



## 2009-2010 NCA School NOVICE Judging Ranges



The following grid outlines the point ranges for specific skill sets performed by a *MAJORITY of the team with a high level of perfection*. Skills performed with LESS than a high level of perfection or by LESS than a majority of the team will move the score into a lower range. In each category, the majority of the team must master each listed skill unless the skills are separated by the word "or."

Stunts	Pyramids or Tosses	Tumbling	Jumps	Motions/Girls Dance	
<b>5-6</b>	<b>5-6</b>	<b>5-6</b>	<b>5-6</b>	<b>5-7</b>	
--Extension Preps or -- One Leg Variations below Prep Level	--Pyramids at Prep Level and below			<b>Little To No:</b> Transitions, Level Changes  Below Average Level of Execution	
6-7 --Extensions or --One Leg Variations at Prep Level	6-7 --Extended Pyramids	6-7 --Basic Straight Rides	6-7 --Cartwheels or --Round-offs or --Forward/Backward Rolls		6-7 --Basic Jumps or --Lowest level of Execution
<b>7-8</b>	<b>7-8</b>	<b>7-8</b>	<b>7-8</b>	<b>7-9</b>	
	--Pyramids involving Extended One Leg Stunts		--Round-off *BHS or --Standing *BHS	--Below Level Jumps	<b>Minimal:</b> Transitions, Level Changes  Includes Variety of Movement, and Footwork and Floorwork  Average Level of Execution  Average Energy/Entertainment Value
<b>8-9</b>	<b>8-9</b>	<b>8-9</b>	<b>8-9</b>	<b>8-9</b>	
	--Pyramids involving Extended One Leg Stunts with at least one Transitional Sequence			--Level Jumps	
<b>9-10</b>	<b>9-10</b>	<b>9-10</b>	<b>9-10</b>	<b>9-10</b>	
			--Above Level to hyper-extended, well executed Jumps	<b>Multiple:</b> Transitions, Level Changes  Includes Variety of Movement, and Footwork and Floorwork  Above Average Level of Execution  High Energy/ Entertainment Value	

\*BHS - Back Handspring



## 2009-2010 NCA School INTERMEDIATE Judging Ranges



The following grid outlines the point ranges for specific skill sets performed *by a MAJORITY of the team with a high level of perfection*. Skills performed with LESS than a high level of perfection or by LESS than a majority of the team will move the score into a lower range. In each category, the majority of the team must master each listed skill unless the skills are separated by the word "or."

Stunts	Pyramids or Tosses		Tumbling	Jumps	Motions/Girls Dance
5-6 --Extension Preps or -- One Leg Variations below Prep Level	5-6 --Pyramids at Prep Level and below		5-6	5-6	5-7  <b>Little To No:</b> Transitions, Level Changes  Below Average Level of Execution
6-7 --Extensions or --One Leg Variations at Prep Level	6-7 --Extended Pyramids	6-7 --Basic Straight Rides	6-7 --Cartwheels or --Round-offs or --Forward/Backward Rolls	6-7 --Basic Jumps or --Lowest level of Execution	
7-8 --Advanced Skills	7-8 --Pyramids involving Extended One Leg Stunts	7-8 --Non-Twisting Tosses  Ex: Toe Touch Switch Kick Tuck Arch	7-8 --Round-off *BHS or --Standing *BHS	7-8 --Below Level Jumps	7-9  <b>Minimal:</b> Transitions, Level Changes  Includes Variety of Movement, and Footwork and Floorwork  Average Level of Execution  Average Energy/Entertainment Value
8-9	8-9 --Pyramids involving Extended One Leg Stunts with at least one Transitional Sequence	8-9 --Single Twisting Tosses	8-9 --Round-off *BHS Back Tucks or --Round-off Tucks or --Standing *BHS Series or --Jump/*BHS Combinations	8-9 --Level Jumps	
9-10	9-10 --Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences at least one of which is a 2 and 1/2 High Transition  --Multiple Extended Structures	9-10	9-10	9-10 --Above Level to hyper-extended, well executed Jumps	
9-10		9-10	9-10	9-10	9-10  <b>Multiple:</b> Transitions, Level Changes  Includes Variety of Movement, and Footwork and Floorwork  Above Average Level of Execution  High Energy/ Entertainment Value

\*For definitions of "Advanced" and "Elite," see

\*BHS - Back Handspring



## 2009-2010 NCA School **ADVANCED** Judging Ranges



The following grid outlines the point ranges for specific skill sets performed *by a MAJORITY of the team with a high level of perfection*. Skills performed with LESS than a high level of perfection or by LESS than a majority of the team will move the score into a lower range. In each category, the majority of the team must master each listed skill unless the skills are separated by the word "or."

