2027 Nebraska State Dance Handbook

REGISTRATION, PAYMENTS & ALL FORMS

Deadline:

FRIDAY, DECEMBER 4, 2026

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*All updates and changes displayed in **green** font*

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General Information

Location: BigIron Events Center (Formerly called Heartland Events Center)
690 E Stolley Park Rd
Grand Island, NE 68802
308-675-8060
Website: https://www.bigironeventscenter.com

Dates: Thursday, February 18 (A/B) One Ticket All Day
Friday, February 19, Session 1 - (C1/C2/D) One Ticket All Day

Admission: Admission price information will be uploaded to the website www.ncacoach.org when it becomes available.

Schedule: The competition schedule will depend on the number of teams entered in the competition. The final schedule will be available in mid-January, 2027, on the NCA website at https://ncacoach.org/cheer-dance/. An email will be sent to all participating coaches when the schedule is posted.

Entrance: Team entrance will be on the SOUTH side of the Bosselman Conference Center. **Only participants, coaches, athletic directors, bus drivers and media will be allowed to enter through the registration area.**

Regular spectator entrances are located on the SOUTHEAST side and NORTH side of the building.

Food/Drink: NO outside food or drink is allowed to be brought into the event center. Concessions will be available.

Parking: School buses will be required to park between the Aurora Cooperative Pavilion and Tom Dinsdale Automotive Cattle Barn. A map will be provided upon arrival.

Media: Media outlets and high school media need to enter through the team doors to check-in. All media individuals will check out a media vest which needs to be worn to have access to the performance floor. Media is NOT allowed to follow teams during warm-ups. **No more than two individuals per high school media/yearbook team will be allowed to take photographs.**

Lodging: Area hotels provide services that are critical to the success of the State Cheer and Dance Championships. The Grand Island/Hall County Convention & Visitors Bureau website has a complete listing of area hotels on their website. For lodging information, please visit www.visitgrandisland.com.

Apparel: Custom Sports will have apparel for sale. Please visit our website www.ncacoach.org for further information regarding state championship apparel. Click on the Cheer & Dance tab and follow the link for Custom Sports.

Photos: Callam Sports Photography will be providing team photos and action photography of the event. Information and order forms will be available on the NCA website www.ncacoach.org.

Streaming: Please visit our website www.ncacoach.org for the most up-to-date information regarding Video and Live Streaming information. Click on the Cheer & Dance tab and follow the link for Mr. Video.

Registration

*** DEADLINE IS FRIDAY, DECEMBER 4, 2026 ***

- Only **varsity** teams from NSAA member schools are eligible to compete in the State Championship.
- Coaches MUST be a member of the Nebraska Coaches Association for their team to participate.
- **Schools may only co-op if the schools participate as an official co-op team in NSAA girls basketball. All other co-ops or mergers are strictly prohibited and will be denied entry into this event.**

Where to Register: Go to www.ncacoach.org – click on the Cheer & Dance tab and follow the link 'Register for the 2027 State Cheer & Dance Championships.

Who Needs to be Registered? **Every student competing, including alternates, must be on the on-line registration form. When registering an alternate, you MUST select the 'ALTERNATE' box AND the 'CATEGORY' he/she may participate in.**
NOTE: Alternates will not be counted in the certified squad participation number.

If you need to make changes to the roster after you have registered, you will need to call Tina at the NCA office (402)434-5675 so she can make the necessary changes. DO NOT REGISTER AGAIN.

Cost:
1) There is a one-time cost of **$175.00** per team for up to 10 members.
2) There is an additional charge of **$25.00** per person over 10 team members.
3) If your team chooses to compete in more than one category there is an additional **$125.00** fee.
4) **Only TWO categories may be entered per team.**

Payment: Schools can make payment by sending a check or may call the office to make a credit card payment (4% convenience fee will be added) by **5PM DECEMBER 4**.

Required Forms:

1. **Parent/Legal Guardian Release Form** (page 23) completed by each participant and alternate(s). The coach must submit ALL forms together by **5PM DECEMBER 4**, with registration and payment to be considered registered for the event.

2. **Rules, Music, Safety Course, and Squad Size Agreement Form** (page 24) must be signed by Athletic Director and Head Coach. Head coaches MUST certify the squad size, which is the number of members competing, NOT including alternates. The coach must submit ALL forms together with registration and **5PM DECEMBER 4**, to be considered registered for the event.

3. **ALL** head coaches must complete the **Online NFHS Cheer & Dance Safety course by December 4th**. This is good for 4 years, so if you completed the course after **February 18, 2023** you are up to date.

4. **Music Proof of Purchase and License** must be submitted by the coach with registration and payment by **5PM December 4** to be considered registered for the event. (see page 9 for more details)

DO NOT MAIL FORMS

ALL FORMS MUST BE SCANNED AS ONE FULL DOCUMENT AND SUBMITTED TOGETHER.
DO NOT send as separate scans.
Scan and email them to staff@ncacoach.org by **December 4.**

Your team will officially be registered once all forms and payment have been received.

NO ENTRIES OR PAPERWORK WILL BE ACCEPTED AFTER 5PM DECEMBER 4.

