

2025-2026 Advanced COED Level Appropriate skills & Majority/Most Chart

The below progressions are intended to be a guide to accompany the NCA College Scoring Guidelines. Skills listed in each category are Unassisted Coed unless otherwise stated. Any modification to the stunt group could impact the difficulty of a skill. Other factors include where a skill is caught, how a skill is caught and body positions. **Disclaimer: NCA reserves the right to make all final rules and scoring**

	INTERMEDIATE	ADVANCED	ELITE
INVERSION STYLE COED SKILLS	Connected ground inversion to extended Ground inversion released to prep Prep level released inversion to prep Hand in hand inversions released to prep level Prep level released inversion to extended	Connected full twisting prep level inversion to prep or extended (pirouette) Ground inversion released to hand in hand Released ground up inversion to extended (RO, BHS, FHS, Cartwheel) Released ground up inversion to extended skill with ¼- ¾ twist Prep level hand in hand release to extended	Released ground up inversion to extended stunt with full twist FHS 1.5 Extended hand in hand release to extended Hand in hand release with 1/2 -full twist Diamidov to extended Aerial 1.5 Handski BHS double up
TWISTING STYLE COED SKILLS	Walk- In To extended Full up to prep level ¾ to arabesque Walk- In to 1 arm extended Full up to extended Hands full around to extended	Full up to extended single leg Full up to 1 arm extended Hands full around to extended single leg	1.5 up to extended Prep level 1.5 to extended Prep double to extended Double up to extended
RELEASE STYLE COED SKILLS	Toss to extension Toss to prep press to 1-arm extended Low to high release to extended Twist Release to below prep level skill	High to high released skills Pop over Toss one arm extended Twist release to prep level Twisting tic toc to skill (low to high) Toss/prep level stunt release to prep level invert (half tart)	Rewind High to high full twist release skills Toss to Extended Invert (Pop Tart) Fast forward/front to stunt 1 Arm rewind Side sumi Stunt flip to stunt (Shotgun) Twisting rewinds
COED DISMOUNTS		Full twisting dismount (released) to ground or cradle Front flip to cradle Back ¾ to prone	Double twisting dismount (released) to cradle Back flip to cradle Front flip full twist to cradle Back ¾ flip with half/full twist Back flip full twisting dismount

#Athletes	Group Stunt	Pyramid	Toss	Coed Style		Tumbling
				MAJ	MOST	
10-11	2	2	2	2	3	6
12-13	2	2	2	3	3	7
14	2	2	2	3	4	8
15	3	3	2	3	4	8
16	3	3	2	3	4	9
17	3	3	2	3	5	9
18	3	3	2	4	5	10
19	3	3	3	4	5	10
20	3	3	3	4	5	11

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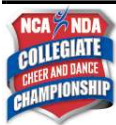
Using this chart, the numbers listed specify majority/most assuming groups are used as defined below. Any deviation from the traditional number of athletes involved would CHANGE the total number of groups needed for Group Stunt, pyramids, tosses, or COED style skills. Keep in mind these numbers only list the minimum required to get INTO a range. Other factors such as difficulty of skill and team participation can affect your score once within a range.

GROUP STUNT- A traditional group of 4 athletes

Toss- A traditional group of 4 athletes PLUS a front spotter

COED STYLE- A group of 3 athletes (assisted or unassisted) using a COED entry (TOSS or WALK- IN)

