



Level 1

STUNTS		20
PYRAMIDS		20
TECHNIQUE		10
TOTAL		50

JUDGE _____



Level 1

Jumps		10
Standing Tumbling		5
Running Tumbling		5
Dance / Motions		5
Technique		5
TOTAL		30

JUDGE

STUNTING	PYRAMIDS	# of Participants	50%
4 - 7 point range	1-4 point range	5	1
BELOW PREP LEVEL ONE LEG STUNTS	PYRAMIDS W / 2+ FAIR STUNT GROUPS	6	1
		7	1
		8	1
		9	1
		10	1
		11	1
		12	2
		13	2
7 - 10 point range	5 - 10 point range	14	2
DOUBLE BASED TWO LEG STUNTS	MULTIPLE STUNT GROUPS W/ TRANSITIONS	15	2
		16	2
		17	2
		18	2
		19	2
		20	3
10 - 15 point range	10 - 14 point range	21	3
DOUBLE BASED PREP LEVEL ONE LEG STUNTS	MULTIPLE EXCELLENT STUNTS W/ SINGLE LEG COMBOS	22	3
		23	3
		24	3
		25	3
		26	3
		27	3
		28	4
15 - 20 point range	15 - 20 point range	29	4
SINGLE BASE PREP STUNT	MULTIPLE EXCELLENT STUNTS W/ EXTENDED COMBOS	30	4
1/4 UP TO 1 LEG SKILL AT PREP		31	4
		32	4
		33	4
		34	4

*Failure to perform a category appropriate cheeleading skill will result in a zero.

*Stunt Skills must be performed by AT LEAST 50% of team

SYF LEVEL 1 JUMP TUMBLE GRID

SYF 8.1 Rev. 2/23

JUMPS	STANDING TUMBLING	RUNNING TUMBLING	DANCE	# of Participants	25%	50%
1 - 4 point range	1 point range	1 - 2 point range	1 - 2 point range	5	1	2
BANANA	FORWARD ROLL	ROUND OFF	LEVEL CHANGE NOT INVOLVING ENTIRE TEAM	6	1	3
TUCK	BACKWARD ROLL		0 FORMATION CHANGES	7	1	3
STAG				8	2	4
SPREAD EAGLE				9	2	4
				10	2	5
				11	2	5
				12	3	6
				13	3	6
				14	3	7
5 - 6 point range	2 point range	3 - 5 point range	3 point range	15	3	7
SINGLE JUMP UNCONNECTED	CARTWHEEL	BACK WALKOVER WITH ROUND OFF ENTRY	1 LEVEL CHANGE INVOLVING ENTIRE TEAM	16	4	8
TOE TOUCH			1 FORMATION CHANGE	17	4	8
HERKIE				18	4	9
HURDLER				19	4	9
PIKE				20	5	10
				21	5	10
7 - 8 point range	3 point range		4 point range	22	5	11
DOUBLE JUMP CONNECTED SKILLS (variety and average or good jumps below)	ROUND OFF		2 LEVEL CHANGES INVOLVING ENTIRE TEAM	23	5	11
TOE TOUCH			2 FORMATION CHANGES	24	6	12
HERKIE				25	6	12
HURDLER				26	6	13
PIKE				27	6	13
				28	7	14
9 - 10 point range	4 - 5 point range		5 point range	29	7	14
TRIPLE JUMP CONNECTED (variety and average or good jumps below)	FRONT/BACK WALKOVER		3 LEVEL CHANGES INVOLVING ENTIRE TEAM	30	7	15
TOE TOUCH			3 FORMATION CHANGES	31	7	15
HERKIE				32	8	16
HURDLER				33	8	16
				34	8	17

*Failure to perform a category appropriate cheeleading skill will result in a zero.

*Tumbling must be performed by AT LEAST 25% of team
*Jump and Dance Skills must be performed by AT LEAST 50% of team

STUNTING	INVERSION (Flyer Going upside down)	PYRAMIDS	BASKET TOSSES SHOTGUN TOSSES	TUMBLING
<p>No extended stunts</p> <p>Spotter required at prep level (Prep and 1 leg stunts)</p> <p>Spotter not required below prep level (Thigh stand and stunts on thigh)</p> <p>No twisting allowed (Twist up / down stunts twist dismounts) EXCEPTION 1/4 Twist</p> <p>Cradle allowed (Need 2 bases and 1 back spot)</p> <p>No release stunts allowed Bases must connect at all times Exception: Cradle Exception: Log Roll</p> <p>Split Stunt Flyer needs to connect with 2 people (Base/Back Spot)</p> <p>Flat back stunts Spotter needed if extended No spotter needed at shoulders</p>	<p>NOT ALLOWED AT LEVEL 1</p>	<p>Brace connection needed (Connection is arms only)</p> <p>Brace needs to be at shoulder height or below Example: Prep Example: Shoulder stand Example: Shoulder sit Example: Standing on ground</p> <p>No release skills allowed Flyers must connect at all times Exception: Non Extended Stunts Exception: Cradle Exception: Log Roll</p> <p>Extended 2 foot stunt allowed Example: Extension Example: QP</p> <p>Connection for extened stunt MUST Connect at shoulder level or below</p>	<p>NOT ALLOWED AT LEVEL 1</p>	<p>Skills need to have arm support on ground</p> <p>Legal Skills Forward Roll</p> <p>Backward Roll</p> <p>Cartwheel</p> <p>1 hand cartwheel</p> <p>Front walkover</p> <p>Back Walkover</p> <p>Roundoff</p>