



ALL STAR PREP Scoring System

BUILDING

STUNTS			PYRAMIDS			DIFFICULTY DRIVERS																							
3.0-3.5	Below	Skills performed do not meet low range requirement	3.0-3.5	Below	Skills performed do not meet the low range requirements	<ul style="list-style-type: none"> DEGREE OF DIFFICULTY PERCENT OF TEAM PARTICIPATION COMBINATION OF SKILLS (level and non-level appropriate) PACE OF SKILLS PERFORMED 	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #002060; color: white;"> <th colspan="3">Stunt/Toss Quantity Chart</th> </tr> <tr> <th style="width: 60%;"># of Athletes</th> <th style="width: 20%;">Maj</th> <th style="width: 20%;">Most</th> </tr> </thead> <tbody> <tr><td style="text-align: center;">5-11</td><td style="text-align: center;">1</td><td style="text-align: center;">1</td></tr> <tr><td style="text-align: center;">12-15</td><td style="text-align: center;">1</td><td style="text-align: center;">2</td></tr> <tr><td style="text-align: center;">16-19</td><td style="text-align: center;">2</td><td style="text-align: center;">3</td></tr> <tr><td style="text-align: center;">20-23</td><td style="text-align: center;">3</td><td style="text-align: center;">4</td></tr> <tr><td style="text-align: center;">24-27</td><td style="text-align: center;">4</td><td style="text-align: center;">5</td></tr> </tbody> </table>		Stunt/Toss Quantity Chart			# of Athletes	Maj	Most	5-11	1	1	12-15	1	2	16-19	2	3	20-23	3	4	24-27	4	5
Stunt/Toss Quantity Chart																													
# of Athletes	Maj	Most																											
5-11	1	1																											
12-15	1	2																											
16-19	2	3																											
20-23	3	4																											
24-27	4	5																											
3.5-4.0	Low	4 different level appropriate skills performed by most of the team	3.5-4.0	Low	2 different level appropriate skills , 2 structures performed by Most of team																								
4.0-4.5	Med	4 different level appropriate skills performed by Most of the team, 1 of which is elitelevel appropriate	4.0-4.5	Med	3 different level appropriate skills and 2 structures performed by most of the team																								
STUNT CREATIVITY			PYRAMID CREATIVITY																										
2.0-2.5		Stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills	2.0-2.5		Pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills																								

JUMPS/TUMBLING

JUMPS			Tumbling/Jump Quantity Chart		
3.5	Below	Skills performed do not meet 4.0 requirement	# of Athletes	Majority	Most
4.0	Low	Most of team performs 1 advanced jump	5-7	3	4
4.5	Med	Most of team performs 2 advanced jumps	8-9	4	6
BASIC JUMPS: Spread Eagle, Tuck Jump // ADVANCED JUMPS: Pike, Right/Left Hurdlers (front or side), Toe Touch					
STANDING TUMBLING			10-11	5	7
3.0-3.5	Below	Skills performed do not meet the low range requirement	12-14	6	9
3.5-4.0	Low	Majority of the team performs a level appropriate pass	15-16	7	11
4.0-4.5	Med	Majority of the team performs the same level appropriate pass which must be synchronized from the initiation of the pass	17-19	8	12
			20-22	10	15
			23-25	11	17
			26-27	13	19
RUNNING TUMBLING			DIFFICULTY DRIVERS		
3.0-3.5	Below	Skills performed do not meet the low range requirement	<ul style="list-style-type: none"> DEGREE OF DIFFICULTY PERCENT OF TEAM PARTICIPATION COMBINATION OF SKILLS SYNCHRONIZATION OF PASSES VARIETY OF PASSES 		
3.5-4.0	Low	Less than a majority of the team performs a level appropriate pass			
4.0-4.5	Med	Majority of the team performs a level appropriate pass			

OVERALL

DANCE

9.0-10 A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork and floor work. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.

PERFORMANCE

9.0-10 A team's ability to demonstrate a high levels of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.

ROUTINE COMPOSITION

9.0-10 A team's ability to demonstrate precise spacing and seamless patterns of movement performed throughout the routine. This includes innovative, visual, and intricate ideas, as well as, any additional skills performed to enhance the overall appeal.



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TECHNIQUE/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"> • 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.
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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.