SINGLE BASE- Group Stunts performed as a group 3 not using a COED entry



2025-2026 Advanced GROUP STUNT Level Appropriate skills/ Majority/Most Chart

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	INTERMEDIATE	ADVANCED	ELITE
INVERSION STYLE SKILLS	Released inversion to prep level Connected ground inversion to extended Prep level released inversion to extended	Connected ground up inversion with modified twisting skill to prep or extended Released inversions with ¼ - ½ twist to prep level single leg skill Creative hand in hand inversions released to prep level (EX. Diamidov) Connected ground up inversion with 1 full twist or 1¼ twist Ground inversion release to prep level hand in hand Released ground up inversion to extended Released ground up inversion to extended skill with ¼- ¾ twist Prep level hand in hand inversion released to extended	Released ground up inversion to extended skill with full twist Prep level released Inversion with ½-1 full twist to extended Extended hand in hand released to extended FHS 1.5 Hand in hand Inversion release full twist Aerial 1.5 BHS double up
TWISTING STYLE SKILLS	Modified full twisting stunt to single leg Full twisting to extended Full twisting to extended single leg Hands full around to prep	Hands full around to extended 1-1/4 twisting to extended 1-1/4 twisting to extended single leg skill Full up single based to extended 1.5 twisting to extended Hands 1.5 to extended Double up to extended High to high full around Quick toss full up	Prep level double around to extended High to high 1.5 to extended Quick toss double up
RELEASE STYLE SKILLS	Low to high released skills Switch up to extended single leg skill Twist release to prep level or below High to high releases lib to lib Single based toss to hand	High to high released skills lib to body position Full twisting release to prep level Switch up to extended single leg skill with ¼ - ¾ twist Single based toss to extended Released skill with a twist ¼- ¾ (EX: low to high or high to high) Toss/prep level stunt release to prep level invert (half tart)	Rewind Full twist release at extended (high to high) Ground toss to extended invert (pop tart) Side sumi Shotgun (stunt flip to stunt) Twisting rewinds
DISMOUNTS	¼ twisting dismount to cradle Transitions to cradle or prone	Full twisting dismount to cradle Full twisting pop- off Kick full dismount Front flip to cradle Back ¾ to prone	Double twisting dismounts Front full twist to cradle Back ¾ flip with half/full twist Back flip full twisting dismount

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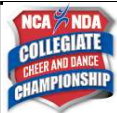
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	NOVICE	INTERMEDIATE	ADVANCED
INVERSION STYLE COED SKILLS	Connected ground inversions landing at prep level Below extended level inversions to the ground (Yo-Yo, Back Walkover, etc)	Connected ground inversion to extended Ground Inversion released to prep Prep level released inversion to prep Hand in Hand inversions released to prep level	Creative hand in hand inversions released to prep level (EX. Diamidov, forward release) Connected ground up inversion with 1 full twist or 1¼ twist Ground inversion release to prep level hand in hand
TWISTING STYLE COED SKILLS	Walk- In to prep level	Walk- In to extended Full up to prep level ¼ to arabesque Full up to extended Prep level full around press to extended	Walk- In to 1 arm extended Full up to extended single leg (modified) Full Up to 1 arm extended (modified) Prep level full around to extended
RELEASE STYLE COED SKILLS	Toss to prep level Prep level or below tic toc to skill Toss to prep press extended	Toss to extension Toss to prep press to 1-arm extended Low to high release to extended Twist release to below prep level	Toss to extended single leg Twist release to prep Level High to high released skills Pop over Toss one arm extended Toss/prep level stunt release to prep level invert (half tart)
COED DISMOUNTS	Pop- offs		Full twisting dismount (released) to ground or cradle

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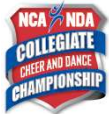
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	NOVICE	INTERMEDIATE	ADVANCED
INVERSION STYLE SKILLS	Connected inversions landing below prep level Released inversions landing below prep level Below extended level inversions to the ground (Yo-Yo, Back Walkover, etc)	Released inversion to prep level Connected ground inversion to extended	Connected ground up inversion with modified twisting skill to prep or extended Released inversions with ¼ - ½ twist to prep level single leg skill Creative hand in hand inversions released to prep level (EX. Diamidov/forward released) Connected ground up inversion with 1 full twist or 1¼ twist Ground inversion release to prep level hand in hand
TWISTING STYLE SKILLS	Twisting skills below extended level ½ twisting to extended single leg stunt Modified full twisting stunt to 2 feet	Modified full twisting stunt to single leg Full twisting to extended Prep level full around to prep	Full twisting to extended single leg Prep level full around to extended 1-1/4 twisting to extended 1-1/4 twisting to extended single leg skill Full up single based to extended High to high full around
RELEASE STYLE SKILLS	Release skills landing at prep level or below (Ball up, quick toss, switch up)	Low to high released skills Switch up to extended single leg skill Twist release to prep level or below High to high releases lib to lib Single based toss to hands	High to high released skills lib to body position High to high body position to body position Full twisting release to prep level Switch up to extended single leg skill with ¼ - ¾ twist Single Based toss to extended Released skill with a twist ¼- ¾ (EX: low to high or high to high) Toss/prep level stunt release to prep level invert (half tart)
DISMOUNTS	Bump downs Pop- offs	¼ twisting dismount to cradle Transitions to cradle or prone	Full twisting dismount to cradle Full twisting pop- off Kick full dismount

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