

2024 – 2025 NCA COLLEGE SCORING GUIDELINES – ADVANCED LARGE COED

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team unless otherwise noted. Skills performed by less than a majority of the team will be awarded scores in a lower range.

| STUNTS | PYRAMIDS | TOSSES | STANDING TUMBLING | RUNNING TUMBLING |
|---|---|--|--|--|
| 1.0-2.0 | 1.0-3.0 | 1.0-3.0 | 1.0-3.0 | 1.0-3.0 |
| Intermediate and Advanced Group and Coed Stunt Skills (SEE PROGRESSION CHART FOR QUALIFYING SKILLS) | Advanced Pyramid Skills Two High pyramids incorporating multiple 2-1/2 high transitions and multiple inverting & twisting & unique mounts and dismounts | Non-Flipping Tosses with Double Twisting Skills Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills | Intermediate Standing Tumbling Standing tumbling connected to back handspring(s) | Intermediate Running Tumbling Round-off back handspring(s), etc. |
| 2.0-3.0 | 3.0-4.5 | 3.0-4.0 | 3.0-4.0 | 3.0-4.0 |
| Advanced Group stunts or Advanced Coed Skills PLUS required ADVANCED dismount connected to a required skill (SEE PROGRESSION CHART FOR QUALIFYING SKILLS) | Elite Pyramid Skills Pyramids containing single or multiple structures incorporating a top person at 2-1/2 high level or multiple 2-1/2 people with minimal inverting & twisting & unique mounts & dismounts | Flipping Tosses Back tucks, layouts, pike open, front flipping toss | Advanced Standing Tumbling Standing tumbling connected to back tucks | Advanced Running Tumbling Round off back handspring tucks, etc. |
| 3.0-4.5 | 4.5-6.0 | 4.0-4.5 | 4.0-4.5 | 4.0-4.5 |
| Elite Group Stunts or Elite Coed Skills that do not meet the higher range requirements. (SEE PROGRESSION CHART FOR QUALIFYING SKILLS) | Multiple Elite Pyramid Transitions and Structures by 2 or More people at 2-1/2 High that includes: Numerous CONNECTED inverting and twisting and unique entries to the top of the pyramid AND numerous inverting and twisting and unique dismounts | Two Position Flipping Tosses Tuck X-out, Tuck split, layout split, kick layout straddle, pike open straddle, pike open split, layout full twist | Elite Standing Tumbling Standing tumbling connected to layouts and/or full Synchronized standing tumbling connected to layouts | Elite Running Tumbling Round-off back handspring layouts, full twists, or passes consisting of full twists or more. |
| 4.5-6.0 | 6.0-7.5 | 4.5-5.0 | 4.5-5.0 | 4.5-5.0 |
| Majority Unassisted Elite Coed Skills in a Single Section performed to a liberty variation/awesome PLUS required ELITE dismount connected to the required skill (SEE PROGRESSION CHART FOR QUALIFYING SKILL) | Multiple Elite Pyramid Transitions and Structures by 2 or more people at 2-1/2 High that includes: Numerous RELEASED inverting and twisting and unique entries to the top of the pyramid AND numerous inverting and twisting and unique dismounts | Flipping Tosses with a Single Twist and Double Twisting Toss Full Twisting Layout, Layout straddle full, layout split/kick full, tuck x-out full, tuck split/kick full, double full twisting layout | Majority Synchronized Elite Standing Tumbling Synchronized standing tumbling connected to a full | Majority Synchronized Elite Running Tumbling Synchronized running tumbling connected to full. |

6.0-7.5
Most Unassisted Elite Coed Skills in a Single Section performed to a liberty variation/awesome PLUS required ELITE dismount connected to the required skill
(SEE PROGRESSION CHART FOR QUALIFYING SKILL)
***ALL SKILLS PERFORMED IN SINGLE SECTION MUST BE UNASSISTED**

“Unassisted” is defined as the stunt being supported by only one base the majority of time the stunt is sustained overhead in one position. In addition, the base must provide primary support throughout the entire transition (i.e., a group stunt may not throw a top person to a single base and receive unassisted credit)

For the 6.0-7.5 Stunt range ALL skills performed in one section MUST be UNASSISTED or the score will drop to the 4.5-6.0 range or lower. This includes any skills performed above majority or most requirement. Once within a range, COED divisions are first driven by Unassisted COED skills, degree of difficulty, Immediate single arm or leg skills, number of stunts, number of bases, variety of skills, pace of skills.

