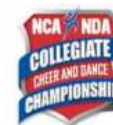


EXECUTION GUIDELINES



EXECUTION SCORING GUIDELINE			
Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.			
BELOW	LOW	MID	HIGH
1.0-2.0	2.0-3.0	3.0-4.0	4.0-5.0
1.0-3.0	3.0-4.5	4.5-6.0	6.0-7.5
ALL Errors are occurring across all participating athletes/groups.	Widespread/Many/Frequent Widespread errors across many athletes Frequent errors within many stunt groups or across many stunts	Multiple/Majority/Several Multiple athlete errors Majority stunt groups do not have errors versus majority do have errors Severity of those errors? Several errors or minimal	Minor/Few/Minimal Single athlete minor error single stunt minor error few athletes minor or minimal error Minimal athletes/errors/stunt errors throughout

STUNT/PYRAMID EXECUTION CRITERIA	
Each execution score will look at the below criteria: This IS NOT a driver system	
TOP PERSON	* Body control * Uniform flexibility * Legs straight/locked/toes pointed
BASES/SPOTTERS	* Stability of the stunt * Solid stance * Feet stationary
TRANSITIONS	* Entries * Dismounts * Control from skill to skill
SYNCHRONIZATION	* Timing (when applicable)

TUMBLING EXECUTION CRITERIA		
Each execution score will look at the below criteria: This IS NOT a driver system		
APPROACH	* Arm placement into a pass/skill * Swing/prep * Chest placement	
BODY CONTROL	* Head placement * Arm/shoulder placement in skills * Control from skill to skill in a pass	* Leg placement in skills * Hips * Pointed toes
LANDINGS	* Controlled * Chest Placement	* Finished pass/skill * Incomplete twisting skills
SYNCHRONIZATION	* Timing (when applicable)	

JUMP EXECUTION CRITERIA	
Each execution score will look at the below criteria: This IS NOT a driver system	
ARM PLACEMENT	* Approach * Consistent Entry * Swing/prep * Arm placement in jumps
LANDINGS	* Straight legs * Pointed toes * Hip placement/rotation/hyperextension * Height * Legs/feet together * Chest placement * Landings
SYNCHRONIZATION	* Timing

THIS GUIDELINE IS THE EXCLUSIVE PROPERTY OF VARSITY SPIRIT AND MAY NOT BE REPRODUCED, IN PART OR IN WHOLE, FOR EVENTS NOT SPONSORED AND APPROVED BY VARSITY SPIRIT