



Level 3
Non
Tumbling

STUNTS		20
PYRAMIDS		20
TECHNIQUE		10
TOTAL		50

JUDGE _____



Level 3
Non
Tumbling

Jumps		10
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Dance / Motions		5
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Technique		10
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TOTAL		25
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JUDGE

STUNTING	PYRAMIDS	# of Participants	50%
4 - 7 point rage	1-4 point rage	5	1
PREP LEVEL ONE LEG STUNTS	PYRAMIDS W / 2+ FAIR STUNT GROUPS	6	1
PREP LEVEL TWO LEG STUNTS		7	1
DOUBLE BASE TWO LEG STUNTS w/STRAIGHT CRADLE		8	1
TOSSES		9	1
EXTENSIONS		10	1
INVERSIONS BELOW PREP LEVEL TO BELOW PREP LEVEL		11	1
		12	2
		13	2
7 - 10 point range	5 - 10 point range	14	2
1/2 UPS TO PREP LEVEL	MULTIPLE STUNT GROUPS W/ TRANSITIONS, INVERSIONS	15	2
FULL TWISTING TRANSITIONS BELOW PREP LEVEL	MOVING PYRAMIDS	16	2
1/2 UPS TO EXTENDED TWO FOOT SKILL	COMBINATION STUNTS W/ TRANSITIONS	17	2
QUICK TOSS TO PREP LEVEL POSITION	BRACED F/B FLIPS AT PREP LEVEL	18	2
INVERSIONS BELOW PREP LEVEL TO PREP LEVEL	PYRAMIDS INVOLVING RELEASE SKILLS,	19	2
		20	3
10 - 15 point range	10 - 18 point range	21	3
EXTENEDED 1 LEG SKILLS	MULTIPLE EXCELLENT STUNTS W/ SINGLE LEG COMBOS	22	3
FULL TWISTING TRANSITIONS AT PREP LEVEL	SINGLE BASED PYRAMIDS INVOLVING RELEASE SKILLS,	23	3
SWITCH UP TO EXTENDED SKILL	BRACED F/B FLIPS AT EXTENDED LEVEL	24	3
UNASSISTED STUNTS TO EXTENDED LEVEL	FULL TWISTING PYRAMIDS	25	3
FULL TWIST TO PREP LEVEL		26	3
QUICK TOSS TO EXTENDED POSITION		27	3
		28	4
15 - 20 point range	18 - 20 point range	29	4
1/2 UP SWITCH UP SKILLS	MULTIPLE EXCELLENT STUNTS W/ SINGLE LEG COMBOS	30	4
FULL-UPS STUNTS	RELEASED SPINNING TRANSITIONS TO EXTENDED	31	4
INVERSIONS TO EXTENDED SKILLS	INVERTED STUNTS INVOLVING SPINNING TO EXTENDED	32	4
INVERSIONS TO EXTENDED SKILLS WITH 1/2 TWIST		33	4
*(twist is defined as the top twisting while bases stay stationary)		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 3 NON TUMBLE JUMP DANCE GRID

SYF 8.1 Rev. 2/23

JUMPS	DANCE	# of Participants	25%	50%
1 - 4 point range	1 - 2 point range	5	1	2
BANANA	LEVEL CHANGE NOT INVOLVING ENTIRE TEAM	6	1	3
TUCK	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	3 point range	15	3	7
SINGLE JUMP UNCONNECTED	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	4 point range	22	5	11
DOUBLE JUMP CONNECTED SKILLS (variety and average or good jumps below)	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	5 point range	29	7	14
TRIPLE JUMP CONNECTED (variety and average or good jumps below)	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.

*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>Extended stunts allowed</p> <p>Spotter required above prep level</p> <p>Spotter not required at/below prep level (Preps and Lower)</p> <p>Twisting stunts allowed Maximum 1 full twist</p> <p>Twisting transitions allowed Maximum 1 full twist</p> <p>Twisting dismounts allowed Maximum 1 and 1/4 full twist</p> <p>Release stunts allowed</p> <p>Twisting Releasing Stunts Allowed</p>	<p>Legal</p> <p>Must have head/neck/shoulder support Must have 2 bases and 1 back spot</p> <p>Twisting during inversion limited to 1/2 Twist</p>	<p>Brace connection needed (Connection is arm or leg)</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>Release stunts allowed Twisting stunts allowed Twisting release stunts allowed</p> <p>Inversions allowed Must have brace(s) for flipping</p> <p>Extensions/QP can brace eachother</p> <p>1 Leg extended stunts CANT brace other extended stunts</p>	<p>BASKET TOSSES ALLOWED</p> <p>SHOTGUN TOSSES ALLOWED Bases must toss flyer by holding feet</p> <p>Flyer may perform a single trick</p> <p>Legal Skills Straight Ride</p> <p>Pretty Girl Toss</p> <p>Back arch</p> <p>Ball out</p> <p>Toe Touch</p> <p>Pike</p> <p>Kick</p> <p>Full Twist</p>	<p>NOT ALLOWED</p>