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 pass
Speed	Consistent or increases through pass/skills Connection of pass/skills
Body Control	Head placement Arm/shoulder placement in pass/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 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(s) within jumps
Leg Placement	Straight Legs Pointed toes Hip placement/rotation Hyperextension Height
Landings	Legs/Feet together Chest placement
Synchronization	Timing

LEVEL APPROPRIATE EXAMPLES STUNTS 19-20				
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
<p>1</p> <p>LEVEL APPROPRIATE</p> <ul style="list-style-type: none"> - INVERSION TO GROUND LEVEL 	<ul style="list-style-type: none"> - 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) 	<ul style="list-style-type: none"> - 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL - 1/4 DOWN TO GROUND LEVEL - 1/4 TWISTING TRANSITION FROM PREP LEVEL 	<ul style="list-style-type: none"> - STEP DOWN - STRAIGHT CRADLE 	<ul style="list-style-type: none"> - 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
<p>ELITE LEVEL APPROPRIATE</p>	<ul style="list-style-type: none"> - TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> - 1/4 TWISTING TRANSITION TO PREP 		<ul style="list-style-type: none"> - 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER
<p>2</p> <p>LEVEL APPROPRIATE</p> <ul style="list-style-type: none"> - INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL - INVERSION FROM GROUND LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> - SWITCH UP TO LIB PREP LEVEL - TIC TOC PREP LEVEL (LIB TO LIB) - TIC TOC PREP LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> - 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL - 1/2 TWISTING TRANSITION TO PREP LEVEL - 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT - 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION - 1/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> - STRAIGHT CRADLE FROM EXTENSION - FULL DOWN FROM PREP LEVEL BODY POSITION - 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION 	<ul style="list-style-type: none"> - PRONE - PREP LEVEL 1 LEG STUNT - EXTENSION - BARREL ROLL - LEAP FROG VARIATIONS - 1/2 TWIST TO PRONE - WALK IN PREP LEVEL PRESS EXTENSION - COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
<p>ELITE LEVEL APPROPRIATE</p>	<ul style="list-style-type: none"> - TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> - 1/2 TWISTING TRANSITION TO EXTENDED STUNT 		<ul style="list-style-type: none"> - 1/2 TWISTING INVERSION TO EXTENDED STUNT - 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT - 1/2 TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT
<p>3</p> <p>LEVEL APPROPRIATE</p> <ul style="list-style-type: none"> - INVERTED BELOW PREP LEVEL - INVERTED AT PREP LEVEL - DOWNWARD INVERSION FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> - 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) - TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> - FULL UP BELOW PREP LEVEL - FULL UP PREP LEVEL STUNT - 1/4 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 	<ul style="list-style-type: none"> - STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT - FULL DOWN FROM PREP EXTENDED 1 LEG - FULL DOWN FROM EXTENSION - SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING) 	<ul style="list-style-type: none"> - 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
<p>ELITE LEVEL APPROPRIATE</p>	<ul style="list-style-type: none"> - SWITCH UP TO PREP LEVEL BODY POSITION - BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL BODY POSITION - RELEASE TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> - FULL UP TO PREP LEVEL BODY POSITION - 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT - PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION 		<ul style="list-style-type: none"> - 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT - FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)
<p>1</p> <p>LEVEL APPROPRIATE</p> <p>STANDING TUMBLING SKILLS</p> <p>FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL</p> <p>BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND BACKBEND KICK OVER • BACK WALKOVER</p>				
<p>2</p> <p>LEVEL APPROPRIATE</p> <p>STANDING TUMBLING SKILLS</p> <p>STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT</p> <p>BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING</p>				
<p>3</p> <p>LEVEL APPROPRIATE</p> <p>STANDING TUMBLING SKILLS</p> <p>BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES</p> <p>BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO</p>				
<p>1</p> <p>LEVEL APPROPRIATE</p> <p>RUNNING TUMBLING SKILLS</p> <p>CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER</p> <p>FRONT WALKOVER TO CARTWHEEL/ROUND OFF</p> <p>CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS - CARTWHEEL/BACK WALKOVER</p>				
<p>2</p> <p>LEVEL APPROPRIATE</p> <p>RUNNING TUMBLING SKILLS</p> <p>CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES</p>				
<p>3</p> <p>LEVEL APPROPRIATE</p> <p>RUNNING TUMBLING SKILLS</p> <p>ARIELS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK</p> <p>ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK</p>				