

STUNTING		PYRAMIDS		# of Participants	50%
4 - 7 point range		1-4 point range		5	1
BELOW KNEE LEVEL ONE LEG STUNTS		BELOW KNEE PYRAMIDS		6	1
BELOW PREP LEVEL ONE LEG STUNTS				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		BELOW PREP LEVEL PYRAMIDS		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		PREP LEVEL PYRAMIDS		22	3
1/4 UP TO 2 LEG SKILL AT PREP		PREP LEVEL 1 LEG PYRAMIDS W / MULTIPLE BODY POSITIONS		23	3
		1/4 UP TO PREP (2 LEG) PYRAMIDS		24	3
				25	3
				26	3
				27	3
				28	4
15 - 20 point range		15 - 20 point range		29	4
SINGLE BASE PREP STUNT		1/4 UP TO PREP 1 LEG PYRAMIDS		30	4
1/4 UP TO 1 LEG SKILL AT PREP		EXTENDED PYRAMIDS		31	4
		1/4 UP TO EXTENDED PYRAMIDS		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

Must do skills to get into range - List does not include all possible skills

JUMPS	STANDING TUMBLING	RUNNING TUMBLING	DANCE	# of Participants	25%	50%
1 - 4 point range	1 -2 point range	1 - 2 point range	1 - 2 point range	5	1	2
PENCIL	FORWARD ROLL	RUNNING CARTWHEEL	LEVEL CHANGE NOT INVOLVING ENTIRE TEAM	6	1	3
TUCK	BACKWARD ROLL		0 FORMATION CHANGES	7	1	3
SPREAD EAGLE				8	2	4
				9	2	4
				10	2	5
				11	2	5
				12	3	6
				13	3	6
5 - 6 point range	2 - 3 point range	2 - 3 point range	2 - 3 point range	14	3	7
SINGLE JUMP UNCONNECTED	BRIDGE	RUNNING ROUND OFF	1 LEVEL CHANGE INVOLVING ENTIRE TEAM	15	3	7
TOE TOUCH	HANDSTAND FORWARD ROLL		1 FORMATION CHANGE	16	4	8
HERKIE				17	4	8
HURDLER				18	4	9
PIKE				19	4	9
				20	5	10
				21	5	10
7 - 8 point range	3 -4 point range	3 -4 point range	3 -4 point range	22	5	11
DOUBLE JUMP CONNECTED SKILLS (variety and average or good jumps below)	STANDING CARTWHEEL FROM A LUNGE	CARTWHEEL BACKWALKOVER	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
				29	7	14
9 - 10 point range	4 - 5 point range	4 - 5 point range	4 - 5 point range	30	7	15
TRIPLE JUMP CONNECTED (variety and average or good jumps below)	FRONT/BACK WALKOVER	ROUND OFF BACK WALK OVER	3 LEVEL CHANGES INVOLVING ENTIRE TEAM	31	7	15
TOE TOUCH			3 FORMATION CHANGES	32	8	16
HURDLER				33	8	16
PIKE				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		PYRAMIDS		# of Participants	50%
4 - 7 point rage		1-4 point rage		5	1
BELOW KNEE LEVEL ONE LEG STUNTS		BELOW KNEE PYRAMIDS		6	1
BELOW PREP LEVEL ONE LEG STUNTS				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		BELOW PREP LEVEL PYRAMIDS		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		PREP LEVEL PYRAMIDS		22	3
1/4 UP TO 2 LEG SKILL AT PREP		PREP LEVEL 1 LEG PYRAMIDS W / MULTIPLE BODY POSITIONS		23	3
		1/4 UP TO PREP (2 LEG) PYRAMIDS		24	3
				25	3
				26	3
				27	3
				28	4
15 - 20 point range		15 - 20 point range		29	4
SINGLE BASE PREP STUNT		1/4 UP TO PREP 1 LEG PYRAMIDS		30	4
1/4 UP TO 1 LEG SKILL AT PREP		EXTENDED PYRAMIDS		31	4
		1/4 UP TO EXTENDED PYRAMIDS		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

