

ROUND 1

High School

ROUND 3

MHSAA ROUND 1- DIFFICULTY & VARIETY SCORING*

Examples of Simple Variety

Additional formation changes
Below waist foot/leg work
Diagonal arm motions
Non-complex oppositions
Ripples
Waist level kicks

Examples of Difficult Variety

Arm whips
Blades
Diagonal spins
Difficult oppositions
Spinning
Hopping
Side stepping formation changes
Extra jump (beyond required number)
Arm motion while in transition

Intricate transitions
Knee level movements
Moving backwards
Dips
High kicks

**Note: Each of the above may be counted only once toward variety points.
These categories are not limited to these elements.*

Chart for Scoring Difficulty & Variety

V=Variety and D=Difficulty

10	9	8	7	6	5	4	3	2	1
15v-5d	15v-4d	15v-3d	15v-2d	15v-1d	15v-0d	13v-0d	11v-0d	9v-0d	7v-0d
14v-5d	14v-4d	14v-3d	14v-2d	14v-1d	14v-0d	12v-0d	10v-0d	8v-0d	6v-0d
13v-6d	13v-5d	13v-4d	13v-3d	13v-2d	13v-1d	11v-1d	9v-1d	7v-1d	5v-1d
12v-6d	12v-5d	12v-4d	12v-3d	12v-2d	12v-1d	10v-1d	8v-1d	6v-1d	4v-1d
	11v-6d	11v-5d	11v-4d	11v-3d	11v-2d	9v-2d	7v-2d	5v-2d	
	10v-6d	10v-5d	10v-4d	10v-3d	10v-2d	8v-2d	6v-2d	4v-2d	
		9v-6d	9v-5d	9v-4d	9v-3d	7v-3d	5v-3d		
				8v-4d	8v-3d	6v-3d			
					7v-4d				

CHOREOGRAPHY CHART

Number of Competitors	Unbraced One-Leg Extensions Originating Elevator or Below	Team Tumbling (No Rolls) Performed Simultaneously	Full Twist to Cradle and/or 360° Flair	Back or Front Tucks Standing or with Tumbling	Points Earned
	NUMBER THAT MUST BE PERFORMED				
4-5	1	ALL	1	2	2
6-7	2	ALL	2	3	2
8-9	4	ALL	4	4	2
10-11	5	ALL	5	5	2
12-13	6	ALL	6	6	2
14-15	7	ALL	7	7	2
16	8	ALL	8	8	2

DIFFICULTY FACTORING CHART

Difficulty Points Earned	Number of Competitors												
	16	15	14	13	12	11	10	9	8	7	6	5	4
20	800	750	700	650	600	550	500	450	400	350	300	250	200
19	760	717	665	622	570	527	475	432	380	337	285	233	190
18	720	684	630	594	540	504	450	414	360	324	270	216	180
17	680	646	595	561	510	476	425	391	340	306	255	204	170
16	640	608	560	528	480	448	400	368	320	288	240	192	160
15	600	570	525	495	450	420	375	345	300	270	225	180	150
14	560	532	490	462	420	392	350	322	280	252	210	168	140
13	520	494	455	429	390	364	325	299	260	234	195	156	130
12	480	456	420	396	360	336	300	276	240	216	180	144	120
11	440	418	385	363	330	308	275	253	220	198	165	132	110
10	400	380	350	330	300	280	250	230	200	180	150	120	100
9	360	342	315	297	270	252	225	207	180	162	135	108	90
8	320	304	280	264	240	224	200	184	160	144	120	96	80
7	280	266	245	231	210	196	175	161	140	126	105	84	70
6	240	228	210	198	180	168	150	138	120	108	90	72	60
5	200	190	175	165	150	140	125	115	100	90	75	60	50
4	160	152	140	132	120	112	100	92	80	72	60	48	40
3	120	114	105	99	90	84	75	69	60	54	45	36	30
2	80	76	70	66	60	56	50	46	40	36	30	24	20
1	40	38	35	33	30	28	25	23	20	18	15	12	10

