



# NEW ENGLAND OPEN CHEER & DANCE CHAMPIONSHIP EVENT INFORMATION PACKET

**SAFETY GUIDELINES:** The National Federation of State High School Associations Spirit Guidelines (NFHS) & The USA Cheer Safety Manual will serve as the foundation for all rulings. It is the coaches' responsibility to choose the level of skill that is safest and most appropriate. Basket tosses and similar multi-based tosses are prohibited for elementary, middle school and junior high.

**SANCTIONING:** The event is a sanctioned and approved activity by **CAS** (Connecticut Association of Schools) and adheres to the policies for *out of state* spirit events required by our New England States. Please remember that some state associations require you to get permission to participate in an *out of state* event. We welcome all of our New England Schools to this event!

**SCORING:** Teams are scored by 4 judges using category score sheets (category judging). There will be 2 panels of judges to ensure sufficient time between teams. The **CT STATE SCORE SHEETS** will be used for this event.

## DIVISIONS & LEVELS

	DIVISIONS	SKILL LEVELS
<p>The "traveling" <b>SILVER CUP</b> will be awarded to the first place team in the <b>VARSIITY OPEN</b> division.</p> <p>The top team in the <b>VARSIITY OPEN</b> and in the <b>VARSIITY CO-ED</b> division will receive customized championship belts!</p>	YOUTH/REC/MIDDLE	Novice, Intermediate, Advanced
	JUNIOR VARSITY	Non Tumble (NT), Tumble
	VARSIITY ALL-GIRL	Intermediate, Advanced, Open (Elite Level)
	VARSIITY CO-ED	N/A
	Miss NECA <i>seniors only</i>	N/A
	TOP GUN STUNTS	Available to youth, rec, middle, and high schools. Will not be split into skill based divisions.
	TOP GUN TUMBLE	Available to youth, rec, middle, and high schools. Will not be split into skill based divisions.
	TOP GUN JUMPS	Available to youth, rec, middle, and high schools. Will not be split into skill based divisions.
	DANCE- POM	N/A
	DANCE- KICK	N/A
DANCE- JAZZ	N/A	
DANCE- HIP HOP	N/A	

**DIVISIONS** \*Youth / Rec / Middle divisions will be divided by skill level entered and may be further divided by age at the discretion of the event producer. Varsity divisions will be divided first by skill level entered and then by school size. Safety will be the determining factor.

**SKILL LEVELS** NECA offers skill levels to promote the concept of "level play". The skill levels are novice, intermediate, advanced, and open (elite). They give coaches the opportunity to select the appropriate competitive level for their team. Please be sure to know the skill restrictions of the level you enter as point deductions will be taken for skills performed out of level.

**DANCE DIVISIONS** Dance Divisions will be available at four age levels; Youth/Rec, Middle, JV, and Varsity. Please designate the style of dance you wish to enter; jazz, hip hop, kick, and/or pom. If there are less than 3 dance teams in any given style we will declare the division "open" (any style). Dance teams may be all-girl or co-ed.

## DESCRIPTION OF DIVISIONS & LEVELS

### **NOVICE LEVEL YOUTH, REC, & MIDDLE**

**Stunts:** All stunts must be shoulder height or below. Single leg stunts AT SHOULDER LEVEL are allowed. Stunts MAY NOT pass higher than shoulder height and then settle at shoulder height.

**Pyramids:** All flyers must remain at shoulder height or below. Pyramids must follow dismount and transition rules listed below.

**Dismounts:** Cradles permitted are straight ride cradles with a maximum of ¼ turn by the flyer. No other skill may be performed during a cradle (ie, arch, toe touch, pike, ball up, twist, etc). Twists and multi based tosses/baskets are prohibited.

**Transitions:** A ¼ turn by top person may be performed at prep level or below during load in or dismount.

**Tumbling:** Forward/backward rolls and walkovers, handstands, cartwheels, and round offs are the only skills allowed.

**Inversions:** Stunting inversions may only originate from the ground and not from a stunt. Inverted dismounts are prohibited.

**Release Moves:** No release moves are allowed other than those mentioned in the dismounts section. Basket tosses, helicopter tosses, and/or log rolls are prohibited.

### **INTERMEDIATE LEVEL YOUTH, REC, & MIDDLE**

**Stunts:** Extended double leg skills (extensions) are allowed. Free standing, single leg EXTENDED stunts are prohibited in this division.

**Pyramids:** Braced, extended, single leg skills in pyramids are allowed. They must be braced first AT SHOULDER LEVEL on at least one side (hand/hand or hand/leg/foot) before extending.

**Dismounts:** Cradles permitted are straight ride cradles with a maximum of ¼ turn by the flyer. Other positions such as arch, toe touch, pike, ball up, are allowed at this level. Multi based tosses/baskets are prohibited.

**Transitions/Release:** All of the above novice skills are allowed as well as non-release twist skills that start from shoulder level or below and are caught by 2 bases and a separate head/shoulder spotter. NOTE: one or more bases/spotters must maintain contact with flyer through the transition. Up and down release of flyer that is braced by a flyer at prep level or below is allowed provided the flyer maintains contact with the bracer and does not become inverted.

