

BUILDING RUBRIC

STUNT DIFFICULTY	STUNT EXECUTION
0.6 - 1	1 - 3
3 different in range or above level skills	Stunts have poor technique, placement, flexibility and synchronization.
1.1 - 2	4 - 7
3 different in range or above level skills	Stunts have standard technique, placement, flexibility and synchronization.
2.1 - 3	8 - 10
3 different in range or above level skills	Stunts have nearly perfect to perfect technique, placement, flexibility and synchronization.
3.1 - 4	- Your majority stunt group(s) must do the stunt at the same time, or rippled, to get credit. - If 3 different in range (or above) skills are not performed by your majority stunt groups, it will result in a difficulty score of 0.5. - Flyer must maintain stunt position for 2 counts.
3 different in range or above level skills	
4.1 - 5	
3 different in range skills	

PYRAMID DIFFICULTY	PYRAMID EXECUTION
0.6 - 1	1 - 3
1 STRUCTURE and 1 TRANSITION - Transitions must be a twist, release, or inversion (one of these skills).	Stunts have poor technique, placement, flexibility and synchronization.
1.1 - 2	4 - 7
1 STRUCTURE and 2 TRANSITIONS - Transitions must be a twist, release, or inversion (two out of three of these skills). - Structure needs to include a 1-foot or 2-foot extended stunt.	Stunts have standard technique, placement, flexibility and synchronization.
2.1 - 3	8 - 10
- At least 2 STRUCTURES and 2 TRANSITIONS - Transitions must be a twist, release, or inversion (two out of three of these skills). - At least one structure needs to include a 1-foot extended stunt.	Stunts have nearly perfect to perfect technique, placement, flexibility and synchronization.
3.1 - 4	- Exact transitions may not be repeated to get into a range. - Transitions also include load-ins and dismounts. - The pace/speed of pyramid performed can affect difficulty. - Twist transitions must be at least 1/2 twist. - Two skill transitions only count for one skill, but can be a driver. - Skills with comparable difficulty can be used to score in a certain range. - Pyramid structures must hit for 2 counts to qualify. A structure is the static "picture" in your pyramid.
- At least 2 STRUCTURES and 3 TRANSITIONS - Transitions must be a twist, release, or inversion (all three of these skills). - All structures need to include either a 1-foot extended stunt or connected extended stunts.	
4.1 - 5	
- At least 3 STRUCTURES and 4 TRANSITIONS - Transitions must be a twist, release, or inversion (all three of these skills). - Fourth transition must also be a twist, release, or inversion. - All 3 structures need to include a 1-foot extended stunt and one of those structures needs to include all of your required stunt groups in a 1-foot extended structure.	

BUILDING CREATIVITY

1-2
No variety or creative elements in building skills. This includes load-ins, transitions, and dismounts.
3-4
Some building skills have variety or creative elements. This includes load-ins, transitions, and dismounts.
5
Most building skills have variety or creative elements. This includes load-ins, transitions, and dismounts.

Athletes on the Mat	Stunt Groups Required	This is the minimum number of stunt groups needed to score in a range. However, the more stunt groups you have doing the exact same skills will drive your team through the range.
4 - 9	1	
10 - 15	2	
16 - 23	3	
24 - 30	4	

Updated 5/3/26