



Stunt Progressions by Level Restrictions 2023-2024

	Novice	Intermediate	Advanced
Twisting	• 1/4 up to prep level	• 1/4 up to extended	• Full up to extended, target, or liberty
	• 1/2 up to prep level	• 1/4 up to extended	• Hands full around to extended
	• 1/4-1/2 Twisting transitions to side/prone/cradle from prep level	• Rewind transition to load	• Full up to extended body positions
		• Full up variations to prep level (cross leg, bases moving, multiple connections)	• High to high full around - 2 feet
		• Full up to prep level	• Hands 1 1/2 around to extended
		• Full up to prep level lib	• 1 1/2 up to extended
		• Full up to prep level body position	• Double up to extended
Inversion	• Inversions below prep level	• Inversions below prep level	• Inverted dismounts (pancake)
	• Ground inversion to prep level	• Below prep level inversions out of stunts (yo-yo, back walkover, etc.)	• Twisting ground inversion to extended (1/2 Twisting or more)
	• Ground inversion to prep level single leg	• Suspended Rolls	• Released inversions to extended
	• Ground inversions to extended	• Inverted dismounts (cartwheel style)	• Prep level inversion release to extended
		• Ground inversion to prep level	• Ground inversion release to extended body position
		• Prep level inversions	• Prep level inversion release to extended body position
		• Released inversions to below prep level	• Hand to hand inversion release to prep
	• Released inversions to prep level	• Alternate entries to Hand to Hand stunts (Diamidov) release to prep	
	• Ground inversions to extended	• Hand to hand inversion release to extended	
		• Alternate entries - Hand to Hand stunts (Diamidov) release to ext.	
Release	<i>Not allowed unless to a cradle</i>	• Release moves to below prep level	• Prep level tick tick
		• Horizontal release move to below prep level	• Switch up to extended one leg
		• Release move to prep level (Quick toss, Switch up, Ball up)	• Release moves to extended (Low to High tick, Ball up, Quick Toss)
		• Horizontal release move to prep level	• 1/2 Twisting Switch up to extended one leg
		• Up to 1/4 Twisting Switch up to prep level one leg	• Horizontal release move to extended
			• Low to High tick to Body Position
			• 1/2 Twisting release moves to extended (Low to High tick, Ball up, Quick Toss)
		• 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 (Low to High tick, Ball up, Quick Toss)	
		• High to High Tick Tocks (body position to body position)	
		• 1/2 Twisting (or greater) Horizontal release move to extended	
Other	• Thigh stands	• Full twisting dismount from two leg stunts	• Full twisting dismount from single leg stunts
	• Shoulder sit	• Single leg extended variations	• Kick Full twisting dismount from single leg stunts
	• Shoulder stand	• Single base extension	• Switch up to extended one leg single base
	• Extension Prep	• Switch up to prep level one leg single base	• Extended single base variations that include twisting/releases (low to high tick tick, full up, 1/2 switch up, etc.)
	• Extension	• Extended single base liberty	Inverted Released and twisting skills to prep level
• Single base extension	• Extended single base body position	Inverted Released and Twisting skills To extended level	
	• 1/2 Twisting to extended single base		
Partner Stunts	• Walk in/toss chair	• Toss Hands	• Toss extension
	• Assisted walk-in hands	• Toss hands press extension	• Assisted full up variations to extended level
	• Assisted toss hands	• Walk in extension	• Toss extended platform to single leg variation
	• Assisted coed skills at prep level	• Assisted full up variations to prep level	• Toss to immediate extended liberty
	• Assisted press extension	• Toss hands press to extended single leg	• Low to low/high tick tocks
	• Walk in hands press extension	• Walk in to extended single leg variation	• Toss to immediate extended body position
		• Toss hands press to extended single arm	• Toss one arm extended
	• Walk in to extended single arm variation	• High to High Tick Tocks	
	• Hands to hands full around	• 1/2 Twist or greater release moves (Hands full arounds/low to high)	
		• Toss full up to extended	
		• Released Inversion to prep level	
		• Released inversion to extended	

* This list of skills is not all inclusive. Please remember other factors for difficulty include **pace, combination of skills, number of bases**, etc.

** Following this is only a guideline and does not guaranteed a specific difficulty score

***NCA Reserves the Right to make all FINAL rules and Scoring Decisions

Stunt Group Requirements (traditional group of 4)		
Athletes	Stunts	
5 - 10	1	The number of stunt groups is the minimum number that should be executed to have most. Utilizing ALL stunt groups could positively impact your difficulty scores
11 - 14	2	
15 - 19	3	
20 - 25	4	
26 - 30	5	