



# COLLEGE MULTI-BASED 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 Inversion to Stunt	Release to Stunt (Ball up, Quick Toss, etc.)	1/4 or 1/2 Twisting or Less to Extended or Below	Pop off
Ground Inversion Release to Prep	Prep Level or Below Tick Tock to Stunt (Switch Up Included)	Full Up Variations (ex: Cross Leg, Bases Moving, Multiple Connections)	Downward Inversions
Prep Level Inversion Released to Prep	Extended Release to Stunt (Ex: High to High)	Full Up to Prep	Corkscrew
Ground Inversion Release to Extended	Twist Release to Prep Level & Below Stunt (1/2 Up to Full Up Quick Toss/Switch Up)	Full Up to Extended	Front Flip to Ground/Cradle
Ground Inversion Up to Hand in Hand	Twisting Tick Tock to Stunt (Prep Level to Extended)	Prep Full Around to Extended	Back 3/4 to Prone
Hand in Hand Inversion Released to Stunt	Rewind (Ground, Cradle, Prep, Extended)	1 1/2 Up to Extended	Double Down
Ground Inversion Released with up to 1/2 Twist to Extended	Ground Toss to Invert (Ex: Pop Tart)	Prep 1 1/2 Around to Extended	1 1/4 Flip to Cradle/Prone
Hand in Hand Inversion Front Pop to Extended	Stunt Flip to Stunt (Shotgun)	Double Up to Extended	Front Flip Full Twist Cradle
Single Twist Released Inversion to Extended	Twisting Rewinds	High to High Full Around Single Leg	Back 3/4 Flip Half/Full Twist to Prone
Ground Inversion 1.5 Released to Extended	Side Sumi	Prep Double Around to Extended	1 1/4 Flip Full Twisting Dismount
Elite Entries to Extended Hand in Hand (Ex. Diamadov)		High to High 1 1/2 Around	
Hand in Hand Inversion Release Full Twist to Stunt			
BHS Double Up			

*\*Difficulty of a skill is determined when adding in factors such as landing prep, extended, single leg, body position, or adding twisting.*

*\*When comparing inversions, entry style affects difficulty.*

*\*Load entry starting two feet in bases' hands. Switch up starts one foot in load and one foot on the ground and switches standing legs on the way up. Quick Toss starts both feet on the ground.*

*\*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. \*Skills are listed least to most difficult top to bottom per column only.*

*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.*