

2024



2025

VARSITY ADVANCED DIVISIONS DIFFICULTY RUBRIC

Applicable to All Varsity Advanced Divisions:
Traditional Crowd Leading (Co-ed, All Girl)

*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 Advanced division include but are not limited to) - Full-Up/Double Up 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
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 - Extended One Leg Stunts AND Twisting Skill Single Twist Transition OR Dismount TO OR FROM Two Leg Stunt	
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 AND Single Twisting Transition OR Dismount FROM One Leg Stunts OR Extended Stunt Sequence Performed by Single Base. Unassisted COED STYLE <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 - Extended One Leg Stunts <i>See actual Advanced Restrictions</i>	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 SAME Jump - Toe Touch - Pike - Double Nine - Around the World Jump Combinations: - Jumps Connected with Continuous Movement <i>Must use the Whip Approach when Connecting Jumps</i>
3.0-4.0	Examples: (Pyramids Involving) - Multiple (2 or More) One Leg Stunts - Multiple (2 or More) One Leg Stunts AND at least One Transitional Elements - Multiple (2 or More) One Leg Stunts AND Multiple Transitional Elements ONE of which is a release move.	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 Sequences PLUS one of the following: - Braced Flip Transition OR Arm Braced Tick Tock AND Multiple Extended Structures <i>See actual Advanced Restrictions</i>	4.0-5.0	Examples: - Connected Advanced Triple Jump Combination (Synchronized) OR - Advanced Double Jump Combinations PLUS a Single Advanced Jump (Synchronized) <i>Must include Variety</i> <i>See examples of Advanced Jumps</i>	

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