

2022 – 2023 NCA COLLEGE SCORING GUIDELINES - LARGE COED

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team.

Skills performed by less than a majority of the team will be awarded scores in a lower range.

PARTNER STUNTS	PYRAMIDS	TOSES	STANDING TUMBLING	RUNNING TUMBLING
2 - 3	2 - 3	2 - 3	2 - 3	2 - 3
Advanced Stunt Skills performed with strong incorporation of legal inverting, twisting, unique mounts, release toss stunts and transitions. Braced rewinds, full up to extended positions, etc.	Advanced Pyramid Skills 2 high pyramids incorporating multiple 2½ high transitions and multiple inverting/twisting/unique mounts and dismounts	Non-flipping Tosses with Double Full Twisting Skills Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills.	Intermediate Tumbling Skills Standing tumbling connected to back handspring(s).	Intermediate Tumbling Skills Round-off back handspring(s), etc.
3.0 - 3.5	3 - 4	3 - 4	3 - 4	3 - 4
Group stunt up to 1½ up to extended stunt, group stunt double up to extended stunt Single based toss to hands to extended stunt (majority unassisted)	Elite Pyramid Skills A pyramid sequence that contains single or multiple structures incorporating a top person at the 2½ high level or multiple 2½ high people with minimal inverting/twisting/unique mounting and dismounting by the top person(s). <i>Clarification: A transition where multiple top persons maneuver to the top of a 2½ high pyramid would only count as one inverting/twisting/unique transition.</i>	Flipping Tosses Back tucks Layouts Pike Open. Front Flipping	Advanced Tumbling Skills Standing tumbling connected to back tucks.	Advanced Tumbling Skills Round-off back handspring tucks, etc.
3.5 - 4.0				
Group stunt inversions into extended one leg stunts. Single based toss to extended stunt (majority unassisted)				
4.0 - 4.5	4.0 - 4.5	4.0 - 4.5	4.0 - 4.5	4 - 5
At least one section should contain a partner stunt listed below executed by stunt couples. - Unbraced rewinds to liberty/awesome - Unbraced inversions to liberty variations/awesome - Released toss full up to a liberty variation/awesome Required Dismount: Flipping or double full twisting from the above skills. Majority of the skills must be unassisted.	A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and ½ high level. The top people should use numerous connected inverting/twisting/unique entries to the top of the pyramids OR released toss entries that do not twist or invert. Should also include numerous inverting/twisting/unique dismounts.	Two position flipping tosses Tuck X-Out Tuck Split Layout Split/Kick Layout Straddle Pike Open Straddle Pike Open Split	Elite Tumbling Skills Standing tumbling connected to layouts and/or fulls Synchronized standing tumbling connected to layouts	Elite Tumbling Skills Round-off back handspring layouts, full twists, or passes consisting of full twists or more
4.5 - 5.0	4.5 - 5.0	4.5 - 5.0	4.5 - 5.0	
At least one section should contain a partner stunt listed below executed by stunt couples. - Unbraced rewinds to liberty/awesome - Unbraced inversions to liberty variations/awesome - Released toss 1.5/double up to liberty variation/awesome Required Dismount: Flipping or double full twisting from the above skills. All of the stunts must be unassisted.	A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and ½ high level. The top people should use numerous released inverting/twisting/unique entries to the top of the pyramids and numerous inverting/twisting/unique dismounts.	Flipping tosses with a single twist. Full twisting layout Layout straddle full Layout split/kick full Tuck x-out full Tuck split/kick full Double Full Twisting Layout	Elite Tumbling Skills Synchronized standing tumbling connected to fulls	

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 a variety.

"Unassisted" is defined as the stunt being supported by only one base the majority of time the stunt is sustained overhead in one position. In addition, the base must provide primary support throughout the entire transition (i.e. a group stunt may not throw a top person to a single base and receive unassisted credit).

* In standing tumbling: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.