REGISTRATION REQUIREMENTS CHECKLIST
(ALL ITEMS MUST BE COMPLETED, PAID FOR, AND RECEIVED BY DECEMBER 4th)

_____1. Join 2026-2027 NCA as a PAID member by registering online - **REQUIRED AS A HEAD COACH**

_____2. ALL head coaches must complete the Online NFHS Cheer & Dance Safety course ($85) by December 12th. This is good for 4 years - if you completed the course **after February 18, 2023** you are up to date. (Scan & Email a copy of Certificate)

_____3. Register and Pay for team registration. If using a credit card, payment must be made when registering OR you will need to call the office if paying later. (NOTE: There is a 4% convenience fee). You cannot go back in to pay later, you will have to call the office. **DO NOT REREGISTER! Please plan ahead if your school requires pre-approval for check payments.** Check payments MUST be received on or before December 4th. Mail to NCA, 500 Charleston, Ste 2, Lincoln, NE 68508. Online Team Registration **OPENS NOVEMBER 2, 2026.**

_____4. Parent/Legal Guardian Release and Waiver (page 23) - Form **MUST** be completed for each participant/alternate.

_____5. Rules, Music & Safety Course, & Squad Size Agreement Form (page 24) - Form **MUST** be signed by Athletic Director and Head Coach.

_____6. A copy of Music Proof of Purchase & License if mixing music

_____7. Submit items 3, 4, 5, and 6 **ALL TOGETHER AS ONE SCANNED DOCUMENT**. SCAN and email them to staff@ncacoach.org PHOTOS OF DOCUMENTS ARE NOT ACCEPTED. **MUST BE RECEIVED BY 5PM DECEMBER 4TH.**

*****NOTE*****

Your registration will not be complete until all the above items are completed and received by the NCA Staff.

No payments, registrations, or forms will be accepted after 5PM December 4th.

CODE OF CONDUCT

NCA encourages and supports sportsmanship, integrity and fairness among participants and coaches. To ensure the most positive experience for all attendees, NCA asks that the following Code of Conduct be adhered to during the NCA State Cheer & Dance Championships:

1. Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the Event Director. The appropriate Official will then be called to discuss the situation with the coach.
2. Participants, coaches, or spectators are prohibited from contacting the Judges during the competition.
3. Judges scores are final, and results may ONLY be reviewed for clarification.
4. In the event of a tabulation error, results will be reviewed and adjusted as deemed necessary.
5. Any unruly, aggressive, or belligerent behavior by participants, coaches, or spectators toward any other attendee or Event Staff will result in a deduction, potential team disqualification, removal from the event and/or barred participation from future NCA State Cheer & Dance Championships.
6. NCA reserves the right to remove any person from a competition for unsafe or unsportsmanlike conduct.

VENUE REGULATIONS

All individuals must adhere to BigIron Events Center Rules & Regulations:
Use this link to see all BigIron Events Center policies.

1. All tickets are general admission and may be purchased online or at the Ticket Office. Further information regarding ticket sales will be posted on the NCA Cheer and Dance page by mid-January.
2. Fans must stay off the performance floor before, during and after all sessions.
3. ADA Seating will be available during the event.
4. There will be a designated area for school affiliated nursing mothers.
5. No coolers or outside food or drink are allowed in the facility. Teams will be able to purchase salads/sandwiches which will be in the team eating area in the South Arena Upper Concourse.

CATEGORIES & CLASSES

Jazz	**Hip Hop**	**Pom**	**High Kick**
Class A	Class A	Class A	Class A
Class B	Class B	Class B	Class B
Class C1	Class C1	Class C	Class C1
Class C2	Class C2	Class C2	Class C2
Class D	Class D	Class D	Class D

At the time of registration closing **(12/04/2026)** there must be a minimum of at least FOUR TEAMS registered for the category (per class) to be included as a state championship event within the classification of schools. The NCA reserves the right to merge or combine classifications.

If your school enters a category that has fewer than four teams entered, your school will be able to select one of the following choices:

1. Accept the merger of classifications within the category during the same day of competition.
2. Move to a new category of competition.
3. Receive a full registration refund.

No refunds will be issued to a school that drops from an event after the schedule of the state championship is released. If the number of schools competing in a category drops below four school entries after the schedule is released, the category will remain as scheduled with full awards.

1) A team may opt to move up and compete in a larger class; however, a team may not move down and compete against a smaller class.
   (Example: A Class B team competing in a Jazz routine may opt to compete against Class A Jazz teams. They may not compete against Class C or D Jazz teams.)
2) Only Varsity teams will be allowed to compete. Only one varsity team per school.

CATEGORIES & CLASSES - continued

3) Teams must be from NSAA member schools only.
4) A school's class size is determined by using the NSAA classification for girls basketball. **Schools may only co-op if the schools participate as an official co-op team in NSAA girls basketball. All other co-ops or mergers are strictly prohibited and will be denied entry into this event.**
5) No All-Star or Studio teams are allowed.
6) There will be four categories in the Dance division. Teams may enter two of the four available categories. This must be specified on the registration form.
7) **Head coaches MUST have completed the NFHS Online Cheer & Dance Safety course ($85) by December 12th. This is good for 4 years - if you completed the course after February 18, 2023 you are up to date.**

CATEGORY DESCRIPTIONS

JAZZ - Jazz encompasses any range of jazz movement including but not limited to traditional jazz, contemporary, lyrical, musical theatre jazz, and jazz funk. Important characteristics include stylized dance movements and combinations, visual effects, and technical elements. Emphasis is placed on proper technical execution, control, musical interpretation, and team uniformity.

