



## Clarifications 2024-2025

### Variety Driver

- For Stunts - Skills require 2 or more stunt groups participating and performing the same skill
- For Pyramids - minimally, a group performing the skill and a bracing group must be involved with the skill.
- Variety of **all skills** will be accounted for in the 0-8.5
- Categories
  - Releases
  - Tosses
  - Inversions
  - Spinning
  - Single Based
  - COED Style (Toss or Walk-in Entry - Unassisted)
- NFHS defined dismounts skills are not included in the variety driver
  - Skills listed with the word **Dismount** on the progression sheet
  - Refer to Progression sheet for applicable skills definitions

### Pace Driver

- Skills require 2 or more stunt group participating
- 2 or more skills that connect without a significant pause - Not all skills and sequences must demonstrate pace
- Pace of **all skills** will be accounted for in the 0-8.5

### NYS Class Size Requirement

- NYS Class Size can be achieved with the same skills used for the Max Participation Driver
- NYS Class Size Requirement is for a certain number of stunt groups, based on class size, to perform any skill at the same time
- **Stunt groups must contain 4 athletes each**
- Groups do not need to perform the same skills

### Maximum Participation Driver

- Max Participation Driver is totally separate from the NYS Class Size Requirement
- Max Participation Driver is based on the number of athletes on the mat, not class size
- Max Participation Driver is based on maximum number of groups performing 3 different **completed** skills, not attempted
  - The skills are not required to be connected/in the same sequence
- Stunts – Each skill performed must be the same skill for all groups, **HOWEVER**, if some groups perform the same skill but with single base groups while other groups perform with double base groups, the skill can still count toward maximum participation if the skill was performed by the maximum number of groups (based on 4 per group). Example: 5 groups perform switch up full arounds – 3 groups are double based and 2 groups are single based – this skill would count as a skill towards full team driver.



- In this case, if this counts as a single skill for the max participation driver, then only 1 category can be pulled for the **variety driver** from that skill. In the example above, either Single base OR Release OR Spinning can be pulled for variety.
- Stunts - If any groups do not perform the same individual skills but all land in the same position, that skill does NOT count towards Max Participation.
  - Example: Out of 5 groups, 4 do switch up full arounds, and 1 group just goes straight up to Liberty. They did not achieve full team with that skill. On the next skill, all 5 groups perform a high to high Lib. This skill would count towards the Max Participation driver.
- How the Max Participation Driver is achieved will also be accounted for in the 0-8.5
- Pyramids - See Progression Sheet for definition and Example Play in the training course.

## Clarifications from Previous Years that Still Apply

### Competitions & Officials

- The only time an official would stop the routine is for blood or vomit on the mat or for an obvious injury. Something that puts the athletes at risk.

### Cheer

- A team that does NO stunts, pyramids, jumps, or tumbling in the cheer would receive zeros for Difficulty of Skills, Use of Skills, & Execution of Skills because they are all scores based on skills.

### Stunts

- As discussed on the Stunt Progression and Technique Video, performing a skill that meets a description of a bullet on the progression does not mean that the skill you perform is right where the bullet is located on the progression. Skills performed can be higher or lower depending on what is performed. “Ground Inversion Release to Extended” examples are given in both the training and on the Progression videos. Another example “High to High (Body Position to Body Position):
  - High to High Heel stretch to Heel stretch – Low Super Elite
  - High to High Heel Stretch to Arabesque – Mid Super Elite – Higher in the progression because the Arabesque requires a  $\frac{1}{4}$  turn
  - High to High Heel Stretch to Hitch – A hitch is NOT a body position, its difficulty is nowhere near the difficulty of hitting positions that require the flyer to lift their foot above their hips, and hold the position on their own. It is slightly easier than hitting a liberty because of the hand/foot connection to a bracer that helps to stabilize the flyer. This moves this skill slightly lower than Body Position to Liberty/target.
    - Note: This release to/from a Hitch can only be used on the pyramid difficulty score as it involves a hand to foot bracer. If the flyer is also connected to a bracer (hand/arm) then it would drop even lower (Low Elite or High Advanced depending on exactly what is performed and what other body position is used).

### Pyramids

- Connection was attempted but never actually touched - counts toward pyramid but hits execution



- If a team, of any size, does not attempt to connect 2 flyers for at least 1 skill then they did not perform a pyramid sequence and will receive 0 for both difficulty and execution for pyramid.
- Doesn't matter how long they touch or how long before they touch - a team can perform an unbraced skill, clean (slap arms to thighs), then grab a bracer - the point is that during a pyramid if a single group performs a skill alone during the pyramid sequence (ex - toss behind the pyramid) that skill is counted towards the stunts, not pyramids
- A flyer does a low to high release next to a bracing group, but does not grab the bracer, and immediately follows it with a high to high full around then grabs the bracer - both of those skills count towards the pyramid because they are transitional skills, and the bracer was there for both skills. They don't need to grab the bracer in between the skills for transitional skills.

## Tumbling

- A team can move up to a higher scoring level (basic to intermediate/ intermediate to advanced) by performing multiple tumbling sequences performed in large groups.
  - Example- team performs most or all BWO BHS and then performs most or all Round off 2 BHS- score highest intermediate or low advanced (based on comparison of skills performed across the division and day)
    - Team does team standing handsprings & team round-off BHS series back Tuck - Mid Advanced
    - Team does team round off BHS series back tuck - Lower end of Mid Advanced

## Stunts/Pyramids

### General difficulty level of stunts

- In general, if you look at the other skills within a progression level then compare that to how your team performed a given skill, ask yourself if the way you performed the skill is comparable to those other skills or if it's easier.
- If it is easier then it's likely to be at a lower progression level. The final difficulty score they give is ultimately to compare you and all of the other teams competing in terms of stunt or pyramid difficulty.
- Only skills/groups that "hit" count towards difficulty.

### Modifications

- Use the videos on the NYSPHSAA website to see how skills within a certain level/progression should be performed. If you perform that skill in a way that makes it easier, then it has been modified and will be scored lower. How the skill was modified and where the non-modified skill is within a progression level would determine whether a skill drops within the progression level or drops to a lower progression level.

### Inversions

- Was your flyer actually inverted?
  - In training Bill talked about that for the purposes of difficulty, flyers should be at a 45-degree angle or greater to be considered inverted. If you were attempting an inversion then transitioning/releasing to any level if the flyer does not start inverted OR is taken out of the inversion during a dip (i.e. feet/legs drop the flyer to a prone position) before



the transition/release, then you did not perform an inversion transition/release to any level. Non-inverted transitions/releases tend to score a level lower.

- Inversion transition to extended: At the moment your flyer hit a vertical position were the feet of the flyer above the base's heads?
  - If not, then you did not perform an inversion to extended level and would be scored for hitting prep level or below.
- A flyer is considered inverted when both feet are at least waist level or above (over the head of the flyer). This interpretation is only in reference to setting ranges for skills and NOT in regard to the safety guidelines. The safety guidelines will be followed as written and the definition used in the NFHS Safety Guideline book will be used when interpreting the guidelines from a rule's perspective
- The Needle to Extended Liberty is not an inversion to extended position because only 1 foot is above the waist of the flyer. This is just a more difficult transition to liberty.

### Releases

- Was the release executed in a way that the judges could clearly see all contact was lost between the flyer(s) and all athletes on the ground?
  - If not, it was likely not seen as a release skill, which typically scores lower on the progression

### Tumbling Into a Stunt

- When looking and paying attention to tumbling skills to load into a stunt, different loads would then make it count as a different stunt. Example: Round off to extended versus a back handspring to extended could count as two different skills towards their range.