

2024



2025

VARSITY INTERMEDIATE DIVISIONS DIFFICULTY RUBRIC

Applicable to Intermediate 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	ADDITIONAL STUNT INFORMATION
2.0-3.0	Examples: - Forward/Backward Rolls - Cartwheels - Front/Back walkovers (See Intermediate Restrictions)	2.0-3.0	Example: - One Leg Variations Below Prep - Preps (See Intermediate Restrictions)	Examples: (Intermediate stunt skills for Intermediate division include but are not limited to) - Full-Up to Prep Position - Release Moves/Inversions that Land in an Prep Position - Tick Tock Variations - Extended Single Leg Stunts - Other Unique Mounts and Transitions of Similar Difficulty Level or Higher Difficulty
3.0-4.0	Examples: - Round-off - Standing BHS - Round-off BHS (See Intermediate Restrictions)	3.0-4.0	Example: - Extensions - One Leg Variations at Prep Level (See Intermediate Restrictions)	
4.0-5.0	Examples: - Standing BHS Series - Running BHS Series - Round-off Back Tuck - Round-off BHS Back Tuck - Jump Combinations to Standing BHS (See Intermediate Restrictions)	4.0-5.0	Example: - Extended Single Leg Stunt - Single Twist TO or FROM two leg stunt See Example of Intermediate Stunt Skills (See Intermediate Restrictions)	
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 (See Intermediate Restrictions)	2.0-3.0	Examples: - Single Advanced Jumps (Synchronized) See examples of Advanced Jumps	Examples: - Herkie/Hurdler (Left/Right) (Front/Side) Herkie/Hurdler in different directions are considered the SAME Jump - Toe Touch - Pike - Double Nine - Around the World Jump Combinations: - Jumps Connected with Continuous Movement Must use the Whip Approach when Connecting Jumps
3.0-4.0	Examples: (Pyramids Involving) - Multiple Extended One Leg Stunts (See Intermediate Restrictions)	3.0-4.0	Examples: - Connected Advanced Double Jump Combinations (Synchronized) See examples of Advanced Jumps	
4.0-5.0	Example: (Pyramids Involving) - Multiple Extended One Legs Stunts with Multiple Transitional Elements - Multiple Extended Structures, One of which is a Release AND Multiple Extended Structures including Extended One Leg Stunts (See Intermediate Restrictions)	4.0-5.0	Examples: - Connected Advanced Triple Jump Combination (Synchronized) OR - Advanced Double Jump Combinations PLUS a Single Advanced Jump (Synchronized) Must include Variety See examples of Advanced Jumps	
TOSSES INFORMATION				
- Tosses are NOT required but may be rewarded in the Pyramids category and will be considered a Pyramid Category at the discretion of the Pyramid category judge(s).				
See actual 2024-2025 NFHS Spirit Rules Book for Toss Restrictions				