


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 different level appropriate skill by most of team	5-11	1	1
2.1 - 3*	Med	3 different level appropriate skill by most of team, 1 of which is elite	12-15	1	2
3.1 - 4*	High	3 different level appropriate skill by most of team, 2 of which are elite	16-19	2	3
* Team will score higher in range by choosing higher difficulty skills and/or exceeding the required number.			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 different level appropriate skills, 1 structure performed by most of team	31-38	5	7
2.1 - 3*	Med	3 different level appropriate skills, 2 structures performed by most of team	OVERALL		
3.1 - 4*	High	4 different level appropriate skills, 2 structures performed by most of team	Points	Category	
*Team will score higher in range by including braced inversions, flips. and skills listed as elite on the stunt score sheet			10	PERFORMANCE Energy, Spirit, Showmanship	
TOSSES			10	DANCE Synch, Perfection of Moves, Levels	
<i>Disregard for YOUTH PLUS AND PRIMARY</i>			10	ROUTINE COMPOSITION 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			
* Team will score highest of two scores by including trick baskets or synchronizing					
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			
* Team will score highest of two scores by including variety					
BASIC : Spread Eagle, Tuck Jump ADVANCED Pike, Right/Left Hurdlers (front or side), Toe Touch					
TUMBLING					
1	Below	Any basic tumbling (inc rolls, cartwheels, walkovers, round offs) at any level			
2.3*	Low	1 level appropriate pass by majority of team	5-7	2	3
3-4*	Med	2 level appropriate passes by majority of team; 1 pass must be synchronized	8-9	4	5
4-5*	High	2 level appropriate passes by most of team; 1 pass must be synchronized	10-11	5	6
			12-14	6	7
			15-16	7	9
			17-19	8	10
			20-22	10	12
			23-25	11	13
			26-27	13	15
*Team will score highest of two scores if the synchronized pass is standing; tumblers maybe recycled.			28-30	14	16
			31-38	15	18

TUMBLING

PRIMARY

STANDING TUMBLING SKILLS

Forward roll - Straddle roll - Handstand
 Handstand forward roll - Front walkover
 Cartwheel - Backward roll - Back extension roll
 Push up to backbend - Standing backbend
 Backbend kickover - Back walkover

RUNNING TUMBLING SKILLS

Cartwheel - Round off - Front walkover
 Cartwheel front walkover - Front walkover to cartwheel/ round off

PLUS

STANDING TUMBLING SKILLS

Single handspring - Back walkover/Back handspring
 Single handspring stepout

RUNNING TUMBLING SKILLS

Cartwheel handspring
 Roundoff back handspring
 Front walkover - Round off back handspring

PREMIER

STANDING TUMBLING SKILLS (includes but not limited to)

Series handspring
 Jump handspring
 Jump handspring series
 Back handspring step out - Back handspring series

RUNNING TUMBLING SKILLS (includes but not limited to)

Cartwheel handspring series
 Round off back handspring series
 Round off backhandspring series to tuck
 Punch front - Punch front series to tuck
 Round off back tuck

PLATINUM

STANDING TUMBLING SKILLS

Standing tuck - Standing full
 Standing Back handspring tuck
 Jump to tuck
 Jump Back handspring tuck, whip, layout
 Back handspring series tuck, whip, layout, full
 Back handspring series full or whip through to full

RUNNING TUMBLING SKILLS

Cartwheel step - in tuck
 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
 Whip through to full

LEVEL APPROPRIATE EXAMPLES STUNT/TOSSES

STUNTS/TOSSES PRIMARY

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE	NON TWISTING TOSSES	TWISTING TOSSES
LEVEL APPROPRIATE	*None	*None	*Quarter turn to gut level	*Sponge *Step Down	*Shoulder Sit *Straddle Sit *Elevator *Waist Level *Single leg gutt level		
ELITE LEVEL APPROPRIATE	*Ground level inversion	*Switch up to waist level single leg *Tic Toc waist level	*Half turn to gut level single leg *Half turn to prep *Half turn transitions	*Straight Cradle from prep	*Show and Go *Single leg prep level		

