

SYF LEVEL 3 DIFFICULTY GRID

STUNTING	JUMPS	PYRAMIDS	DANCE	TUMBLING	CHOREOGRAPHY
4 - 7 point range	1 - 4 point range	4 - 7 point range	1 - 4 point range	1 - 4 point range	1 - 4 point range
THIGH STAND	BANANA	PYRAMIDSW /2+ FAIR STUNT GROUPS	MINIMAL MOTION VARIETY	ROUND OFF	
L STAND	TUCK		1 FORMATION CHANGES	FORWARD ROLL	
SHOULDER SIT/STAND	STAG		DISCONNECT IN MOTIONS & MUSIC	BACKWARD ROLL	
LOW HITCH	SPREAD EAGLE		MINIMAL /NO FOOTWORK	CARTWHEEL	
ELEVATOR				FRONT LIMBER	
PREP LEVEL ONE LEG STUNTS				FRONT/BACK WALKOVER	
DOUBLEBASE TWO LEG STUNTS w/STRAIGHT CRADLE					
7 - 10 point range	5 - 6 point range	7 - 10 point range	5 - 6 point range	5 - 6 point range	5 - 6 point range
EXTENSIONS	SINGLE JUMP UNCONNECTED	PYRAMID INVOLVING ENTIRE TEAM w/2+ AVERAGE STUNT GROUPS	SOME VARIETY OF MOTIONS	AERIAL CARTWHEEL	
TOSSES	TOE TOUCH		1-2 FORMATION CHANGES	R/O BACKHANDSPRING	
1/2 UPS TO PREP LEVEL	HERKIE		MOTIONS SET TO MUSIC	FRONT /BACKHANDSPRING	
INVERSIONS BELOW PREP LEVEL TO BELOW PREP LEVEL	HURDLER		SOME FOOTWORK	FORWARD ROLL BHS	
FULL TWISTING TRANSITIONS BELOW PREP LEVEL	PIKE			CARTWHEEL BHS	
10 - 15 point range	7 - 8 point range	10 - 15 point range	7 - 8 point range	7 - 8 point range	7 - 8 point range
EXTENDED 1 LEG SKILLS LIBERTY/TORCH/CUPIE/ARABESQUE/ETC	DOUBLE JUMP CONNECTED SKILLS (of average or good jumps below)	MULTIPLE STUNT GROUPS W/TRANSITIONS, INVERSIONS	VARIETY OF MOTIONS	BHS BACKTUCK	
1/2 UPS TO EXTENDED POSITION	TOE TOUCH	MOVING PYRAMIDS	2-3 FORMATION CHANGES	R/O TUCK	
FULL TWISTING TRANSITIONS AT PREP LEVEL	HERKIE	COMBINATION STUNTS W/TRANSITIONS	MOTIONS & MUSIC WORK TOGETHER	R/O BHS BACKTUCK	
SWITCH STEPFoot	HURDLER	BRACED FB/FLIPS AT PREP LEVEL	VARIETY OF FOOTWORK W/MOTIONS	LAYOUTS	
INVERSIONS BELOW PREP LEVEL TO PREP LEVEL	PIKE	PYRAMIDS INVOLVING RELEASE SKILLS	2-3 LEVEL CHANGES	X-OUTS	
QUICK TOSS TO EXTENDED POSITION					
15 - 20 point range	9 - 10 point range	15 - 20 point range	9 - 10 point range	9 - 10 point range	8 - 10 point range
12 UPS SWITCH UP SKILLS	TRIPLE JUMP CONNECTED (of good or excellent jumps below)	MULTIPLE EXCELLENT STUNTS W/SINGLE LEG COMBOS	CONSTANT MOTION VARIETY	STANDING BACKTUCK	
UNASSISTED STUNTS TO EXTENDED LEVEL	TOE TOUCH	SINGLE BASED PYRAMIDS INVOLVING RELEASE SKILLS	3-4 FORMATION CHANGES	JUMP TUCK	
INVERSIONS TO EXTENDED SKILLS	HERKIE	BRACED FB/FLIPS AT EXTENDED LEVEL	MOTIONS & MUSIC WORK TOGETHER	WHIP CONNECTED PASSES	
FULL-UPS STUNTS	HURDLER	FULL TWISTING PYRAMIDS	MULTIPLE BODY POSITIONS W/MOTIONS	STANDING BHS FULL TWIST	
INVERSIONS TO EXTENDED SKILLS WITH FULL TWIST	PIKE		3-4 LEVEL CHANGES INVOLVING ENTIRE TEAM	R/O BHS FULL TWIST	
<small>*(twists defined as the top twisting while bases stay stationary)</small>					

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

*Tumbling must be performed by AT LEAST 25% of team to score in range
*Stunt Skills must be performed by AT LEAST 50% of team to score in range



SYF LEVEL 3 NON TUMBLING DIFFICULTY GRID

STUNTING	JUMPS	PYRAMIDS	DANCE	TUMBLING	CHOREOGRAPHY
4 - 7 point range THIGH STAND L STAND SHOULDER SIT/STAND LOW HITCH ELEVATOR PREP LEVEL ONE LEG STUNTS DOUBLE BASE TWO LEG STUNTS w/STRAIGHT CRADLE	1 - 4 point range BANANA TUCK STAG SPREAD EAGLE	4 - 7 point range PYRAMID SW 1/2+ FAIR STUNT GROUPS	1 - 4 point range MINIMAL MOTION VARIETY 1 FORMATION CHANGES DISCONNECT IN MOTIONS & MUSIC MINIMAL /NO FOOTWORK		1 - 4 point range
7 - 10 point range EXTENSIONS TOSSES 1/2 UPS TO PREP LEVEL INVERSIONS BELOW PREP LEVEL TO BELOW PREP LEVEL FULL TWISTING TRANSITIONS BELOW PREP LEVEL	5 - 6 point range SINGLE JUMP SKILLS UNCONNECTED TOE TOUCH HERKIE HURDLER PIKE	7 - 10 point range PYRAMID INVOLVING ENTIRE TEAM w/2+ AVERAGE STUNT GROUPS	5 - 6 point range SOME VARIETY OF MOTIONS 1-2 FORMATION CHANGES MOTIONS SET TO MUSIC SOME FOOTWORK		5 - 6 point range
10 - 15 point range EXTENDED 1 LEG SKILLS LIBERTY/TORCH/CUPE/ARABESQUE/ETC 1/2 UPS TO EXTENDED POSITION FULL TWISTING TRANSITIONS AT PREP LEVEL SWITCH STEP/FOOT INVERSIONS BELOW PREP LEVEL TO PREP LEVEL QUICK TOSS TO EXTENDED POSITION	7 - 8 point range DOUBLE JUMP CONNECTED SKILLS (of average or good jumps below) TOE TOUCH HERKIE HURDLER PIKE	10 - 15 point range MULTIPLE STUNT GROUPS W/TRANSITIONS, INVERSIONS MOVING PYRAMIDS COMBINATION STUNTS W/TRANSITIONS BRACED F/B FLIPS AT PREP LEVEL PYRAMIDS INVOLVING RELEASE SKILLS,	7 - 8 point range VARIETY OF MOTIONS 2-3 FORMATION CHANGES MOTIONS & MUSIC WORK TOGETHER VARIETY OF FOOTWORK W/MOTIONS 2-3 LEVEL CHANGES		7 - 8 point range
15 - 20 point range 1/2 UP SWITCH UP SKILLS UNASSISTED STUNTS TO EXTENDED LEVEL INVERSIONS TO EXTENDED SKILLS FULL-UPS STUNTS INVERSIONS TO EXTENDED SKILLS WITH FULL TWIST *(twist is defined as the top twisting while bases stay stationary)	8 - 10 point range TRIPLE JUMP CONNECTED (of good or excellent jumps below) TOE TOUCH HERKIE HURDLER PIKE	15 - 20 point range MULTIPLE EXCELLENT STUNTS W/SINGLE LEG COMBOS SINGLE BASED PYRAMIDS INVOLVING RELEASE SKILLS, BRACED F/B FLIPS AT EXTENDED LEVEL FULL TWISTING PYRAMIDS	8 - 10 point range CONSTANT MOTION VARIETY 3-4 FORMATION CHANGES MOTIONS & MUSIC WORK TOGETHER MULTIPLE BODY POSITIONS W/MOTIONS 3-4 LEVEL CHANGES INVOLVING ENTIRE TEAM		8 - 10 point range

