2021 - 2022 VARSITY ALL STAR

Scoring Rubric

VARSITY ALL STAR

The below divisions will utilize the following rubrics:

L6: Senior XSmall, Senior Small, Senior Medium, Senior Large, Senior Open, International Open, International Open NT & International Global

L7: International Open

Referred to as AS-DIV3 on the following documents.

2021 - 2022 ALL STAR SCORING SYSTEM - BUILDING LEVEL 6 & 7 WORLDS - ALL GIRL

STUNT DIFFICULTY

STUNT SKILLS WILL ONLY RECEIVE FULL CREDIT IF THEY SHOW CONTROL THROUGH THE POP OR TRANSITION TO ANOTHER SKILL.

2.0 - 2.5	BELOW	Skills performed do not meet Low range requirement
2.5 - 3.0	LOW	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate
3.0 - 3.5	MID	4 different level appropriate skills performed by Most of the team, 3 of which are Elite level appropriate
3.5 - 4.0	HIGH	4 different Elite level appropriate skills performed by Most of the team

ADDITIONAL INFORMATION

For Level 7 Stunts: All Level 6 & 7 Level appropriate skills will be considered Level Appropriate for scoring purposes (at least 2 different Level 7 skills are required to score in High range).

L6- All pyramid skills that are Level Appropriate in L5 will be given Level Appropriate credit.

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

BODY POSITIONS
- Lib and platform are not considered body positions
- Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion.

DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation (Maximizing stunt groups based on the number of athletes)
- Combination of skills (level and non-level appropriate)
- Pace of skills performed

BUILDING QUANTITY CHART

# OF ATHLETES	NUMBER OF GROUPS	
	MAJORITY	MOST
5 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 30	4	5
31 - 38	5	6

PYRAMID DIFFICULTY

2.0 - 2.5	BELOW	Skills performed do not meet Low range requirement
2.5 - 3.0	LOW	2 different level appropriate skills and 2 structures performed by Most of the team
3.0 - 3.5	MID	3 different level appropriate skills and 2 structures performed by Most of the team
3.5 - 4.0	HIGH	4 different level appropriate skills and 2 structures performed by Most of the team

TOSS DIFFICULTY

1.0	Less than a Majority of the team performs a toss
1.5	Majority of the team performs a level appropriate toss
2.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section

Same Section - Single portion of the routine where skills from a skill set (Stunts, Pyramids, Tosses, Standing Tumbling, Running Tumbling, Jumps) are performed.

STUNT DIVISION EXPECTATIONS

MUST BE PERFORMED BY GROUPS OF 3 OR MORE ATHLETES. RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES.

X SMALL (5-16)		SMALL (17-22)		MEDIUM (23-30) & INTERNATIONAL NON-TUMBLING (10-30)		LARGE (31-38)		INTERNATIONAL OPEN/GLOBAL (10-24) & SENIOR OPEN (5-24)	
		1.0	1-2 groups perform a level appropriate skill	1.0	1-4 groups perform a level appropriate skill	1.0	1-6 groups perform a level appropriate skill	1.0	1-3 groups perform a level appropriate skill
1.2	1 group perform a level appropriate skill	1.2	3 groups perform a level appropriate skill	1.2	5 groups perform a level appropriate skill	1.2	7 groups perform a level appropriate skill	1.2	4 groups perform a level appropriate skill
1.4	2 groups perform a level appropriate skill	1.4	4 groups perform a level appropriate skill	1.4	6 groups perform a level appropriate skill	1.4	8 groups perform a level appropriate skill	1.4	5 groups perform a level appropriate skill
1.6	3 groups perform a level appropriate skill	1.6	5 groups perform a level appropriate skill	1.6	7 groups perform a level appropriate skill	1.6	9 groups perform a level appropriate skill	1.6	6 groups perform a level appropriate skill
1.8	2 groups perform an ELITE level appropriate skill	1.8	4 groups perform an ELITE level appropriate skill	1.8	6 groups perform an ELITE level appropriate skill	1.8	8 groups perform an ELITE level appropriate skill	1.8	5 groups perform an ELITE level appropriate skill
2.0	3 groups perform an ELITE level appropriate skill	2.0	5 groups perform an ELITE level appropriate skill	2.0	7 groups perform an ELITE level appropriate skill	2.0	9 groups perform an ELITE level appropriate skill	2.0	6 groups perform an ELITE level appropriate skill

