

# 2021 - 2022 VARSITY ALL STAR

# Scoring Rubric

UK VERSION



VARSITY  
ALL STAR

The below divisions will utilize the following rubrics:

- L1: Tiny, Mini, Youth, Junior & Senior, University, Open, International U17, International U19, Masters, Mini School, Youth School, Junior School, Senior School
- L2: Mini, Youth, Junior & Senior, University, University NT, Open, International U17, International U19, Masters, Mini School, Youth, School, Junior School, Senior School
- L3: Youth, Junior & Senior, University, University NT, Open, International U17, International U19, International Open, International Open NT, Youth School, Junior School, Senior School
- L4: Youth, Junior, Senior, Open, University, University NT, International U17, International U19, International Open
- L4.2: Senior
- L5: Youth, Junior, Senior, University, University NT, International Open
- L6: Junior, University, University NT

Referred to as AS-DIV1 on the following documents.



## 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
3.0 - 3.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate
3.5 - 4.0	HIGH	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate

## 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

## STUNT QUANTITY

*BASED ON A TRADITIONAL GROUP OF 4 OR MORE, RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES.*

1.0	Less than a Majority of the team performs a level appropriate building skill
1.2	Majority of the team performs a level appropriate building skill
1.4	Most of the team performs a level appropriate building skill
1.6	Less than a Majority of the team performs the same Elite level appropriate building skill
1.8	Majority of the team performs the same Elite level appropriate building skill
2.0	Most of the team performs the same Elite level appropriate building skill

## 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.

## ADDITIONAL INFORMATION

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

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

### BODY POSITIONS

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



## 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. Tiny/Mini: Most of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or 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. Tiny/Mini: Most of the team performs 3 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.

## TUMBLING/JUMP QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST
5 - 7	2	4
8 - 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

## 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

## STANDING TUMBLING DIFFICULTY

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 the same level appropriate pass which must be synchronized from initiation of the pass
3.5 - 4.0	HIGH	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

## STANDING TUMBLING DIFFICULTY

In an effort to reduce the number of Standing Tumbling passes performed in L1-L5 & 6 JR, the following criteria will be used when awarding higher scores within a range:

- Degree of Difficulty of the passes
- Variety of Passes
- Satisfies or exceeds the quantity requirement utilizing grouped or synchronized passes

## RUNNING TUMBLING DIFFICULTY

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

## ADDITIONAL INFORMATION

- L1 - L5 & 6 JR 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 (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 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 a BHS step out 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 (i.e. BHS-Tuck-BHS or Tuck-BHS).



## 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
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## 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
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## 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.
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## DANCE

1.0 - 2.0	A team's ability to demonstrate a high level of energy and entertainment value which may incorporate:	<b>DIFFICULTY:</b> Visual elements • Variety of levels • Formation changes • Footwork • Floorwork • Partner work • Pace
		<b>EXECUTION:</b> 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.
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## EXECUTION - STUNT/PYRAMID & STANDING/RUNNING TUMBLING

4.0	<p>Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.</p> <ul style="list-style-type: none"> <li>• 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</li> <li>• .1 - Minor technique issues by the team, not just 1 athlete in Tumbling or 1 athlete in Stunts/Pyramid</li> <li>• .2 - Multiple technique issues by the team</li> <li>• .3 - Widespread technique issues by the team</li> <li>• No more than .3 will be taken off for a single driver.</li> <li>• Stylistic differences will not factor into a teams' Execution score.</li> </ul>
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## EXECUTION - TOSS & JUMPS

2.0	<p>Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.</p> <ul style="list-style-type: none"> <li>• 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</li> <li>• .1 - Minor technique issues by the team, not just 1 athlete in Jumps or 1 athlete in Tosses</li> <li>• .2 - Multiple technique issues by the team</li> <li>• .3 - Widespread technique issues by the team</li> <li>• No more than .3 will be taken off for a single driver.</li> <li>• Stylistic differences will not factor into a teams' Execution score.</li> </ul>
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## STUNT/PYRAMID DRIVERS

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

<b>Top Person</b>	<ul style="list-style-type: none"> <li>• Body control</li> <li>• Uniform flexibility</li> <li>• Motion placement</li> <li>• Legs straight/locked and toes pointed</li> </ul>
<b>Bases/Spotters</b>	<ul style="list-style-type: none"> <li>• Stability of the stunt</li> <li>• Solid stance</li> <li>• Positioned shoulder width apart</li> <li>• Feet stationary</li> </ul>
<b>Transitions</b>	<ul style="list-style-type: none"> <li>• Entries</li> <li>• Dismounts</li> <li>• Speed/control/flow from skill to skill</li> </ul>
<b>Synchronization*</b>	<ul style="list-style-type: none"> <li>• Timing</li> </ul>

