

Stunts – Difficulty

* Teams in the coed division are expected to perform coed style stunts, independent of a pyramid sequence.

Routine must have a minimum of 3 different skills, performed by majority, to be placed in a range. For majority, groups must show the skill at the same time (either rippled or synchronized) without recycling athletes. Groups must demonstrate control at the extended point of the executed stunt for full credit. Skills are not limited to those listed below.

1 – 4	4 – 6	6 – 8	8 – 10
Prep level stunts Extensions ¼ turn transitions Straight ride tosses Downward inversion from below prep level Switch-up to prep	Prep level single based stunts Non-release extended lib Full-up to prep level ½ up to extended position 1+ up to prep level Twisting transitions to side/prone/cradle from prep level or below Release from below prep level to prep level (quick toss; switch up; ball up) Prep level tick tock Switch-up to extended lib Horizontal release move caught at prep level Ground inversion to prep level or below Released inversions from prep level to below prep level Non-release inversion to extension Prep level inverted stunts Downward inversions from prep level Suspended roll including twisting variations Single skill (non-twisting) tosses Twisting dismounts from extension or below	Single based extension True Full-up to extension Full-up variations (cross legs; bases moving) to extended position 1+ up to extend lib Twisting transitions to side/prone/cradle from extended level 360 rewind from 2 leg stunt or extended lib/platform Switch-up to immediate extended body position ¼ twist switch-up to extended position Quick toss to extension Released inversions to prep level Horizontal release move caught at extended position Low-to-High Ground inversion (non-release) to extension Non-release inversions from prep level to extended single leg position Multiple skill (non-twisting) or single twist tosses Twisting dismounts from extended single leg position	Single based extended single leg True Full-up (bases remain stationary & top person rotates) to extended single leg position True full around to extended position 1+ up to immediate extended body position 360 rewind from extended body position ½ twist switch-up to extended position Quick toss to extended single leg Horizontal release move caught at extended body position Low-to-High to immediate body position High-to-High Released inversions to extended position Ground inversion (non-release) to extended single leg Twisting ground inversions to extended position Skill(s)+twist tosses Power press kick+full cradle

* **Body positions** include: stretch, bow & arrow, arabesque, scale, scorpion, etc.; Lib and platform are not considered body positions

<ul style="list-style-type: none"> The following are considered when scoring difficulty: OVERALL degree of difficulty; Percentage of team participation; Variety of entries, inversions, dismounts, and transitions; Pace and speed of skills performed. Use of front spots (N/A for tosses) or less than majority participation will decrease the skill’s value. Twisting – The following are considered when determining difficulty: minimum movement of bases, limited number and type of connections between bases and top person’s beginning and ending position, and completion of skill. Inversions – Credit for inversions will only be received if weight of the top person is held in the upper portion of the top and is still inverted at the dip (the top person’s leg(s) should be higher than their upper body). 	STUNT GROUPS	
	# OF ATHLETES	MAJORITY
	10 or less	1
	11 – 15	2
16 – 20	3	

Scores are based on performances at that day’s event compared to other teams in your division.
 Teams will notice a variance in scores from event to event.

Stunt – Technique

A team’s effectiveness in demonstrating proper form (body alignment, flexibility, control), timing, uniformity, precision, power and synchronization of stunts/dismounts. Bobbles and falls that distract from the performance will also be factored.

	4 – 6 Needs Improvement	6 – 8 Good	8 – 10 Excellent
0.5 Bobbles* (Missed skill, Excessive movement, Almost fall but recover, Incomplete twisting cradles) 1.0 Minor Fall* (Drop from a stunt to a load-in/cradle/prone position or brought controlled to ground; A base/spot lands on ground) 2.0 Major Fall* (Drop to a compromising position or uncontrolled to ground; Multiple base/spotter(s) land on ground) * Per infraction	Less than the majority of: · Skills & releases are executed to the top · Bases have little to no movement under the stunts · Bases have uniform body position & timing · Skills are executed the same when different groups do the same skill · Skills are controlled · Top persons have uniform form/flexibility & body control	Majority of: · Skills & releases are executed to the top · Bases have little to no movement under the stunts · Bases have uniform body position & timing · Skills are executed the same when different groups do the same skill · Skills are controlled · Top persons have uniform form/flexibility & body control	Most: · Skills & releases are executed to the top · Bases have little to no movement under the stunts · Bases have uniform body position & timing · Skills are executed the same when different groups do the same skill · Skills are controlled · Top persons have uniform form/flexibility & body control

Overall Choreography/Creativity



A team’s ability to demonstrate seamless patterns of movement performed throughout the routine. Includes: Innovative, visual, and intricate ideas; Pace and flow of routine; Transitions; Variety; Incorporation of skills and creative elements (entries, transitions, dismounts, etc.)

