



STUNT SCORING GUIDELINE

*Skill list is NOT all inclusive and NOT comparable across different styles.

*Skills are listed least difficult at the top to most difficult at the bottom.

| <u>INVERSIONS</u> | <u>RELEASES</u> | <u>TWISTING</u> | <u>COED STYLE</u> |
|--|---|--|--|
| Inversions below prep level | Release moves to below prep | Twisting transitions to side/prone/cradle | Walk in/toss chair |
| Below prep level inversions out of stunts (yo-yo, back walkover, etc.) | Release moves to prep (Load, Switch Up, Quick Toss) | 1/4 -1/2 up to prep | Walk-in hands |
| Inverted dismounts | Load release to extended | 1/4-1/2 up to extended | Toss hands |
| Suspended Rolls | Switch Up release to extended | Vertical full twisting transitions down | Press extended |
| Ground inversion to prep level | Quick toss to extended | Full Up variations to stunt (cross leg, bases moving) | Walk-in/toss Extended |
| Released inversions to below prep level | Stunt to stunt release moves | Full Up to prep | Press to extended single leg |
| Prep level inversions | Stunt Tick Tock release moves (High to Low, Low to High. High to High) | Full Up to extended | Walk-in to extended single leg |
| Ground released inversions to prep (Ex: Roll, Roundoff, BHS entries) | Stunt Tick Tock release moves to body positions | Prep full around to stunt | 3/4 to full twisting entries and transitions |
| Ground inversions to extended | Up to 1/2 twisting release moves to stunt (Load, Switch Up, Quick Toss) | 1 1/2 up to stunt | Toss to single leg extended |
| Twisting ground inversions to extended (1/2 Twisting or more) | Full twisting release moves to stunt (Load, Switch Up, Quick Toss) | Extended full around to stunt | Walk-in to extended single arm variations |
| Prep level inversions release to extended | Full twisting release moves to body position | Prep 1 1/2 around to extended | Tick Tock Low to High |
| Ground inversions released to extended (Ex: Roll, Roundoff, BHS entries) | Full twisting Tick Tock stunt to stunt (High to Low, Low to High, High to High) | Double up to extended | 1/2 twist released stunt/transition |
| Prep level Hand in Hand inversions release to extended | | Extended full around single leg (lib-to-lib) | Tick Tock High to High |
| Elite entries to Hand to Hand stunt release to stunt (Ex: Diamadov) | | Prep double around to extended | Toss to extended single arm variations |
| Cartwheel/forward momentum entry ground inversions released to stunt | | Double Dragon prep to extended | Toss Full Up to stunt |
| Hand in Hand inversions forward release to stunt | | Extended full around more than 1 twist and/or including BP | Hand In Hand release to extended |
| Inversions released with up to 1/2 twist to extended | | Double Dragon all extended | Full twist released stunt/transition |
| Inversions released with full twist to extended | | | Ground released inversion to extended |
| | | | Twisting released inversions to extended |

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| <i>*Entries into skills listed in order is consistent when adding in factors such as landing prep, extended, single leg, body position, or adding twisting.</i> | <i>*Load entry starting two feet in bases' hands. Switch up starts one foot in load and one foot on the ground and switches standing legs on the way up. Quick Toss starts both feet on the ground.</i> | <i>*This skill list is not all inclusive. Additional skills performed in various styles may fall between listed skills.</i> | <i>*A coed style skill Assisted would always come before Unassisted. *Skills listed as multi-base styles would come before the single based version of the same skill.</i> |
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