



## Stunting Competition Scoring Criteria

### 1. Difficulty (1-10 points)

- 1 - Thighstands
- 2 - Thighstand variations
- 3 - Thighstand to prep (no cradles)
- 4 - Extension preps (chest level)
- 5 - Extension prep variations/cradles
- 6 - Extension prep to full extensions
- 7 - Ground up extensions with cradles from extended level/  
Full twist cradle from prep level
- 8 - Extended liberties and extension combinations
- 9 - One-legged stunt variations (arabesque, scorpion, scale, etc.) at extended level/  
Full twist cradles from extended level
- 10 - One-legged stunt combinations at extended level

### Basket tosses

- 6 - Straight ride
- 7 - Tuck/arch
- 8 - Variations (toe touch, pretty girl, bottle rocket)
- 9 - Basket combinations/single twists

- All difficulty of stunts will be judged according to the total number of cheerleaders. An average of all these scores will be taken to get your final difficulty score.

### 2. Creativity (1-10 points)

Included in this category will be transitional stunts, new and exciting stunts, etc.

### 3. Execution (1-10 points)

This category consists of the perfection of stunts in the routine. Included will be mistakes such as falls and bobbles.

### 4. Technique (1-10 points)

Judges will be looking for proper stunting technique amongst all of the stunt group members. Technique will be observed while building, holding, and dismounting stunts.

### 5. Overall Impression (1-5 points)

This category takes into consideration all of the other categories. Along with this the judges will be looking at the number of stunts performed and excitement of the routine.

### 6. Time limit/Legalities

- A maximum of 5 cheerleaders may be involved in the stunt during the routine. Cheerleaders may only perform with one team.
- Each routine has a maximum time limit of 1 minute. Timing will begin once the first skill starts. Overtime penalties will be a 5 point deduction.
- Music may be used but is not required.
- Any illegal stunt or Spirit Rules infraction results in disqualification.