



updated: 1-3-2024

2023 - 2024 ALL STAR ELITE SCORING SYSTEM

BUILDING DIFFICULTY - ALL GIRL TEAMS

BUILDING QUANTITY CHART

# of Athletes	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

STUNT DIFFICULTY - MAX BASELINE POINTS: 3.6

Stunt skills will only receive credit if they show control through the pop or transition to another skill.

1.0	Stunts performed do not meet the requirements listed below
2.0	Two (2) level appropriate skills performed by Most
2.6	One (1) elite skill performed by Most and Two (2) level appropriate skills by Most
2.8	One (1) elite skill performed by Most and Three (3) level appropriate skills by Most.
3.0	Two (2) elite skills performed by Most and Two (2) level appropriate skills performed by Most
3.2	Three (3) elite skills performed by Most and One (1) level appropriate skills performed by Most
3.4	One (1) elite skill performed by Max and Three (3) elite skills performed by Most
	Five (5) elite skills performed by Most
3.6	Two (2) elite skills performed by Max and Two (2) elite skills performed by Most
	One (1) elite skill performed by Max and Four (4) elite skills performed by Most
*All Skills performed must be different - Repeated skills will not count toward Stunt Difficulty Score. Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.	

ADDITIONAL INFORMATION

- Body Positions: Stretch, Bow and Arrow, Arabesque, Scale and Scorpion.
- Lib, torch, hitch, and platform are not considered body positions.
- Release style stunts must be free of contact from the bottom of the foot to count towards difficulty credit as a release style skill
- **Elite Skills that are synchronized or rippled must be the same skill in order to count towards your Majority, Most, or Max quantity**

STUNT DIFFICULTY DRIVERS - MAX POINTS: 0.4

Points in addition to baseline score.

Degree of Difficulty

0.0 - 0.2	Stunts will be assessed according to their variety of elements and the complexity and combinations of the skills used throughout the routine. *Refer to Degree of Difficulty Chart for further breakdown of this driver.
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Pace & Flow

0.0	Skills did not show continuous movement, fluid connections or acceptable pace
0.1	Skills executed at a moderate pace with continuous transitions in and out
0.2	Skill executed at a quick pace while showing seamless transitions in and out

BUILDING OVERALL MASTERY - MAX POINTS: 2

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Variety of visual and creative elements in building skills/transitions
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Confident performance/entertainment value during building skills and transitions



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BUILDING DIFFICULTY - COED TEAMS - (SENIOR LEVELS 3-6, INTERNATIONAL U19, AND NON-TUMBLING)

BUILDING QUANTITY CHART

# of Athletes	Majority	Most	Max	Max+
5-11	1	1	2	3
12-15	1	2	3	4
16-19	2	3	4	5
20-23	3	4	5	6
24-27	4	5	6	7
28-31	5	6	7	8
32-38	6	7	8	9

COED QUANTITY CHART**

# 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

STUNT DIFFICULTY - MAX BASELINE POINTS: 3.4

Stunt skills will only receive full credit if they show control through the pop or transition to another skill

1.0	Stunts performed do not meet the requirements listed below
2.0	Two (2) level appropriate skills performed by Most of the team
2.4	One (1) elite skill performed by Most and Two (2) level appropriate skills by Most
2.6	One (1) elite skill performed by Most and Three (3) level appropriate skills by Most
2.8	Two (2) elite skills performed by Most and Two (2) level appropriate skills performed by Most
3.0	Three (3) elite skills performed by Most and One (1) level appropriate skills performed by Most
3.2	One (1) elite skill performed by Max and Three (3) elite skills performed by Most
	Five (5) elite skills performed by Most
3.4	Two (2) elite skills performed by Max and Two (2) elite skills performed by Most
	One (1) elite skill performed by Max and Four (4) elite skills performed by Most

*All Skills performed must be different - Repeated skills will not count toward Stunt Difficulty Score.
 Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.
 **Please refer to Coed Quantity Chart for levels 6 & 7 ONLY - excluding Junior Level 6

STUNT DIFFICULTY COED CREDIT

- Only skills listed under Coed Style Level Appropriate Skills list 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 credit
- Coed stunts that become part of 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
- Only 1 Coed Style Stunt is required for Levels 3-5
- Coed Style Stunt counts towards the requirement regardless of the gender of the athletes performing the stunt.

ADDITIONAL INFORMATION

Body Positions: Stretch, Bow and Arrow, Arabesque, Scale and Scorpion. Lib, torch, hitch and platform are not considered body positions.

STUNT DIFFICULTY DRIVERS - MAX POINTS: 0.6

Points in addition to baseline score.