POM - Pom routines must utilize poms during 80% of the routine. Important characteristics include proper pom placement, strength of movement, dance technique, and routine staging. Emphasis is placed on precision, visual effectiveness, athleticism, and team uniformity. NOTE: If your team has any male dancers that choose to perform in pom, they are not required to hold poms.

HANDS FREE POMS – The use of hands-free poms will be allowed. Hands-free poms are defined as poms specifically made so that performers do not have to hold the poms but rather, they are affixed to the performers hand. Proper use means bars cannot be in the palm of the hand and only an elastic band can be between the supporting hand and the performance surface for skills, tricks, etc. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands-free pom.

HIP HOP - Hip Hop routines may include any street style movements (or combination of styles) that have evolved from the hip hop culture. Important characteristics include quality of movement, a grounded approach, creativity, flow, and control. Emphasis is placed on authentic style, execution, musical interpretation, originality, and team uniformity.

HIGH KICK - A kick routine requires teams to have a minimum of 60 kicks, performed by at least half of the dancers. A kick is defined as one foot remaining on the floor while the other foot lifts with force at least one inch from the floor. Important characteristics include variety of kicks/kick combinations, routine staging, creativity, and visual effects. Emphasis is placed on precision, timing, control, technique, and team uniformity (including height of kicks).

At least half the team must execute **a simultaneous kick** for it to be counted. Teams with an odd number of dancers will have the allowance of one less. **Example**: a team has 15 members – both 8 dancers executing a kick AND 7 dancers executing a kick will count as the 'majority'

- Leg Holds: If the leg hold is lifted off the ground with force at or above 90 degrees and is performed by a majority of the team, it is considered a kick that counts toward the requirement.
- Ripple/Contagions: When a kick is performed in a ripple or a contagion by a majority of the team, it will count as one (1) kick toward the requirement.
- Chasing Ripples/Pickups: These kicks will count as one (1) kick, however many times it is completed by most of the team.
- Contracted/Can-Can Kicks: Any time the leg extends at or above 90 degrees, contracts and extends again at or above 90 degrees, it will be defined as separate kicks.
- Passe, flick kicks which kick behind the dancer, turn sequences, toe taps, kicks while kneeling or sitting, etc. will not be counted as kicks. **Leg placement in the attitude position will not be counted as a kick.**

TEAM PARTICIPANTS

Participants must be in grades 9-12. There is no limitation on the number of team members. If teams perform in more than one category, it is recommended (but not required) to have the same number of dancers in each category. However, you must choose the category with the most dancers as the first category when completing the registration.

COMPETITION ROUTINE GUIDELINES

1) Alterations may be made in the event of injury or other serious circumstance. Alternates must also abide by the rules & regulations in all divisions in which they compete.
2) Formal, excessive, & choreographed entrances which involve dance, technical skills and all traditions/chants are not permitted. Dancers should enter in a timely fashion. **Teams have 30 seconds from the team's introduction to start the routine. If a team exceeds this time limit, a penalty of a .25-point deduction for 1-5 seconds or a .5-point deduction for 6 seconds and over will be assessed.**
3) All staging, backdrops, special effects, or any items that may damage or otherwise alter the performance floor or environment are prohibited (water, powder, feathers, glitter, etc.).
4) Marley is not available and center markers will not be allowed. This includes but is not limited to stuffed animals, toys, alternate dancers, spacing ropes, etc. **A spacing rope marker, provided by UDA, will be the only spacing rope markers allowed.**
5) Teams will have a maximum of 2 minutes (2:00) to demonstrate their style and expertise. If a team exceeds the time limit by more than 3 seconds, they will be penalized.
6) Timing will begin with the first choreographed movement or note of music, whichever is first. Timing will end with the last choreographed movement or note of music, whichever is last.

CHOREOGRAPHY/COSTUMING

1) All facets of a performance/routine, including **costuming**, choreography & music selection, should be appropriate and suitable for family viewing and listening. Examples of inappropriate choreography may include, but are not limited to, vulgar or suggestive movement appearing offensive or sexual in content, displaying acts of violence, and/or relaying lewd or profane gestures. Music containing words unsuitable for family listening is not allowed. This includes, but is not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.' Music, **costuming** or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed, as to not put their team in an unfortunate situation. **Costuming must be well secured and appropriate for a family friendly environment**.
2) Shoes, on both feet, are recommended but not required while on the performance surface. Please note that should dancers choose to wear shoes, anything with wheels is not allowed (example: roller skates, roller blades, heelys, etc.). Wearing socks and or footed tights only is not allowed.
3) The use of powder or any airborne substance that lingers in the competition area is prohibited.
4) **Spraying or applying glitter on any hair, body or clothing is NOT allowed in the Pinnacle Bank Expo Center or the BigIron Events Center and Arena.**
5) All costuming & makeup should be age appropriate & acceptable for family viewing.
6) When dancers are standing at attention, all costumes/uniforms must cover the midriff area completely. The midriff includes the entire midriff section from the **bottom of the sternum/diaphragm down**. Nude body liners are acceptable. This rule applies to all categories. All male dancers' costumes must include a shirt that is fastened; however, it can be sleeveless.
7) Jewelry as part of the costume is allowed.
8) For the safety of all athletes, tights are HIGHLY recommended to be worn with costumes, but not required.

PROPS

Props are not allowed. A prop is defined as anything that is danced with that is not attached to your costume and is used to enhance the routine. **Wearable items used to enhance the routine are allowed but must remain connected to the garment/costume throughout the entire performance. If taken off and danced with, it becomes a prop. Wearable items cannot be taken off and discarded.** Poms being used in a pom routine do not count as props.

TUMBLING AND TRICKS (Executed by individuals)

Tumbling and/or tricks: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface.
Tumbling is allowed, but not required, in all divisions with the following limitations:
Note: The following are lists of commonly known dance skills. This does not mean that they are required for your routine, nor does this list encompass all skills that are legal/illegal.

ALLOWED		NOT ALLOWED
Aerial Cartwheels	Front/Back Walkovers	No handed Headsprings
Front Handsprings	Round Offs (with or without hands)	Layouts
Side Somi	Stalls/Freezes	Toe Pitch Back Tucks
Cartwheels	Forward/Backward Rolls	Barani
Head Spins	Windmills	Dive Rolls
Kip Ups	Headstands	Front/back tucks
Handstands	Headsprings (with hands)	Shushunova
Backbends	Shoulder Rolls	
Front Aerial	**No handed Kip Ups**	

Standing Back Handsprings - (Not connected to other tumbling)

1) Hip over-head rotation skills with hand support are not allowed while holding poms in the supporting hand. (Exception: Forward & backward rolls are allowed.) The proper use of hands-free poms for hip over-head skills is allowed. *Please reference the Hands-Free Poms Section (pg 7) for more details.*
2) Airborne hip overhead rotation skills without hand support are not allowed. (Exception: Front Aerials, Aerial cartwheels/side somis not connected to any other hip over-head rotation skill are allowed.)
    a. Airborne hip overhead rotation skills without hand support may not involve any twisting motion or a blind landing. Exception: Round Offs with no hands will be allowed.
    b. If using non-hands-free poms in a front aerial, aerial cartwheel/side somi, it is recommended that dancers place poms in one hand. If a dancer bears weight on the performance surface with a hand that is holding a pom during the skill, a penalty will be assessed. There are no exceptions to this rule.
3) Tumbling skills with hip over-head rotation:
    a. Airborne skills with hand support may not be airborne in approach but may be airborne in descent if the approach is non-airborne (clarification: a round off is allowed- hands touch the ground before the foot leaves the ground).
    b. Airborne skills with or without hand support that land in a perpendicular inversion may not have backward momentum in the approach.
4) Tumbling skills with hip over-head rotation is limited to 3 connected skills. (Example: 3 consecutive headsprings are allowed, 4 are not).
5) Simultaneous tumbling over or under another dancer that includes hip over-head rotation by both dancers is not allowed.
6) Choreographed drops to the knee, thigh, front, back, head, shoulder, or seat onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.

TUMBLING AND TRICKS (Executed by individuals) - CONTINUED

7) Landing in a push-up position onto the performance surface is allowed from a standing or kneeling position or from a jump with forward momentum. All variations of a Shushanova are not allowed.
8) Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, head, back, shoulders, and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: this rule refers specifically and only to the 'rubber band'/'bronco' kip up skill, as well as any skill jumping backwards into a headstand/handstand stall).

There will be no additions or changes to skill restrictions for the 2027 state championships per the Nebraska Coaches Association. Below are the allowable lifts. Tier 1 is the highest possible lifts allowed at the NSAA Sub-District, District and State events. Tier 2 is the highest possible lifts allowed at the annual Nebraska State Cheer & Dance Championships.

Head coaches should consult with their local school administrators to ensure coaches, parents, athletes, and school officials are all in agreement regarding what restrictions will be followed outside of the Nebraska Coaches Association administered Nebraska State Cheer and Dance Championships and the Nebraska School Activities Association Sub-District, District and State events.

The Nebraska Coaches Association has no authority to regulate stunts or lifts outside of the annual Nebraska State Cheer and Dance Championships.

TIER 1 - DANCE LIFTS (Executed in pairs or groups)

1) Lifts in the pom category must be executed without poms in hand or with hands-free poms in hand. CLARIFICATION: Extensions, pyramids, and basket tosses are NOT allowed.
2) A lift is defined as an individual being supported above the level of the floor by another individual or individuals of any time.
3) Stunts/lifts shall be limited to shoulder height or below. T lifts are acceptable and may be above shoulder height.
4) All vertical shoulder level stunts/lifts must have an additional spotter - 3 bases needed.
5) All vertical shoulder level stunts/lifts must remain on two feet except during the mount or dismount of the stunt/lift.
6) Twisting mounts and dismounts are limited to ½ twist. (Example - doing a walkover out of a lift does not violate this restriction)
7) All cradle dismounts, tosses, and inversions are prohibited. An athlete cannot be upside down (hips over head) at any point in a lift. Partner cartwheels or handstands over the back lifts include an inversion.

