



2022-2023 SPIRIT COMPETITIONS

SHOW CHEER

STUNTS SCORING RANGES

If "most" of team do not perform a synchronized skill, score drops into the range directly below. Refer to Stunt Quantity Chart for clarification of "most." **Synchronized** – exact same skill(s) at the exact same time. *Note: required dismount only implemented here, not in pyramid sections.

NOVICE	INTERMEDIATE	ADVANCED	NON-TUMBLING
7.0– 8.0	7.0– 8.0	7.0– 8.0	7.0– 8.0
Extension preps	Extension OR one leg stunt variations at prep level	Extensions AND one leg stunt variations at prep level AND *Required dismount: straight ride cradle	Extensions AND one leg stunt variations at prep level AND *Required dismount: straight ride cradle
8.0 – 9.0	8.0 – 9.0	8.0 – 9.0	8.0 – 9.0
Extensions OR one leg stunt variations at prep level	Extensions AND one leg stunt variations at prep level AND *Required dismount: straight ride cradle	Extended one leg stunt AND *Required dismount: single twist dismount (to cradle, prone, load, or ground), from two leg extended stunt OR single twist dismount (to cradle, prone, load, or ground) from one leg stunt at prep level	Extended one leg stunt AND *Required dismount: single twist dismount (to cradle, prone, load, or ground), from two leg extended stunt OR single twist dismount (to cradle, prone, load, or ground) from one leg stunt at prep level
9.0 – 10.0	9.0 – 10.0	9.0 – 10.0	9.0 – 10.0
Extensions AND one leg stunt variations at prep level AND *Required dismount: straight ride cradle	Extended one leg stunt AND *Required dismount: single twist dismount (to cradle, prone, load, or ground), from two leg extended stunt OR single twist dismount (to cradle, prone, load, or ground) from one leg stunt at prep level	Elite Skill* AND *Required dismount: single twist dismount (to cradle, prone, load, or ground) from one leg extended stunt	Elite Skill* AND *Required dismount: single twist dismount (to cradle, prone, load, or ground) from one leg extended stunt

TECHNIQUE/EXECUTION RANGES

3.5 – 4.0

Less than 50% of skills were executed with excellent precision and form

4.0 – 4.5

50% of skills were executed with excellent precision and form

4.5 – 5.0

75% or more of skills were executed with excellent precision and form

DRIVERS

Degree of Difficulty

Percentage of Team Participation

Connection of Skills/Variety

Pace and Speed of Skills

ELITE SKILLS*

Elite stunt skill examples:

- Full up to extended one leg
- Release move to an extended one leg
- Inversion to release move to an extended position
- Tick tock variations (high to high)
- Toss to extended one leg
- Extended stunt sequence performed by a single base, unassisted

*Add'l elite skills & progressions can be found at [https://www.varsity.com/usa/school/Competitions/Under 'rules and scoring'](https://www.varsity.com/usa/school/Competitions/Under%20rules%20and%20scoring)