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*Tumbling not allowed
nt Skills must be performed by AT LEAST 50% of team to score in r



**SYF LEVEL 2
DIFFICULTY GRID**

STUNTING	JUMPS	PYRAMIDS	DANCE	TUMBLING	CHOREOGRAPHY
6 - 7 point range	1 - 4 point range	6 - 7 point range	1 - 4 point range	1 - 4 point range	1 - 4 point range
L STAND	TUCK	PYRAMIDS W/ 2+ FAIR STUNT GROUPS	MINIMAL MOTION VARIETY	FORWARD ROLL	
THIGH STAND	SPREAD EAGLE		1 FORMATION CHANGES	BACKWARD ROLL	
LOW HITCH			DISCONNECT IN MOTIONS & MUSIC		
ELEVATOR			MINIMAL / NO FOOTWORK		
7 - 10 point range	5 - 6 point range	7 - 10 point range	5 - 6 point range	5 - 6 point range	5 - 6 point range
PREP LEVEL ONE LEG STUNTS	SINGLE JUMP SKILLS UNCONNECTED	PYRAMID INVOLVING ENTIRE TEAM W/ 2+ AVERAGE STUNT GROUPS	SOME VARIETY OF MOTIONS	ROUND OFF	
DOUBLE BASE TWO LEG STUNTS W/ STRAIGHT CRADLE	TOE TOUCH		1-2 FORMATION CHANGES	FRONT/BACK WALKOVER	
EXTENSIONS	HERKIE		MOTIONS SET TO MUSIC		
SHOT GUN STYLE TOSSES	HURDLER		SOME FOOTWORK		
	PIKE				
10 - 15 point range	7 - 8 point range	10 - 15 point range	7 - 8 point range	5 - 6 point range	7 - 8 point range
WALK-IN ENTRY	DOUBLE JUMP CONNECTED SKILLS	MULTIPLE STUNT GROUPS W/ TRANSITIONS, INVERSIONS	VARIETY OF MOTIONS	AERIAL CARTWHEEL	
INVERSIONS BELOW PREP LEVEL TO BELOW PREP LEVEL	(of average or good jumps below)	MOVING PYRAMIDS	2-3 FORMATION CHANGES		
1/2 UPS TO PREP LEVEL	TOE TOUCH	COMBINATION STUNTS W/ TRANSITIONS	2-3 LEVEL CHANGES		
SINGLE BASE W/ ASSIST PREP LEVEL	HERKIE		VARIETY OF FOOTWORK W/ MOTIONS		
FULL TWISTING TRANSITIONS BELOW PREP LEVEL	HURDLER				
	PIKE				
15 - 20 point range	8 - 10 point range	15 - 20 point range	8 - 10 point range	8 - 10 point range	8 - 10 point range
INVERSIONS BELOW PREP LEVEL TO PREP LEVEL	TRIPLE JUMP CONNECTED	MULTIPLE STUNT GROUPS W/ TRANSITIONS, INVERSIONS	CONSTANT MOTION VARIETY	R/O BACKHAND SPRING	
DOUBLE BASE SINGLE LEG STUNTS W/ STRAIGHT UP ENTRY	(of good or excellent jumps below)	MOVING PYRAMIDS	3-4 FORMATION CHANGES	FRONT / BACK HAND SPRING	
1/2 UPS TO EXTENDED POSITION	TOE TOUCH	COMBINATION STUNTS W/ TRANSITIONS	3-4 LEVEL CHANGES INVOLVING ENTIRE TEAM	FORWARD ROLL BHS	
FULL TWISTING TRANSITIONS AT PREP LEVEL	HERKIE	PYRAMIDS INVOLVING RELEASE SKILLS	MULTIPLE BODY POSITIONS W/ MOTIONS	CARTWHEEL BHS	
	HURDLER	PYRAMIDS INVOLVING TWISTING SKILLS	MOTIONS & MUSIC WORK TOGETHER		
	PIKE				

