



2025-2026 NAIA SCORING GUIDELINE

NAIA 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	1.0-2.0	1.0-2.0	1.0-2.0	1.0-2.0
Skills performed do not meet the below skill range requirements	Skills performed do not meet the below skill range requirements	Skills performed do not meet the below skill range requirements	Skills performed do not meet the below skill range requirements	Skills performed do not meet the below skill range requirements
2.0-3.0	2.0-3.0	2.0-3.0	2.0-3.0	2.0-3.0
Advanced Group Stunts, single based stunts or coed style 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, single based stunts or coed style 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/single based variations of inverting/releasing and spinning skills to extended positions. FOR COED TEAMS Elite Group stunts and/or Assisted Elite Coed skills to single leg variations OR Unassisted Elite Coed skills to extended position. Required Dismount: Elite Dismount connected to one of the above skill performed in the same section.	Multiple Elite Pyramid Transitions and Structures by 2 or More people at 2-1/2 High simultaneously that includes: Numerous CONNECTED inverting, twisting, and/or unique entries to the top of the pyramid AND numerous inverting, twisting and/or unique dismounts. Mounts AND Dismounts must include variety	Flipping Tosses Back tucks, layouts, pike open, front flipping toss	Elite Standing Tumbling Standing tumbling connected to layouts and/or full including 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/single based variations of inverting/releasing and spinning skills to extended liberty variations/awesome. For COED TEAMS- Elite unassisted coed skill to liberty variation/awesome. Required Dismount: Elite Dismount connected to the above skill. At least one required stunt to extended liberty variation 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 simultaneously that includes: Numerous RELEASED inverting, twisting, and/or unique entries to the top of the pyramid AND numerous inverting, twisting and/or unique dismounts. Mounts AND dismounts must include variety.	Two Position Flipping Tosses Tuck X-out, Tuck split, layout split, kick layout straddle, pike open straddle, pike open split, layout full twist. COED TEAMS: Must throw 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.

*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, the transition would only count as one inverting/twisting unique transition.

*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.

*For a skill to be considered unassisted it must receive primary support from a single base the majority of the time and must not be assisted in the toss of the stunt, to elevate the stunt or to stabilize the stunt.

*STANDING AND RUNNING TUMBLING: Synchronized is defined as originating together OR it involves the qualifying skill element occurring at the same time. Example- Round off BHS Fulls originating in sync OR Round off fulls and round off BHS fulls where the fulls execute at the same time (rotate together)

JUMPS

4.0

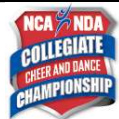
Single Jumps

4.5

Double Jump Combinations

5.0

Triple Jump or Double Jump plus a single Jump, **MUST** include variety



2025-2026 Advanced COED Level Appropriate skills & Majority/Most Chart

The below progressions are intended to be a guide to accompany the NCA College Scoring Guidelines. Skills listed in each category are Unassisted Coed unless otherwise stated. Any modification to the stunt group could impact the difficulty of a skill. Other factors include where a skill is caught, how a skill is caught and body positions. **Disclaimer: NCA reserves the right to make all final rules and scoring**

	INTERMEDIATE	ADVANCED	ELITE
INVERSION STYLE COED SKILLS	Connected ground inversion to extended Ground inversion released to prep Prep level released inversion to prep Hand in hand inversions released to prep level Prep level released inversion to extended	Connected full twisting prep level inversion to prep or extended (pirouette) Ground inversion released to hand in hand Released ground up inversion to extended (RO, BHS, FHS, Cartwheel) Released ground up inversion to extended skill with ¼- ¾ twist Prep level hand in hand release to extended	Released ground up inversion to extended stunt with full twist FHS 1.5 Extended hand in hand release to extended Hand in hand release with 1/2 -full twist Diamidov to extended Aerial 1.5 Handski BHS double up
TWISTING STYLE COED SKILLS	Walk- In To extended Full up to prep level ¾ to arabesque Walk- In to 1 arm extended Full up to extended Hands full around to extended	Full up to extended single leg Full up to 1 arm extended Hands full around to extended single leg	1.5 up to extended Prep level 1.5 to extended Prep double to extended Double up to extended
RELEASE STYLE COED SKILLS	Toss to extension Toss to prep press to 1-arm extended Low to high release to extended Twist Release to below prep level skill	High to high released skills Pop over Toss one arm extended Twist release to prep level Twisting tic toc to skill (low to high) Toss/prep level stunt release to prep level invert (half tart)	Rewind High to high full twist release skills Toss to Extended Invert (Pop Tart) Fast forward/front to stunt 1 Arm rewind Side sumi Stunt flip to stunt (Shotgun) Twisting rewinds
COED DISMOUNTS		Full twisting dismount (released) to ground or cradle Front flip to cradle Back ¾ to prone	Double twisting dismount (released) to cradle Back flip to cradle Front flip full twist to cradle Back ¾ flip with half/full twist Back flip full twisting dismount

