



2024-2025
DANCE
RULES AND
REGULATIONS
11th Edition

The NDC reserves the right to add, change, delete, or combine any information provided below

General Rules

1. **The National Dance Championship (NCC) prioritizes the safety and welfare of all athletes participating at Cheer events and competitions. The NCC reserves the right to exercise all means necessary to uphold athlete safety as our primary concern in accordance with the safety standards of Cheer Pilipinas and the International Cheer Union (ICU) in accordance with the Safe Sport Initiative of the International Olympic Committee (IOC).**

We encourage all managers and coaches to read the ICU Athlete Safety Guidelines: <https://cheerunion.org/safeguarding/>

2. The NDC strictly adheres to all COVID 19 guidelines including but not limited to social distancing and requires all participants in all of its competition to do the same.
3. All teams are required to submit all necessary documents by the given deadline to be eligible. The deadline for the submission of **COMPLETE** documents is **one (1) month** prior to the qualifiers (or the Finals in the event there are no qualifiers) the team will be joining.

If unable to submit at the given deadline a fine of **Php 4,000.00** will be implemented. The fine should be paid **BEFORE** the date of the qualifiers (or the Finals in the event there are no qualifiers) or else the team will **NOT** be allowed to perform.

For teams joining more than one division, only one (1) late fee applies for all deliverables.

4. All teams should be supervised during ALL official functions by a qualified advisor¹/coach.
5. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
6. On the day of the competition all official team members must report to the competition area for verification. Only those on the Final Roster submitted a month before the Qualifiers (or the Finals in the event there are no Qualifiers) will be allowed inside the competition area.

The Final Roster consists of the following:

- a. Complete list of performers.
 - i. A minimum of eight (8) and a maximum of fifteen (15) performers are allowed.
 - ii. For pairs divisions exactly two (2) performers are allowed.
 - b. Complete list of reserves. Only **five (5)** reserves are allowed for a team between 8-15 members. There are **NO** reserves for pairs. The list of reserves may **NOT** be changed once the team has registered.
 - c. The coach, asst. coach **are the ONLY team officials** allowed to enter with the team provided they are included in the roster list.
7. Performance Sequence
 - a. If a team is not present during the drawing of lots, it will get the last pick in the lot.
 - b. For the Qualifiers, if a team arrives at the competition venue two (2) slots prior to its own performance slot it will be assessed a sanction of **thirty (30) points** and will be allotted the performance slot of two (2) slots after arrival.

¹ Someone who can be held responsible for the Team/Squad.

- c. At Qualifiers, the last performance slot is reserved for the defending champion of that regional competition.
- d. The NCC reserves the right to determine the order of performance for all divisions in the National Finals.**
- e. If a team misses its performance slot, it is automatically disqualified from the competition.

Note: If a team is not present at the allotted time given, the NCC reserves the right to draw a number on behalf of the team. Once the number has been picked it is final.

- 8. Run through²
 - a. Music should be provided at the time of the run through.
 - b. If a team misses their slot in the run through, they forfeit that time to rehearse.
 - c. Each team has a maximum of seven (7) minutes for its run through.³
- 9. All teams are required to take part in the Introduction of Teams. A penalty of **twenty (20) points** will be given to any team who doesn't comply.⁴