\*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:*

<b>Approach</b>	<ul style="list-style-type: none"> <li>• Arm placement into a pass/skill</li> <li>• Swing/prep</li> <li>• Chest placement</li> <li>• Flow from skill to skill in a pass</li> <li>• Connection of pass/skills</li> </ul>
<b>Body Control</b>	<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>• Pointed toes</li> </ul>
<b>Landings</b>	<ul style="list-style-type: none"> <li>• Controlled</li> <li>• Legs/feet together</li> <li>• Chest placement</li> <li>• Finished pass/skill</li> <li>• Incomplete twisting skills</li> </ul>
<b>Synchronization*</b>	<ul style="list-style-type: none"> <li>• Timing</li> </ul>

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

## TOSS DRIVERS

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

<b>Top Person</b>	<ul style="list-style-type: none"> <li>• Body control</li> <li>• Consistent execution of skill/trick</li> <li>• Legs straight/toes pointed</li> <li>• Arm placement</li> </ul>
<b>Bases/Spotters</b>	<ul style="list-style-type: none"> <li>• Using arms/legs to throw together</li> <li>• Solid stance</li> <li>• Timing</li> <li>• Arms up to catch high</li> <li>• Legs used to absorb catch</li> <li>• Group positioned no more than shoulder width apart</li> <li>• Controlled</li> <li>• Cradle</li> </ul>
<b>Height</b>	<ul style="list-style-type: none"> <li>• Relative to the size of the athletes performing the toss</li> </ul>

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:*

<b>Arm Placement</b>	<ul style="list-style-type: none"> <li>• Approach</li> <li>• Consistent entry</li> <li>• Swing/prep</li> <li>• Arm position within jump(s)</li> </ul>
<b>Leg Placement</b>	<ul style="list-style-type: none"> <li>• Straight legs</li> <li>• Pointed toes</li> <li>• Hip placement/rotation</li> <li>• Hyperextension</li> <li>• Height</li> <li>• Legs/feet together</li> <li>• Chest placement</li> <li>• Landings</li> </ul>
<b>Synchronization</b>	<ul style="list-style-type: none"> <li>• Timing</li> </ul>



# 2021 - 2022 ALL STAR SCORING SYSTEM - TOSSES

9.1.21

## LEVEL 2

NON - TWISTING	TWISTING
STRAIGHT RIDE TOSS	

## LEVEL 3

NON - TWISTING	TWISTING
BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH KICK ARCH • BALL-X • TOE TOUCH	FULL TWIST

## LEVEL 4

NON - TWISTING	TWISTING
BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	BALL FULL • PIKE FULL • KICK FULL TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL

## LEVEL 5

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL • PIKE KICK FULL KICK FULL KICK

## JUNIOR 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



# 2021 - 2022 ALL STAR SCORING SYSTEM - TUMBLING

9.1.21

## LEVEL 1

### STANDING TUMBLING SKILLS

FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER  
FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL  
BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND  
BACKBEND KICK OVER • BACK WALKOVER

### RUNNING TUMBLING SKILLS

CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER  
FRONT WALKOVER TO CARTWHEEL/ROUND OFF  
CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

## LEVEL 2

### STANDING TUMBLING SKILLS

STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT  
BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING

### RUNNING TUMBLING SKILLS

CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT  
ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES

## LEVEL 3

### STANDING TUMBLING SKILLS

BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES  
BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO

### RUNNING TUMBLING SKILLS

AERIALS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK  
ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK  
FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

## LEVEL 4

### STANDING TUMBLING SKILLS

STANDING BACK TUCK • BHS BACK TUCK • BHS SERIES TO BACK TUCK  
JUMP BHS BACK TUCK • JUMP BHS SERIES TO BACK TUCK

### RUNNING TUMBLING SKILLS

CARTWHEEL BACK TUCK • ROUND OFF LAYOUT  
ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT • ROUND OFF BHS SERIES TO LAYOUT  
FRONT WALKOVER THROUGH TO LAYOUT • PUNCH FRONT STEPOUT TO LAYOUT  
ROUND OFF BHS WHIP BHS TO LAYOUT  
PUNCH FRONT STEPOUT TO ROUND OFF BHS WHIP BHS TO BACK TUCK  
FRONT HANDSPRING PUNCH FRONT  
FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT

## LEVEL 5

### STANDING TUMBLING SKILLS

JUMP BACK TUCK • BHS SERIES TO WHIPS AND LAYOUTS • JUMP BHS SERIES TO WHIPS AND LAYOUTS  
BHS WHIP BHS SERIES TO LAYOUT/LAYOUT STEPOUT/X-OUT

### RUNNING TUMBLING SKILLS

ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL  
PUNCH FRONT STEPOUT TO FULL • ROUND OFF WHIP BHS TO FULL

## JUNIOR LEVEL 6

### STANDING TUMBLING SKILLS

JUMP BACK TUCK • 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

### RUNNING TUMBLING SKILLS

CARTWHEEL FULL • ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL  
SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL • FRONT FULL  
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

*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 IASF Safety Rules. Please check back as this document may be updated throughout the season.*