

IDAHO CHEER STUNT RUBRIC

ALL GIRL or COED

	BASIC	FAIR/GOOD	SUPERIOR
GENERAL	<ul style="list-style-type: none"> ▪ Poor technique ▪ Limited variety ▪ Limited difficulty ▪ Many beginner stunts ▪ Low variety of dismounts ▪ No sequences/transitions 	<ul style="list-style-type: none"> ▪ Average technique ▪ Average variety ▪ Average difficulty ▪ Most intermediate stunts ▪ Some variety of dismounts ▪ A few sequences/transitions 	<ul style="list-style-type: none"> ▪ Above average technique ▪ Multiple Variety ▪ High level of difficulty ▪ Most advanced stunts ▪ Great variety of dismounts ▪ Many sequences/transitions ▪ Release Stunts ▪ Braced Rolls/Flip Stunts ▪ Advanced inversions/Spinning ▪ Elite body positions of top person
RELEASE STUNTS*	<ul style="list-style-type: none"> ▪ Prep level and below variations 	<ul style="list-style-type: none"> ▪ Quick toss to two leg stunts ▪ Low to high tick tock variations to extended liberty stunts ▪ Release moves caught at prep level or below 	<ul style="list-style-type: none"> ▪ Quick toss to single leg extended stunts ▪ Release moves from prep level to extended stunts ▪ Low to high tick tock variations with extended elite body positions ▪ Spinning quick tosses to stunts
INVERSION STUNTS*	<ul style="list-style-type: none"> ▪ Prep level and below variations 	<ul style="list-style-type: none"> ▪ Suspended rolls ▪ Inversion transitions to prep level and below 	<ul style="list-style-type: none"> ▪ Spinning suspended rolls ▪ Inversions that transition to extended stunts ▪ Released inverted stunts to prep level
PYRAMIDS*	<ul style="list-style-type: none"> ▪ Prep level and below variations (braced non-released transitions, inverted stunts at prep level and below, rolling or flipping transition landing at or below prep level) 	<ul style="list-style-type: none"> ▪ Inverted stunts to extended with bracers ▪ Some full up variations ▪ Release transition landing extended ▪ Braced inverted stunts landing at prep level ▪ Braced Flipping/rolling transition landing at prep level 	<ul style="list-style-type: none"> ▪ Release transition involving spinning or inversion with bracers that transition to extended positions ▪ Advanced full up variations ▪ Flipping/rolling transitions landing at prep and transition to extended positions with bracers
COED SKILLS*	<ul style="list-style-type: none"> ▪ Multi-base stunts ▪ Assisted co-ed skills at prep level ▪ Assisted walk in toss to chairs or toss to hands at prep level 	<ul style="list-style-type: none"> ▪ Some partner stunts ▪ Walk in or toss to hands then press to extension ▪ Assisted full up variations to prep then extended levels 	<ul style="list-style-type: none"> ▪ Mostly partner stunts ▪ Toss hands press to single leg stunts ▪ Walk in to extended single leg stunts ▪ Toss extensions ▪ Toss variations to single leg stunts ▪ Full up entry to partner stunts ▪ Elite body positions of top person

****Note: All High School Teams in the state of Idaho must follow all stunting rules as outlined in the current NFHS Spirit Rules Book at all times and under all conditions of participation.***