TIER 2 - DANCE LIFTS (Executed in pairs or groups)

1) The Executing Dancer must receive support from a Supporting Dancer who is in direct contact with the performance surface through the entire skill. (Exception: Kick Line Leaps).
2) At least one Supporting Dancer must maintain contact with Executing Dancer(s) throughout the entire skill.
    a) Lifting with poms is allowed.
    b) Extensions, pyramids, and basket tosses are NOT allowed. (Extension is similar to a cheer full up.)
3) Swinging in and out of lifts and tricks in the prone and/or supine positions is not allowed; swinging forwards, backwards, or making a complete circular rotation will not be allowed if the Executing Dancer is in a prone position (body facing the ground).
4) Hip over-head rotation of the Executing Dancer(s) may occur if a Supporting Dancer maintains contact until the Executing Dancer returns to the performance surface or is returning to the upright position.

TIER 2 - DANCE LIFTS (Executed in pairs or groups) - continued

5) Vertical Inversions are allowed if:
   a) The Supporting Dancer(s) maintain contact until the Executing Dancer returns to the performance surface or returns to the upright position.
   b) When the height of the Executing Dancers shoulders exceeds shoulder level of the Supporting dancer, there is at least one additional dancer to spot who does not bear weight.
   (This is our caveat of inversions - PREP LEVEL.)

RELEASE MOVES - UNASSISTED DIMOUNTS TO PERFORMANCE SURFACE

1) Executing dancer may jump, leap, step, or push off a supporting dancer if:
   a) The highest point of the released skill does not elevate the Executing Dancer's FEET above head level of the supporting dancer. (Exception: toe touches off a dancers back / leapfrog jumps will be allowed)
   b) The Executing Dancer may not pass through the prone or inverted position after the release.
   c) Toe pitch back tucks are not allowed.
2) Supporting Dancer may release/toss an Executing Dancer if:
   a) The highest point of the release/toss does not elevate the Executing Dancer's hips above head level of the supporting dancer.
   b) The Executing Dancer is not supine or inverted when released.
   c) The Executing Dancer does not pass through a prone or inverted position after release.
   d) Toe pitch back tucks are not allowed.

MUSIC GUIDELINES

LEGAL MUSIC OPTIONS

Option #1: Cover Music for Mixes

- Cover music **MUST BE OBTAINED** from a music provider listed on the link: Music Provider Directory
  - Provides single song, dance mix, or edits of proper licensing songs. The music they provide are cover songs that have been properly licensed and in compliance.
- Sound Effects may be included, but must be purchased
- Submit a Proof of Purchase **AND** a copy of the License (see pgs. 16-17 for samples)

Option #2: Single Song

- Purchase a single song as the music for the entire routine from iTunes, Amazon, etc.
- Music MAY NOT be re-mixed, such as adding sound effects, changing tempo, or mixing with any other recordings.
- You MAY edit for timing purposes, but the recording needs to remain in the original order. You cannot use more than one recording per track.
- Submit a Proof of Purchase showing payment (see pg. 18 for sample)

Option #3: Varsity Spirit Camp Music

- You can use Clementune music that Varsity has provided at summer camps or clinics and can be purchased at the Varsity store.
- You must provide a receipt showing payment and the music that was purchased.

Option #4: Fight Songs/Band Music

- If using a recording of your marching band playing the School's Original Fight Song you will need to get the school's permission to use the song and recording. You **MUST** provide a letter granting permission to use the fight song on school letterhead from your administrator.

MUSIC GUIDELINES - CONTINUED

- If you need another option for "Marching Band" music, you may legally purchase a band playing a recording from an authorized provider (iTunes, Amazon, etc.). This song **MAY NOT** have any edits other than for timing purposes.

For further clarification regarding copyright laws, coaches are highly encouraged to complete the free "Understanding Copyright and Compliance Course**" offered through the NFHS.**

*Each team must have a coach/representative to play their music. This person is responsible for bringing the music to the music table and pushing "play" and "stop" for the team.

*All music MUST be on a MOBILE DEVICE. Please bring any necessary adapters for your device to fit a standard, 3.5mm auxiliary cord. Please have back-up music readily available on an alternate mobile device or CD.

INTERRUPTION OF PERFORMANCE

A. UNFORSEEN CIRCUMSTANCES

1) If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.
2) The team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

B. FAULT OF TEAM

1) In the event a team's routine must be interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2) The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.

C. INJURY

1) The only persons that may stop a routine for injury are a) competition officials b) the advisor/coach from the team performing or c) an injured individual.
2) The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.
3) The injured participant that wishes to perform may not return to the competition floor unless:
   a) The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
   b) If medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
   c) Any athlete who exhibits signs or symptoms consistent with concussion should be removed from the at that time and should not be allowed to return to activity that day. The athlete should not return to activity on a subsequent day until evaluated by and receive written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).
   d) In addition to Varsity Brands head injury policy, we encourage you to be familiar with the specific laws of the state.

PENALTIES

A deduction will be given for EACH safety/general competition rule violation. The point value of this deduction will be as follows:

- 0.25 points – Start of Routine - Time infractions of 1-5 seconds over time
- 0.5 points – Start of Routine - Time infractions of 6 or more seconds over time; Performance Error – any skill or trick executed incorrectly (ex. touching down on an aerial cartwheel with non-hands-free poms in hand)
- **1.0 points** – General Rules Violations including (but not limited to) time infractions of 3 - 5 seconds over time, not enough kicks, prop rules, costume/shoe rules, etc.
- **1.5 points** – Time infractions of 6 or more seconds over time, routine safety violations (ex. illegal lifts in all categories, lifting with non-hands-free poms in hands, etc.).

