

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 skills is caught, how a skill is caught and body positions. Disclaimer: NCA reserves the right to make all final rules and scoring

	INT	ERMED	IATE			ADVANCED	ELITE	
INVERSION STYLE COED SKILLS	TYLE COED					ng prep level inversion to prep or extended (pirouette) und inversion released to hand in hand up inversion to extended (RO, BHS, FHS, Cartwheel) und up inversion to extended skill with ¼- ¾ twist level Hand in Hand release to extended	Released Ground up inversion to extended skill with full twist 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	
TWISTING STYLE COED SKILLS	STYLE COED ¹ / ₄ to Arabesque Walk- In to 1 Arm Extended				Han	Full up to Extended Single Leg Full Up to 1 arm Extended ds 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	
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				Τι	High to High Released Skills Pop Over Toss One Arm Extended Twist Release to Prep Level wisting 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	
COED DISMOUNTS				Full Twist	ing 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 S 10-11 2 12-13 2 14 2 15 3 16 3 17 3 18 3 19 3 20 3	Pyramid 2 2 2 3	2 2 2 2 2 2 2 2 2 3 3 3	Coed MAJ 2 3 3 3 4 4 4 4	Style MOST 3 4 4 5 5 5 5 5 5	Tumbling 6 7 8 9 10 10 11	Using this chart, the numbers listed specify majority/most assuming groups are used as defined below. Any deviation from the traditional number of athletes invloved would CHANGE the total number of groups needed for Group Stunt, pyramids, tosses, or COED style skills. Keep in mind these numbers ony 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 spottter 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		

Updatede as of: 11/6/2024



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 skills is caught, how a skill is caught and body positions. Disclaimer: NCA reserves the right to make all final rules and scoring

		INT	ERMED				ADVANCED	ELITE		
		Released	d inversion to	prep level	Co	onnected ground up i	nversion with modified twisting skill to prep or extended	Released Ground up inversion to extended skill with full twist		
Connected Ground inversion to extended INVERSION Prep Level Released inversion to Extended							ions with ¼ - ½ twist to prep level single leg skill nd inversions released to prep level (EX. Diamodov)	Prep Level Released Inversion with ½-1 full twist to Extended		
STYL						Connected G	round up inversion with 1 full twist or 1¼ twist version release to prep level hand in Hand	Extended Hand in Hand released to extended		
SKIL	LS					Relea	ased Ground up inversion to extended nd up inversion to extended skill with 1/- 3/4 twist	FHS 1.5 Hand in Hand Inversion Release full twist		
						Prep Level H	land in Hand inversion Released to Extended	Aerial 1.5 BHS double up		
			-	t to single leg]		Hands full around to extended	Hands Double Around to Extended		
			twisting to ext			1-1/	1-1/4 twisting to extended 4 twisting to extended single leg skill	High to High 1.5 to Extended Quick toss Double Up		
TWIST			s full around t				Full up single based to extended			
STYL							1.5 twisting to extended Hands 1.5 to Extended			
SKIL	SKILLS						Double up to extended			
							High to High Full around Quick Toss Full Up			
Low to high released skills							high released skills lib to body position	Rewind		
RELEASE Switch up to extended single leg skill Twist release to prep level or below					-	to high body position to body position Full Twisting release to prep level	Full twist release at extended (high to high) Ground toss to invert			
STYLE High to high releases lib to lib					to extended single leg skill with $\frac{1}{4} - \frac{3}{4}$ twist	Side sumi				
SKILLS Single based toss to hand			to hand			Single Based toss to extended	Shotgun (stunt flip to stunt)			
						b high released skills with a twist $\frac{1}{4}$ - $\frac{3}{4}$ o high released skills with a twist $\frac{1}{4}$ - $\frac{3}{4}$	Twisting Rewinds			
		1⁄4 twisti	ing dismount	to cradle		High t	Full twisting dismount to cradle	Double Twisting dismounts		
DISMOUNTS			ions to cradle				Full twisting pop off	Front Full Twist to cradle		
							Kick full dismount	Back ³ / ₄ with half/full twist		
							Front flip to Cradle Back ¾ to prone	Back flip full twisting dismount		
#Athletes Group Stunt Pyramid Toss Coed Styl						Tumbling	Using this chart, the numbers listed specify majority/me			
10-11	0-11 2 2 2 3				MOST 3	6		wed would CHANGE the total number of groups needed for Keep in mind these numbers ony list the minimum required to		
12-13 14				3 4	7 8		ill and team participation can affect your score once within a			
15 16	3	$\begin{array}{c ccccccccccccccccccccccccccccccccccc$				8	range.			
17	3	3	2	3	5	9	GROUP STUNT- A traditional group of 4 athletes			
18 19	3	<u>3 2 4 5</u> 3 3 4 5			5	10 10	Toss- A traditional group of 4 athletes PLUS a front spottter			
20 3 3 3 4					5	11 COED STYLE- A group of 3 athletes (assisted or unassisted) using a COED entry (TOSS or WALK-IN)				

