



JUNIOR HIGH/MIDDLE SCHOOL 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"> • Forward/Backward Rolls • Cartwheels • Front/Back Walkovers • Round-offs 	2.0 – 3.0	Examples: <ul style="list-style-type: none"> • One Leg Variations Below Prep Level • Extension Preps • One Leg Variations at Prep Level 	2.0 – 3.0	Examples: (Pyramids Involving) <ul style="list-style-type: none"> • Prep Level Two Leg Stunts • Prep Level One Leg Stunts 	2.0 – 3.0	Examples: <ul style="list-style-type: none"> • Single Advanced Jumps (See examples of Advanced jumps)
3.0 – 4.0	<ul style="list-style-type: none"> • Standing BHS • Round-off BHS • Standing BHS Series • Round-off BHS Series • Jump BHS Series 	3.0 – 4.0	<ul style="list-style-type: none"> • Extensions • Extended One Leg Stunts 	3.0 – 4.0	(Pyramids Involving) <ul style="list-style-type: none"> • Extended Two Leg Stunts • Extended One Leg Stunts 	3.0 – 4.0	<ul style="list-style-type: none"> • Connected Advanced Double Jump Combinations (See examples of Advanced jumps)
4.0 – 5.0	<ul style="list-style-type: none"> • Standing Back Tuck • Standing BHS Back Tuck • Jump Combinations to Standing Back Tuck • Round-off BHS Back Tuck • Round-off Back Tuck • Advanced Passes 	4.0 – 5.0	<ul style="list-style-type: none"> • Extended One Leg Stunts AND Twisting Skill • Single Twisting Transition OR Dismount TO or FROM Two Leg Stunts 	4.0 – 5.0	(Pyramids Involving) <ul style="list-style-type: none"> • Multiple (2 or more) One Leg Stunts to Include a Transitional Sequence 	4.0 – 5.0	<ul style="list-style-type: none"> • Connected Advanced Triple Jump Combinations OR Advanced Double Jump Combinations PLUS a Single Advanced Jump (Must include variety) (See examples of Advanced jumps)

Additional Jumps Information	Tosses Information
<p>Examples of Advanced Jumps:</p> <ul style="list-style-type: none"> • Herkie/Hurdler (left/right and front/side) (Herkie/Hurdler in different directions are considered the same jump) • Toe Touch • Pike <p>Jumps Combinations: Multiple (2 or more) Jumps Connected with Continuous Movement.</p>	<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 <p>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).</p>

JUNIOR HIGH/MIDDLE 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**