



**2020-2021**  
**XTREME CHEER XPERIENCE**

# **SCORING RUBRIC**

**THE BELOW DIVISIONS WILL  
UTILIZE THIS RUBRICS**

**LEVEL 6: COED**  
**LEVEL 7: COED**

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# 2020 - 2021 ALL STAR SCORING SYSTEM - BUILDING LEVEL 6 & 7 WORLDS - COED

## STUNT DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of the team
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate
4.5 - 5.0	HIGH	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate

## ADDITIONAL INFORMATION

For Level 7 Stunts: All Level 6 & 7 level appropriate skills will be considered Level Appropriate for scoring purposes (at least 2 different Level 7 skills are required to score in High range).

L6- All pyramid skills that are Level Appropriate in L5 will be given Level Appropriate credit. Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.

Stunt Skills will only receive full credit if they show control through the pop or transition to another skill.

### BODY POSITIONS

- Lib and platform are not considered body positions.
- Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion.

## DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation (Maximizing stunt groups based on the number of athletes)
- Combination of skills (level and non-level appropriate)
- Pace of skills performed

## BUILDING QUANTITY CHART

# OF ATHLETES	NUMBER OF GROUPS	
	MAJORITY	MOST
8 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 30	4	5
31 - 38	5	6

## COED QUANTITY CHART

# OF MALES ON TEAM	# OF STUNTS
1 - 3	1
4 - 5	2
6 - 7	3
8 - 9	4
10 - 11	5
12 - 13	6
14 - 19	7

## PYRAMID DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different level appropriate skills and 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills and 2 structures performed by Most of the team
4.5 - 5.0	HIGH	4 different level appropriate skills and 2 structures performed by Most of the team

## TOSS DIFFICULTY

4.0	Less than a Majority of the team performs a toss
4.5	Majority of the team performs a level appropriate toss
5.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section

Same Section - Athletes may not be recycled.

## COED QUANTITY - LEVEL 6 & 7 SENIOR/INTERNATIONAL WORLDS TEAMS

BASED ON A GROUP OF 3, RIPPLED OR SYNCHRONIZED IN SAME SECTION WITHOUT RECYCLING ATHLETES.  
STUNTS MUST BE HELD FOR 4 COUNTS

	Coed Style <b>ASSISTED</b>	Coed Style <b>UNASSISTED</b>
3.5	Skills performed do not meet 4.0 requirement	N/A
4.0	Walk-in Extended double leg stunt Toss Extended double leg stunt Walk-in Hands press Extended single leg stunt/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt	Skills do not meet 4.2 requirement
4.2	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt	Walk-in Hands press Extension Toss Hands press Extension
4.4	Toss ¼ - ¾ Twist to Extended single leg stunt	Walk-in Extended double leg stunt Toss Extended double leg stunt Walk-in Hands press Extended single leg stunt/ single arm stunt Toss Hands press Extended single leg stunt/single arm stunt
4.6	Toss Extended single arm stunt Toss Full up to Extended Stunt Toss Front handspring 1/2 up to Extended stunt Rewind to Extended Stunt (L6 & L7 Internationl Only)	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt
4.8	N/A	Toss ¼ - ¾ Twist to Extended single leg Stunt
5.0	N/A	Toss Extended single arm stunt Toss Full up to Extended Stunt Toss Front handspring 1/2 up to Extended Stunt Rewind to Extended Stunt (L6 & L7 Internationl Only)

## COED STYLE

- Based on a group of 3, Consisting of a Base, Top Person and Spotter.
- The same entry and skill must be used by all groups. If there is a mixture of unassisted and assisted stunts, credit will be given for the assisted version.
  - A coed stunt becomes assisted if at any point the spotter touches the base and/or top person, including the dip for the dismount. This does not include assisting with the catch of the dismount.
- Entry must be a Toss or Walk-In.
  - Toss - Top person starts with both feet on performing surface. Base starts with hands on Top Persons' waist.
  - Walk-In - Top person and Base start facing each other with one-foot loaded in.
- Base must be directly under the stunt.
- Base and Spotter may not be chest to chest.

