

2016-2017 KHSAA ALL-GIRL DIFFICULTY GRID

STUNTING	PYRAMIDS / TOSSES	RUNNING / TUMBLING	STANDING / TUMBLING	JUMPS	DANCE
FAIR 0-2.9	FAIR 0-2.9	FAIR 0-1.9	FAIR 0-1.9	FAIR 0-2.6	FAIR 0-1.1
PREP LEVEL OR BELOW POP DOWN/STEP OFF DISMOUNT	PYRAMIDS W / 2+ FAIR STUNT GROUPS	ROUND OFF	FORWARD ROLL	TUCK	MINIMAL MOTION VARIETY
STRADDLE LIFT	LOAD/STRAIGHT TOSS		CARTWHEEL	BANANA	MINIMAL FORMATION CHANGES
L STAND			FRONT/BACK WALKOVER	CHEERLEADER	DISCONNECT IN MOTIONS & MUSIC
THIGH STAND				STAG	MINIMAL FOOTWORK
SHOULDER SIT/STAND				SPREAD EAGLE	
LOW HITCH					
ELEVATOR					
PREP LEVEL ONE LEG STUNTS					
F/B SUSPENDED ROLLS PREP/BELOW					
AVERAGE 3.0-5.9	AVERAGE 3.0-5.9	AVERAGE 2.0-2.9	AVERAGE 2.0-2.9	AVERAGE 2.7-4.0	AVERAGE 1.2-1.7
DOUBLE BASED 2 LEG STUNTS WALK-IN ENTRY	PYRAMID INVOLVING ENTIRE TEAM w/ 2+ AVERAGE STUNT GROUPS	AERIAL CARTWHEEL	FRONT HANDSPRING	SINGLE JUMP SKILLS UNCONNECTED	SOME VARIETY OF MOTIONS
EXTENSIONS	BRACED F/B FLIP AT PREP LEVEL	R/O BACK HANDSPRING	BACK HANDSPRING	HERKIE	SOME FORMATION CHANGES
F/B SUSPENDED ROLLS ABOVE PREP	TOE TOUCH BASKET TOSS		FORWARD ROLL BHS	FRONT HURDLER	MOTIONS SET TO MUSIC
STRAIGHT CRADLE			CARTWHEEL BHS	SIDE HURDLER	SOME FOOTWORK
				TOE-TOUCH	
GOOD 6.0-8.0	GOOD 6.0-8.0	GOOD 3.0-3.9	GOOD 3.0-3.9	GOOD 4.1-5.5	GOOD 1.8-2.3
DOUBLE BASE SINGLE LEG STUNTS STRAIGHT UP ENTRY/STRAIGHT CRADLE	MULTIPLE STUNT GROUPS W/ TRANSITIONS, INVERSIONS	R/O TUCK	BHS BACK TUCK	DOUBLE JUMP CONNECTED FROM GOOD OR EXC. CATEG.	VARIETY OF MOTIONS
LIBERTY/TORCH/CUPIE/ARABESQUE	MOVING PYRAMIDS	R/O BHS BACK TUCK	CARTWHEEL BACK TUCK	HERKIE	FORMATION CHANGES
REWINDS	COMBINATION STUNTS W/ TRANSITIONS	LAYOUTS		HURDLER	MOTIONS & MUSIC WORK TOGETHER
1/2 UPS	BRACED F/B FLIP AT EXTENDED LEVEL	X-OUTS		TOE TOUCH	VARIETY OF FOOTWORK W/ MOTIONS
SINGLE BASE W/ASSIST PREP LEVEL	BOTTLE ROCKET/KICK/PIKE BASKET				LEVEL CHANGES
TOE TOUCH CRADLE					
EXCELLENT 8.1-10.0	EXCELLENT 8.1-10.0	EXCELLENT 4.0-5.0	EXCELLENT 4.0-5.0	EXCELLENT 5.6-7.0	EXCELLENT 2.4-3.0
DOUBLE BASE SINGLE LEG STUNTS FULL DOWN CRADLE	MULTIPLE EXCELLENT STUNTS W/ SINGLE LEG COMBOS AND DOWNWARD INVERSIONS	PUNCH FRONT	STANDING BACK TUCK	TRIPLE JUMP CONNECTED FROM GOOD OR EXCELLENT CATEG.	CONSTANT MOTION VARIETY
STRECH/SCORPION/BOW&ARROW/SCALE	SINGLE BASED PYRAMIDS INVOLVING RELEASE SKILLS,	WHIP CONNECTED PASSES	JUMP TUCK	RUSSIAN	MULTIPLE FORMATION CHANGES
SWITCH STEP/FOOT OR TICK TOCK	MULTIPLE BRACED F/B FLIP AT EXTENDED LEVEL	ARABIAN	WHIP CONNECTED PASSES	PIKE	MOTIONS & MUSIC WORK TOGETHER
FULL-UPS TO 2 LEG STUNTS	BASKET TOSS COMBINING A SKILL W/ TWIST	R/O BHS HALF TWIST	STANDING BHS FULL TWIST	DOUBLE NINE	MULTIPLE BODY POSITIONS W/ MOTIONS
FULL-UPS TO 1 LEG STUNTS		R/O BHS FULL TWIST	STANDING FULL TWIST	AROUND THE WORLD	INTRICATE FOOTWORK
UNASSISTED SINGLE BASE STUNTS					LEVEL CHANGES INVOLVING ENTIRE TEAM