2020 - 2021 ALL STAR PREP SCORING SYSTEM - BUILDING

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

BUILDING QUANTITY CHART

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

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

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

ADDITIONAL INFORMATION

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.

2020 - 2021 ALL STAR PREP SCORING SYSTEM - TUMBLING

JUMP DIFFICULTY
JUMPS MUST USE A WHIP APPROACH TO BE CONSIDERED CONNECTED.

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 advanced jumps. DOES NOT need to be connected or include a variety.

TUMBLING/JUMP QUANITIY CHART

# OF ATHLETES	MAJORITY	MOST
5 - 7	2	4
8 - 9	4	5
10 - 15	6	7
16 - 19	8	9
20 - 25	10	13
26 - 30	14	16

DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation
- Combination of skills
- Synchronization of passes
- Variety of passes

JUMPS

- Variety - at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (i.e. left/right hurdler).
- 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).
- Basic Jumps: Spread Eagle, Tuck Jump
- Advanced Jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch

STANDING TUMBLING DIFFICULTY

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 the same level appropriate pass which must be synchronized from initiation of the pass

RUNNING TUMBLING DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Less than a Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs a level appropriate pass

ADDITIONAL INFORMATION

- 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).
- Jumps within a pass will not break up the pass (i.e. Toe Touch-BHS-Toe Touch-BHS is 1 pass in L3).
- T-Jumps are not considered a jump and will break up a pass into two separate passes.
- L2- No skills out of a RO that are ILLEGAL in L1 will count for level appropriate credit.
- L3- No skills out of a BHS step out 1/2 turn that are ILLEGAL in L2 will count for level appropriate credit.

2020 - 2021 ALL STAR PREP SCORING SYSTEM - OVERALL

STUNT CREATIVITY

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

PYRAMID CREATIVITY

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

ROUTINE COMPOSITION

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

DANCE

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

SHOWMANSHIP

9.0 - 10	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.

2020 - 2021 ALL STAR PREP SCORING SYSTEM - EXECUTION

EXECUTION

3.5 - 5.0	Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill. • 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 • .1 - Minor technique issues by the team, not just 1 athlete in Tumbling/Jumps or 1 athlete in Stunts/Pyramid/Tosses • .2 – Multiple technique issues by the team • .3 – Widespread technique issues by the team • No more than .3 will be taken off for a single driver. • Stylistic differences will not factor into a teams' Execution score.

STUNT/PYRAMID DRIVERS
Each driver may include, but is not limited to, the below examples:

Top Person	• Body control • Uniform flexibility • Motion placement • Legs straight/locked and toes pointed
Bases/Spotters	• Stability of the stunt • Solid stance • Positioned shoulder width apart • Feet stationary
Transitions	• Entries • Dismounts • Speed/control/flow from skill to skill
Synchronization*	• Timing
Obvious Mistakes	• .2 - 2 errors (Bobbles**, Building Falls, and/or Major Building Falls) • .3 - 3 or more errors (Bobbles**, Building Falls, and/or Major Building Falls)

*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:

Approach	• Arm placement into a pass/skill • Swing/prep • Chest placement • Flow from skill to skill in a pass
Speed	• Consistent or increases through pass/skills • Connection of pass/skills
Body Control	• Head placement • Arm/shoulder placement in skills • Hips • Leg placement in skills • Pointed toes
Landings	• Controlled • Legs/feet together • Chest placement • Finished pass/skill • Incomplete twisting skills
Synchronization*	• Timing

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

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

Approach	• Consistent entry • Swing/prep
Arm Placement	• Arm position within jump(s)
Leg Placement	• Straight legs • Pointed toes • Hip placement/rotation • Hyperextension • Height
Landings	• Legs/feet together • Chest placement
Synchronization	• Timing

2020 - 2021 ALL STAR PREP SCORING SYSTEM - STUNTS

LEVEL 1

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNT
LEVEL APPROPRIATE	• INVERSION TO GROUND LEVEL	• SWITCH UP TO LIB BELOW PREP LEVEL • SWITCH UP TO BODY POSITION BELOW PREP LEVEL • TIC TOC BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)	• ¼ TWISTING TRANSITION TO BELOW PREP LEVEL • ¼ DOWN TO GROUND LEVEL • ¼ TWISTING TRANSITION FROM PREP LEVEL	• STEP DOWN • STRAIGHT CRADLE	• BACK STAND • PREP LEVEL SHOW & GO • STRADDLE SIT • FLAT BACK • EXTENDED STRADDLE SIT • BELOW PREP LEVEL 1 LEG STUNT • EXTENDED FLAT BACK • PREP LEVEL 1 LEG STUNT WITH BRACER • PREP LEVEL TO PRONE • 1 LEG STUNT BELOW PREP LEVEL • SHOULDER SIT • CHAIR • SHOULDER STAND • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY • TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER
ELITE LEVEL APPROPRIATE		• TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)	• ¼ TWISTING TRANSITION TO PREP		• ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER

LEVEL 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNT
LEVEL APPROPRIATE	• INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL • INVERSION FROM GROUND LEVEL TO PREP LEVEL	• SWITCH UP TO LIB PREP LEVEL • TIC TOC PREP LEVEL (LIB TO LIB) • TIC TOC PREP LEVEL (LIB TO BODY POSITION)	• ½ TWISTING TRANSITION TO BELOW PREP LEVEL • ½ TWISTING TRANSITION TO PREP LEVEL • ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION • ¼ TWISTING TRANSITION TO EXTENDED STUNT	• STRAIGHT CRADLE FROM EXTENSION • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION • ¼ TWISTING DISMOUNT FROM PREP OR EXTENSION	• PREP LEVEL 1 LEG STUNT • EXTENSION • BARREL ROLL • LEAP FROG VARIATIONS • ½ TWIST TO PRONE • WALK IN PREP LEVEL PRESS EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	• INVERSION FROM GROUND LEVEL TO EXTENDED STUNT	• TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)	• ½ TWISTING TRANSITION TO EXTENDED STUNT		• ½ TWISTING INVERSION TO EXTENDED STUNT • ½ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT • ½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT

LEVEL 3

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNT
LEVEL APPROPRIATE	• INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM BELOW PREP LEVEL	• RELEASE TO PREP LEVEL OR BELOW • SWITCH UP TO PREP LEVEL LIB • BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB • TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)	• FULL UP BELOW PREP LEVEL • FULL UP PREP LEVEL STUNT • ¼ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • FULL UP TO PREP LEVEL 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT	• STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT • FULL DOWN FROM PREP • ¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG • FULL DOWN FROM EXTENSION • SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)	• FULL TWIST TO PRONE FROM PREP LEVEL • EXTENDED 1 LEG STUNT • SUSPENDED FRONT FLIP • SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING) • SUSPENDED TWISTING FRONT FLIP • TOSS HANDS • SINGLE BASED 1 LEG EXTENDED STUNTS • TOSS HANDS PAUSE PRESS EXTENSION • WALK IN EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

2020 - 2021 ALL STAR PREP SCORING SYSTEM - TUMBLING

LEVEL 1

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND BACKBEND KICK OVER • BACK WALKOVER	CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER FRONT WALKOVER TO CARTWHEEL/ROUND OFF CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

LEVEL 2

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING	CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES