

# 2011-2012 REC STUNTS GRID

STUNT DIFFICULTY	DIFFICULTY	TECHNIQUE
	4.0-5.0	Any two-legged stunts below prep level
5.0-6.0	Any one-legged stunt below prep level/any two legged stunts at prep level <i>(Multiple body positions will increase your score within range)</i>	Little or no flyer body control/stability Shaky or non-steady bases Poor Flexibility
6.0-7.0	Two-legged extended stunts and/or one-legged stunts at prep level <i>(Multiple body positions will increase your score within range)</i>	Poor flyer body control Poor flyer motion position Below Average flexibility
7.0-8.0	Extended one legged one body position stunts	Average flyer body control Average flyer motion position Average flexibility
8.0-9.0	One legged extended stunts with 2 body positions and/or *ASSISTED single base extended stunts	Consistent flyer body control Good flyer motion position Good flexibility
9.0-10.0	One-legged extended stunts with 3 or more body positions and/or *NON-Assisted single base extended stunt	Excellent flyer body control Excellent flyer motion position Excellent flexibility

STUNT LOAD-INS/DISMOUNTS/TRANSITIONS	DIFFICULTY
	4.0-5.0
5.0-6.0	<ul style="list-style-type: none"> <li>1/4 twisting mount, transition or dismount</li> <li>Straight cradle from two-legged prep level stunt</li> <li>Inversion before a stunt sequence</li> <li>Other level appropriate creative or unique load in, dismount or transition</li> </ul>
6.0-7.0	<ul style="list-style-type: none"> <li>1/2 twisting mount or transition</li> <li>Straight cradle from single-legged prep level stunt</li> <li>Straight cradle from an extended two-legged pyramid</li> <li>Inversion into a stunt</li> <li>Log/barrel roll</li> <li>Other level appropriate creative or unique load in, dismount or transition</li> </ul>
7.0-8.0	<ul style="list-style-type: none"> <li>Single twisting mount or transition to prep level</li> <li>Release move landing at prep level</li> <li>1/2 up to entended single-legged stunt</li> <li>Single twisting cradle from two-legged stunt</li> <li>Straight cradle from extended single-legged stunt</li> <li>Below prep level downward inversion</li> <li>Other level appropriate creative or unique load in, dismount or transition</li> </ul>
8.0-9.0	<ul style="list-style-type: none"> <li>Single twisting mount or transition landing at extended level</li> <li>Release move originating from ground level landing at extended level</li> <li>Extended inverted stunt</li> <li>Prep level downward inversion</li> <li>Double twisting cradle from two-legged stunt</li> <li>Single twist from a one-legged stunt</li> <li>Other level appropriate creative or unique load in, dismount or transition</li> </ul>
9.0-10.0	<ul style="list-style-type: none"> <li>1+ twisting mount or transition landing at extended level</li> <li>Release move at above extended arm level</li> <li>Prep level and above downward inversion</li> <li>Helicopter release move</li> <li>Double twisting cradle from extended single-legged stunt</li> <li>Other level appropriate creative or unique load in, dismount or transition</li> </ul>

- For **DIFFICULTY**, **ALL** the skills are to be performed by the **MAJORITY** (half plus 1) of the team. If the skills are **NOT** performed by the majority of the team, then the score will be placed in that respective bracket.
- Skills that are **NOT** executed within your level will receive a maximum score of **FIVE** for the quantity score. (If no skills are executed within a category you will receive a **ZERO** for that particular quantity score)
- The lowest possible score given for technique will be a **FIVE**. (If no skills are executed within a category, you will receive a **ZERO** for that particular technique score)

STUNT QUANTITY CHART											DIFFICULTY
# OF ATHLETES	4	5	6	7	7.5	8	8.5	9	9.5	10	MAJORITY
	5 to 7									1	2+
8 to 11								1	2	3+	2
12 to 15							1	2	3	4+	2
16 to 19						1	2	3	4	5+	3
20 to 23					1	2	3	4	5	6+	3
24 to 27				1	2	3	4	5	6	7+	4
28 to 31			1	2	3	4	5	6	7	8+	4
32 to 35		1	2	3	4	5	6	7	8	9+	5
36	1	2	3	4	5	6	7	8	9	10+	5

This chart represents the number of participants needed to execute the skill for MAJORITY.