Eligibility of Participants

- 1. Teams may enter any of the following Divisions provided ALL eligibility requirements for division an athlete will compete in are met:
 - a. JAZZ
 - i. Junior All Girl Jazz Pairs Division
 - ii. Junior All Girl Jazz Division
 - iii. Junior Mixed Jazz Pairs Division
 - iv. Junior Mixed Jazz Division
 - v. Senior All Girl Jazz Pairs Division
 - vi. Senior All Girl Jazz Division
 - vii. Senior Mixed Jazz Pairs Division
 - viii. Senior Mixed Jazz Division
 - ix. College All Girl Jazz Pairs Division
 - x. College All Girl Jazz Division
 - xi. College Mixed Jazz Pairs Division
 - xii. College Mixed Jazz Division
 - xiii. Open Mixed Jazz Division
 - b. CONTEMPORARY
 - i. Junior All Girl Contemporary Pairs Division
 - ii. Junior All Girl Contemporary Division
 - iii. Junior Mixed Contemporary Pairs Division
 - iv. Junior Mixed Contemporary Division
 - v. Senior All Girl Contemporary Pairs Division
 - vi. Senior All Girl Contemporary Division
 - vii. Senior Mixed Contemporary Pairs Division
 - viii. Senior Mixed Contemporary Division
 - ix. College All Girl Contemporary Pairs Division
 - x. College All Girl Contemporary Division
 - xi. College Mixed Contemporary Pairs Division
 - xii. College Mixed Contemporary Division
 - xiii. Open Mixed Contemporary Division
 - c. HIPHOP
 - i. Junior All Girl Hip Hop Pairs Division
 - ii. Junior All Girl Hip Hop Division
 - iii. Junior Mixed Hip Hop Pairs Division
 - iv. Junior Mixed Hip Hop Division

² Only for Finals

³ Time allotment might vary depending on the number of participating teams.

⁴ Late = not ready

- v. Senior All Girl Hip Hop Pairs Division
- vi. Senior All Girl Hip Hop Division
- vii. Senior Mixed Hip Hop Pairs Division
- viii. Senior Mixed Hip Hop Division
- ix. College All Girl Hip Hop Pairs Division
- x. College All Girl Hip Hop Division
- xi. College Mixed Hip Hop Pairs Division
- xii. College Mixed Hip Hop Division
- xiii. Open Mixed Hip Hop Division

2. Teams joining any of the divisions indicate above must meet ALL of the eligibility requirements indicated.

NOTE: Mixed Category may be composed of a mix of boys and girls (Coed) OR all boys only. Teams joining the All Girl Category should comprise of all girls only.

a. Junior Division

- i. Officially enrolled in **Grades 1 through 7** at the time of the competition.
- ii. Should be in good academic and disciplinary standing.
- iii. **Officially enrolled in the Club/Studio being represented.**

b. Senior (High School) Division

- i. Officially enrolled in **Grades 7 through 12** at the time of the competition.
- ii. Should be in good academic and disciplinary standing.
- iii. **Officially enrolled in the Club/Studio being represented.**

c. College Division

- i. Officially enrolled at the time of the competition in a non-audit⁵ course towards an Undergraduate or Master's degree.
- ii. **RESIDENCY RULE WAIVED FOR THIS SEASON**
- iii. Master's degree students are allowed to compete and represent the school they are currently enrolled in upon submission of necessary documents and a supporting letter from the dean.
- iv. Cross enrollees are only allowed to represent the school they are cross enrolling from. Pertinent documents should be submitted.
- v. Participants are eligible, if upon submission of documents, are still officially enrolled at the school they are competing for.
- vi. Should be in good academic and disciplinary standing.
- vii. Participants who are on Leave of Absence (LOA) status in the school they are representing are not eligible to compete in the NDC.
- viii. **There is no maximum age limit for participants.**

3. OPEN Division

Participants in this division should be at least **sixteen (16)** years of age by the date of the competition. **There is no age limit for this division.**

NOTE: A dancer can compete in 2 or more separate divisions provided he/she is qualified and all required documents are submitted for **EACH** division he/she is participating in. Registration fees for each division apply.

4. Teams must submit the required official NDC forms on the specified deadline (*in alphabetical order of participants' last name*).

- a. The following should be submitted via email at phil.ncc@gmail.com

- i. NDC Registration/Waiver Form and Roster List inclusive of the following:
 - 1. Name of all Participants, Reserves and Team Officials.
 - 2. Once submitted, names CANNOT be changed.
 - 3. If a participant is a minor, Guardian/Parent's signature is required.

⁵ A 4-year Bachelor's Degree Course

- ii. Official Registrar's List with registrar's signature and school dry seal (SCANNED COPY)
 - iii. If joining as a Club/Studio Team:
 - 1. Certificate of Enrollment of all athletes to Club/Studio being represented with official club/studio representative signature (SCANNED COPY)
 - 2. SEC Registration Certificate of Club / Studio / Organization (SCANNED COPY)
 - iv. Payment Deposit Slip (SCANNED COPY)
- b. The following ORIGINAL DOCUMENTS should be submitted in HARD COPY during registration on the DAY OF THE COMPETITION
- i. Signed original NDC Medical Waiver and Release Form
 - ii. Signed original NDC Rules and Regulation Agreement Form
 - iii. School Based: Official Registrar's List with registrar's signature with school dry seal.
 - iv. Club/Studio Team: **Certificate of Enrollment of all athletes to Club being represented with official club representative signature.**
5. Substitutions may be made on a team only in the event of an injury or academic probation; all substitutes must meet the eligibility requirements stated above. The necessary documents must be submitted together with the team's eligibility forms and must be made known to NDC Officials.
6. Athletes with any injuries and/or medical conditions should be cleared to perform both at the official run-throughs and at the actual competition by a certified doctor/physician. The NDC is not liable for any undeclared medical conditions.

Sportsmanship

1. All participants and competitors must exhibit the highest level of sportsmanship before, during and after the competition.
2. All participants must take part in the oath of sportsmanship and be at the competition venue at the designated time.
3. All winners must come forward to accept their award immediately after their school is called for all prizes regardless of ranking.
4. All winning teams are to have a photo taken upon receipt of the award.
5. NCC officials can assess a **ten (10) point penalty** per occurrence against any team found to have violated the NCC's sportsmanship standards. Multiple sportsmanship infractions can result in disqualification and disbarment of the team from future NCC events.
6. The same level of sportsmanship is expected from the teams' school, family and other supporters of the team **whether watching live at the competition venue or virtually via TV broadcast or online streaming.**
7. Grave acts against sportsmanship such as but not limited to sabotage, physical violence, homicide, collusion, libel, stealing, vandalism, untoward incident, internet posting and the like shall be dealt with the full force of the law after an appropriate investigation is concluded.

Apparel and Accessories

1. Team costumes should have their school's/team's name more prominent than any brand or sponsor name.
 - a. The NDC is not liable for the use of any proprietary name (i.e. school or brand) as part of the team name / uniform.

2. HIPHOP: Performers MUST wear soft or non-marking rubber soled shoes that cover the entire sole of the foot.

JAZZ and CONTEMPORARY: Performers may wear jazz shoes/boots, soft-soled shoes or go barefoot.

High heels, roller blades, roller skates or any other footwear inappropriate for dance sport is NOT allowed.

3. Inappropriate and vulgar clothing will not be allowed. Emphasis will be on a balance of aesthetic appeal and functionality taking into consideration the length, fit and style of the uniform, and age appropriateness to its wearer. This applies to both male and female athletes. No cross dressing allowed. The focus should be on safety while doing the routine. Any violations will result with a minimum penalty of **ten (10) points per occurrence to a maximum of disqualification** depending on the gravity of the offense.
 - a. Skirt: maximum Thumb level short
 - b. Shorts: buttocks are fully covered/concealed and not skin tone
 - c. Top: no cleavage, fully supported, and appropriately covered.
 - d. Appropriate undergarments must be worn by all dancers both male and female at all times.**
- 4. Removing pieces of clothing during the performance is permitted provided it is not offensive or out of character. Discarded clothing should be placed outside the competition area and never thrown off the stage into the audience. Appropriate under garments must be worn by all dancers both male and female at all times.**
- 5. Body oils or other substances applied to the body or clothing that may affect the clean dry surface of the stage and the safety of fellow competitors are prohibited. A minimum deduction of ten (10) points will be given per occurrence.**
6. Any prop that may be attached to the uniform or body is still considered a prop and not apparel.
7. Neoprene, spandex supports, sleeves and the like are allowed. Braces, casts, etc., which are hard and unyielding or have rough edges or surfaces are prohibited.
8. Cycling and panty shorts cannot be skin-toned.
9. Tights should be worn under hot pants or excessively short shorts.
10. Tattoos of school logos, etc. are allowed; any other tattoos permanent or otherwise must be covered.
11. Jewelry as part of the costume is allowed.

