

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 | DIFFICULTY | TECHNIQUE |
|--------------------------------------|---|--|
| | 5.0-6.0 | <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 |
| 6.0-7.0 | <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 | |
| 7.0-8.0 | <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 | |
| 8.0-9.0 | <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 | |
| 9.0-10.0 | <ul style="list-style-type: none"> • 1+ twisting mount or transition landing at extended level • Helicopter release move • Double twisting mount landing at extended level • Double twisting cradle from extended 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.

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



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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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- The lowest possible score given for technique will be a **FIVE**.

| 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.

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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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- 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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