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**PRIMARY**

**PLUS**

**PREMIER**

# EMPOWER - PRIMARY/PLUS/PREMIER RUBRIC

STUNTS			Stunt Group Quantity Chart		
1	Below	Skills performed do not meet low-range requirements	# Athletes	Majority	Most
1.1 - 2*	Low	3 <b>different</b> level appropriate skill by <b>most</b> of team	5-11	1	1
2.1 - 3*	Med	3 <b>different</b> level appropriate skill by <b>most</b> of team, 1 of which is <b>elite</b>	12-15	1	2
3.1 - 4*	High	3 <b>different</b> level appropriate skill by <b>most</b> of team, 2 of which are <b>elite</b>	16-19	2	3
<i>* Team will score higher in range by choosing higher difficulty skills and/or exceeding the required number.</i>			20-23	3	4
PYRAMIDS			24-27	4	5
1	Below	Skills performed do not meet low-range requirements	28-30	4	6
1.1 - 2*	Low	2 <b>different</b> level appropriate skills, 1 <b>structure</b> performed by <b>most</b> of team	31-38	5	7
2.1 - 3*	Med	3 <b>different</b> level appropriate skills, 2 <b>structures</b> performed by <b>most</b> of team	<b>OVERALL</b>		
3.1 - 4*	High	4 <b>different</b> level appropriate skills, 2 <b>structures</b> performed by <b>most</b> of team			
<i>*Team will score higher in range by including braced inversions, flips, and skills listed as elite on the stunt score sheet</i>			10	<b>PERFORMANCE</b> Energy, Spirit, Showmanship	
TOSSES			10	<b>DANCE</b> Synch, Perfection of Moves, Levels	
<i>Disregard for YOUTH PLUS AND PRIMARY</i>			10	<b>ROUTINE COMPOSITION</b> Shars, Crowd Involve, Chatter, Voice	
0	Below	No Toss Performed			
1.0-1.9*	Low	1 toss in routine by majority of team			
2.0-2.9*	Med	2 tosses in routine by majority of team			
3-4*	High	1 toss by most of team with trick plus 1 additional toss			
<i>* Team will score highest of two scores by including trick baskets or synchronizing</i>					
QUANTITY COED					
1-3		Greater than required number of groups in building categories			
1-3		Greater than required number of Coed Stunts			
					
JUMPS					
1	Below	Majority of team performs 1 basic jump or does not meet low-level requirement			
2.3*	Low	Most of team performs 1 advanced jump			
3-4*	Med	Most of team performs 2 connected advanced jumps, must be synchronized			
4-5*	High	Most of team performs 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized			
<i>* Team will score highest of two scores by including variety</i>					
<b>BASIC</b> : Spread Eagle, Tuck Jump <b>ADVANCED</b> Pike, Right/Left Hurdlers (front or side), Toe Touch			5-7	2	3
			8-9	4	5
			10-11	5	6
1	Below	Any basic tumbling (inc rolls, cartwheels, walkovers, round offs) at any level	12-14	6	7
2.3*	Low	1 level appropriate pass by majority of team	15-16	7	9
3-4*	Med	2 level appropriate passes by majority of team; 1 pass must be synchronized or rippled.	17-19	8	10
			20-22	10	12
4-5*	High	2 level appropriate passes by most of team; 1 pass must be synchronized or rippled.	23-25	11	13
			26-27	13	15
<i>*Team will score highest of two scores if the synchronized pass is standing; tumblers maybe recycled.</i>			28-30	14	16
			31-38	15	18

## LEVEL APPROPRIATE EXAMPLES STUNT/TOSSES

## STUNTS/TOSSES

## PRIMARY

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<b>LEVEL APPROPRIATE</b>	*None	*None	*Quarter turn to gut level stunt	*Straight cradle from prep *Sponge Down *Step Down	*Shoulder Sit *Elevator *Waist Level Stunts *Straddle Sit
<b>ELITE LEVEL APPROPRIATE</b>	*Ground level inversions	*Switch up to waist level single leg *Tic toc at waist level	*1/2 turn to gut level single leg *1/2 turn to prep *1/2 turn transitions	*None	*Show & Go *Single leg body position at gut level
	<b>NON-TWISTING TOSSES</b>			<b>TWISTING TOSSES</b>	
	*None			*None	

## PLUS

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<b>LEVEL APPROPRIATE</b>	*Ground level inversions	*None	*Half up to shoulder level *Half up to extension *1/2 twisting transition to prep level 1 leg or body position	*Straight cradle from shoulder level single leg *Straight cradle from extension	*Straight up extension *Single leg stunts at shoulder level *Shoulder stands *Prep level 1 leg stunt *1/2 twist to prone
<b>ELITE LEVEL APPROPRIATE</b>	*Inversions to prep level	*Shoulder level Tic Toc *Switch up to shoulder level single leg *Tic Toc prep level lib to body position	*Full up to shoulder level *3/4 up to extension	*Full down from shoulder level *Corkscrew from shoulder level	*Body positions at shoulder level *Shoulder level single man stunts *Prep level to prone
	<b>NON-TWISTING TOSSES</b>			<b>TWISTING TOSSES</b>	
	*Straight Ride - Ball Arch - Pretty Girl Arch - Kick Arch			*None	

