

# 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.  
 Skills performed in addition to the **MAJORITY** MAY move the score higher in the range. \* Coed Quantity Chart pg. 2  
 Similar stunting skills performed without front spots will score higher than stunting skills performed with front spots.

## STUNT DIFFICULTY

See COED Stunt Difficulty page 2

### 3.6- 5

Full up to Extended 1 Leg • 1-1/2 up to extended level • Released twisting switch up to extended level •  
 Double Up to Extended • Inverted skills to Extended Level • Released inversion from prep level to upright at prep level • Suspended full twisting forward roll braced with 1 hand • Ground inversion to Extended Level •  
 High to High Tic Tock variations • Low to High Tic Tock variations • Quick Toss to Extended 1 Leg Stunts •  
 Non Released full twisting invert up to extension • Upright Non Twisting release from prep level to extended level  
 Upright twisting release from 1 feet at prep level to 1 feet at extended level •  
 Upright twisting release from 1 leg at prep level to 2 leg at extended level •  
 Upright twisting release from 2 leg at prep level to 2 leg at extended level • 2 Skill Dismount ( ie. Kick Single dismount) •

### 2.6-3.5

Full up/to down/from Extended 2 Leg Stunts • 1-1/2 up/to down/from Prep Level • Suspended full twisting forward roll  
 Released Non Twisting Switch up to Extended Level • Released Twisting Switch up to Prep Level •  
 Released Tick Tock from Prep Level to Prep Level • Inverted skills to prep level • Quick Toss to Extended 2 Leg Stunts •  
 Downward Inversion from Prep Level • Suspended roll braced with 1 Arm • Single Base Stunts, Unassisted  
 Suspended full twisting forward roll braced with 2 Hands • Single Twist from Extended 1 Leg Stunt •

### INTERMEDIATE DIVISION MAX SCORE 2.5

### 1.6-2.5

### INTERMEDIATE DIVISION MAX SCORE 2.5

Extended 1 Leg Stunts (Body Positions- Lib, Heel Stretch, Arabesque, Pretty Girl ONLY) • Full up/to down/from Prep Level  
 1/2 up/to down/from Extended 2 leg stunt • Non Released Tic-Tock from Prep Level to Prep Level •  
 Released non twisting switch up to prep level or below • Non released switch up to extended level •  
 Inverted Skills to below Prep Level • Non released Inverted skill from the Ground to a Prep Level Stunt •  
 Downward Inversion below Prep Level • Suspended Rolls braced with 2 hands • Quick Toss to Prep •  
 Single Twist from Extended 2 Leg Stunts • Straight or 1/4 cradle from Extended 1 Leg Stunts •  
 • Leap frog • Barrel Roll •

### 0-1.5

Extended 2 Leg Stunts • Non released Switch Up to Prep Level • Non released Tic-Tock below Prep Level •  
 1 Leg Variations at Prep Level ( Liberty, Heel Stretch, Arabesque ONLY) • Inversion on the Ground •  
 Straight or 1/4 Cradle from Prep Level • Straight cradle from Extended 2 leg stunts •

The skills listed above are examples of range appropriate skills.

#### Difficulty Drivers

- Percent of Team Participation
- Complexity of skill/sequence
- Pace of sequence and speed of skill

#### Building Technique Drivers

- Stability/Control
- Flyer Position/ Flexibility/ Technique
- Base Position/ Technique

#### ALL GIRL QUANTITY CHART

| Number of Girls |  | Number of Stunt Groups |
|-----------------|--|------------------------|
| 6-11            |  | 1-2                    |
| 12-15           |  | 2-3                    |
| 16-19           |  | 3-4                    |
| 20-23           |  | 4-5                    |
| 24-27           |  | 5-6                    |
| 28-30           |  | 6-7                    |
| 31-36           |  | 7-8                    |

Rev. 9/9/2019

All skills must follow NFHS Guidelines.

Middle School teams must follow the additional AACCA Restrictions.