PLUS

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE	NON TWISTING	TWISTING
LEVEL APPROPRIATE	*Ground level inversions	*Switch up to waist level single leg *Tic Toc waist level	*Half turn to gut level single leg *Half turn to prep *Half turn transition	*Straight cradle from prep *Straight cradle from shoulder level single leg	*Show and Go *Single leg prep level *Straight leg extension *Shoulder Stand	*Straight Ride	
ELITE LEVEL APPROPRIATE	*Inversion to prep level	*Shoulder level tic toc *Switch up shoulder level single leg *Release to prep level	*Half up extensions *Half twisting transition to prep level one leg or body position	*Straight cradle from extension	*two leg extension stunts *Half twist to prone *Single leg body positions		

PREMIER

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE	NON TWISTING	TWISTING
LEVEL APPROPRIATE	* Inversion to prep level	* Shoulder level tic toc *Switch up shoulder level single leg.	* Half up extension * Half twisting transition to prep level one leg or body position	*Straight cradle from extension *Full cradle prep level *Coed pop down	*Half twist to prone *2 leg extension *Single leg body position	*Toe Touch, Ball Arch, Pretty Girl Arch, Kick Arch	*Full
ELITE LEVEL APPROPRIATE	*Suspended roll *Inversion to extension	* Tic toc prep level to body position * Ball up prep * Switch up prep level	*3/4 up to exit *Full up shoulder level * Quarter twisting to extension	* Full down extension *Straight cradle extension *Corkscrew prep level	*Prep level to prone *Double based extension *Shoulder level single man Coed toss stunt		

PLATINUM

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE	NON TWISTING	TWISTING
LEVEL APPROPRIATE	*Suspended Roll *Inversion to extension	*Tic Toc prep level to body position *Ball up prep *Switch up prep level lib	*3/4 up to extension *Full up to prep *1/4 twisting extension on one leg	*Full down extension *Straight cradle from one leg *Corkscrew prep level	*Extension on single leg *Prep level to prone *Double base extension *Prep level singleman *Coed toss stunt	*Ball X, Toe Touch, Ball Arch, Pretty Girl Arch, Kick Arch	*Pike full *Kick Full
ELITE LEVEL APPROPRIATE	*Twisting suspension roll *Inversion to extension	*Switch up to extension to single leg *High to high *Half up to Switch up	*Half up to extension on single leg *Full up to extension *Full up to extension in body position	*Full down from extended single leg *Inverted dismount (pancake, corkscrew ext.)	*Coed Extension *Extended single man *Extended level to prone		

LEVEL APPROPRIATE EXAMPLES STUNT/TOSSES

PYRAMIDS PRIMARY

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
*BRACED INVERSIONS *PRIMARY AND PLUS LEVEL APPROPRIATE	*BRACED RELEASES *PRIMARY AND PLUS LEVEL APPROPRIATE	*BRACED TWISTING SKILLS PRIMARY AND PLUS LEVEL APPROPRIATE	*PRIMARY LEVEL APPROPRIATE AND ELITE	*BRACED STUNT SKILLS *PRIMARY AND PLUS LEVEL APPROPRIATE

PLUS

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
*BRACED INVERSIONS *PLUS AND PREMIER LEVEL APPROPRIATE	*BRACED RELEASES *PLUS AND PREMIER LEVEL APPROPRIATE	*BRACED TWISTING SKILLS *PLUS AND PREMIER LEVEL APPROPRIATE	*PLUS LEVEL APPROPRIATE AND ELITE	*BRACED STUNT SKILLS *PLUS AND PREMIER LEVEL APPROPRIATE

PREMIER

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
* BRACED INVERSIONS *PREMIER AND PLATINUM LEVEL APPROPRIATE	*BRACED RELEASES *PREMIER AND PLATINUM LEVEL APPROPRIATE	* BRACED TWISTING *SKILLS PREMIER AND PLATINUM LEVEL APPROPRIATE	*PREMIER LEVEL APPROPRIATE AND ELITE	*BRACED STUNT SKILLS *PREMIER AND PLATINUM LEVEL APPROPRIATE

PLATINUM

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
*BRACED INVERSIONS *PLATINUM LEVEL APPROPRIATE AND ELITE	*BRACED RELEASES *PLATINUM LEVEL APPROPRIATE AND ELITE	*BRACED TWISTING *SKILLS PLATINUM LEVEL APPROPRIATE AND ELITE	*PLATINUM LEVEL APPROPRIATE AND ELITE	*BRACED PLATINUM LEVEL APPROPRIATE AND ELITE