

2022-2023 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
<ul style="list-style-type: none"> • Extension Preps OR • One Leg Variations below Prep Level 	Pyramids involving <ul style="list-style-type: none"> • Extended Two Leg Stunts AND/OR <ul style="list-style-type: none"> • One Leg Stunts at Prep Level 	<ul style="list-style-type: none"> • Cartwheels OR • Round-offs OR • Forward/Backward Rolls
4 - 5	4 - 5	4 - 5
<ul style="list-style-type: none"> • Extensions OR • One Leg Variations at Prep Level 	Pyramids involving <ul style="list-style-type: none"> • Extended One Leg Stunt 	<ul style="list-style-type: none"> • Round-off BHS OR • 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

4.5 – Double jump combinations

5.0 – Triple jump combinations or double jump combination 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) or (4.0-5.0)

Genuine enthusiasm and energy level throughout routine

SCHOOL REPRESENTATION (9.0 - 10.0)

Sportsmanship, performance integrity, make-up, bows

Crowd Effective Material (4.0 - 5.0)

Easy to follow, encourages crowd participation, use of props (signs, poms, flags, megaphones)

* 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 USA Cheer Safety Restrictions located in the NCA Rule Book. Advanced Jumps = Toe Touch, Right/Left Hurdlers (front or side), Pike



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INTERMEDIATE DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2 - 3	2 - 3	2 - 3
<ul style="list-style-type: none"> • Extension Preps OR • One Leg Variations Below Prep Level 	Pyramids involving <ul style="list-style-type: none"> • Extended Two Leg Stunt AND/OR • One Leg Stunt at Prep Level 	<ul style="list-style-type: none"> • Cartwheels OR • Round-offs OR • Forward/Backward Rolls
3 - 4	3 - 4	3 - 4
<ul style="list-style-type: none"> • Extensions OR • One Leg Variations at Prep Level 	Pyramids involving <ul style="list-style-type: none"> • Extended One Leg Stunt 	<ul style="list-style-type: none"> • Round-off BHS OR • Stand BHS
4 - 5	4 - 5	4 - 5
<ul style="list-style-type: none"> • Extended One Leg Stunts AND • Required twisting skill: Single Twisting transition or dismount from a Two Leg Stunt. 	Pyramids involving <ul style="list-style-type: none"> • multiple transitional elements, one of which is a release AND • multiple extended structures including extended one leg stunts. 	<ul style="list-style-type: none"> • Round-off BHS Back Tucks OR • Round-off Tucks OR • Standing BHS Series OR • Jump/BHS Combinations

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

4.5 – Double jump combinations

5.0 – Triple jump combinations or double 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

NOTE: Elementary & Junior High/Middle School Teams must follow the additional USA Cheer Safety Restrictions located in the NCA Rule Book. Advanced Jumps = Toe Touch, Right/Left Hurlers (front or side), Pike

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) or (4.0-5.0)

Genuine enthusiasm and energy level throughout routine

SCHOOL REPRESENTATION (9.0 - 10.0)

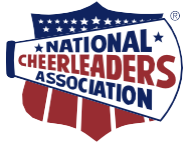
Sportsmanship, performance integrity, make-up, bows

Crowd Effective Material (4.0 - 5.0)

Easy to follow, encourages crowd participation, use of props (signs, poms, flags, megaphones)

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

* BHS = Back Handspring



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ADVANCED DIVISIONS

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2 - 3	2 - 3	2 - 3
<ul style="list-style-type: none"> • Extension Preps OR • One Leg Variations Below Prep Level OR • Extensions OR • One Leg Variations at Prep Level 	Pyramids involving <ul style="list-style-type: none"> • Extended Two Leg Stunts AND/OR • One Leg Stunts at Prep Level • Pyramids involving an Extended One Leg Stunt 	<ul style="list-style-type: none"> • Cartwheels OR • Round-offs OR • Forward/Backward Rolls OR • Round-off BHS OR • Standing BHS
3 - 4	3 - 4	3 - 4
<ul style="list-style-type: none"> • Extended One Leg Stunts AND • Required twisting skill: Single Twisting transition or dismount from a Two Leg Stunt. 	Pyramids involving <ul style="list-style-type: none"> • multiple transitional elements, one of which is a release and • multiple extended structures including extended one leg stunts. 	<ul style="list-style-type: none"> • Round-off BHS Back Tucks OR • Round-off Tucks OR • Standing BHS Series OR • Jump/BHS Combinations
4 - 5	4 - 5	4 - 5
<ul style="list-style-type: none"> • Multiple Elite Skills* AND • Single Twisting transition or dismount FROM One Leg Stunts OR • Extended Stunt Sequence performed by a Single Base, Unassisted 	Pyramids involving <ul style="list-style-type: none"> • Extended One Leg Stunts with Multiple Transitional Sequences (plus one of the following) • At least one of which is a Braced Flip Transition OR • Arm Braced Tic Tock [AND Multiple Extended Structures] 	<ul style="list-style-type: none"> • 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

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JUMP DIFFICULTY (4.0 - 5.0)

*Must be advanced jumps

4.0 – Single jumps

4.5 – Double jump combinations

5.0 – Triple jump combinations or double jump combination and a single jump- **MUST include variety**

TIMING (9.0 - 10.0)

Synchronization and uniformity

ROUTINE COMPOSITION (9.0 - 10.0)

NOTE: Elementary & Junior High/Middle School Teams must follow the additional USA Cheer Safety Restrictions located in the NCA Rule Book.

Advanced Jumps = Toe Touch, Right/Left Hurlers (front or side), Pike

Spacing, seamless movement and patterns, execution of formations

VOICE/INFLECTION (9.0 - 10.0)

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Genuine enthusiasm and energy level throughout routine

SCHOOL REPRESENTATION (9.0 - 10.0)

Sportsmanship, performance integrity, make-up, bows

Crowd Effective Material (4.0 - 5.0)

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