Co-ed stunt Difficulty chart	
<i>All stunts listed below must be unassisted once they reach the ending stunt position</i>	
Toss Hands	1
Toss Hands to Extension	2
Toss Extension	3
Toss Hands to Extended One Legged One Body Position Stunt	4
Toss Hands to One Legged Multiple Body Position Stunt/ Toss Extended One Legged One Body Position Stunt	5

\*Please see Collegiate grids for Level 6 ranges.



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\*Assisted & non-assisted single legged based stunts will increase your score within the range.

# 2011-2012 REC PYRAMID GRID

PYRAMID DIFFICULTY	DIFFICULTY	TECHNIQUE
	4.0-5.0	Pyramids below prep level
5.0-6.0	Pyramids at prep level	Little or no flyer body control/stability Shaky or non-steady bases Poor Flexibility
6.0-7.0	Basic two-legged extended pyramids Basic one-legged extended pyramids	Poor flyer body control Poor flyer motion position Below Average flexibility
7.0-8.0	Extended pyramids involving non-inverted 2 1/2 high transitional release moves	Average flyer body control Average flyer motion position Average flexibility
8.0-9.0	Extended pyramids involving inverted double-braced release moves	Consistent flyer body control Good flyer motion position Good flexibility
9.0-10.0	Extended pyramids involving inverted single-braced release moves	Excellent flyer body control Excellent flyer motion position Excellent flexibility

PYRAMID LOAD-INS/DISMOUNTS/TRANSITIONS	DIFFICULTY
	4.0-5.0
5.0-6.0	<ul style="list-style-type: none"> <li>• 1/4 twisting mount, transition or dismount</li> <li>• Straight cradle from two-legged prep level pyramid</li> <li>• Inversion before a pyramid sequence</li> <li>• Other level appropriate creative or unique load in, dismount or transition</li> </ul>
6.0-7.0	<ul style="list-style-type: none"> <li>• 1/2 twisting mount or transition</li> <li>• Straight cradle from single-legged prep level pyramid</li> <li>• Straight cradle from an extended two-legged pyramid</li> <li>• Inversion into a pyramid</li> <li>• Log/barrel roll</li> <li>• Other level appropriate creative or unique load in, dismount or transition</li> </ul>
7.0-8.0	<ul style="list-style-type: none"> <li>• Single twisting mount or transition to prep level</li> <li>• Release move landing at prep level</li> <li>• 1/2 up to entended single-legged stunt</li> <li>• Single twisting cradle from two-legged stunt</li> <li>• Straight cradle from extended single-legged stunt</li> <li>• Below prep level downward inversion</li> <li>• Other level appropriate creative or unique load in, dismount or transition</li> </ul>
8.0-9.0	<ul style="list-style-type: none"> <li>• Single twisting mount or transition landing at extended level</li> <li>• Release move originating from ground level landing at extended level</li> <li>• Extended inverted stunt</li> <li>• Prep level downward inversion</li> <li>• Double twisting cradle from two-legged stunt</li> <li>• Single twist from a one-legged stunt</li> <li>• Other level appropriate creative or unique load in, dismount or transition</li> </ul>
9.0-10.0	<ul style="list-style-type: none"> <li>• 1+ twisting mount or transition landing at extended level</li> <li>• Release move at above extended arm level</li> <li>• Prep level and above downward inversion</li> <li>• Helicopter release move</li> <li>• Double twisting cradle from extended single-legged stunt</li> <li>• Other level appropriate creative or unique load in, dismount or transition</li> </ul>

- For **DIFFICULTY**, **ALL** the skills are to be performed by the **MAJORITY** (half plus 1) of the team. If the skills are **NOT** performed by the majority of the team, then the score will be placed in that respective bracket.
- Skills that are **NOT** executed within your level will receive a maximum score of **FIVE** for the quantity score. (If no skills are executed within a category you will receive a **ZERO** for that particular quantity score)
- The lowest possible score given for technique will be a **FIVE**. (If no skills are executed within a category, you will receive a **ZERO** for that particular technique score)

*\*Please see Collegiate grids for Level 6 ranges.*



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*\*Assisted & non-assisted single legged based stunts will increase your score within the range.*