2022 – 2023 NCA COLLEGE SCORING GUIDELINES - SMALL COED

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team.

Skills performed by less than a majority of the team will be awarded scores in a lower range.

PARTNER STUNTS	PYRAMIDS	TOSES	STANDING TUMBLING	RUNNING TUMBLING
2 - 3	2 - 3	2 - 3	2 - 3	2 - 3
Advanced Stunt Skills performed with strong incorporation of legal inverting, twisting, unique mounts, release toss stunts and transitions. Braced rewinds, full up to extended positions,	Advanced Pyramid Skills 2 high pyramids incorporating multiple 2½ high transitions and multiple inverting/twisting/unique mounts and dismounts	Non-flipping Tosses with Single Full Twisting Skills Toss single full twists, kick single full twists, etc. Note: a ¼ positioning move is allowed in twisting skills.	Intermediate Tumbling Skills Standing tumbling connected to back handspring(s).	Intermediate Tumbling Skills Round-off back handspring(s), etc.
3.0 - 3.5	3 - 4	3 - 4	3 - 4	3 - 4
Group stunt up to 1½ up to extended stunt, group stunt double up to extended stunt Single based toss to hands to extended stunt (majority unassisted)	Elite Pyramid Skills A pyramid sequence that contains single or multiple structures incorporating a top person at the 2½ high level or multiple 2½ high people with minimal inverting/twisting/unique mounting and dismounting by the top person(s). Clarification: A transition where multiple top persons maneuver to the top of a 2½ high pyramid would only count as one inverting/twisting/unique transition.	Non-flipping Tosses with Double Full Twisting Skills Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills.	Advanced Tumbling Skills Standing tumbling connected to back tucks.	Advanced Tumbling Skills Round-off back handspring tucks, etc.
3.5 - 4.0				
Group stunt inversions into extended one leg stunts. Single based toss to extended stunt				
4.0 - 4.5	4.0 - 4.5	4.0 - 4.5	4.0 - 4.5	4 - 5
At least one section should contain a partner stunt listed below executed by stunt couples. - Unbraced rewinds to liberty/awesome - Unbraced inversions to liberty variations/awesome - Released toss full up to a liberty variation/awesome Required Dismount: Flipping or double full twisting from the above skills.	A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and ½ high level. The top people should use numerous connected inverting/twisting/unique entries to the top of the pyramids OR released toss entries that do not twist or invert. Should also include numerous inverting/twisting/unique dismounts.	Flipping Tosses Back tucks, layouts, Pike Open, Front Flipping toss	Elite Tumbling Skills Standing tumbling connected to layouts and/or fulls Synchronized standing tumbling connected to layouts	Elite Tumbling Skills Round-off back handspring layouts, full twists, or passes consisting of full twists or more
4.5 - 5.0	4.5 - 5.0	4.5 - 5.0	4.5 - 5.0	
At least one section should contain a partner stunt listed below executed by stunt couples. - Unbraced rewinds to liberty/awesome - Unbraced inversions to liberty variations/awesome - Released toss 1.5/double up to liberty variation/awesome Required Dismount: Flipping or double full twisting from the above skills. All of the stunts must be unassisted.	A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and ½ high level. The top people should use numerous released inverting/twisting/unique entries to the top of the pyramids and numerous inverting/twisting/unique dismounts.	Two position flipping tosses Tuck X-Out, Tuck Split, Layout Split/ Kick, Layout Straddle, Pike Open Straddle, Pike Open Split, Full twisting layout PLUS at least one additional toss from following list: Layout straddle full, layout split/kick full, tuck x-out full, tuck, split/kick full, Double full twisting layout	Elite Tumbling Skills Synchronized standing tumbling connected to fulls	

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 a variety.

"Unassisted" is defined as the stunt being supported by only one base the majority of time the stunt is sustained overhead in one position. In addition, the base must provide primary support throughout the entire transition (i.e. a group stunt may not throw a top person to a single base and receive unassisted credit).

