



TEAM TYPES



ALL STAR

NOVICE

NON-COMPETITIVE

ONLY TECHNIQUE
SCORED

LEVELS 1-3
WITH RESTRICTIONS

1:30 TIME LIMIT

ELITE

LEVELS 1-7

AFFILIATED WITH
AN ALL STAR GYM

CAN NOT CROSSOVER
TO A PREP TEAM

2:30 TIME LIMIT

PREP

LEVELS 1.1 - 3.2

AFFILIATED WITH
AN ALL STAR GYM

CAN NOT CROSSOVER
TO AN ELITE TEAM

NO BASKET/SPONGE
TOSSES ALLOWED

2:00 TIME LIMIT