



# 2022 - 2023 ALL STAR ELITE SCORING SYSTEM

## BUILDING DIFFICULTY

### STUNT DIFFICULTY - MAX BASELINE 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; One (1) elite level appropriate performed by most                                  |
| 3.0 | Four (4) 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; Two (2) elite level appropriate performed by most                                   |
| 3.4 | Five (5) different level appropriate skills performed by most of the team; three (3) elite skills performed by most, one (1) elite skill performed by max      |
| 3.6 | Five (5) different level appropriate skills performed by most of the team; Three (3) elite skills performed by most, two (2) elite skills are performed by max |

\*\*Level 1 can repeat one (1) elite level appropriate style but cannot be the same skill.

### 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   |
| 28-31         | 5                       | 6    | 7   |
| 32-38         | 6                       | 7    | 8   |

### PYRAMID DIFFICULTY - MAX BASELINE POINTS: 3

|     |   |
|-----|---|
| 0.0 | No stunt connection performed   |
| 1.0 | Did not meet the requirement of pyramid difficulty  |
| 2.0 | Two (2) different level appropriate skills and two (2) structures performed by most of the team   |
| 2.5 | Three (3) different level appropriate skills and two (2) structures performed by most of the team |
| 3.0 | Four (4) different level appropriate skills and two (2) structures performed by most of the team  |

### PYRAMID DIFFICULTY DRIVERS - MAX POINTS: 1

Points in addition to baseline score

| 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  |

Low - Little to no use of specific driver throughout and/or parts of pyramid

Moderate - Average use of specific driver throughout and/or parts of pyramid

High - Exceptional use of specific driver throughout the entirety of pyramid

### STUNT DIFFICULTY DRIVERS - MAX POINTS: 0.4

Points in addition to baseline score. For Majority/Most/Max totals please reference Building Quantity Chart

#### Total Participation

|     |  |
|-----|--|
| 0   | Majority/Most stunt groups of elite skills use more than four (4) athletes   |
| 0.1 | Most stunt groups of elite skills with use of no more than four (4) athletes for any group <b>OR</b> Max stunt groups of elite skills with one (1)+ groups using more than four (4) athletes |
| 0.2 | Max stunt groups of elite skills with no more than four (4) athletes used for any groups   |

#### Pace & Flow

|     |   |
|-----|---|
| 0.0 | 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 |

### MAX QUANTITY CHART Level 6 ONLY

| Division                  | # of Stunts |
|---------------------------|-------------|
| Small (5-16)              | 3           |
| Small (17-22)             | 5           |
| Medium (23-30)            | 7           |
| Large (31-38)             | 9           |
| Int. Non Tumbling (10-30) | 6           |
| Int. Open/Global (10-24)  | 5           |
| Senior Open (5-24)        | 5           |
| Senior Open NT (5-22)     | 5           |

### TOSS DIFFICULTY - MAX POINTS: 2

Level 1 and Mini Level 2 must execute a show-n-go that passes above prep level with a traditional basket or extension grip while maintaining contact with the flyer

|     |   |
|-----|---|
| 0.0 | No tosses performed   |
| 1.0 | Less than majority of the team performs a level appropriate toss rippled or synchronized in the same section. |
| 1.5 | Majority of the team performs a level appropriate toss rippled or synchronized in the same section.           |
| 2.0 | Most of the team performs a level appropriate toss rippled or synchronized in the same section.               |

Same section - single portion of the routine where skills form a skill set (Primary Stunts, Pyramids, Secondary Stunts, Standing Tumbling, Running Tumbling, Jumps) are performed.

### BUILDING OVERALL MASTERY - MAX POINTS: 2

| Not Shown | Low     | Moderate | High    | Specific Drivers   |
|-----------|---------|----------|---------|--|
| 0         | 0.5-0.6 | 0.7-0.8  | 0.9-1.0 | Variety of visual and creative elements in building skills/transitions           |
| 0         | 0.5-0.6 | 0.7-0.8  | 0.9-1.0 | Confident performance/entertainment value during building skills and transitions |

### 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.

L6 - All Pyramid skills that are level appropriate in L5 will be given Level appropriate credit.

Pyramid Structure consists of two or more stunts connected to one another



# 2022 - 2023 ALL STAR ELITE SCORING SYSTEM

BUILDING DIFFICULTY - COED

## STUNT DIFFICULTY - MAX BASELINE 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; One (1) elite level appropriate performed by most   |
| 3.0 | Four (4) different level appropriate skills performed by most of the team; Two (2) elite level appropriate performed by most  |
| 3.2 | Four (4) different level appropriate skills performed by most of the team; three (3) elite skills performed by most, plus one (1) level appropriate coed stunt**              |
| 3.4 | Four (4) different level appropriate skills performed by most of the team; One (1) elite skill is performed by max, plus one (1) elite level appropriate coed stunt**         |
| 3.6 | Four (4) different elite level appropriate skills performed by most of the team; two (2) elite skills are performed by max, plus one (1) elite level appropriate coed stunt** |

\*\*Please refer to coed quantity for levels 6 & 7 ONLY - excluding Junior Level 6

## STUNT DIFFICULTY DRIVERS - MAX POINTS: 0.4

Points in addition to baseline score. For Majority/Most/Max please reference Building Quantity Chart

### Total Participation

|     |  |
|-----|--|
| 0   | Majority/Most stunt groups of elite skills use more than four (4) athletes   |
| 0.1 | Most stunt groups of elite skills with use of no more than four (4) athletes for any group <b>OR</b> Max stunt groups of elite skills with one (1)+ groups using more than four (4) athletes |
| 0.2 | Max stunt groups of elite skills with no more than four (4) athletes used for any groups   |

### Pace & Flow

|     |   |
|-----|---|
| 0.0 | 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 |

## STUNT DIFFICULTY COED CREDIT

|   |
|---|
| Only skills listed under Coed Style will count  |
| Rippled or synchronized in the same sections without recycling athletes               |
| Stunts must be held for 4 counts. Counts begin once the stunt hits the intended level |
| Coed stunts must dismount to the performance floor to receive full Coed credit        |
| Coed stunts that become a pyramid will not receive coed credit                        |

## COED STYLE

|  |
|--|
| Based on a group of 3 (Base, Flyer & Support Person) |
| Entry must be a Toss or Walk-in                      |
| Base must be directly under the stunt                |
| Base and Support Person cannot be chest to chest     |

## 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   |
| 28-31         | 5                       | 6    | 7   |
| 32-38         | 6                       | 7    | 8   |

