

# 2024-2025 Advanced COED Progressions and 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
<b>INVERSION STYLE COED SKILLS</b>	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	<b>Released Ground up inversion to extended skill with full twist</b> Prep Level Released Inversion with ½-1 full twist to Extended FHS 1.5 Extended Hand in Hand release to Extended Hand in Hand Release full twist Diamodov to Extended Aerial 1.5 Handski BHS Double Up
<b>TWISTING STYLE COED SKILLS</b>	Walk In To Extended Full up to Prep Level ¼ 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	High to High Full around to Extended 1.5 up to Extended Hands 1.5 to Extended Hands double to Extended Double up to Extended
<b>RELEASE STYLE COED SKILLS</b>	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)	Rewind High to High Full Twist Release Skills Toss to Invert (Pop Tart) Fast Forward/Front to Stunt 1 Arm Rewind Side Sumi Stunt Flip to Stunt (Shotgun) Twisting Rewinds
<b>COED DISMOUNTS</b>		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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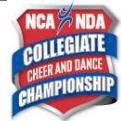
Using this chart, the numbers listed specify majority/most assuming groups are used as defined below. Any deviation from the traditional number of athletes involved would CHANGE the total number of groups needed for Group Stunt, pyramids, tosses, or COED style skills. Keep in mind these numbers only 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



# 2024-2025 Advanced Group Stunt Progressions and 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 based on group stunts 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**

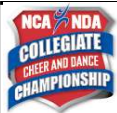
	INTERMEDIATE	ADVANCED	ELITE
INVERSION STYLE SKILLS	Released inversion to prep level  Connected Ground inversion to extended  Prep Level Released inversion to Extended	Connected ground up inversion with modified twisting skill to prep or extended  Released inversions with ¼ - ½ twist to prep level single leg skill  Creative hand in hand inversions released to prep level (EX. Diamodov) 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	Hands 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 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 Low to high released skills with a twist ¼- ¾ High to high released skills with a twist ¼- ¾	Rewind Full twist release at extended (high to high) Ground toss to invert 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 with half/full twist Back flip full twisting dismount

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10-11	2	2	2	2	3	6
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# 2024-2025 Intermediate COED Progressions and Majority/Most Chart

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	NOVICE	INTERMEDIATE	ADVANCED
<b>INVERSION STYLE COED SKILLS</b>	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. Diamodov, forward release)  Connected Ground up inversion with 1 full twist or 1¼ twist  Ground inversion release to prep level hand in Hand
<b>TWISTING STYLE COED SKILLS</b>	Walk- In to Prep Level	Walk In To Extended Full up to Prep Level ¼ to Arabesque Full up to Extended Hands 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) Hands full around to Extended
<b>RELEASE STYLE COED SKILLS</b>	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 Single Leg Twist Release to Prep Level High to High Released Skills Pop Over Toss One Arm Extended
<b>COED DISMOUNTS</b>	Pop offs		Full Twisting Dismount (released) to ground or cradle

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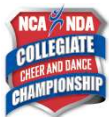
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	NOVICE	INTERMEDIATE	ADVANCED
<b>INVERSION STYLE SKILLS</b>	Connected inversions landing below prep level  Released inversions landing below prep level  Below extended level inversions to the ground (Yo-Yo, Back Walkover, etc)	Released inversion to 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. Diamodov/forward released)  Connected Ground up inversion with 1 full twist or 1¼ twist  Ground inversion release to prep level hand in Hand
<b>TWISTING STYLE SKILLS</b>	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  Hands full around to prep	Full twisting to extended single leg  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  High to High Full around
<b>RELEASE STYLE SKILLS</b>	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  Low to high released skills with a twist ¼- ¾  High to high released skills with a twist ¼- ¾
<b>DISMOUNTS</b>	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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