#Athletes	Group Stunt	Pyramid	Toss	Coed Style		Tumbling
				MAJ	MOST	
10-11	2	2	2	2	3	6
12-13	2	2	2	3	3	7
14	2	2	2	3	4	8
15	3	3	2	3	4	8
16	3	3	2	3	4	9
17	3	3	2	3	5	9
18	3	3	2	4	5	10
19	3	3	3	4	5	10
20	3	3	3	4	5	11

*Disclaimer: NCA reserves the right to make all final rules and scoring decisions

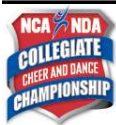
Using this chart, the numbers listed specify majority/most assuming groups are used as defined below. Any deviation from the traditional number of athletes involved would CHANGE the total number of groups needed for Group Stunt, pyramids, tosses, or COED style skills. Keep in mind these numbers only list the minimum required to get INTO a range. Other factors such as difficulty of skill and team participation can affect your score once within a range.

GROUP STUNT- A traditional group of 4 athletes

Toss- A traditional group of 4 athletes PLUS a front spotter

COED STYLE- A group of 3 athletes (assisted or unassisted) using a COED entry (TOSS or WALK- IN)

SINGLE BASE- Group Stunts performed as a group 3 not using a COED entry



2025-2026 Advanced GROUP STUNT Level Appropriate skills/ Majority/Most Chart

The below progressions are intended to be a guide to accompany the NCA College Scoring Guidelines. Skills listed in each category are based on group stunts unless otherwise stated. Any modification to the stunt group could impact the difficulty of a skill. Other factors include where a skill is caught, how a skill is caught and body positions. **Disclaimer: NCA reserves the right to make all final rules and scoring**

	INTERMEDIATE	ADVANCED	ELITE
INVERSION STYLE SKILLS	Released inversion to prep level Connected ground inversion to extended Prep level released inversion to extended	Connected ground up inversion with modified twisting skill to prep or extended Released inversions with ¼ - ½ twist to prep level single leg skill Creative hand in hand inversions released to prep level (EX. Diamidov) Connected ground up inversion with 1 full twist or 1¼ twist Ground inversion release to prep level hand in hand Released ground up inversion to extended Released ground up inversion to extended skill with ¼- ¾ twist Prep level hand in hand inversion released to extended	Released ground up inversion to extended skill with full twist Prep level released Inversion with ½-1 full twist to extended Extended hand in hand released to extended FHS 1.5 Hand in hand Inversion release full twist Aerial 1.5 BHS double up
TWISTING STYLE SKILLS	Modified full twisting stunt to single leg Full twisting to extended Full twisting to extended single leg Hands full around to prep	Hands full around to extended 1-1/4 twisting to extended 1-1/4 twisting to extended single leg skill Full up single based to extended 1.5 twisting to extended Hands 1.5 to extended Double up to extended High to high full around Quick toss full up	Prep level double around to extended High to high 1.5 to extended Quick toss double up
RELEASE STYLE SKILLS	Low to high released skills Switch up to extended single leg skill Twist release to prep level or below High to high releases lib to lib Single based toss to hand	High to high released skills lib to body position Full twisting release to prep level Switch up to extended single leg skill with ¼ - ¾ twist Single based toss to extended Released skill with a twist ¼- ¾ (EX: low to high or high to high) Toss/prep level stunt release to prep level invert (half tart)	Rewind Full twist release at extended (high to high) Ground toss to extended invert (pop tart) Side sumi Shotgun (stunt flip to stunt) Twisting rewinds
DISMOUNTS	¼ twisting dismount to cradle Transitions to cradle or prone	Full twisting dismount to cradle Full twisting pop- off Kick full dismount Front flip to cradle Back ¾ to prone	Double twisting dismounts Front full twist to cradle Back ¾ flip with half/full twist Back flip full twisting dismount