Number of unassisted single based stunts expected to score in a range will be based on a majority of the athletes on a specific team. (ex: a team with 17 athletes will only be expected to put up 3 unassisted single based stunts to reach a majority). The number of coed style stunts required is not based on the number of males on the team.

* In standing tumbling: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.

2022 – 2023 NCA COLLEGE SCORING GUIDELINES - ALL GIRL

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team. Skills performed by less than a majority of the team will be awarded scores in a lower range.

PARTNER STUNTS	PYRAMIDS	TOSES	STANDING TUMBLING	RUNNING TUMBLING
2 - 3	2 - 3	2 - 3	2 - 3	2 - 3
Advanced Stunt Skills performed with strong incorporation of braced inverting/twisting/unique mounts, dismounts and transitions. Braced rewinds, full up to extended positions, etc.	Advanced Pyramid Skills 2 high pyramids incorporating multiple 2½ high transitions and multiple inverting/twisting/unique mounts and dismounts	Non-flipping Tosses with Single Full Twisting Skills Toss single full twists, kick single full twists, etc. Note: a ¼ positioning move is allowed in twisting skills.	Intermediate Tumbling Skills Standing tumbling connected to back handspring(s).	Intermediate Tumbling Skills Round-off back handspring(s), etc.
3 - 4	3 - 4	3 - 4	3 - 4	3 - 4
Group stunt up to 1½ up to extended stunt, group stunt double up to extended stunt Released inversions to below extended level Required Dismount: Flipping or double twisting from the above skills.	Elite Pyramid Skills A pyramid sequence that contains single or multiple structures incorporating a top person at the 2½ high level or multiple 2½ high people with minimal inverting/twisting/unique mounting and dismounting by the top person(s). <i>Clarification: A transition where multiple top persons maneuver to the top of a 2½ high pyramid would only count as one inverting/twisting/unique transition.</i>	Non-flipping Tosses with Double Full Twisting Skills Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills.	Advanced Tumbling Skills Standing tumbling connected to back tucks.	Advanced Tumbling Skills Round-off back handspring tucks, etc.
4 - 4.5	4.0 - 4.5	4.0 - 4.5	4.0 - 4.5	4 - 5
Group stunt inversions into extended one leg stunts. Required Dismount: Flipping or double twisting from the above skills. Single based toss stunts that press to extended stunt performed by the majority of the team Unbraced rewinds to liberty variations/awesome, unbraced inversions to liberty variations/awesome, released toss full up to liberty variations/awesome <i>Required Dismount: Flipping or double twisting from the above skills.</i>	A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and ½ high level. The top people should use numerous connected inverting/twisting/unique entries to the top of the pyramids OR released toss entries that do not twist or invert. Should also include numerous inverting/twisting/unique dismounts.	Flipping Tosses Back tucks, layouts, Pike Open, Front Flipping Toss.	Elite Tumbling Skills Standing tumbling connected to layouts and/or fulls Synchronized standing tumbling connected to layouts	Elite Tumbling Skills Round-off back handspring layouts, full twists, or passes consisting of full twists or more
4.5 - 5.0	4.5 - 5.0	4.5 - 5.0		
Group stunt inversions that also spin into extended one leg stunts. Single based toss stunts that catch in extended stunt performed by the majority of the team. Released toss one and a half or double twisting entry. Unbraced rewinds that quarter or half twist to liberty variations/awesome, unbraced inversions that spin to liberty variations/awesome, released toss multi-twist up to liberty variations/awesome <i>Required Dismount: Flipping or double twisting from the above skills.</i>	A pyramid sequence that contains multiple structures and multiple transitions. Each structure in the sequence should contain two or more people at the 2 and ½ high level. The top people should use numerous released inverting/twisting/unique entries to the top of the pyramids and numerous inverting/twisting/unique dismounts.	Two position flipping tosses Tuck X-Out Tuck Split Layout Split/ Kick Layout Straddle Pike Open Straddle Pike Open Split Layout Full Twist	Elite Tumbling Skills Synchronized standing tumbling connected to fulls	

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 a variety.

