teams and athletes competing must meet eligibility requirements set through the NAIA eligibility center.
2. Score criteria, divisions, score sheets, routine requirements, etc. will follow the same format outlined for the NAIA Cheer & Dance National Championship.

FORMAT FOR CONFERENCE CHAMPIONSHIP

Prelims/Finals: The competition will be a one-day event including both a preliminary round and a final round. Preliminary scores will seed the teams for the final round. If a qualifying competition host is hosting both a cheer and dance qualifier, the events must take place on two (2) consecutive days unless approved by NAIA Sport Manager.

Deadline for completion of NAIA Competitive Cheer Conference Championships or National Qualifying Events is March 14, 2026.

Order of Competition

Each Conference may determine the order of the Preliminary Round (Nationals is done by random draw). The final round of competition order is determined by the scores from the Preliminary Round with the lowest score performing first and the highest score performing last.

Special Calculations for Postseason

A postseason event will be calculated using 25% of the preliminary round score and 75% of the final round score. Example: Preliminary Round Score: 91.5; Final Round Score: 89.3; Take 25% of 91.5 = 22.875; Take 75% of 89.3 = 66.975. Add 22.875 and 66.975 for a final event score of 89.85.

In the event of a tie, the score from the final round will be used to break the tie. This process will also be used if necessary to determine an Automatic Qualifier for the National Championship.

Announcing Scores during Prelims

Scores should be announced once they are verified and accepted by the Head Coach of the performing team.

FINANCES

1. The host site for all Conference/CAC/Group qualifying tournament games is responsible for the following:
 - a. Compensation of game officials.
 - b. Ordering Conference/CAC/Group awards, if applicable.
 - c. Administrative expenses, including security, ticket personnel, and public address announcer, scorer, timer, etc.
 - d. Expenses of game administrator, if applicable.
2. The host site has the right to charge a per team entry fee to assist in covering event expenses.
3. Each participating team shall be responsible for its own expenses in route to, during and from all postseason events.

ADDITIONAL INFORMATION

1. Lodging
 - a. The host institution should assist with reserving hotel blocks for visiting teams at a reasonable rate.
 - b. If the host institution has pre-arranged hotel blocks, then visiting teams are required to stay at the host hotels.
2. Meetings
 - a. Prior to arriving at the competition, communication should take place with either a virtual coaches/admin meeting or through email communications. Site-specific information such as competition/practice times, hotel assignments and on-site logistics should be covered.
 - b. An onsite meeting of participating head coaches, administrators, and the head official should take place prior to the first warm-up.
3. Concessions
 - a. It is encouraged that the host site has an open concession stand during the event. All income from concessions will be event-income retained by the host.



Appendices



NAIA Competitive Cheer Lineup (Full Roster must be in NAIA Stat System)

Institution Competing: _____
Competition Name: _____
Host Institution: _____
Date of Competition: _____
Coach Name: _____

Athletes on Floor*

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20

Alternates

1
2
3
4

**Only list student athletes who competed on the floor at the noted competition.*



2025-2026 NAIA SCORING GUIDELINE

NAIA judges will award scores based on the point ranges below when skills are performed by a majority of the team unless otherwise noted. Skills performed by less than a majority of the team will be awarded scores in a lower range

STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING
1.0-2.0	1.0-2.0	1.0-2.0	1.0-2.0	1.0-2.0
Skills performed do not meet the below skill range requirements	Skills performed do not meet the below skill range requirements	Skills performed do not meet the below skill range requirements	Skills performed do not meet the below skill range requirements	Skills performed do not meet the below skill range requirements
2.0-3.0	2.0-3.0	2.0-3.0	2.0-3.0	2.0-3.0
Advanced Group Stunts, single based stunts or coed style stunts performed with advanced or elite dismounts.	Advanced Pyramid Skills Two High pyramids incorporating multiple 2-1/2 high transitions and multiple inverting & twisting & unique mounts and dismounts	Non-Flipping Tosses with single full twisting skills Toss single full twists, kick single full twists, etc. Note: a ¼ positioning move is allowed in twisting skills	Intermediate Standing Tumbling Standing tumbling connected to back handspring(s)	Intermediate Running Tumbling Round- off back handspring(s), etc.
3.0-4.5	3.0-4.5	3.0-4.0	3.0-4.0	3.0-4.0
Advanced Group Stunts, single based stunts or coed style stunts connected to an elite dismount performed by MAJORITY in a single section.	Elite Pyramid Skills Pyramids containing single or multiple structures incorporating a top person at 2-1/2 high level or multiple 2-1/2 people with minimal inverting & twisting & unique mounts & dismounts	Non-Flipping Tosses with double full twisting skills Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills.	Advanced Standing Tumbling Standing tumbling connected to back tucks	Advanced Running Tumbling Round off back handspring tucks, etc.
4.5-6.0	4.5-6.0	4.0-4.5	4.0-4.5	4.0-4.5
Elite Group stunts/single based variations of inverting/releasing and spinning skills to extended positions. FOR COED TEAMS Elite Group stunts and/or Assisted Elite Coed skills to single leg variations OR Unassisted Elite Coed skills to extended position. Required Dismount: Elite Dismount connected to one of the above skill performed in the same section.	Multiple Elite Pyramid Transitions and Structures by 2 or More people at 2-1/2 High simultaneously that includes: Numerous CONNECTED inverting, twisting, and/or unique entries to the top of the pyramid AND numerous inverting, twisting and/or unique dismounts. Mounts AND Dismounts must include variety	Flipping Tosses Back tucks, layouts, pike open, front flipping toss	Elite Standing Tumbling Standing tumbling connected to layouts and/or full including synchronized standing tumbling connected to layouts	Elite Running Tumbling Round-off back handspring layouts, full twists, or passes consisting of full twists or more.
6.0-7.5	6.0-7.5	4.5-5.0	4.5-5.0	4.5-5.0
Elite Group stunts/single based variations of inverting/releasing and spinning skills to extended liberty variations/awesome. For COED TEAMS- Elite unassisted coed skill to liberty variation/awesome. Required Dismount: Elite Dismount connected to the above skill. At least one required stunt to extended liberty variation connected to the required dismount must be performed by a MAJORITY in a single section.	Multiple Elite Pyramid Transitions and Structures by 2 or more people at 2-1/2 High simultaneously that includes: Numerous RELEASED inverting, twisting, and/or unique entries to the top of the pyramid AND numerous inverting, twisting and/or unique dismounts. Mounts AND dismounts must include variety.	Two Position Flipping Tosses Tuck X-out, Tuck split, layout split, kick layout straddle, pike open straddle, pike open split, layout full twist. COED TEAMS: Must throw additional toss from the following list: Layout straddle full, split/kick full, tuck x-out full, tuck, split/kick full, double full twisting layout	Majority Synchronized Elite Standing Tumbling Synchronized standing tumbling connected to a full	Majority Synchronized Elite Running Tumbling Synchronized running tumbling connected to full.

*For the 6.0-7.5 Stunt range **ALL** skills performed in one section **MUST** be an elite skill with the connected required dismount performed by MAJORITY as stated in the guidelines.

*Pyramid Clarification- In pyramids where multiple top persons maneuver to the top of a 2-1/2 high pyramid, the transition would only count as one inverting/twisting unique transition.

*Group stunts are considered a group with 3 bases (including the spotter) for a total of 4 participants. Adding a 4th base does decrease the skills value to a lower scoring range.

*For a skill to be considered unassisted it must receive primary support from a single base the majority of the time and must not be assisted in the toss of the stunt, to elevate the stunt or to stabilize the stunt.

*STANDING AND RUNNING TUMBLING: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time. Example- Round off BHS Fulls originating in sync OR Round off fulls and round off BHS fulls where the fulls execute at the same time (rotate together)

JUMPS

4.0

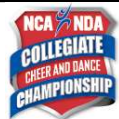
Single Jumps

4.5

Double Jump Combinations

5.0

Triple Jump or Double Jump plus a single Jump, **MUST** include variety



2025-2026 Advanced COED Level Appropriate skills & Majority/Most Chart

The below progressions are intended to be a guide to accompany the NCA College Scoring Guidelines. Skills listed in each category are Unassisted Coed unless otherwise stated. Any modification to the stunt group could impact the difficulty of a skill. Other factors include where a skill is caught, how a skill is caught and body positions. **Disclaimer: NCA reserves the right to make all final rules and scoring**

	INTERMEDIATE	ADVANCED	ELITE
INVERSION STYLE COED SKILLS	Connected ground inversion to extended Ground inversion released to prep Prep level released inversion to prep Hand in hand inversions released to prep level Prep level released inversion to extended	Connected full twisting prep level inversion to prep or extended (pirouette) Ground inversion released to hand in hand Released ground up inversion to extended (RO, BHS, FHS, Cartwheel) Released ground up inversion to extended skill with ¼- ¾ twist Prep level hand in hand release to extended	Released ground up inversion to extended stunt with full twist FHS 1.5 Extended hand in hand release to extended Hand in hand release with 1/2 -full twist Diamidov to extended Aerial 1.5 Handski BHS double up
TWISTING STYLE COED SKILLS	Walk- In To extended Full up to prep level ¾ to arabesque Walk- In to 1 arm extended Full up to extended Hands full around to extended	Full up to extended single leg Full up to 1 arm extended Hands full around to extended single leg	1.5 up to extended Prep level 1.5 to extended Prep double to extended Double up to extended
RELEASE STYLE COED SKILLS	Toss to extension Toss to prep press to 1-arm extended Low to high release to extended Twist Release to below prep level skill	High to high released skills Pop over Toss one arm extended Twist release to prep level Twisting tic toc to skill (low to high) Toss/prep level stunt release to prep level invert (half tart)	Rewind High to high full twist release skills Toss to Extended Invert (Pop Tart) Fast forward/front to stunt 1 Arm rewind Side sumi Stunt flip to stunt (Shotgun) Twisting rewinds
COED DISMOUNTS		Full twisting dismount (released) to ground or cradle Front flip to cradle Back ¾ to prone	Double twisting dismount (released) to cradle Back flip to cradle Front flip full twist to cradle Back ¾ flip with half/full twist Back flip full twisting dismount

#Athletes	Group Stunt	Pyramid	Toss	Coed Style		Tumbling
				MAJ	MOST	
10-11	2	2	2	2	3	6
12-13	2	2	2	3	3	7
14	2	2	2	3	4	8
15	3	3	2	3	4	8
16	3	3	2	3	4	9
17	3	3	2	3	5	9
18	3	3	2	4	5	10
19	3	3	3	4	5	10
20	3	3	3	4	5	11

*Disclaimer: NCA reserves the right to make all final rules and scoring decisions

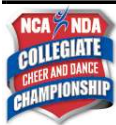
Using this chart, the numbers listed specify majority/most assuming groups are used as defined below. Any deviation from the traditional number of athletes involved would CHANGE the total number of groups needed for Group Stunt, pyramids, tosses, or COED style skills. Keep in mind these numbers only list the minimum required to get INTO a range. Other factors such as difficulty of skill and team participation can affect your score once within a range.

GROUP STUNT- A traditional group of 4 athletes

Toss- A traditional group of 4 athletes PLUS a front spotter

COED STYLE- A group of 3 athletes (assisted or unassisted) using a COED entry (TOSS or WALK- IN)

SINGLE BASE- Group Stunts performed as a group 3 not using a COED entry



2025-2026 Advanced GROUP STUNT Level Appropriate skills/ Majority/Most Chart

The below progressions are intended to be a guide to accompany the NCA College Scoring Guidelines. Skills listed in each category are based on group stunts unless otherwise stated. Any modification to the stunt group could impact the difficulty of a skill. Other factors include where a skill is caught, how a skill is caught and body positions. **Disclaimer: NCA reserves the right to make all final rules and scoring**

	INTERMEDIATE	ADVANCED	ELITE
INVERSION STYLE SKILLS	Released inversion to prep level Connected ground inversion to extended Prep level released inversion to extended	Connected ground up inversion with modified twisting skill to prep or extended Released inversions with ¼ - ½ twist to prep level single leg skill Creative hand in hand inversions released to prep level (EX. Diamidov) Connected ground up inversion with 1 full twist or 1¼ twist Ground inversion release to prep level hand in hand Released ground up inversion to extended Released ground up inversion to extended skill with ¼- ¾ twist Prep level hand in hand inversion released to extended	Released ground up inversion to extended skill with full twist Prep level released Inversion with ½-1 full twist to extended Extended hand in hand released to extended FHS 1.5 Hand in hand Inversion release full twist Aerial 1.5 BHS double up
TWISTING STYLE SKILLS	Modified full twisting stunt to single leg Full twisting to extended Full twisting to extended single leg Hands full around to prep	Hands full around to extended 1-1/4 twisting to extended 1-1/4 twisting to extended single leg skill Full up single based to extended 1.5 twisting to extended Hands 1.5 to extended Double up to extended High to high full around Quick toss full up	Prep level double around to extended High to high 1.5 to extended Quick toss double up
RELEASE STYLE SKILLS	Low to high released skills Switch up to extended single leg skill Twist release to prep level or below High to high releases lib to lib Single based toss to hand	High to high released skills lib to body position Full twisting release to prep level Switch up to extended single leg skill with ¼ - ¾ twist Single based toss to extended Released skill with a twist ¼- ¾ (EX: low to high or high to high) Toss/prep level stunt release to prep level invert (half tart)	Rewind Full twist release at extended (high to high) Ground toss to extended invert (pop tart) Side sumi Shotgun (stunt flip to stunt) Twisting rewinds
DISMOUNTS	¼ twisting dismount to cradle Transitions to cradle or prone	Full twisting dismount to cradle Full twisting pop- off Kick full dismount Front flip to cradle Back ¾ to prone	Double twisting dismounts Front full twist to cradle Back ¾ flip with half/full twist Back flip full twisting dismount