# 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.  
 Skills performed in addition to the **MAJORITY** **MAY** move the score higher in the range. \* Coed Quantity Chart pg. 2  
 Similar stunting skills performed without front spots will score higher than stunting skills performed with front spots.

| COED STUNT DIFFICULTY *  |
|--|
| <b>3.6-5</b>   |
| Elite Skills*  |
| <ul style="list-style-type: none"> <li>• Toss Platform w/single leg variation</li> <li>• Toss Extension</li> <li>• Toss Hands press to single leg variations</li> <li>• Walk In to Extended Single leg variations</li> <li>• Toss Full up variations</li> <li>• Low to High Tick Tock variations</li> <li>• Toss One Arm Extended Stunts</li> <li>• Toss variations to Extended immediate body positions</li> <li>• Other unique mounts &amp; transitions of similar difficulty level</li> </ul> Majority of stunts<br>*Elite Stunt Skills<br>include but are not limited to the skills listed above |
| <b>2.6-3.5</b>   |
| <ul style="list-style-type: none"> <li>• Assisted Full Up Variations to extended levels</li> <li>• Walk in Extension</li> <li>• Toss Hands press extension</li> </ul>  |
| <b>1.6-2.5</b>   |
| <b>INTERMEDIATE DIVISION</b><br><b>MAX SCORE 2.6</b> <ul style="list-style-type: none"> <li>• Walk In Hands press Extension</li> <li>• Assisted Walk In/ Toss Chairs</li> <li>• Assisted Walk In/ Toss hands</li> <li>• Assisted Coed Skills at Prep Level</li> </ul>  |
| <b>0-1.5</b>   |
| Skills performed that do not meet the 2.5-1.6 requirement  |
| NOTE: Majority of stunts performed by team must be Unassisted  |

| COED QUANTITY CHART |  |                        |
|---------------------|--|------------------------|
| Number of Males     |  | Number of Stunt Groups |
| 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                      |
|                     |  |                        |

# 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.  
 Skills performed in addition to the **MAJORITY** **MAY** move the score higher in the range. \* See Quantity Chart pg. 2  
 Similar stunting skills performed without front spots will score higher than stunting skills performed with front spots.

## PYRAMID DIFFICULTY

### 3.6-5

- Pyramids involving 1 leg stunts w/ Multiple Transitional & Release Sequences
- Braced Twist 1 1/2 to Extended level
- Braced arm /arm connected Extended 1 leg Stunts (Paper Dolls) • Inversions that land Extended with two Bracers •
- Inverted stunts involving spinning to Extended skills (w/ 1 bracer) • Release Transitions to Extended skills involving spinning and inversions (w/ 1 bracer) • Flipping transitions starting at Prep level ending at Prep level or above/ extended • Braced flip to a New Base Group • Braced flip landing in an Extended Position
- Braced inverted half twisting releases ( Flyer braced to 2 people at prep by arm/arm) • Two skill plus single twist toss

### 2.6-3.5

- Pyramids involving 1 leg stunts with Multiple Transitional Sequences • Braced Full up to Extended 1 Leg •
- Braced arm /arm connected Extended 2 leg Stunts (Paper Dolls) • Braced Non Twisting Inverted Releases •
- Braced Upright Releases from Prep Level to Extended Level (flyer is braced by 1 person at prep level) •
- Braced flips that land at Prep Level • Two skill non twisting Toss • Single Skill plus Single Twist Toss •

INTERMEDIATE DIVISION MAX SCORE 2.5

### 1.6-2.5

INTERMEDIATE DIVISION MAX SCORE 2.5

- Pyramids involving Extended 1 Leg stunts braced on at least one side by hand arm connection •
- Pyramids involving Braced Forward/ Backward Flips and Braced Rolls must land below Prep Level or in a Cradle •
- EXCEPTION- Braced Rolls where the back spot maintains constant contact with the flyer may continue through to an extended single leg stunt that is braced on both sides. • Inverted Stunts to Prep Level or Below •
- Braced Non-released switch up to extended level • Braced Non-released Tic Tock to extended level •
- Single Skill Non Twisting Toss

### 0-1.5

- Pyramids involving Extended Two Leg stunts • Braced Non Released stunt to/at prep level or below •
- Pyramids involving One Leg Stunts at Prep Level

The skills listed above are examples of range appropriate skills. This list is not all -inclusive

