



2024-2025 SPIRIT COMPETITIONS

SHOW CHEER

STUNTS SCORING RANGES

This includes Non-Tumbling Divisions

If "most" of team do not perform a synchronized skill, score drops into the range directly below. Refer to Stunt Quantity Chart for clarification of "most." **Synchronized** – exact same skill(s) at the exact same time. *Note: required dismount only implemented here, not in pyramid sections.

NOVICE	INTERMEDIATE	ADVANCED
7.0– 8.0	7.0– 8.0	7.0– 8.0
Extension preps	Extension OR one leg stunt variations at prep level	Extensions AND one leg stunt variations at prep level AND *Required dismount: straight ride cradle
8.0 – 9.0	8.0 – 9.0	8.0 – 9.0
Extensions OR one leg stunt variations at prep level	Extensions AND one leg stunt variations at prep level AND *Required dismount: straight ride cradle	Extended one leg stunt AND *Required dismount: single twist dismount (to cradle, prone, load, or ground), from two leg extended stunt OR single twist dismount (to cradle, prone, load, or ground) from one leg stunt at prep level
9.0 – 10.0	9.0 – 10.0	9.0 – 10.0
Extensions AND one leg stunt variations at prep level AND *Required dismount: straight ride cradle. *Additional co-ed team requirement	Extended one leg stunt AND *Required dismount: single twist dismount (to cradle, prone, load, or ground), from two leg extended stunt OR single twist dismount (to cradle, prone, load, or ground) from one leg stunt at prep level *Additional co-ed team requirement	Required Advanced Skill AND *Required dismount: single twist dismount (to cradle, prone, load, or ground) from one leg extended stunt *Additional co-ed team requirement

TECHNIQUE/EXECUTION RANGES
3.5 – 4.0
Less than 50% of skills were executed with excellent precision and form
4.0 – 4.5
50% of skills were executed with excellent precision and form
4.5 – 5.0
75% or more of skills were executed with excellent precision and form

STUNT COMPOSITION DRIVERS
Creativity Percentage of Team Participation Connection of Skills/Variety Pace and Speed of Skills
COED DIVISION*
Additional coed team requirement *At least one co-ed style stunt is required in the high range. See co-ed skill progressions on website

REQUIRED ADVANCED SKILLS*
<u>Advanced skill examples:</u>
<ul style="list-style-type: none"> • Full up to extended one leg • Release move to an extended one leg • Released inversion to extended position • Tick tock variations to extended one leg • Toss to extended one leg • 1½ up/double up to extended position
*Additional skills & progressions can be found at https://www.varsity.com/usa/school/Competitions/ under "Rules and Scoring"



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STUNT QUANTITY CHART

# OF ATHLETES	STUNT GROUPS NEEDED
8	1
9	1
10	1
11	1
12	2
13	2
14	2
15	2
16	3
17	3
18	3
19	3
20	4
21	4
22	4
23	4
24	5
25	5
26	5
27	5
28	6
29	6
30	6
31	6
32	7
33	7
34	7
35	7
36	7
37	7
38	7