



## STUNT LEVEL APPROPRIATE GUIDELINES

	NOVICE	INTERMEDIATE	ADVANCED
Twisting	• 1/4 up to prep level	• 1/4 up to extended	• Full up to extended, target, or liberty
	• 1/2 up to prep level	• 1/2 up to extended	• Prep level full around to extended
	• 1/4-1/2 twisting transitions to side/prone/cradle from prep level	• Rewind transition to load	• Full up to extended body positions
	• 1/4-1/2 twisting transitions to or from any 2-foot stunt	• Full up variations to prep level (cross leg, bases moving, multiple connections)	• High to high full around - 2 feet
		• Full up to prep level	• Prep level 1 1/2 around to extended
		• Full up to prep level lib	• 1 1/2 up to extended
	• Full up to prep level body position	• Double up to extended	
		• Prep level double around to extended	
		• High to high full around - 1 foot	
		• High to high double around	
Inversion	• Ground inversions to below prep level	• Inversions below prep level	• Inverted dismounts (pancake)
	• Ground inversion to prep level	• Below prep level inversions out of stunts (yo-yo, back walkover, etc.)	• Twisting ground inversion to extended (1/2 Twisting or more)
	• Ground inversion to prep level single leg	• Suspended rolls	• Released inversions to extended
	• Ground inversions to extended	• Inverted dismounts (cartwheel style)	• Prep level inversion release to extended
	• Ground inversions with up to 1/2 twist to prep level	• Ground inversion to prep level	• Ground inversion release to extended body position
	• Ground inversion with up to 1/2 twist to extended 2 foot stunt	• Prep level inversions	• Prep level inversion release to extended body position
	• Released inversions to below prep level	• Hand to hand inversion release to prep	
	• Released inversions from prep level or below to prep level	• Alternate entries to hand to hand stunts (Diamidov) release to prep	
	• Ground inversions to extended	• Hand to hand inversion release to extended	
		• Alternate entries - hand to hand stunts (Diamidov) release to ext.	
Release	<i>Not allowed unless to a cradle</i>	• Release moves to below prep level	• Prep level tick tock
		• Horizontal release move to below prep level	• Switch up to extended one leg
		• Release move to prep level (Quick toss, Switch up, Ball up)	• Release moves to extended (Low to High tick, Ball up, Quick Toss)
		• Horizontal release move to prep level	• 1/2 Twisting switch up to extended one leg
		• Up to 1/4 twisting switch up to prep level one leg	• Horizontal release move to extended
			• Low to high tick to body position
		• 1/2 twisting release moves to extended (Low to High tick, Ball up, Quick Toss)	
		• Full twisting switch ups	
		• High to high tick (lib to lib)	
		• Horizontal release move to extended Body Position	
		• Full twisting switch ups to body position	
		• Full Twisting release moves to extended (Low to High tick, Ball up, Quick Toss)	
		• High to High Tick Tocks (body position to body position)	
		• 1/2 Twisting (or greater) Horizontal release move to extended	
Other	• Thigh stands	• Full twisting dismount from two leg stunts	• Full twisting dismount from single leg stunts
	• Shoulder sit	• Single leg extended variations	• Kick full twisting dismount from single leg stunts
	• Shoulder stand	• Single base extension	• Switch up to extended one leg single base
	• Extension prep	• Switch up to prep level one leg single base	• Extended single base variations that include twisting/releases (low to high tick tock, full up, 1/2 switch up, etc.)
	• Extension	• Extended single base liberty	Inverted Released and twisting skills to prep level
	• Single base extension	• Extended single base body position	Inverted released and twisting skills to extended level
	• 1/2 Twisting to extended single base		
	• 1-1/4 twisting dismount from a single leg stunt at prep level or below		
Coed Style	• Walk in/toss chair	• Toss prep	• Toss extension
	• Assisted walk-in hands	• Toss hands press extension	• Assisted full up variations to extended level
	• Assisted toss hands	• Walk in extension	• Toss extended platform to single leg variation
	• Assisted coed skills at prep level	• Assisted full up variations to prep level	• Toss to immediate extended liberty
	• Assisted press extension	• Toss prep level press to extended single leg	• Low to low/high tick tocks
	• Walk in hands press extension	• Walk in to extended single leg variation	• Toss to immediate extended body position
	• Toss prep level press to extended single arm	• Toss one arm extended	
	• Walk in to extended single arm variation	• High to high tick tocks (body position to body position)	
		• 1/2 twist or greater release moves (hands full arounds/low to high)	
		• Toss full up to extended	
		• Released inversion to prep level	
		• Released inversion to extended	

\* 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)