## MAX QUANTITY CHART

Level 6 ONLY

| Division                  | # of Stunts |
|---------------------------|-------------|
| Small (5-16)              | 3           |
| Small (17-22)             | 5           |
| Medium (23-30)            | 7           |
| Large (31-38)             | 9           |
| Int. Non Tumbling (10-30) | 6           |
| Int. Open/Global (10-24)  | 5           |
| Senior Open (5-24)        | 5           |
| Senior Open NT (5-22)     | 5           |

## COED QUANTITY CART\*\*

| # 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 - MAX BASELINE POINTS: 3

|     |   |
|-----|---|
| 0.0 | No stunt connection performed   |
| 1.0 | Did not meet the requirement of pyramid difficulty  |
| 2.0 | Two (2) different level appropriate skills and two (2) structures performed by most of the team   |
| 2.5 | Three (3) different level appropriate skills and two (2) structures performed by most of the team |
| 3.0 | Four (4) different level appropriate skills and two (2) structures performed by most of the team  |

## PYRAMID DIFFICULTY DRIVERS - MAX POINTS: 1

Points in addition to baseline score

| 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  |

Low - Little to no use of specific driver throughout and/or parts of pyramid

Moderate - Average use of specific driver throughout and/or parts of pyramid

High - Exceptional use of specific driver throughout the entirety of pyramid

## TOSS DIFFICULTY - MAX POINTS: 2

Level 1 and Mini Level 2 must execute a show-n-go that passes above prep level with a traditional basket or extension grip while maintaining contact with the flyer

|     |   |
|-----|---|
| 0.0 | No tosses performed   |
| 1.0 | Less than majority of the team performs a level appropriate toss rippled or synchronized in the same section. |
| 1.5 | Majority of the team performs a level appropriate toss rippled or synchronized in the same section.           |
| 2.0 | Most of the team performs a level appropriate toss rippled or synchronized in the same section.               |

Same section - single portion of the routine where skills form a skill set (Primary Stunts, Pyramids, Secondary Stunts, Standing Tumbling, Running Tumbling, Jumps) are 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: Stretch, Bow and Arrow, Arabesque, Scale and Scorpion. Lib and platform are not considered body positions. |
| L6 - All Pyramid skills that are level appropriate in L5 will be given Level appropriate credit.                           |
| Pyramid Structure consists of two or more stunts connected to one another  |



# 2022 - 2023 ALL STAR ELITE SCORING SYSTEM

## LEVELS 1-5 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 the same level appropriate pass which must be synchronized from initiation of the pass  |
| 3.0 | Most of the team performs the same level appropriate pass which must be synchronized from initiation of the pass, plus Majority of the team performs an additional level appropriate pass               |
| 3.2 | Most of the team performs the same level appropriate pass which must be synchronized from initiation of the pass, plus Majority of the team performs an additional elite level appropriate pass         |
| 3.4 | Most of the team performs the same elite level appropriate pass which must be synchronized from initiation of the pass, plus Majority of the team performs an additional elite level appropriate pass   |
| 3.6 | Max amount of the team performs the same elite level appropriate pass which must be synchronized from initiation of the pass, plus Most of the team performs an additional elite level appropriate pass |

### STANDING DIFFICULTY DRIVER

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 executed with minor innovative elements while performing a variety of skills      |
| 0.2                          | Passes executed with multiple innovative elements while performing a variety of skills   |

### ADDITIONAL TUMBLING INFORMATION

L1-L5 & Jr. 6 Standing Tumbling - Same level appropriate synchronized pass cannot be used to fulfill Majority pass requirement

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.

L4 - Punch front forward roll will not count for level appropriate credit

L5 - No skills out of a Tuck, in Standing Tumbling, that are illegal in L4 will count for level appropriate credit (ex: BHS - Tuck - BHS or Tuck - BHS)

**Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.**

### Tumbling 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  |
| 28-31         | 14       | 18   | 22  |
| 32-38         | 16       | 20   | 25  |

Teams with less than 7 members, 100% of team must perform skill to reach Max quantity

### ADDITIONAL JUMP INFORMATION

Jump Skills must land on feet to be considered level appropriate and receive difficulty credit (ex: jumps that land on knee(s) or seat would not count)

Advanced Jumps: Pike, Right/Left Hurdlers (Front or Side), Toe Touch

### 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 | Most of the team performs a level appropriate pass, plus Majority of the team performs an elite level appropriate pass |
| 3.4 | Most of the team performs a level appropriate pass, plus Most of the team performs an elite level appropriate pass     |
| 3.6 | Max of the team performs a level appropriate pass, plus Most of the team performs an elite level appropriate pass      |

### RUNNING DIFFICULTY DRIVER

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 |

### 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. Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more jumps.*

### TUMBLING OVERALL MASTERY

| Not Shown | Low     | Moderate | High    | Specific Drivers  |
|-----------|---------|----------|---------|---|
| 0         | 0.5-0.6 | 0.7-0.8  | 0.9-1.0 | Innovative formations and use of the floor throughout the routine |
| 0         | 0.5-0.6 | 0.7-0.8  | 0.9-1.0 | Confident performance during tumbling sections throughout routine |



# 2022 - 2023 ALL STAR ELITE SCORING SYSTEM

## LEVELS 6-7 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 the same level appropriate pass which must be in the same section.  |
| 3.0 | Most of the team performs the same level appropriate pass which must be in the same section.  |
| 3.2 | Most of the team performs the same level appropriate pass which must be in the same section, plus Majority of the team performs an additional level appropriate pass.   |
| 3.4 | Most of the team performs an elite level appropriate pass which must be in the same section, plus Majority of the team performs an additional level appropriate pass.   |
| 3.6 | Max amount of the team performs an elite level appropriate pass which must be in the same section, plus Most of the team performs an additional level appropriate pass. |

### Tumbling 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  |
| 28-31         | 14       | 18   | 22  |
| 32-38         | 16       | 20   | 25  |

Teams with less than 7 members, 100% of team must perform skill to reach Max quantity

### 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 | Most of the team performs a level appropriate pass, plus Majority of the team performs an elite level appropriate pass |
| 3.4 | Most of the team performs a level appropriate pass, plus Most of the team performs an elite level appropriate pass     |
| 3.6 | Max of the team performs a level appropriate pass, plus Most of the team performs an elite level appropriate pass      |

### RUNNING DIFFICULTY DRIVER

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 |

Quantities are based on cumulative passes. Passes are permitted to recycle athletes in different sections.

