

2016-2017 KHSAA COED DIFFICULTY GRID

CO-ED / STUNTING	CO-ED PYRAMIDS / TOSSES	RUNNING / TUMBLING	STANDING / TUMBLING	JUMPS
FAIR 0-3.5	FAIR 0-2.9	FAIR 0-1.9	FAIR 0-1.9	FAIR 0-1.9
FLICK	PYRAMIDS W / 2+ FAIR STUNT GROUPS	ROUND OFF	FORWARD ROLL	TUCK
SIDE T	LOAD/STRAIGHT TOSS		CARTWHEEL	BANANA
TOSS TOE TOUCH			FFRONT/BACK WALKOVER	CHEERLEADER
TOSS CHAIR				STAG
ASSISTED STUNT				SPREAD EAGLE
POP DOWN/STEP OFF				
F/B SUSPENDED ROLLS PREP AND BELOW				
AVERAGE 3.6-7.4	AVERAGE 3.0-5.9	AVERAGE 2.0-2.9	AVERAGE 2.0-2.9	AVERAGE 2.0-2.9
WALK-IN ENTRY 2-LEG STUNTS AT PREP OR EXTENDED LEVEL	PYRAMID INVOLVING ENTIRE TEAM w/ 2+ AVERAGE STUNT GROUPS	AERIAL CARTWHEEL	FRONT HANDSPRING	SINGLE JUMP SKILLS UNCONNECTED
DOUBLE BASED SINGLE LEG NON-TWISTING STUNTS	BRACED F/B FLIP AT PREP LEVEL	R/O BACK HANDSPRING	BACK HANDSPRING	HERKIE
ASSISTED COED ONE-LEG STUNTS	TOE TOUCH BASKET TOSS		FORWARD ROLL BHS	FRONT HURDLER
POP DOWN/STEP-OFF DISMOUNTS			CARTWHEEL BHS	SIDE HURDLER
				TOE-TOUCH
GOOD 7.5-10.9	GOOD 6.0-8.0	GOOD 3.0-3.9	GOOD 3.0-3.9	GOOD 3.0-3.9
STRAIGHT UP ENTRY	MULTIPLE STUNT GROUPS W/ TRANSITIONS/INVERSIONS	R/O TUCK	BHS BACK TUCK	DOUBLE JUMP CONNECTED FROM GOOD OR EXC. CAT.
DOUBLE-BASED 1-LEG TWISTING STUNTS	MOVING PYRAMIDS	R/O BHS BACK TUCK	CARTWHEEL BACK TUCK	HERKIE
UNASSISTED COED TOSS EXTENSION	COMBINATION STUNTS W/ TRANSITIONS	LAYOUTS		HURDLER
UNASSISTED COED TOSS/LIB/TORCH/HEEL STRETCH	BRACED F/B FLIP AT EXTENDED LEVEL	X-OUTS		TOE TOUCH
COED STRAIGHT CRADLE DISMOUNT	BOTTLE ROCKET/KICK/PIKE BASKET			
EXCELLENT 11.0-15.0	EXCELLENT 8.1-10.0	EXCELLENT 4.0-5.0	EXCELLENT 4.0-5.0	EXCELLENT 4.0-5.0
UNASSISTED TOSS ENTRY	MULTIPLE EXCELLENT STUNTS W/ SINGLE LEG COMBOS AND DOWNWARD INVERSIONS	PUNCH FRONT	STANDING BACK TUCK	TRIPLE JUMP CONNECTED FROM GOOD OR EXC. CAT.
TOSS TO 1-LEG STUNTS	SINGLE BASED PYRAMIDS INVOLVING RELEASE SKILLS,	WHIP CONNECTED PASSES	JUMP TUCK	RUSSIAN
UNASSISTED CUPIE	MULTIPLE BRACED F/B FLIP AT EXTENDED LEVEL	ARABIAN	WHIP CONNECTED PASSES	PIKE
SWITCH STEP/FOOT OR TICK TOCK	BASKET TOSS COMBINING A SKILL W/ TWIST	R/O BHS HALF TWIST	STANDING BHS FULL TWIST	DOUBLE NINE
1-ARM SINGLE LEG STUNTS		R/O BHS FULL TWIST	STANDING FULL TWIST	AROUND THE WORLD
FULL UP UNASSISTED STUNTS				
TWISTING COED CRADLE DISMOUNT		*		

* Failure to perform a category appropriate cheerleading skill will result in a zero on the corresponding line

*A male must be in a weight-bearing position as a base for a stunt to be considered coed