



2026-2027 SPIRIT COMPETITIONS

SHOW CHEER

STUNTS SCORING RANGES

This includes Non-Tumbling Divisions

- If “most” of the team does not perform the same skill (**synchronized or rippled**), score drops into the range directly below. Refer to Stunt Quantity Chart for clarification of “most.”
- Required dismount only implemented in stunts, not in pyramid sections.

Note: Skill must be **synchronized or rippled** in the same section, without recycling athletes.

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 single twisting dismount/ transition (to cradle, prone, load, or ground) from extension OR single twisting dismount/ transition (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 to 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)

EXECUTION RANGES

0-3.0: Skills executed **need improvement**

3.0 – 3.5

Skills executed with **below average** precision and form

3.5 – 4.0

Skills executed with **average** precision and form

4.0 – 4.5

Skills executed with **above average** precision and form

4.5 – 5.0

Skills executed with **exceptional** 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, incorporating extra coed elements and/or 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:

[Divisions, Rules & Scoring](#)



2026-2027 SPIRIT COMPETITIONS

SHOW CHEER

STUNTS SCORING RANGES

This includes Non-Tumbling Divisions

- If “most” of the team does not perform the same skill (**synchronized or rippled**), score drops into the range directly below. Refer to Stunt Quantity Chart for clarification of “most.”
- Required dismount only implemented in stunts, not in pyramid sections.

Note: Skill must be **synchronized or rippled** in the same section, without recycling athletes.

ADVANCED

6.0 – 7.0

Extensions **AND** one leg stunt variations at prep level **AND**
Required dismount: straight ride cradle

7.0 – 8.0

Extended one leg stunt **AND** single twisting dismount/**transition** (to cradle, prone, load, or ground) from extension **OR** single twisting dismount/**transition** (to cradle, prone, load, or ground) from one leg stunt at prep level

8.0 – 10.0

*Required advanced skill **AND** single twisting dismount/**transition** (to cradle, prone, load, or ground) from one leg extended stunt

****Additional coed advanced team requirement**

**ADDITIONAL COED ADVANCED TEAM REQUIREMENT

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)

NOTE: Increasing the difficulty of required coed skills, incorporating extra coed elements and/or having unassisted coed skills may positively impact stunt difficulty score.

****Additional coed skills and progressions can be found at:**

[Division, Rules & Scoring](#)

EXECUTION RANGES

0-3.0: Skills executed **need improvement**

3.0 – 3.5

Skills executed with **below average** precision and form

3.5 – 4.0

Skills executed with **average** precision and form

4.0 – 4.5

Skills executed with **above average** precision and form

4.5 – 5.0

Skills executed with **exceptional** 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:

- Full up to extended one leg
- Release move to an extended one leg
- Released inversion to extended position
- Tic toc variations to extended one leg
- 1½ up/double up to extended position

Additional skills & progressions can be found at:

[Division, Rules & Scoring](#)



2026-2027 SPIRIT COMPETITIONS

SHOW CHEER

STUNT RANGE QUANTITY CHART

NOTE: This chart represents the **MINIMUM** number of stunt groups required to satisfy “most.” 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
5 - 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	5
25	5
26	5
27	5
28	6
29	6
30	6
31	6
32	7
33	7
34	7
35	7
36	8

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

*Coed Stunt Requirements:

- 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.