Competition Area, Flooring and Venue

1. All competitors must start within the performance area and everyone must be supporting their own weight with at least one foot on the performance floor.
2. Teams will perform on a 42 feet by 42 feet dance floor.
3. Performance area shall either be linoleum, marley dance floor, wooden parquet floor or other material as decided upon by the NDC.
4. The floor shall be devoid of any other visible promotional material other than the NDC logo unless otherwise agreed on by the NDC.
5. There is no penalty for stepping outside the performance area.

Routine Timing

1. The minimum length of the performance is two minutes (2:00) and the maximum length is two minutes and thirty seconds (2:30). A penalty of **five (5) points** will be given for every lack or excess of five (5) seconds and a fraction thereof.
2. A one-minute pre-set will be given to each team.
3. Timing will begin with the first organized movement of the dance / lift or the first note of music and will end with the last beat of the music or exit from the performance floor.
4. The team should leave the floor immediately after their routine together with their props.

Music

Performance music must adhere to the standards and practices of the official NDC rules and regulations. The music must be of good quality as this could affect the scoring by the judges.

1. Profane, vulgar, suggestive, offensive and inappropriate language is strictly prohibited. **Such language should be edited out of the routine music.** A penalty of **ten (10) points per occurrence** will be given to teams whose music/cheer has this content or **anything that may be construed as the above.**
2. Designate one representative from your group to run your music.
 - a. This person must remain at the sound table throughout the entire performance.
 - b. That representative is not allowed to touch the sound board except to push the play button (once) at the beginning of the routine and the stop button (once) at the end of the routine. Note: Teams will be penalized with a **ten (10) point** deduction if this is not followed.
3. Only **audio CD formats OR USBs** are allowed in the competition.
 - a. For CDs: Bring four (4) quality-recorded compact discs of your music to the competition. When burning own music on CD, you **MUST** use a CD-R NOT CD-RW. CDs should be properly labeled with the schools Name, contact person, and contact number.
 - b. For USBs: **Only file on the USB device should be the music for the routine. Please bring an extra USB with the music file. USBs should be properly labeled with the schools Name, contact person, and contact number.**
4. No digital music player will be allowed to be used in the competition (i.e. iPods, MP3 Players, CD Players).
5. Each team will be allowed to test their music at a given time before the competition. An NDC representative will properly time the music to be recorded and have it signed off by the team's coach and the NDC representative.⁶

Medical Attention

1. **It is the responsibility of the team or coach to report a dancer's injury or illness to the event organizer(s).**
2. **If at any time prior to or during competition a dancer is ill, injured, or his/her physical or emotional condition is at risk by participating, he/she may be declared ineligible to compete, or disqualified from competing further. The competition organizer(s), Competition Director and/or Head Judge reserves the right to withdraw any competitor who appears to have such serious disability or injury or needs medical attention.**

⁶ Qualifiers: sound check; Finals: run-through. This can change depending on the number of competing teams.

- 3. The NDC reserves the right to request the submission of a physician's written authorization of a dancer to compete who is deemed medically or emotionally at risk by the competition organizer.**

Interruption of Performance

1. In the event the performance of the competing team is interrupted because of the NDC (i.e. event equipment, facilities, etc.) the team shall be given the option to either resume their performance from the place where the interruption occurred or repeat their entire performance.
2. In the event the performance of any team is interrupted because of failure of the team's own equipment or supplies, the team must either continue the performance or withdraw from the competition. Same holds true if an interruption is caused by any competitor or their coaches.

Note: If any competitor and/or their coach are found guilty of deliberately undermining another team's routine, they will be disqualified from the competition and the NDC has the right to suspend the team for two (2) years.

3. In the event of a minor injury (defined as the athlete is still able to support himself) the team can continue. In the event of major injury (i.e. immobility, unconsciousness, excessive bleeding) the NDC reserves the right to stop the performance to provide proper medical attention.

