

# 2011-2012 COLLEGIATE/LEVEL STUNTS GRID

STUNT DIFFICULTY	DIFFICULTY	TECHNIQUE
	4.0-5.0	N/A
5.0-6.0	N/A	Little or no flyer body control/stability Shaky or non-steady bases Poor Flexibility
6.0-7.0	N/A	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
	<ul style="list-style-type: none"> <li>Walk-In stunts and transitions</li> <li>Toss stunts to prep level</li> <li>Straight pop downs to the performing surface</li> <li>Basic straight cradles</li> </ul>
6.0-7.0	<ul style="list-style-type: none"> <li>Toss two-legged extended stunts</li> <li>Half twisting mounts or transitions to or from prep level</li> <li>One skill non-twisting cradle/dismounts</li> </ul>
7.0-8.0	<ul style="list-style-type: none"> <li>Toss one-legged extended stunt</li> <li>Full twisting mounts or transitions to or from prep level</li> <li>Downward inversion from prep level</li> <li>Single twist cradles</li> </ul>
8.0-9.0	<ul style="list-style-type: none"> <li>Full twisting mounts or transitions to or from extended level</li> <li>Low to high tic-tocs</li> <li>Inverted stunts/transitions to/from non-extended positions</li> <li>Free flipping stunts/transitions to/from non-extended positions</li> <li>Double twisting stunts/transitions to/from non-extended positions</li> </ul>
9.0-10.0	<ul style="list-style-type: none"> <li>High to high tic-tocs</li> <li>Inverted stunts/transitions to/from extended positions</li> <li>Free flipping stunts/transitions to/from extended positions</li> <li>Double twisting stunts/transitions to/from extended positions</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



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

# 2011-2012 COLLEGIATE/LEVEL PYRAMIDS GRID

PYRAMID DIFFICULTY	DIFFICULTY	TECHNIQUE	
	4.0-5.0	N/A	
	5.0-6.0	N/A	Little or no flyer body control Shaky or non-steady bases Poor Flexibility
	6.0-7.0	Basic 1 legged extended pyramids	Poor flyer body control Poor flyer motion position Below Average flexibility
	7.0-8.0	Basic 2 1/2 high vertical pyramids	Average flyer body control Average flyer motion position Average flexibility
	8.0-9.0	Advanced 2 1/2 high horizontal pyramids ----- Advanced 2 1/2 high 3-3-2 pyramids	Consistent flyer body control Good flyer motion position Good flexibility
9.0-10.0	*Basic 2 arm, 2 leg 2-1-1/1-1-1 pyramids ----- *Advanced 2 arm, 1 leg 2-1-1/1-1-1 pyramids	Excellent flyer body control Excellent flyer motion position Excellent flexibility	

PYRAMID LOAD-INS/DISMOUNTS/TRANSITIONS	5.0-6.0	
	6.0-7.0	<ul style="list-style-type: none"> <li>• Toss into pyramid below 2 ½ high</li> <li>• Half twisting mounts or transitions</li> <li>• Basic straight cradles from below 2 ½ high pyramid</li> </ul>
	7.0-8.0	<ul style="list-style-type: none"> <li>• Toss into pyramid above 2 ½ high</li> <li>• Full twisting mounts or transitions to or from prep level</li> <li>• Downward inversion from prep level</li> <li>• One skill non-twisting cradle/dismounts</li> </ul>
	8.0-9.0	<ul style="list-style-type: none"> <li>• Low to high tic-tocs</li> <li>• Inverted two-legged transitions into 2 ½ high</li> <li>• Free flipping mounts or transitions to two-legged 2 ½ high</li> <li>• Single twisting mounts or transitions into 2 ½ high</li> <li>• Single twist dismount from 2 ½ high</li> </ul>
	9.0-10.0	<ul style="list-style-type: none"> <li>• High to high tic-tocs</li> <li>• Inverted two-legged transitions into 2 ½ high</li> <li>• Free flipping mounts or transitions to one legged 2 ½ high</li> <li>• Double twisting mounts or transitions into 2 ½ high</li> <li>• Flipping dismount from 2 ½ high</li> </ul>

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- 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)



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\*Single arm stunts will increase your score within the range.

# 2011-2012 COLLEGIATE/LEVEL 6 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>	1 skill non-twisting tosses ----- Single twisting tosses	<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>	Double twisting tosses ----- 1 skill twisting tosses	<b>5.0-6.0</b>	Below average in movement No transitions Little to no footwork/ground work
<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 in jumps	<b>6.0-7.0</b>	Kick double twisting tosses ----- Hitch-kick double twisting tosses ----- 2 skill double twisting tosses	<b>6.0-7.0</b>	Little to no level changes 1 transition Some footwork/ground work
<b>7.0-8.0</b>	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	<b>7.0-8.0</b>	Non-twisting flipping tosses ----- Single twisting flipping tosses	<b>7.0-8.0</b>	Basic level changes 2 transitions Average footwork/ground work
<b>8.0-9.0</b>	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	<b>8.0-9.0</b>	Double twisting flipping tosses ----- 1 skill, 1 twisting flipping tosses	<b>8.0-9.0</b>	Various level changes 3 transitions Above average footwork/ground work
<b>9.0-10.0</b>	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	<b>9.0-10.0</b>	2 skill, twisting flipping tosses	<b>9.0-10.0</b>	Excellent level changes 4+ transitions Excellent foot/ground work Excellent group/partner work

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- 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
# OF ATHLETES	4	5	6	7	7.5	8	8.5	9	9.5	10	MAJORITY
	5 to 7										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



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# 2011-2012 COLLEGIATE/LEVEL 6 TUMBLING GRID

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

- 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)
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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



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