Pyramid Clarification- In pyramids where multiple top persons maneuver to the top of a 2-1/2 high pyramid would only count as one inverting/twisting unique transition.

See Stunt Progressions for list of Novice, Intermediate, Advanced and Elite Skills

| JUMPS |
|--|
| 4.0 Single Jumps |
| 4.5 Double Jump Combinations |
| 5.0 Triple Jumps or Double Jumps plus a Single Jump, MUST include variety |

* STANDING & RUNNING TUMBLING: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.

2024 – 2025 NCA COLLEGE SCORING GUIDELINES – ADVANCED SMALL COED

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team unless otherwise noted. Skills performed by less than a majority of the team will be awarded scores in a lower range.

| STUNTS | PYRAMIDS | TOSSES | STANDING TUMBLING | RUNNING TUMBLING |
|--|--|---|--|--|
| 1.0-3.0 | 1.0-3.0 | 1.0-3.0 | 1.0-3.0 | 1.0-3.0 |
| Intermediate and Advanced Group and Coed Stunt Skills (SEE PROGRESSION CHART FOR QUALIFYING SKILLS) | Advanced Pyramid Skills Two High pyramids incorporating multiple 2-1/2 high transitions and multiple inverting & twisting & unique mounts and dismounts | Non-Flipping Tosses with single full twisting skills Toss single full twists, kick single full twists, etc. Note: a ¼ positioning move is allowed in twisting skills | Intermediate Standing Tumbling Standing tumbling connected to back handspring(s) | Intermediate Running Tumbling Round-off back handspring(s), etc. |
| 3.0-4.5 | 3.0-4.5 | 3.0-4.0 | 3.0-4.0 | 3.0-4.0 |
| Advanced Group stunts or Advanced Coed Skills PLUS required ADVANCED dismount connected to a required skill. (SEE PROGRESSION CHART FOR QUALIFYING SKILLS) | Elite Pyramid Skills Pyramids containing single or multiple structures incorporating a top person at 2-1/2 high level or multiple 2-1/2 people with minimal inverting & twisting & unique mounts & dismounts | Non-Flipping Tosses with double full twisting skills Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills | Advanced Standing Tumbling Standing tumbling connected to back tucks | Advanced Running Tumbling Round off back handspring tucks, etc. |
| 4.5-6.0 | 4.5-6.0 | 4.0-4.5 | 4.0-4.5 | 4.0-4.5 |
| Elite Group Stunts or Elite Coed Skills that do not meet the higher range requirements. (SEE PROGRESSION CHART FOR QUALIFYING SKILLS) | Multiple Elite Pyramid Transitions and Structures by 2 or More people at 2-1/2 High that includes: Numerous CONNECTED inverting and twisting and unique entries to the top of the pyramid AND numerous inverting and twisting and unique dismounts. | Flipping Tosses Back tucks, layouts, pike open, front flipping toss | Elite Standing Tumbling Standing tumbling connected to layouts and/or full Synchronized standing tumbling connected to layouts | Elite Running Tumbling Round-off back handspring layouts, full twists, or passes consisting of full twists or more. |
| 6.0-7.5 | 6.0-7.5 | 4.5-5.0 | 4.5-5.0 | 4.5-5.0 |
| Majority Unassisted Elite Coed Skills in a Single Section performed to a liberty variation/awesome PLUS required ELITE dismount connected to the required skill (SEE PROGRESSION CHART FOR QUALIFYING SKILLS) | Multiple Elite Pyramid Transitions and Structures by 2 or more people at 2-1/2 High that includes: Numerous RELEASED inverting and twisting and unique entries to the top of the pyramid AND numerous inverting and twisting and unique dismount | Two Position Flipping Tosses Tuck X-out, Tuck split, layout split, kick layout straddle, pike open straddle, pike open split, layout full twist. PLUS at least one additional toss from the following list: Layout straddle full, split/kick full, tuck x-out full, tuck, split/kick full, double full twisting layout. | Majority Synchronized Elite Standing Tumbling Synchronized standing tumbling connected to a full | Majority Synchronized Elite Running Tumbling Synchronized running tumbling connected to full. |

