



# Stunt Execution/Skills Scoring Table

INTROS		STUNTS				TRANSITIONS		DISMOUNTS	
Score	Skills	Score	Skills	Score	Execution	Score	Skills	Score	Skills
		2	Two legged stunt below prep level						
3		3	One legged stunt below prep level			3		3	
4		4	Elevator/Prep at half level Flyer has two feet in bases			4	Multiple body positions below prep level	4	
5	Hop in or ground up approach.	5	One legged stunt at half/elevator level			5	Drop to sponge/loaded/flatback/tucked position	5	
6	Inversion into a stunt below half level (ie. Handstand to thigh stand without passing through loaded/sponge position)	6	Full extension/awesome/cupie or any other two legged extended stunts Or One legged stunt at half level with 2 body positions	5—6	Little or no body control  Stunts shaky  Poor flexibility	6	1/4 twisting transition  Other unique/creative Transitions	6	Pop to Floor
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)  Inversion into a stunt at half level (ie. Handstand to half level stunt without passing through loaded/sponge position)	7	Extended one legged stunt (not in a combination) Or One legged stunt at half level with 3 body positions	6—7	Poor flyer body control  Poor motion position  Below average flexibility	7	Inversion in sequence  1/2 twisting Transition  Other unique/creative transitions	7	Straight Cradle
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)  Inversion into a one legged stunt at half level (ie. Handstand to half level liberty without passing through loaded/sponge position)	8	Stunt combination involving at least one, one legged stunt	7—8	Average flyer body control  Average motion position  Average Flexibility	8	Single twisting transition  Log Roll  Any release transition  Other unique/creative Transitions	8	Skill to Straight Cradle (ie. Toe Touch, Scissor Kick)
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  Inversion into a stunt at extended level with two feet (ie. Handstand to extended position without passing through loaded/sponge position)	9	One legged extended stunt combination with two body positions of variety or Non-assisted single base extended stunt with single body position	8—9	Flyer body control  Good motions  Good flexibility	9	1 1/2 twisting transition  Flipping transition  Other unique/creative Transitions	9	Single Twist
10	Full twist into an extended stunt (ie. 360 degree turn into a liberty, flyer performs 360 degree turn while bases remain stationary)  Inversion into a one legged extended stunt (ie. Handstand to extended liberty without passing through loaded/sponge position)	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	9—10	Excellent body control  Excellent motion position  Excellent flexibility	10	Double twisting transition  Transition involving a twist and flip into one skill  Other unique/creative transitions	10	Double Twist



# Pyramid Execution/Skills Scoring Table

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