



NJCDCA SLIDING CRITERIA

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

STANDING AND RUNNING TUMBLING

- Degree of difficulty
- Level of perfection (technique, timing, landing)
- Percentage of team participation
- Height of Skills
- Form
- Specialty combinations/creativity
- Synchronization of skills

JUMPS

- Hyper-extended/Flexibility
- Jump/Tumbling combinations (jump standing tumbling)
- Jump combinations
- Synchronization of skills
- Toe point
- Landings
- Arm placement
- **ADVANCED JUMPS INCLUDE (Toe touch, Front hurdler, Pike, Double nine)**

PYRAMIDS/ TOSSES

- Degree of difficulty
- Level of perfection (technique, timing)
- Percentage of team participation
- Strong body positions/Body Control (P & T)
- Specialty incorporations
- Unique transitions
- Variety/Speed of transitions
- Minimal use of bases(lack of front spots) (T)
- Height (T)
- Multiple structures
- Creative/difficult dismounts

- **STUNTS**

- Degree of difficulty
- Level of perfection (technique, timing)
- Percentage of team participation
- Strong body positions/Body control
- Minimal use of bases(lack of front spots)
- ELITE STUNTING SKILLS INCLUDE (BUT NOT LIMITED TO):
- FULL UP TO EXTENDED POSITION
- MAJOR RELEASE THAT LAND IN AN EXTENDED POSITION
- MAJOR TICK TOCK VARIATIONS
- TOSS EXTENDED STUNTS
- OTHER CREATIVE MOUNTS & TRANSITIONS OF SIMILAR DIFFICULTY LEVEL
- COED stunts must be performed at the same time and with the same entry to receive Elite Skill credit. (Example- Male single base stunts, etc.)

MOTIONS/DANCE

- Use of motions and dance
- Synchronization
- Rhythm
- Body control
- Placement
- Visual effect
- Pace
- Energy/entertainment value
- Formations changes
- Foot work and floor work