VIDEO REVIEWS

1) Prior to submitting a video, please review the 2027 NCA Dance Handbook concerning the legality of any tumbling, partner work, or lifts
2) Video reviews **MUST** be submitted to the Nebraska Coaches Association, **by the head coach**, via this link - https://forms.gle/AAsJy9yx13xdzgV48
3) Videos sent directly to UDA **WILL NOT** be reviewed.
4) Videos must be received prior to **January 8, 2027**. If received after the deadline the video will not be reviewed.

SPORTSMANSHIP

1) All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine.

2) The advisor and coach of each team is responsible for seeing that team members, coaches, parents, and any other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

3) When a coach is in discussion with an official, other coaches, athletes, and parents/spectators, they must maintain proper professional conduct. Failing to do so may result in a 1-point penalty, removal of coach, or disqualification.

4) Noisemakers of any kind are prohibited at this competition. (i.e. drums, horns, bells, etc.).

JUDGING PROCEDURES

Judges will be provided by Varsity Spirit, and they will be responsible for scoring each school performance according to the NCA competition score sheets. The identity and contact information of Judges will not be provided to schools, coaches, teams, or fans.

The judging panel will be split, with half judging Execution and half judging Choreography. Each section will be averaged, and then the Execution section average will be added to the Choreography section average. All judges will evaluate Communication/Projection and Overall Impression, and this score will be averaged among all judges.

SCORE CALCULATIONS

Below is a breakdown of score calculation. Sample scoresheets can be found on the NCA website under the Cheer/Dance tab. **ALL TEAMS BEGIN THE COMPETITION WITH 0 POINTS.**

Hip Hop, Jazz, Pom Score Calculations:

Execution average – 40 pts
Choreography average – 40 pts
Communication/Projection average – 10 pts
Overall Impression average – 10 pts
Final Score – 100 pts

High Kick Score Calculations:

Execution average – 50 pts
Choreography average – 40 pts
Communication/Projection average – 10 pts
Overall Impression average – 10 pts
Final Score – 110 pts

SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. All ties in each division or group will remain except for first place. In the event of a first-place tie, the tie will first be broken by carrying the decimal places out for the total score. If a tie remains, the ranking points from each judge will then be used to break the tie. Should a tie remain, the ranking points from the "Overall Effect/Impression" portion of the scoresheet will be used to break the tie. After the competition, teams will receive the judges' score sheets and comments for their team, as well as a ranking sheet with the names & scores of all teams in their group. No scores or rankings will be given over the telephone**. *JUDGES SCORES ARE FINAL. TEAM RESULTS ARE CONFIDENTIAL AND WILL NOT BE MADE AVAILABLE TO ANY OTHER PARTIES BY THE NCA OR VARSITY SPIRIT.***

FINALITY OF DECISIONS

1) By participating in this championship, each team agrees that the decisions by the judges will be final and results may ONLY be reviewed for clarification.
2) Any tabulation errors must be addressed on site, by the head coach, within **30 minutes** of the conclusion of the awards ceremony. In the event of a tabulation error, results will be reviewed and adjusted as deemed necessary.
3) 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.
4) **JUDGES' SCORES ARE FINAL. TEAM RESULTS ARE CONFIDENTIAL AND WILL NOT BE MADE AVAILABLE TO ANY OTHER PARTIES BY THE NCA OR VARSITY.**

DISQUALIFICATION

Any team and/or spectators that do not adhere to the terms and procedures of these Rules and Regulations will be subject to disqualification from the competition and will automatically forfeit any right to any prizes or awards presented by the competition.

HOW TO HANDLE PROCEDURAL QUESTIONS

1) RULES & PROCEDURES - Any question concerning the rules of the competition will be handled exclusively by the advisor/head coach of the team and shall be directed to the Event Director. Such questions should be made prior to the team's competition performance.
2) PERFORMANCE - Any questions concerning the team's performance should be made to the Event Director immediately after the team's performance.
3) Deduction Sheets - All teams will have a deduction sheet, whether there is a deduction or not, following each performance. Head coaches can pick up the deduction sheet from the table located by the judging panels (Section 207). Questions regarding penalties can be made by the head coach of the team only and must be done within 20 minutes of their completed performance. Coaches will have 15 minutes from when their deduction worksheet is received to dispute the ruling. Any disputes made after that time frame will not be considered. If a dispute is submitted, the entire routine will be reviewed, including the deduction in question.

INTERPRETATIONS AND/OR RULINGS

Any INTERPRETATION of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will consist of the NCA, Event Director, and Head Judge. The Rules Committee will render a judgment to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition.

