

NCA All-Star Judging Ranges

The following grid outlines the point ranges for specific skill sets performed *by a MAJORITY of the team with a high level of perfection*. Skills performed with LESS than a high level of perfection or by LESS than a 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." This grid will be updated periodically throughout the 08-09 season. Be sure to check back for updates.

Stunts	Pyramids	Tosses	Standing Tumbling	Running Tumbling	Jumps	Motions/Dance
5-6	5-6	5-6	5-6	5-6	5-6	5-7
--Extension Preps or -- One Leg Variations below Prep Level	--Pyramids at Prep Level and below		--Forward/Backward Rolls or --Front/Back Walkovers or --Cartwheels	--Cartwheels or --Round-offs		Little To No: Transitions, Level Changes Below Average Level of Execution
6-7	6-7	6-7	6-7	6-7	6-7	
--Extensions or --One Leg Variations at Prep Level	--Pyramids involving Extended Two Leg Stunts	--Basic Straight Rides	--Single *BHS	--Round-off *BHS	--Basic Jumps or --Lowest level of Execution	
7-8	7-8	7-8	7-8	7-8	7-8	7-9
--Advanced Skills	--Pyramids involving Extended One Leg Stunts	--Non-Twisting Tosses Ex: Toe Touch Switch Kick Tuck Arch	--Series *BHS or --Jump/*BHS Combinations	--Round-off *BHS Back Tucks or --Round-off Tucks or --Running Punch Fronts	--Below Level Jumps	Minimal: Transitions, Level Changes Includes Variety of Movement, and Footwork and Floorwork Average Level of Execution Average Energy/Entertainment Value
8-9	8-9	8-9	8-9	8-9	8-9	
--Advanced Skills --Required Dismount: Single Twist from One Leg Stunt	--Pyramids involving extended One Leg Stunts and at least one 2 1/2 high Transition	--Single Twisting Tosses	--Back Tucks or --*BHS Back Tucks	--Layouts	--Level Jumps	
9-10	9-11	9-10	9-10	9-10	9-11	9-11
--Advanced Skills --Required Dismount: Double Twist from One Leg Stunt or --Elite Skills --Required Dismount: Single Twist from One Leg Stunt or --Extensions performed by a Single Base, Unassisted throughout entire sequence	--Pyramids involving extended One Leg Stunts and at least one Braced Flip Transition --Multiple Extended Structures	--Double skill Tosses including a Twist or --Double Twisting Tosses Ex: Kick Fulls Double fulls	--*BHS to a Layout position or --Jump/Tuck Combinations or --Jump/*BHS Back Tuck Combinations	--Single Full Twisting Skills	--Hyperextended, well executed Jumps	Multiple: Transitions, Level Changes Includes Variety of Movement, and Footwork and Floorwork Above Average Level of Execution High Energy/ Entertainment Value
10 -11		10 -11	10 -11	10 -11		
--Elite Skills --Required Dismount: Double Twist from One Leg Stunt or --Single Based, Extended Unassisted Stunt (excluding Extensions)		--Double Twisting Tosses with Specialty skills Ex: Kick Double Fulls Switch Kick Double Fulls Hitch Kick Double Fulls	--Standing Passes that include Full Twisting skills and/or Double Twisting Skills and --Jump/Tuck Combinations Ex: Standing Two to a Full Standing One to a Full Standing Full	--Single Full Twisting Skills and numerous Specialty Passes to a full twisting skill and numerous Double Full Twisting Skills		

For definitions of "Advanced" and "Elite" see the Sliding Criteria

*BHS - Back Handspring



NCA SLIDING CRITERIA



The following are examples of traits and qualities of the execution to help the judges determine skill placement within the point range.

Stunts Sliding Criteria

Degree of Difficulty
Level of Perfection
% of Team Participation
Strong Body Positions/Body Control
Minimal Use of Bases
Additional Skills

Pyramids Sliding Criteria

Degree of Difficulty
Level of Perfection
Creative/Difficult Dismounts
% of Team Participation
Minimal Use of Bases
Variety/Speed of Transitions
Unique Mounts and Transitions
Multiple Structures
Additional Skills

Tosses Sliding Criteria

Degree of Difficulty
Level of Perfection (technique and timing)
% of Team Participation
Height
Strong Body Positions
Minimal Use of Bases (lack of front spots)
Specialty Incorporation
Additional Skills
Other Unique Transitions
Synchronization of Skills

Standing Tumbling Sliding Criteria

Degree of Difficulty
Level of Perfection (technique, timing, landing)
% of Team Participation
Height of Skills
Form
Specialty Combinations/Creativity
Synchronization of Skills
Additional Skills

Running Tumbling Sliding Criteria

Degree of Difficulty
Level of Perfection (technique, timing, landing)
% of Team Participation
Height of Skills
Form
Specialty Combinations/Creativity
Synchronization of Skills
Additional Skills

Jumps Sliding Criteria

Hyper extended/Flexibility
Jump Combinations
Synchronization of Skills
Toe Point
Landings
Arm Placement
Chest Placement
Difficulty of Approaches
Additional Skills

Motions/Dance Sliding Criteria

Synchronization
Sharpness
Rhythm
Body Control
Placement
Visual Effect
Pace
Energy/Entertainment Value
Formations

*Advanced Stunting Skills include
(but are not limited to):*

Extended One Leg Stunts
Minor Releases that land at prep level or below
Minor Tick Tock variations
Inverted transitions to Prep Level and below
Walking stunts/Turning stunts
1/2 or Single Twisting Transitions
Power Presses
Other unique Mounts and Transitions of similar difficulty level

*Elite Stunting Skills include
(but are not limited to):*

Full Up to Extended Position
Major Releases that land in an Extended Position
Major Tick Tock variations
Inverted Transitions to an extended position
1 1/2 - 2 Twisting Transitions
Toss Extended stunts
Other unique Mounts and Transitions of similar difficulty level

Basic Jumps include:

Spread Eagle
Double Hook
Tuck
Herkie
Side Hurdler