## TO RECEIVE COED CREDIT

- Only skills listed on the coed requirement grid will count for Coed Quantity.
- Rippled or synchronized in the same section without recycling athletes.
- Stunts must be held for 4 counts. These counts will start once the stunt hits the intended level.
  - Ex. Toss hands: counts begin when the stunt stops at prep level
  - Ex. Toss hands press extension: counts begin when the stunt stops at extended level
- Coed stunts must have a controlled dismount /pop off to the performance surface to receive full Coed Quantity credit.
- A zero is assessed when a team:
  - Doesn't put up the required number of stunts.
  - Doesn't adhere to Coed Style.

## 2020 - 2021 ALL STAR SCORING SYSTEM - BUILDING LEVEL 6 & 7 WORLDS - COED

JUMP DIFFICULTY <i>JUMPS MUST USE A WHIP APPROACH TO BE CONSIDERED CONNECTED.</i>	
3.5	Skills performed do not meet 4.0 requirement
4.0	Most of the team performs 1 advanced jump
4.5	Most of the team performs 2 connected advanced jumps. Must be synchronized and include a variety.
5.0	Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety.

TUMBLING/JUMP QUANTITY CHART		
# OF ATHLETES	MAJORITY	MOST
8 - 9	4	5
10 - 15	6	7
16 - 19	8	9
20 - 25	10	13
26 - 30	14	16
31 - 38	15	18

DIFFICULTY DRIVERS
<ul style="list-style-type: none"> <li>Degree of difficulty</li> <li>Percent of team participation</li> <li>Combination of skills</li> <li>Synchronization of passes</li> <li>Variety of passes</li> </ul>

STANDING TUMBLING DIFFICULTY <i>SAME SECTION - SINGLE PORTION OF THE ROUTINE WHERE SKILLS FROM A SKILL SET ARE PERFORMED.</i>		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs an Elite level appropriate pass
4.5 - 5.0	HIGH	Most of the team performs an Elite level appropriate pass in the same section

RUNNING TUMBLING DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Most of the team performs a level appropriate pass
4.5 - 5.0	HIGH	Majority of the team performs an Elite level appropriate pass

JUMPS
<ul style="list-style-type: none"> <li>Variety - at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (i.e. left/right hurdler).</li> <li>Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e. jumps that land on knee(s) or seat, etc. would not count).</li> <li>Basic Jumps: Spread Eagle, Tuck Jump</li> <li>Advanced Jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch</li> </ul>

ADDITIONAL INFORMATION
<ul style="list-style-type: none"> <li>Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e. jump 3/4 front flip to seat, back hand-springs which lands in a prone position, etc. would not count).</li> <li>Jumps within a pass will not break up the pass (i.e. Toe Touch BHS Toe Touch BHS Full is 1 pass).</li> <li>T-Jumps are not considered a jump and will break up a pass into two separate passes.</li> <li>L6 &amp; L7- Standing Tumbling skills ending in a layout that are LEGAL in L5 will not receive level appropriate credit (i.e. BHS-BHS-Layout).</li> </ul>

## 2020 - 2021 ALL STAR SCORING SYSTEM - OVERALL

### STUNT CREATIVITY

2.0 - 2.5	<p>Stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.</p> <p>This may include: Entries • Transitions • Dismounts • Clarity • Flow</p>
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### PYRAMID CREATIVITY

2.0 - 2.5	<p>Pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.</p> <p>This may include: Entries • Transitions • Dismounts • Clarity • Flow</p>
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### ROUTINE COMPOSITION

9.0 - 10	<p>A team's ability to demonstrate the following throughout the routine:</p> <p>Precise spacing • Formations • Transitions.</p> <p>This includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance the overall appeal.</p>
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### DANCE