# 2011-2012 REC JUMPS/TOSSES/DANCE GRID

	JUMPS			TOSSES			DANCE	
	DIFFICULTY	TECHNIQUE		DIFFICULTY	TECHNIQUE		DIFFICULTY	TECHNIQUE
<b>4.0-5.0</b>	Any non-connected basic jump(s)		<b>4.0-5.0</b>	N/A		<b>4.0-5.0</b>	Basic Simple in movement	
<b>5.0-6.0</b>	One advanced jump/ 2 or more connected basic jumps	Below level jumps Squad flexed toes Squad legs not together on landing Chest down on jump and landing	<b>5.0-6.0</b>	Straight ride tosses not by majority	No body control Poor height	<b>5.0-6.0</b>	Below average in movement No transitions Little to no footwork/ground work	No technique Poor motion placement Not sharp
<b>6.0-7.0</b>	2 or more non-connected advanced jumps	Sub-standard level jumps Majority flexed toes Majority Legs not together on landing Legs not locked out	<b>6.0-7.0</b>	Straight ride tosses by majority	Little body control Below average height	<b>6.0-7.0</b>	Little to no level changes 1 transition Some footwork/ground work	Below average technique Below average motion placement Below average sharpness
<b>7.0-8.0</b>	2 connected advanced jumps <i>(variety will increase your score within range)</i>	Level jumps Some flexed toes in jumps Some legs apart on landing	<b>7.0-8.0</b>	1 skill non-twisting tosses ----- Single twisting tosses	Average body control Average height	<b>7.0-8.0</b>	Basic level changes 2 transitions Average footwork/ground work	Average technique Average motion placement Average sharpness
<b>8.0-9.0</b>	3 advanced jumps within a combination, at least 2 of which are connected <i>(variety will increase your score within range)</i>	Above level jumps Good toe point in jumps Good landings with feet together	<b>8.0-9.0</b>	Double twisting tosses ----- 1 skill twisting tosses	Good body control Above average height	<b>8.0-9.0</b>	Various level changes 3 transitions Above average footwork/ground work	Good technique Good motion placement Good overall sharpness
<b>9.0-10.0</b>	3 or more connected advanced jumps <i>(variety will increase your score within range)</i>	Hyper-extended jumps Excellent toe point Excellent landings with feet together and chest upright	<b>9.0-10.0</b>	Kick double twisting tosses ----- Hitch-kick double twisting tosses ----- 2 skill double twisting tosses	Excellent body control Excellent height	<b>9.0-10.0</b>	Excellent level changes 4+ transitions Excellent foot/ground work Excellent group/partner work	Excellent technique Excellent motion placement Excellent overall sharpness

- For **DIFFICULTY**, **ALL** the skills are to be performed by the **MAJORITY** (half plus 1) of the team. If the skills are **NOT** performed by the majority of the team, then the score will be placed in that respective bracket.
- Skills that are **NOT** executed within your level will receive a maximum score of **5** for the quantity score. (If no skills are executed within a category you will receive a **ZERO** for that particular quantity score)
- The lowest possible score given for technique will be a **5**. (If no skills are executed within a category, you will receive a **ZERO** for that particular technique score)

		TOSSES QUANTITY CHART										DIFFICULTY
		4	5	6	7	7.5	8	8.5	9	9.5	10	MAJORITY
# OF ATHLETES	5 to 7										1	1
	8 to 11									1	2+	2
	12 to 15								1	2	3+	2
	16 to 19							1	2	3	4+	3
	20 to 23						1	2	3	4	5+	3
	24 to 27					1	2	3	4	5	6+	4
	28 to 31				1	2	3	4	5	6	7+	4
	32 to 35			1	2	3	4	5	6	7	8+	5
	36		1	2	3	4	5	6	7	8	9+	5

This chart represents the number of participants needed to execute the skill for MAJORITY.

### Basic Jumps:

- Tuck Jump
- Right/Left Side Hurdler
- Spread Eagle (defined as a jump where knees are facing forward and hips are not rotated upward)

### Advanced Jumps:

- Pike Jump
- Right/Left Front Hurdler
- Toe Touch

\*Please see Collegiate grids for Level 6 ranges.



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# 2011-2012 REC TUMBLING GRID

	STANDING TUMBLING			RUNNING TUMBLING	
	DIFFICULTY	TECHNIQUE		DIFFICULTY	TECHNIQUE
<b>4.0-5.0</b>	Forward or Backward Roll		<b>4.0-5.0</b>	Cartwheels/Round offs	
	Front or Back Walkover			Combination skills into cart-wheel/roundoff	
<b>5.0-6.0</b>	Single Back handspring	Poor Technique <i>(which can include)</i> Head/knees landing on mat Chest down upon landing	<b>5.0-6.0</b>	Round off back handspring(s)	Poor Technique <i>(which can include)</i> Hands/knees landing on mat Chest down upon landing
	Back walkover/back roll connected to a single back handspring	Bent arms Not Completing skill		Combination skills into roundoff back handspring(s)	Bent arms Not Completing skill
<b>6.0-7.0</b>	Series back handsprings	Below average technique <i>(which can include)</i> Steps taken after skill Legs apart on skill	<b>6.0-7.0</b>	Round off/round off back handspring back tuck and/or punch fronts	Below average technique <i>(which can include)</i> Steps taken after skill Legs apart on skill
	Any skill(s) connected to series back handsprings	Below average height on flipping skill		Combination skills into round off back handspring back tuck	Below average height on flipping skill
<b>7.0-8.0</b>	Back handspring tuck	Average technique <i>(which can include)</i> Bent legs on layouts/ twisting skills Non-completed twisting skills	<b>7.0-8.0</b>	Round off/round off back handspring layout	Average technique <i>(which can include)</i> Bent legs on layouts/ twisting skills Non-completed twisting skills
	Standing back tuck	Non-pointed toes Average height on flipping skill		Combination skills into a layout	Non-pointed toes Average height on flipping skill
<b>8.0-9.0</b>	Back handspring layout	Above average technique <i>(which can include)</i> Piked landings on layouts/ twisting skills Some non-pointed toes	<b>8.0-9.0</b>	Round off/round off back handspring single full twist	Above average technique <i>(which can include)</i> Piked landings on layouts/ twisting skills Some non-pointed toes
	Jump(s)* connected to a back tuck	Above average height on most flipping skills		Combination skills into a single full twist	Above average height on most flipping skills
<b>9.0-10.0</b>	Back handspring full twist	Excellent technique Skills completely finished Toes pointed in all skills	<b>9.0-10.0</b>	Round off/round off back handspring double full twist	Excellent technique Skills completely finished Toes pointed in all skills
	Standing full twist			Combination skills into round off back handspring double full twist	
	Back handspring double twist	Excellent height on flipping skills			

\*Jumps connected to any standing tumbling skill will raise your score within that range.

\* Running Tumbling: Level appropriate synchronized passes executed at the same time by the majority of the team will raise your score into the next .5 range.

\*Standing Tumbling Synchronization will be judged on the section with the most athletes performing any level appropriate synchronized skill.

- For **DIFFICULTY**, **ALL** the skills are to be performed by the **MAJORITY** (half plus 1) of the team. If the skills are **NOT** performed by the majority of the team, then the score will be placed in the respective bracket.

- Skills that are **NOT** executed within your level will receive a maximum score of **FIVE** for the quantity score. (If no skills are executed within a category you will receive a **ZERO** for that particular quantity score)

- The lowest possible score given for technique will be a **FIVE**. (If no skills are executed within a category, you will receive a ZERO for that particular technique score)

## TUMBLING QUANTITY CHART

# OF ATHLETES	SCORE>	7	8	9	10
	5-8	1-2	3	4	5+
9-12	1-3	4-5	6-8	9+	
13-16	1-5	6-7	8-12	13+	
17-20	1-6	7-10	11-16	17+	
21-24	1-10	11-15	16-20	21+	
25-28	1-13	14-18	19-24	25+	
29-32	1-14	15-21	22-28	29+	
33-36	1-16	17-24	25-32	33+	

## Standing TUMBLING synchronization

Few Passes Synchronized	1
1/4 of the Team Synchronized	2
1/2 of the Team Synchronized	3
3/4 of the Team Synchronized	4
Full Team Synchronization	5

• Please see Collegiate grids for Level 6 ranges.



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