



STUNTS AND PYRAMIDS



LEVEL 1 & LEVEL 2 STUNT DIFFICULTY

Teams should execute BOTH (multiple) single leg and two leg stunts at the appropriate level by majority of the team to max out stunt difficulty.

L1	L1 teams that execute at least one single leg stunt below prep level and a prep level two legged stunt will start at: 5.5
L1	Any single legged body position below prep level executed beyond the criteria above will raise your score a tenth of a point for each additional body position up to the maximum of 6.0
L2	L2 teams that execute at least one single leg stunt at prep level and an extended level two legged stunt will start at: 6.5
L2	Any prep level single legged body position executed beyond the criteria above will raise your score a tenth of a point for each additional body position up to the maximum of 7.0

LEVEL 3 AND ABOVE STUNT DIFFICULTY: 9-10 BREAKDOWN (Cumulative throughout the routine)

3 BODY POSITIONS	9 – 9.2
4 BODY POSITIONS	9.3 – 9.5
5 BODY POSITIONS	9.6 – 9.8
5+ BODY POSITIONS	With majority “single based stunts” or assisted/non-assisted stunts 9.9-10

Variations of body positions will determine the 10ths between each breakdown.

STUNTS (LOAD INS/DISMOUNTS/TRANSITIONS) (Cumulative throughout the routine)

1-2	L1: 5-5.3 • L2: 6-6.3 • L3: 7 – 7.3 • L4: 8 – 8.3 • L5: 9 – 9.3
3-4	L1: 5.4-5.6 • L2: 6.4-6.6 • L3: 7.4 – 7.6 • L4: 8.4 – 8.6 • L5: 9.4 – 9.6
5-5+	L1: 5.7-6 • L2: 6.7-7 • L3: 7.7 – 8 • L4: 8.7 – 9 • L5: 9.7 – 10

PYRAMID DIFFICULTY

Level 1 & 2 Pyramid Difficulty should be determined by the # of single leg and/or 2 leg structures executed at the appropriate level.

LEVEL 3	
1-2 RELEASES	L3: 7 – 7.3
3-4 RELEASES	L3: 7.4 – 7.6
5-5+ RELEASES	L3: 7.7 - 8.0

Mirrored/Simultaneous release moves will only count as 1 release move per occurrence.

LEVEL 4	
1-2 DOUBLE BRACED INVERSIONS	L4: 8 – 8.3
3-4 DOUBLE BRACED INVERSIONS	L4: 8.4 – 8.6
5-5+ DOUBLE BRACED INVERSIONS	L4: 8.7 – 9.0

Mirrored/Simultaneous double braced inversions will only count as 1 double braced inversion per occurrence.

LEVEL 5	
1-2 SINGLE BRACED INVERSIONS	L5: 9 – 9.3
3-4 SINGLE BRACED INVERSIONS	L5: 9.4 – 9.6
5-5+ SINGLE BRACED INVERSIONS	L5: 9.7 – 10.0

Mirrored/Simultaneous single braced inversions will only count as 1 single braced inversion per occurrence.

PYRAMIDS (LOAD INS/DISMOUNTS/TRANSITIONS) (Cumulative throughout the routine)

1-2	L1: 5-5.3 • L2: 6-6.3 • L3: 7 – 7.3 • L4: 8 – 8.3 • L5: 9 – 9.3
3-4	L1: 5.4-5.6 • L2: 6.4-6.6 • L3: 7.4 – 7.6 • L4: 8.4 – 8.6 • L5: 9.4 – 9.6
5-5+	L1: 5.7-6 • L2: 6.7-7 • L3: 7.7 – 8 • L4: 8.7 – 9 • L5: 9.7 – 10



STUNTS AND PYRAMIDS



TOSS DIFFICULTY

The most tosses executed in a single sequence will count for the toss quantity score.

LEVEL 2		
Mid	6.5-6.7	Majority straight ride tosses executed within a sequence
High	6.8-6.9	Squad straight ride tosses executed within a sequence (Maximum number of tosses per athletes on the floor)
Max	7	Squad straight ride tosses executed within one sequence AND some other tosses throughout the routine

LEVEL 3		
Low	7-7.3	Majority 1 skill non twisting toss
Mid	7.4-7.6	Majority 1 skill non twisting tosses with SOME single twisting tosses within a sequence
High	7.7-7.9	Squad single twisting tosses
Max	8	Squad single twisting tosses within one sequence AND a variety of tosses throughout the routine

LEVEL 4		
Low	8-8.3	Majority 2 skill tosses/Majority double twisting tosses
Mid	8.4-8.6	Majority double twisting tosses with SOME 1 skill twisting tosses
High	8.7-8.9	Squad 1 skill twisting tosses
Max	9	Squad 1 skill twisting tosses within one sequence AND a variety of tosses throughout the routine

LEVEL 5		
Low	9-9.3	Majority kick double twisting tosses
Mid	9.4-9.6	Majority hitch kick double twisting tosses
High	9.7-9.9	Majority switch kick double twisting tosses
Max	10	Squad switch kick double twisting tosses within one sequence AND a variety of tosses throughout the routine

*Please note that execution does play a factor when looking at difficulty. If the toss is not executed well enough to determine the intended choreographed skill, this can affect the difficulty category