TROPHIES AND MEDALS

1) Trophies will be provided to the 1st and 2nd place teams in each category.
2) Individual medals will be awarded to participants on each first-place team.
3) The top five teams will be announced at the awards ceremony.
4) Teams will gather on the floor. Please follow the directions of the announcer.
5) Team photos of the 1st & 2nd place teams will take place on the floor as results are announced.
6) Teams will need to exit immediately following the awards ceremony so NCA Event Staff can prepare for the next session of competition.
7) **NO PARENTS or SPECTATORS WILL BE ALLOWED ON THE FLOOR. COACHES PLEASE COMMUNICATE THIS EXPECTATION WITH PARENTS/SPECTATORS PRIOR TO AND DURING THE COMPETITION. Coach's assistance to keep parents and spectators off the floor is expected.**

NOTE: For the awards ceremony to continue to be held in this manner the cooperation of coaches, teams, parents and spectators is required. Please communicate with families of participants prior to and during the competition.

EVENT FACILITY

1) The competition is scheduled to be held at The BigIron Events Center in Grand Island, Nebraska.
2) The performance floor will be the size of a regulation basketball court – **approximately 94 feet x 50 feet**.
3) The tournament officials shall have the right to alter the time and location of the competition, or cancel, in the event changes become necessary due to inclement weather, facility problems, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

COMPETITOR WARM-UP AREA

Information regarding warm-up area, time and space will be available on the NCA event web page.

TRAX

Power Music Inc.
3355 S Town Center Dr #2014
Las Vegas, NV 89135

Invoice For:

Invoice #L2-1696772 | Date: 07/31/2025
Paid In Full: 07/31/2025

SCHOOL – COACH

Purchase Details:
Braintree - 9sjbt1tw

Items & Details	Amount
Charli xcx - Von Dutch Label: 1) PM Radio Edits - 07 Album: Alternate Versions: 6 License: Track License **Project Details**: Editor Name: Dynamic Productions School/Team/Squad Name: Varsity Cheer How many people will receive this mix?: 3	**$15.00**
Ti'sto & Tate McRae - 10:35 Label: 1) PM Radio Edits - 07 Album: Alternate Versions: 6 License: Track License **Project Details**: Editor Name: Dynamic Productions School/Team/Squad Name: , Varsity Cheer How many people will receive this mix?: 3	**$15.00**
Taylor Swift – Call It What You Want Label: 1) PM Radio Edits - 07 Album: Alternate Versions: 7 License: Track License **Project Details**: Editor Name: Dynamic Productions School/Team/Squad Name: How many people will receive this mix?: 3	**$15.00**
Ciara - Level Up Label: 1) VP Radio Edits - 07 Album: Alternate Versions: 2 License: Track License **Project Details**: Editor Name: Dynamic Productions School/Team/Squad Name: How many people will receive this mix?: 3	**$15.00**
Sia feat. Kendrick Lamar - The Greatest Label: 1) PM Radio Edits - 07 Album: Alternate Versions: 5 License: Track License **Project Details**: Editor Name: Dynamic Productions School/Team/Squad Name: How many people will receive this mix?: 3	**$15.00**

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SongsForCheer

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- Sell, donate, transfer or license these recordings.
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Gym/Organization: SCHOOL NAME **Team:** Varsity Cheer
Producer/Editor: COACH

Valid until **July 31st 2026**

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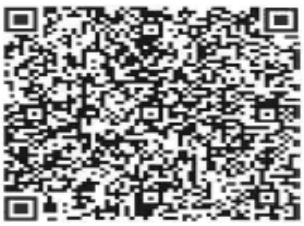

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Tax	**$0.06**
TOTAL	**$1.05**

NEBRASKA STATE CHEER & DANCE CHAMPIONSHIP - February 18–20, 2027
PARENT / LEGAL GUARDIAN RELEASE & WAIVER

Minor's Name:_____ **Parent/Legal Guardian Name:**_____
School:_____ **Parent Cell Phone:**_____

PLEASE READ BEFORE SIGNING

This form contains an assumption of risk, release and waiver of claims, indemnification provision, medical authorization, and media consent. I am signing individually and, to the fullest extent permitted by law, on behalf of the Minor.

1. PARTICIPATION AND ASSUMPTION OF RISK

I authorize the Minor to participate in the Nebraska State Cheer & Dance Championship (the "Event"). I understand that cheer, dance, stunts, tumbling, travel, crowds, equipment, surfaces, and related activities involve inherent risks, including falls, collisions, strains, sprains, fractures, concussion or other injury, illness, disability, and death. I knowingly and voluntarily assume those risks to the fullest extent permitted by law.

2. RELEASE AND WAIVER

To the fullest extent permitted by Nebraska law, I, for myself and on behalf of the Minor, release and hold harmless Varsity Spirit Corporation d/b/a Universal Cheerleaders Association (UCA) and/or Universal Dance Association (UDA); NSG Corporation d/b/a National Cheerleaders Association (NCHA) and/or National Dance Alliance (NDA); Nebraska State Interscholastic Athletic Administrators Association (NSIAAA); Nebraska Coaches Association (NCA); BigIron Events Center and its owner/operator; American Association of Cheerleading Coaches and Administrators, Inc. (AACCA); and their respective affiliates, directors, officers, representatives, members, agents, employees, volunteers, successors and assigns (collectively, "Releasees") from claims, demands, damages, losses, liabilities, costs and expenses arising from or related to the Minor's participation in the Event, including personal injury, illness, disability or death.

