

# 2021-2022 NCA SCHOOL JUDGING RANGES

The following grid outlines the point ranges for specific skill sets performed by MOST of the team. Skills performed by LESS than most of the team will move the score into a lower range. In each category, most of the team must master each listed skill unless the skills are separated by the word "or." MOST is defined as approximately 75% of the team.

## NOVICE DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
3 - 4	3 - 4	3 - 4
Extension Preps or One Leg Variations Below Prep Level	Pyramids involving Extended Two Leg Stunts <b>and/or</b> One Leg Stunts at Prep Level	Cartwheels <b>or</b> Round-offs <b>or</b> Forward/ Backward Rolls
4 - 5	4 - 5	4 - 5
Extensions or One Leg Variations at Prep Level	Pyramids involving an Extended One Leg Stunt	Round-off BHS <b>or</b> Standing BHS

### TOSSES

Tosses are not required but may be rewarded in the "Pyramid" category.

### JUMP DIFFICULTY (4.0 - 5.0)

\*Must be advanced jumps

- 4.0 – Single jumps
- 4.2 – Double jump combinations
- 4.4 – Triple jump combinations with no variety
- 4.6 – Triple jump combinations with variety
- 4.8 – Quad jump combinations or triple jump combinations and a single jump, no variety
- 5.0 – Quad jump combinations or triple jump combinations and a single jump, must include variety

### TIMING (9.0 - 10.0)

Synchronization and uniformity

### ROUTINE COMPOSITION (9.0 - 10.0)

Spacing, seamless movement and patterns, execution of formations

### VOICE/INFLECTION (9.0 - 10.0)

Pace of cheer is practical; flow of words is easy to understand

### MOTIONS/GIRLS DANCE (9.0 - 10.0)

This category will be judged based on a team's ability to incorporate transitions, level changes, footwork and floorwork, with a variety of visual movement in their dance with a high level of perfection. Motion technique throughout the routine will also be considered.

### SHOWMANSHIP (9.0 - 10.0)

Genuine enthusiasm and energy level throughout routine

### SCHOOL REPRESENTATION (9.0 - 10.0)

Sportsmanship, Performance Integrity, Image (hair, make-up, bows, uniform)

\* Advanced Jumps = Toe Touch, Right/Left Hurdlers (front or side), Pike

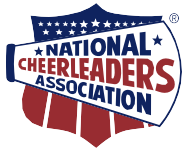
\* Jump Combination = Jumps connected with continuous movement, using either a whip or prep approach

\* BHS = Back Handspring

NOTE: Elementary & Junior High/Middle School Teams must follow the additional 2021-2022 NFHS Spirit Rules Book.

FOR SCORING QUESTIONS, EMAIL  
[NCASCORING@VARSITY.COM](mailto:NCASCORING@VARSITY.COM)

School Cheer Rulebook 8



# 2021-2022 NCA SCHOOL JUDGING RANGES

The following grid outlines the point ranges for specific skill sets performed by MOST of the team. Skills performed by LESS than most of the team will move the score into a lower range. In each category, most of the team must master each listed skill unless the skills are separated by the word "or." MOST is defined as approximately 75% of the team.

## INTERMEDIATE DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2 - 3	2 - 3	2 - 3
Extension Preps or One Leg Variations Below Prep Level	Pyramids involving an Extended Two Leg Stunt and/or One Leg Stunt at Prep Level	Cartwheels or Round-offs or Forward/Backward Rolls
3 - 4	3 - 4	3 - 4
Extensions or One Leg Variations at Prep Level	Pyramids involving an Extended One Leg Stunt	Round-off BHS or Stand BHS
4 - 5	4 - 5	4 - 5
Extended One Leg Stunts And Required Dismount: Single Twist from Two Leg Stunts	Pyramids involving multiple transitional elements, one of which is a release and multiple extended structures including extended one leg stunts.	Round-off BHS Back Tucks or Round-off Tucks or Standing BHS Series or Jump/BHS Combinations

### TOSESSES

Tosses are not required but may be rewarded in the "Pyramid" category.

### JUMP DIFFICULTY (4.0 - 5.0)

\*Must be advanced jumps

4.0 – Single jumps

4.2 – Double jump combinations

4.4 – Triple jump combinations with no variety

4.6 – Triple jump combinations with variety

4.8 – Quad jump combinations or triple jump combinations and a single jump, no variety

5.0 – Quad jump combinations or triple jump combinations and a single jump, must include variety

### TIMING (9.0 - 10.0)

Synchronization and uniformity

### ROUTINE COMPOSITION (9.0 - 10.0)

Spacing, seamless movement and patterns, execution of formations

### VOICE/INFLECTION (9.0 - 10.0)

Pace of cheer is practical; flow of words is easy to understand

### MOTIONS/GIRLS DANCE (9.0 - 10.0)

This category will be judged based on a team's ability to incorporate transitions, level changes, footwork and floorwork, with a variety of visual movement in their dance with a high level of perfection. Motion technique throughout the routine will also be considered.

### SHOWMANSHIP (9.0 - 10.0)

Genuine enthusiasm and energy level throughout routine

### SCHOOL REPRESENTATION (9.0 - 10.0)

Sportsmanship, Performance Integrity, Image (hair, make-up, bows, uniform)

\* Advanced Jumps = Toe Touch, Right/Left Hurdlers (front or side), Pike

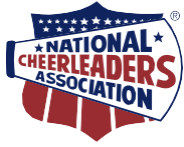
\* Jump Combination = Jumps connected with continuous movement, using either a whip or prep approach

\* BHS = Back Handspring

NOTE: Junior High/Middle School Teams must follow the additional 2021-2022 NFHS Spirit Rules Book.

FOR SCORING QUESTIONS, EMAIL  
[NCASCORING@VARSITY.COM](mailto:NCASCORING@VARSITY.COM)

School Cheer Rulebook 9



# 2021-2022 NCA SCHOOL JUDGING RANGES

The following grid outlines the point ranges for specific skill sets performed by MOST of the team. Skills performed by LESS than most of the team will move the score into a lower range. In each category, most of the team must master each listed skill unless the skills are separated by the word "or." MOST is defined as approximately 75% of the team.

## ADVANCED DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
<b>2 - 3</b>	<b>2 - 3</b>	<b>2 - 3</b>
Extension Preps or One Leg Variations Below Prep Level Extensions or One Leg Variations at Prep Level	Pyramids involving Extended Two Leg Stunts <b>and/or</b> One Leg Stunts at Prep Level Pyramids involving an Extended One Leg Stunt	Cartwheels or Round-offs or Forward/Backward Rolls Round-off BHS or Standing BHS
<b>3 - 4</b>	<b>3 - 4</b>	<b>3 - 4</b>
Extended One Leg Stunts <b>and</b> Required Dismount: Single Twist from Two Leg Stunts	Pyramids involving multiple transitional elements, one of which is a release and multiple extended structures including extended one leg stunts.	Round-off BHS Back Tucks or Round-off Tucks or Standing BHS Series or Jump/BHS Combinations
<b>4 - 5</b>	<b>4 - 5</b>	<b>4 - 5</b>
Required: Elite Skills* Single Twist from One Leg Stunts or Extended Stunt Sequence performed by a Single Base, Unassisted	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences, at least one of which is a Braced Flip Transition or Arm Braced Tic Tock [and Multiple Extended Structures]	Layouts or Standing Back Tucks or Standing BHS Back Tucks

### STUNTS

ELITE STUNT SKILLS\* INCLUDE (BUT ARE NOT LIMITED TO):

- Full up to extended position
- Release moves that land in an extended position
- Tick tock variations
- Toss extended stunts
- Other unique mounts and transitions of similar difficulty level

\*Advanced Divisions only

### TOSSES

Tosses are not required but may be rewarded in the "Pyramid" category.

### JUMP DIFFICULTY (4.0 - 5.0)

\*Must be advanced jumps

- 4.0 – Single jumps
- 4.2 – Double jump combinations
- 4.4 – Triple jump combinations with no variety
- 4.6 – Triple jump combinations with variety
- 4.8 – Quad jump combinations or triple jump combinations and a single jump, no variety
- 5.0 – Quad jump combinations or triple jump combinations and a single jump, must include variety

FOR SCORING QUESTIONS, EMAIL [NCASCORING@VARSITY.COM](mailto:NCASCORING@VARSITY.COM)

### TIMING (9.0 - 10.0)

Synchronization and uniformity

### ROUTINE COMPOSITION (9.0 - 10.0)

Spacing, seamless movement and patterns, execution of formations

### VOICE/INFLECTION (9.0 - 10.0)

Pace of cheer is practical, flow of words is easy to understand

### MOTIONS/GIRLS DANCE (9.0 - 10.0)

This category will be judged based on a team's ability to incorporate transitions, level changes, footwork and floorwork, with a variety of visual movement in their dance with a high level of perfection. Motion technique throughout the routine will also be considered.

### SHOWMANSHIP (9.0 - 10.0)

Genuine enthusiasm and energy level throughout routine

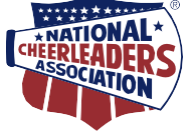
### SCHOOL REPRESENTATION (9.0 - 10.0)

Sportsmanship, Performance Integrity, Image (hair, make-up, bows, uniform)

\* Jump Combination = Jumps connected with continuous movement, using either a whip or prep approach

\* BHS = Back Handspring

NOTE: Junior High/Middle School Teams must follow the additional 2021-2022 NFHS Spirit Rules Book.



## 2021-2022 NCA SCHOOL JUDGING RANGES

The following grid outlines the point ranges for specific skill sets performed by MOST of the team. Skills performed by LESS than most of the team will move the score into a lower range. In each category, most of the team must master each listed skill unless the skills are separated by the word "or." MOST is defined as approximately 75% of the team.