

# NJCDCA SCHOOL and REC SCORING RANGES

The following grid outlines the point ranges for specific skill sets performed by the **MAJORITY** of the team. Skills performed by **LESS** than the **MAJORITY** of the team will move the score into a lower range. In each category, the **MAJORITY** of the team must master each listed skill unless the skills are separated by the word "or". **MAJORITY** is defined as half plus 1 of the team.

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
See COED Stunt Difficulty page 2		
<b>0-1.9</b>	<b>0-1.9</b>	<b>0-1.9</b>
Extensions or One Leg Variations at Prep Level	Pyramids involving Extended Two Leg Stunts and/or One Leg Stunts at Prep Level	Cartwheels or Round-offs or Forward/Backward rolls or Forward/ Backward Walk-overs
<b>2.0-3.4</b>	<b>2.0-3.4</b>	<b>2.0-3.4</b>
Extended One Leg Stunts or Full up to Prep Level or Single Twist from Two Leg Stunts	Pyramids involving Extended One Leg Stunts or Braced rolls or Braced forward or backward flips that land in a cradle or end below prep level	<b>ST: Standing Back Hand Springs or series standing BHS</b> RT: Round -off BHS or Round-off BHS series <b>INTERMEDIATE DIVISION MAX SCORE 3.4</b>
<b>INTERMEDIATE DIVISION MAX SCORE 3.4</b>	<b>INTERMEDIATE DIVISION MAX SCORE 3.4</b>	<b>3.5-4.4</b>
<b>3.5-4.4</b>	<b>3.5-4.4</b>	<b>ST: Jump/BHS Combinations</b> RT: Round-off Back Tucks or Round-off BHS Back Tucks
Full Up to Extended Position (2 legs) Single Base Stunts, assisted Single Twist from One Leg Stunts	Pyramids involving extended one leg stunts with Multiple Transitional Sequences, <b>at least</b> one of which is a release pyramid transition and Multiple Extended Structures or Braced flips that land at prep level	<b>4.5-5</b>
<b>4.5-5</b>	<b>4.5-5</b>	<b>ST: Jump/Tuck Combo or Standing Back Tucks or Standing BHS Back tucks or Standing BHS LO or Fulls or Standing Fulls</b> RT: RO Layout or RO BHS LO or Full passes or Specialty passes of similar difficulty level
<b>Elite Skills*</b>	<b>4.5-5</b>	
Tick tock Variations Extended Stunt sequence performed by Single base, unassisted or Dismounts involving inverted** skills or Full Up to Extended Position (1 leg) or Release Moves that land in an extended position or Toss extended stunts or Other unique mounts & transitions of similar difficulty level	Pyramids involving extended one leg stunts with Multiple Transitional Sequences, <b>at least</b> one of which is a Braced Flip transition <b>and</b> Multiple Extended Structures or Dismounts involving twisting or inverted** skills	
*Elite Stunt Skills include but are not limited to the skills listed above	<b>Motions/Dance</b> <i>Please see Sliding Criteria</i>	
		<b>JUMP DIFFICULTY</b>
		0-1.9      Single Jumps
		2.0-3.4      Double Jump Combinations or Triple jump combo w/ no variety
		3.5-4.4      Triple Jump combo w/ variety or Quad Jump combo w/ no variety
		4.5-5      Quad jump combo or triple jump combo and a single jump must include variety

**TOSES are not required but may be rewarded in the Pyramid Section**

\*\*All inversion skills must follow NFHS Guidelines. Middle School teams must follow the additional AACCA Restrictions  
Please refer to the Sliding Criteria for more scoring info.

<b>COED STUNT DIFFICULTY *</b>
<b>0-1.9</b>
Skills performed that do not meet the 2.0-3.4 requirement
<b>2.0-3.4</b>
Assisted Walk In/ Toss Chairs or Assisted Walk In/ Toss hands or Assisted Coed Skills at Prep Level
<b>INTERMEDIATE DIVISION MAX SCORE 3.4</b>
<b>3.5-4.4</b>
Toss Hands press extension or Assisted Full Up Variations to extended levels or Walk in Extension or Walk in Hands press extension
<b>4.5-5</b>
<b>Elite Skills*</b>
Toss Platform w/single leg variation or Toss Extension or Toss Hands press to single leg variations or Walk In to Extended Single leg variations or Toss Full up variations or Low to High Tick Tock variations or Toss One Arm Extended Stunts or Toss variations to Extended immediate body positions Other unique mounts & transitions of similar difficulty level
Majority of stunts *Elite Stunt Skills include but are not limited to the skills listed above
<b>NOTE: Majority of stunts performed by team must be Unassisted</b>

<b>COED QUANTITY CHART</b>		
Number of Males		Number of Stunts
1-3		1
4-5		2
6-7		3
8-9		4
10-11		5
12-13		6
14-15		7
16-17		8
18-20		9

\* Please note: In the event that a coed team does not perform coed stunts, the score given will reflect a drop in range of the skill performed.