“Unassisted” is defined as the stunt being supported by only one base the majority of time the stunt is sustained overhead in one position. In addition, the base must provide primary support throughout the entire transition (i.e., a group stunt may not throw a top person to a single base and receive unassisted credit)

For the 6.0-7.5 Stunt range teams **MUST demonstrate MAJORITY UNASSISTED coed skills performed in one section** using the majority chart. Other assisted or group stunts may also be performed in this single section to showcase athlete participation. If less than MAJORITY is performed UNASSISTED, the score will remain in the 4.5-6.0 range. Once within a range, COED divisions are first driven by Unassisted COED skills, degree of difficulty, immediate single arm or leg skills, number of stunts, number of bases, variety of skills, pace of skills.

Pyramid Clarification- In pyramids where multiple top persons maneuver to the top of a 2-1/2 high pyramid would only count as one inverting/twisting unique transition.

See Stunt Progressions for list of Novice, Intermediate, Advanced and Elite Skills

| JUMPS |
|---|
| 4.0 |
| Single Jumps |
| 4.5 |
| Double Jump Combinations |
| 5.0 |
| Triple Jumps or Double Jumps plus a Single Jump, MUST include variety |

* STANDING & RUNNING TUMBLING: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.

2024 – 2025 NCA COLLEGE SCORING GUIDELINES – ADVANCED ALL GIRL

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team unless otherwise noted. Skills performed by less than a majority of the team will be awarded scores in a lower range.

| STUNTS | PYRAMIDS | TOSSES | STANDING TUMBLING | RUNNING TUMBLING |
|--|--|--|---|---|
| 1.0-3.0 | 1.0-3.0 | 1.0-3.0 | 1.0-3.0 | 1.0-3.0 |
| Advanced Group Stunts performed with advanced or elite dismounts. | Advanced Pyramid Skills Two High pyramids incorporating multiple 2-1/2 high transitions and multiple inverting & twisting & unique mounts and dismounts | Non-Flipping Tosses with single full twisting skills Toss single full twists, kick single full twists, etc. Note: a ¼ positioning move is allowed in twisting skills | Intermediate Standing Tumbling Standing tumbling connected to back handspring(s) | Intermediate Running Tumbling Round-off back handspring(s), etc. |
| 3.0-4.5 | 3.0-4.5 | 3.0-4.0 | 3.0-4.0 | 3.0-4.0 |
| Advanced Group Stunts connected to an elite dismount performed by MAJORITY in a single section. | Elite Pyramid Skills Pyramids containing single or multiple structures incorporating a top person at 2-1/2 high level or multiple 2-1/2 people with minimal inverting & twisting & unique mounts & dismounts | Non-Flipping Tosses with double full twisting skills Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills. | Advanced Standing Tumbling Standing tumbling connected to back tucks | Advanced Running Tumbling Round off back handspring tucks, etc. |
| 4.5-6.0 | 4.5-6.0 | 4.0-4.5 | 4.0-4.5 | 4.0-4.5 |
| Elite Group stunts or COED style single based variations of inverting/releasing and spinning skills to extended positions. Required Dismount: Elite Dismount connected to the above skill. | Multiple Elite Pyramid Transitions and Structures by 2 or More people at 2-1/2 High that includes: Numerous CONNECTED inverting and twisting and unique entries to the top of the pyramid AND numerous inverting and twisting and unique dismounts | Flipping Tosses Back tucks, layouts, pike open, front flipping toss | Elite Standing Tumbling Standing tumbling connected to layouts and/or full Synchronized standing tumbling connected to layouts | Elite Running Tumbling Round-off back handspring layouts, full twists, or passes consisting of full twists or more. |
| 6.0-7.5 | 6.0-7.5 | 4.5-5.0 | 4.5-5.0 | 4.5-5.0 |
| Elite Group stunts to an extended liberty variation or COED style single based variations of inverting/releasing and spinning skills to extended liberty variations/awesome. Required Dismount: Elite Dismount connected to the above skill. At least one required stunt connected to the required dismount must be performed by a MAJORITY in a single section. | Multiple Elite Pyramid Transitions and Structures by 2 or more people at 2-1/2 High that includes: Numerous RELEASED inverting and twisting and unique entries to the top of the pyramid AND numerous inverting and twisting and unique dismounts. | Two Position Flipping Tosses Tuck X-out, Tuck split, layout split, kick layout straddle, pike open straddle, pike open split, layout full twist | Majority Synchronized Elite Standing Tumbling Synchronized standing tumbling connected to a full | Majority Synchronized Elite Running Tumbling Synchronized running tumbling connected to full. |

For the 6.0-7.5 Stunt range ALL skills performed in one section MUST be an elite skill with the connected required dismount performed by MAJORITY as stated in the guidelines

Pyramid Clarification- In pyramids where multiple top persons maneuver to the top of a 2-1/2 high pyramid would only count as one inverting/twisting unique transition.

Unless otherwise stated, group stunts are considered a group with 3 bases (including the spotter) for a total of 4 participants. Adding a 4th base does decrease the skills value to a lower scoring range.

See Stunt Progressions for list of Novice, Intermediate, Advanced and Elite Skills

| JUMPS |
|---|
| 4.0 |
| Single Jumps |
| 4.5 |
| Double Jump Combinations |
| 5.0 |
| Triple Jumps or Double Jumps plus a Single Jump, MUST include variety |

* STANDING & RUNNING TUMBLING: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.

2024 – 2025 NCA COLLEGE SCORING GUIDELINES – INTERMEDIATE LARGE COED

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team unless otherwise noted. Skills performed by less than a majority of the team will be awarded scores in a lower range.

| STUNTS | PYRAMIDS | TOSSES | STANDING TUMBLING | RUNNING TUMBLING | | | | | | | | |
|--|--|---|---|---|-------|--|------------|--------------|------------|--------------------------|------------|---|
| 1.0-2.0 Novice Stunt Skills Shoulder stands, extensions, chair sits, etc. | 1.0-2.0 Novice Pyramid Skills 2 high, non-transitional | 1.0-3.0 Non flipping tosses Toe touch, tuck arch, bottle rocket, etc. | 1.0-3.0 Novice Standing Tumbling Back rolls, forward rolls, back walkovers, front walkovers, etc. | 1.0-3.0 Novice Running Tumbling Round-offs, cartwheels, etc. | | | | | | | | |
| 2.0-3.0 Intermediate Stunt Skills (SEE PROGRESSION CHART FOR QUALIFYING SKILLS) | 2.0-3.0 Intermediate Pyramid Skills 2 high pyramids incorporating minimal to no 2 ½ high transitions and includes minimal incorporation of braced inverting and twisting and unique mounts and dismounts | 3.0-4.0 Non-Flipping tosses with single twisting skills Toss full twists, kick full twists, etc. | 3.0-4.0 Intermediate Standing Tumbling Standing back handspring(s) jump back handspring etc. | 3.0-4.0 Intermediate Running Tumbling Round-off back handspring (s), etc. | | | | | | | | |
| 3.0-4.0 Group Stunts and Assisted Advanced Coed Skills or other skills that do not meet the higher range requirements (SEE PROGRESSION CHART FOR QUALIFYING SKILLS) | 3.0-4.0 Advanced Pyramid Skills 2 high pyramids incorporating MULTIPLE 2 ½ high transitions and MULTIPLE inverting and twisting and unique mounts and dismounts <i>Skills must EXECUTE through 2 ½ high to be considered 2 ½ high</i> | 4.0-4.5 Non-Flipping Tosses with double full twisting skills Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills | 4.0-5.0 Advanced Standing Tumbling (synchronized by Majority) Standing back handspring(s), jump back handspring etc. synchronized by majority. | 4.0-4.5 Advanced Running Tumbling Round-off (back handspring) tucks, layouts etc. | | | | | | | | |