#Athletes	Group Stunt	Pyramid	Toss	Coed Style		Tumbling
				MAJ	MOST	
10-11	2	2	2	2	3	6
12-13	2	2	2	3	3	7
14	2	2	2	3	4	8
15	3	3	2	3	4	8
16	3	3	2	3	4	9
17	3	3	2	3	5	9
18	3	3	2	4	5	10
19	3	3	3	4	5	10
20	3	3	3	4	5	11

*Disclaimer: NCA reserves the right to make all final rules and scoring decisions

Using this chart, the numbers listed specify majority/most assuming groups are used as defined below. Any deviation from the traditional number of athletes involved would CHANGE the total number of groups needed for Group Stunt, pyramids, tosses, or COED style skills. Keep in mind these numbers only list the minimum required to get INTO a range. Other factors such as difficulty of skill and team participation can affect your score once within a range.

GROUP STUNT- A traditional group of 4 athletes

Toss- A traditional group of 4 athletes PLUS a front spotter

COED STYLE- A group of 3 athletes (assisted or unassisted) using a COED entry (TOSS or WALK- IN)



EXECUTION GUIDELINES



EXECUTION SCORING GUIDELINE			
Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.			
BELOW	LOW	MID	HIGH
1.0-2.0	2.0-3.0	3.0-4.0	4.0-5.0
1.0-3.0	3.0-4.5	4.5-6.0	6.0-7.5
ALL Errors are occurring across all participating athletes/groups.	Widespread/Many/Frequent Widespread errors across many athletes Frequent errors within many stunt groups or across many stunts	Multiple/Majority/Several Multiple athlete errors Majority stunt groups do not have errors versus majority do have errors Severity of those errors? Several errors or minimal	Minor/Few/Minimal Single athlete minor error single stunt minor error few athletes minor or minimal error Minimal athletes/errors/stunt errors throughout

STUNT/PYRAMID EXECUTION CRITERIA	
Each execution score will look at the below criteria: This IS NOT a driver system	
TOP PERSON	* Body control * Uniform flexibility * Legs straight/locked/toes pointed
BASES/SPOTTERS	* Stability of the stunt * Solid stance * Feet stationary
TRANSITIONS	* Entries * Dismounts * Control from skill to skill
SYNCHRONIZATION	* Timing (when applicable)

TUMBLING EXECUTION CRITERIA	
Each execution score will look at the below criteria: This IS NOT a driver system	
APPROACH	* Arm placement into a pass/skill * Swing/prep * Chest placement
BODY CONTROL	* Head placement * Arm/shoulder placement in skills * Control from skill to skill in a pass
LANDINGS	* Controlled * Chest Placement
SYNCHRONIZATION	* Timing (when applicable)

JUMP EXECUTION CRITERIA	
Each execution score will look at the below criteria: This IS NOT a driver system	
ARM PLACEMENT	* Approach * Consistent Entry * Swing/prep * Arm placement in jumps
LANDINGS	* Straight legs * Pointed toes * Chest placement * Hip placement/rotation/hyperextension * Height
SYNCHRONIZATION	* Timing



OVERALL GUIDELINES



OVERALL/OTHER SCORES- ADVANCED & INTERMEDIATE

ROUTINE COMPOSITION	COLLEGIATE IMAGE	OVERALL EFFECT
1.0-10.0	9.0-10.0	9.0-10.0
Seamless movement & Patterns, Flow, Transitions, Dance & Motions	Performance Integrity, Sportsmanship, Uniform, Overall School Representation	Performance Impression, Overall Appeal & Creativity of the scoring section including readability. This score is scored by each category and is averaged for the final score

OVERALL SCORING GUIDELINE

BELOW	LOW	MID	HIGH
9.0-9.2	9.2-9.5	9.5-9.8	9.8-10
1.0-6.0	6.0-7.5	7.5-9.0	9.0-10
Elements for the specific section are NOT effective/lack precision/does not demonstrate understanding of the specific scoring category of the score sheet.	Elements for the specific section are MINIMALLY effective/ Minimally demonstrate proper precision in execution/ show basic understanding of the scoring category of the score sheet.	Elements for the specific section are somewhat effective/majority demonstrate proper precision in execution/show a clear understanding of the scoring category of the score sheet	Elements for the specific section are MOSTLY effective/demonstrate strong precision in execution with minimal errors/ show a clear and strong understanding of the scoring category of the score sheet.

