

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		
0-1.5	0-1.5	0-1.5
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
1.6-2.5	1.6-2.5	1.6-2.5
Extended One Leg Stunts or Full up to Prep Level or Suspended rolls or Inverted stunts to below prep level or Single Twist from Two Leg Stunts INTERMEDIATE DIVISION MAX SCORE 2.5	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 or inverted stunts to prep level or below INTERMEDIATE DIVISION MAX SCORE 2.5	ST: Standing Back Hand Springs or series standing BHS RT: Round -off BHS or Round-off BHS series INTERMEDIATE DIVISION MAX SCORE 2.5
2.6-3.5	2.6-3.5	2.6-3.5
Full Up to Extended Position (2 legs) Single Base Stunts, assisted or twisting suspended rolls or Switch up or Inverted skills to prep level or Rewinds or Single Twist from One Leg Stunts	Pyramids involving extended one leg stunts with Multiple Transitional Sequences, at least one of which is a release pyramid transition and Multiple Extended Structures or Braced flips that land at prep level	ST: Jump/BHS Combinations RT: Round-off Back Tucks or Round-off BHS Back Tucks(series)
3.6-5	3.6-5	3.6-5
Elite Skills*	Pyramids involving extended one leg stunts with Multiple Transitional Sequences, at least one of which is a braced flip transition and/or release transitions involving spinning or inversions that land extended with two bracers or Multiple Extended structures or Dismounts involving twisting or inverted** skills	ST: Jump/Tuck Combo or Standing Back Tucks or Standing BHS Back tucks or Standing BHS LO or Fulls or Standing Fulls RT: RO Layout or RO BHS LO or Full passes or Specialty passes of similar difficulty level NOTE: Synchronized tumbling in each range may be scored higher.
Extended Stunt sequence performed by Single base, unassisted or Low to High tick tock variations or Mounts involving inverted **skills that land extended or Full Up variations to Extended Position (1 leg) or 1- 1/2 up or greater to extended body positions or toss extended stunts to 1 leg or hands full around	Motions/Dance <i>Please see Sliding Criteria</i>	JUMP DIFFICULTY
*Elite Stunt Skills include but are not limited to the skills listed above		0-1.0 Single Jumps 1.1-2.0 Double Jump Combinations 2.1-3.0 Double Jump Combinations + 1 other jump 3.1-4.0 Triple Jump combo w/ no variety 4.1-5.0 Triple Jump combo w/ 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.

COED STUNT DIFFICULTY *
0-1.5
Skills performed that do not meet the 1.6-2.5 requirement
1.6-2.5
Assisted Walk In/ Toss Chairs or Assisted Walk In/ Toss hands or Assisted Coed Skills at Prep Level INTERMEDIATE DIVISION MAX SCORE 2.5
2.6-3.5
Toss Hands press extension or Assisted Full Up Variations to extended levels or Walk in Extension or Walk in Hands press extension
3.6-5
Elite Skills*
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
NOTE: Majority of stunts performed by team must be Unassisted

ALL GIRL QUANTITY CHART		
Number of		Number of
Girls		Stunts
6-11		2
12-15		3
16-19		4
20-23		5
24-27		6
28-30		7
31-36		8

COED QUANTITY CHART		
Number of		Number of
Males		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 by the majority of the team.