2021 - 2022 ALL STAR SCORING SYSTEM - TUMBLING LEVEL 6 & 7 WORLDS

JUMP DIFFICULTY

JUMPS MUST USE A WHIP APPROACH TO BE CONSIDERED CONNECTED.
WHIP APPROACH- CONTINUOUS MOVEMENT THROUGH SWING, CONNECTING 2 OR MORE JUMPS.

0.5	Skills performed do not meet 1.0 requirement
1.0	Most of the team performs 1 advanced jump
1.5	Most of the team performs 2 connected advanced jumps. Must be synchronized and include a variety.
2.0	Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety.

TUMBLING/JUMP QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST
5 - 9	4	5
10 - 15	6	7
16 - 19	8	9
20 - 25	10	13
26 - 30	14	16
31 - 38	15	18

DIFFICULTY DRIVERS

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

STANDING TUMBLING DIFFICULTY

SAME SECTION - SINGLE PORTION OF THE ROUTINE WHERE SKILLS FROM A SKILL SET ARE PERFORMED.

2.0 - 2.5	BELOW	Skills performed do not meet Low range requirement
2.5 - 3.0	LOW	Most of the team performs a level appropriate pass
3.0 - 3.5	MID	Majority of the team performs an Elite level appropriate pass
3.5 - 4.0	HIGH	Most of the team performs an Elite level appropriate pass in the same section

JUMPS

- Variety - at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (i.e. left/right hurdler).
- Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e. jumps that land on knee(s) or seat, etc. would not count).
- Basic Jumps: Spread Eagle, Tuck Jump
- Advanced Jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch

RUNNING TUMBLING DIFFICULTY

2.0 - 2.5	BELOW	Skills performed do not meet Low range requirement
2.5 - 3.0	LOW	Majority of the team performs a level appropriate pass
3.0 - 3.5	MID	Most of the team performs a level appropriate pass
3.5 - 4.0	HIGH	Majority of the team performs an Elite level appropriate pass

ADDITIONAL INFORMATION

- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e. jump 3/4 front flip to seat, back hand-springs which lands in a prone position, etc. would not count).
- Jumps within a pass will not break up the pass (i.e. Toe Touch BHS Toe Touch BHS Full is 1 pass).
- T-Jumps are not considered a jump and will break up a pass into two separate passes.
- L6 & L7- Standing Tumbling skills ending in a layout that are LEGAL in L5 will not receive level appropriate credit (i.e. BHS-BHS-Layout).

2021 - 2022 ALL STAR SCORING SYSTEM - OVERALL

STUNT CREATIVITY	
0.5 - 1.0	Stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills. This may include: Entries • Transitions • Dismounts

PYRAMID CREATIVITY	
0.5 - 1.0	Pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills. This may include: Entries • Transitions • Dismounts

ROUTINE COMPOSITION	
1.0 - 2.0	A team's ability to demonstrate the following throughout the routine: Precise spacing • Formations • Transitions This also includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance the overall appeal.

DANCE		
1.0 - 2.0	A team's ability to demonstrate a high level of energy and entertainment value which may incorporate:	**DIFFICULTY:** Visual elements • Variety of levels • Formation changes • Footwork • Floorwork • Partner work • Pace
		EXECUTION: Technique • Perfection • Motion Strength/Placement • Synchronization

OVERALL IMPRESSION	
1.0 - 2.0	The judging panel's overall impression of the entire performance encompassing all category areas and including energy, genuine enthusiasm, showmanship, and eye contact. Facial expression will not be considered when scoring this category and teams that wear masks while performing will not be penalized. *Overall Impression will include and take into consideration appropriate athletic impression throughout the routine.

