



# 2024-2025 NCA HIGH SCHOOL SCORING GUIDELINE- NOVICE DIVISION

Judges will award scores based on the point values below when skills are performed by MOST the team unless otherwise noted. Skills performed by less than MOST of the team will be awarded in a lower scoring category

<b>STUNT AND TUMBLING DIFFICULTY SCORES</b>			
<b>STUNT DIFFICULTY</b>	<b>PYRAMID DIFFICULTY</b>	<b>TUMBLING DIFFICULTY</b>	<b>JUMP DIFFICULTY</b>
<b>2.0-3.0</b>	<b>2.0-3.0</b>	<b>2.0-3.0</b>	<b>4.0</b>
Stunt skills do not meet the 3.0-4.0 requirements by MOST	Pyramid skills do not meet the 3.0-4.0 requirements by MOST	Tumbling skills do not meet the 3.0-4.0 requirements by MOST	Single Advanced Jumps by MOST synchronized
<b>3.0-4.0</b>	<b>3.0-4.0</b>	<b>3.0-4.0</b>	<b>4.5</b>
•Extension Preps OR •One Leg Variations Below Prep Level	Pyramids involving •Extended Two Leg Stunt AND/OR •One Leg Stunt at Prep Level	•Cartwheels OR •Round-offs OR •Forward/Backward Rolls	Double Jump Combinations by MOST synchronized
<b>4.0-5.0</b>	<b>4.0-5.0</b>	<b>4.0-5.0</b>	<b>5.0</b>
•Extensions OR •One Leg Variations at Prep Level	Pyramids involving •Extended One Leg Stunt (multiple) •Multiple (2 or more) Novice level transitions	•Round-off BHS OR •Stand BHS	Triple jump combinations or double jump combinations and a single jump by MOST synchronized MUST include VARIETY

<b>OVERALL/OTHER SCORES- PERFORMANCE</b>			
<b>VOICE/INFLECTION</b>	<b>MOTIONS/DANCE</b>	<b>SHOWMANSHIP</b>	<b>SCHOOL REPRESENTATION</b>
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>9.0-10.0</b>
Pace of cheer is practical, flow of words is easy to understand	Transitions, level changes, footwork and floorwork, variety of visual movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm and Energy level throughout the routine. This score is averaged across all scoresheets	Sportsmanship, performance integrity, make-up, bows
<b>TIMING</b>	<b>ROUTINE COMPOSITION</b>		
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>TOSSES-</b> Tosses are not required but may be rewarded in the "Pyramid" category. <b>JUMP DIFFICULTY-</b> Must begin and finish on feet and the SAME jump must be performed by most (hurdlers in different directions are same jump) *Must be advanced jumps (Toe Touch, Right/Left Hurdlers (front or side), Pike)	
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations		

<b>OVERALL/OTHER SCORES- CROWD LEADING</b>			
<b>VOICE/INFLECTION</b>	<b>MOTIONS/DANCE</b>	<b>SHOWMANSHIP</b>	<b>SCHOOL REPRESENTATION</b>
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>4.0-5.0</b>	<b>9.0-10.0</b>
Pace of cheer is practical, flow of words is easy to understand	Transitions, level changes, footwork and floorwork, variety of visual movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm and Energy level throughout the routine. This score is averaged across all scoresheets	Sportsmanship, performance integrity, make-up, bows
<b>TIMING</b>	<b>ROUTINE COMPOSITION</b>	<b>CROWD EFFECTIVE MATERIAL</b>	
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>4.0-5.0</b>	
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations	Cheer is Easy to follow, Encourages crowd participation by eliciting a response utilizing props (signs, poms, megaphones, flags)	