### STANDING DIFFICULTY DRIVER

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 executed with minor innovative elements while performing a variety of skills    |
| 0.2 | Passes executed with multiple innovative elements while performing a variety of skills |

### ADDITIONAL JUMP INFORMATION

Jump Skills must land on feet to be considered level appropriate and receive difficulty credit (ex: jumps that land on knee(s) or seat would not count)

Advanced Jumps: Pike, Right/Left Hurdlers (Front or Side), Toe Touch

### ADDITIONAL TUMBLING INFORMATION

L1-L5 & Jr. 6 Standing Tumbling - Same level appropriate synchronized pass cannot be used to fulfill Majority pass requirement.

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.

Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.

### 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. Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more jumps.

### BUILDING OVERALL MASTERY

| Not Shown | Low     | Moderate | High    | Specific Drivers  |
|-----------|---------|----------|---------|---|
| 0         | 0.5-0.6 | 0.7-0.8  | 0.9-1.0 | Innovative formations and use of the floor throughout the routine |
| 0         | 0.5-0.6 | 0.7-0.8  | 0.9-1.0 | Confident performance during tumbling sections throughout routine |



### STUNT / PYRAMID TECHNIQUE DRIVERS - MAX POINTS: 5

\*\*Stunt & Pyramid Technique are two separate scoring categories. Each category has a max of 5 points.

| Impeccable | Good | Average | Needs Work | Specific Drivers         |
|------------|------|---------|------------|--------------------------|
| 0          | 0.2  | 0.4     | 0.6        | Flyer                    |
| 0          | 0.2  | 0.4     | 0.6        | Bases / Support Persons  |
| 0          | 0.2  | 0.4     | 0.6        | Transitions              |
| 0          | 0.2  | 0.4     | 0.6        | Timing & Synchronization |

Points are based on occurrence and removed from the baseline score.

### STUNT/PYRAMID TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

|             |   |                          |   |
|-------------|---|--------------------------|---|
| Flyer       | <ul style="list-style-type: none"> <li>• Body Control</li> <li>• flexibility of body positions</li> <li>• Motion placement/accuracy</li> <li>• Uniformity among flyers</li> </ul> | Bases/Support Persons    | <ul style="list-style-type: none"> <li>• Body Control</li> <li>• Stability of the stunt</li> <li>• Technique in lifts and catches</li> <li>• Uniformity among groups</li> </ul> |
| Transitions | <ul style="list-style-type: none"> <li>• Entry</li> <li>• Dismount</li> <li>• Control throughout</li> </ul>   | Timing & Synchronization | <ul style="list-style-type: none"> <li>• Timing of skills performed in groups or by the team at the same time</li> </ul>  |

### TOSS TECHNIQUE DRIVERS

MAX POINTS: 3

| Impeccable | Good | Average | Needs Work | Specific Drivers         |
|------------|------|---------|------------|--------------------------|
| 0          | 0.2  | 0.4     | 0.6        | Flyer                    |
| 0          | 0.2  | 0.4     | 0.6        | Bases / Support Persons  |
| 0          | 0.2  | 0.4     | 0.6        | Transitions              |
| 0          | 0.2  | 0.4     | 0.6        | Timing & Synchronization |

Points are based on occurrence and removed from the baseline score.

Teams that perform one (1) toss will have 0.3 automatically subtracted from any driver category regardless of severity

### TOSS TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

|        |  |                       |  |
|--------|--|-----------------------|--|
| Flyer  | <ul style="list-style-type: none"> <li>• Body Control</li> <li>• Consistent execution of skill</li> <li>• Legs straight / toes pointed</li> <li>• Arm placement</li> </ul> | Bases/Support Persons | <ul style="list-style-type: none"> <li>• Use of arms/legs to throw together</li> <li>• Solid stance</li> <li>• Controlled</li> <li>• Cradle</li> </ul> |
| Timing | <ul style="list-style-type: none"> <li>• Timing of skills performed in groups or by the team at the same time</li> </ul>   | Height                | <ul style="list-style-type: none"> <li>• Distance between flyers feet and support persons hands</li> </ul>   |

### TUMBLING TECHNIQUE DRIVERS - MAX POINTS: 5

| Impeccable | Good | Average | Needs Work | Specific Drivers         |
|------------|------|---------|------------|--------------------------|
| 0          | 0.2  | 0.4     | 0.6        | Approach                 |
| 0          | 0.2  | 0.4     | 0.6        | Body Control             |
| 0          | 0.2  | 0.4     | 0.6        | Landings                 |
| 0          | 0.2  | 0.4     | 0.6        | Timing & Synchronization |

Points are based on occurrence and removed from the baseline score.

### TUMBLING TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

|              |   |                          |  |
|--------------|---|--------------------------|--|
| Approach     | <ul style="list-style-type: none"> <li>• Arm placement into a pass/skill</li> <li>• Body positioning for initiation of skill</li> <li>• Chest placement</li> <li>• Connection of pass/skills</li> </ul>             | Landings                 | <ul style="list-style-type: none"> <li>• Controlled</li> <li>• Legs/feet together</li> <li>• Chest placement</li> <li>• Landing on feet</li> <li>• Completion of skills</li> </ul> |
| Body Control | <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>• Absorbing appropriately between skills</li> </ul> | Timing & Synchronization | <ul style="list-style-type: none"> <li>• Timing of skills performed in groups or by the team at the same time</li> </ul>   |

### JUMP TECHNIQUE DRIVERS - MAX POINTS: 5

| Impeccable | Good | Average | Needs Work | Specific Drivers         |
|------------|------|---------|------------|--------------------------|
| 0          | 0.2  | 0.4     | 0.6        | Body Control             |
| 0          | 0.2  | 0.4     | 0.6        | Approach (Swing)         |
| 0          | 0.2  | 0.4     | 0.6        | Landings                 |
| 0          | 0.2  | 0.4     | 0.6        | Timing & Synchronization |

Points are removed from the baseline score.

### JUMP TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

|              |  |                          |   |
|--------------|--|--------------------------|---|
| Approach     | <ul style="list-style-type: none"> <li>• Arm placement into a jump</li> <li>• Swing/prep</li> <li>• Chest placement</li> <li>• Flow of connected jumps</li> </ul>                  | Landings                 | <ul style="list-style-type: none"> <li>• Controlled</li> <li>• Legs/feet together</li> <li>• Chest placement</li> <li>• Jump completion</li> <li>• Landing on feet</li> </ul> |
| Body Control | <ul style="list-style-type: none"> <li>• Head placement</li> <li>• Arm/shoulder placement</li> <li>• Hips</li> <li>• Leg placement/ positioning</li> <li>• Pointed toes</li> </ul> | Timing & Synchronization | <ul style="list-style-type: none"> <li>• Timing of skills performed in groups or by the team at the same time</li> </ul>  |





# 2022 - 2023 ALL STAR ELITE SCORING SYSTEM

## ROUTINE & DANCE MASTERY

### ROUTINE MASTERY - MAX POINTS: 1

| Not Shown | Low | Moderate | High | 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     |

Points combined to reach maximum score. Max score possible - 1pt

### DANCE MASTERY - MAX POINTS: 1

| Not Shown | Low | Moderate | High | 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   |

Points are based on occurrence and removed from the baseline score.