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

| Difficulty Drivers   |
|--|
| <ul style="list-style-type: none"> <li>• Percent of Team Participation</li> <li>• Complexity of skill/sequence</li> <li>• Pace of sequence and speed of skill</li> </ul> |
| Building Technique Drivers   |
| <ul style="list-style-type: none"> <li>• Stability/Control</li> <li>• Flyer Position/ Flexibility/ Technique</li> <li>• Base Position/ Technique</li> </ul>              |

Rev. 9/9/2019

## ALL GIRL QUANTITY CHART

| Number of Girls |  | Number of Stunt Groups |
|-----------------|--|------------------------|
| 6-11            |  | 1-2                    |
| 12-15           |  | 2-3                    |
| 16-19           |  | 3-4                    |
| 20-23           |  | 4-5                    |
| 24-27           |  | 5-6                    |
| 28-30           |  | 6-7                    |
| 31-36           |  | 7-8                    |

NJCDCA Score

All skills must follow NFHS Guidelines.

Middle School teams must follow the additional AACCA Restrictions.

# 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.  
 Skills performed in addition to the **MAJORITY** *MAY* move the score higher in the range. \* See Quantity Chart below  
 Synchronized tumbling in each range will score higher than individual passes.  
**MAJORITY** for tumbling is defined as half plus 1 of the team. Jumps are not cumulative.

## TUMBLING DIFFICULTY

### 3.6-5

**STANDING TUMBLING:** Standing Full Twists • Jump/Tuck Combo • Standing Back Tucks • Standing BHS Lay Outs • Standing BHS Fulls •

**RUNNING TUMBLING:** Punch Front • RO LO • RO BHS LO • RO Full • RO BHS Full • Specialty Passes of Similar Difficulty

### 2.6-3.5

**STANDING TUMBLING:** Jump BHS Combinations • Standing BHS Back Tucks •

**RUNNING TUMBLING:** RO Back Tuck • RO BHS (single or series) Back Tuck •

**INTERMEDIATE DIVISION MAX SCORE 2.5**

### 1.6-2.5

**INTERMEDIATE DIVISION MAX SCORE 2.5**

**STANDING TUMBLING:** Standing BHS • Standing BHS series •

**RUNNING TUMBLING:** RO BHS • RO BHS Series • FWO RO BHS (single or series)

### 0-1.5

Forward/Backward Rolls • Cartwheels • Round Offs • Forward/Backward Walk Overs •

## TUMBLING/JUMP QUANTITY CHART

| Number of Athletes | Majority | Number of Athletes | Majority |
|--------------------|----------|--------------------|----------|
| 5                  | 3        | 21                 | 11       |
| 6                  | 4        | 22                 | 12       |
| 7                  | 4        | 23                 | 12       |
| 8                  | 5        | 24                 | 13       |
| 9                  | 5        | 25                 | 13       |
| 10                 | 6        | 26                 | 14       |
| 11                 | 6        | 27                 | 14       |
| 12                 | 7        | 28                 | 15       |
| 13                 | 7        | 29                 | 15       |
| 14                 | 8        | 30                 | 16       |
| 15                 | 8        | 31                 | 16       |
| 16                 | 9        | 32                 | 17       |
| 17                 | 9        | 33                 | 17       |
| 18                 | 10       | 34                 | 18       |
| 19                 | 10       | 35                 | 19       |
| 20                 | 11       | 36                 | 19       |

Rev. 9/9/2019

## Tumbling Technique Drivers

- Fluidity/Power/ Speed
- Control
- Body position  
(Core/Arms/Head/Leg/Ct Chest/ Toes)

## Jump Technique Drivers

- Height/Control
- Flexibility/ Leg & Hip Placement
- Position/ Arm & Chest Placement

## JUMP DIFFICULTY

- |   |   |
|---|---|
| 5 | Triple Adv Jump combo w/ variety            |
| 4 | Triple Adv Jump combo w/ no variety         |
| 3 | Double Adv Jump Combo plus 1 other adv jump |
| 2 | Double Adv Jump Combo                       |
| 1 | Single Jumps                                |

Jumps are not cumulative must be synched w/ no ripples and must be connected.

