

PARTNER STUNTS/TOSSES

Single leg/Liberty Variations - stunts based on the traditional liberty grip, including, but not limited to, hitch, arabesque, scorpion, scale,

To receive maximum points a team would have to have maximum participation.

Maximum Participation:

- 20 Cheerleaders - 4 or 5 stunt groups
- 16-19 Cheerleaders - 3 or 4 stunt groups
- 15 Cheerleaders - 3 stunt groups
- 12-14 Cheerleaders - 2 or 3 stunt groups
- 10-11 Cheerleaders - 2 stunt groups
- 9 or under Cheerleaders - 1 or 2 stunts groups

LEVEL	POINT RANGE	SKILL
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Elite Stunts include liberty variations with above average flexibility, unassisted one leg single base extended stunts, single arm extended stunts, basket tosses (twist or two position).

*All stunts performed with a **high level** of participation, execution, perfection and flexibility

Elite 8-10

Dismounts:

*Single Twisting Dismounts from extended liberty variation **without** front spots and with maximum participation (i.e 4 to 5 groups for 20 cheerleaders)

*Double Twisting Dismounts from extended liberty variations **with/without** front spots

*Single Twisting Dismounts from extended stunt, when single bases stunting

Advanced Stunts include liberty variation with average flexibility, basket tosses, unassisted 2 leg extended single base, assisted one leg extended single base

*All stunts performed with a **high level** of execution, perfection and flexibility

*Or Elite Stunts performed with **sub-standard level** of participation, technique and execution

Advanced 6-8

Dismounts:

*Single Twisting Dismounts from extended liberty variation **with/without** front spots

*Single Twisting Dismounts from 2-legged extended stunts **without** front spots

*Straight Cradles from extended stunts when single based stunting

*Double Twisting Dismounts from prep level

Intermediate Stunts include traditional two-leg extended stunts or any combination thereof: chairs, liberty with a front spot, toss to hands or walk-in to hands at prep level,

*All stunts performed with a **high level** of execution, perfection and flexibility

*Or Advanced stunts performed with a **sub-standard level** of participation, technique and execution

Intermediate 4-6

Dismounts:

*Single Twisting Dismounts from prep level **without** front spots

*Single Twisting Dismounts from 2-legged extended stunts **with** front spots

*Straight Cradles from extended liberty/liberty variations performed **with** front spots

*Straight Cradles from 2-legged extended stunts **without** the use of front spots

Beginner Stunts performed at prep level and may include thigh stand, shoulder stand, shoulder sit, pop up splits, straddle press, liberty and liberty variations at the prep level, assisted singles base, assisted toss to hands

*Or Intermediate stunts performed with **sub-standard level** of participation, technique and execution

Beginner 1-4

Dismounts:

*Straight Cradles from 2-legged stunts **with** the use of front spots