

2024



2025

## ELEMENTARY DIVISIONS DIFFICULTY RUBRIC

Applicable to All Elementary Divisions:  
Traditional Crowd Leading

*Note: Judges will award scores based on the point values below when skills are performed by **MOST** of the team.*

*Other factors that may determine difficulty scores are pace, combination of skills, number of bases, additional skills executed but not by **MOST**. These would be considered score drivers/score boosters.*

POINTS VALUE	TUMBLING DIFFICULTY	POINT VALUE	STUNT DIFFICULTY	
2.0-3.0	Examples: - Forward/Backward Rolls - Cartwheels - Hand Stands - Round-Off - Front/Back Walkovers	2.0-3.0	Example: - One Leg Variations Below Prep - Preps - One Leg Variations at Prep Level	
3.0-4.0	Examples: - Standing BHS - Round-off BHS	3.0-4.0	Example: - Extensions - Extended One Leg Stunts -	
4.0-5.0	Examples: - Standing BHS Series - Jump Combinations to Standing BHS - Round-off BHS - Round-off BHS series - Specialty passes	4.0-5.0	Example: - Multiple Elite Skills - Multiple Elite Skills <b>AND</b> Single Twisting Transition <b>OR</b> Dismount <b>FROM</b> Two Leg Stunts	
POINTS VALUE	PYRAMID DIFFICULTY	POINT VALUE	JUMP DIFFICULTY	ADDITIONAL JUMP INFORMATION
2.0-3.0	Examples: (Pyramids Involving) - One Leg Stunts at Prep Level - Extended Two Leg Stunts -	2.0-3.0	Examples: - Single Basic Jumps (Synchronized)  <i>See examples of Basic/Advanced Jumps</i>	Advanced Jumps: - Herkie/Hurdler (Left/Right) (Front/Side) <i>Herkie/Hurdler in different directions are considered the <b>SAME</b> Jump</i> - Toe Touch - Pike - Double Nine - Around the World  Basic Jumps: - Tuck - Spread Eagle Jump Combinations: - Jumps Connected with Continuous Movement <i>Must use the Whip Approach when Connecting Jumps</i>
3.0-4.0	Examples: (Pyramids Involving) - Extended One Leg Stunts -	3.0-4.0	Examples: - Connected Basic Double Jump Combinations (Synchronized) - 1 Basic Jump AND 1 Advanced Jump  <i>See examples of Advanced Jumps</i>	
4.0-5.0	Example: (Pyramids Involving) - Extended One Leg Stunts with Multiple Transitional Elements - Extended One Leg Structures with Multiple Transitional Elements <b>PLUS</b> a release move	4.0-5.0	Examples: - Connected Advanced Double Jump Combination and Single Basic Jump (Synchronized) <b>OR</b> - Advanced Double Jump Combinations <b>PLUS</b> a Single Advanced Jump (Synchronized)  <i>Must include Variety</i> <i>See examples of Advanced Jumps</i>	
TOSSES INFORMATION				
Tosses are <b>NOT PERMITTED</b>				
<i>See actual 2024-2025 NFHS Spirit Rules Book for Toss Restrictions</i>				