



2025-2026 NCA HIGH SCHOOL SCORING GUIDELINE- ADVANCED DIVISION

NCA Reserves the right to make all final scoring and legality decisions

STUNT AND TUMBLING DIFFICULTY SCORES

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY	JUMP DIFFICULTY
1.0-3.0	1.0-3.0	1.0-2.0	2.5
Does not meet the below skill or participant requirements	Does not meet the below skill or participant requirements	Does not meet the below skill or participant requirements	Does not meet the below requirements
3.0-4.5	3.0-4.5	2.0-3.0	4.0
<ul style="list-style-type: none"> •Extension Preps OR •One Leg Variations Below Prep Level OR •Extensions OR •One Leg Variations at Prep Level 	Pyramids involving <ul style="list-style-type: none"> •Extended Two Leg Stunts AND/OR •One Leg Stunts at Prep Level •Pyramids involving an Extended One Leg Stunt 	<ul style="list-style-type: none"> •Round off BHS OR •Standing BHS OR •Jump/Single BHS Combinations 	Single Advanced Jumps by MOST synchronized
4.5-6.0	4.5-6.0	3.0-4.0	4.5
<ul style="list-style-type: none"> •Extended One Leg Stunts AND •Required twisting skill: Single Twisting transition or dismount to or from Two Leg Stunts	Pyramids involving <ul style="list-style-type: none"> •multiple transitional elements, one of which is a release and •multiple extended structures including extended one leg stunts. 	<ul style="list-style-type: none"> •Round-off BHS Back Tucks OR •Round-off Tucks OR •Standing BHS series OR •Jump/consecutive BHS combinations 	Double Jump Combinations by MOST synchronized
6.0-7.5	6.0-7.5	4.0-5.0	5.0
<ul style="list-style-type: none"> •Multiple Elite Skills* AND •Single Twisting transition or dismount FROM Extended One Leg Stunts (this includes 1 1/4 twisting plus a trick that originates at extended and presses to prep EX- Extended lib dip to prep kick full) <ul style="list-style-type: none"> OR •Extended Stunt Sequence performed by a Single Base, Unassisted COED STYLE 	Pyramids involving <ul style="list-style-type: none"> •Multiple extended one leg stunts with Multiple transitional sequences •(PLUS one of the following) •At least one of which is an Advanced Inverting transition OR an advanced release transition 	<ul style="list-style-type: none"> •Running Layouts/Fulls OR •Standing Tucks/Layouts/Fulls OR •Jump Tuck/Full combinations OR 	Triple Jump combinations or Double Jump combinations and a Single Jump by MOST synchronized MUST include VARIETY

MINIMUM QUANTITY CHARTS

#Athletes	Stunt	Pyramid
5 - 10	1	2
11 - 14	2	2
15 - 19	3	3
20 - 25	4	4
26 - 30	5	5

#Athletes	Tumbling	Jumps
5-7	5	5
8-10	7	7
11-13	9	9
14-17	12	12
18-21	15	15
22-25	19	19
26-30	22	22

*Difficulty factors include the following: Difficulty of skills performed, athlete participation, pace, variety and quantity in this order

*See level appropriate guideline for skills that meet and exceed the range requirements to drive the score

* Tumbling will be cumulatively considered to determine a scoring range; however once within a range, athlete participation and synchronization will impact your score

The number of stunt groups/athletes is the minimum number that should be executed. Utilizing ALL stunt groups/athletes could positively impact your difficulty scores.