**Tumbling:** skills listed in the novice level plus aerials, back/front hand springs, and round off back handsprings.

**Inversions:** basic inversions into stunts and to dismounts are allowed. Forward suspended rolls and/or braced forward/backward flips are NOT ALLOWED in this division.

**ADVANCED LEVEL YOUTH, REC, & JUNIOR HIGH** National Federation Guidelines will be followed in this division with no additional restrictions other than the above restriction regarding tosses. Basket tosses are prohibited for youth, junior high, and middle school level at this event.

**JUNIOR VARSITY TUMBLE** National Federation Guidelines will be followed in this division with no additional restrictions.

**NON TUMBLE JV (NT)** Tumbling is not allowed in this division **as it pertains to individual gymnastic skills.** This includes, but is not limited to, handstands, forward rolls, back rolls, and walkovers. EXCEPTION: WHEN THE SKILL IS COMPLETELY ASSISTED AS PART OF A STUNT SEQUENCE (LOAD IN OR DISMOUNT). Assisted inversions used as **load-ins or dismounts to stunts** are allowed provided one base or spotter maintains physical contact THROUGHOUT THE ENTIRE INVERSION until the flyer is no longer inverted. When returning a flyer to performance surface he/she must be in a non-inverted position.

## DESCRIPTION OF DIVISIONS & LEVELS

**\*Please Note: varsity levels and skill restrictions have changed from previous years. The intermediate level is more restricted. Many teams who formerly registered for varsity intermediate may opt to choose varsity advanced. Please read carefully.**

### **INTERMEDIATE LEVEL VARSITY**

**Stunts:** Extended double leg skills (extensions) are allowed. Free standing, single leg EXTENDED stunts are prohibited in this division.

**Pyramids:** Braced, extended, single leg skills in pyramids are allowed. They must be braced first AT SHOULDER LEVEL on at least one side (hand/hand or hand/leg/foot) before extending.

**Dismounts:** Cradles permitted are straight ride cradles with a maximum of ¼ turn by the flyer. Other positions such as arch, toe touch, pike, ball up, are allowed at this level. Multi based tosses/baskets must be non-twisting.

**Transitions/Release:** All of the above novice skills are allowed as well as non-release twist skills that start from shoulder level or below and are caught by 2 bases and a separate head/shoulder spotter. NOTE: one or more bases/spotter must maintain contact with flyer through the transition. Up and down release of flyer that is braced by a flyer at prep level or below is allowed provided the flyer maintains contact with the bracer and does not become inverted.

**Tumbling:** rolls, walkovers, aerials, back/front hand springs, and round off back handsprings.

**Inversions:** basic inversions into stunts and to dismounts are allowed. Forward suspended rolls and/or braced forward/backward flips are NOT ALLOWED in this division.

### **ADVANCED LEVEL VARSITY** The only skill restrictions in the varsity ADVANCED level are as follows;

**Stunts:** twisting tosses are prohibited.

**Pyramids:** no additional restrictions apply.

**Tumbling:** x-outs, full twists, Arabians, punch fronts, jump to tuck combinations are prohibited.

**OPEN (ELITE) LEVEL VARSITY** This varsity division is open to ALL TEAMS who wish to showcase their ELITE skills and compete for the NECA "traveling" silver cup. Teams will follow National Federation Rules exclusively. The first place team in this division will earn the title of "New England Open Champion". They will be awarded the coveted *silver cup* which they will engrave with their team name. The Open Champion will return the cup to the event the following year and have the opportunity to defend their title. Who will be the New England Open Champion?

**VARSITY CO-ED** Teams involving one (1) or more male participants will be considered 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. There are no levels in the co-ed division. National Federation Guidelines will be followed exclusively.

**TOP GUN STUNT** All-Girl stunt groups will include no more than 5 members. Co-Ed Stunt groups may have 2 members plus a spotter. The spotter is only allowed contact on the dismount and for safety. Stunt groups will be allowed a maximum of 1 minute to demonstrate their skills. Stunting sequences must be continuous and be performed entirely to music. Participants may only compete in one stunt group. Scoring will focus on stunting, load

ins, transitions, and dismounts. Jumps, dance, and cheer are not scored categories and should not be incorporated into the routine. Points will not be awarded for the incorporation of those skills.

**TOP GUN TUMBLE** Participants will perform their 1 best standing skill (can be a series) and their 1 best running pass.

**TOP GUN JUMP** Participants will perform no more than 4 jumps. Jumps must be connected, or can be split into a series of jumps combined with a single jump to back handspring or other tumbling.

**MISS NECA** Open only to high school seniors. Each senior will perform the 2025 All-State cheer, a pike, a double toe, their best standing pass, and their best running pass. If you do not have access to the cheer video please email [necastaff@gmail.com](mailto:necastaff@gmail.com) for a video. The All-State scoresheet will be utilized. The top scorer will receive a crown, a sash, and a \$500 scholarship.