9.0 - 10	<p>A team's ability to demonstrate a high level of energy and entertainment value which may incorporate:</p> <p>Visual elements • Variety of levels • Formation changes • Footwork • Floorwork • Partner work</p> <p>This also includes: Technique • Perfection • Synchronization • Pace</p>
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### SHOWMANSHIP

9.0 - 10	<p>A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm. This will include appropriate athletic impression throughout the routine.</p>
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### CHEER (GLOBAL DIVISIONS ONLY)

9.0 - 10	<p>The Cheer portion of the routine MUST be completed before the music section of the routine.</p> <p>Cheer Criteria: Crowd Leading – Ability to lead the crowd • Crowd Effectiveness – Voice, Pace &amp; Flow • Proper use of signs, poms, megaphones, flags &amp; motion technique • Practical use of stunts/pyramids to lead the crowd • Execution</p>
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# 2020 - 2021 ALL STAR SCORING SYSTEM - EXECUTION

## EXECUTION

3.5 - 5.0	<p>Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.</p> <ul style="list-style-type: none"> <li>• Scores will start at a 5.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver</li> <li>• .1 - Minor technique issues by the team, not just 1 athlete in Tumbling/Jumps or 1 athlete in Stunts/Pyramid/Tosses</li> <li>• .2 - Multiple technique issues by the team</li> <li>• .3 - Widespread technique issues by the team</li> <li>• No more than .3 will be taken off for a single driver.</li> <li>• Stylistic differences will not factor into a teams' Execution score.</li> </ul>
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## STUNT/PYRAMID DRIVERS

*Each driver may include, but is not limited to, the below examples:*

<b>Top Person</b>	<ul style="list-style-type: none"> <li>• Body control</li> <li>• Uniform flexibility</li> <li>• Motion placement</li> <li>• Legs straight/locked and toes pointed</li> </ul>
<b>Bases/Spotters</b>	<ul style="list-style-type: none"> <li>• Stability of the stunt</li> <li>• Solid stance</li> <li>• Positioned shoulder width apart</li> <li>• Feet stationary</li> </ul>
<b>Transitions</b>	<ul style="list-style-type: none"> <li>• Entries</li> <li>• Dismounts</li> <li>• Speed/control/flow from skill to skill</li> </ul>
<b>Synchronization*</b>	<ul style="list-style-type: none"> <li>• Timing</li> </ul>
<b>Obvious Mistakes</b>	<ul style="list-style-type: none"> <li>• .2 - 2 errors (Bobbles**, Building Falls, and/or Major Building Falls)</li> <li>• .3 - 3 or more errors (Bobbles**, Building Falls, and/or Major Building Falls)</li> </ul>

\*Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.

\*\*Bobbles - Stunt/Pyramid skills that almost fall, but are saved. This does not include omitted skills.

## STANDING/RUNNING TUMBLING DRIVERS

*Each driver may include, but is not limited to, the below examples:*

<b>Approach</b>	<ul style="list-style-type: none"> <li>• Arm placement into a pass/skill</li> <li>• Swing/prep</li> <li>• Chest placement</li> <li>• Flow from skill to skill in a pass</li> </ul>
<b>Speed</b>	<ul style="list-style-type: none"> <li>• Consistent or increases through pass/skills</li> <li>• Connection of pass/skills</li> </ul>
<b>Body Control</b>	<ul style="list-style-type: none"> <li>• Head placement</li> <li>• Arm/shoulder placement in skills</li> <li>• Hips</li> <li>• Leg placement in skills</li> <li>• Pointed toes</li> </ul>
<b>Landings</b>	<ul style="list-style-type: none"> <li>• Controlled</li> <li>• Legs/feet together</li> <li>• Chest placement</li> <li>• Finished pass/skill</li> <li>• Incomplete twisting skills</li> </ul>
<b>Synchronization*</b>	<ul style="list-style-type: none"> <li>• Timing</li> </ul>

\*Teams that do not perform 2 or more level appropriate passes synchronized in a group will automatically receive .3 off for Synchronization.

