

Stunt Scoring 2019

JV flyers:

<u>Category:</u>	<u>Criteria:</u>	<u>Points:</u>												
Technique	Body control, locked arms and legs, timing	10 points												
Coach ability	Do you listen to the coaches' critiques and implement the proper changes?	5 points												
Safety	Falling without flailing, arms and elbows tucked in, falling toward your backspot	5 points												
Skill Level	<p>Scores will be based on completion and technique of the skill.</p> <p>Skills must be completed in succession; for example, a flyer may NOT execute an the next level of skills with being approved by a member of the Coaching Staff. At the end of the tryout clinic week, the point value associated with the flyer's most advanced skill level will be noted on the athlete's overall score sheet.</p>	<table border="1"> <thead> <tr> <th>Skill:</th> <th>Points:</th> </tr> </thead> <tbody> <tr> <td>Prep, Sponge</td> <td>1 point</td> </tr> <tr> <td>Prep, Cradle</td> <td>2 points</td> </tr> <tr> <td>Extension, Cradle</td> <td>3 points</td> </tr> <tr> <td>Lib, Cradle</td> <td>4 points</td> </tr> <tr> <td>Arabesque, Cradle</td> <td>5 points</td> </tr> </tbody> </table>	Skill:	Points:	Prep, Sponge	1 point	Prep, Cradle	2 points	Extension, Cradle	3 points	Lib, Cradle	4 points	Arabesque, Cradle	5 points
		Skill:	Points:											
		Prep, Sponge	1 point											
		Prep, Cradle	2 points											
		Extension, Cradle	3 points											
		Lib, Cradle	4 points											
Arabesque, Cradle	5 points													

JV bases/backspots:

<u>Category:</u>	<u>Criteria:</u>	<u>Points:</u>												
Technique	Using legs instead of arms/back, locked arms and legs, timing, sharing center, no space in-between you and base/backspot	10 points												
Coach ability	Do you listen to the coaches' critiques and implement the proper changes?	5 points												
Safety	Using legs to absorb, high catches, observant of flyers movements	5 points												
Skill Level	<p>Scores will be based on completion and technique of the skill.</p> <p>Skills must be completed in succession; for example, a flyer may NOT execute an the next level of skills with being approved by a member of the Coaching Staff. At the end of the tryout clinic week, the point value associated with the flyer's most advanced skill level will be noted on the athlete's overall score sheet will be noted on the athlete's overall score sheet.</p>	<table border="1"> <thead> <tr> <th>Skill:</th> <th>Points:</th> </tr> </thead> <tbody> <tr> <td>Prep, Sponge</td> <td>1 point</td> </tr> <tr> <td>Prep, Cradle</td> <td>2 points</td> </tr> <tr> <td>Extension, Cradle</td> <td>3 points</td> </tr> <tr> <td>Lib, Cradle</td> <td>4 points</td> </tr> <tr> <td>Arabesque, Cradle</td> <td>5 points</td> </tr> </tbody> </table>	Skill:	Points:	Prep, Sponge	1 point	Prep, Cradle	2 points	Extension, Cradle	3 points	Lib, Cradle	4 points	Arabesque, Cradle	5 points
		Skill:	Points:											
		Prep, Sponge	1 point											
		Prep, Cradle	2 points											
		Extension, Cradle	3 points											
		Lib, Cradle	4 points											
Arabesque, Cradle	5 points													

Stunt Scoring 2019

Varsity: Flyers

<u>Category:</u>	<u>Criteria:</u>	<u>Points:</u>
Technique	Body control, locked arms and legs, timing	5 points
Coach ability	Do you listen to the coaches' critiques and implement the proper changes?	5 points
Safety	Falling without flailing, arms and elbows tucked in, falling toward your backspot	5 points
Skill Level	Skills must be completed in succession; for example, a flyer may <u>NOT</u> execute an extension, full-down until a prep, full-down has been approved by a member of the Coaching Staff. At the end of the tryout clinic week, the point value associated with the flyer's most advanced skill level will be noted on the athlete's overall score sheet.	Skill:
		Prep, Cradle
		Prep, Full-Down
		Extension, Cradle
		Extension, Full-Down
		Arabesque, Cradle
		Heel Stretch, Cradle
		Scale, Cradle
		Arabesque, Full-Down
		Heel Stretch Full-Down
Scale, Full-Down		

Varsity: Bases/Backspots

<u>Category:</u>	<u>Criteria:</u>	<u>Points:</u>
Technique	Using legs instead of arms/back, locked arms and legs, timing, sharing center, no space in-between you and base/backspot	5 points
Coach ability	Do you listen to the coaches' critiques and implement the proper changes?	5 points
Safety	Are you catching your flyer? Using legs to absorbs cradles	5 points
Skill Level	Skills must be completed in succession; for example, a group may <u>NOT</u> execute an extension full-down until a prep full-down has been approved by a member of the Coaching Staff. At the end of the tryout clinic week, the point value associated with the base or backspot's most advanced skill level will be noted on the athlete's overall score sheet.	Skill:
		Prep, Cradle
		Prep, Full-Down
		Extension, Cradle
		Extension, Full-Down
		Arabesque, Cradle
		Heel Stretch, Cradle
		Scale, Cradle
		Arabesque, Full-Down
		Heel Stretch Full-Down
Scale, Full-Down		

Stunt Scoring 2019