2021 - 2022 ALL STAR SCORING SYSTEM - EXECUTION

EXECUTION - STUNT/PYRAMID & STANDING/RUNNING TUMBLING

4.0	Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill. • Scores will start at a 4.0 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 or 1 athlete in Stunts/Pyramid • .2 – Multiple technique issues by the team • .3 – Widespread technique issues by the team • No more than .3 will be taken off for a single driver. • Stylistic differences will not factor into a teams' Execution score.

STUNT/PYRAMID DRIVERS

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

Top Person	• Body control • Uniform flexibility • Motion placement • Legs straight/locked and toes pointed
Bases/Spotters	• Stability of the stunt • Solid stance • Positioned shoulder width apart • Feet stationary
Transitions	• Entries • Dismounts • Speed/control/flow from skill to skill
Synchronization*	• Timing

*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.

STANDING/RUNNING TUMBLING DRIVERS

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

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

*Teams that do not perform at least 1 level appropriate pass synchronized in a group will automatically receive .3 off for Synchronization.

EXECUTION - TOSS & JUMPS

2.0	Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill. • Scores will start at a 2.0 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 Jumps or 1 athlete in 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.

TOSS DRIVERS

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

Top Person	• Body control • Consistent execution of skill/trick • Legs straight/toes pointed • Arm placement
Bases/Spotters	• Using arms/legs to throw together • Solid stance • Timing • Arms up to catch high • Legs used to absorb catch • Group positioned no more than shoulder width apart • Controlled • Cradle
Height	• Relative to the size of the athletes performing the toss

Teams that only perform 1 toss will automatically receive .3 off for any driver that constitutes a reduction, regardless of the severity of the issue.

JUMP DRIVERS

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

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

2021 - 2022 ALL STAR SCORING SYSTEM - STUNTS

LEVEL 6

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION SKILLS	COED STYLE
LEVEL APPROPRIATE					
• DOWNWARD INVERSION FROM EXTENDED STUNT • DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB	• ¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO LIB (HIGH TO HIGH) • TIC TOC LIB TO LIB (LOW TO HIGH) • ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) • TIC TOC LIB TO BODY POSITION (LOW TO HIGH) • TWISTING HELICOPTER RELEASE MOVES • SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT • ½ TWISTING BALL UP TO EXTENDED BODY POSITION • REWIND TO PREP LEVEL OR BELOW (INT 6 ONLY)	• FULL UP TO EXTENDED 1 LEG STUNT • 1 ¼ - 1 ¾ UP TO EXTENDED STUNT • 1 ¼ - 1 ¾ UP TO EXTENDED 1 LEG STUNT • DOUBLE UP TO EXTENDED STUNT	• DOUBLE DOWN FROM 1 LEG STUNT	• 1 ½ - 2 TWIST TO PRONE • ¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY	• COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT
ELITE LEVEL APPROPRIATE					
• RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION	• SWITCH UP FULL TWIST TO EXTENDED BODY POSITION • TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) • FULL TWISTING BALL UP TO EXTENDED BODY POSITION • REWIND TO EXTENDED STUNT (INT 6 ONLY) • UNASSISTED REWIND TO EXTENDED STUNT (INT 6 ONLY) • 1 ½ TWISTING SWITCH UP TO EXTENDED 1 LEG STUNT	• 1 ½ UP TO EXTENDED BODY POSITION • 1 ¾ UP TO EXTENDED BODY POSITION • DOUBLE UP TO EXTENDED 1 LEG STUNT	• KICK DOUBLE TWISTING DISMOUNT	• FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) • ½ TWISTING RELEASED INVERSION TO EXTENDED STUNT • FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)	• UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT • COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT • UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT • TOSS FRONT HANDSPRING ½ UP RELEASE TO EXTENDED STUNT