Stunts	Pyramids or Tosses		Tumbling	Jumps	Motions/Girls Dance
5-6 --Extension Preps or -- One Leg Variations below Prep Level	5-6 --Pyramids at Prep Level and below		5-6	5-6	5-7  <b>Little To No:</b> Transitions, Level Changes  Below Average Level of Execution
6-7 --Extensions or --One Leg Variations at Prep Level	6-7 --Extended Pyramids	6-7 --Basic Straight Rides	6-7 --Cartwheels or --Round-offs or --Forward/Backward Rolls	6-7 --Basic Jumps or --Lowest level of Execution	
7-8 --Advanced Skills	7-8 --Pyramids involving Extended One Leg Stunts	7-8 --Non-Twisting Tosses  Ex: Toe Touch Switch Kick Tuck Arch	7-8 --Round-off *BHS or --Standing *BHS	7-8 --Below Level Jumps	7-9  <b>Minimal:</b> Transitions, Level Changes  Includes Variety of Movement, and Footwork and Floorwork  Average Level of Execution  Average Energy/Entertainment Value
8-9 --Advanced Skills --Required Dismount: Single Twist from One Leg Stunts	8-9 --Pyramids involving Extended One Leg Stunts with at least one Transitional Sequence	8-9 --Single Twisting Tosses	8-9 --Round-off *BHS Back Tucks or --Round-off Tucks or --Standing *BHS Series or --Jump/*BHS Combinations	8-9 --Level Jumps	
9-10 --Advanced Skills --Required Dismount: Double Twist from One leg Stunts or --Elite Skills --Required Dismount: Single Twist from One Leg Stunts or --Extended Stunt Sequence <i>performed by a Single Base, Unassisted</i>	9-10 --Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences at least one of which is a 2 and 1/2 High Transition  --Multiple Extended Structures	9-10 --Double skill Tosses including a Twist or --Double Twisting Tosses  Ex: Kick Fulls Double Fulls	9-10 --Layouts or --Standing Back Tucks or --Standing *BHS Back Tucks  <div style="border: 1px solid black; padding: 2px; display: inline-block;">*BHS - Back Handspring</div>	9-10 --Above Level to hyper-extended, well executed Jumps	9-10 <b>Multiple:</b> Transitions, Level Changes  Includes Variety of Movement, and Footwork and Floorwork  Above Average Level of Execution  High Energy/ Entertainment Value

\*For definitions of "Advanced" and "Elite," see the Sliding Criteria



# NCA SLIDING CRITERIA



The following are examples of traits and qualities of the execution to help the judges determine skill placement within the point range.

## Stunts Sliding Criteria

Degree of Difficulty  
Level of Perfection  
% of Team Participation  
Strong Body Positions/Body Control  
Minimal Use of Bases  
Additional Skills

## Pyramids Sliding Criteria

Degree of Difficulty  
Level of Perfection  
Creative/Difficult Dismounts  
% of Team Participation  
Minimal Use of Bases  
Variety/Speed of Transitions  
Unique Mounts and Transitions  
Multiple Structures  
Additional Skills

## Tosses Sliding Criteria

Degree of Difficulty  
Level of Perfection (technique and timing)  
% of Team Participation  
Height  
Strong Body Positions  
Minimal Use of Bases (lack of front spots)  
Specialty Incorporation  
Additional Skills  
Other Unique Transitions  
Synchronization of Skills

## Standing Tumbling Sliding Criteria

Degree of Difficulty  
Level of Perfection (technique, timing, landing)  
% of Team Participation  
Height of Skills  
Form  
Specialty Combinations/Creativity  
Synchronization of Skills  
Additional Skills

## Running Tumbling Sliding Criteria

Degree of Difficulty  
Level of Perfection (technique, timing, landing)  
% of Team Participation  
Height of Skills  
Form  
Specialty Combinations/Creativity  
Synchronization of Skills  
Additional Skills

## Jumps Sliding Criteria

Hyper extended/Flexibility  
Jump/Tumbling combinations  
Jump Combinations  
Synchronization of Skills  
Toe Point  
Landings  
Arm Placement  
Chest Placement  
Difficulty of Approaches  
Additional Skills

## Motions/Dance Sliding Criteria

Use of Motions and Dance  
Synchronization  
Sharpness  
Rhythm  
Body Control  
Placement  
Visual Effect  
Pace  
Energy/Entertainment Value  
Formations

*Advanced Stunting Skills include*

*(but are not limited to):*

Full Twisting Dismounts from two leg stunts  
Extended One Leg Stunts  
Minor Releases that land at prep level or below  
Minor Tick Tock variations  
Inverted transitions to Prep Level and below  
Walking stunts/Turning stunts  
1/2 or Single Twisting Transitions  
Power Presses  
Other unique Mounts and Transitions of similar difficulty level

*Elite Stunting Skills include*

*(but are not limited to):*

Full Up to Extended Position  
Major Releases that land in an Extended Position  
Major Tick Tock variations  
Inverted Transitions to an extended position  
1 1/2 - 2 Twisting Transitions  
Toss Extended stunts  
Other unique Mounts and Transitions of similar difficulty level

*Basic Jumps include:*

Spread Eagle  
Double Hook  
Tuck  
Herkie  
Side Hurdler