Updated as of: 11/6/2024



2024-2025 Intermediate COED Progressions and Majority/Most Chart

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	NOVICE	INTERMEDIATE	ADVANCED
	Connected ground inversions landing at prep level	Connected Ground inversion to extended	Creative hand in hand inversions released to prep level (EX. Diamodov, forward release)
INVERSION STYLE	Below extended level inversions to the ground (Yo-Yo, Back Walkover, etc)	Ground Inversion Released to Prep	Connected Ground up inversion with 1 full twist or 11/4 twist
COED SKILLS		Prep Level Released inversion to prep	Ground inversion release to prep level hand in Hand
		hand in hand inversions released to prep level	
	Walk- In to Prep Level	Walk In To Extended	Walk- In to 1 Arm Extended
		Full up to Prep Level	Full up to Extended Single Leg (modified)
TWISTING STYLE		1⁄4 to Arabesque	Full Up to 1 arm Extended (modified)
COED SKILLS		Full up to Extended	Hands full around to Extended
COED SRIELS		Hands Full around press to Extended	
	Toss to Prep Level	Toss to Extension	Toss to Single Leg
	Prep Level Or Below Tic Toc to skill	Toss to prep press to 1-arm Extended	Twist Release to Prep Level
RELEASE STYLE	Toss to Prep press Extended	Low to High Release to Extended	High to High Released Skills
COED SKILLS		Twist Release to below prep level	Pop Over
			Toss One Arm Extended
COED DISMOUNTS	Pop offs		Full Twisting Dismount (released) to ground or cradle

#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
	*Disclaimer: N	ICA reserves the rigi	ht to make all fina	al rules and scorin	ig decisions	

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GROUP STUNT- A traditional group of 4 athletes Toss- A traditional group of 4 athletes PLUS a front spottter 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 Intermediate Group Stunt Progressions and Majority/Most Chart

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		NOVICE					INTERMEDIATE	ADVANCED		
	Connected inversions landing below prep level				level		Released inversion to prep level	Connected ground up inversion with modified twisting skill to prep or extended		
INVER		N Released inversions landing below prep level			Connected Ground inversion to extended	Released inversions with $1\!\!\!/_4$ - $1\!\!\!/_2$ twist to prep level single leg skill				
STY SKIL		Below extended level inversions to the ground (Yo-Yo, Back Walkover, etc)						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		
		Twi	stina skills b	elow extende	ed level		Modified full twisting stunt to single leg	Full twisting to extended single leg Hands full around to extended		
TWIST	ring ¹	Twisting skills below extended level 1/2 twisting to extended single leg stunt Modified full twisting stunt				stunt	Full twisting to extended	1-1/4 twisting to extended		
STY		to 2 feet					Hands full around to prep	1-1/4 twisting to extended single leg skill		
SKIL								Full up single based to extended High to High Full around		
	Release skills landing at prep level or below (Ball up, quick toss, switch up)					oss,	Low to high released skills High to high released skills lib to body position			
DELE	RELEASE						Switch up to extended single leg skill	High to high body position to body position		
							Twist release to prep level or below	Full Twisting release to prep level		
	STYLE SKILLS						High to high releases lib to lib	Switch up to extended single leg skill with $\frac{1}{4}$ - $\frac{3}{4}$ twist		
SKIL							Single based toss to hands	Single Based toss to extended		
								Low to high released skills with a twist $\frac{1}{4}$ - $\frac{3}{4}$		
					High to high released skills with a twist $\frac{1}{4}$ - $\frac{3}{4}$					
			Bum	ip downs			1/4 twisting dismount to cradle	Full twisting dismount to cradle		
DISMO	UNTS	Pop offs			Transitions to cradle or prone	Full twisting pop off Kick full dismount				
#Athletes	#Athletes Group Stunt Pyramid Toss Coed Style Tum		fumbling							
10-11 12-13 14 15 16 17 18	2 2 3 3 3 3 3 3	2 2 2 3 3 3 3 3 3 3	2 2 2 2 2 2 2 2 2 2 2	MAJ 2 3 3 3 3 3 3 4	MOST 3 4 4 5 5	6 7 8 9 9 9	Using this chart, the numbers listed specify majority/most assuming groups are used as defined below. Any deviation from the traditional number of athletes invloved would CHANGE the total number of groups needed for Group Stunt, pyramids, tosses, or COED style skills. Keep in mind these numbers ony 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			
19 20	3 3 *Disclain	3 3 4 5 10			5	10 11	TOSS - A traditional group of 4 athletes PLUS a front spottter 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			