# 2022 - 2023 ALL STAR ELITE 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 • Backward Roll • Handstand • Cartwheel<br>Handstand Forward Roll • Backbend Kickover • Standing Backbend • Front Limber/Back Limber<br>• Front Walkover • Back Walkover • 1 Arm Back/Front Walkover • Back Extension Roll<br>Back Walkover Switch Leg • Valdez<br><i>Push up to backbend was removed from this list due to it being a shape and not a tumbling skill.</i> | Cartwheel • RO • Front Walkover • Cartwheel Backwalkover • Front Walkover – Cartwheel/Roundoff   |
| Elite Level Appropriate | <b>Elite Level includes combination of two (2) or more level appropriate skills connected.</b><br><b>A pause, clean, or step between skills will not count as connected skills.</b><br>BWO - BWO • VZ - BWO • BER - BWO • BWO - BER  | <b>Elite level includes three (3) or more level appropriate skills connected</b><br><b>A pause, clean, or step between skills will not count as connected skills.</b><br>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 | <b>Elite Level skills include two (2) or more connecting skills including at least one (1) level appropriate skill</b><br>BWO Switch Leg - BHS • BHS Step Out - BWO - BHS • Valdez - BHS • Valdez - BHS Step Out<br>Back Extension Roll - Back Handspring • Back Walkover - Back Handspring<br>Back Walkover - Back Handspring Step Out. | <b>Elite Level skills includes three (3) or more connecting skills including at least one (1) level appropriate skill</b><br>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 | <b>Elite level skills include three (3) or more connected skills including at least two (2) level appropriate skill connections</b><br>BHS Series - Jump - BHS Series • Jump - BHS - Jump - BHS • BHS Step out - BHS/BHS Series<br>BWO - BHS - Jump - BHS/BHS Series • Jump - BHS Series • BHS - Jump - BHS<br><b>**MUST BE AN ADVANCED JUMP**</b> | <b>Elite level skills include any two (2) level appropriate skills connected OR any level appropriate skill connected by a lower level running tumbling skill</b><br>FWO - Aerial • RO - BHS Step Out - 1/2 Turn - RO - BHS - Tuck • FWO - RO - BHS - Tuck<br>FWO - RO - BHS Series - Tuck • Bounder/Flyspring - RO - BHS - Tuck • Aerial - Tuck • PF - Tuck*<br><i>*must initiate RO within 4 counts after landing of PF</i> |

### LEVEL 4

#### Standing Tumbling

#### Running Tumbling

|                         |  |   |
|-------------------------|--|---|
| Level Appropriate       | BHS Series - Back Tuck • BHS - Back Tuck   | Cartwheel - Back Tuck • RO - Layout • RO - BHS - Layout/Layout step out/X-Out/Switch Leg<br>PF step out - RO - BHS - Tuck • Front Walkover - RO - BHS - Layout • Aerial - Back Tuck<br>Front Handspring - Punch Front • RO - Onodi - through to Tuck  |
| Elite Level Appropriate | Jump - BHS Series - Back Tuck • Jump - BHS - Back Tuck • BWO - Tuck • Back Tuck<br><b>**MUST BE AN ADVANCED JUMP**</b> | <b>Elite level skill includes two (2) level appropriate skills executed in one (1) pass</b><br>Punch Front step out - RO - BHS - Layout • RO - Whip - Tuck OR BHS - Layout<br>Front Handspring - Punch Front - RO - BHS - Tuck<br>RO - BHS - Whip - Layout OR BHS - Layout • PF step out - RO - BHS - Whip - Layout OR BHS - Layout<br>Front Handspring - PF step out - RO - BHS - Layout<br>Front Handspring - PF step out - RO - BHS - Whip - Layout OR BHS - Layout • RO - Onodi - through to Layout |



# 2022 - 2023 ALL STAR ELITE SCORING SYSTEM

## TUMBLING SKILLS

Skills listed below are EXAMPLES but are not limited to

### LEVEL 5

#### Standing Tumbling

#### Running Tumbling

|                         |  |   |
|-------------------------|--|---|
| Level Appropriate       | BHS - Tuck - BHS - Tuck • BHS - Whip - BHS - Tuck • BHS Series - Whip - BHS - Tuck<br>Jump - BHS Series - Whip - BHS - Tuck • BHS Series - Layout  | RO - Full • RO - BHS Series - Full • RO - BHS - Full • Front Walkover - RO - BHS Series - Full<br>Front Walkover - RO - BHS - Full • RO - Arabian   |
| Elite Level Appropriate | Jump - BHS - Whip - Tuck • BHS - Whip - BHS Series - Layout/Layout Step Out/X-Out • BHS - Whip - BHS - Layout • BHS Series - Whip - Layout • BHS - Whip - Layout • Jump - BHS Series - Whip - Layout OR BHS - Layout • Jump - BHS - Whip - Layout OR BHS - Layout • Jump - Back Tuck<br>BHS - Layout • Jump - BHS Series - Layout • BHS Series - Whip - Tuck<br>**MUST BE AN ADVANCED JUMP** | Front Full • PF step out - RO - BHS - Full • Front Handspring - PF step out - RO - BHS - Full<br>RO - Whip - BHS Series - Full • RO - Whip - BHS - Full • Front Handspring - Front Full<br>PF step out - RO - Whip - BHS - Full • Front Handspring - PF step out - RO - Whip - BHS - Full<br>RO Arabian - Full**<br>**Must initiate RO within 4 counts of landing arabian to be connected |