General Guide for Single Based Stunting

Teams in the coed division are expected to perform single based stunts, independent of a pyramid sequence. A team not fulfilling this requirement will be dropped a range.

Single base stunt = 1 base + 1 top person + 1 spotter

A spotter is required for most single based stunts. When assistance is needed, only one person (the spotter) may assist (following NFHS guidelines) in order to still be considered as single based. “Catching” the cradles from all single based stunts requires an assist by rules and therefore will not affect the point range.

If more than one person assists the stunt, then it will be viewed as a multi-base stunt and judged accordingly.

- Assist – When the spotter adds one or both of his/her hands to assist in the performance of the skill.
- Toss – Tossing, releasing, and re-catching the top person by the main single base.

Below is a *general* stunt progression for single based stunts. The examples are listed for reference only and do not guarantee a certain difficulty score.

Assisted skills to prep	Assisted skills to extended level	Assisted full twisting skills to extended	Assisted toss single arm extended stunts	Assisted twisting release inversions to extended
Assisted walk-in or toss to chair	Toss to hands	Toss to hands, press to extended single leg	Toss to hands, press to extended single arm stunt	½ twist (or greater) release from hands to extended
Assisted walk-in or toss to hands	Walk-in hands, press extension	Walk-in to extended single leg	Walk-in to extended single arm stunt	
	Toss to hands, press extension	Toss extension	Toss to extended single leg	Toss to extended single arm stunt
		Assisted tic-toc to extended (low-to-high)	Assisted tic-toc to extended (high-to-high)	
			Toss full up to prep	Toss full up to extended

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Pyramid – Difficulty

Routine must have a minimum of 3 skills of similar difficulty, with at least 1 performed by the majority, to be placed in a range. For majority, groups must show the skill at the same time (either rippled or synchronized) without recycling athletes. Groups must demonstrate control at the extended point of the executed stunt for full credit.

Skills are not limited to those listed below.

1 – 4	4 – 6	6 – 8	8 – 10
Basic pyramid sequence built from prep level and below	Intermediate pyramid sequence (1-2 structures) Full-up variations (cross legs; bases moving) to extension ½ twist to extended position Braced non-release transitions Inverted stunts (non-release) to any position braced on 2 sides Release transitions to any level braced on 2 sides Release transitions to prep or below braced on 1 side Switch-up landing extended lib Flipping transitions braced on 2 sides landing prep level or below/cradle Rolling transitions to prep and below/cradle	Advanced pyramid sequences with at least 2 connected structures Full-up variations (cross legs; bases moving) to extended single leg True Full-up (bases remain stationary & top person rotates) to extension or lib 1+ up to extend lib Inverted stunts (non-release) to extended position braced on 1 side Inversion released to extended position braced on 2 sides Release transition landing extended (low-to-high; high-to-high; quick toss braced on 1 side) Switch-up landing in extended body position Switch-up (¼ twist) to extended position Rolling transition to extended positions braced on 1 or 2 sides Side sumi landing below prep level Flipping transition landing extended 2-leg stunt OR extended single leg position braced on 2 sides Release transitions involving full twisting/spinning that land prep level or below Flipping transitions braced on 1 side landing prep level or below/cradle	Highly advanced pyramid sequences with at least 2 connected structures Single based high-high braced on 1 side Single based switch-up braced on 1 side True Full-up (bases remain stationary & top person rotates) to extended immediate body position True full around to extended level (prep or extended to extended) 1+ up to immediate extended body position Inversion released to extended position braced on 1 side Switch-up (½ twist) to extended position Flipping transition landing extended 2-leg stunt OR extended single leg position braced on 1 side Flipping transition starting at prep level or above, landing extended Side sumi landing in prep or above Flipping transitions landing extended with minimal bases Release transitions involving full twisting/spinning that land extended Flipping transitions with a full twist landing below prep level/cradle

* **Body positions** include: stretch, bow & arrow, arabesque, scale, scorpion, etc.; Lib and platform are not considered body positions