This document was developed for NAIA use with the permission of Varsity Spirit

Team Name: _____

Judge Name: _____

OFFICIAL

SCORE ★ SHEET

BUILDING MASTER SCORE SHEET



BUILDING SKILLS

	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	EXECUTION
STUNTS Level of Skill, Athlete participation, Number of bases used, Creativity, Variety	7.5		7.5	
PYRAMIDS Level of Skill, Athlete participation, Number of bases used, Creativity, Variety	7.5		7.5	
TOSSES Level of Skill, Athlete participation (not including front spots), Variety, Synchronization	5		5	
OVERALL EFFECT Performance impression, overall appeal and creativity of the scoring section including readability	10	Between 9-10	averaged across all score sheets	

CRITIQUE

Team Name: _____

Judge Name: _____



OFFICIAL
SCORE ★ SHEET

TUMBLING MASTER SCORE SHEET

TUMBLING SKILLS

	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	EXECUTION
STANDING TUMBLING Level of standing tumbling skills, synchronization, athlete participation, variety & technique	5		5	
RUNNING TUMBLING Level of running tumbling skills, synchronization, athlete participation, variety & technique	5		5	
JUMPS Advanced Jumps- EX. Toe Touch, Front or Side Hurdler, Pike	5		5	
OVERALL EFFECT Performance impression, overall appeal and creativity of the scoring section including skill readability	10	Between 9-10	averaged across all score sheets	

CRITIQUE

Team Name: _____

Judge Name: _____



OFFICIAL

SCORE ★ SHEET

OVERALL MASTER SCORE SHEET

OVERALL PERFORMANCE

	MAXIMUM VALUE	DIFFICULTY
ROUTINE COMPOSITION Seamless movement & Patterns, Flow, Transitions, Dance & Motions	10	
COLLEGIATE IMAGE Performance Integrity, Sportsmanship, Uniform, Overall School Representation	10	Between 9-10
OVERALL EFFECT Performance impression, overall appeal and creativity of the scoring section including readability	10	Between 9-10

CRITIQUE



2026 NCA COLLEGIATE NATIONAL CHAMPIONSHIPS- DEDUCTIONS AND VIOLATIONS

Deductions WILL be considered prior to, during and following the performance until all athletes are SAFELY off the performance surface.

Athlete Fall .25- Drops to the performance surface DURING tumbling and/or jump skills

Includes	Would Not Include
• Hand/hands down during a tumbling or jump skill • Head, shoulders, back, seat down, or other compromising position during tumbling or jump skill • Knee or knees down during tumbling or jump skill • Tumbling transitions in and/or out of a building skill	• An athlete that trips while walking during a transition • An athlete trips/falls following a controlled completion of a tumbling or jump skill

Building Bobble .25- Building skills that almost drop but are saved

Includes	Would Not Include
• Base or spotter drops to performance surface during building skill • Top person leans and/or bears weight on a base/spotter and is pushed back up into the stunt/skill • Lowering of a stunt from extended position to prep level (not a timing issue) • Pyramid skills that would fall without the bracer or bracer's support • Both feet and/or both hands coming in contact with performance surface during a cradle/prone • Drops to the performing surface from a thigh stand and/or waist level style stunt on to their feet (not a timing issue) • Incomplete Twisting Dismount that lands in a prone (stomach) position	• An omitted skill • Drop in a body position by the top person • Excessive movement by the bases • Balance checks by the top person • A single hand/foot in contact with performance surface during a cradle/prone • Coed style skill that never results in contact beyond a toss grip (omitted coed style skill)

Building Fall .75- Drops or falls from a building skill or transition

Includes	Would Not Include
• Drops to a cradle position/ load in/ prone position • Drops/Lowering of a stunt, including single based/ Coed Style skills (assisted or unassisted) in a controlled manner to the performance surface with assistance from the base and/or spotter.	• Stunts that almost fall but are saved and return to a stunting position • All other items listed in the building bobble or major building fall sections

Major Building Fall 1.25- Drops to the performance surface from a building skill by the top person and/or base(s)/ spotter(s) OR drops to a compromising position not included in building falls.