ROUND 2

- 5 skills required.
- At least 1 per category

Difficulty Multiplier	Flexibility Category	Jumping Category	Tumbling Category
.6	Any kick	Spread eagle Tuck	Forward roll
.8	Side split	Double hook	Backward roll Cartwheel
1.0	Heel stretch, Switch splits	Double 9 Herkie Front hurdler Pike Toe touch Universal	Near arm cartwheel Far arm cartwheel Round off Handstand forward roll
1.2	Triple splits, Valdez*	_____	Back handspring Fron handspring Back walkover* Front walkover* Back extension roll
1.4	_____	_____	Aerial cartwheel, Standing back tuck

**The valdez, back walkover and front walkover may be used in the flexibility or tumbling category depending on the needs of the team. All three skills may be used, but cannot double in both categories for credit. 5 skills must be performed.*

Execution Category

Competitors	4-12	13	14	15	16
Start Value	20	20.5	21	21.5	22

Execution Points	17.5	18.0	18.5	19.0	19.5-22
Points Earned	1	1.5	2	2.5	3

High School

HIGH SCHOOL STUNTS

	Difficulty	Variety	Page #	Spotting Requirements for High School		
				No spotter required	Backspot	Additional Spotter
Basket Toss	10	1	60		●	
Below Shoulder Level	4	1	40	●		
Bird	7	1	43		●	
Box Stand	4	1	82	●		
Chair	7	1	44	●		
Cradle Catch	4	1	46		●	
Double Based Dead Man Lift	7	1	43		●	
Double Based Split Catch	4	1		●		
Double Based Straddle Sit	4	1	43		●	
Elevator	7	1	40	●		
Elevator Box Out	11	2	44	●		
Elevator Cupie	11	2		●		
Elevator to Extension	10	2	69		●	
Extended Suspended Splits	7	1	44/54		●	
Extension	10	1	40		●	
Extension Cupie	14	2			●	
Extension to Elevator	10	2			●	
Flat Back (at shoulder level or above)	7	1	48		●	
Floor up to Extension	14	2			●	
Forward Suspended Roll	7	1	53		●	
Full Pendulum (4 catchers)	18	1	49			●
Half Pendulum (4 catchers)	14	1	49			●
Inversion	7	1	59		●	
Jump Rope	4	1	51		●	
Log Roll	4	1	51		●	
Mountain Climber to Extension	14	2	35		●	
OLE Hitch	18	2	35		●	
OLE Liberty	18	2	35		●	
OLE Tic Toc	22	2	35		●	
Pony Stand	4	1	40	●		
Prone Cradle Catch (from elevator)	7	1	48		●	
Prone Cradle Catch (from extension)	7	1	48			●
Russian Lift	4	1		●		
Shoulder Sit	4	1	40,80	●		
Shoulder Stand	7	1	40,80	●		
Show - n - go	7	1	50		●	
Show - n - go w/ Below Waist Flair	11	2	50		●	
Show - n - go w/ Above Waist Flair	15	2	50		●	
Side Press	7	1	43		●	
Side Press w/ Flair	11	2	43		●	
Suspended Splits	7	1	44,53	●		
Swedish Lift	7	1	44	●		
Thigh Stand	4	1	40,80	●		
Torch	4	1	44	●		
Triple Base Dead Man Lift	7	1	44		●	
Triple Base Straddle Sit	7	1	43		●	
Triple Based Suspended Split	7	1	44	●		
Vertical T Lift	4	1	44,80	●		

ROUND 3 CONT.