<b>EXECUTION</b>			<b>**SEE PROGRESSIONS FOR EXAMPLES OF SKILLS</b>
<b>LOW</b>	<b>MID</b>	<b>HIGH</b>	
<b>1.0-3.0</b>	<b>3.0-4.0</b>	<b>4.0-5.0</b>	
<b>Widespread/Many/Frequent</b> Widespread errors across many athletes Frequent errors within many stunt groups or across many stunts	<b>Multiple/Majority/Several</b> Multiple athlete errors Majority stunt groups do not have errors versus majority do have errors Severity of those errors? Several errors or minimal	<b>Minor/Few/Minimal</b> Single athlete minor error single stunt minor error few athletes minor or minimal error Minimal athletes/errors/stunt errors throughout	NOTE: Elementary & Junior High/Middle School Teams must follow the additional USA Cheer Safety Restrictions. These rules can be found at USA Cheer.org. For additional Non Tumbling and Non Building Divisions please see our Performance and Crowd Leading division rules as outlined in the NCA School Rulebook



# 2024-2025 NCA HIGH SCHOOL SCORING GUIDELINE- INTERMEDIATE DIVISION

Judges will award scores based on the point values below when skills are performed by MOST the team unless otherwise noted. Skills performed by less than MOST of the team will be awarded in a lower scoring category

<b>STUNT AND TUMBLING DIFFICULTY SCORES</b>			
<b>STUNT DIFFICULTY</b>	<b>PYRAMID DIFFICULTY</b>	<b>TUMBLING DIFFICULTY</b>	<b>JUMP DIFFICULTY</b>
<b>2.0-3.0</b>	<b>2.0-3.0</b>	<b>2.0-3.0</b>	<b>4.0</b>
<ul style="list-style-type: none"> <li>•Extension Preps OR</li> <li>•One Leg Variations Below Prep Level</li> </ul>	<ul style="list-style-type: none"> <li>•Pyramids involving</li> <li>•Extended Two Leg Stunt AND/OR</li> <li>•One Leg Stunt at Prep Level</li> </ul>	<ul style="list-style-type: none"> <li>•Cartwheels OR</li> <li>•Round-offs OR</li> <li>•Forward/Backward Rolls</li> </ul>	Single Advanced Jumps by MOST synchronized
<b>3.0-4.0</b>	<b>3.0-4.0</b>	<b>3.0-4.0</b>	<b>4.5</b>
<ul style="list-style-type: none"> <li>•Extensions OR</li> <li>•One Leg Variations at Prep Level</li> </ul>	<ul style="list-style-type: none"> <li>•Pyramids involving</li> <li>•Extended One Leg Stunt (multiple)</li> <li>•Multiple (2 or more) Novice level transitions</li> </ul>	<ul style="list-style-type: none"> <li>•Round-off BHS OR</li> <li>•Stand BHS</li> </ul>	Double Jump Combinations by MOST synchronized
<b>4.0-5.0</b>	<b>4.0-5.0</b>	<b>4.0-5.0</b>	<b>5.0</b>
<ul style="list-style-type: none"> <li>•Extended One Leg Stunts AND</li> <li>•Single Twisting transition or dismount to or from a Two Leg Stunt</li> </ul>	<ul style="list-style-type: none"> <li>•Pyramids involving</li> <li>•multiple transitional elements, one of which is a release AND</li> <li>•multiple extended structures including extended one leg stunts.</li> </ul>	<ul style="list-style-type: none"> <li>•Round-off BHS Back Tucks OR</li> <li>•Round-off Tucks OR</li> <li>•Standing BHS Series OR</li> <li>•Jump/BHS Combinations</li> </ul>	Triple jump combinations or double jump combinations and a single jump by MOST synchronized MUST include VARIETY

<b>OVERALL/OTHER SCORES- PERFORMANCE</b>			
<b>VOICE/INFLECTION</b>	<b>MOTIONS/DANCE</b>	<b>SHOWMANSHIP</b>	<b>SCHOOL REPRESENTATION</b>
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>9.0-10.0</b>
Pace of cheer is practical, flow of words is easy to understand	Transitions, level changes, footwork and floorwork, variety of visual movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm and Energy level throughout the routine. This score is averaged across all scoresheets	Sportsmanship, performance integrity, make-up, bows
<b>TIMING</b>	<b>ROUTINE COMPOSITION</b>		
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>TOSSES-</b> Tosses are not required but may be rewarded in the "Pyramid" category. <b>JUMP DIFFICULTY-</b> Must begin and finish on feet and the SAME jump must be performed by most (hurdlers in different directions are same jump) *Must be advanced jumps (Toe Touch, Right/Left Hurdlers (front or side), Pike)	
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations		

<b>OVERALL/OTHER SCORES- CROWD LEADING</b>			
<b>VOICE/INFLECTION</b>	<b>MOTIONS/DANCE</b>	<b>SHOWMANSHIP</b>	<b>SCHOOL REPRESENTATION</b>
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>4.0-5.0</b>	<b>9.0-10.0</b>
Pace of cheer is practical, flow of words is easy to understand	Transitions, level changes, footwork and floorwork, variety of visual movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm and Energy level throughout the routine. This score is averaged across all scoresheets	Sportsmanship, performance integrity, make-up, bows
<b>TIMING</b>	<b>ROUTINE COMPOSITION</b>	<b>CROWD EFFECTIVE MATERIAL</b>	
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>4.0-5.0</b>	
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations	Cheer is Easy to follow, Encourages crowd participation by eliciting a response utilizing props (signs, poms, megaphones, flags)	

<b>EXECUTION</b>			<b>**SEE PROGRESSIONS FOR EXAMPLES OF SKILLS</b>
<b>LOW</b>	<b>MID</b>	<b>HIGH</b>	
<b>1.0-3.0</b>	<b>3.0-4.0</b>	<b>4.0-5.0</b>	
<b>Widespread/Many/Frequent</b> Widespread errors across many athletes Frequent errors within many stunt groups or across many stunts	<b>Multiple/Majority/Several</b> Multiple athlete errors Majority stunt groups do not have errors versus majority do have errors Severity of those errors? Several errors or minimal	<b>Minor/Few/Minimal</b> Single athlete minor error single stunt minor error few athletes minor or minimal error Minimal athletes/errors/stunt errors throughout	NOTE: Elementary & Junior High/Middle School Teams must follow the additional USA Cheer Safety Restrictions. These rules can be found at USA Cheer.org. For additional Non Tumbling and Non Building Divisions please see our Performance and Crowd Leading division rules as outlined in the NCA School Rulebook



# 2024-2025 NCA HIGH SCHOOL SCORING GUIDELINE- ADVANCED DIVISION

Judges will award scores based on the point values below when skills are performed by MOST the team unless otherwise noted. Skills performed by less than MOST of the team will be awarded in a lower scoring category

STUNT AND TUMBLING DIFFICULTY SCORES			
STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY	JUMP DIFFICULTY
<b>2.0-3.0</b>	<b>2.0-3.0</b>	<b>2.0-3.0</b>	<b>4.0</b>
<ul style="list-style-type: none"> <li>•Extension Preps OR</li> <li>•One Leg Variations Below Prep Level OR</li> <li>•Extensions OR</li> <li>•One Leg Variations at Prep Level</li> </ul>	Pyramids involving <ul style="list-style-type: none"> <li>•Extended Two Leg Stunts AND/OR</li> <li>•One Leg Stunts at Prep Level</li> <li>•Pyramids involving an Extended One Leg Stunt</li> </ul>	<ul style="list-style-type: none"> <li>•Cartwheels OR</li> <li>•Round-offs OR</li> <li>•Forward/Backward Rolls</li> </ul>	Single Advanced Jumps by MOST synchronized
<b>3.0-4.0</b>	<b>3.0-4.0</b>	<b>3.0-4.0</b>	<b>4.5</b>
<ul style="list-style-type: none"> <li>•Extended One Leg Stunts AND</li> <li>•Required twisting skill: Single Twisting transition or dismount to or from Two Leg Stunts</li> </ul>	Pyramids involving <ul style="list-style-type: none"> <li>•multiple transitional elements, one of which is a release and</li> <li>•multiple extended structures including extended one leg stunts.</li> </ul>	<ul style="list-style-type: none"> <li>•Round-off BHS OR</li> <li>•Stand BHS</li> </ul>	Double Jump Combinations by MOST synchronized
<b>4.0-5.0</b>	<b>4.0-5.0</b>	<b>4.0-5.0</b>	<b>5.0</b>
<ul style="list-style-type: none"> <li>•Multiple Elite Skills* AND</li> <li>•Single Twisting transition or dismount FROM One Leg Stunts OR</li> <li>•Extended Stunt Sequence performed by a Single Base, Unassisted COED STYLE</li> </ul>	Pyramids involving <ul style="list-style-type: none"> <li>•Extended One Leg Stunts with Multiple Transitional Sequences</li> <li>•(PLUS one of the following)</li> <li>•At least one of which is a Braced Flip Transition OR</li> <li>•Arm Braced Tic Tock [AND Multiple Extended Structures]</li> </ul>	<ul style="list-style-type: none"> <li>•Round-off BHS Back Tucks OR</li> <li>•Round-off Tucks OR</li> <li>•Standing BHS Series OR</li> <li>•Jump/BHS Combinations</li> </ul>	Triple jump combinations or double jump combinations and a single jump by MOST synchronized  MUST include VARIETY

