



Stunt Execution/Skills Scoring Table

STUNTS				INTROS		DISMOUNTS		TRANSITIONS	
Score	Execution	Score	Skills	Score	Skills	Score	Skills	Score	Skills
		3	All other	3		3		3	
		4	Elevator/Prep at half level Flyer has two feet in bases	4		4		4	
4—5		5	One legged stunt at half/elevator level	5		5		5	Drop to sponge/ loaded/flatback/ tucked position
5—6	Little or no body control Stunts shaky Poor flexibility	6	Full extension/ awesome/cupie or any other two legged extended stunts Or One legged stunt at half level with 2 body positions	6	Hop in or ground up approach.	6	Pop to Floor	6	Inversion before sequence 1/4 twisting transition Other unique/ creative Transitions
6—7	Poor flyer body control Poor motion position Below average flexibility	7	Extended one legged stunt (not in a combination) Or One legged stunt at half level with 3 body positions	7	1/2 twist up to a stunt at half level (ie. Flyer facing backwards performs a 180 degree turn to the front up to an elevator or prep bases remain stationary)	7	Straight Cradle	7	Inversion in sequence 1/2 twisting Transition Other unique/ creative transitions
7—8	Average flyer body control Average motion position Average flexibility	8	Stunt combination involving at least one, one legged stunt	8	Full twist up to a stunt at half level (ie. 360 turn up to an elevator or prep, bases remain stationary, flyer performs the 360 turn)	8	Skill to a straight cradle (ie. Toe Touch, Scissor kick, etc)	8	Single twisting transition Any release transition Other unique/ creative Transitions
8—9	Flyer body control Good motions Good flexibility	9	One legged extended stunt combination with two body positions of variety or Non-assisted single base extended stunt with single body position	9	1/2 twist up to an extended stunt (ie. Flyer facing backwards performs a 180 degree turn to the front up to an extension bases remain stationary) Any release intro	9	Single twist down	9	1 1/2 twisting transition Flipping transition Other unique/ creative Transitions
9—10	Excellent body control Excellent motion position Excellent flexibility	10	One legged extended stunt combination with three or more body positions of variety or Non-assisted single base extended stunt With two or more body positions	10	Full twist into an extended stunt (ie. 360 degree turn into a liberty, flyer performs 360 degree turn while bases remain stationary)	10	Double twist down	10	Double twisting transition Transition involving a twist and flip into one skill Other unique/ creative transitions



Pyramid Execution/Skills Scoring Table

PYRAMIDS				TRANSITIONS	
Score	Execution	Score	Skills	Score	Skills
		3	Pyramids below prep level	3	
		4	Elevator/Prep at half level, flyer has two feet in bases	4	
4—5		5	One legged stunt at half/elevator level	5	Drop to sponge/loaded/flatback/tucked position
5—6	Little or no body control Stunts shaky Poor flexibility	6	Full extension/awesome/cupie or any other two legged extended stunts	6	Inversion before sequence 1/4 twisting transition Other unique/creative transitions
6—7	Poor flyer body control Poor motion position Below average flexibility	7	Extended one legged stunt (not in a combination)	7	Inversion in sequence 1/2 twisting Transition Other unique/creative transitions
7—8	Average flyer body control Average motion position Average flexibility	8	Stunt combination involving at least one, one legged stunt	8	Single twisting transition Any release transition Other unique/creative transitions
8—9	Flyer body control Good motions Good flexibility	9	One legged extended stunt combination with two body positions of variety within 2 separate structures	9	1 1/2 twisting transition Flipping transition Other unique/creative transitions
9—10	Excellent body control Excellent motion position Excellent flexibility	10	One legged extended stunt combination with three or more body positions of variety within 3 separate structures	10	Double twisting transition Transition involving a twist and flip into one skill Other unique/creative transitions