Flairs/Transitions				Tumbling/Jumps			
	Difficulty	Variety	Page #		Difficulty	Variety	Page #
180° turn/spin	4	1	35	2 foot Front Tuck	5	*	35
360° turn/spin	4	1	35	Any Jump	1	*	34
Arabesque	8*	1	35	Aerial Walkover	5	*	35
Bow & Arrow	8*	1	35	Aerial Walkover	5	*	35
Box Out	4	1	35	Arabian	7	*	35
Changing Bases	4	0	63	Back Bend	2	*	34
Chin Chin	8*	1	35	Back Extension Roll	3	*	34
Cupie	4	1	35	Back Handspring	3	*	35
Heel Stretch	8*	1	35	Back Handspring Step-Out	3	*	35
Inverted Entrance/Exit	4	1	57/58	Back Layout	5	*	35
Liberty, Torch	4	1	35	Back Pike	5	*	35
Mountain Climber	4	1	35	Back Tuck	5	*	35
Moving a Stunt (5+steps)	4	1	35	Backward Roll	1	*	34
OLE	4	1	35	Cartwheel	1	*	34
Power Lift	4	1	52	Center Split	2	*	34
Power Press	4	0	63	Crabstand	3	*	35
Reload	4	0	63	Far Arm Cartwheel	2	*	34
Retake	4	0	63	Forward Roll	1	*	34
Rotating a Stunt	4	1	35	Front Handspring	3	*	35
Scale	8*	1	35	Full Twisting Layout	7	*	35
Scorpion, Needle	8*	1	35	Handstand	1	*	35
Shoot Through	4	1	56	Handstand Forward Roll	2	*	34
Single Based (in Extension)	4	1	40	Headstand	1	*	34
Single Armed (in Extension)	4	1	40	Heel Stretch on Floor	1	*	34
Sponge	4	0	63	Kicks	1	*	34
Suspended Roll	4	1	48	Layout Step-Out	7	*	35
Waist level kick out	4	1	35	Layout X-Out	7	*	35
* 4 points when performed at shoulder level or below				Limber (Front or Back)	2	*	35
Dismounts				Look Through	3	*	34
				Near Arm Cartwheel	2	*	35
				Push-Up	1	*	34
				Round Off	1	*	34
				Side Splits	1	*	34
				Switch Splits	2	*	34
				Triple Splits	3	*	35
				Tuck Full	7	*	35
				Tuck Half	7	*	35
				Twisting Handspring	5	*	35
				Valdez	3	*	35
				Walkover (Front or Back)	3	*	35
				Whipback	5	*	35
				* to receive variety for tumbling, flexibility, or jumps, more than one competitor must perform simultaneously			
				version 1.5 October 2024 Ana Ramirez			

ROUND 2

- 4 skills required.
- At least 1 per category

Difficulty Multiplier	Flexibility Category	Jumping Category	Tumbling Category
.6	Any kick	Spread eagle Tuck	Forward roll
.8	Side split	Double hook	Backward roll Cartwheel
1.0	Heel stretch, Switch splits	Double 9 Herkie Front hurdler Pike Toe touch Universal	Near arm cartwheel Far arm cartwheel Round off Handstand forward roll
1.2	Triple splits, Valdez*	_____	Back handspring Front handspring Back walkover* Front walkover* Back extension roll
1.4	_____	_____	Aerial cartwheel, Standing back tuck

*The valdez, back walkover and front walkover may be used in the flexibility or tumbling category depending on the needs of the team. All three skills may be used, but cannot double in both categories for credit. 4 skills must be performed.