| | | | | 4.5-5.0 Advanced Running Tumbling synchronized by Majority Round-off (back handspring) tucks, layouts etc. | | | | | | | | |
| 4.0-5.0 Majority Unassisted Advanced Coed Skills in a Single Section performed to a liberty variation/awesome PLUS required Advanced dismount connected to the required skill *ALL SKILLS PERFORMED IN ONE SECTION MUST BE UNASSISTED COED SKILLS | 4.0-5.0 Advanced Pyramid Skills 2 high pyramids incorporating MULTIPLE 2 ½ high transitions and MULTIPLE inverting and twisting and unique mounts and dismounts. MUST include use of coed style skills <i>Skills must EXECUTE through 2 ½ high to be considered 2 ½ high</i> | 4.5-5.0 Majority Non-Flipping Tosses with double full twisting skills in same section Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills | <table border="1"> <thead> <tr> <th colspan="2">JUMPS</th> </tr> </thead> <tbody> <tr> <td>4.0</td> <td>Single Jumps</td> </tr> <tr> <td>4.5</td> <td>Double Jump Combinations</td> </tr> <tr> <td>5.0</td> <td>Triple Jumps or Double Jumps plus a Single Jump, MUST include variety</td> </tr> </tbody> </table> | | JUMPS | | 4.0 | Single Jumps | 4.5 | Double Jump Combinations | 5.0 | Triple Jumps or Double Jumps plus a Single Jump, MUST include variety |
| JUMPS | | | | | | | | | | | | |
| 4.0 | Single Jumps | | | | | | | | | | | |
| 4.5 | Double Jump Combinations | | | | | | | | | | | |
| 5.0 | Triple Jumps or Double Jumps plus a Single Jump, MUST include variety | | | | | | | | | | | |

“Unassisted” is defined as the stunt being supported by only one base the majority of time the stunt is sustained overhead in one position. In addition, the base must provide primary support throughout the entire transition (i.e., a group stunt may not throw a top person to a single base and receive unassisted credit)

For the 4.0-5.0 Stunt range ALL skills performed in one section MUST be UNASSISTED or the score will drop to the 3.0-4.0 range. This includes any skills performed above majority requirement. Once within a range, COED divisions are first driven by Unassisted COED skills, degree of difficulty, Immediate single arm or leg skills, number of stunts/number of bases, variety of skills, pace of skills.

* STANDING & RUNNING TUMBLING: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.

See INTERMEDIATE Stunt Progressions for list of Novice, Intermediate, Advanced ALL GIRL AND COED skills.

Pyramid Clarification- For a skill to be considered coed style for the range requirement, it must be a transition used for the range requirement. Basic load ins for the purpose of bracing will not be considered

Intermediate Rules

Teams Competing in the Intermediate Division must also adhere to USAcheer.org College Safety Rules in addition to the complete Intermediate Restrictions located in the NCA College Rulebook!

2024 – 2025 NCA COLLEGE SCORING GUIDELINES – INTERMEDIATE ALL GIRL

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team unless otherwise noted. Skills performed by less than a majority of the team will be awarded scores in a lower range.

