



2022 - 2023 ALL STAR PREP SCORING SYSTEM - BUILDING



STUNT DIFFICULTY - MAX POINTS: 3.6	
Stunt skills will only receive full credit if they show control through the pop or transition to another skill	
1.0	Does not meet the requirement of stunt difficulty
2.0	Two (2) different level appropriate skills performed by most of the team
2.5	Three (3) different level appropriate skills performed by most of the team
3.0	Three (3) different level appropriate skills performed by most of the team; One (1) elite level appropriate performed by most
3.2	Four (4) different level appropriate skills performed by most of the team; One (1) elite skill performed by most
3.4	Four (4) different level appropriate skills performed by most of the team; two (2) elite skills performed by most
3.6	Four (4) different level appropriate skills performed by most of the team; three (3) elite skills are performed by most

STUNT DIFFICULTY DRIVERS - MAX POINTS: 0.4	
<i>Points in addition to baseline score</i>	
0.0 / 0.1 / 0.2	Total participation with minimal bases in performing elite skills
0.0 / 0.1 / 0.2	Pace of connected elements/transitions

STUNT /PYRAMID TECHNIQUE DRIVERS - MAX POINTS: 5*			
<i>*Stunt & Pyramid Technique are two separate scoring categories. Each category has a max of 5 points.</i>			
Low	Moderate	High	Specific Drivers
0.2	0.4	0.6	Top Person
0.2	0.4	0.6	Bases / Support Persons
0.2	0.4	0.6	Transitions
0.2	0.4	0.6	Timing & Synchronization
<i>Points are based on occurrence and removed from the baseline score.</i>			

BUILDING OVERALL MASTERY - MAX POINTS: 2			
Low	Moderate	High	Specific Drivers
0.5-0.6	0.7-0.8	0.9-1.0	Variety of visual and creative elements in building skills/transitions
0.5-0.6	0.7-0.8	0.9-1.0	Confident performance/entertainment value during building skills and transitions

BUILDING QUANTITY CHART			
# of Athletes	# of Traditional Groups		
	Majority	Most	Max
5-11	1	1	2
12-15	1	2	3
16-19	2	3	4
20-23	3	4	5
24-27	4	5	6
28-30	5	6	7

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: Stretch, Bow and Arrow, Arabesque, Scale and Scorpion. Lib and platform are not considered body positions.	
Pyramid Structure consists of two or more stunts connected to one another	

PYRAMID DIFFICULTY - MAX POINTS: 3	
0	No stunt connection performed
1.0	Did not meet the requirement of pyramid difficulty
2.0	Two (2) different level appropriate skills and one (1) structure performed by most of the team
2.5	Two (2) different level appropriate skills and two (2) structures performed by most of the team
3.0	Three (3) different level appropriate skills and two (2) structures performed by most of the team

PYRAMID DIFFICULTY DRIVERS - MAX POINTS: 1				
<i>Points in addition to baseline score</i>				
Not Shown	Low	Moderate	High	Specific Drivers
0	0.1	0.2	0.25	Participation
0	0.1	0.2	0.25	Incorporation of elite level stunt skills and level appropriate pyramid skills
0	0.1	0.2	0.25	Flow / Pace of skills
0	0.1	0.2	0.25	Use of innovative entry and exit skills
<i>Low - Little to no use of specific driver throughout and/or parts of pyramid</i>				
<i>Moderate - Average use of specific driver throughout and/or parts of pyramid</i>				
<i>High - Exceptional use of specific driver throughout the entirety of pyramid</i>				

STUNT/PYRAMID ELEMENTS OF TECHNIQUE			
<i>Including but not limited to</i>			
FLYER	<ul style="list-style-type: none"> • Body Control • flexibility of body positions • Motion placement/accuracy • Uniformity among flyers 	BASES / SUPPORT PERSONS	<ul style="list-style-type: none"> • Body Control • Stability of the stunt • Technique in lifts and catches • Uniformity among groups
TRANSITIONS	<ul style="list-style-type: none"> • Entry • Dismount • Control throughout 	TIMING & SYNCHRONIZATION	<ul style="list-style-type: none"> • Timing of skills performed in groups or by the team at the same time



2022 - 2023 ALL STAR PREP SCORING SYSTEM - TUMBLING



STANDING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 3.6	
2.0	Less than the majority of the team performs a level appropriate pass
2.5	Majority of the team performs a level appropriate pass
3.0	Most of the team performs a level appropriate pass
3.2	Max of the team performs a level appropriate pass which must be synchronized from initiation of the pass
3.4	Most of the team performs an elite level appropriate pass which must be synchronized from initiation of the pass
3.6	Max amount of the team performs the same elite level appropriate pass which must be synchronized from initiation of the pass

TUMBLING/JUMP QUANTITY CHART			
# of Athletes	Majority	Most	Max
5-11	5	6	7
12-15	6	7	9
16-19	8	10	12
20-23	10	13	16
24-27	12	15	19
28-30	14	18	22

RUNNING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 3.6	
2.0	Less than the majority of the team performs a level appropriate pass
2.5	Majority of the team performs a level appropriate pass
3.0	Most of the team performs a level appropriate pass
3.2	Max of the team performs a level appropriate pass
3.4	Most of the team performs an elite level appropriate pass
3.6	Max of the team performs an elite level appropriate pass

STANDING DIFFICULTY DRIVER - MAX POINTS: 0.4	
Pace & Flow - Max Points: 0.2	
0	Skills did not show continuous movement, fluid connections or acceptable pace of skills
0.1	Skills executed at a moderate pace with continuous transition in and out of skills
0.2	Skill executed at a quick pace while showing a seamless transition in and out of skills
Innovation - Max Points: 0.2	
0	Skills did not show variety or synchronization
0.1	Skills executed with minor innovative elements while performing a variety of skills
0.2	Skills executed with multiple innovative elements while performing a variety of skills

ADDITIONAL TUMBLING INFORMATION	
Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (ex: Jump 3/4 front flip to seat, back handsprings which lands in a prone position would not count)	
Jumps within a pass will not break up the pass (ex: 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 bhs stepout 1/2 turn that are illegal in L2 will count for level appropriate credit.	

RUNNING DIFFICULTY DRIVERS - MAX POINTS: 0.4	
Pace & Flow - Max Points 0.2	
0	Passes did not show continuous movement, fluid connections or acceptable pace of skills
0.1	Passes executed at a moderate pace with continuous transition in and out of skills
0.2	Passes executed at a quick pace while showing a seamless transition in and out of skills
Innovation - Max Points 0.2	
0	Passes did not show variety or synchronization
0.1	Passes include a variety of skills with minor synchronized passes
0.2	Passes include a variety of skills with major synchronized passes
<i>Quantities are based on cumulative passes. Passes are permitted to recycle athletes in different sections.</i>	

TUMBLING TECHNIQUE DRIVERS - MAX POINTS: 5			
Low	Moderate	High	Specific Drivers
0.2	0.4	0.6	Approach
0.2	0.4	0.6	Body Control
0.2	0.4	0.6	Landings
0.2	0.4	0.6	Timing & Synchronization
<i>Points are based on occurrence and removed from the baseline score.</i>			

JUMP DIFFICULTY - MAX POINTS: 1	
0	Most of the team did not perform an advanced jump
0.5	Most of the team performs one (1) advanced jump
0.75	Most of the team performs (2) advanced jumps that show variety
1.0	Most of the team performs total of 3 jumps that show variety, two (2) of which need to be connected
Tiny / Mini: Most of the team performs three (3) advanced jumps must be synchronized, but do not need to be connected or include a variety	

TUMBLING ELEMENTS OF TECHNIQUE <i>Including but not limited to</i>			
APPROACH <ul style="list-style-type: none"> • Arm placement into a pass/skill • Body positioning for initiation of skill • Chest placement • Connection of pass/skills 	LANDINGS <ul style="list-style-type: none"> • Controlled • Legs/feet together • Chest placement • Landing on feet • Completion of skills 	BODY CONTROL <ul style="list-style-type: none"> • Head placement • Arm/shoulder placement in skills • Hips • Leg placement in skills • Absorbing appropriately between skills 	TIMING & SYNCHRONIZATION <ul style="list-style-type: none"> • Timing of skills performed in groups or by the team at the same time

