

TRADITIONAL STUNTS/PYRAMIDS RUBRIC

The following statements apply to Stunt and Pyramid difficulty respectively:

The 3 highest scoring skills performed will be averaged. For Coed teams (3 or more males) one of the three skills performed must meet the definition of "coed skill" (see Coed section below) and meet the ratio of boys registered (See Ratio Rubric). Gender of base and top do not matter. If a Coed team does not perform one coed skill, the third skill score will be a zero. *This rubric outlines point ranges by low, average, and high for skills performed by a majority of stunt groups (See the Ratio Rubric). Skills performed with fewer participants than what is standard will be increased by up to 2 points (up to the 10 point max). *It is assumed that all skills listed on this rubric will be performed in the legal manner permitted by the NFHS rule book. *Body Positions ("BP") include: stretch, arabesque, scale, scorpion, needle, bow and arrow. Libs and targets not considered body positions. See Pyramid section below regarding hitches. **Unless otherwise noted below, the difficulty will increase by 0.5 for skills categorized as "extended" (the baseline skill) that go to lib, and by an additional 0.5 for those going to immediate BP (or 1 full point from the baseline). *Skills not listed are up to judges discretion.*

STUNTS - DIFFICULTY

LOW 0-4		AVG 5-7			HIGH 8-10			Notes and Definitions	
(1-2)	(3-4)	(5-5.5)	(6-6.5)	(7-7.5)	(8-8.5)	(9-9.5)	(10)		
Inversions	Ground level to ground level	Prep to ground level	FHS/BHS to Load	Prep level handstand to load	Ground level front flip to load	Ground level 1/2 front flip to prep	Non-released W/O, R/O, FHS, BHS to extended	1/2 W/O, R/O, FHS, BHS to extended	*All skills that invert are scored in this section AND all skills listed here are inversions. *Inverted is defined as "shoulders are below the waist."
		Thigh stand level handstand to load Prep level or below release to load	Suspended front flip	Pancake from prep level (6)	Baja flip	Prep level handstand to prep level	Prep level or below handstand to extended	Released W/O, R/O, FHS, BHS to extended	
					Suspended 1/2 front flip	W/O, R/O, FHS, BHS to prep		Ground level release to extended	
					Extended transition to flatback/prone, W/O out Pancake through extended, folding at prep	Released W/O, R/O, FHS, BHS to prep		Hand in hand from prep level to extended	
					Prep level or below release to prep	Cartwheel out from extended			
					Waterfall from extended single leg				
Releases	Knee or thigh level switch ups	Gut level switch ups	Switch up to prep lib	Prep level lib to lib tick tock	Switch up to extended lib	Switch up to extended immediate BP	Low to high tick tock to immediate BP	Full up switch up to extended	*All skills that release (but do not invert) are scored in this section. *Release is defined as "becoming free of contact from all personnel on the performing surface."
	Knee or thigh level tick tocks	Gut level tick tocks	Quick toss to prep	Non-spinning single skill basket	Quick toss to extended	Quick toss to extended single leg	1/2 up ball up to extended immediate BP	High to high tick tock BP to immediate BP	
	Log roll	Prep level cradle/horizontal release to load	Straight ride basket	Full twisting tick tock from prep lib to prep immediate BP	Ball up or switch up to prep immediate BP	Low to high tick tock	1/2 up switch up to extended immediate BP	Hitch/kick, kick/kick full baskets	
			Helicopter		360 basket	1/2 up switch up to extended lib	Kick full basket	Full around low to high tick tock to extended immediate BP	
					Prep level cradle/horizontal release to prep	1/2 around prep to extended two feet (8)	Prep level cradle/horizontal release to extended (9)		
					Full around prep to prep (7.5)		Full around prep to extended immediate BP	High to high tick tock	
Non-Release Twisting		1/4 turn up to prep	360 to load	1/2 up to extended two feet	360 to prep	1 1/2 to prep	1 1/4 low to high full around	1 1/2 low to high full around to single leg	*All skills that twist (but do not release or invert) are scored in this section. *Twist/spin is defined as a "rotation perpendicular or parallel to the performing surface." See comment in execution for scoring on using alternate grips.
			360 rewind from prep to load		360 rewind from extended to load	360 to extended two feet (8.5)	1 1/2 to extended two feet (9)	High to high full around	
			1/2 up to prep		High to low full around to prep	360 extended to prone	Low to high full around		
					Prep to prep full around (7)				
Cradle Dismounts		Straight ride cradle from prep level	Full down cradle from prep		Full down cradle from extended two feet	Full down cradle from extended lib	Full down cradle from extended BP	1 1/4 cradle from extended BP	*Only cradles are listed here. *Cradles are defined as releasing to a "catch completed below shoulder height by base(s) with the top in a face-up open-pike position."
		1/4 cradle from prep level	Cradle from extended single leg		Kick full cradle from prep			Kick full cradle from extended BP	
		Straight ride cradle from extended two feet	1/4 Cradle from extended single leg						

WSCJA/WSCCA Rubrics - 2024-2025 Season

LOW 0-4		AVG 5-7			HIGH 8-10			Notes and Definitions	
(1-2)	(3-4)	(5-5.5)	(6-6.5)	(7-7.5)	(8-8.5)	(9-9.5)	(10)		
Other Skills	Shoulder Sit	Prep	Prep level single leg	Shoulder Stand				*All skills that do not twist, release, cradle or invert are scored in this section.	
	Thigh stand	Extended straddle sit	Extension	Cupie					
	Bump down	Extended flatback	Prep to prone transition						
	Prep level flatback	Leapfrog							
	Show 'n Go								
LOW 0-4		AVG 5-7			HIGH 8-10			Notes and Definitions	
(1-2)	(3-4)	(5-5.5)	(6-6.5)	(7-7.5)	(8-8.5)	(9-9.5)	(10)		
Coed Skills	Toss toe touch	Toss shoulder sit	Pinwheel	Toss shoulder stand	Peg leg 3/4 to hands	Walk up 180 to hands press extension	Walk up 180 to extension	Hand-in-hand pop to ext	*ONLY USED FOR TEAMS IN THE COED DIVISION. *Coed Skill is defined as being initiated from the ground with two acceptable types of entry: as a single base grabbing a top person and tossing them from the ground ("toss") or a top walking toward a base, stepping into the hands, pushing off the base's shoulders, and executing a half spin to end facing front ("walk up"). *May be assisted by 1 additional person. One Man Assisted Stunt: A single based stunt in which the spotter is hands ON from entry up to and including the intended stunt. If more than one person assists the stunt, then it will be viewed as a multi-base stunt and judged accordingly.
	Toss show and go	Toss chair			Walk up 180 to hands	Toss hands press extension	Toss hands press extended lib	FHS/BHS to extension	
					Toss hands	Peg leg 3/4 to hands, press ext	Toss extension (9)	One-arm extended stunts	
							FHS/BHS to hands		
							Peg leg 3/4 to extended		
							Toss 360 hands (9)		
When stunt skills listed above on the rubric connect to a bracer, the following scale will be used: if the skill connects at the top or flows out of a connection, the score is the same as the stunt skill. If the skill is connected to a bracer throughout, the score decreases 1 point for each bracer. For pyramid only skills which cannot be performed without a bracer, the below rubric shall be used for 1 bracer, with the score decreasing 1 point for each additional bracer.								Notes and Definitions	
LOW 0-4		AVG 5-7			HIGH 8-10				
Braced release to prone		Braced release to new bases, landing prep level or below			Braced release to new bases, landing extended			*Pyramid Definition "Connected stunts" - skills can be performed with a bracer throughout, flow out of a connection, or connect immediately at the top. *PYRAMID ONLY: Hitch libs not counted as a "body position". *As with stunt skills, points within a range for pyramid skills will increase based on progression of beginning and ending stunt levels, landing position (2 feet, lib, immediate BP) as well as the number of bracers.	
Braced splits		Braced release to cradle			Braced release full twist to cradle				
Braced flip ending on ground		Braced flip, landing below prep level			Braced release, inverting full twist to cradle				
		Braced twisting flip, landing below prep level			Braced flip, landing prep level or higher				
		Braced side flip/sumi, landing below prep level			Braced twisting flip, landing prep level or higher				
					Braced flip, landing prep level or higher				
					Braced side flip/sumi, landing prep level or higher				
STUNTS AND PYRAMIDS EXECUTION								Notes and Definitions	
LOW 0-4		AVG 5-7			HIGH 8-10				
Falls, unsafe		No falls, major bobbles			No falls, minor bobbles at bottom of range, no bobbles at top of range			*Perfection/technique weighted at 40% each, spacing/sync at 10% each. *Front spots are not proper technique (execution can be affected up to two points). *Using alternative techniques will negatively affect the execution score and include but are not limited to: double bouncing, hitting a stunt at the top with base walking away, walking 360s, Ruby Slippers, etc. *All stunts and pyramids considered for execution score respectively.	
Proper technique lacking for nearly all participants		Technique is mediocre and/or inconsistent			Technique is nearly perfect for nearly all participants				
Both sync and spacing are quite off		Both sync and spacing slightly off, or only one quite off			Both sync and spacing nearly perfect				
STUNTS AND PYRAMIDS CREATIVITY								Notes and Definitions	
LOW 0-0.5		AVG 0.5-1.5			HIGH 1.5-2.5				
Minimal variety in transitions, entrances, and exits		Average variety in transitions, entrances, and exits			Excellent variety in transitions, entrances, and exits			FOR PYRAMIDS ONLY: several structures, multiple flyers, includes "pyramid only" skills	
Most stunt and pyramid skills are the same		Some stunt and pyramid skills repeat			No repeating skills used combined between stunts AND pyramids (6 unique skills)				
Minimal use of different skill types		Some variety in skill types (inversions, releases, etc.)			Many different skill types represented (i.e. inversions, releases, NR twisting, etc.)				
FOR PYRAMIDS ONLY - limited structures, focused around one main flyer		FOR PYRAMIDS ONLY - average structures, and average use of flyer variety							