



NJCDCA Difficulty & Execution Drivers

The following are areas found in execution and difficulty to help the Judges determine skill placement within the point range.

STANDING AND RUNNING TUMBLING

- Degree of difficulty
- Level of perfection (technique, timing, landing)
- Percentage of team participation
- Height of Skills
- Form
- Synchronization of skills/passes
- Variety of skills/passes
- Specialty combinations/creativity

PYRAMIDS

- Degree of difficulty
- Percentage of team participation
- Minimal use of bases(lack of front spots)
- Level of perfection (technique, timing)
- Multiple structures
- Strong body positions
- Specialty incorporations
- Unique transitions
- Variety/Speed of transitions
- Creative/difficult dismounts

STUNTS/ TOSSES

- Degree of difficulty
- Percentage of team participation
- Minimal use of bases(lack of front spots) (T)
- Level of perfection (technique, timing)
- Combination of skills
- Pace of skills performed
- Strong body positions/Body control (S&T)
- Height (T)

JUMPS

- Hyperextended/Flexibility
- Jump/Tumbling combinations (jump standing tumbling)
- Jump combinations
- Synchronization of skills
- Toe point
- Landings
- Arm placement
- **BASIC JUMPS INCLUDE :**
 - **Spread eagle, Tuck**
- **ADVANCED JUMPS INCLUDE:**
 - **Toe touch, Right or Left Hurdler either Front or Side, Pike, Double 9**
- Jump Difficulty= 2 or more different jumps

MOTIONS/DANCE

- Use of motions and dance
- Synchronization
- Formations changes
- Level changes
- Foot work and floor work
- Rhythm
- Body control
- Strong Placement
- Visual effect
- Pace
- Energy/entertainment value