JUMP TECHNIQUE DRIVERS - MAX POINTS: 2			
Low	Moderate	High	SPECIFIC DRIVERS
0.1	0.2	0.3	Body Control
0.1	0.2	0.3	Approach (swing)
0.1	0.2	0.3	Landing
0.1	0.2	0.3	Timing & Synchronization
<i>Points are removed from the baseline score.</i>			

TUMBLING OVERALL MASTERY - MAX POINTS: 2			
Low	Moderate	High	Specific Drivers
0.5-0.6	0.7-0.8	0.9-1.0	Innovative formations and use of the floor throughout the routine
0.5-0.6	0.7-0.8	0.9-1.0	Confident performance during tumbling sections throughout routine

JUMP ELEMENTS OF MASTERY <i>Including but not limited to</i>			
APPROACH <ul style="list-style-type: none"> • Arm placement into a jump • Swing/prep • Chest placement • Flow of connected jumps 	LANDINGS <ul style="list-style-type: none"> • Controlled • Legs/feet together • Chest placement • Jump completion • Landing on feet 	BODY CONTROL <ul style="list-style-type: none"> • Head placement • Arm/shoulder placement • Hips • Leg placement/ positioning • Pointed toes 	TIMING & SYNCHRONIZATION <ul style="list-style-type: none"> • Timing of skills performed in groups or by the team at the same time



2022 - 2023 ALL STAR PREP SCORING SYSTEM - ROUTINE & DANCE MASTERY



ROUTINE MASTERY - MAX POINTS: 1

Level of Mastery				Specific Drivers
0	0.1	0.2	0.25	Continuous flow in transitions
0	0.1	0.2	0.25	Visual, engaging and entertaining
0	0.1	0.2	0.25	Confidence in execution of routine
0	0.1	0.2	0.25	Precise spacing and formations

DANCE MASTERY - MAX POINTS: 1

Level of Mastery				Specific Drivers
0	0.1	0.2	0.25	Pace, flow and transitions
0	0.1	0.2	0.25	Performance and engagement
0	0.1	0.2	0.25	Level changes and intricate movements
0	0.1	0.2	0.25	Precise motions and synchronization



2022 - 2023 ALL STAR PREP SCORING SYSTEM - TUMBLING SKILLS



Skills listed below are **EXAMPLES** but are not limited to

LEVEL 1

Standing Tumbling		Running Tumbling
Level Appropriate	Forward Roll • Staddle Roll • Pushup to Backbend • Backward Roll • Handstand • Cartwheel Handstand Forward Roll • Backbend Kickover • Standing Backbend • Front Limber/Back Limber • Front Walkover Back Walkover • 1 Arm Back/Front Walkover • Back Extension Roll • Back Walkover Switch Leg • Valdez	Cartwheel • RO • Front Walkover • Cartwheel Backwalkover • Front Walkover - Cartwheel/Roundoff
Elite Level Appropriate	Elite Level includes combination of two (2) or more level appropriate skills connected BWO - BWO • VZ - BWO • BER - BWO • BWO - BER	Elite level includes three (3) or more level appropriate skills connected Front Walkover - Cartwheel - Back Walkover (Variations)

LEVEL 2

Standing Tumbling		Running Tumbling
Level Appropriate	Back Handspring Variation • Back Handspring Step Out	Cartwheel - BHS • RO - BHS • RO - BHS Step Out • Front Handspring • Bounder/Flyspring
Elite Level Appropriate	Elite Level skills include two (2) or more connecting skills including at least one (1) level appropriate skill BWO Switch Leg - BHS - BHS Step Out - BWO - BHS • Valdez - BHS • Valdez - BHS Step Out Back Extension Roll - Back Handspring • Back Walkover - Back Handspring • Back Walkover - Back Handspring Step Out	Elite Level skills includes three (3) or more connecting skills including at least one (1) level appropriate skill RO - BHS Series • FWO - RO - BHS/BHS Series • RO - BHS - Rebound - RO - BHS

