



# COLLEGE COED STUNT SCORING GUIDELINE

\*This list is not all inclusive. Skills are ordered from least difficult to most difficult only in each column.

<u>INVERSIONS</u>	<u>RELEASES</u>	<u>TWISTING</u>	<u>DISMOUNTS</u>
Connected Ground Inversion to Stunt	Toss to Hands Press to Skill	Walk-in to Extended or Below	Pop off
Ground Inversion Release to Prep	Toss to Extended	Walk-in 1-Arm Extended	Downward Inversions
Prep Level Released Inversion to Extended or Below	Toss to Extended with Skill (Ball up, Toe Touch, etc.)	Hands Full Around to Extended	Corkscrew
Connected Full Twisting Inversion to Extended	Low to High Tick Tock	Full Up to Extended	Front Flip to Ground/Cradle
Prep Level Hand in Hand to Extended	Toss 1-Arm Extended	Twisting Tick Tock to Stunt (Low to High)	Back 3/4 to Prone
Ground Inversion Release to Extended (RO, BHS, FHS 1/2, Cartwheel)	High to High Tick Tock /Vertical Release Variations	High to High Full Around	Double Down
Ground Inversion Released to Hand in Hand	Rewind	Twisting Tick Tock to Stunt (High to High)	1 1/4 Flip to Cradle/Prone (3 athletes required)
Extended Hand in Hand	Toss to Hand In Hand (Pop Tart)	Hands 1 1/2 Around to Extended	Front Flip Full Twist Cradle
Ground Inversion Full Twist to Extended	Fast Forward/Front to Stunt	Hands Double Around to Extended	Back 3/4 Flip Half/Full Twist
Elite Entries to Extended Hand in Hand (Diamadov, Pirouette)	1-Arm Rewind	Double Up to Extended	1 1/4 Flip Full Twisting Dismount (3 athletes required)
FHS 1.5	Stunt Flip to Stunt (Shotgun)		
Hand in Hand Front Pop to Extended	Side Sumi		
Hand in Hand Release Full Twist	Full Twisting Rewind		
Front Aerial 1.5			
Handski			
BHS Double Up			

*\*Difficulty of a skill is determined when adding in factors such as landing hands, extended, single leg, body position, or adding twisting.  
\*When comparing inversions, entry style affects difficulty.*

*\*Coed skills performed assisted come before skills performed unassisted.  
\*Skills are listed least to most difficult top to bottom per column only.*

*\*Other factors that affect difficulty: variety of skills, pace between and connection of skills, the total number of skills performed, and number of bases in a skill.*

*\*This skill list is not all inclusive. Additional skills performed in various styles may fall between listed skills.*

*These Scoring Guidelines are the exclusive property of Varsity Spirit and may not be reproduced, in part or in whole, for events not sponsored and approved by Varsity Spirit.*

