

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 2 skills of similar difficulty, 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.

1 – 4	4 – 6	6 – 8	8 – 10
Prep level stunts Extensions ¼ turn transitions Straight ride tosses Non-twisting cradles	Extended single leg position Full-up to 2-leg stunt ½ up to extended position 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 Horizontal release move caught at prep level Ground inversion to prep level or below Released inversions to below prep level Prep level inverted stunts Below prep level inversions out of stunts (yo-yo; back walkover, etc.) Suspended roll including twisting variations Single skill (non-twisting) basket tosses Full twisting dismounts from 2-leg stunts	Full-up variations (cross legs; bases moving) to extended position Twisting transitions to side/prone/cradle from extended level 360 down/rewind from 2 leg stunt Switch-up to extended single leg position (without flexibility) Quick toss to extended 2-leg Prep level releases caught at prep level Horizontal release move caught at extended position Low-to-High tick tock (without flexibility) Non-release inversions to extended position Released inversions to prep level Inverted dismounts (waterfall; cartwheel out) Multiple skill (non-twisting) or single twist tosses Full twisting dismounts from extended single leg position	True Full-up (bases remain stationary & flyer rotates) to extended position 1+ up to extend position single leg position 360 down/rewind from single leg extended stunt Switch-up to immediate extended single leg body position (single leg with flexibility) Quick toss to extended single leg Horizontal release move caught at extended level body position Low-to-High tick tock (to immediate body position) High-to-High tick tock Released inversions to extended position Twisting ground inversions to extended Skill(s)/twist basket tosses Skill(s)/twist cradles

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

The following are considered when scoring difficulty: Overall degree of difficulty; Percentage of team participation (including number of bases/spots); Variety of entries, dismounts and transitions; Combination and pace of skills

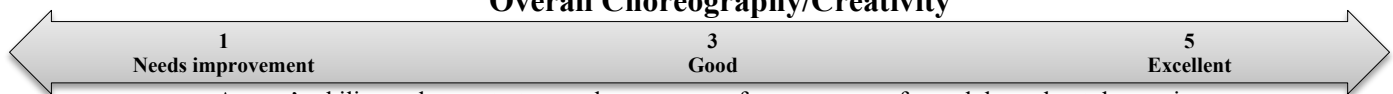
STUNT GROUPS		
# OF ATHLETES	MAJORITY	MOST
8 – 11	1	2
12 – 15	2	3
16 – 20	3	4

Stunt – Technique

Athletes are expected to demonstrate excellent technique when performing each skill

0.3 Minor technique issues by the team 0.4 Multiple technique issues by the team 0.5 Widespread technique issues by the team 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)	<ul style="list-style-type: none"> • Top person (Body control, Flexibility, Legs straight, Toes pointed) • Bases/Spotters (Stability, Solid stance, Positioned shoulder width apart, Feet stationary, Timing) • Synchronization (Timing) 	<ul style="list-style-type: none"> • Transitions (Entries, Dismounts, Speed/control/flow from skill to skill) • Cradle/Toss (Arms up to catch high, Legs used to absorb, Height, Controlled)
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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 Coed Style Stunting

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

Coed style/Single base stunt = 1 base + 1 top person + 1 spotter

A spotter is required for most coed style stunts. When assistance is needed, only one person (the spotter) may assist (following NFHS guidelines) in order to still be considered in the coed style category. “Catching” the cradles from all single base 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 coed style stunts. The examples are listed for reference only.

Coed Style <u>ASSISTED</u>	Coed Style <u>UNASSISTED</u>
Walk-in Extended double leg stunt Toss Extended double leg stunt Walk-in Hands press Extended single leg/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt Toss Hands	
Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt	Walk-in Hands press Extension Toss Hands press Extension
Toss $\frac{1}{4}$ - $\frac{3}{4}$ Twist to Extended single leg stunt	Walk-in Extended double leg stunt Toss Extended double leg stunt Walk-in Hands press Extended single leg stunt Toss Hands press Extended single leg stunt
Toss Extended single arm stunt Toss Full-up to Extended stunt	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt
	Toss $\frac{1}{4}$ - $\frac{3}{4}$ Twist to Extended single leg stunt Toss Extended single arm stunt Toss Full-up Extended stunt
Additional factors that adjust the relative difficulty	
Twisting/unique mounts; Twisting/unique dismounts; Number/difficulty of body positions; Number of stunts compared to team size; Level of assistance (was the assistance just a touch or continued support)	

Pyramid – Difficulty			
1 – 4	4 – 6	6 – 8	8 – 10
Basic pyramid sequence built from prep level and below	Intermediate pyramid sequence (1-2 structures) Braced non-release transitions Switch-up to extended single leg position Inverted stunts to prep level and below Release transitions braced on both sides Flipping transitions landing below prep level Rolling transitions to prep and below Braced inverted stunts released to extended 2-leg stunt or stunt prep level or below	Advanced pyramid sequences with at least 2 connected structures Full-up variations (cross legs; bases moving) to extended position Switch-up to extended single leg body position Inverted stunts to extended position braced on both sides Flipping transition landing at extended 2-leg stunt or prep level or below Rolling transition to extended positions braced on both sides Release transition landing extended braced on 1 side Braced inverted stunts released to extended position braced on 1 side	Highly advanced pyramid sequences with at least 2 connected structures True Full-up (bases remain stationary & flyer rotates) to extended position Inverted stunts to extended position braced on 1 side Braced inverted stunts released to extended single leg body position braced on 1 side Flipping transition landing extended single leg position Flipping transition starting at prep or above, landing extended Rolling transition to extended position braced on 1 side Release transitions involving twisting/spinning that land extended

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

The following are considered when scoring difficulty: Overall degree of difficulty; Percentage of team participation (including number of bases/spots); Variety of entries, dismounts and transitions; Combination and pace of skills

STUNT GROUPS		
# OF ATHLETES	MAJORITY	MOST
8 – 11	1	2
12 – 15	2	3
16 – 20	3	4

Pyramid – Technique	
Athletes are expected to demonstrate excellent technique when performing each skill	
0.3 Minor technique issues by the team 0.4 Multiple technique issues by the team 0.5 Widespread technique issues by the team 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) 3.0 Pyramid Fall (2 or more connected stunts falling; Multiple flyers falling in the same pyramid even if not in direct connection)	<ul style="list-style-type: none"> • Top person (Body control, Flexibility, Legs straight, Toes pointed) • Bases/Spotters (Stability, Solid stance, Positioned shoulder width apart, Feet stationary, Timing) • Synchronization (Timing) • Transitions (Entries, Dismounts, Speed/control/flow from skill to skill) • Cradle (Arms up to catch high, Legs used to absorb, Height, Controlled)

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.

Team may complete jumps connected to tumbling. The jumps will be scored in jumps and the tumbling portion will be scored in tumbling.

Tumbling – Difficulty*			
1 – 4	4 – 6	6 – 8	8 – 10
Basic skills: <ul style="list-style-type: none"> • 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.

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		
Athletes are expected to demonstrate excellent technique when performing each skill		
0.3 – Minor technique issues by the team 0.4 – Multiple technique issues by the team 0.5 – Widespread technique issues by the team	<ul style="list-style-type: none"> • Approach (Arm placement into skill; Swing/prep; Chest placement; Flow from skill to skill) • Landings (Controlled; Legs/feet together; Chest placement; Finished skill; Incomplete twisting skills) 	<ul style="list-style-type: none"> • Body Control (Head placement; Arm/shoulder placement; hips; leg placement in skills; Pointed toes) • Speed (Consistent or increases through pass/skills; Connection of skills) • Synchronization (Timing)

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			
Jumps must use a whip approach to be considered connected			
1 – 2	2 – 3	3 – 4	4 – 5
Basic jump sequences consisting of basic jumps with or without an immediate connection	Most of the team performs 1 advanced jump	2 connected advanced jumps by most of the team Must be synchronized and include variety	3 connected advanced jumps by most of the team Must be synchronized and include variety

The following are considered when scoring difficulty: degree of difficulty; percentage of team participation; combination of skills; synchronization; and variety.

ADVANCED JUMPS = Pike, Right/Left Hurdlers (front or side), Toe Touch; **BASIC JUMPS** = Spread Eagle, Tuck Jump

Jump – Technique		
Athletes are expected to demonstrate excellent technique when performing each skill		
0.3 Minor technique issues by the team 0.4 Multiple technique issues by the team 0.5 Widespread technique issues by the team	<ul style="list-style-type: none"> • Approach (Consistent entry; Swing/prep) • Arm Placement (Arm position within jump) • Landings (Legs/feet together; Chest placement) 	<ul style="list-style-type: none"> • Leg Placement (Straight legs; Pointed toes; Hip placement/rotation; Hyperextension; Height) • Synchronization (Timing)

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

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.