Includes	Would Not Include
• Multiple bases and/or spotters drop to the performance surface • Top person lands on a base and/or spotter who drops to the performance surface • Dismounts landing in a compromising position- upright (feet down) or inverted (head down) position • Tosses that land in a prone (on stomach), upright (feet down) or inverted (head down) position • Skills in which the event spotter is the primary catcher/saves an athlete while falling.	• Top person comes in contact with the performance surface during a transitional stunt and/or pyramid but without interrupting or stopping • Top person is set out of a building skill, transitions, and or drops to the performance surface (this includes tripping while walking)

Pyramid Maximum 1.75- When multiple deductions should be assessed during a pyramid skill, then the sum of those deductions will not be greater than 1.75. During pyramids where a fall continues to affect other portions of the pyramid, the deduction will not exceed 1.75. Two separated pyramids will result in separate deductions. The MAX deduction for a pyramid will not exceed 3.5.



2026 NCA COLLEGIATE NATIONAL CHAMPIONSHIPS- DEDUCTIONS AND VIOLATIONS



BOUNDARY VIOLATION – 0.25 / 1.0 per occurrence

- Athlete with both or any combination of 2 feet, 2 hands, or any part of the seat/torso outside the performing surface.
- If a violation is assessed, Judges' decisions are final and will not be reviewed.
- Any participant who leaves the performance surface for any reason (other than a boundary violation) will receive a **1.0** deduction.

PROP VIOLATION – 0.5 per Routine, unless multiple rules are violated

- Only the following props are allowed for cheer teams: flags, banners, megaphones, pom poms, signs & rally towels. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling. Air horns or artificial noise makers are prohibited.
- Per USA Cheer, General Restrictions C3, when using props that are made of solid material or have sharp edges/corners:
 - A top or middle person may not release the props to the ground. Athletes must gently toss or place props. A top person may not perform any skills to a cradle. **Note: Props maybe placed off the performance surface by someone standing inside the performance surface.*

PERFORMANCE ERROR – 0.5

- Skills performed illegally, usually due to performer error, however the skill itself is legal. Examples include, but are not limited to:
 - Required spotter in a pyramid loading and not getting to required position by the time the stunt/pyramid is established.
 - Spotter grips on a 2 ½ high pyramid that become illegal to save the skill.
 - A Toss passing through the inverted position in the Intermediate Division (*does not include flipping tosses*).

TEAM ENTRANCE/EXITS – 0.25 / 0.5

- Teams will be given 30 seconds following the Team Introduction to start their routine and 30 seconds following the routine completion to exit the competition mat. If a team exceeds this time limit either at the beginning or the end, a deduction of **0.25** will be assessed for 1-5 seconds or a **0.5** for 6+ seconds. This deduction can be issued 2 times if the team is in excess of 30 seconds at entrance and at exit of the routine.
- Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are not permitted.
- All athletes must have at least 1 foot on the mat when the routine starts. Skills performed prior to the start of the routine will receive a **0.5** deduction.

EXCESSIVE CELEBRATION – 0.5

- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures or skills of any kind.
- Teams should refrain from any type of excessive celebration after the performance (head swings, break dancing, alternates/coaches on the mat, drops to the mat, etc)

UNSPORTSMANLIKE CONDUCT – 2.0

- When a coach is in discussion with an official, other coaches, athletes, or parents/spectators they must maintain professional conduct. Unsportsmanlike behavior could result in a deduction, removal of coach or disqualification.

INAPPROPRIATE CHOREOGRAPHY / MUSIC – 1.0

- Vulgar or suggestive choreography, which includes, but is not limited to, hip thrusting, inappropriate touching/gestures, slapping, positioning body parts to one another. Music unsuitable for family listening, which includes, but is not limited to swear words, connotations of sexual acts/behavior, drugs, and/or violent acts/behavior. Removing or replacing words with sound effects constitutes inappropriate.