### LEVEL 6

#### Standing Tumbling

#### Running Tumbling

|                         |  |   |
|-------------------------|--|---|
| Level Appropriate       | Jump Back Tuck • BHS Series - Full • Jump - BHS Series - Full • BHS Series - Full - BHS Series - Full<br>BHS - Whip - BHS Series - Full  | Cartwheel - Full • Front Handspring - Punch Front - RO - BHS - Full<br>Front Aerial/Onodi - through to Full • Front Full • Front Handspring - Full<br>Punch Front Step out - through to Full • RO - BHS - Whip - through to Full  |
| Elite Level Appropriate | Jump - BHS - Full • BHS - Full • BHS Series - Whip - Full • Standing Full • Jump - Full • BHS Series - Double Full<br>Jump - BHS Series - Double Full • BHS - Whip - BHS Series - Double Full • BHS Series - Whip - Double Full<br>BHS - Whip - Double Full • Jump - BHS - BHS - Whip - Double Full • Jump - BHS - Whip - Double Full •<br>BHS Series - Full - Whip - Full/Double Full • BHS Series - Double Full - Whip - Double Full<br>**MUST BE AN ADVANCED JUMP** | RO - Half Full Step out - through to Full • RO - Whip - Full • RO - Arabian - RO - BHS - Full • RO - Double Full<br>RO - BHS - Double Full • Front Walkover - through to Double Full • Punch Front Step out - through to Double Full<br>RO - BHS - 1.5 Full Step out - through to Full • RO - BHS - Whip - through to Double Full<br>RO - Whip - Double Full • RO - Arabian - through to Double Full • RO - BHS - Full through to Double Full<br>RO - BHS - 1.5 Step out - through to Double Full • RO - BHS - Double - BHS series to Double Full<br>RO - BHS - Full - Whip - Double Full • PF Step out - RO - BHS - Whip - BHS - Double Full<br>RO - BHS - Double Full - Whip - Double Full • PF Step out - RO - Arabian - RO - BHS - Whip - Double Full |

### LEVEL 7

#### Standing Tumbling

#### Running Tumbling

|                         |  |   |
|-------------------------|--|---|
| Level Appropriate       | Jump Back Tuck • BHS Series - Full • Jump - BHS Series - Full • BHS - Whip - BHS Series - Full<br>BHS Series - Whip - Full   | Cartwheel - Full • Front Aerial/Onodi - through to Full • Front Full • Front Handspring - Full<br>Punch Front Step out - through to Full • RO - BHS - Whip - through to Full<br>Front Handspring - Punch Front - RO - BHS - Full  |
| Elite Level Appropriate | BHS - Full • BHS Series - Whip - Full • Standing Full • Jump - Full • Jump - BHS - Full • BHS Series - Double Full<br>Jump - BHS Series - Double Full • BHS - Whip - BHS Series - Double Full • BHS Series - Whip - Double Full<br>BHS - Whip - Double Full • Jump - BHS - BHS - Whip - Double Full • Jump - BHS - Whip - Double Full<br>BHS Series - Full - Whip - Full/Double Full • BHS Series - Double Full - Whip - Double Full<br>**MUST BE AN ADVANCED JUMP** | RO - Whip - Full • RO - Half Full Step out - through to Full • RO - Arabian - RO - BHS - Full • RO - Double Full<br>RO - BHS - Double Full • Front Walkover - through to Double Full • Punch Front Step out - through to Double Full<br>RO - BHS - 1.5 Full Step out - through to Full • RO - BHS - Whip - through to Double Full<br>RO - Whip - Double Full • RO - Arabian - through to Double Full • RO - BHS - Full to Double Full<br>RO - BHS - 1.5 Step out - through to Double Full • RO - BHS - Double - BHS series to Double Full<br>RO - BHS - Full - Whip - Double Full • PF Step out - RO - BHS - Whip - BHS - Double Full<br>RO - BHS - Double Full - Whip - Double Full • PF Step out - RO - Arabian - RO - BHS - Whip - Double Full |





# 2022 - 2023 ALL STAR ELITE SCORING SYSTEM

## STUNT SKILLS

| Level 1                 |   |  |  |   |  |
|-------------------------|---|--|--|---|--|
| Inversion Style         | Release Style   | Twisting   | Dismount   | Other Stunts  |  |
| Level Appropriate       | <ul style="list-style-type: none"> <li>• INVERSION TO GROUND LEVEL</li> </ul> | <ul style="list-style-type: none"> <li>• SWITCH UP TO LIB BELOW PREP LEVEL</li> <li>• SWITCH UP TO BODY POSITION BELOW PREP LEVEL</li> <li>• TIC TOC BELOW PREP LEVEL (LIB TO LIB)</li> <li>• TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)</li> </ul> | <ul style="list-style-type: none"> <li>• 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>• 1/4 DOWN TO GROUND LEVEL</li> <li>• 1/4 TWISTING TRANSITION FROM PREP LEVEL</li> </ul> | <ul style="list-style-type: none"> <li>• STEP DOWN</li> <li>• STRAIGHT CRADLE</li> </ul>  | <ul style="list-style-type: none"> <li>• BACK STAND</li> <li>• PREP LEVEL SHOW &amp; GO</li> <li>• STRADDLE SIT</li> <li>• FLAT BACK</li> <li>• EXTENDED STRADDLE SIT</li> <li>• BELOW PREP LEVEL 1 LEG STUNT</li> <li>• EXTENDED FLAT BACK</li> <li>• PREP LEVEL 1 LEG STUNT WITH BRACER</li> <li>• PREP LEVEL TO PRONE</li> <li>• 1 LEG STUNT BELOW PREP LEVEL</li> <li>• SHOULDER SIT</li> <li>• CHAIR</li> <li>• SHOULDER STAND</li> <li>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>• TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER</li> </ul> |
| Elite Level Appropriate |   | <ul style="list-style-type: none"> <li>• TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> <li>• PREP LEVEL TIC TOC (BODY POSITION TO BODY POSITION) WITH REQUIRED HAND/ARM CONNECTION</li> </ul>   | <ul style="list-style-type: none"> <li>• 1/4 TWISTING TRANSITION TO PREP FROM BELOW PREP LEVEL</li> </ul>  | <ul style="list-style-type: none"> <li>• 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT (WITH REQUIRED HAND/ARM CONNECTION)</li> <li>• 1/4 TWISTING TIC TOC AT PREP LEVEL WITH REQUIRED HAND/ARM CONNECTION (BODY POSITION TO BODY POSITION)</li> <li>• 1/4 TWISTING SWITCH UP, RELEASE FROM BELOW PREP LEVEL TO PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION</li> </ul> |  |