OVERALL/OTHER SCORES- PERFORMANCE			
VOICE/INFLECTION	MOTIONS/DANCE	SHOWMANSHIP	SCHOOL REPRESENTATION
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>9.0-10.0</b>
Pace of cheer is practical, flow of words is easy to understand	Transitions, level changes, footwork and floorwork, variety of visual movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm and Energy level throughout the routine. This score is averaged across all scoresheets	Sportsmanship, performance integrity, make-up, bows
<b>TIMING</b>	<b>ROUTINE COMPOSITION</b>		
<b>9.0-10.0</b>	<b>9.0-10.0</b>	TOSSES-Tosses are not required but may be rewarded in the "Pyramid" category. JUMP DIFFICULTY- Must begin and finish on feet and the SAME jump must be performed by most (hurdlers in different directions are same jump) *Must be advanced jumps (Toe Touch, Right/Left Hurdlers (front or side), Pike)	
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations		

OVERALL/OTHER SCORES- CROWD LEADING			
VOICE/INFLECTION	MOTIONS/DANCE	SHOWMANSHIP	SCHOOL REPRESENTATION
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>4.0-5.0</b>	<b>9.0-10.0</b>
Pace of cheer is practical, flow of words is easy to understand	Transitions, level changes, footwork and floorwork, variety of visual movement in dance with high level of perfection. Motion technique throughout the routine	Genuine enthusiasm and Energy level throughout the routine. This score is averaged across all scoresheets	Sportsmanship, performance integrity, make-up, bows
<b>TIMING</b>	<b>ROUTINE COMPOSITION</b>	<b>CROWD EFFECTIVE MATERIAL</b>	
<b>9.0-10.0</b>	<b>9.0-10.0</b>	<b>4.0-5.0</b>	**SEE PROGRESSIONS FOR EXAMPLES OF SKILLS
Synchronization and Uniformity	Spacing, seamless movement and patterns, execution and formations	Cheer is Easy to follow, Encourages crowd participation by eliciting a response utilizing props (signs, poms, megaphones, flags)	

EXECUTION			
LOW	MID	HIGH	
<b>1.0-3.0</b>	<b>3.0-4.0</b>	<b>4.0-5.0</b>	
Widespread/Many/Frequent Widespread errors across many athletes Frequent errors within many stunt groups or across many stunts	Multiple/Majority/Several Multiple athlete errors Majority stunt groups do not have errors versus majority do have errors Severity of those errors? Several errors or minimal	Minor/Few/Minimal Single athlete minor error single stunt minor error few athletes minor or minimal error Minimal athletes/errors/stunt errors throughout	NOTE: Elementary & Junior High/Middle School Teams must follow the additional USA Cheer Safety Restrictions. These rules can be found at USACheer.org. For additional Non Tumbling and Non Building Divisions please see our Performance and Crowd Leading division rules as outlined in the NCA School Rulebook