

	JUMPS	TUMBLING	BASKET TOSSES
1 POINT Basic	Single Jump	Cartwheel, Forward and Backward Roll	Straight Toss Basket
2 POINTS Novice	Two same connected jumps; two single jumps of different variety not connected	Round Off, Front Walkover, Back Walkover	One Skill (non twisting)
3 POINTS Intermediate	Three connected jumps (all the same jump); One single jump with two connected jumps of different variety.	Aerial, Front Handspring, Back handspring (from standing OR running), Jump to Back handspring	Two Skill Basket (ex. Toe Touch Snap Back)
4 POINTS Advanced	Three connected jumps (one different)	Back Tuck (from standing or running), Jump to back tuck	Full Twisting Basket
5 POINTS Elite	Three connected jumps (all different)	Layout (from standing series or running), Twisting skill (from standing series or running)	One Skill + Full Twisting Basket (ex. Kick Full Basket)
	*NOTE: Advanced jumps consist of: Front Hurdler; Pike and Double Nine	*NOTE: Teams doing a majority of a skill, but with some advanced skills will receive an additional .5	Teams doing the above skills with a majority ratio of their team members will receive the given points. Teams with any additional higher skills added will receive an additional .5

Minimum Quantity Chart

# Athletes	Stunt	Pyramid
10 or less	1	2
11 - 14	2	2
15 - 19	3	3
20 - 24	4	4

# Athletes	Tumbling	Jumps
7 or less	3	5
8 - 10	4	7
11 - 13	7	9
14 - 17	10	12
18 - 21	13	15
22 - 24	17	19

*The listed number of stunt groups/athletes represents the minimum recommendation for execution. Incorporating all eligible stunt groups/athletes may positively influence the overall difficulty score.

Pyramid Progression

	0 - 1 Points	1.1 to 2 Points	2.1 to 3 Points	3.1 to 4 Points	4.1 to 5 Points
Non-Released Transitions (Top remains connected to base/spotter)	• Braced non-released transitions • Braced extended single leg skills with hand-arm connection • Inverted stunts to prep level and below from ground • Inverted stunts to extended from ground with 2 bracers • Inverted stunts to extended from ground with 1 bracer • Inverted 1/2 up stunts to extended single leg from ground with 1 bracer	• Inverted stunts to prep level and below • Full up variations to prep level or below • Inverted stunts to extended with bracer (s) • Full up variations to extended with bracer (s)	• Inverted stunts involving spinning to prep with bracer (s) • Inverted stunts involving spinning to extended with bracer (s) • Single based full up variations to prep with bracer (s) • Single based full up variations to extended with bracer (s)	• Inverted stunts involving spinning to extended • Full up variations to extended single leg • Full up variations to extended body positions • 1.5 full up variations to extended • 1.5 full up variations to extended single leg	• Single based full up variations to single leg • Inverted stunts involving spinning to extended unbraced • Double up variations • Single based high to high full around variations • Single based single leg high to high full around variations • High to high double twisting variations
Released Transitions (Top released from base/spotter)	• Released transitions to a cradle	• Non- Inverted released transition to any level with 2 bracers • Non- Inverted released transition to prep or below with 1 bracer • Switch up landing extended - braced or unbraced • Non- Inverted released transition landing extended with 1 bracer	• Braced inverted stunts released to prep level and below • Released transition with up to 1/2 twist • Released transition with inversion that land extended with 2 bracers	• Released transition involving spinning to prep • Released transition involving spinning or inversion that land extended • Unbraced releases landing extended	• Released transition involving spinning/inversion that land extended with 2 bracers • Released transition to extended involving spinning/inversions with 1 bracer • Unbraced spinning/inversions release landing extended

Flipping/Rolling Transitions (Hip over head rotation)		• Rolling transition to prep and below • Rolling transition to extended position with 2 bracers**	• Rolling transition to extended position with 1 bracer • Braced flip (front or back) to cradle position with 2 bracers	• Flipping transition landing below prep level • Flipping transition landing at prep level with 2 bracers • Twisting flipping transition landing below prep level • Flipping transition landing at prep level with 1 bracer • Flipping transition landing extended with 2 bracers	• Twisting flipping transition landing at prep level • Flipping transition starting at prep or above, landing extended with 2 bracers • Flipping transition landing extended 1 bracer • Twisting flipping transition landing extended • Flipping transition starting at prep or above, landing extended with 1 bracer
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- **Any hips over head rotation to extended level - examples include 1. Suspended forward roll -> caught in an extension 2. Ground inversion roll up -> extended stunt and 3. Back extension roll-type into hands/extension.
- The skill examples listed are intended as general references and are not all-inclusive. Additional factors affecting difficulty may include pace, skill combinations, number of bases or bracers, variety, execution, and overall routine composition.