| Level 2                 |  |   |   |  |  |
|-------------------------|--|---|---|--|--|
| Inversion Style         | Release Style  | Twisting  | Dismount  | Other Stunts   |  |
| Level Appropriate       | <ul style="list-style-type: none"> <li>• INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL</li> <li>• INVERSION FROM GROUND LEVEL TO PREP LEVEL</li> </ul> | <ul style="list-style-type: none"> <li>• SWITCH UP TO LIB PREP LEVEL</li> <li>• TIC TOC PREP LEVEL (LIB TO LIB)</li> <li>• TIC TOC PREP LEVEL (LIB TO BODY POSITION)</li> </ul>               | <ul style="list-style-type: none"> <li>• 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>• 1/2 TWISTING TRANSITION TO PREP LEVEL</li> <li>• 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li>• 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>• 1/4 TWISTING TRANSITION TO EXTENDED STUNT</li> </ul> | <ul style="list-style-type: none"> <li>• STRAIGHT CRADLE FROM EXTENSION</li> <li>• STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION</li> <li>• 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION</li> </ul>                | <ul style="list-style-type: none"> <li>• PREP LEVEL 1 LEG STUNT</li> <li>• EXTENSION</li> <li>• BARREL ROLL</li> <li>• LEAP FROG VARIATIONS</li> <li>• 1/2 TWIST TO PRONE</li> <li>• WALK IN PREP LEVEL PRESS EXTENSION</li> <li>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul> |
| Elite Level Appropriate | <ul style="list-style-type: none"> <li>• INVERSION FROM GROUND LEVEL TO EXTENDED STUNT</li> </ul>  | <ul style="list-style-type: none"> <li>• TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)</li> <li>• RELEASE STYLE FROM GROUND LEVEL OR WAIST LEVEL TO PREP LEVEL BODY POSITION</li> </ul> | <ul style="list-style-type: none"> <li>• 1/2 TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>   | <ul style="list-style-type: none"> <li>• 1/2 TWISTING INVERSION TO EXTENDED STUNT</li> <li>• 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT</li> <li>• 1/2 TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT</li> </ul> |  |



# 2022 - 2023 ALL STAR ELITE SCORING SYSTEM

## STUNT SKILLS

### Level 3

| Inversion Style         |   | Release Style  |   | Twisting   |   | Dismount   |  | Coed Style |  | Other Stunts |  |
|-------------------------|---|--|---|--|---|--|--|------------|--|--------------|--|
| Level Appropriate       | <ul style="list-style-type: none"> <li>• INVERTED BELOW PREP LEVEL</li> <li>• INVERTED AT PREP LEVEL</li> <li>• DOWNWARD INVERSION FROM BELOW PREP LEVEL</li> </ul> | <ul style="list-style-type: none"> <li>• RELEASE TO PREP LEVEL OR BELOW</li> <li>• SWITCH UP TO PREP LEVEL LIB</li> <li>• BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB</li> <li>• TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB)</li> <li>• TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)</li> </ul> | <ul style="list-style-type: none"> <li>• FULL UP BELOW PREP LEVEL</li> <li>• FULL UP PREP LEVEL STUNT</li> <li>• 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>• FULL UP TO PREP LEVEL 1 LEG STUNT</li> <li>• PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul> | <ul style="list-style-type: none"> <li>• STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT</li> <li>• FULL DOWN FROM PREP</li> <li>• 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG</li> <li>• FULL DOWN FROM EXTENSION</li> <li>• SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)</li> </ul> | ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> <li>• WALK IN/TOSS HANDS</li> <li>• WALK IN/TOSS HANDS PRESS EXTENSION</li> <li>• WALK IN EXTENSION</li> </ul> ASSISTED: <ul style="list-style-type: none"> <li>• WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• WALK-IN EXTENDED SINGLE LEG STUNT / SINGLE ARM STUNT</li> </ul> | <ul style="list-style-type: none"> <li>• FULL TWIST TO PRONE FROM PREP LEVEL</li> <li>• EXTENDED 1 LEG STUNT</li> <li>• SUSPENDED FRONT FLIP</li> <li>• SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING)</li> <li>• SUSPENDED TWISTING FRONT FLIP</li> <li>• TOSS HANDS</li> <li>• SINGLE BASED 1 LEG EXTENDED STUNTS</li> <li>• TOSS HANDS PAUSE PRESS EXTENSION</li> <li>• WALK IN EXTENSION</li> <li>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul> |  |            |  |              |  |
| Elite Level Appropriate | <ul style="list-style-type: none"> <li>• INVERSION TO EXTENDED 1 LEG STUNT</li> </ul>   | <ul style="list-style-type: none"> <li>• TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION</li> <li>• BALL UP OR STRADDLE UP TO PREP LEVEL BODY POSITION</li> <li>• SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>• RELEASE TO PREP LEVEL BODY POSITION</li> </ul>   | <ul style="list-style-type: none"> <li>• FULL UP TO PREP LEVEL BODY POSITION</li> <li>• 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>• PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> </ul>   | <ul style="list-style-type: none"> <li>• FULL TWISTING SUSPENDED FORWARD ROLL</li> </ul>   | UNASSISTED: <ul style="list-style-type: none"> <li>• WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• WALK-IN EXTENDED SINGLE LEG STUNT / SINGLE ARM STUNT</li> </ul>   | <ul style="list-style-type: none"> <li>• 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT</li> <li>• FULL TWISTING INVERSION TO PREP LEVEL LIB OR BODY POSITION</li> <li>• FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)</li> </ul>   |  |            |  |              |  |

