

## 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. \*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)	(5-6)	(7-7.5)	(8)	(9)	(10)		
<b>Inversions</b>	Ground level to ground level	Prep to ground level	FHS/BHS to Load	Ground level front flip to load	Ground level 1/2 front flip to prep	Hand in hand from prep level 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 handstand to load	Baja flip	Prep level handstand to prep level	Non-released W/O, R/O, FHS, BHS to extended	Released W/O, R/O, FHS, BHS to extended	
		Prep level or below release to load	Suspended front flip	Suspended 1/2 front flip	W/O, R/O, FHS, BHS to prep	Prep level or below handstand to extended	Prep level or below release to extended immediate BP	
				Extended transition to flatback, W/O out	Released W/O, R/O, FHS, BHS to prep	Waterfall from extended BP		
				Extended transition to prone, W/O out	Cartwheel out from extended			
			Prep level or below release to prep	Pancake				
LOW 0-4		AVG 5-7			HIGH 8-10			Notes and Definitions
(1-2)	(3-4)	(5-6)	(7-7.5)	(8)	(9)	(10)		
<b>Releases</b>	Knee or thigh level switch ups	Gut level switch ups	Switch up to prep lib	Quick toss to prep	Quick toss to extended	Low to high tick tock to immediate BP	1/2 up switch up to extended immediate BP	*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	Log roll	Non-spinning single skill basket	1/2 around prep to extended two feet	1/2 up ball up to extended immediate BP	1/2 around prep to extended immediate BP	
		Prep level cradle/horizontal release to load	Straight ride basket	Prep level lib to lib tick tock	Switch up to extended immediate BP	1/2 around prep level to extended lib	Full up switch up to extended	
			Helicopter	Ball up or switch up to prep immediate BP	Low to high tick tock	Full twisting tick tock from prep lib to prep immediate BP	High to high tick tock	
				Prep level lib to immediate BP tick tock	1/2 up switch up to extended lib	Kick full basket	High to high tick tock BP to immediate BP	
				Switch up to extended lib	360 basket	Prep level cradle/horizontal release to extended	Hitch/kick, kick/kick full baskets	
			Prep level cradle/horizontal release to prep	Released full around prep to prep	Released full around prep to extended immediate BP	Full around low to high tick tock to extended immediate BP		
LOW 0-4		AVG 5-7			HIGH 8-10			Notes and Definitions
(1-2)	(3-4)	(5-6)	(7-7.5)	(8)	(9)	(10)		
<b>Non-Release Twisting</b>		1/4 turn up to prep	360 to load	1/2 up to extended two feet	1 1/2 to prep	1 1/4 low to high full around	1 1/2 low to high full around to immediate BP	*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."
		1/2 up to prep	360 rewind from prep to load	360 to prep	High to low full around to prep	1 1/2 to extended two feet	1 1/2 to extended immediate BP	
				360 rewind from extended to load	Prep to prep full around	Low to high full around	High to high full around	
					360 to extended two feet	360 extended to prone	360 up to extended immediate BP	
					360 to extended lib			
LOW 0-4		AVG 5-7			HIGH 8-10			Notes and Definitions
(1-2)	(3-4)	(5-6)	(7-7.5)	(8)	(9)	(10)		
<b>Cradle Dismounts</b>		Straight ride cradle	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	Cradle from extended single leg	Kick full cradle from prep			Kick full cradle from extended BP	
			1/4 Cradle from extended single leg					

LOW 0-4		AVG 5-7			HIGH 8-10		Notes and Definitions	
(1-2)	(3-4)	(5-6)	(7-7.5)	(8)	(9)	(10)		
<b>Other Skills</b>	Show and go	Prep	Prep level single leg	Extended lib	Extended immediate BP		*All skills that do not twist, release, cradle or invert are scored in this section.	
	Thigh stand	Extended straddle sit	Extension	Shoulder stand				
	Prep level flatback	Extended flatback	Cupie					
	Bump down		Leapfrog					
	Shoulder sit		Prep to prone transition					
LOW 0-4		AVG 5-7			HIGH 8-10		Notes and Definitions	
(1-2)	(3-4)	(5-6)	(7-7.5)	(8)	(9)	(10)		
<b>Coed Skills</b>	Toss toe touch	Toss shoulder sit	Toss chair	Toss shoulder stand	Walk up 180 to hands press extension	Walk up 180 to extension	Toss 360 to hands and above	*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		Pinwheel	Toss hands press extension	Toss hands press extended lib	Hand-in-hand pop to hands or above	
				Walk up 180 to hands	Peg leg 3/4 to hands	Toss extension	FHS/BHS up	
				Toss hands		Peg leg 3/4 hands press Extension	Toss extended lib	
							One-arm extended stunts	
							Peg leg 3/4 to extended stunts	
PYRAMIDS DIFFICULTY							Notes and Definitions	
Stunt difficulty scores are the baseline for pyramid scores. See <u>Stunt difficulty for base score</u> : increase 1 point if stunt skill is performed unbraced, but connects at the top; keep score the same if a stunt skill is performed with one bracer; decrease 1 point if stunt skill is performed with two bracers. See chart below for "Pyramid Only" skills which are only legal when performed braced.								
LOW 0-4		AVG 5-7			HIGH 8-10		*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 lib 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. *The number of bracers in parenthesis includes those bracing by hand and/or foot (note: bracing by foot is not legal for all skills).	
Braced release to prone		Braced release to new bases, landing prep level or below (1 bracer)			Braced release to new bases, landing extended (1 bracer)			
Braced splits		Braced release to cradle (1 foot bracer)			Braced release full twist to cradle (1 or 2 bracers, hands or 1 foot/1 hand)			
Braced flip ending on ground		Braced flip, landing below prep level (1 or 2 bracers)			Braced release, inverting full twist to cradle (1 bracer)			
		Braced flip, landing prep level or higher (2 bracers)			Braced flip, landing prep level or higher (2 bracers)			
		Braced twisting flip, landing below prep level (1 or 2 bracers)			Braced twisting flip, landing prep level or higher (1 or 2 bracers)			
		Braced flip, landing prep level or higher (1 bracer)			Braced flip, landing prep level or higher (1 bracer)			
		Braced side flip/sumi, landing below prep level (1 or 2 bracers)			Braced side flip/sumi, landing prep level or higher (1 or 2 bracers)			
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						