<ul style="list-style-type: none"> The following are considered when scoring difficulty: OVERALL degree of difficulty; Percentage of team participation (full participation will score higher); Variety and number of transitions; Pace and speed of skills performed, when the top becomes braced (from the ground up vs. during the skill vs. at the completion of the skill) and level of bracer support. Use of front spots may affect a skill’s value. Bracer Support: A top person facing a bracer and braced with both arms is considered braced on 2 sides. A bracer lifting/holding a top person up at waist level or leaning into back support is considered braced on 2 sides. The number (1 vs. 2 sides) and source (arm vs. leg/foot) of contact between top and bracer will be considered when determining difficulty. 	STUNT GROUPS IN PYRAMID	
	# OF ATHLETES	MAJORITY
	12 or less	1
	13 – 20	2

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Pyramid – Technique			
A team’s effectiveness in demonstrating proper form (body alignment, flexibility, control), timing, synchronization, and power of structures, transitions, releases, and dismounts. Bobbles and falls that distract from the performance will also be factored.			
	4 – 6 Needs Improvement	6 – 8 Good	8 – 10 Excellent
<p>0.5 Bobbles* (Missed skill, Excessive movement, Almost fall but recover, Incomplete twisting cradles)</p> <p>1.0 Minor Fall* (Drop from a stunt to a load-in/cradle/prone position or brought controlled to ground; A base/spot lands on ground)</p> <p>2.0 Major Fall* (Drop to a compromising position or uncontrolled to ground; Multiple base/spotter(s) land on ground)</p> <p>3.0 Pyramid Fall* (2 or more connected stunts falling; Multiple flyers falling in the same pyramid even if not in direct connection)</p> <p>* Per Infraction</p>	<p>Less than the majority of:</p> <ul style="list-style-type: none"> · Skills & releases are executed to the top · Bases have little to no movement under the skills · Bases have uniform body position & timing · Skills are executed the same when different groups do the same skill · Skills are controlled · Top persons have uniform form/flexibility & body control 	<p>Majority of:</p> <ul style="list-style-type: none"> · Skills & releases are executed to the top · Bases have little to no movement under the skills · Bases have uniform body position & timing · Skills are executed the same when different groups do the same skill · Skills are controlled · Top persons have uniform form/flexibility & body control 	<p>Most:</p> <ul style="list-style-type: none"> · Skills & releases are executed to the top · Bases have little to no movement under the skills · Bases have uniform body position & timing · Skills are executed the same when different groups do the same skill · Skills are controlled · Top persons have uniform form/flexibility & body control

Formations & Spacing

1 - Needs improvement

3 - Good

5 - Excellent

A team’s ability to demonstrate precise spacing in formations performed throughout the routine. Includes: Variety; Use of floor; Clear, visually effective formations; Spacing

Scores are based on performances at that day’s event compared to other teams in your division. Teams will notice a variance in scores from event to event.

MAJORITY/MOST QUANTITY TABLE	# OF ATHLETES	5 – 7	8 – 9	10 – 11	12 – 14	15 – 16	17 – 19	20
	MAJORITY	2	4	5	6	7	8	9
	MOST	3	5	6	7	9	10	11

Tumbling – Difficulty*			
1 – 4	4 – 6	6 – 8	8 – 10
Basic skills such as: Forward Rolls; Round-offs; Cartwheels; Walkovers Less than majority of team with handspring(s) and limited tucks	Majority of team with handspring skills (standing, running, and/or series) AND/OR Less than majority of team with tucks (standing or running) or above	Most of team with handspring skills (standing, running, and/or series) AND/OR Majority of team with tucks (standing or running) or above	Most of team with tucks (standing or running) or above AND/OR Majority of team with layouts, fulls, or specialty passes ending in tuck or above

* Teams are expected to incorporate both standing and running tumbling in order to score at the high end of a range.

The following are considered when scoring difficulty: degree of difficulty; percentage of team participation; combination of skills; synchronization; and variety. Combining skills (jump-back handspring/tuck, series back handsprings, back handspring-tuck, etc.) will add to the overall difficulty.