| STUNTS | PYRAMIDS | TOSSES | STANDING TUMBLING | RUNNING TUMBLING |
|--|--|--|---|---|
| 1.0-3.0 | 1.0-3.0 | 1.0-3.0 | 1.0-3.0 | 1.0-3.0 |
| Novice Stunt Skills (SEE STUNT PROGRESSIONS FOR LIST OF SKILLS) | Novice Pyramid Skills 2 high, non-transitional | Non flipping tosses Toe touch, tuck arch, bottle rocket, etc. | Novice Standing Tumbling Back rolls, forward rolls, back walkovers, front walkovers, etc. | Novice Running Tumbling Round-offs, cartwheels, etc. |
| 3.0-4.0 | 3.0-4.0 | 3.0-4.0 | 3.0-4.0 | 3.0-4.0 |
| Intermediate Stunt Skills incorporating a variety of inverting, twisting and unique mounts, dismounts and transitions. (SEE STUNT PROGRESSIONS FOR LIST OF SKILLS) | Intermediate Pyramid Skills 2 high pyramids incorporating minimal to no 2 ½ high transitions and includes minimal incorporation of braced inverting and twisting and unique mounts and dismounts | Non-Flipping tosses with single twisting skills Toss full twists, kick full twists, etc. | Intermediate Standing Tumbling Standing back handspring(s) jump back handspring etc. | Intermediate Running Tumbling Round-off back handspring (s), etc. |
| 4.0-5.0 | 4.0-5.0 | 4.0-4.5 | 4.0-5.0 | 4.0-4.5 |
| Advanced Stunt Skills incorporating a variety of multiple inverting, twisting, unique mounts, dismounts and other advanced level transitions. (SEE STUNT PROGRESSIONS FOR LIST OF SKILLS) | Advanced Pyramid Skills 2 high pyramids incorporating MULTIPLE 2 ½ high transitions and MULTIPLE inverting and twisting and unique mounts and dismounts. <i>Skills must EXECUTE through 2 ½ high to be considered 2 ½ high</i> | Non-Flipping Tosses with double full twisting skills Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills | Advanced Standing Tumbling (synchronized by Majority) Standing back handspring(s), jump back handspring etc. synchronized by majority. | Advanced Running Tumbling Round-off (back handspring) tucks, layouts etc. |
| | | 4.5-5.0 Majority Non-Flipping Tosses with double full twisting skills in same section Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills | | 4.5-5.0 Advanced Running Tumbling synchronized by Majority Round-off (back handspring) tucks, layouts etc. |

Stunt groups are defined as groups of FOUR with three bases (including the back spot) and a top person. Those utilizing more than three bases will be rewarded in a lower range for the corresponding skill. Those utilizing less bases can garner reward in a higher range for the corresponding skill.

Pyramid difficulty can vary based on the number of bracers or the timing in which a skill becomes braced ensuring skills meet the requirements/rules of the Intermediate division.

See our Intermediate Skill Progressions for a breakdown of skills for the Intermediate division.

Intermediate Rules

Teams Competing in the Intermediate Division must also adhere to USAcheer.org College Safety Rules in addition to the complete Intermediate Restrictions located in the NCA College Rulebook!

| |
|---|
| JUMPS |
| 4.0 |
| Single Jumps |
| 4.5 |
| Double Jump Combinations |
| 5.0 |
| Triple Jumps or Double Jumps plus a Single Jump, MUST include variety |

* STANDING TUMBLING and RUNNING TUMBLING: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.

2024 – 2025 NCA COLLEGE SCORING GUIDELINES – INTERMEDIATE SMALL COED

NCA College judges will award scores based on the point ranges below when skills are performed by a majority of the team unless otherwise noted. Skills performed by less than a majority of the team will be awarded scores in a lower range.