Middle School

CHOREOGRAPHY CHART

Number of Competitors	Team Tumbling Performed Simultaneously	Full Twist to Cradle and/or 360° Flair	Back or Front Tucks Standing or with Tumbling	Points Earned
	NUMBER THAT MUST BE PERFORMED			
4-5	ALL	1	2	2
6-7	ALL	2	3	2
8-9	ALL	4	4	2
10-11	ALL	5	5	2
12-13	ALL	6	6	2
14-15	ALL	7	7	2
16	ALL	8	8	2

ROUND 3 **must do jump first*

Difficulty Points Earned	DIFFICULTY FACTORING CHART												
	Number of Competitors												
	16	15	14	13	12	11	10	9	8	7	6	5	4
20	800	750	700	650	600	550	500	450	400	350	300	250	200
19	760	717	665	622	570	527	475	432	380	337	285	233	190
18	720	684	630	594	540	504	450	414	360	324	270	216	180
17	680	646	595	561	510	476	425	391	340	306	255	204	170
16	640	608	560	528	480	448	400	368	320	288	240	192	160
15	600	570	525	495	450	420	375	345	300	270	225	180	150
14	560	532	490	462	420	392	350	322	280	252	210	168	140
13	520	494	455	429	390	364	325	299	260	234	195	156	130
12	480	456	420	396	360	336	300	276	240	216	180	144	120
11	440	418	385	363	330	308	275	253	220	198	165	132	110
10	400	380	350	330	300	280	250	230	200	180	150	120	100
9	360	342	315	297	270	252	225	207	180	162	135	108	90
8	320	304	280	264	240	224	200	184	160	144	120	96	80
7	280	266	245	231	210	196	175	161	140	126	105	84	70
6	240	228	210	198	180	168	150	138	120	108	90	72	60
5	200	190	175	165	150	140	125	115	100	90	75	60	50
4	160	152	140	132	120	112	100	92	80	72	60	48	40
3	120	114	105	99	90	84	75	69	60	54	45	36	30
2	80	76	70	66	60	56	50	46	40	36	30	24	20
1	40	38	35	33	30	28	25	23	20	18	15	12	10

Execution Category

Competitors	4-12	13	14	15	16
Start Value	20	20.5	21	21.5	22

Execution Points	17.5	18.0	18.5	19.0	19.5-22
Points Earned	1	1.5	2	2.5	3

ILLEGAL STUNTS

The following skills are illegal at the Junior High/Middle School level:

FLAIRS AT THE EXTENSION LEVEL

Such as:

- Toe Touch cradle
- Twist cradle
- Single base
- Single arm
- Moving a stunt
- Rotating a stunt (at least 180° to 360°)
- Transitioning from the vertical to horizontal catch position
- 360/180°

EXCEPTIONS:

Mountain Climber entrance
Cupie

ALL TOSSES

- Including:
• Basket tosses with or without a flair

EXCEPTIONS:

A legal braced released transition (Tic-Toc) but not including the braced suspended roll which is illegal at the middle school level

SUSPENDED ROLL

INVERTED SKILLS INVERTED STUNTS

EXCEPTIONS:

Inverted exit back walkover out from a cradle only

ONE LEG EXTENSION

EXCEPTIONS:

Braced tic toc, or hitch in a double braced pyramid or braced liberty.

Middle School

MIDDLE SCHOOL STUNTS

	Difficulty	Variety	Page #	Spotting Requirements for Middle School			
				No spotter required	Backspot	Back & Front Spot	Back & Front spot & bracer (s)
Below Shoulder Level	4	1	40	●			
Bird	7	1	43		●		
Box Stand	4	1	82	●			
Chair	7	1	44		●		
Cradle Catch	4	1	46		●		
Double Based Dead Man Lift	7	1	43		●		
Double Based Split Catch	4	1	43		●		
Double Based Straddle Sit	4	1	43		●		
Elevator	7	1	40		●		
Elevator Box Out	11	2	44		●		
Elevator Cupie	11	2	40		●		
Elevator to Extension	10	2	69			●	
Extended Suspended Splits	7	1	44,54		●		
Extension	10	1	40			●	
Extension Cupie	14	2				●	
Extension to Elevator	10	2				●	
Flat Back (at shoulder level or above)	7	1	48		●		
Floor up to Extension	14	2				●	
Full Pendulum (4 catchers)	18	1	49			●	
Half Pendulum (4 catchers)	14	1	49			●	
Jump Rope	4	1	51		●		
Log Roll	4	1	51		●		
Mountain Climber to Extension	14	2	35			●	
braced OLE Hitch	18	2	35				●
braced OLE Liberty	18	2	35				●
braced OLE Tic Toc	22	2	35				●
Pony Stand	4	1	80	●			
Prone Cradle Catch (from elevator)	7	1	48			●	
Russian Lift	4	1			●		
Shoulder Sit	4	1	40,80	●			
Shoulder Stand	7	1	40,80		●		
Show - n - go	7	1	50			●	
Show - n - go w/ Liberty Flair	11	2	50			●	
Side Press	7	1	43		●		
Side Press w/ Flair	11	2	43		●		
Suspended Splits	7	1	44,53		●		
Swedish Lift	7	1	44		●		
Thigh Stand	4	1	40,80	●			
Torch	4	1	44		●		
Triple Base Dead Man Lift	7	1	44		●		
Triple Base Straddle Sit	7	1	43		●		
Triple Based Suspended Split	7	1	44		●		
Vertical T Lift	4	1	80	●			