If the major/minor injury was obtained less than one (1) minute into the routine, the team will have the option to repeat their entire performance and will be given the last slot in the competition to do so.

If the major/minor injury was obtained more than one (1) minute into the routine, then the team will be judged according to where the performance ended.

4. In the event injury happens on the day of the competition, prior to the competition performance, the team is given the option to continue or withdraw.

Props and Equipment

1. A prop can be anything that is used to dance with that is NOT attached to the performer's costume. Items that can be worn as clothing are not considered props. If these articles of clothing are taken off and danced with, then these become props.
2. Props that are small, handheld and wearable are allowed in both categories. These may be moved and discarded from the body.
3. Large, free standing props (i.e. chairs, ladders, trampolines, stools, boxes, benches, stairs, bars etc.) are NOT allowed.

Technical Rules

Scoring Information

1. A minimum of three (3) judges will score each routine.
2. Judges may score on a half point system (i.e. 40.5 points).
3. The total number of possible points for each routine is a maximum of **300 points** (given there are three judges).

4. A penalty of **ten (10) points** will be deducted per occurrence for inappropriate choreography, music, language, uniforms/costuming (as set by the school). A routine including choreography, music selection and outfitting should be suitable for family viewing and listening.
5. A tabulator will compute final scores based on judges' scoring, including deductions and penalties based on the NDC Dance Rules.
6. Tie Breakers are left up to the discretion of the judging panel.
- 7. The Head Judge reserves the right to decide on any and all contentious scoring and interpretation of the rules and regulations of the NDC.**

JUDGING CRITERIA for DANCE TEAMS

	<i>POINTS</i>
I. Technical Execution	
<ul style="list-style-type: none"> ▪ Category Style Execution 10 <ul style="list-style-type: none"> • Pom – Quality of Pom Motion Technique: placement, control, precise and strong completion of movement • Hip Hop – Groove and quality of authentic hip hop / street style • Jazz – Continuity of movement and quality of style, extension, presence/carriage • Contemporary – Quality of style, use of contraction/release, fall/recovery, suspension/momentum ▪ Movement Technique Execution 10 Movement that has strength, intensity, placement, control, presence and commitment ▪ Skill Technique Execution 10 Ability to demonstrate appropriate skills with correct placement, body alignment, control, extension, balance, strength and completion of movement 	
	30
II. Group Execution	
<ul style="list-style-type: none"> ▪ Synchronization/Timing with Music 10 Correct timing with team members and the music ▪ Uniformity of Movement 10 Movements are the same on each person: clear, clean and precise ▪ Spacing 10 Correct positioning/distance between individuals on the performance surface during the routine and transitions 	
	30
III. Choreography	
<ul style="list-style-type: none"> ▪ Musicality 10 Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc., in a creative, unique and original manner 	

<ul style="list-style-type: none"> ▪ Routine Staging / Visual Effects Utilization of varied formations and seamless transitions Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc. 	10
<ul style="list-style-type: none"> ▪ Complexity of Movement Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution 	10
	<hr style="width: 100px; margin-left: auto; margin-right: 0;"/> 30
IV. Overall Effect	
<ul style="list-style-type: none"> ▪ Communication/Projection/Audience Appeal & Appropriateness Ability to exhibit a dynamic routine with genuine showmanship and audience appeal. The performance fulfills the category description and has age appropriate music, costume and choreography that enhances the performance 	10
	<hr style="width: 100px; margin-left: auto; margin-right: 0;"/> 10
TOTAL	100

