

# 2012-2013 ALL STAR/REC STUNTS GRID

## STUNT BODY POSITIONS

One Legged (1) Body Position at Appropriate Level	1
One Legged (2) Body Position at Appropriate Level	2
One Legged (3) Body Position at Appropriate Level	3
One Legged (4) Body Position at Appropriate Level	4
One Legged (5) Body Position at Appropriate Level	5

L1 and L2 must execute a two legged stunt at the appropriate level. The two legged stunt will count as a body position. They must execute 4 more one legged body positions at the appropriate level to max out this category.

## TECHNIQUE

7.0-8.0

Top person(s) demonstrating fair body control, fair flexibility, some shaky stunts, multiple stunt bobbles and/or some stunts that do not dismount correctly (including falls).

8.0-9.0

Top person(s) demonstrating good body control, good flexibility, some loss of stunt control, few stunt bobbles and/or few stunts that do not dismount correctly (including falls).

9.0-10.0

Top person(s) demonstrating excellent body control, excellent flexibility, minor to no stunt control issues, stunts executed to near perfection throughout dismount.

\* A 6.0-7.0 technique score can be given for multiple mistakes, and/or a majority of the stunts falling to a cradle position or the ground.

## CO-ED DEGREE OF DIFFICULTY

Any Stunt Below Prep Level	1
Unassisted Load to Hands or Assisted Hands Extension	2
Unassisted Load to Hands Extension or Assisted Load to Double Legged Extension	3
Unassisted Load to Double Legged Extension or Assisted Load to a Single Legged Extended Stunt	4
Unassisted Load to a Single Legged Extended Stunt	5

## STUNT LOAD-INS/DISMOUNTS/TRANSITION DIFFICULTY

### DIFFICULTY

4.0-5.0

5.0-6.0

- 1/4 twisting mount, transition or dismount
- Straight cradle from two-legged prep level stunt
- Inversion before a stunt sequence
- Other level appropriate creative or unique load in, dismount or transition

6.0-7.0

- 1/2 twisting mount or transition
- Straight cradle from single-legged prep level stunt
- Straight cradle from an extended two-legged pyramid
- Inversion into a stunt
- Log/barrel roll
- Other level appropriate creative or unique load in, dismount or transition

7.0-8.0

- Single twisting mount or transition to prep level
- Release move landing at prep level
- 1/2 up to entended single-legged stunt
- Single twisting cradle from two-legged stunt
- Straight cradle from extended single-legged stunt
- Below prep level downward inversion
- Other level appropriate creative or unique load in, dismount or transition

8.0-9.0

- Single twisting mount or transition landing at extended level
- Release move originating from ground level landing at extended level
- Extended inverted stunt
- Prep level downward inversion
- Double twisting cradle from two-legged stunt
- Single twist from a one-legged stunt
- Other level appropriate creative or unique load in, dismount or transition

9.0-10.0

- 1+ twisting mount or transition landing at extended level
- Release move at above extended arm level
- Prep level and above downward inversion
- Helicopter release move
- Double twisting cradle from extended single-legged stunt
- Other level appropriate creative or unique load in, dismount or transition

- For **DIFFICULTY**, **ALL** the skills are to be performed by the **MAJORITY** (half plus 1) of the team. If the skills are **NOT** performed by the majority of the team, then the score will be placed in that respective bracket.
- Skills that are **NOT** executed within your level will receive a maximum score of **FIVE** for the quantity score. (If no skills are executed within a category you will receive a **ZERO** for that particular quantity score)
- The lowest possible score given for technique will be a **SIX**. (If no skills are executed within a category, you will receive a **ZERO** for that particular technique score)

## STUNT QUANTITY CHART

# OF ATHLETES											DIFFICULTY
	4	5	6	7	7.5	8	8.5	9	9.5	10	MAJORITY
5 to 7									1	2+	1
8 to 11								1	2	3+	2
12 to 15							1	2	3	4+	2
16 to 19						1	2	3	4	5+	3
20 to 23					1	2	3	4	5	6+	3
24 to 27				1	2	3	4	5	6	7+	4
28 to 31			1	2	3	4	5	6	7	8+	4
32 to 35		1	2	3	4	5	6	7	8	9+	5
36	1	2	3	4	5	6	7	8	9	10+	5

This chart represents the number of participants needed to execute the skill for MAJORITY.



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