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14	2	2	2	3	4	8
15	3	3	2	3	4	8
16	3	3	2	3	4	9
17	3	3	2	3	5	9
18	3	3	2	4	5	10
19	3	3	3	4	5	10
20	3	3	3	4	5	11

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EXECUTION GUIDELINES



EXECUTION SCORING GUIDELINE			
Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.			
BELOW	LOW	MID	HIGH
1.0-2.0	2.0-3.0	3.0-4.0	4.0-5.0
1.0-3.0	3.0-4.5	4.5-6.0	6.0-7.5
ALL Errors are occurring across all participating athletes/groups.	Widespread/Many/Frequent Widespread errors across many athletes Frequent errors within many stunt groups or across many stunts	Multiple/Majority/Several Multiple athlete errors Majority stunt groups do not have errors versus majority do have errors Severity of those errors? Several errors or minimal	Minor/Few/Minimal Single athlete minor error single stunt minor error few athletes minor or minimal error Minimal athletes/errors/stunt errors throughout

STUNT/PYRAMID EXECUTION CRITERIA	
Each execution score will look at the below criteria: This IS NOT a driver system	
TOP PERSON	* Body control * Uniform flexibility * Legs straight/locked/toes pointed
BASES/SPOTTERS	* Stability of the stunt * Solid stance * Feet stationary
TRANSITIONS	* Entries * Dismounts * Control from skill to skill
SYNCHRONIZATION	* Timing (when applicable)

TUMBLING EXECUTION CRITERIA	
Each execution score will look at the below criteria: This IS NOT a driver system	
APPROACH	* Arm placement into a pass/skill * Swing/prep * Chest placement
BODY CONTROL	* Head placement * Arm/shoulder placement in skills * Control from skill to skill in a pass * Leg placement in skills * Hips * Pointed toes
LANDINGS	* Controlled * Chest Placement * Finished pass/skill * Incomplete twisting skills
SYNCHRONIZATION	* Timing (when applicable)

JUMP EXECUTION CRITERIA	
Each execution score will look at the below criteria: This IS NOT a driver system	
ARM PLACEMENT	* Approach * Consistent Entry * Swing/prep * Arm placement in jumps
LANDINGS	* Straight legs * Pointed toes * Hip placement/rotation/hyperextension * Height * Legs/feet together * Chest placement * Landings
SYNCHRONIZATION	* Timing



OVERALL GUIDELINES



OVERALL/OTHER SCORES- ADVANCED & INTERMEDIATE

ROUTINE COMPOSITION	COLLEGIATE IMAGE	OVERALL EFFECT
1.0-10.0	9.0-10.0	9.0-10.0
Seamless movement & Patterns, Flow, Transitions, Dance & Motions	Performance Integrity, Sportsmanship, Uniform, Overall School Representation	Performance Impression, Overall Appeal & Creativity of the scoring section including readability. This score is scored by each category and is averaged for the final score

OVERALL SCORING GUIDELINE

BELOW	LOW	MID	HIGH
9.0-9.2	9.2-9.5	9.5-9.8	9.8-10
1.0-6.0	6.0-7.5	7.5-9.0	9.0-10
Elements for the specific section are NOT effective/lack precision/does not demonstrate understanding of the specific scoring category of the score sheet.	Elements for the specific section are MINIMALLY effective/ Minimally demonstrate proper precision in execution/ show basic understanding of the scoring category of the score sheet.	Elements for the specific section are somewhat effective/majority demonstrate proper precision in execution/show a clear understanding of the scoring category of the score sheet	Elements for the specific section are MOSTLY effective/demonstrate strong precision in execution with minimal errors/ show a clear and strong understanding of the scoring category of the score sheet.

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