Must do skills to get into range - List does not include all possible skills

SYF LEVEL 1 NON TUMBLE JUMP DANCE GRID

SYF 10.1 Rev. 2/26

JUMPS	DANCE	# of Participants	25%	50%
1 - 4 point range	1 - 2 point range	5	1	2
PENCIL	LEVEL CHANGE NOT INVOLVING ENTIRE TEAM	6	1	3
TUCK	0 FORMATION CHANGES	7	1	3
SPREAD EAGLE		8	2	4
		9	2	4
		10	2	5
		11	2	5
		12	3	6
		13	3	6
		14	3	7
5 - 6 point range	2 - 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	3 - 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	4 - 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
HURDLER		32	8	16
PIKE		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		PYRAMIDS		# of Participants	50%
4 - 7 point rage		1-4 point rage		5	1
BELOW KNEE LEVEL ONE LEG STUNTS		BELOW KNEE PYRAMIDS		6	1
BELOW PREP LEVEL ONE LEG STUNTS		BELOW PREP LEVEL PYRAMIDS		7	1
HALF / PREP TWO LEG STUNT				8	1
HALF / PREP ONEL LEG STUNT				9	1
				10	1
				11	1
				12	2
				13	2
7 - 10 point range		5 - 10 point range		14	2
HALF w/STRAIGHT CRADLE		PREP LEVEL PYRAMIDS		15	2
SHOT GUN / LOAD GRIP TOSSES		PREP LEVEL 1 LEG PYRAMIDS W / MULTIPLE BODY POSITIONS		16	2
1/4 UP TO PREP LEVEL STUNT		2 FOOT EXTENDED PYRAMIDS		17	2
				18	2
				19	2
				20	3
				21	3
10 - 15 point range		10 - 14 point range			
SINGLE BASE PREP LEVEL STUNT (1 BASE/1 SPOTTER)		1/4 UP TO PREP 1 LEG PYRAMIDS		22	3
EXTENDED 2 FOOT STUNT (EXTENSION)		RELEASE SKILLS TO EXTENDED 2 LEG PYRAMID		23	3
1/2 UP TO PREP LEVEL		1/4 UP TO EXTENDED PYRAMIDS		24	3
		1 LEG EXTENDED PYRAMIDS		25	3
		RELEASE SKILLS TO EXTENDED 1 LEG PYRAMID		26	3
				27	3
				28	4
15 - 20 point range		15 - 20 point range		29	4
1/2 UP TO EXTENSION		SINGLE LEG STUNT BRACED ON ONE SIDE		30	4
1/2 UP TO PREP LEVEL SINGLE LEG		1/2 TWIST TO EXTENDED 2 FOOT PYRAMID		31	4
INVERSION FROM GROUND TO LOAD IN		1/2 TWIST TO 1 LEG PYRAMID		32	4
SINGLE BASE EXTENION (1 BASE/1 SPOTTER)				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 2 JUMP TUMBLE GRID