* Stunt groups are considered to be three (3) bases (including the backspot) and a top person. Those utilizing more than three bases will be rewarded in a lower range. Those utilizing less can garner reward in a higher range.

* In standing tumbling: Synchronized is defined as originating together **OR** it involves the qualifying skill element occurring at the same time.

2022 – 2023 NCA COLLEGE SCORING GUIDELINES- INTERMEDIATE COED

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team.
Skills performed by less than a majority of the team will be awarded scores in a lower range.

PARTNER STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING
2 - 3	2 - 3	2 - 3	2 - 3	2 - 3
Beginning Stunt Skills Shoulder stands, extensions, chair sits, etc.	Beginning Pyramid Skills 2 high, non-transitional	Non-flipping Tosses Toe touch, tuck arch, bottle rocket, etc.	Beginning Tumbling Skills Backward rolls, backwalkovers	Beginning Tumbling Skills Round-offs, cartwheels, etc.
3 - 4	3 - 4	3 - 4	3 - 4	3 - 4
Extended stunts performed with minimal incorporation of braced inverting/twisting/unique mounts, dismounts and transitions	Intermediate Pyramid Skills 2 high pyramids incorporating minimal to no 2½ high transitions and includes minimal incorporation of braced inverting/twisting/unique mounts and dismounts	Non-flipping Tosses with Single Twisting Skills Toss full twists, kick full twists, etc.	Intermediate Tumbling Skills Standing back handspring(s)	Intermediate Tumbling Skills Round-off back handspring(s), etc.
4 - 4.5	4 - 5	4 - 5	4 - 5	4 - 5
Advanced Stunt Skills performed with incorporation of multiple braced inverting/twisting/unique mounts, dismounts and transitions Braced rewinds, full up to extended positions, etc.	Advanced Pyramid Skills 2 high pyramids incorporating multiple 2½ high transitions and multiple inverting/twisting/unique mounts and dismounts	Non-flipping Tosses with Double Full Twisting Skills Toss double full twists, kick double full twists, etc. <i>Note: a ¼ positioning move is allowed in twisting skills.</i>	Advanced Tumbling Skills Synchronized back handspring(s)	Advanced Tumbling Skills Round-off (back handspring) tucks, layouts, etc.
4.5 - 5	<p>* In standing tumbling: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.</p>			<p>JUMPS</p> <p>4.0</p> <p>Single Jumps</p> <p>4.5</p> <p>Double Jump</p> <p>5.0</p> <p>Triple jump combinations or double jump combinations and a single jump, must include a variety.</p>
<p>At least one section should contain a partner stunt listed below executed by stunt couples</p> <ul style="list-style-type: none"> - Toss to liberty variations/awesomes <p>Required Dismount: Single twisting from the above skills</p> <p><i>All of the stunt groups must be unassisted</i></p>				

INTERMEDIATE DIVISION RESTRICTIONS

Teams competing in the intermediate division must adhere to the AACCA College safety guidelines and the following additional restrictions.

STUNTS / PYRAMIDS

- Release inversions into stunts are allowed to prep/chest level. Only allowed 1/2 twist.
- Release full twists to an extended position are prohibited
- Twisting dismounts are limited to ONE and a quarter twist (1¼)
- Pyramids sustained over 2 persons high are prohibited
- Twisting stunts (i.e. full ups) are limited to ONE and a quarter (1¼) twisting rotation; one and a half (1½) ups and double ups are prohibited

TOSSES

- Release flips from basket/sponge tosses are prohibited
- Tosses are limited to 3 tricks with a maximum of two rotations. A quarter turn is allowed for the set.