LEVEL 3

Standing Tumbling		Running Tumbling
Level Appropriate	BHS Series • Jump - BHS • BWO - BHS Series • BHS Step out - BWO - BHS Series	Punch Front • RO - Tuck • Aerial • RO - BHS Tuck • RO - BHS Series - Tuck
Elite Level Appropriate	Elite level skills include three (3) or more connected skills including at least two (2) level appropriate skill connections BHS Series - Jump - BHS Series • Jump - BHS - Jump - BHS • BHS Step out - BHS/BHS Series • BWO - BHS - Jump - BHS/BHS Series Jump - BHS Series • BHS - Jump - BHS **MUST BE AN ADVANCED JUMP**	Elite level skills include any two (2) level appropriate skills connected OR any level appropriate skill connected by a lower level running tumbling skill FWO - Aerial • RO - BHS Step Out - 1/2 Turn - RO - BHS - Tuck • FWO - RO - BHS - Tuck • FWO - RO - BHS Series - Tuck Bounder/Flyspring - RO - BHS - Tuck • Aerial - Tuck • PF - Tuck* <i>*must initiate RO within 4 counts after landing of PF</i>



2022 - 2023 ALL STAR PREP SCORING SYSTEM - STUNT SKILLS



LEVEL 1

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<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) • TIC TOC BELOW PREP LEVEL (BODY POSITION 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"> • BRICK STAND • PREP LEVEL SHOW & GO • STRADDLE SIT • FLAT BACK • EXTENDED STRADDLE SIT
ELITE LEVEL APPROPRIATE		<ul style="list-style-type: none"> • TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) • PREP LEVEL TIC TOC (BODY POSITION TO BODY POSITION) WITH BRACER 	<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

LEVEL 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<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 • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION • 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION 	<ul style="list-style-type: none"> • PREP LEVEL 1 LEG STUNT • EXTENSION • BARREL ROLL • LEAP FROG VARIATIONS • 1/2 TWIST TO PRONE • WALK IN HANDS PRESS EXTENSION
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENDED STUNT 	<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

LEVEL 3

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COED STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<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) 	<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 • 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG • FULL DOWN FROM EXTENSION • SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING) 	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN/TOSS HANDS • WALK IN/TOSS HANDS PRESS EXTENSION • WALK IN EXTENSION <p>ASSISTED:</p> <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT • TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT 	<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
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERSION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION • BALL UP OR STRADDLE UP TO PREP LEVEL BODY POSITION • SWITCH UP 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 		<p>UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT • TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT 	<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)



2022 - 2023 ALL STAR SCORING SYSTEM - DEDUCTIONS



Deductions	Point Penalty	Description
Athlete Fall	-0.5	Drops to the performance floor during tumbling and/or jump skills. Hand, both hands, knee, both knees, or head hitting the performance floor while performing a tumbling or jump skill or tumbling transitions in and/or out of a building skill.
Building Fall	-0.75	Flyer falls from a stunt onto a base or spot and does not hit the floor and does not maintain control.
Major Building Fall	-1.25	Flyer falls from a stunt onto a base or spot and 1 or more athletes hits the ground with any body part. Stunts that pop off due to safety do not constitute major building fall.
Rule Violation	-0.5	Performing skills that are out of Level; Performance is longer than the allowed time, Violation of appropriateness policy.
Out of Bounds	-0.25	Both feet off of performance surface. Performance surface includes any borders attached to the performance floor.



2022 - 2023 ALL STAR PREP SCORE SHEET



Building	Difficulty	Difficulty Drivers	Technique	Maximum Points
Stunts	3.6	0.4	5	9
Pyramids	3	1	5	9
Building Overall Mastery	2			2
Total Building Score				20
Comments				

Tumbling	Difficulty	Difficulty Drivers	Technique	Maximum Points
Standing	3.6	0.4	5	9
Running	3.6	0.4	5	9
Jumps	1		2	3
Tumbling Overall Mastery	2			2
Total Tumbling Score				23
Comments				

Routine & Dance Mastery	Maximum Points	
Routine Mastery	1	
Dance Mastery	1	
Total Routine & Dance Score		2
Comments		

TOTAL SCORE			45
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