| STUNTS | PYRAMIDS | TOSSES | STANDING TUMBLING | RUNNING TUMBLING | | | | |
|---|--|---|--|---|-------|----------------------------|--|---|
| 1.0-2.0 Novice Stunt Skills Shoulder stands, extensions, chair sits, etc. | 1.0-2.0 Novice Pyramid Skills 2 high, non-transitional | 1.0-3.0 Non flipping tosses Toe touch, tuck arch, bottle rocket, etc. | 1.0-3.0 Novice Standing Tumbling Back rolls, forward rolls, back walkovers, front walkovers, etc. | 1.0-3.0 Novice Running Tumbling Round-offs, cartwheels, etc. | | | | |
| 2.0-3.0 Intermediate Stunt Skills (SEE PROGRESSION CHART FOR QUALIFYING SKILLS) | 2.0-3.0 Intermediate Pyramid Skills 2 high pyramids incorporating minimal to no 2 ½ high transitions and includes minimal incorporation of braced inverting and twisting and unique mounts and dismounts | 3.0-4.0 Non-Flipping tosses with single twisting skills Toss full twists, kick full twists, etc. | 3.0-4.0 Intermediate Standing Tumbling Standing back handspring(s) jump back handspring etc. | 3.0-4.0 Intermediate Running Tumbling Round-off back handspring (s), etc. | | | | |
| 3.0-4.0 Group Stunts and Assisted Advanced Coed Skills or other skills that do not meet the higher range requirements (SEE PROGRESSION CHART FOR QUALIFYING SKILLS) | 3.0-4.0 Advanced Pyramid Skills 2 high pyramids incorporating MULTIPLE 2 ½ high transitions and MULTIPLE inverting and twisting and unique mounts and dismounts <i>Skills must EXECUTE through 2 ½ high to be considered 2 ½ high</i> | 4.0-4.5 Non-Flipping Tosses with double full twisting skills Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills | 4.0-5.0 Advanced Standing Tumbling (synchronized by Majority) Standing back handspring(s), jump back handspring etc. synchronized by majority. | 4.0-4.5 Advanced Running Tumbling Round-off (back handspring) tucks, layouts etc. | | | | |
| | | | | 4.5-5.0 Advanced Running Tumbling synchronized by Majority Round-off (back handspring) tucks, layouts etc. | | | | |
| 4.0-5.0 Majority Unassisted Advanced Coed Skills in a Single Section performed to a liberty variation/awesome PLUS required Advanced dismount connected to the required skill | 4.0-5.0 Advanced Pyramid Skills 2 high pyramids incorporating MULTIPLE 2 ½ high transitions and MULTIPLE inverting and twisting and unique mounts and dismounts. MUST include use of coed style skills <i>Skills must EXECUTE through 2 ½ high to be considered 2 ½ high</i> | 4.5-5.0 Majority Non-Flipping Tosses with double full twisting skills in same section Toss double full twists, kick double full twists, etc. Note: a ¼ positioning move is allowed in twisting skills | <table border="1"> <thead> <tr> <th>JUMPS</th> </tr> </thead> <tbody> <tr> <td>4.0 Single Jumps</td> </tr> <tr> <td>4.5 Double Jump Combinations</td> </tr> <tr> <td>5.0 Triple Jumps or Double Jumps plus a Single Jump, MUST include variety</td> </tr> </tbody> </table> | | JUMPS | 4.0 Single Jumps | 4.5 Double Jump Combinations | 5.0 Triple Jumps or Double Jumps plus a Single Jump, MUST include variety |
| JUMPS | | | | | | | | |
| 4.0 Single Jumps | | | | | | | | |
| 4.5 Double Jump Combinations | | | | | | | | |
| 5.0 Triple Jumps or Double Jumps plus a Single Jump, MUST include variety | | | | | | | | |
| | | | | | | | | |

“Unassisted” is defined as the stunt being supported by only one base the majority of time the stunt is sustained overhead in one position. In addition, the base must provide primary support throughout the entire transition (i.e., a group stunt may not throw a top person to a single base and receive unassisted credit)

For the 4.0-5.0 Teams must demonstrate MAJORITY UNASSISTED Coed style skills performed in ONE section using the MAJORITY chart. Other assisted coed or group stunts may also be performed in this single section to showcase athlete participation. If less than a majority is performed unassisted, the score will remain in the 3.0-4.0 scoring range. Once within a range, COED divisions are first driven by Unassisted COED skills, degree of difficulty, Immediate single arm or leg skills, number of stunts/number of bases, variety of skills, pace of skills.

* STANDING & RUNNING TUMBLING: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time.

See INTERMEDIATE Stunt Progressions for list of Novice, Intermediate, Advanced ALL GIRL AND COED skills.

Pyramid Clarification- For a skill to be considered coed style for the range requirement, it must be a transition used for the range requirement. Basic load ins for the purpose of bracing will not be considered

Intermediate Rules

Teams Competing in the Intermediate Division must also adhere to USAcheer.org College Safety Rules in addition to the complete Intermediate Restrictions located in the NCA College Rulebook!