



A VARSITY SPIRIT BRAND

STUNT PROGRESSION AND EXPECTATIONS

<p>Release</p> <p>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.</p>	<ul style="list-style-type: none"> •Release move to below prep level •Horizontal release move to below prep level 	<ul style="list-style-type: none"> •Release move to prep level (Quick toss, Switch up, Ball up) •Prep level tick tock •Switch up to extended one leg •Horizontal release move to prep level 	<ul style="list-style-type: none"> •Release moves to extended (Low to High tick, Ball up, Quick Toss) •1/2 Twisting Switch up to extended one leg •Horizontal release move to extended 	<ul style="list-style-type: none"> •Low to High tick to Body Position •1/2 Twisting release moves to extended(Low to High tick, Ball up, Quick Toss) •Full Twisting Switch ups •High to High tick (lib to lib) •Horizontal release move to extended Body Position 	<ul style="list-style-type: none"> •Full Twisting Switch Ups to body position •Full Twisting release moves to extended(Low to High tick, Ball up, Quick Toss) •High to High Tick Tocks (body position to body position) •1/2 Twisting (or greater) Horizontal release move to extended
<p>Inversion</p> <p>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. When comparing inversions, the difficulty of the entry skill. A Back handspring would be considered more difficult than a cartwheel or round off entry.</p>	<ul style="list-style-type: none"> •Inversions below prep level •Ground inversions to below prep level •Below prep level inversions out of stunts (yo-yo, back walkover, etc.) 	<ul style="list-style-type: none"> •Suspended Rolls include twisting variations •Inverted dismounts (pancake, cartwheel style) •Ground inversion to prep level •Prep level inversions •Released inversions to below prep level 	<ul style="list-style-type: none"> •Prep level and below inversions to extended •Released inversions to prep level •Ground inversions to extended 	<ul style="list-style-type: none"> •Twisting ground inversion to extended (1/2 Twisting or more) •Released inversions to extended •Prep level inversion release to extended •Ground inversion release to extended •Prep level inversion release to extended body position 	<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
<p>Twisting</p> <p>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.</p>	<ul style="list-style-type: none"> •1/4 up to prep level •1/2 up to prep level •1/4 up to extended •1/2 up to extended •Twisting transitions to side / prone / cradle •Rewind transition to load 	<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"> •Full up to extended, target, or liberty •Hands full around to extended •Full up to extended body positions 	<ul style="list-style-type: none"> •High to high full around - 2 feet •Hands 1 1/2 around to extended •1 1/2 up 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
<p>Other</p>	<ul style="list-style-type: none"> Prep level and below stunts •Extension •Full twisting dismount from two leg stunts •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 tock, full up, 1/2 switch up, etc.)
<p>Coed Style</p> <p>Unless listed as Assisted, All Coed stunts are to be considered Unassisted. Assisted skills will not receive full credit.</p>	<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 •Toss Hands •Walk in hands press extension •Toss hands press extension •Walk in extension 	<ul style="list-style-type: none"> •Toss extension •Assisted full up variations to extended level •Toss hands press to extended single leg •Walk in to extended single leg variation 	<ul style="list-style-type: none"> •Toss hands press to extended single arm •Toss extended platform to single leg variation •Toss to immediate extended liberty •Walk in to extended single arm variation •Low to low/high tick tocks 	<ul style="list-style-type: none"> •Toss to immediate extended body position •Toss one arm extended •High to High Tick Tocks •1/2 Twist or greater release moves (Hands full arounds/ low to high) •Toss full up to extended •Released Inversion to prep level •Released inversion to extended

Division Rec/Club	Full Team	Stunt Groups
All Divisions	36	7
Junior High	Full Team	Stunt Groups
Small Junior High	16	4
Large Junior High & Non Tumble	30	6
Junior Varsity	Full Team	Stunt Groups
Small Junior Varsity	16	4
Large Junior Varsity & Non Tumble	30	6
Varsity	Full Team	Stunt Groups
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:

- Lbs 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.
- When scoring difficulty, landing positions will receive credit based on progression (2 foot stunts, liberty/target positions, body positions).