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*Stunt Skills must be performed by AT LEAST 50% of team to score in range



**SYF HALFTIME
DIFFICULTY GRID**


STUNTING	JUMPS	PYRAMIDS	DANCE	TUMBLING	CHOREOGRAPHY
6 - 7 point range	1 - 4 point range	6 - 7 point range	1 - 4 point range	1 - 4 point range	1 - 4 point range
L STAND	TUCK	PYRAMIDS W/ 2+ FAIR STUNT GROUPS	MINIMAL MOTION VARIETY	FORWARD ROLL	
THIGH STAND	SPREAD EAGLE		1 FORMATION CHANGES	BACKWARD ROLL	
LOW HITCH			DISCONNECT IN MOTIONS & MUSIC		
ELEVATOR			MINIMAL / NO FOOTWORK		
7 - 10 point range	5 - 6 point range	7 - 10 point range	5 - 6 point range	5 - 6 point range	5 - 6 point range
PREP LEVEL ONE LEG STUNTS	SINGLE JUMP SKILLS UNCONNECTED	PYRAMID INVOLVING ENTIRE TEAM W/ 2+ AVERAGE STUNT GROUPS	SOME VARIETY OF MOTIONS	ROUND OFF	
DOUBLE BASE TWO LEG STUNTS W/ STRAIGHT CRADLE	TOE TOUCH		1-2 FORMATION CHANGES	FRONT/BACK WALKOVER	
EXTENSIONS	HERKIE		MOTIONS SET TO MUSIC		
SHOT GUN STYLE TOSSES	HURDLER		SOME FOOTWORK		
	PIKE				
10 - 15 point range	7 - 8 point range	10 - 15 point range	7 - 8 point range	7 - 8 point range	7 - 8 point range
WALK-IN ENTRY	DOUBLE JUMP CONNECTED SKILLS	MULTIPLE STUNT GROUPS W/ TRANSITIONS, INVERSIONS	VARIETY OF MOTIONS	AERIAL CARTWHEEL	
INVERSIONS BELOW PREP LEVEL TO BELOW PREP LEVEL	(of average or good jumps below)	MOVING PYRAMIDS	2-3 FORMATION CHANGES		
1/2 UPS TO PREP LEVEL	TOE TOUCH	COMBINATION STUNTS W/ TRANSITIONS	2-3 LEVEL CHANGES		
SINGLE BASE W/ ASSIST PREP LEVEL	HERKIE		VARIETY OF FOOTWORK W/ MOTIONS		
FULL TWISTING TRANSITIONS BELOW PREP LEVEL	HURDLER				
	PIKE				
15 - 20 point range	8 - 10 point range	15 - 20 point range	8 - 10 point range	8 - 10 point range	8 - 10 point range
INVERSIONS BELOW PREP LEVEL TO PREP LEVEL	TRIPLE JUMP CONNECTED	MULTIPLE STUNT GROUPS W/ TRANSITIONS, INVERSIONS	CONSTANT MOTION VARIETY	R/O BACKHAND SPRING	
DOUBLE BASE SINGLE LEG STUNTS W/ STRAIGHT UP ENTRY	(of good or excellent jumps below)	MOVING PYRAMIDS	3-4 FORMATION CHANGES	FRONT / BACK HAND SPRING	
1/2 UPS TO EXTENDED POSITION	TOE TOUCH	COMBINATION STUNTS W/ TRANSITIONS	3-4 LEVEL CHANGES INVOLVING ENTIRE TEAM	FORWARD ROLL BHS	
FULL TWISTING TRANSITIONS AT PREP LEVEL	HERKIE	PYRAMIDS INVOLVING RELEASE SKILLS,	MULTIPLE BODY POSITIONS W/ MOTIONS	CARTWHEEL BHS	
	HURDLER	PYRAMIDS INVOLVING TWISTING SKILLS,	MOTIONS & MUSIC WORK TOGETHER		
	PIKE				

