



ELEMENTARY DIVISIONS DIFFICULTY GRID

| Point Values | Tumbling Difficulty | Point Values | Stunt Difficulty | Point Values | Pyramid Difficulty | Point Values | Jumps Difficulty |
|--------------|---|--------------|--|--------------|--|--------------|---|
| 2.0 – 3.0 | Examples: <ul style="list-style-type: none"> • Hand Stands • Forward/Backwards Rolls • Cartwheels | 2.0 – 3.0 | Examples: <ul style="list-style-type: none"> • Two Leg Stunts Below Prep Level • One Leg Stunts Below Prep Level | 2.0 – 3.0 | Examples: (Pyramids Involving) <ul style="list-style-type: none"> • Prep Level Two Leg Stunts | 2.0 – 3.0 | Examples: <ul style="list-style-type: none"> • Single Beginner Jumps (See examples of Beginner jumps) |
| 3.0 – 4.0 | <ul style="list-style-type: none"> • Front/Back Walkovers • Front/Back Walkover Combinations • Round-off • Standing BHS • Round-off BHS | 3.0 – 4.0 | <ul style="list-style-type: none"> • Two Leg Prep Level Stunts • One Leg Variations at Prep Level | 3.0 – 4.0 | (Pyramids Involving) <ul style="list-style-type: none"> • Prep Level One Leg Stunts • Multiple (2 or more) Extended Two Leg Stunts | 3.0 – 4.0 | <ul style="list-style-type: none"> • Connected Beginner Double Jump • Connected Beginner Jump PLUS 1 Advanced Jump (See examples of Beginner/Advanced jumps) |
| 4.0 – 5.0 | <ul style="list-style-type: none"> • Standing Tumbling -BHS Series -Tucks/Tuck Series -Combinations • Runnings Tumbling -BHS Series/Combinations -Tuck Series/Combinations -Advanced Combinations | 4.0 – 5.0 | <ul style="list-style-type: none"> • Extensions • Extended One Leg Stunts with One Body Position • Extended One Leg Stunts with multiple (2 or more) Body Positions | 4.0 – 5.0 | (Pyramids Involving) <ul style="list-style-type: none"> • Extended Structure(s) Including Extended One Leg Stunt(s) | 4.0 – 5.0 | <ul style="list-style-type: none"> • Connected Advanced Double Jump • Connected Advanced Double Jump PLUS a Single Advanced Jump. (See examples of Advanced jumps) |



| Additional Jump Information | Tosses Information |
|--|---|
| <p>Examples of Beginner Jumps:</p> <ul style="list-style-type: none">• Tuck• Spread Eagle <p>Examples of Advanced Jumps:</p> <ul style="list-style-type: none">• Herkie/Hurdler (left/right and front/side) <p>(Herkie/Hurdler in different directions are considered the same jump)</p> <ul style="list-style-type: none">• Toe Touch• Pike <p>Jumps Combinations:</p> <ul style="list-style-type: none">• Multiple (2 or more) Jumps Connected with Continuous Movement. | <ul style="list-style-type: none">• All Tosses to cradles are NOT permitted.• All legal Tosses to skills – See 2023/2024 NFHS Spirit rules Book Rule 3.5.4• Tosses are NOT required but may be rewarded in the Pyramids category and will be considered a Pyramid category “Booster/Driver” at the discretion of the Pyramid category judge(s). |

ELEMENTARY SCHOOL DIVISION SCORING INFORMATION

The following information indicates the point ranges assigned to examples of skills performed by a **majority** (51%) a team for Tumbling, **most** (approximately 75%) of the team members for **Stunts, and Pyramids**. This list is not all-inclusive, but rather are examples of skills assigned to specific point values.

- Tumbling is considered cumulative/recyclable to meet the 51% requirement of performed same skills.
- A team that doesn’t meet the required percentage of performed skills in a category, may be moved into a lower range if performed by **less than 51% for Tumbling** and **less than approximately 75% for Stunts, and Pyramids**.
- Score “Boosters/Drivers” may be used to boost specific category Difficulty scores provided the team performs the required percentage and Difficulty applicable to that range **and** additionally performs additional skills yet **not** hitting the required percentage. This is based on:
 - **Skill Type/Difficulty**
 - **Variety**
 - **Number of Additional Skills Performed**