

NCP Cheerleading Competition Level Of Difficulty Point Scale

Note: All technical skills must be legal for the division. Scores are subjective and depend on judges opinion of the performance.

<u>Tumbling</u>	<u>Jumps</u>	<u>Stunts</u>	<u>Pyramids</u>
<p>1/2 -Novice skill tumbling (cartwheel, round off, rolls, walk overs) skills completed clean, organized with good body control and execution. **Majority of team required for 2 points.</p>	<p>1/2 -single jumps basic or advanced demonstrating good control, form and landing. **Majority of team required for 2 points.</p>	<p>1/2 Basic-1 and 2 leg stunts performed at prep level or lower or one leg extensions, stradle sit, show n go, any creative transition, dismounts. **Majority of team required for 2 points.</p>	<p>1/2 -1 and 2 leg connecting stunts performed at prep level or poor execution of extended stunts. Pyramids may be shaky with bobbles, flyer has poor body control. Dismounts may be uncontrolled or dismount early. Pyramid may lack combinations or transition. **Majority of team required for 2 points.</p>
<p>3/4 -Intermediate skill tumbling (Back Hand Spring or BHS with novice combination, aerials, front hand spring)skills completed clean, organized with good body control and execution. **Majority of team required for 4 points.</p>	<p>3/4 -Double Basic or Advanced consecutive jump combination demonstrating good control, form and landing. **Majority of the team required for 4 points.</p>	<p>3/4 Non Majority: -Extended 1-2 leg intermediate and advanced stunts may include unique load in and dismounts. May not be majority of the team or may have some loss of control or bobbles. Flyer should show good body control, safe dismounts and few to no falls or early dismounts for full 4 points.</p>	<p>3/4 Non Majority:Extended 1-2 leg intermediate and advanced connected stunts may include unique load in and dismounts. May not be majority of the team or may have some loss of control or bobbles. Flyer should show good body control, safe dismounts and few to no falls or early dismounts for full 4 points. Transitions and combinations are controlled and successful.</p>

<p>5/6 -Advanced skill tumbling (punch front, tucks, layouts, fulls, BHS with advanced and other combinations) skills completed clean, organized with good body control and execution. **Majority of team required for 6 points.</p>	<p>5/6 -Triple or Quad Advanced consecutive jump combination demonstrating good control, form and landing. **Majority of the team required for 6 points.</p>	<p>5/6 Majority: -Extended 1-2 leg intermediate and advanced stunts may include unique load in and dismounts.-Must be Majority of the team. Flyer has excellent body control with minor to no bobbles and no falls.</p>	<p>5/6 Majority -Extended 1-2 leg intermediate and advanced connected stunts may include unique load in and dismounts.- Must be Majority of the team. Flyer has excellent body control with minor to no bobbles and no falls. Transitions and combinations are controlled and successful.</p>
<p>NOTES: Tumbling Execution Areas: Approach, Height, Landing, Body Positioning, Synchronization, Control, Skill Completion. **Majority 50% plus 1.</p>	<p>NOTES: Jump Execution Areas: Approach, Height, Landing, Toe Point, Timing, Positioning of Chest, Lifting of Legs, Arm Placement, Flexibility</p>	<p>NOTES: Stunts & Pyramids Execution Areas: Form, Variety, Incorporation, Flexibility, Building, Transitions, Inversions/Releases, Dismounts, Synchronization</p>	<p>NOTES: Stunts & Pyramids Execution Areas: Form, Variety, Incorporation, Flexibility, Building, Transitions, Inversions/Releases, Dismounts, Synchronization</p>