



A VARSITY SPIRIT BRAND

STUNT PROGRESSION AND EXPECTATIONS

Category	Release	Inversion	Twisting	Other	Coed Style
Release When scoring difficulty, judges will take into account the following: minimum movement of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill.	<ul style="list-style-type: none"> Release move from below prep level to below prep level Horizontal release move caught below prep level 	<ul style="list-style-type: none"> Release move from below prep level to prep level (Quick toss, switch up, ball up) <ul style="list-style-type: none"> Prep level tick tok Switch up to extended one leg Horizontal release move caught at prep level 	<ul style="list-style-type: none"> Quick toss to extended two leg Release moves caught at prep level or below Release moves caught at extended (low to high tick tok, prep release ball to extended) <ul style="list-style-type: none"> Quick toss to single leg extended 1/2 switch up to extended one leg Horizontal release move caught at extended 	<ul style="list-style-type: none"> Low to high tick tok variations (body position to body position) <ul style="list-style-type: none"> 1/2 around release moves to extended <ul style="list-style-type: none"> High to High Tick Tocks Horizontal release move caught at extended level body position 	<ul style="list-style-type: none"> Full up switch ups Full twisting release moves to extended Full up quick toss to extended High to High Tick Tocks (body position to body position)
Inversion Credit for inversions will only be received if the weight of the top person is held in the upper portion of the top and the skill is inverted at the dip.	<ul style="list-style-type: none"> Inverted skills below prep level Ground inversions transitioned to below prep level Below prep level inversions out of stunts (yo-yo, back walkover, etc.) 	<ul style="list-style-type: none"> Suspended Roll include twisting variations <ul style="list-style-type: none"> Inverted dismounts (Waterfall/Cartwheel style) Ground inversion transitioned to prep level <ul style="list-style-type: none"> Prep level inverted stunts Released inversions to below prep level 	<ul style="list-style-type: none"> Prep level and below inverted stunts transitions to extended Released inversions to prep level Ground inversions to extended 	<ul style="list-style-type: none"> Twisting ground inversion to extended (1/2 up or more) Released inversions to extended Shoulder inversion release to extended <ul style="list-style-type: none"> Ground inversion release to extended Shoulder inversion release to extended body position Hand to hand inversion release to extended 	<ul style="list-style-type: none"> Ground inversion release to extended body position Alternate entries to Hand to Hand stunts (Diamidov) Hand to hand inversion release to extended
Twisting When scoring difficulty, judges will take into account the following: minimum movement of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill.	<ul style="list-style-type: none"> 1/4 up to prep 1/2 up to prep 1/4 up to extended 1/2 up to extended 	<ul style="list-style-type: none"> Full up variations (cross leg, bases moving, multiple connections) Full up to prep level and below variations <ul style="list-style-type: none"> Twisting transitions to side / prone / cradle Rewind transition to load 	<ul style="list-style-type: none"> Full up to extended target / liberty Full up to body positions 	<ul style="list-style-type: none"> High to high full around - 2 feet Hands 1 1/2 around to extended <ul style="list-style-type: none"> 1 1/2 up to extended Hands full around to extended 	<ul style="list-style-type: none"> Double up to extended Hands double around to extended High to high full around - 1 foot High to high double around
Other	<ul style="list-style-type: none"> Straddle lift at prep level Flat back stunt <ul style="list-style-type: none"> Prep Extension Full twisting dismount from two leg stunts 	<ul style="list-style-type: none"> Single leg extended variations <ul style="list-style-type: none"> Single base extension Full twisting dismount from single leg stunts 	<ul style="list-style-type: none"> Extended single base liberty Extended single base body position 1/2 Twisting to extended single base 	<ul style="list-style-type: none"> Switch up to extended one leg single base 	<ul style="list-style-type: none"> Extended single base variations that include twisting / releases (low to high tick tok, full up, 1/2 switch up)
Coed Style Unless listed as Assisted, All Coed stunts are to be considered Unassisted. Assisted skills will not receive full credit.	<ul style="list-style-type: none"> Assisted walk in chair Assisted toss chair Assisted walk in hands Assisted toss hands Assisted coed skills at prep level 	<ul style="list-style-type: none"> Assisted coed skills at extended level <ul style="list-style-type: none"> Toss Hands 	<ul style="list-style-type: none"> Walk in hands press extension Toss hands press extension <ul style="list-style-type: none"> Walk in extension Assisted full up variations to extended level 	<ul style="list-style-type: none"> Walk in to extended single leg/single arm variation Toss hands press to extended single leg/single arm <ul style="list-style-type: none"> Toss extension Toss extended platform to single leg variation Toss to immediate extended liberty 	<ul style="list-style-type: none"> Toss to immediate extended body position <ul style="list-style-type: none"> Low to low/high tick tocks Toss one arm extended Toss full up to extended 1/2 Twist or greater release moves (Hands full arounds/ low to high) <ul style="list-style-type: none"> High to High Tick Tocks Released Inversion to prep level Released inversion to extended

Division Rec/Club	Full Team	Stunt Groups
All Divisions	36	7
Junior High		
Small Junior High	16	4
Large Junior High & Non Tumble	30	6
Junior Varsity		
Small Junior Varsity	16	4
Large Junior Varsity & Non Tumble	30	6
Varsity		
Small Varsity & Non Tumble	15	3
Medium Varsity & Non Tumble	19	4
Large Varsity & Non Tumble	23	5
Super Varsity & Non Tumble	30	6
Coed	Male/Total	Coed Stunts
Small Coed Non Tumble	2/16	1/4
Large Coed Non Tumble	4/30	2/6
Junior Varsity Coed	1+/25	4
Small Coed	4/20	3
Medium Coed	7/25	5
Large Coed	8+/30	7

Additional Info:
 • Libs and platform/target are not considered body positions.
 • Skills will only receive full credit if they show control through the pop or transition to another skill.
 • Any skill including a successful completion of a ¼ turn shall be considered more difficult than the same skill without a ¼ turn.