### Level 4

| Inversion Style         |  | Release Style   |   | Twisting  |   | Dismount  |  | Coed Style |  | Other Stunts |  |
|-------------------------|--|---|---|---|---|---|--|------------|--|--------------|--|
| Level Appropriate       | <ul style="list-style-type: none"> <li>• RELEASED INVERSION TO PREP LEVEL OR BELOW</li> <li>• RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL</li> <li>• DOWNWARD INVERSION FROM PREP LEVEL</li> <li>• EXTENDED INVERTED STUNT</li> </ul> | <ul style="list-style-type: none"> <li>• SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>• RELEASE TO EXTENDED STUNT</li> <li>• TIC TOC LIB TO LIB (HIGH TO LOW)</li> <li>• HELICOPTER RELEASE MOVES</li> <li>• RELEASE TO EXTENDED LIB</li> <li>• SWITCH UP TO EXTENDED BODY POSITION</li> <li>• FULL TWISTING RELEASE TO PREP LEVEL OR BELOW</li> <li>• RELEASE FROM PREP LEVEL TO PREP LEVEL</li> </ul> | <ul style="list-style-type: none"> <li>• 1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>• 3/4 TWISTING TRANSITION TO EXTENDED STUNT</li> <li>• FULL UP TO EXTENDED 2 LEG STUNT</li> <li>• 1 1/2 TWISTING TRANSITION TO PREP LEVEL</li> <li>• 1 1/2 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul> | <ul style="list-style-type: none"> <li>• FULL DOWN FROM EXTENDED 1 LEG STUNT</li> <li>• DOUBLE DOWN FROM PREP LEVEL</li> <li>• KICK FULL TWISTING DISMOUNT</li> </ul> | ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> <li>• WALK IN/TOSS HANDS</li> <li>• WALK IN/TOSS HANDS PRESS EXTENSION</li> <li>• WALK IN/TOSS EXTENSION</li> </ul> ASSISTED: <ul style="list-style-type: none"> <li>• WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• WALK-IN EXTENDED SINGLE LEG STUNT / SINGLE ARM STUNT</li> <li>• TOSS EXTENDED SINGLE LEG STUNT / SINGLE ARM STUNT</li> </ul> | <ul style="list-style-type: none"> <li>• TOSS EXTENSION</li> <li>• TOSS 1 LEG EXTENDED 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>• RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT</li> </ul>   | <ul style="list-style-type: none"> <li>• TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW)</li> <li>• BALL UP OR STRADDLE UP TO EXTENDED BODY POSITION</li> <li>• RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)</li> </ul>  | <ul style="list-style-type: none"> <li>• FULL UP TO EXTENDED LIB (NOT BODY POSITION)</li> <li>• 1 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>• EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>   | <ul style="list-style-type: none"> <li>• DOUBLE DOWN FROM EXTENDED STUNT</li> <li>• KICK FULL TWISTING DISMOUNT</li> </ul>  | UNASSISTED: <ul style="list-style-type: none"> <li>• WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• WALK-IN EXTENDED SINGLE LEG STUNT / SINGLE ARM STUNT</li> <li>• TOSS EXTENDED SINGLE LEG STUNT / SINGLE ARM STUNT</li> </ul>  | <ul style="list-style-type: none"> <li>• FULL TWISTING INVERSION TO EXTENDED STUNT</li> <li>• FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT</li> <li>• FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>• 1 1/2 TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT</li> </ul> |  |            |  |              |  |



# 2022 - 2023 ALL STAR ELITE SCORING SYSTEM

## STUNT SKILLS

| Level 5                 |   |   |   |  |   |  |
|-------------------------|---|---|---|--|---|--|
| Inversion Style         | Release Style   | Twisting  | Dismount  | Coed Style   | Other Stunts  |  |
| 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 TO EXTENSION</li> </ul> | <ul style="list-style-type: none"> <li>1/4 TWIST 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>1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO BODY POSITION (LOW TO HIGH)</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> </ul> | <ul style="list-style-type: none"> <li>1/4 UP TO EXTENDED STUNT</li> <li>DOUBLE UP TO PREP LEVEL STUNT</li> </ul>     |  | ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> <li>WALK IN/TOSS HANDS</li> <li>WALK IN/TOSS HANDS PRESS EXTENSION</li> <li>WALK IN/TOSS EXTENSION</li> </ul> ASSISTED: <ul style="list-style-type: none"> <li>WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>WALK-IN EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT</li> <li>TOSS EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT</li> </ul> | <ul style="list-style-type: none"> <li>1/2 - 2 TWIST TO PRONE</li> <li>TOSS 1/4 - 3/4 TWIST TO EXTENDED STUNT</li> <li>TOSS EXTENDED 1 ARM STUNT</li> <li>TOSS FULL TWIST TO EXTENDED 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>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT</li> <li>BACK HANDSPRING UP TO EXTENDED BODY POSITION</li> </ul>                             | <ul style="list-style-type: none"> <li>TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH)</li> <li>SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT</li> <li>1/2 TWISTING BALL UP TO EXTENDED BODY POSITION</li> <li>1/2 TWISTING SWITCH UP TO EXTENDED BODY POSITION</li> </ul>  | <ul style="list-style-type: none"> <li>FULL UP TO EXTENDED BODY POSITION</li> <li>1/2 UP TO EXTENDED STUNT</li> </ul> | <ul style="list-style-type: none"> <li>DOUBLE DOWN FROM 1 LEG STUNT</li> </ul> | UNASSISTED: <ul style="list-style-type: none"> <li>WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>WALK-IN EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT</li> <li>TOSS EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT</li> </ul>  | <ul style="list-style-type: none"> <li>1/4 - 3/4 TWISTING TIC TOC EXTENDED 1 LEG STUNT TO EXTENDED 1 LEG STUNT (HIGH TO HIGH)</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)</li> <li>UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> </ul>                       |

| Level 6                 |  |   |  |  |   |   |
|-------------------------|--|---|--|--|---|---|
| Inversion Style         | Release Style  | Twisting  | Dismount   | Coed Style   | Other Stunts  |   |
| 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>TIC TOC LIB TO LIB (HIGH TO HIGH)</li> <li>TIC TOC LIB TO LIB (LOW TO HIGH)</li> <li>1/2 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>1/2 TWISTING BALL UP TO EXTENDED BODY POSITION</li> </ul> | <ul style="list-style-type: none"> <li>FULL UP TO EXTENDED 1 LEG STUNT</li> <li>1/4 - 1/3 UP TO EXTENDED STUNT</li> <li>1/4 - 1/3 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> </ul>                                   | ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> <li>WALK IN/TOSS EXTENDED DOUBLE LEG STUNT</li> <li>WALK IN/TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>WALK IN/TOSS EXTENDED SINGLE LEG STUNT</li> </ul> ASSISTED: <ul style="list-style-type: none"> <li>TOSS EXTENDED SINGLE LEG STUNT</li> <li>TOSS EXTENDED SINGLE ARM STUNT</li> <li>TOSS FULL UP TO EXTENDED STUNT</li> <li>TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT</li> <li>REWIND TO EXTENDED STUNT (INT 6 ONLY)</li> <li>REWIND TO PREP (INT 6 ONLY)</li> </ul> | <ul style="list-style-type: none"> <li>1/2 - 2 TWIST TO PRONE</li> <li>COED STYLE TOSS 1/4 - 3/4 TWIST TO EXTENDED STUNT</li> <li>1/4 - 3/4 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>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> <li>1/4 TWISTING BACK HANDSPRING UP TO EXTENDED BODY POSITION</li> <li>REWIND TO PREP (INT 6 ONLY)</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>1/2 TWISTING SWITCH UP TO EXTENDED 1 LEG STUNT</li> </ul>  | <ul style="list-style-type: none"> <li>1/2 UP TO EXTENDED BODY POSITION</li> <li>1/3 UP TO EXTENDED BODY POSITION</li> <li>DOUBLE UP TO EXTENDED 1 LEG STUNT</li> </ul>                                      | <ul style="list-style-type: none"> <li>KICK DOUBLE TWISTING DISMOUNT</li> <li>FULL KICK FULL DISMOUNT</li> </ul> | UNASSISTED: <ul style="list-style-type: none"> <li>TOSS EXTENDED SINGLE LEG STUNT</li> <li>TOSS EXTENDED SINGLE ARM STUNT</li> <li>TOSS FULL UP TO EXTENDED STUNT</li> <li>TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT</li> <li>REWIND TO EXTENDED STUNT (INT 6 ONLY)</li> <li>REWIND TO PREP (INT 6 ONLY)</li> </ul>  | <ul style="list-style-type: none"> <li>UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT</li> <li>COED STYLE TOSS FRONT HAND SPRING RELEASE 1/2 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 1/2 UP RELEASE TO EXTENDED STUNT</li> <li>1/2 TWISTING RELEASED INVERSION TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)</li> </ul> |