## TOSS DRIVERS

*Each driver may include, but is not limited to, the below examples:*

<b>Top Person</b>	<ul style="list-style-type: none"> <li>• Body control</li> <li>• Consistent execution of skill/trick</li> <li>• Legs straight/toes pointed</li> <li>• Arm placement</li> </ul>
<b>Bases/Spotters</b>	<ul style="list-style-type: none"> <li>• Using arms/legs to throw together</li> <li>• Solid stance</li> <li>• Positioned shoulder width apart</li> <li>• Timing</li> </ul>
<b>Height</b>	<ul style="list-style-type: none"> <li>• Relative to the size of the athletes performing the toss</li> </ul>
<b>Cradle</b>	<ul style="list-style-type: none"> <li>• Arms up to catch high</li> <li>• Legs used to absorb catch</li> <li>• Group positioned no more than shoulder width apart</li> <li>• Controlled</li> </ul>
<b>Obvious Mistakes</b>	<ul style="list-style-type: none"> <li>• .3 - Building Falls, and/or Major Building Falls</li> </ul>

Teams with only 1 toss will always receive .3 off for each driver, regardless of the severity of the issue.

## JUMP DRIVERS

*Each driver may include, but is not limited to, the below examples:*

<b>Approach</b>	<ul style="list-style-type: none"> <li>• Consistent entry</li> <li>• Swing/prep</li> </ul>
<b>Arm Placement</b>	<ul style="list-style-type: none"> <li>• Arm position within jump(s)</li> </ul>
<b>Leg Placement</b>	<ul style="list-style-type: none"> <li>• Straight legs</li> <li>• Pointed toes</li> <li>• Hip placement/rotation</li> <li>• Hyperextension</li> <li>• Height</li> </ul>
<b>Landings</b>	<ul style="list-style-type: none"> <li>• Legs/feet together</li> <li>• Chest placement</li> </ul>
<b>Synchronization</b>	<ul style="list-style-type: none"> <li>• Timing</li> </ul>

# 2020 - 2021 ALL STAR SCORING SYSTEM - STUNTS

## LEVEL 6

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNT
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB</li> </ul>	<ul style="list-style-type: none"> <li>½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO LIB (HIGH TO HIGH)</li> <li>TIC TOC LIB TO LIB (LOW TO HIGH)</li> <li>½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO BODY POSITION (HIGH TO HIGH)</li> <li>TIC TOC LIB TO BODY POSITION (LOW TO HIGH)</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> <li>SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT</li> <li>½ TWISTING BALL UP TO EXTENDED BODY POSITION</li> <li>REWIND TO PREP LEVEL OR BELOW (INT 6 ONLY)</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED 1 LEG STUNT</li> <li>1 ½ - 1 ¾ UP TO EXTENDED STUNT</li> <li>1 ¼ - 1 ½ UP TO EXTENDED 1 LEG STUNT</li> <li>DOUBLE UP TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>DOUBLE DOWN FROM 1 LEG STUNT</li> <li>KICK DOUBLE TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ - 2 TWIST TO PRONE</li> <li>COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT</li> <li>¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP FULL TWIST TO EXTENDED BODY POSITION</li> <li>TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> <li>FULL TWISTING BALL UP TO EXTENDED BODY POSITION</li> <li>REWIND TO EXTENDED STUNT (INT 6 ONLY)</li> <li>UNASSISTED REWIND TO EXTENDED STUNT (INT 6 ONLY)</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ UP TO EXTENDED BODY POSITION</li> <li>1 ¼ UP TO EXTENDED BODY POSITION</li> <li>DOUBLE UP TO EXTENDED 1 LEG STUNT</li> </ul>		<ul style="list-style-type: none"> <li>UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT</li> <li>UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH)</li> <li>TOSS FRONT HANDSPRING ¾ UP RELEASE TO EXTENDED STUNT</li> <li>½ TWISTING RELEASED INVERSION TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)</li> </ul>