DIVISION / PARTICIPATION VIOLATIONS – 5.0 per athlete, maximum of 10.0

- A team performs with an athlete in more than 1 Cheer division (crossover), the 2nd & each subsequent team will receive a deduction.
- A team does not meet the required minimum # of 10 performers or exceeds the maximum # of performers.
 - Performance: 20 athletes MAX, plus 2 mascots (if 2 different Mascots represent the school). **Mascots may not participate in any skills or be the required spotter.*
 - Small Coed = 1 – 4 Male Athletes
 - Large Coed must adhere to the following

10-11 Total = 6 Males	12-13 Total = 7 Males	14-15 Total = 8 Males	16-17 Total = 10 Males	18-19 Total = 11 Males	20 Total = 12 Males
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- Game Day & Spirit Rally: 30 athletes MAX (*Cheerleaders & Mascots*)

- This violation will also apply to any team not meeting the required **MINIMUM** participation for the Game Day divisions.
 - Band/Pep Band/Drumline = 20%, Cheer and/or Dance = 20%, Mascot/Color Guard/Majorette/Student Spirit Group = 10%

10-14 Total = 3 + 3 + 1	15-19 Total = 3 + 3 + 1	20-24 Total = 4 + 4 + 1	25-29 Total = 5 + 5 + 1	30 Total = 6 + 6 + 1
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TIME LIMIT VIOLATIONS – 0.25 / 0.5 / 1.0

- Performance Divisions & Spirit Rally = 2:15 MAXIMUM, Game Day = 3:00 MAXIMUM
 - 1 – 5 seconds over = **0.25**; 6+ seconds over = **1.0**
- Partner/Group Stunt = 0:45 MAXIMUM, Mascot = 1:30 MAXIMUM for Set-Up + Tear-Down, 1:30 MAXIMUM for Routine
 - 1 – 5 seconds over = **0.5**; 6+ seconds over = **1.0**
- Judges will not issue a deduction until the stopwatches show a time of 3 seconds over the allotted time. If a routine has multiple time limits, each section could receive a deduction. If a routine is retimed as part of a review, the exact time will be used without the 3 second allowance.

GENERAL USA CHEER RULES / TUMBLING VIOLATIONS – 0.5

- Skills performed in violation of USA Cheer College Cheer General and/or Tumbling Rules.
- Tumbling skills performed in violation of specific division skill restrictions.

USA CHEER RULES / BUILDING VIOLATIONS – 2.0

- Skills performed in violation of USA Cheer College Rules, as well as building performed in violation of division skill restrictions.



NAIA DEDUCTIONS THAT DIFFER FROM NCA

Deduction	Description of Penalty
5.0	Deduction for not having the minimum number of competitors; this is a one-time deduction per competition.
5.0	Not submitting an official roster by the required deadline. Note: a roster may be changed prior to the start of competition.
5.0	Unsportsmanlike conduct by a coach or student athlete, as determined by the competition officials.
5.0	Inappropriate costume/uniform as determined by NCA Rules.
5.0	Use of vulgar or suggestive choreography. This includes, but is not limited to, movements or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications, such as hip thrusting and inappropriate touching, slapping, positioning of body parts and positioning to one another.
5.0	Use of music or words unsuitable for family listening. This includes, but is not limited to, vulgar or suggestive language, swearwords, and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body, and/or violent acts or behavior. Note: Removing improper language or words from a song and/or replacing it with sound effects or other words constitutes inappropriate and deductions will be made accordingly.

Additional deductions are possible in the areas of Interruption of Performance.



CHEER SAFETY/DEDUCTIONS

Score Sheet

School: _____

Number of participants: _____

Time of Routine	Description
	Overtime 3-5 Seconds (.25 deduction)
	Overtime 6+ Seconds (1.0 deduction)

Over Time
Deductions

If an infraction results in a Warning, make sure to include 'Warning' in description and apply no Deduction.

Inappropriate Infraction	Description (<i>Sportsmanship, inappropriate music, language, routine, etc.</i>)

Total number of Inappropriate Infractions: _____

multiplied by 5.0 =

Other Rule Infractions	Description and Deductions Points

Total of Other Rule
Infractions

TOTAL DEDUCTION =

Add all values in far right column (light grey boxes) to achieve the Total Deduction.