JUMPS	STANDING TUMBLING	RUNNING TUMBLING	DANCE	# of Participants	25%	50%
1 - 4 point range	1 -2 point range	1 -2 point range	1 - 2 point range	5	1	2
PENCIL	ROUND OFF	FORWARD ROLL	LEVEL CHANGE NOT INVOLVING ENTIRE TEAM	6	1	3
TUCK	FORWARD ROLL	BACKWARD ROLL	0 FORMATION CHANGES	7	1	3
SPREAD EAGLE	BACKWARD ROLL	RUNNING CARTWHEEL		8	2	4
	FRONT/BACK WALKOVER			9	2	4
				10	2	5
				11	2	5
				12	3	6
				13	3	6
				14	3	7
5 - 6 point range	2 -3 point range	2 -3 point range	2 -3 point range	15	3	7
SINGLE JUMP UNCONNECTED	STANDING CARTWHEEL	RUNNING ROUND OFF	1 LEVEL CHANGE INVOLVING ENTIRE TEAM	16	4	8
TOE TOUCH	FRONT WALKOVER		1 FORMATION CHANGE	17	4	8
HURDLER	BACK WALKOVER			18	4	9
PIKE				19	4	9
				20	5	10
				21	5	10
7 - 8 point range	3 -4 point range	3 -4 point range	3 -4 point range	22	5	11
DOUBLE JUMP CONNECTED SKILLS (variety and average or good jumps below)	BACK HANDSPRING	ROUND OFF FRONT WALKOVER	2 LEVEL CHANGES INVOLVING ENTIRE TEAM	23	5	11
TOE TOUCH		ROUND OFF BACK WALKOVER	2 FORMATION CHANGES	24	6	12
HURDLER				25	6	12
PIKE				26	6	13
				27	6	13
				28	7	14
				29	7	14
9 - 10 point range	4 - 5 point range	4 - 5 point range	4 - 5 point range	30	7	15
TRIPLE JUMP CONNECTED (variety and average or good jumps below)	FORWARD ROLL BHS	R/O BACK HANDSPRING	3 LEVEL CHANGES INVOLVING ENTIRE TEAM	31	7	15
TOE TOUCH	CARTWHEEL BHS		3 FORMATION CHANGES	32	8	16
HURDLER	SERIES BACK HANDSPRING			33	8	16
PIKE				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		PYRAMIDS		# of Participants	50%
4 - 7 point rage		1-4 point rage		5	1
BELOW KNEE LEVEL ONE LEG STUNTS		BELOW KNEE PYRAMIDS		6	1
BELOW PREP LEVEL ONE LEG STUNTS		BELOW PREP LEVEL PYRAMIDS		7	1
HALF / PREP TWO LEG STUNT				8	1
HALF / PREP ONEL LEG STUNT				9	1
				10	1
				11	1
				12	2
				13	2
7 - 10 point range		5 - 10 point range		14	2
HALF w/STRAIGHT CRADLE		PREP LEVEL PYRAMIDS		15	2
SHOT GUN / LOAD GRIP TOSSES		PREP LEVEL 1 LEG PYRAMIDS W / MULTIPLE BODY POSITIONS		16	2
1/4 UP TO PREP LEVEL STUNT		2 FOOT EXTENDED PYRAMIDS		17	2
				18	2
				19	2
				20	3
				21	3
10 - 15 point range		10 - 14 point range			
SINGLE BASE PREP LEVEL STUNT (1 BASE/1 SPOTTER)		1/4 UP TO PREP 1 LEG PYRAMIDS		22	3
EXTENDED 2 FOOT STUNT (EXTENSION)		RELEASE SKILLS TO EXTENDED 2 LEG PYRAMID		23	3
1/2 UP TO PREP LEVEL		1/4 UP TO EXTENDED PYRAMIDS		24	3
		1 LEG EXTENDED PYRAMIDS		25	3
		RELEASE SKILLS TO EXTENDED 1 LEG PYRAMID		26	3
				27	3
				28	4
15 - 20 point range		15 - 20 point range		29	4
1/2 UP TO EXTENSION		SINGLE LEG STUNT BRACED ON ONE SIDE		30	4
1/2 UP TO PREP LEVEL SINGLE LEG		1/2 TWIST TO EXTENDED 2 FOOT PYRAMID		31	4
INVERSION FROM GROUND TO LOAD IN		1/2 TWIST TO 1 LEG PYRAMID		32	4
SINGLE BASE EXTENION (1 BASE/1 SPOTTER)				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 HALFTIME JUMP TUMBLE GRID

