



2025-2026 SPIRIT COMPETITIONS

SHOW CHEER

STUNTS SCORING RANGES

This includes Non-Tumbling Divisions

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
6.0 – 7.0	6.0 – 7.0
Extension preps	Extension OR one leg stunt variations at prep level
7.0 – 8.0	7.0 – 8.0
Extensions OR one leg stunt variations at prep level	Extensions AND one leg stunt variations at prep level AND Required dismount: straight ride cradle
8.0 – 10.0	8.0 – 10.0
Extensions AND one leg stunt variations at prep level AND Required dismount: straight ride cradle. *Additional coed team requirement.	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 *Additional coed team requirement
Coed Requirement	Coed Requirement
Shoulder stand (assisted or unassisted) OR toss hands (must be assisted) OR walk-in hands at prep (assisted or unassisted).	Walk-in or toss hands press extension (assisted or unassisted) OR Walk-in or toss hands press single leg (assisted or unassisted).

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

*ADDITIONAL COED REQUIREMENT
*Coed skill(s) are required in the high range (see quantity chart). When more than 1 coed skill is required, the skills must be synchronized. Coed skill(s) may be performed by male or female base.
NOTE: Increasing the difficulty of required coed skills and/or incorporating extra coed elements and having unassisted coed skills may positively impact stunt difficulty score.

STUNT COMPOSITION DRIVERS
Creativity Percentage of Team Participation Connection of Skills/Variety Pace and Speed of Skills
Additional skills and progressions can be found at: https://www.varsity.com/usa/school/Competitions/ under "Rules and Scoring".



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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.

ADVANCED	**ADDITIONAL COED ADVANCED TEAM REQUIREMENT
6.0 – 7.0	
Extensions AND one leg stunt variations at prep level AND Required dismount: straight ride cradle	Toss extension (assisted or unassisted) OR Walk-in/toss extended single leg (assisted or unassisted) OR Walk-in/toss to extended single arm variations (assisted or unassisted) OR Walk-in/toss hands press extension (unassisted) OR Walk-in/toss hands press extended single leg (unassisted).
7.0 – 8.0	
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	NOTE: Increasing the difficulty of required coed skills and/or incorporating extra coed elements and having unassisted coed skills may positively impact stunt difficulty score.
8.0 – 10.0	
*Required Advanced Skill AND Required dismount: single twist dismount (to cradle, prone, load, or ground) from one leg extended stunt **Additional coed advanced team requirement	**Additional coed skills and progressions can be found at: https://www.varsity.com/usa/school/Competitions/ under "Rules and Scoring".

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

STUNT COMPOSITION DRIVERS
Creativity Percentage of Team Participation Connection of Skills/Variety Pace and Speed of Skills
**ADDITIONAL COED TEAM REQUIREMENT
Coed skills are required in the high range. (See Quantity Chart) When more than 1 coed skill is required, the skills must be synchronized. Skill(s) may be performed by male or female base.

*REQUIRED ADVANCED SKILLS
Advanced skill examples:
<ul style="list-style-type: none"> Full up to extended one leg Release move to an extended one leg Released inversion to extended position Tick tock variations to extended one leg 1½ up/double up to extended position
Additional skills & progressions can be found at: https://www.varsity.com/usa/school/Competitions/ under "Rules and Scoring"



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STUNT RANGE QUANTITY CHART

***NOTE:** Exceeding the required number of stunts in one or more stunt sections may positively impact “percentage of team participation” in the stunt composition score.

STUNT QUANTITY (most)*

# OF ATHLETES	# OF GROUPS NEEDED FOR RANGE
9	1
10	1
11	1
12	2
13	2
14	2
15	2
16	3
17	3
18	3
19	3
20	4
21	4
22	4
23	4
24	4
25	5
26	5
27	5
28	5
29	6
30	6
31	6
32	6
33	7
34	7
35	7
36	7

COED STUNT QUANTITY*

# OF MALE ATHLETES	COED STUNTS NEEDED
1	1
2	1
3	1
4	2
5	2
6	3
7	3
8	4
9	4
10	5
11	5
12	6
13	6
14	7
15	7
16	8
17	8
18	9

- When more than 1 coed skill is required, the skills must be synchronized.
- **Synchronized** = exact same skills at the exact same time.
- Skill(s) may be performed by male or female base.