

# 2026 Cheer America College Stunt Chart- Intermediate All Girl

The below progressions are intended to be a guide to accompany the Scoring Guidelines. Skills listed in each category are based on group stunts unless otherwise stated. Any modification to the stunt group could impact the difficulty of a skill. Other factors include where and how a skill is caught and body positions. **Disclaimer: Cheer America reserves the right to make final decisions on and scoring.**

	NOVICE	INTERMEDIATE	ADVANCED
INVERSION SKILLS	<ul style="list-style-type: none"> <li>Connected inversions landing below prep level</li> <li>Released inversions landing below prep level</li> <li>Below extended level inversions to the ground (Yo-Yo, Back Walkover, etc)</li> </ul>	<ul style="list-style-type: none"> <li>Released inversion to prep level</li> <li>Connected Ground inversion to extended</li> </ul>	<ul style="list-style-type: none"> <li>Released inversions with ¼ - ½ twist to prep level single leg skill</li> <li>Creative hand in hand inversions released to prep level (EX. Diamodov)</li> <li>Connected Ground up inversion with 1 full twist or 1¼ twist</li> <li>Ground inversion release to prep level hand in Hand</li> </ul>
TWISTING SKILLS	<ul style="list-style-type: none"> <li>Twisting skills below extended level</li> <li>½ twisting to extended single leg stunt</li> <li>Modified full twisting stunt to 2 feet</li> </ul>	<ul style="list-style-type: none"> <li>Modified full twisting stunt to single leg</li> <li>Full twisting to extended</li> <li>Full twisting to extended single leg</li> <li>Hands full around to prep</li> </ul>	<ul style="list-style-type: none"> <li>Full twisting to extended single leg</li> <li>Prep level full around to extended</li> <li>1 ¼ twisting to extended</li> <li>1 ¼ twisting to extended single leg skill</li> <li>Full up single based to extended</li> <li>High to high full around</li> </ul>
RELEASE SKILLS	<ul style="list-style-type: none"> <li>Release skills landing at prep level or below (Ball up, quick toss, switch up)</li> </ul>	<ul style="list-style-type: none"> <li>Low to high released skills</li> <li>Switch up to extended single leg skill</li> <li>Twist release to prep level or below</li> <li>High to high releases lib to lib</li> <li>Single based toss to hands</li> </ul>	<ul style="list-style-type: none"> <li>High to high released skills lib to body position</li> <li>High to high body position to body position</li> <li>Full Twisting release to prep level</li> <li>Switch up to extended single leg skill with ¼ - ½ twist</li> <li>Single Based toss to extended</li> <li>Low to high released skills with a twist ¼ - ¾</li> <li>High to high released skills with a twist ¼ - ¾</li> </ul>
DISMOUNTS	<ul style="list-style-type: none"> <li>Bump downs</li> <li>Pop offs</li> </ul>	<ul style="list-style-type: none"> <li>¼ twisting dismount to cradle</li> <li>Transitions to cradle or prone</li> </ul>	<ul style="list-style-type: none"> <li>Full twisting dismount to cradle</li> <li>Full twisting pop off</li> <li>Kick full dismount</li> </ul>

# Athletes	Group Stunt	Pyramid	Toss	Tumbling
10-11	2	2	2	6
12-13	2	2	2	7
14	2	2	2	8
15	3	3	2	8
16	3	3	2	9
17	3	3	2	9
18	3	3	2	10
19	3	3	3	10
20	3	3	3	11

Using this chart, the numbers listed specify majority/most assuming groups are used as defined below. Any deviation from the traditional number of athletes involved would CHANGE the total number of groups needed for Group Stunt, pyramids, tosses, or COED style skills. Keep in mind these numbers only list the minimum required to get INTO a range. Other factors such as difficulty of skill and team participation can affect your score once within a range.

**GROUP STUNT-** A traditional group of 4 athletes.  
**TOSS-** A traditional group of 4 athletes PLUS a front spotter  
**COED STYLE-** A group of 3 athletes (assisted or unassisted)

# 2026 Cheer America College Stunt Chart- Intermediate COED

The below progressions are intended to be a guide to accompany the Scoring Guidelines. Skills listed in each category are based on group stunts unless otherwise stated. Any modification to the stunt group could impact the difficulty of a skill. Other factors include where and how a skill is caught and body positions. **Disclaimer: Cheer America reserves the right to make final decisions on and scoring.**

	NOVICE	INTERMEDIATE	ADVANCED
INVERSION SKILLS	<ul style="list-style-type: none"> <li>• Connected ground inversions landing at prep</li> <li>• Below extended level inversions to the ground (Yo-Yo, Back Walkover, etc)</li> </ul>	<ul style="list-style-type: none"> <li>• Connected Ground inversion to extended</li> <li>• Ground Inversion Released to Prep</li> <li>• Prep Level Released inversion to prep</li> <li>• Hand in hand inversions released to prep level</li> </ul>	<ul style="list-style-type: none"> <li>• Connected Ground up inversion with up to 1 full twist</li> <li>• Connected full twisting prep level inversion to extended</li> <li>• Ground inversion released to hand in hand</li> </ul>
TWISTING COED SKILLS	<ul style="list-style-type: none"> <li>• Walk In To Prep</li> </ul>	<ul style="list-style-type: none"> <li>• Walk In To Extended</li> <li>• Full up to Prep Level</li> <li>• ¼ to Arabesque</li> <li>• Walk- In to 1 Arm Extended</li> <li>• Full up to Extended</li> <li>• Hands Full around to Extended</li> </ul>	<ul style="list-style-type: none"> <li>• Full up to Extended Single Leg</li> <li>• Full Up to 1 arm Extended</li> <li>• Hands full around to Extended Single Leg</li> </ul>
RELEASE COED SKILLS	<ul style="list-style-type: none"> <li>• Toss to Prep Level</li> <li>• Prep Level Or Below Tic Toc to skill</li> <li>• Toss to Prep press Extended</li> </ul>	<ul style="list-style-type: none"> <li>• Toss to Extension</li> <li>• Toss to prep press to 1-arm Extended</li> <li>• Low to High Release to Extended</li> <li>• Twist Release to below prep level skill</li> </ul>	<ul style="list-style-type: none"> <li>• High to High Released Skills</li> <li>• Pop Over</li> <li>• Toss One Arm Extended</li> <li>• Twist Release to Prep Level</li> <li>• Twisting Tic Toc to skill (Low to High)</li> </ul>
COED DISMOUNTS	<ul style="list-style-type: none"> <li>• Pop Offs</li> </ul>		<ul style="list-style-type: none"> <li>• Full Twisting Dismount (released) to ground or cradle</li> </ul>

# Athletes	Group Stunt	Pyramid	Toss	Coed MAJ.	Coed MOST	Tumbling
10-11	2	2	2	2	3	6
12-13	2	2	2	3	3	7
14	2	2	2	3	4	8
15	3	3	2	3	4	8
16	3	3	2	3	4	9
17	3	3	2	3	5	9
18	3	3	2	4	5	10
19	3	3	3	4	5	10
20	3	3	3	4	5	11

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