## LEVEL 7

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNT
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>FREE FLIPPING FROM GROUND LEVEL TO CRADLE (L7)</li> <li>FLIPPING FROM GROUND LEVEL TO PREP LEVEL (L7)</li> <li>FLIPPING FROM GROUND LEVEL TO EXTENSION (L7)</li> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB</li> </ul>	<ul style="list-style-type: none"> <li>½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO LIB (HIGH TO HIGH)</li> <li>TIC TOC LIB TO LIB (LOW TO HIGH)</li> <li>½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO BODY POSITION (HIGH TO HIGH)</li> <li>TIC TOC LIB TO BODY POSITION (LOW TO HIGH)</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> <li>SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT</li> <li>½ TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE (L7)</li> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL (L7)</li> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION (L7)</li> <li>FULL UP TO EXTENDED 1 LEG STUNT</li> <li>1 ½ - 1 ¾ UP TO EXTENDED STUNT</li> <li>1 ¼ - 1 ½ UP TO EXTENDED 1 LEG STUNT</li> <li>DOUBLE UP TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>FRONT FREE FLIPPING TO GROUND LEVEL (L7)</li> <li>FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE (L7)</li> <li>FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE (L7)</li> <li>DOUBLE DOWN FROM 1 LEG STUNT</li> <li>KICK DOUBLE TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ - 2 TWIST TO PRONE</li> <li>COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT</li> <li>¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT (L7)</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP FULL TWIST TO EXTENDED BODY POSITION</li> <li>TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> <li>FULL TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG (L7)</li> <li>1 ½ UP TO EXTENDED BODY POSITION</li> <li>1 ¼ UP TO EXTENDED BODY POSITION</li> <li>DOUBLE UP TO EXTENDED 1 LEG STUNT</li> </ul>		<ul style="list-style-type: none"> <li>BACKHANDSPRING FULL UP TO EXTENDED STUNT (L7)</li> <li>UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>FRONT HANDSPRING 1 ½ UP TO EXTENDED STUNT</li> <li>COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT</li> <li>COED STYLE TOSS FULL TWIST TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)</li> <li>FRONT HANDSPRING ¾ UP TO EXTENDED STUNT</li> </ul>

## 2020 - 2021 ALL STAR SCORING SYSTEM - TOSSES

### LEVEL 6

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	BALL DOUBLE FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH • HITCH KICK DOUBLE FULL SWITCH KICK DOUBLE FULL • KICK FULL KICK FULL

### LEVEL 7

NON - TWISTING	TWISTING
TUCK • X-OUT • PIKE • LAYOUT	LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL SPLIT FULL • ARABIAN 1 1/2 • PIKE OPEN DOUBLE FULL

## 2020 - 2021 ALL STAR SCORING SYSTEM - TUMBLING

### LEVEL 6 & 7

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK	CARTWHEEL FULL • ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL • FRONT FULL
<b>ELITE LEVEL APPROPRIATE</b> STANDING FULL • JUMP FULL • BHS FULL • JUMP BHS FULL • BHS SERIES TO FULL JUMP BHS SERIES TO FULL • BHS WHIP TO BHS SERIES TO FULL • BHS SERIES TO DOUBLE FULL JUMP BHS SERIES TO DOUBLE FULL • BHS WHIP TO BHS SERIES TO DOUBLE FULL	<b>ELITE LEVEL APPROPRIATE</b> FRONT HANDSPRING FRONT FULL • PUNCH FRONT STEPOUT TO FULL • ROUND OFF BHS WHIP TO FULL ROUND OFF ARABIAN ROUND OFF BHS FULL • ROUND OFF BHS FULL BHS SERIES TO FULL ROUND OFF DOUBLE FULL ROUND OFF BHS DOUBLE FULL • FRONT WALKOVER THROUGH TO DOUBLE FULL PUNCH FRONT STEPOUT TO DOUBLE FULL • ROUND OFF BHS WHIP TO DOUBLE FULL ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL • ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE FULL