Jump Variety = 2 or more different jumps

*Example- Pike double toe touch= Variety*

See types of jumps listed on Driver Sheet

All skills must follow NFHS Guidelines.

Middle School teams must follow the additional AACCA Restrictions.

# NJCDCA SCHOOL and REC SCORING RANGES

## General Information

### Category Difficulty

The majority of the team (50%) must perform the same skills in the stunt sequence to ensure difficulty credit is earned in a desired range. Skills performed by less than the majority will earn a score in a lower range.

- \* Stunting skills must be performed by the majority of the team either simultaneously or in a ripple to receive credit. Single and multiple stunt sequences will be credited throughout the routine.  
*Example: There are 16 girls and 4 stunt groups. 3 groups must perform the same skill to score in the difficulty credit within a range.*
- \* Performing atleast 1 level appropriate skill by the majority of your team will get you within that range. Multiple skills performed within a range may increase your score.
- \* Pyramids and toss skills will be cumulatively counted througout the routine. Basket tosses are not required but may be rewarded in the Pyramid section.
- \* Jumps must be performed by the majority of the team simultaneously. They are not cumulative and must be synchronized. Jumps must be connected. Jump variety = 2 or more different jumps ie., Pike Double Toe Touch  
*ADVANCED JUMPS include Toe Touch, Right/Left Hurdler either Front/Side, Pike, Double 9*
- \* Standing/Running tumbling must be performed by the majority of the team. See Tumbling Quantity Chart. They will be cumulatively added throughout the routine. Synchronization is not required but can increase your score within the range.

Rev. 9/9/2019

# NJCDCA SCHOOL and REC SCORING RANGES

## Division Restrictions: *National Federation Rules Apply*

### Non Tumbling

Teams that compete in this division will not receive a tumbling difficulty or technique score. Tumbling skills are not allowed in the Non-Tumbling division only, and if performed will receive a **2.5 point deduction**. Inverted (tumbling) transitions in and out of stunts and pyramids are allowed if a base is in contact with the transitioning top person.

### Intermediate Category

Skills will be scored according to the Intermediate rubric on the category score sheets. Please be advised that the maximum score in stunting, standing and running tumbling, and pyramids/tosses in the Intermediate Division will not be comparable to the maximum score in the general High School division. If you perform skills that are out of level, they will not be scored or count toward your final score. You will be given a **2.5 point deduction** per category for skills performed out of the Intermediate Division. There will be no limit on jumps. All types of jumps are allowed in the Intermediate Division.

### Standing/Running Tumbling:

1. No airborne skills are allowed. Exception: Aerial Cartwheels are allowed.
2. Series handsprings are allowed.
3. Flipping skills with or without twisting are not allowed.

### Stunts:

1. Twisting transitions to and from an extended position may not exceed 1/2 twisting transition.
2. Twisting transitions to, from, and at prep level may not exceed 1 twisting rotation.
3. Release moves must start below prep level and must be caught at prep level or below.
4. Release may not be initiated if the top person is supported under both feet during the dip.
5. Release moves may not pass above extended arm level.
6. Release moves may not twist. Exception: Barrel Roll that begins and ends in a cradle, flatback, or prone position, and has 1 twisting rotation.
7. Body Positions only include the following: Liberty, Arabesque, Heel Stretch or Pretty Girl.

### Pyramids:

1. Extended one leg stunts may not be braced to another extended stunt.
2. Braced Rolls and Braced Flips are allowed and must land below Prep Level or in a cradle.
3. During a pyramid transition, a top person may be released from the bases if the top person stays in direct contact with 2 different top persons at Prep Level or below. Contact must be maintained with the same bracers throughout the entire transition. Contact must be made with a base(s) on the performing surface BEFORE contact with the bracer is lost.

### Tosses:

1. Up to 1 trick allowed during toss.

### Dismounts:

1. Only straight pop down, basic straight rides, and 1/4 turn cradles are allowed from any 1 leg stunt.
2. Up to 1 and 1/4 twists are allowed from any 2 leg stunt.

All skills must follow NFHS Guidelines.

Middle School teams must follow the additional AACCA Restrictions.