JUMPS	STANDING TUMBLING	RUNNING TUMBLING	DANCE	# of Participants	25%	50%
1 - 4 point range	1 -2 point range	1 -2 point range	1 - 2 point range	5	1	2
PENCIL	ROUND OFF	FORWARD ROLL	LEVEL CHANGE NOT INVOLVING ENTIRE TEAM	6	1	3
TUCK	FORWARD ROLL	BACKWARD ROLL	0 FORMATION CHANGES	7	1	3
SPREAD EAGLE	BACKWARD ROLL	RUNNING CARTWHEEL		8	2	4
	FRONT/BACK WALKOVER			9	2	4
				10	2	5
				11	2	5
				12	3	6
				13	3	6
				14	3	7
5 - 6 point range	2 -3 point range	2 -3 point range	2 -3 point range	15	3	7
SINGLE JUMP UNCONNECTED	STANDING CARTWHEEL	RUNNING ROUND OFF	1 LEVEL CHANGE INVOLVING ENTIRE TEAM	16	4	8
TOE TOUCH	FRONT WALKOVER		1 FORMATION CHANGE	17	4	8
HURDLER	BACK WALKOVER			18	4	9
PIKE				19	4	9
				20	5	10
				21	5	10
7 - 8 point range	3 -4 point range	3 -4 point range	3 -4 point range	22	5	11
DOUBLE JUMP CONNECTED SKILLS (variety and average or good jumps below)	BACK HANDSPRING	ROUND OFF FRONT WALKOVER	2 LEVEL CHANGES INVOLVING ENTIRE TEAM	23	5	11
TOE TOUCH		ROUND OFF BACK WALKOVER	2 FORMATION CHANGES	24	6	12
HURDLER				25	6	12
PIKE				26	6	13
				27	6	13
				28	7	14
				29	7	14
9 - 10 point range	4 - 5 point range	4 - 5 point range	4 - 5 point range	30	7	15
TRIPLE JUMP CONNECTED (variety and average or good jumps below)	FORWARD ROLL BHS	R/O BACK HANDSPRING	3 LEVEL CHANGES INVOLVING ENTIRE TEAM	31	7	15
TOE TOUCH	CARTWHEEL BHS		3 FORMATION CHANGES	32	8	16
HURDLER	SERIES BACK HANDSPRING			33	8	16
PIKE				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	PYRAMIDS	# of Participants	50%
4 - 7 point rage	1-4 point rage	5	1
HALF / PREP TWO LEG STUNT	BELOW KNEE PYRAMIDS	6	1
HALF / PREP ONE LEG STUNT	BELOW PREP LEVEL PYRAMIDS	7	1
HALF w/STRAIGHT CRADLE	PREP LEVEL PYRAMIDS	8	1
SHOT GUN / LOAD GRIP TOSSES	PREP LEVEL 1 LEG PYRAMIDS W / MULTIPLE BODY POSITIONS	9	1
1/4 TWIST UP TO PREP LEVEL STUNT	2 FOOT EXTENDED PYRAMIDS	10	1
		11	1
		12	2
		13	2
7 - 10 point range	5 - 10 point range	14	2
PREP LEVEL SINGLE LEG STUNT	1/4 UP TO PREP 1 LEG PYRAMIDS	15	2
TWO LEG EXTENDED STUNT (EXTENSION)	RELEASE SKILLS TO EXTENDED 2 LEG PYRAMID	16	2
CRADLE BACKWALKOVER DISMOUNT	1/4 UP TO EXTENDED PYRAMIDS	17	2
SUSPENDED FORWARD ROLL DISMOUNT	1 LEG EXTENDED PYRAMIDS	18	2
		19	2
		20	3
10 - 15 point range	10 - 15 point range	21	3
1/2 TWIST TO PREP LEVEL STUNT	BRACED FRONT/BACK FLIPS THAT LAND IN CRADLE	22	3
EXTENDED LIBERTY	SWITCH UP TO EXTENDED PYRAMID	23	3
INVERSION FROM GROUND TO BELOW PREP LEVEL SKILL	EXTENDED TIC TOC	24	3
TWIST CRADLE BACKWALKOVER DISMOUNT	1/2 TWIST TO 1 LEG PYRAMID	25	3
1/2 TWIST SUPERMAN TRANSITION		26	3
1/2 TWIST TO TWO LEG EXTENDED STUNT (EXTENSION)		27	3
		28	4
15 - 20 point range	15 - 20 point range	29	4
EXTENDED SINGLE LEG STUNT (STRETCH/ARABESQUE/SCALE)	FULL TWIST FROM PREP LEVEL TO EXTENDED PYRAMID	30	4
RELEASE MOVE THAT LANDS AT PREP (TIC TOC/BALL UP)		31	4
FULL TWIST TO PREP LEVEL STUNT	BRACED FRONT/BACK FLIPS THAT LAND IN STUNT	32	4
INVERSION FROM GROUND TO PREP LEVEL STUNT		33	4
1/2 TWIST TO EXTENDED SINGLE LEG		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

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

SYF LEVEL 3 NON TUMBLE JUMP DANCE GRID

JUMPS	DANCE	# of Participants	25%	50%
1 - 4 point range	1 - 2 point range	5	1	2
PENCIL	LEVEL CHANGE NOT INVOLVING ENTIRE TEAM	6	1	3
TUCK	0 FORMATION CHANGES	7	1	3
SPREAD EAGLE		8	2	4
		9	2	4
		10	2	5
		11	2	5
		12	3	6
		13	3	6
		14	3	7
5 - 6 point range	2 - 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	3 - 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	4 - 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
HURDLER		32	8	16
PIKE		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