2021 - 2022 VARSITY ALL STAR

Scoring Rubric

UK VERSION

VARSITY ALL STAR

The below divisions will utilize the following rubrics:

L3: Senior Coed, Open Coed (All Star), International U19 Coed, University Coed

L4: Senior Coed, International U19 Coed, Open Coed (All Star), University Coed, International Open Coed

L5: International Open Coed

2021 - 2022 ALL STAR SCORING SYSTEM - BUILDING

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

ADDITIONAL INFORMATION

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)
  - This includes single based coed style stunts
- 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

COED QUANTITY CHART

# OF MALES ON TEAM	# OF STUNTS
1 or More	1

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.

COED STYLE

- Based on a group of 3, Consisting of a Base, Top Person and Spotter.
- The same entry and skill must be used by all groups. If there is a mixture of stunts that are performed, credit will be given to the skill that has the lesser point value.
- Entry must be a Toss or Walk-In.
  - Toss - Top person starts with both feet on performing surface. Base starts with hands on Top Persons' waist.
  - Walk-In - Top person and Base start facing each other with one-foot loaded in.
- Base must be directly under the stunt.
- Base and Spotter may not be chest to chest.

TO RECEIVE COED CREDIT

- Only skills listed on the coed requirement grid will count for Coed Quantity.
- Rippled or synchronized in the same section without recycling athletes.
- Stunts must be held for 4 counts. These counts will start once the stunt hits the intended level.
  - Ex. Toss hands: counts begin when the stunt stops at prep level
  - Ex. Toss hands press extension: counts begin when the stunt stops at extended level
- Coed stunts must dismount /pop off to the performance surface to receive full Coed Quantity credit.

COED QUANTITY - LEVEL 3, 4 & 5 INTERNATIONAL/OPEN TEAMS
BASED ON A GROUP OF 3, RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES. STUNTS MUST BE HELD FOR 4 COUNTS.

	Coed Style **ASSISTED** - A coed stunt becomes assisted if at any point the spotter touches the base and/or top person, including the dip for the dismount. This does not include assisting with the catch of the dismount.	Coed Style **UNASSISTED** - Top person and base perform without any assistance, including the dip for the dismount. Assisting with the catch of the dismount is allowed.
0	A zero is assessed when a team: - Doesn't put up the required number of stunts. - Doesn't adhere to Coed Style.	
1.0	Skills that do not meet the 1.2 requirement	N/A
1.2	Walk in Hands Toss Hands	Skills that do not meet the 1.4 requirement
1.4	Walk in Hands press Extension Toss Hands press Extension	Walk in Hands Toss Hands
1.6	Walk in Extension Toss Extension (Level 4 & 5 Only)	Walk in Hands press Extension Toss Hands press Extension
1.8	Walk in Hands press Extended Single leg stunt Toss Hands press Extended Single leg stunt Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt/single arm stunt (Level 4 & 5 ONLY)	Walk in Extension Toss Extension (Level 4 & 5 Only)
2.0		Walk in Hands press Extended Single leg stunt Toss Hands press Extended Single leg stunt Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt/single arm stunt (Level 4 & 5 ONLY)

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2021 - 2022 ALL STAR SCORING SYSTEM - TUMBLING

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 - 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

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 handsprings 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).

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

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.

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.

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.

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.

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.

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 - TOSSES

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

2021 - 2022 ALL STAR SCORING SYSTEM - TUMBLING

LEVEL 3

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO	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	RUNNING TUMBLING SKILLS
STANDING BACK TUCK • BHS BACK TUCK • BHS SERIES TO BACK TUCK JUMP BHS BACK TUCK • JUMP BHS SERIES TO BACK TUCK	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	RUNNING 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	ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL PUNCH FRONT STEPOUT TO FULL • ROUND OFF WHIP BHS TO 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.

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