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*Tumbling must be performed by AT LEAST 25% of team to score in range
*Stunt Skills must be performed by AT LEAST 50% of team to score in range



SYF LEVEL I DIFFICULTY GRID

STUNTING	JUMPS	PYRAMIDS	DANCE	TUMBLING	CHOREOGRAPHY
6 - 8 point range THIGH STAND L STAND	1 - 4 point range TUCK SPREAD EAGLE	6 - 8 point range PYRAMIDS W /2+ STUNT GROUPS SKILLS BUILT BELOW PREP LEVEL 1 OR LESS TRANSITIONS	1 - 4 point range MINIMAL MOTION VARIETY 1 FORMATION CHANGES DISCONNECT IN MOTIONS & MUSIC MINIMAL /NO FOOTWORK	1 - 4 point range FORWARD ROLL BACKWARD ROLL	1 - 4 point range
					
7 - 10 point range LOW HITCH SHOULDER SIT/STAND	5 - 6 point range SINGLE JUMP SKILLS UNCONNECTED TOE TOUCH HERKIE HURDLER PIKE	7 - 10 point range PYRAMID INVOLVING ENTIRE TEAM 1-2 TRANSITIONS WITH SKILLS ENDING AT PREP LEVEL	5 - 6 point range SOME VARIETY OF MOTIONS 1-2 FORMATION CHANGES MOTIONS SET TO MUSIC SOME FOOTWORK	5 - 6 point range ROUND OFF	5 - 6 point range
10 - 15 point range ELEVATOR PREP LEVEL OR BELOW w/POP DOWN/STEP OFF	7 - 8 point range DOUBLE JUMP CONNECTED SKILLS (of average or good jumps below) TOE TOUCH HERKIE HURDLER PIKE	10 - 15 point range PYRAMID INVOLVING ENTIRE TEAM MULTIPLE TRANSITIONS MULTIPLE BODY POSITIONS	7 - 8 point range VARIETY OF MOTIONS 2-3 FORMATION CHANGES MOTIONS & MUSIC WORK TOGETHER VARIETY OF FOOTWORK W/MOTIONS 2-3 LEVEL CHANGES	7 - 8 point range FRONT/BACK WALKOVER	7 - 8 point range
15 - 20 point range PREP LEVEL ONE LEG STUNTS	9 - 10 point range TRIPLE JUMP CONNECTED (of good or excellent jumps below) TOE TOUCH HERKIE HURDLER PIKE	15 - 20 point range PYRAMID INVOLVING ENTIRE TEAM MULTIPLE TRANSITIONS FROM ALL GROUPS MULTIPLE BODY POSITIONS FROM ALL GROUPS	9 - 10 point range CONSTANT MOTION VARIETY 3-4 FORMATION CHANGES MOTIONS & MUSIC WORK TOGETHER MULTIPLE BODY POSITIONS W/MOTIONS 3-4 LEVEL CHANGES INVOLVING ENTIRE TEAM	8 - 10 point range AERIAL CARTWHEEL	9 - 10 point range

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 *Stunt Skills must be performed by AT LEAST 50% of team to score in range

PARTICIPANTS	50% JUMPS	50% STUNTS	25% TUMBLING
4	2	1	1
5	3	1	2
6	3	1	2
7	4	1	2
8	4	1	2
9	5	1	3
10	5	1	3
11	6	1	3
12	6	2	3
13	7	2	4
14	7	2	4
15	8	2	4
16	8	2	4
17	9	2	5
18	9	2	5
19	10	2	5
20	10	3	5
21	11	3	6
22	11	3	6
23	12	3	6
24	12	3	6
25	13	3	7
26	13	3	7
27	14	3	7
28	14	4	7

29	15	4	8
30	15	4	8

TUMBLING - how many athletes must perform the same tumbling to qualify for those particular ranges.

Tumbling (standing and running) = 25%

JUMPS - how many athletes must perform the same jumps to get into the range.

Jumps = 50%

STUNTS - how many groups must perform the same stunt, dismount and toss to qualify for those particular ranges.

Stunts, Tosses and Dismounts = 50%

*Skills are NOT cumulative (ex. 6 athletes performing the same skill twice = 6 skills)