SPECIALTY PASS = Running tumbling with entries, including front walk-over/handspring, aerial, or punch front, ending in a tuck or higher; or running tumbling involving skills such as back handspring step outs, whips, or arabians ending in a tuck or higher

Tumbling – Technique			
A team's effectiveness in demonstrating proper form (body, leg, and arm positions; control; entry; landing), speed, uniformity and synchronization. Touches and falls that distract from the performance will also be factored.			
	2 – 3 Needs Improvement	3 – 4 Good	4 – 5 Excellent
0.3 Tumbling Touch* (Hand(s) or knee(s) down in tumbling skill)	Less than the majority of the athletes performing skill(s): · Start & end with feet together	Majority of the athletes performing skill(s): · Start & end with feet together	Most of the athletes performing skill(s): · Start & end with feet together
0.5 Tumbling Fall* (Landing on head, shoulders, back or other compromising position; Drops from airborne tumbling skills to knees)	· Have proper form & body lines during skills · Do not have movement after landing pass (hops, steps, etc.) · Have a consistent speed/increase in speed during skills · Connections are smooth & controlled	· Have proper form & body lines during skills · Do not have movement after landing pass (hops, steps, etc.) · Have a consistent speed/increase in speed during skills · Connections are smooth & controlled	· Have proper form & body lines during skills · Do not have movement after landing pass (hops, steps, etc.) · Have a consistent speed/increase in speed during skills · Connections are smooth & controlled
*Per Infraction			

Scores are based on performances at that day's event compared to other teams in your division.

Teams will notice a variance in scores from event to event.

MAJORITY/MOST QUANTITY TABLE	# OF ATHLETES	5 – 7	8 – 9	10 – 11	12 – 14	15 – 16	17 – 19	20
	MAJORITY	2	4	5	6	7	8	9
	MOST	3	5	6	7	9	10	11

Jump – Difficulty			
1 – 2	2 – 3	3 – 4	4 – 5
Basic jump sequences consisting of basic jumps	2 connected advanced jumps by most of the team	3 advanced connected jumps performed by most of the team OR 2 advanced connected jumps performed by most of the team plus 1 additional advanced jump by majority Connected jumps must be synchronized and include variety	4 advanced connected jumps performed by most of the team OR 3 advanced connected jumps performed by most of the team plus 1 additional advanced jump by majority Connected jumps must be synchronized and include variety

For jumps to be considered connected, there must be continuous movement with no pause between jumps. The following are considered when scoring difficulty: degree of difficulty; percentage of team participation; combination of skills; synchronization; and variety. Combining skills (jump-back handspring/tuck, etc.) will add to the overall difficulty.

ADVANCED JUMPS = Pike, Right/Left Hurdlers (front or side), Toe Touch;

BASIC JUMPS = Spread Eagle, Tuck Jump

Jump – Technique		
A team's effectiveness in demonstrating proper form (body, leg, and arm positions; approach; height; flexibility; landing), uniformity and synchronization.		
2 – 3 Needs Improvement	3 – 4 Good	4 – 5 Excellent
Less than the majority of the athletes performing skill(s): · Jump prep/entry are the same · Have uniform arm & leg positions while in the air · Lands jumps with feet together · Has level or above level jumps · Jumps are synchronized	Majority of the athletes performing skill(s): · Jump prep/entry are the same · Have uniform arm & leg positions while in the air · Lands jumps with feet together · Has level or above level jumps · Jumps are synchronized	Most of the athletes performing skill(s): · Jump prep/entry are the same · Have uniform arm & leg positions while in the air · Lands jumps with feet together · Has level or above level jumps · Jumps are synchronized

Scores are based on performances at that day's event compared to other teams in your division.

Teams will notice a variance in scores from event to event.

Motions	
1 – 3	3 – 5
Minimal transitions and level changes Some variety of motion Minimal movement during transitions Average use of floor (footwork, floor work, visual effect, etc.)	Multiple advanced transitions and level changes Excellent variety of motion Difficult foot and body movement during transitions Excellent use of floor (footwork, floor work, visual effect, etc.)

Dance	
1 – 3	3 – 5
Average energy, musicality, rhythm and pace of music (limited use of “and” counts) Minimal transitions and level changes of average complexity Some variety of motion and use of floor (footwork, floor work, visual effect, etc.)	High energy, musicality, rhythm, and pace of music (“and” counts) Multiple advanced transitions and level changes Excellent variety of motion and use of floor (footwork, floor work, visual effect, etc.)

Motion & Dance – Technique

1
Needs improvement

3
Good

5
Excellent

Proper body positioning, placement and alignment; Clear movements;
 Controlled balance, flow and connection from one skill to the next;
 Powerful and sharp movement; Timing and synchronization

Performance/Showmanship/Use of Cheer

1
Needs improvement

3
Good

5
Excellent

Quality of presentation; Enthusiasm; Showmanship; Routine attitude/Ownership;
 Confidence; Crowd appeal;
 Incorporation of cheer; Crowd effective material; Voice projection/inflection

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