

Cheerleading - IHSA Stunt Rubric levels

Level one stunts:

[Full up to prep level](#)

[½ up to extended skill](#)

Level two stunts:

[Prep level inversion to an an extended single leg skill](#)

[Toss ball up to extension](#)

Level three stunts:

[Ground level inversion release to prep](#)

[Low to high tick-tock ½ twist to liberty](#)

Level four stunts:

[Double up to extended](#)

[Low to high full around to an extended single leg skill](#)

[Cradle/horizontal position release to extended](#)