Disqualified? YES NO



TOTALS SHEET

(For use at regular season competitions only)

School: _____

Building Total (not to include overall effect)	40 Max
Tumbling Total (not to include overall effect)	30 Max
Overall Master Total (not to include overall effect)	20 Max
Overall Effect – Building (9-10 points)	
Overall Effect – Tumbling (9-10 points)	
Overall Effect – Overall Master (9-10 points)	
Overall Effect Subtotal (27-30 points)	
Overall Effect Score Averaged (divided by 3 = 9-10 points)	10 Max
SUBTOTAL	

Subtract deductions from subtotal to create total score

DEDUCTIONS

TOTAL SCORE	
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PRELIMINARY TOTALS SHEET

(For use at the National Championship and any competitions with Prelims and Finals)

School: _____

Building Total (not to include overall effect)	40 Max
Tumbling Total (not to include overall effect)	30 Max
Overall Master Total (not to include overall effect)	20 Max
Overall Effect – Building (9-10 points)	
Overall Effect – Tumbling (9-10 points)	
Overall Effect – Overall Master (9-10 points)	
Overall Effect Subtotal (27-30 points)	
Overall Effect Score Averaged (divided by 3 = 9-10 points)	10 Max
SUBTOTAL	

Subtract deductions from subtotal to create total score

DEDUCTIONS

PRELIMINARY TOTAL SCORE	
--------------------------------	--



FINAL TOTALS SHEET

(For use at the National Championship and any competitions with Prelims and Final.)

School: _____

Building Total (not to include overall effect)	40 Max
Tumbling Total (not to include overall effect)	30 Max
Overall Master Total (not to include overall effect)	20 Max
Overall Effect – Building (9-10 points)	
Overall Effect – Tumbling (9-10 points)	
Overall Effect – Overall Master (9-10 points)	
Overall Effect Subtotal (27-30 points)	
Overall Effect Score Averaged (divided by 3 = 9-10 points)	10 Max
SUBTOTAL	

Subtract deductions from subtotal to create the final score

DEDUCTIONS

FINAL SCORE

X

.75

=

+

PRELIMINARY SCORE

X

.25

=

*Add the two boxes to
create the Overall Score*

OVERALL TOTAL SCORE



COMPETITIVE CHEER or DANCE APPEAL FORM

DIRECTIONS: Fill out this form as completely as possible.

- Coaches have 10 minutes from time of receiving their team's scoresheet to alert the host institution/game day manager that an appeal will be made.
- Coaches have 15 minutes in total from the time of receiving their team's scoresheets to submit appeal paperwork.
- Appeal fees will be refunded if the appeal is upheld.

☐ \$100 Appeal (cash or checks payable to the NAIA; must pay on site)

Mail to: NAIA, ATTN: Fred Aubuchon 120 W 12th St, Suite 700 Kansas City, MO 64105

Coach Name: _____ School: _____

Competition Name: _____

☐ incorrectly applied safety infraction or

☐ incorrectly applied deductions

Please indicate the reason for the appeal and the remedy sought:

Please cite any applicable competition rules by number and page: _____

Signature: _____ Time and date of filing: _____

Decision of Head Official:

Signature of Head Official: _____

Time and date of decision: _____



Host Institution Score Cheer & Dance Appeal Tracker Form

Institution Name	Sport	Time Scoresheets Given	Coach Initials (received scoresheets)	Appeal Submitted (yes or no)	Appeal Payment Method	Appeal Won or Lost

Please maintain a copy of this for your records. Payment for appeals should be sent to:

NAIA National Office, ATTN: Fred Aubuchon 120 W. 12th St, Suite 700 Kansas City, MO 64105



CHEER PERFORMANCE OUTLINE (Building)

Please note that these ranges are used as a guide for the officials.

The difficulty range may be adjusted based on what a team executes when competing.

School: _____

Total Music Time: _____

Number of Participants: _____ Male
 _____ Female

	1.0-2.0 Skills / (#)	2.0-3.0 Skills / (#)	3.0-4.5 Skills / (#)	4.5-6.0 Skills / (#)	6.0-7.5 Skills / (#)
Stunts	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)
Pyramids	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)
	1.0-2.0 Skills / (#)	2.0-3.0 Skills / (#)	3.0-4.0 Skills / (#)	4.0-4.5 Skills / (#)	4.5-5.0 Skills / (#)
Tosses	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)

**Please list the skill you are doing in chronological order and the number of stunts; basket tosses or athletes performing the skill when applicable.*



CHEER PERFORMANCE OUTLINE (Tumbling)

Please note that these ranges are used as a guide for the officials.

The difficulty range may be adjusted based on what a team executes when competing.

School: _____ Total Music Time: _____ Number of Participants: _____ Male
Female

	1.0-2.0 Skills / (#)	2.0-3.0 Skills / (#)	3.0-4.0 Skills / (#)	4.0-4.5 Skills / (#)	4.5-5.0 Skills / (#)
Standing Tumbling	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)
Running Tumbling	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)
Jumps	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)	1) 2) 3) 4) 5)

**Please list the skill you are doing in chronological order and the number of standing tumbling and running tumbling skills when applicable.*