ROUND 3 CONT.

Flairs/Transitions				Tumbling/Jumps			
	Difficulty	Variety	Page #		Difficulty	Variety	Page #
180° turn/spin	4	1	35	2 foot Front Tuck	5	*	35
360° turn/spin	4	1	35	Any Jump	1	*	34
Arabesque	4	1	35	Aerial Walkover	5	*	35
Bow & Arrow	4	1	35	Arabian	7	*	35
Box Out	4	1	35	Back Bend	2	*	34
Changing Bases	4	0	63	Back Extension Roll	3	*	34
Chin Chin	4	1	35	Back Handspring	3	*	35
Cupie	4	1	35	Back Handspring Step-Out	3	*	35
Heel Stretch	4	1	35	Back Layout	5	*	35
Inverted Entrance/Exit	4	1	57/58	Back Pike	5	*	35
Liberty, Torch	4	1	35	Back Tuck	5	*	35
Mountain Climber	4	1	35	Backward Roll	1	*	34
Moving a Stunt (5+steps)	4	1	35	Cartwheel	1	*	34
Needle	4	1	35	Center Split	2	*	34
(braced) OLE	4	1	35	Crabstand	3	*	35
Power Lift	4	1	52	Far Arm Cartwheel	2	*	34
Power Press	4	0	63	Forward Roll	1	*	34
Reload	4	0	63	Front Handspring	3	*	35
Retake	4	0	63	Full Twisting Layout	7	*	35
Rotating a Stunt	4	1	35	Handstand	1	*	35
Scale	4	1	35	Handstand Forward Roll	2	*	34
Scorpion	4	1	35	Headstand	1	*	34
Shoot Through	4	1	56	Heel Stretch on Floor	1	*	34
Sponge	4	0	63	Kicks	1	*	34
Waist level kick out	4	1	35	Layout Step-Out	7	*	35
* 4 points when performed at shoulder level or below				Layout X-Out	7	*	35
Dismounts				Limber (Front or Back)	2	*	35
	Difficulty	Variety	Page #	Look Through	3	*	34
360 to Sponge	8	1	35	Near Arm Cartwheel	2	*	35
Cradle Catch	4	1	46	Push-Up	1	*	34
Shoot Through	4	1	56	Round Off	1	*	34
Sponge Down	4	1	63	Side Splits	1	*	34
Toss Down	4	1	45	Switch Splits	2	*	34
Twist Cradle	8	2	45	Triple Splits	3	*	35
				Tuck Full	7	*	35
				Tuck Half	7	*	35
				Twisting Handspring	5	*	35
				Valdez	3	*	35
				Walkover (Front or Back)	3	*	35
				Whipback	5	*	35

* to receive variety for tumbling, flexibility, or jumps, more than one competitor must perform simultaneously

version 1.5 October 2024

Ana Ramirez