TUMBLING

- Standing back tucks or other flips, and standing tumbling with back tucks or other flips are not permitted
- Airborne flips out of running tumbling are permitted (e.g. tucks, layouts, whips, etc.)
- Twisting flips are not permitted (includes running tumbling)

"Unassisted" is defined as the stunt being supported by only one base the majority of time the stunt is sustained overhead in one position. In addition, the base must provide primary support throughout the entire transition (i.e. a group stunt may not throw a top person to a single base and receive unassisted credit).

NOTE: Prelims and Finals for these Divisions may be conducted indoors.

2022 – 2023 NCA COLLEGE SCORING GUIDELINES- INTERMEDIATE ALL GIRL

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team.
Skills performed by less than a majority of the team will be awarded scores in a lower range.

PARTNER STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING
2 - 3	2 - 3	2 - 3	2 - 3	2 - 3
Beginning Stunt Skills Shoulder stands, extensions, chair sits, etc.	Beginning Pyramid Skills 2 high, non-transitional	Non-flipping Tosses Toe touch, tuck arch, bottle rocket, etc.	Beginning Tumbling Skills Backward rolls, backwalkovers	Beginning Tumbling Skills Round-offs, cartwheels, etc.
3 - 4	3 - 4	3 - 4	3 - 4	3 - 4
Extended stunts performed with minimal incorporation of braced inverting/twisting/unique mounts, dismounts and transitions	Intermediate Pyramid Skills 2 high pyramids incorporating minimal to no 2½ high transitions and includes minimal incorporation of braced inverting/twisting/unique mounts and dismounts	Non-flipping Tosses with Single Twisting Skills Toss full twists, kick full twists, etc.	Intermediate Tumbling Skills Standing back handspring(s)	Intermediate Tumbling Skills Round-off back handspring(s), etc.
4 - 5	4 - 5	4 - 5	4 - 5	4 - 5
Advanced Stunt Skills performed with incorporation of multiple braced inverting/twisting/unique mounts, dismounts and transitions Braced rewinds, full up to extended positions, etc.	Advanced Pyramid Skills 2 high pyramids incorporating multiple 2½ high transitions and multiple inverting/twisting/unique mounts and dismounts	Non-flipping Tosses with Double Full Twisting Skills Toss double full twists, kick double full twists, etc. <i>Note: a ¼ positioning move is allowed in twisting skills.</i>	Advanced Tumbling Skills Synchronized back handspring(s)	Advanced Tumbling Skills Round-off (back handspring) tucks, layouts, etc.

JUMPS
4.0
Single Jumps
4.5
Double Jump
5.0
Triple jump combinations or double jump combinations and a single jump, must include a variety.

Stunt groups are considered to be three (3) bases (including the backspot) and a top person. Those utilizing more than three bases will be rewarded in a lower range. Those utilizing less can garner reward in a higher range.

* In standing tumbling: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.

INTERMEDIATE DIVISION RESTRICTIONS

Teams competing in the intermediate division must adhere to the AACCA College safety guidelines and the following additional restrictions.

STUNTS / PYRAMIDS

- Release inversions into stunts are allowed to prep/chest level. Only allowed 1/2 twist.
- Release full twists to an extended position are prohibited
- Twisting dismounts are limited to ONE and a quarter twist (1¼)
- Pyramids sustained over 2 persons high are prohibited
- Twisting stunts (i.e. full ups) are limited to ONE and a quarter (1¼) twisting rotation; one and a half (1½) ups and double ups are prohibited

TOSSES

- Release flips from basket/sponge tosses are prohibited
- Tosses are limited to 3 tricks with a maximum of two rotations. A quarter turn is allowed for the set.

TUMBLING

- Standing back tucks or other flips, and standing tumbling with back tucks or other flips are not permitted
- Airborne flips out of running tumbling are permitted (e.g. tucks, layouts, whips, etc.)
- Twisting flips are not permitted (includes running tumbling)

NOTE: Prelims and Finals for these Divisions may be conducted indoors.