** The following guidelines are intended to assist in evaluating difficulty and do not guarantee a specific difficulty score.

*** NDCCA reserves the right to make all final determinations regarding rules interpretations, scoring, and judging decisions.

Stunting Progressions					
	0 - 1 Points	1.1 to 2 Points	2.1 to 3 Points	3.1 to 4 Points	4.1 to 5 Points
Twisting	• ¼ up to prep level • ½ up to prep level • ¼ - ½ twisting transitions to side/prone/cradle from prep level • ¼ - ½ twisting transitions to or from any 2-foot stunt	• ¼ up to extended • ½ up to extended • Rewind transition to load	• Full up variations to prep level (cross leg, bases moving, multiple connections) • Full up to prep level • Full up to prep level lib • Full up to prep level body position	• Full up to extended, target, or lib • Prep level full around to extended • Full up to extended body positions • High to high full around - 2 feet • Prep level 1 ½ around to extended	• 1 ½ up to extended • Double up to extended • Prep level double around to extended • High to high full around - 1 foot • High to high double around
Inversions	• Inversions below prep level • Below prep level inversions out of stunts (yo-yo, back walkover, etc.) • Suspended rolls • Inverted dismounts (cartwheel style)	• Prep level inversions • Ground inversion to prep level • Ground inversion to prep level single leg	• Ground inversions with up to ½ twist to prep level • Ground inversion with up to ½ twist to extended 2 foot stunt • Released inversions below prep level • Released inversion from prep level or below to prep level • Ground inversions to extended	• Inverted dismounts (pancake) • Twisting ground inversion to extended (½ twisting or more) • Released inversion to extended • Prep level inversion release to extended • Ground inversion release to extended body position	• Prep level inversion release to extended body position • Hand to hand inversion release to prep • Alternate entries to hand to hand stunts (diamidov) release to prep • Hand to hand inversion release to extended • Alternate entries - hand to hand stunts (diamidov) release to extension.

Release	• Cradles	• Release moves to below prep level • Horizontal release move to below prep level	• Release move to prep level (Quick toss, Switch up, Ball up) • Horizontal release move to prep level • Up to ¼ twisting switch up to prep level one leg	• Prep level tick tock • Switch up to extended one leg • Release moves to extended (low to high tick, ball up, quick toss) • ½ twisting switch up to extended one leg • Horizontal release move to extended • Low to high tick to body position • ½ twisting release moves to extended	• Full twisting switch ups • High to high tick (lib to lib) • Horizontal release move to extended body position • Full twisting switch ups to body position • Full twisting release moves to extended • High to high tick tocks (body position to body position) • ½ twisting (or greater) horizontal release move to extended
Other	• Thigh Stands • Shoulder sit • Shoulder Stand • Extension prep • Extension	• Full Twisting dismount from two leg stunts • Single leg extended variations • Single base extension • Switch up to prep level one leg single base	• Extended single base lib • Extended single base body position • ½ Twisting to extended single base • 1 -¼ twisting dismount from a single leg stunt at prep level or below	• Full twisting dismount from single leg stunts • Kick full twisting dismount from single leg stunts • Switch up to extended one leg single base	• Extended single base variations that include twisting/releases (low to high tick tock, full up, ½ switch up, etc.) • Inverted released and twisting skills to prep level • Inverted released and twisting skills to extended level
Coed Style	• Walk in/toss chair • Assisted walk-in hands • Assisted toss hands • Assisted coed skills at prep level • Assisted press extension • Walk in hands press extension	• Toss prep • Toss hands press extension • Walk in extension • Assisted full up variations to prep level	• Toss prep level press to extended single leg • Walk in to extended single leg variation • Toss prep level press to extended single arm • Walk in to extended single arm variation	• Toss extension • Assisted full up variations to extended level • Toss extended platform to single leg variation • Toss to immediate extended lib • Low to low/high tick tocks • Toss to immediate extended body position	• Toss one arm extended • High to high tick tocks (body position to body position) • ½ twist or greater release moves (hands full around/low to high) • Toss full up to extended • Released inversion to prep level • Released inversion to extended

* The skill examples provided are intended as general references and are not all-inclusive. Additional factors contributing to difficulty may include

pace, skill combinations, number of bases or bracers, variety, and overall routine composition.

** The following information serves only as a guideline and does not guarantee a specific difficulty score.

Group Stunt - A traditional group of 4 athletes
Toss - A traditional group of 4 athletes PLUS a front spotter
CoEd Style - A group of 3 athletes (assisted or unassisted)