JUDGING CRITERIA for DANCE PAIRS	
	<i>POINTS</i>
I. Technical Execution	
<ul style="list-style-type: none"> ▪ Category Style Execution <ul style="list-style-type: none"> • Pom – Quality of Pom Motion Technique: placement, control, precise and strong completion of movement • Hip Hop – Groove and quality of authentic hip hop / street style • Jazz – Continuity of movement and quality of style, extension, presence/carriage • Contemporary – Quality of style, use of contraction/release, fall/recovery, suspension/momentum 	10
<ul style="list-style-type: none"> ▪ Overall Movement Execution Body alignment, placement, balance, control, completion of movement, extension and flexibility 	10
<ul style="list-style-type: none"> ▪ Execution of Technical Skills and Movement used within Category Kicks, leaps, jumps, turns, floor work, freezes, partner work lifts, etc. 	10
<ul style="list-style-type: none"> ▪ Execution of Quality of Movement Strength, intensity, presence and commitment to the movement 	10
	<hr style="width: 100px; margin-left: auto; margin-right: 0;"/> 40

II. Execution as a Pair		
▪ Synchronization		10
Timing of movement with the music		
Synchronization and uniformity of the athletes		
		10
III. Choreography		
▪ Musicality		10
Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc., in a creative, unique and original manner		
▪ Routine Staging		10
Utilization of floor space, transitions, partner work, levels, opposition, etc.		
Interaction of the pair while allowing for a seamless flow of the routine		
▪ Complexity of Movement		10
Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc.		
▪ Difficulty of skills being credited in relation to correct technical execution		10
		40
IV. Overall Effect		
▪ Communication/Projection/Audience Appeal & Appropriateness		10
Ability to exhibit a dynamic routine with genuine showmanship and audience appeal. The performance fulfills the category description and has age appropriate music, costume and choreography that enhances the performance		
		10
	TOTAL	100

Penalties and Deductions

Penalties
10 Points
* Not meeting the NDC's Performance Requirements
* Violating the NDC's Rules (unless there's a designated point value associated with a particular rule)
* Inappropriate movements, music, language (including music), uniform/wardrobe
* Wardrobe malfunction leading to exposed body parts or where safety is a concern
* Routine Timing violations

NOTE: If an injured competitor walks off the floor, no penalty will be assessed. A competitor that walks off should not return to the competition floor.

Eligibility

1. All official protests on **eligibility** must be submitted one (1) week before the Qualifiers. Any protests on eligibility submitted after the given deadline shall not be entertained.
 - a. All protests must be accompanied by supporting documents.
 - b. Protests may be appealed once, after which the decision of the NDC board is final.
2. Questions on Eligibility
Any team found to have violated eligibility requirements, found at any time, will be assessed a two (2) year suspension from NDC competitions and other related activities and their participation in the current year will be null and void.

Finality of Decisions

By participating in this championship, each team agrees that all decisions by the judges **ARE DEEMED FINAL**. Reviews and corrections shall also be at the sole discretion of the judging committee. Clarificatory questions and issues shall be addressed at the discretion of the same. 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.

Video Taping of the Event

Videotaping of the NATIONAL DANCE CHAMPIONSHIP High School and Collegiate Cheer Program for commercial purposes is NOT permitted. The NDC holds the sole copyright to any reproduction.

HIP HOP

Incorporates street style influenced movements and rhythms (Street Dance, Funk, Freestyle, B-boy/Breakdance, etc.) with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. There is also an additional focus on athletic incorporations such as jumps, stalls, and other tricks.

JAZZ

Incorporates stylized dance movements and combinations, formation changes, group work and technical elements. Emphasis must be on proper technical execution, extension, control, body placement, style and continuity of movement along with team uniformity.

CONTEMPORARY

A style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Emphasis must be on fluid dance movements, the level of the dance movements carried out, as well as the theme and story line. The story, the building of a plot, is possible, but not so much emphasized here as, for example, for Show dance. It is primarily about pictures, moods.

Choreography

1. Suggestive, offensive, or vulgar choreography is prohibited. Choreography should be appropriate for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. **A minimum 10 point penalty per occurrence** will be assessed for violators with a maximum of disqualification depending on the discretion of the judges.

Note: A story, theme, idea or concept used in routines for NDC competitions MUST always be in good taste and be acceptable to viewing by all ages.