LEVEL 7

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	COMBINATION SKILLS	COED STYLE
LEVEL APPROPRIATE					
• FREE FLIPPING FROM GROUND LEVEL TO CRADLE (L7) • FLIPPING FROM GROUND LEVEL TO PREP LEVEL (L7) • FLIPPING FROM GROUND LEVEL TO EXTENSION (L7) • DOWNWARD INVERSION FROM EXTENDED STUNT • DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT	• ¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO LIB (HIGH TO HIGH) • TIC TOC LIB TO LIB (LOW TO HIGH) • ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) • TIC TOC LIB TO BODY POSITION (LOW TO HIGH) • TWISTING HELICOPTER RELEASE MOVES • SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT • ½ TWISTING BALL UP TO EXTENDED BODY POSITION	• FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE (L7) • FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL (L7) • FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION (L7) • FULL UP TO EXTENDED 1 LEG STUNT • 1 ¼ - 1 ¾ UP TO EXTENDED STUNT • 1 ¼ - 1 ¾ UP TO EXTENDED 1 LEG STUNT • DOUBLE UP TO EXTENDED STUNT	• FRONT FREE FLIPPING TO GROUND LEVEL (L7) • FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE (L7) • FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE (L7) • DOUBLE DOWN FROM 1 LEG STUNT	• 1 ½ - 2 TWIST TO PRONE • ¼ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY	• COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT
ELITE LEVEL APPROPRIATE					
• FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT (L7) • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED STUNT (L7)	• SWITCH UP FULL TWIST TO EXTENDED BODY POSITION • TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) • FULL TWISTING BALL UP TO EXTENDED BODY POSITION • 1 ½ TWISTING SWITCH UP TO EXTENDED 1 LEG STUNT	• FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG (L7) • 1 ½ UP TO EXTENDED BODY POSITION • 1 ¾ UP TO EXTENDED BODY POSITION • DOUBLE UP TO EXTENDED 1 LEG STUNT	• KICK DOUBLE TWISTING DISMOUNT	• BACKHANDSPRING FULL UP TO EXTENDED STUNT (L7) • FRONT HANDSPRING 1 ½ UP TO EXTENDED STUNT • FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) • FRONT HANDSPRING ½ UP TO EXTENDED STUNT	• UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT • COED STYLE TOSS FRONT HANDSPRING RELEASE ½ TWIST TO EXTENDED STUNT • COED STYLE TOSS FULL TWIST TO EXTENDED STUNT

This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the USASF Safety Rules. Please check back as this document may be updated throughout the season.

2021 - 2022 ALL STAR SCORING SYSTEM - TOSSES

LEVEL 6

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	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	TWISTING
TUCK • X-OUT • PIKE • LAYOUT	LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL SPLIT FULL • ARABIAN 1 1/2 • PIKE OPEN DOUBLE FULL

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2021 - 2022 ALL STAR SCORING SYSTEM - TUMBLING

LEVEL 6 & 7

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK	CARTWHEEL FULL • ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL • FRONT FULL
ELITE LEVEL APPROPRIATE STANDING FULL • JUMP FULL • BHS FULL • JUMP BHS FULL • BHS SERIES TO FULL JUMP BHS SERIES TO FULL • BHS WHIP TO BHS SERIES TO FULL • BHS SERIES TO DOUBLE FULL JUMP BHS SERIES TO DOUBLE FULL • BHS WHIP TO BHS SERIES TO DOUBLE FULL BHS WHIP FULL • BHS WHIP DOUBLE FULL	**ELITE LEVEL APPROPRIATE** FRONT HANDSPRING FRONT FULL • PUNCH FRONT STEPOUT TO FULL • ROUND OFF BHS WHIP TO FULL ROUND OFF ARABIAN ROUND OFF BHS FULL • ROUND OFF BHS FULL BHS SERIES TO FULL • ROUND OFF DOUBLE FULL ROUND OFF BHS DOUBLE FULL • FRONT WALKOVER THROUGH TO DOUBLE FULL PUNCH FRONT STEPOUT TO DOUBLE FULL • ROUND OFF BHS WHIP TO DOUBLE FULL ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL • ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE FULL • ROUND OFF WHIP FULL ROUND OFF WHIP DOUBLE FULL • ROUND OFF BHS FULL TO WHIP TO DOUBLE FULL

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