This release expressly includes claims arising from the ordinary negligence of a Releasee, to the extent such claims may lawfully be released. Nothing in this form releases or limits liability that cannot lawfully be released or limited, including liability for gross negligence or willful and wanton misconduct where prohibited by law.

3. TEAM SUPERVISION AND ROUTINES

A coach or responsible adult age 21 or older must attend with participating minors and is responsible for their supervision. I understand that the Event organizers and Releasees are not responsible for supervision that is the responsibility of the Minor's coach, school, team, parent, or legal guardian. I also understand that the Minor's team may create, direct, rehearse, and execute its own choreography and routines, including stunts, and that Releasees are not responsible for those matters except to the extent required by law.

4. INDEMNIFICATION

To the fullest extent permitted by law, I agree to indemnify and hold harmless the Releasees from third-party claims, damages, liabilities, costs, and reasonable attorneys' fees arising from my or the Minor's negligent or wrongful acts or omissions in connection with the Event, or from claims brought by or through the Minor to the extent lawfully subject to indemnification.

5. PHOTO / VIDEO / MEDIA CONSENT

I understand that the Minor may appear in photographs, video, audio, broadcasts, websites, social media, and promotional materials made in connection with the Event. I grant Varsity Spirit, NSG, UCA, UDA, NCHA, NDA, their successors and authorized licensees, sponsors and promotional partners a nonexclusive, worldwide, royalty-free right to use the Minor's name, image, likeness, voice, and appearance for Event-related and organizational promotional purposes, without compensation. I waive any right to inspect or approve such materials.

6. MEDICAL AUTHORIZATION

If the Minor becomes ill or injured and I cannot be reached promptly, or when immediate care is reasonably necessary, I authorize Event personnel to obtain or arrange reasonable first aid, emergency medical evaluation, ambulance transportation, and medical treatment for the Minor. I understand that Event personnel are not medical professionals and that this authorization does not require any person to provide treatment. I accept responsibility for medical and related expenses incurred for the Minor, subject to applicable insurance.

Current medications (if any):_____ Allergies:_____

Medical Conditions/Restrictions:_____

Emergency Contact/Phone:_____

7. ACKNOWLEDGMENT AND SIGNATURE

I have read this form, understand its terms, and have had an opportunity to ask questions. I understand that I am giving up or limiting certain legal rights to the extent permitted by law. I sign voluntarily and represent that I am the Minor's parent or legal guardian and have authority to sign this form. The Event is not guaranteed to occur and may be postponed, modified, relocated, or cancelled.

Parent/Legal Guardian Signature:_____ Date:_____

Printed Name:_____ Relationship to Minor:_____

NEBRASKA COACHES ASSOCIATION

2027 RULES, MUSIC, SAFETY COURSE & SQUAD SIZE AGREEMENT FORM

COMPLETE AND RETURN BY DECEMBER 4, 2026 • EMAIL: staff@ncacoach.org

1. 2027 RULES & REGULATIONS ACCEPTANCE AGREEMENT

We have reviewed the 2027 Rules and Regulations with our entire team. We acknowledge that the Rules and Regulations are a fair and integral part of the championship and agree to comply with all rules, policies, and procedures contained therein.

---

2. 2027 MUSIC COPYRIGHT COMPLIANCE AGREEMENT

We confirm that we have reviewed the Music Guidelines and understand the copyright requirements presented by the Nebraska Coaches Association. We further confirm that all sound recordings used in our team's music will be used only with the written license or permission of the owner(s) of those sound recordings, as required.

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3. NFHS CHEER & DANCE ONLINE SAFETY COURSE AGREEMENT (required for all head coaches)
The NFHS Cheer & Dance Online Safety Course is required for all head coaches. Certification is valid for four (4) years.

☐ I confirm that I have completed the NFHS Cheer & Dance Online Safety Course.

Date of Course Completion:_____

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4. **SQUAD SIZE CERTIFICATION AGREEMENT** (based on NSAA Girls Basketball classification)

Cheer Category #1: _____
Number of Competing Members:_____
Class:_____
(A, B, C1, C2, D, or Unified)

Cheer Category #2: _____
Number of Competing Members:_____
Class:_____
(A, B, C1, C2, D, or Unified)

Dance Category #1: _____
Number of Competing Members:_____
Class:_____
(A, B, C1, C2, D)

Dance Category #2:_____
Number of Competing Members:_____
Class:_____
(A, B, C1, C2, D)

---

5. FINALITY OF JUDGES' DECISIONS

By participating in this championship, each team agrees that the decisions of the judges are final. Results may be reviewed only for purposes of clarification.

In the event of a tabulation error, the results may be reviewed and adjusted as deemed necessary. Each team acknowledges the necessity for judges to make prompt and fair decisions during the competition and, to the extent permitted by applicable law, agrees to waive any legal, equitable, administrative, or procedural review of such decisions.

JUDGES' SCORES ARE FINAL. TEAM RESULTS ARE CONFIDENTIAL AND WILL NOT BE PROVIDED TO ANY OTHER PARTY BY THE NEBRASKA COACHES ASSOCIATION (NCA) OR VARSITY.

By signing this form, we acknowledge and agree to the above agreements.

School Name:_____ Date:_____

Athletic Director Signature:_____ Athletic Director Name (printed):_____

Head Coach Signature:_____ Head Coach Name (printed):_____