# 2022 - 2023 ALL STAR ELITE SCORING SYSTEM

## STUNT SKILLS

| Level 7   |  |  |  |   |  |  |
|---|--|--|--|---|--|--|
| Inversion Style   | Release Style  | Twisting   | Dismount   | Coed Style  | Other Stunts   |  |
| <p>Level<br/>Appropriate</p> <ul style="list-style-type: none"> <li>• FREE FLIPPING FROM GROUND LEVEL TO CRADLE</li> <li>• FLIPPING FROM GROUND LEVEL TO PREP LEVEL</li> <li>• FLIPPING FROM GROUND LEVEL TO EXTENSION</li> <li>• DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>• DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> </ul> | <ul style="list-style-type: none"> <li>• TIC TOC LIB TO LIB (HIGH TO HIGH)</li> <li>• TIC TOC LIB TO LIB (LOW TO HIGH)</li> <li>• 1/2 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>• 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION</li> <li>• TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> </ul> | <ul style="list-style-type: none"> <li>• FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE</li> <li>• FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL</li> <li>• FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION</li> <li>• FULL UP TO EXTENDED 1 LEG STUNT</li> <li>• 1 1/4 - 1 3/4 UP TO EXTENDED STUNT</li> <li>• 1 1/4 - 1 3/4 UP TO EXTENDED 1 LEG STUNT</li> <li>• DOUBLE UP TO EXTENDED STUNT</li> <li>• DOUBLE TWISTING TRANSITION TO EXTENDED STUNT</li> <li>• 1 1/2 TWISTING TRANSITION TO EXTENDED LIB</li> <li>• 1 3/4 TWISTING TRANSITION TO EXTENDED LIB</li> </ul> | <ul style="list-style-type: none"> <li>• FRONT FREE FLIPPING TO GROUND LEVEL</li> <li>• FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE</li> <li>• DOUBLE DOWN FROM 1 LEG STUNT</li> <li>• KICK DOUBLE TWISTING DISMOUNT</li> </ul> | <p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> <li>• WALK IN/TOSS EXTENDED DOUBLE LEG STUNT</li> <li>• WALK IN/TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• WALK IN/TOSS EXTENDED SINGLE LEG STUNT</li> </ul> <p>ASSISTED:</p> <ul style="list-style-type: none"> <li>• TOSS EXTENDED SINGLE LEG STUNT</li> <li>• TOSS EXTENDED SINGLE ARM STUNT</li> <li>• TOSS FULL UP TO EXTENDED STUNT</li> <li>• TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT</li> <li>• REWIND TO EXTENDED STUNT</li> </ul> | <ul style="list-style-type: none"> <li>• 1 1/2 - 2 TWIST TO PRONE</li> <li>• 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> <li>• FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)</li> <li>• 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION</li> <li>• 1/4 - 3/4 TWISTING TIC TOC EXTENDED BODY POSITION TO BODY POSITION</li> <li>• FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH)</li> <li>• FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB</li> <li>• 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION</li> <li>• 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED LIB</li> <li>• 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB</li> </ul> |  |
| <p>Elite Level<br/>Appropriate</p> <ul style="list-style-type: none"> <li>• FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT</li> <li>• RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED STUNT</li> </ul>   | <ul style="list-style-type: none"> <li>• REWIND TO EXTENDED STUNT</li> <li>• ROUND OFF REWIND TO EXTENDED STUNT</li> </ul>   | <ul style="list-style-type: none"> <li>• FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG</li> <li>• 1 1/2 TWISTING TRANSITION TO EXTENDED BODY POSITION</li> <li>• 1 3/4 TWISTING TRANSITION TO EXTENDED BODY POSITION</li> <li>• DOUBLE TWISTING TRANSITION TO EXTENDED LIB OR BODY POSITION</li> </ul>   | <ul style="list-style-type: none"> <li>• FREE FLIPPING WITH 1/2 TWIST FROM PREP LEVEL TO CRADLE</li> </ul>   | <p>UNASSISTED:</p> <ul style="list-style-type: none"> <li>• TOSS EXTENDED SINGLE LEG STUNT</li> <li>• TOSS EXTENDED SINGLE ARM STUNT</li> <li>• TOSS FULL UP TO EXTENDED STUNT</li> <li>• TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT</li> <li>• REWIND TO EXTENDED STUNT</li> </ul>   | <ul style="list-style-type: none"> <li>• BACK HANDSPRING FULL UP TO EXTENDED STUNT</li> <li>• FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)</li> <li>• FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION</li> <li>• FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH)</li> <li>• FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT</li> <li>• 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION</li> <li>• FULL TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION</li> </ul>   |  |



# 2022 - 2023 ALL STAR ELITE SCORING SYSTEM

## TOSS SKILLS

### LEVEL 1

#### NON-TWISTING

NON-RELEASE SHOW-N-GO ABOVE PREP LEVEL  
TINY AND MINI TEAMS MUST ONLY GO TO PREP LEVEL

#### TWISTING

NOT ALLOWED

### LEVEL 2

#### NON-TWISTING

STRAIGHT RIDE TOSS

#### TWISTING

NOT ALLOWED

### LEVEL 3

#### NON-TWISTING

BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH • KICK ARCH • BALL-X • TOE TOUCH

#### TWISTING

FULL TWIST

### LEVEL 4

#### NON-TWISTING

BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH

#### TWISTING

BALL FULL • PIKE FULL • KICK FULL • TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL

### LEVEL 5

#### NON-TWISTING

PIKE HITCH KICK • PIKE KICK PRETTY GIRL • PIKE SWITCH KICK • HITCH KICK KICK

#### TWISTING

HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL • PIKE KICK FULL • KICK FULL KICK

### LEVEL 6

#### NON-TWISTING

PIKE HITCH KICK • PIKE KICK PRETTY GIRL • PIKE SWITCH KICK • HITCH KICK KICK

#### TWISTING

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

TUCK • X-OUT • LAYOUT

#### TWISTING

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