



VARSITY ADVANCED DIVISIONS DIFFICULTY GRID

Point Values	Tumbling Difficulty	Point Values	Stunt Difficulty	Additional Stunt Information
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 	(Elite stunt skills for Advanced division Include but are not limited to) <ul style="list-style-type: none"> • Full-up/Double to Extended Position • Release Moves/Inversions that Land in an Extended Position • Tick Tock Variations • Toss Extended Stunts • Other Unique Mounts and Transitions of Similar Difficulty Level or Higher Difficulty (See progressions for additional skills)
3.0 - 4.0	Examples: <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	Examples: <ul style="list-style-type: none"> • Extensions • Extended One Leg Stunts • Extended One Leg Stunts AND Twisting Skill Single Twisting Transition OR Dismount TO OR FROM Two Leg Stunts 	
4.0 - 5.0	Examples: <ul style="list-style-type: none"> • Standing Back Tuck • Standing BHS Tuck • Jump Combinations to Standing BHS Tuck • Jump Combinations to Standing Back Tuck • Round-off BHS Back Tuck • Round-off Back Tuck • Elite Passes that Include Layouts, Whips, Fulls, etc. 	4.0 - 5.0	Examples: <ul style="list-style-type: none"> • Multiple Elite Skills • Multiple Elite Skills AND Single Twisting Transition or Dismount FROM One Leg Stunts OR Extended Stunt Sequence Performed by Single Base. Unassisted COED STYLE (See examples of Elite stunt skills)	

Point Values	Pyramid Difficulty	Point Values	Jumps Difficulty	Additional Jumps Information
2.0 – 3.0	<p>Examples: (Pyramids Involving)</p> <ul style="list-style-type: none"> • One Leg Stunts at Prep Level • Extended Two Leg Stunts • Extended One Leg Stunts <p>(See actual Advanced restrictions)</p>	2.0 – 3.0	<p>Examples:</p> <ul style="list-style-type: none"> • Single Advanced Jumps <p>(See examples of Advanced jumps)</p>	<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 • Double Nine • Around the World • Etc. <p>Jump Combinations:</p> <ul style="list-style-type: none"> • Jumps Connected with Continuous Movement <p>(May use approaches of choice)</p>
3.0 – 4.0	<p>(Pyramids Involving)</p> <ul style="list-style-type: none"> • Multiple (2 or more) One Leg Stunts • Multiple (2 or more) One Leg Stunts AND • Multiple Transitional Elements ONE of which is a Release Move <p>(See actual Advanced restrictions)</p>	3.0 – 4.0	<ul style="list-style-type: none"> • Connected Advanced Double Jump Combinations <p>(See examples of Advanced jumps)</p>	
4.0 – 5.0	<p>(Pyramids Involving)</p> <ul style="list-style-type: none"> • Extended One Leg Stunts with Multiple Transitional Sequences PLUS one of the following: • Braced Flip Transition OR • Arm Braced Tick Tock AND • Multiple Extended Structures <p>(See actual Advanced restrictions)</p>	4.0 – 5.0	<ul style="list-style-type: none"> • Connected Advanced Triple Jump Combination OR Advanced Double Jump Combinations PLUS a Single Advanced Jump <p>(Must include variety)</p> <p>(See examples of Advanced jumps)</p>	

Tosses Information

- 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).

(See actual 2023-2024 NFHS Sprit Rules Book for Toss restrictions)

ADVANCED 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**