



## STUNT LEVEL APPROPRIATE GUIDELINES

	NOVICE	INTERMEDIATE	ADVANCED
Twisting	<ul style="list-style-type: none"> <li>• 1/4 up to prep level</li> <li>• 1/2 up to prep level</li> <li>• 1/4-1/2 twisting transitions to side/prone/cradle from prep level</li> <li>• 1/4-1/2 twisting transitions to or from any 2-foot stunt</li> </ul>	<ul style="list-style-type: none"> <li>• 1/4 up to extended</li> <li>• 1/2 up to extended</li> <li>• Rewind transition to load</li> <li>• Full up variations to prep level (cross leg, bases moving, multiple connections)</li> <li>• Full up to prep level</li> <li>• Full up to prep level lib</li> <li>• Full up to prep level body position</li> </ul>	<ul style="list-style-type: none"> <li>• Full up to extended, target, or liberty</li> <li>• Prep level full around to extended</li> <li>• Full up to extended body positions</li> <li>• High to high full around - 2 feet</li> <li>• Prep level 1 1/2 around to extended</li> <li>• 1 1/2 up to extended</li> <li>• Double up to extended</li> <li>• Prep level double around to extended</li> <li>• High to high full around - 1 foot</li> <li>• High to high double around</li> </ul>
Inversion	<ul style="list-style-type: none"> <li>• Ground inversions to below prep level</li> <li>• Ground inversion to prep level</li> <li>• Ground inversion to prep level single leg</li> <li>• Ground inversions to extended</li> <li>• Ground inversions with up to 1/2 twist to prep level</li> <li>• Ground inversion with up to 1/2 twist to extended 2 foot stunt</li> </ul>	<ul style="list-style-type: none"> <li>• Inversions below prep level</li> <li>• Below prep level inversions out of stunts (yo-yo, back walkover, etc.)</li> <li>• Suspended rolls</li> <li>• Inverted dismounts (cartwheel style)</li> <li>• Ground inversion to prep level</li> <li>• Prep level inversions</li> <li>• Released inversions to below prep level</li> <li>• <b>Released inversions from prep level or below to prep level</b></li> <li>• Ground inversions to extended</li> </ul>	<ul style="list-style-type: none"> <li>• Inverted dismounts (pancake)</li> <li>• Twisting ground inversion to extended (1/2 Twisting or more)</li> <li>• Released inversions to extended</li> <li>• Prep level inversion release to extended</li> <li>• Ground inversion release to extended body position</li> <li>• Prep level inversion release to extended body position</li> <li>• Hand to hand inversion release to prep</li> <li>• Alternate entries to hand to hand stunts (Diamidov) release to prep</li> <li>• Hand to hand inversion release to extended</li> <li>• Alternate entries - hand to hand stunts (Diamidov) release to ext.</li> </ul>
Release	<p><i>Not allowed unless to a cradle</i></p>	<ul style="list-style-type: none"> <li>• Release moves to below prep level</li> <li>• Horizontal release move to below prep level</li> <li>• Release move to prep level (Quick toss, Switch up, Ball up)</li> <li>• Horizontal release move to prep level</li> <li>• Up to 1/4 twisting switch up to prep level one leg</li> </ul>	<ul style="list-style-type: none"> <li>• Prep level tick tack</li> <li>• Switch up to extended one leg</li> <li>• Release moves to extended (Low to High tick, Ball up, Quick Toss)</li> <li>• 1/2 Twisting switch up to extended one leg</li> <li>• Horizontal release move to extended</li> <li>• Low to high tick to body position</li> <li>• 1/2 twisting release moves to extended (Low to High tick, Ball up, Quick Toss)</li> <li>• Full twisting switch ups</li> <li>• High to high tick (lib to lib)</li> <li>• Horizontal release move to extended Body Position</li> <li>• Full twisting switch ups to body position</li> <li>• Full Twisting release moves to extended (Low to High tick, Ball up, Quick Toss)</li> <li>• High to High Tick Tocks (body position to body position)</li> <li>• 1/2 Twisting (or greater) Horizontal release move to extended</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Thigh stands</li> <li>• Shoulder sit</li> <li>• Shoulder stand</li> <li>• Extension prep</li> <li>• Extension</li> <li>• Single base extension</li> </ul>	<ul style="list-style-type: none"> <li>• Full twisting dismount from two leg stunts</li> <li>• Single leg extended variations</li> <li>• Single base extension</li> <li>• Switch up to prep level one leg single base</li> <li>• Extended single base liberty</li> <li>• Extended single base body position</li> <li>• 1/2 Twisting to extended single base</li> <li>• <b>1-1/4 twisting dismount from a single leg stunt at prep level or below</b></li> </ul>	<ul style="list-style-type: none"> <li>• Full twisting dismount from single leg stunts</li> <li>• Kick full twisting dismount from single leg stunts</li> <li>• Switch up to extended one leg single base</li> <li>• Extended single base variations that include twisting/releases (low to high tick tack, full up, 1/2 switch up, etc.)</li> <li>• Inverted Released and twisting skills to prep level</li> <li>• Inverted released and twisting skills to extended level</li> </ul>
Coed Style	<ul style="list-style-type: none"> <li>• Walk in/toss chair</li> <li>• Assisted walk-in hands</li> <li>• Assisted toss hands</li> <li>• Assisted coed skills at prep level</li> <li>• Assisted press extension</li> <li>• Walk in hands press extension</li> </ul>	<ul style="list-style-type: none"> <li>• Toss prep</li> <li>• Toss hands press extension</li> <li>• Walk in extension</li> <li>• Assisted full up variations to prep level</li> <li>• Toss prep level press to extended single leg</li> <li>• Walk in to extended single leg variation</li> <li>• Toss prep level press to extended single arm</li> <li>• Walk in to extended single arm variation</li> </ul>	<ul style="list-style-type: none"> <li>• Toss extension</li> <li>• Assisted full up variations to extended level</li> <li>• Toss extended platform to single leg variation</li> <li>• Toss to immediate extended liberty</li> <li>• Low to low/high tick tocks</li> <li>• Toss to immediate extended body position</li> <li>• Toss one arm extended</li> <li>• High to high tick tocks (body position to body position)</li> <li>• 1/2 twist or greater release moves (hands full arounds/low to high)</li> <li>• Toss full up to extended</li> <li>• Released inversion to prep level</li> <li>• Released inversion to extended</li> </ul>

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

**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)