

2024



2025

# JUNIOR HIGH/MIDDLE SCHOOL/FRESHMEN/JUNIOR VARSITY DIVISIONS DIFFICULTY RUBRIC

Applicable to All Junior High, Middle School, Freshmen, and Junior Varsity 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 - Round-offs	2.0-3.0	Example: - One Leg Variations Below Prep - Preps - One Leg Variations at Prep Level	Examples: (Elite stunt skills for Junior High and Middle School 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: - Standing BHS - Round-off BHS - Standing BHS Series - Round-off BHS Series - Jump BHS Series	3.0-4.0	Example: - Extensions - Extended One Leg Stunts	
4.0-5.0	Examples: - Standing Back Tuck - Standing BHS Tuck - Round-off BHS Back Tuck - Round-off Back Tuck - Jump Combinations to Standing BHS Tuck - Jump Combinations to Standing Back Tuck - Advanced Elite/Specialty passes that include Whips, Layouts, Fulls, and or Advanced/Elite Specialty Combo, etc.	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  <i>See Example of Elite Stunt Skills</i>	

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 Advanced Jumps (Synchronized)  <i>See examples of Advanced Jumps</i>	Examples: - Herkie/Hurdler (Left/Right) (Front/Side) Herkie/Hurdler in different directions are considered the <b>SAME</b> 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) - Extended One Leg Stunts	3.0-4.0	Examples: - Connected Advanced Double Jump Combinations (Synchronized)  <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 Triple Jump Combination (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 **NOT PERMITTED**

*See actual 2024-2025 NFHS Spirit Rules Book for Toss Restrictions*