## PREMIER

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<b>LEVEL APPROPRIATE</b>	*Inversions to prep level	*Ball up prep *Release to prep level or below *Switch up to prep level Lib	*Full up to shoulder level *3/4 up to extension *1/4 twisting transition to extended 1 leg	*Full down from extension *Corkscrew *Coed pop down *Straight cradle from extended single leg	*Shoulder level single man stunts *Double based extended stunt *Any other stunt allowed by NFHS that are not listed as elite
<b>ELITE LEVEL APPROPRIATE</b>	*Inversion to extended level	*Switch up to extended single leg *Low to high *High to High *Half up Switch up	*Half up to extended single leg *Full up to extension *Full up to extended body position	*Inverted dismounts (example: pancake) *Full down from extended single leg	*Extended single leg stunt *Extended single man stunts *Extended level to prone
	<b>NON-TWISTING TOSSES</b>			<b>TWISTING TOSSES</b>	
	*Ball-X - Toe Touch - Ball Kick - Hitch Kick - Pike-X - Switch Kick			Pike Full - Kick Full - Full Twist	

# TUMBLING

## PRIMARY

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
Forward roll - Straddle roll - Handstand Handstand forward roll - Front walkover - Cartwheel - Backward roll Back extension roll - Pushup to back bend - Standing backbend Back bend kickover - Back walkover	Cartwheel - front walkover - round off cartwheel back walkover - front walkover to cartwheel/round off cartwheel ½ turn front walkover - connected skills cartwheel/back walkover

## PLUS

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
Standing back handspring - Back Handspring Step out Back extension roll back handspring - Back Walkover Back Handspring Jump to Back Handspring - Jump to Back Handspring Series BHS Series Jump BHS Series - BHS Step Out BHS Combo	Cartwheel Back Handspring - Round Off Back Handspring Round Off Back Handspring Step Out - Round Off Back Handspring Series Front Walkover to Round Off Back Handspring - Cartwheel Back Tuck, Round Off Back Handspring Tuck, Punch Front Step Out through to Tuck,

## PREMIER

STANDING TUMBLING SKILLS (Includes but is not limited to)	RUNNING TUMBLING SKILLS (Includes but is not limited to)
Standing Back Tuck - Standing Back Handspring Back Tuck Jumps to Tuck - Jumps to Back Handspring Back Tuck Back Handspring Series to Tuck, Whip, Layout Jump Back Handspring Series to Tuck, Whip, Layout Standing Full - Back Handspring Series Full or Whip Through to Full	Cartwheel or Round Off to Layout, or Full Round Off Back Handspring Layout, or Full Front Walkover/Punch Front Step Out through to Layout, or Full

# PYRAMIDS

## PRIMARY

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
- BRACED STUNT SKILLS	- BRACED STUNT SKILLS - BRACED SWITCH UP TO GUT LEVEL - BRACED GUT LEVEL TIC TOC	- BRACED STUNT SKILLS - BRACED 1/2 TWIST TO/FROM PREP - BRACED 1/4 TWIST TO/FROM GUT LEVEL SINGLE LEG	- STUNT SKILLS - CRADLE FROM PREP LEVEL	- BRACED STUNT SKILLS - BRACED COMBINATION OF TWO OR MORE LEVEL - APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

## PLUS

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
- BRACED STUNT SKILLS - BRACED INVERSIONS THAT LAND IN SPONGE OR CRADLE	- BRACED STUNT SKILLS - BRACED SWITCH UP TO SHOULDER LEVEL - BRACED PREP LEVEL TO PREP SINGLE LEG TIC TOC	- BRACED STUNT SKILLS - BRACED 1/2 TWISTING TRANSITION TO/FROM PREP SINGLE LEG - Braced 1/2 TWISTING TRANSITION TO EXTENDED 2 LEG	- STUNT SKILLS - STRAIGHT CRADLE FROM EXTENDED SINGLE LEG POSITION - 1/4 CRADLE FROM EXTENDED SINGLE LEG POSITION	- BRACED STUNT SKILLS - BRACED COMBINATION OF TWO OR MORE LEVEL - APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

## PREMIER

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
- BRACED STUNT SKILLS - RELEASED BRACED INVERSIONS - BRACED FLIPPING SKILLS - BRACED ROLL SKILLS - BRACED FLIPPING SKILLS WITH 1/2 TURN	- BRACED STUNT SKILLS - BRACED RELEASE TO EXTENDED STUNT - BRACED RELEASES THAT INVOLVE CHANGING BASES	- BRACED STUNT SKILLS - BRACED FULL UP TO EXTENDED STUNT - BRACED 1 1/4 TO EXTENDED STUNT	- STUNT SKILLS	- BRACED STUNT SKILLS - BRACED COMBINATION OF TWO OR MORE LEVEL - APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY