

2011-2012 SCHOOL STUNTS GRID

- 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 lower scoring 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**.

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 (Multiple body positions will increase your score within range)	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 (Multiple body positions will increase your score within range)	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	5.0-6.0	6.0-7.0	7.0-8.0	8.0-9.0	9.0-10.0
		<ul style="list-style-type: none"> • 1/4 twisting mount, transition or dismounts • Straight cradle from 2-legged prep level stunt • Inversion before a stunt sequence • Other level appropriate creative or unique load in, dismount or transition 	<ul style="list-style-type: none"> • 1/2 twisting mount or transition • Straight cradle from 1-legged prep level stunt • Inversion into a stunt • Log/barrel roll • Other level appropriate creative or unique load in, dismount or transition 	<ul style="list-style-type: none"> • Single twisting mount or transition • 1/2 up to extended single-leg stunt • Single twisting cradle from 2-legged stunt • Shoulder level or below inversion • Straight cradle from extended single leg stunt • Other level appropriate creative or unique load in, dismount or transition 	<ul style="list-style-type: none"> • 1 twisting mount or transition landing at extended level • Double twist cradle from a 2-legged stunt • Single twist from a 1-legged stunt • Other level appropriate creative or unique load in, dismount or transition

		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.



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

2011-2012 SCHOOL PYRAMIDS 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 Shaky or non-steady bases Poor Flexibility
	6.0-7.0	Basic 2 legged extended pyramids	Poor flyer body control
		Basic 1 legged extended pyramids	Poor flyer motion position Below Average flexibility
	7.0-8.0	Extended pyramids involving (double braced) non inverted 2 1/2 high transitional release moves	Average flyer body control Average flyer motion position
		Extended pyramids involving (single braced) non inverted 2 1/2 high transitional release moves	Average flexibility
	8.0-9.0	N/A	Consistent flyer body control Good flyer motion position Good flexibility
	9.0-10.0	N/A	Excellent flyer body control Excellent flyer motion position Excellent flexibility

PYRAMID LOAD-INS/DISMOUNTS/TRANSITIONS	5.0-6.0	<ul style="list-style-type: none"> • 1/4 twisting mount, transition or dismounts • Straight cradle from 2-legged prep level pyramid • Inversion before a pyramid sequence • Other level appropriate creative or unique load in, dismount or transition
	6.0-7.0	<ul style="list-style-type: none"> • 1/2 twisting mount or transition • Straight cradle from 1-legged extended level pyramid • Inversion into a stunt • Other level appropriate creative or unique load in, dismount or transition
	7.0-8.0	<ul style="list-style-type: none"> • Single twisting mount or transition • Single twisting cradle from 2-legged pyramid • Other level appropriate creative or unique load in, dismount or transition
	8.0-9.0	<ul style="list-style-type: none"> • 1 1/2 twisting mount or transition • Double twist cradle from a 2-legged pyramid • Single twist from a 1-legged pyramid • Other level appropriate creative or unique load in, dismount or transition
	9.0-10.0	<ul style="list-style-type: none"> • Double twisting mount or transition • 1+ twisting mount or transition landing at extended level • Double twisting cradle from extended 1 legged-pyramid • Other level appropriate creative or unique load in, dismount or transition

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2011-2012 SCHOOL MOTION/DANCE/JUMPS/TOSSES GRID

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

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TOSSES QUANTITY CHART											DIFFICULTY	
# OF ATHLETES		4	5	6	7	7.5	8	8.5	9	9.5	10	MAJORITY
	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.



2011-2012 SCHOOL TUMBLING GRID

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

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

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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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