2. No cheers or chants allowed.

Tumbling and Tricks

Performed by Individuals

1. Inverted Skills:

- a. Non-airborne inverted skills are allowed. (*Example: Headstand*)
- b. Airborne inverted skills with hand support are not allowed while holding article(s) of clothing (e.g., used for choreography purposes)
- c. Airborne inverted skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed as long as the athlete is not holding an article(s) of clothing. (e.g., used for choreography purposes)

2. Skills with hip over-head rotation:

- a. That includes hand support, must use hand(s) free of any materials in the supporting hand(s) for the skill. (*Exception: Forward rolls and backward rolls are allowed*).
- b. Non-airborne skills are allowed.
- c. Airborne skills with hand support are allowed provided the skill is limited to two (2) consecutive hip overhead rotation skills.
- d. Airborne skills without hand support are allowed provided **ALL** of the following criteria are met:
 - i. Involves no more than **one (1) twisting transition**.
 - ii. Does not connect to another skill that is airborne with hip over-head rotation without hand support.
 - iii. Are/Is limited to **two (2) consecutive hip over-head rotation skills**.

3. Simultaneous hip overhead rotation over and/or under another athlete is not allowed.

4. A drop to any body part other than the hand(s) or foot/feet is not allowed.

Exception: Only drops (airborne) to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed hip level.

5. Landing in a push up position from an airborne skill in which the legs start in front of the body and swing behind while holding article(s) of clothing (e.g., used for choreography purposes) is not allowed.

Dance Lifts and Partnering

Performed by Groups or Pairs

Lifts and Partnering are allowed, but not required in all divisions with the following limitations:

1. At least one (1) Supporting Athlete must maintain direct contact with the performance surface when the height of the skill of the Performing Athlete exceeds shoulder level.
2. At least one (1) Supporting Athlete must maintain contact with the Performing Athlete(s) throughout the entire skill above head-level.

Exception: When a Performing Athlete is supported by one (1) Supporting Athlete, they may be released at any level provided:

- a. The Performing Athlete does not pass through an inverted position after the release.*
- b. The Performing Athlete is either caught by or supported to the performance surface by one (1) or more Supporting Athletes(s).*
- c. The Performing Athlete is not caught in a prone position.*
- d. Any Supporting Athlete(s) must have hands free for the duration of the skill to aid in the support/catch/release as needed.*

3. Hip over-head rotation of the Performing Athlete(s) is allowed provided contact between the Performing Athlete and at least one (1) Supporting Athlete(s) is maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position.

4. A Vertical Inversion is allowed provided:

- a. Contact between the Performing Athlete and at least one (1) Supporting Athlete is maintained until the Performing Athlete returns to the performance surface or is returning to the upright body position.
 - b. At the point when the height of the Performing Athlete's shoulders exceeds shoulder level, there is at least one (1) additional athlete to spot who is not concurrently bearing the weight of the Performing Athlete.
- Clarification: When there are three (3) Supporting Athletes, an additional spot is not required.*

Dismounts

Performed by Groups or Pairs

Clarification: May be assisted but not required

1. A Performing Athlete may jump, leap, step or push off a Supporting Athlete(s) provided:

- a. At least one (1) part of the Performing Athlete's body is at or below head-level at the highest point of the released skill.
- b. The Performing Athlete does not pass through the prone or inverted position after the release.

2. A Supporting Athlete(s) may toss a Performing Athlete provided:

- a. At least one (1) part of the Performing Athlete's body is at or below head-level at the highest point of the release skill.
- b. The Performing Athlete may be supine or inverted when released but must land on their foot/feet.
- c. The Performing Athlete does not pass through an inverted position after release.

NDC OFFICE ADDRESS

**National Dance Championship Office
209 M. Paterno St.
San Juan, Metro Manila**

NDC ACCOUNT NUMBER

**National Cheerleading Championship
BPI Checking Account # 2421002269
Megamall Branch**

The NDC herein acknowledges any and all references made to the IASF, ICU and IDO rules and regulations and to the Dance Glossary of Terms of the ICU, and herein respects any and all copyrights and intellectual property rights of said organizations.