Degree of Difficulty	
0.0 - 0.2	Skills will be assessed according to their variety of elements and the complexity and combinations of the skills used throughout the routine. *Refer to Degree of Difficulty Chart for further breakdown of this driver.
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 transitions in and out of skills
0.2	Skill executed at a quick pace while showing a seamless transitions in and out of skills
Coed Stunt	
0.1	Level Appropriate Coed Style Stunt
0.2	Elite Level Appropriate Coed Style Stunt

BUILDING OVERALL MASTERY - MAX POINTS: 2

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Variety of visual and creative elements in building skills/transitions
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Confident performance/entertainment value during building skills and transitions



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PYRAMID & TOSS DIFFICULTY

BUILDING QUANTITY CHART

# of Athletes	Majority	Most	Max	Max+
5-11	1	1	2	3
12-15	1	2	3	4
16-19	2	3	4	5
20-23	3	4	5	6
24-27	4	5	6	7
28-31	5	6	7	8
32-38	6	7	8	9

PYRAMID DIFFICULTY - MAX BASELINE POINTS: 3.4

0.0	Pyramid skills and/or structures performed did not meet criteria for scores listed below.
1.0	Did not meet the requirement of pyramid difficulty
2.0	Two (2) different level appropriate skills. One (1) structure performed by Most
2.5	Two (2) different level appropriate skills. Two (2) structures performed by Most
3.0	Three (3) different level appropriate skills. Two (2) structures performed by Most
3.2	Four (4) different level appropriate skills performed. Two (2) structures performed by Most
3.4	Four (4) different level appropriate skills. Two (2) structures performed by Max

ADDITIONAL INFORMATION

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

Pyramid structures consist of two or more stunts connected to one another

When Most/Max is used in the pyramid difficulty chart, it is only referring to the structures.

Building Skills will get Stunt or Pyramid difficulty credit. They will not count in both categories at the same time. If the stunt is going to connect to another stunt, it will count as a pyramid skill.

PYRAMID DIFFICULTY DRIVERS - MAX POINTS: 0.6

Points in addition to baseline score

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.1	0.15	0.2	Participation/Involvement - (0.2 is awarded if Max+ is used)
0.0	0.1	0.15	0.2	Incorporation of elite stunt skills and level appropriate pyramid skills
0.0	0.1	0.15	0.2	Pace/Flow of skills

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

Moderate - Average use of specific driver throughout and/or in 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 & Go that passes above prep level with a traditional basket or extension grip while maintaining contact with the flyer.

Credit will be given for Tiny and Mini teams if a prep level Show & Go is executed.

1.0	Majority of the team performed a non level appropriate toss rippled or synchronized in the same section
1.5	Less than Majority of the team performed a level appropriate toss rippled or synchronized in the same section.
1.75	Majority of the team performed a level appropriate toss not rippled or synchronized, but cumulative throughout the routine.
2.0	Majority of the team performed 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.

Level 1 - Show & Go must not twist or travel. They must start and end in the same load/sponge position.



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LEVELS 1-5 TUMBLING

STANDING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 3.6

2.0	Less than Majority of the team performs a level appropriate pass
2.5	Majority of the team performs a level appropriate pass
2.6	Most of the team performs a level appropriate pass
2.7	Max of the team performs a level appropriate pass
2.8	Majority of the team performs an elite level appropriate pass
2.9	Most of the team performs an elite level appropriate pass
3.0	Max of the team performs an elite level appropriate pass
3.2	Majority of the team performs the same elite level appropriate pass which must be synchronized from initiation of the pass
3.4	Most of the team performs the same elite level appropriate pass which must be synchronized from initiation of the pass
3.6	Max of the team performs the same elite level appropriate pass which must be synchronized from initiation of the pass

STANDING DIFFICULTY DRIVER - MAX POINTS: 0.4

Variety & Innovation

0.0	Passes do not show innovative elements/variety
0.1	Passes executed with minor innovative elements and a variety of skills
0.2	Passes executed with multiple innovative elements and a variety of skills

Degree of Difficulty

0.0-0.2	Complexity of the level specific skills utilized. The number of skills used in the pass as well as the use of different skills will be taken into consideration for this driver.
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ADDITIONAL TUMBLING INFORMATION

L1 - Cartwheel does not get standing tumbling credit.

Tumbling passes must land on feet to receive level appropriate 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 illegal for a lower level do not automatically make them a Level Appropriate Skill for a higher level.

L2 - No L1 skills out of a round-off that are illegal in L1 will count for level appropriate credit.

L3 - No L2 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 - Not all L4 skills out of a standing tuck 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.

ADDITIONAL JUMP INFORMATION

Jump skills must land on feet to be receive difficulty credit (ex: jumps that land on knee(s) or seat would not count)

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

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

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

RUNNING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 3.4

2.0	Less than the majority of the team performs a level appropriate pass
2.2	Majority of the team performs a level appropriate pass
2.4	Most of the team performs a level appropriate pass
2.6	Max of the team performs a level appropriate pass
2.8	Most of the team performs a level appropriate pass, plus Majority of the team performs an additional elite level appropriate pass
3.0	Most of the team performs a level appropriate pass, plus Most of the team performs an additional elite level appropriate pass
3.2	Max of the team performs a level appropriate pass, plus Majority of the team performs an additional elite level appropriate pass
3.4	Max of the team performs a level appropriate pass, plus Most of the team performs an additional elite level appropriate pass

RUNNING DIFFICULTY DRIVER - MAX POINTS: 0.6

Elite Pass Participation

0.1	More than Most Perform Elite Pass (Cumulative throughout the routine)
0.2	Max performs an Elite Pass (Cumulative throughout the routine)

Variety & Innovation

0.0	Passes do not show innovative elements/variety
0.1	Passes executed with minor innovative elements and a variety of skills
0.2	Passes executed with multiple innovative elements and a variety of skills

Degree of Difficulty

0.0-0.2	Complexity of the level appropriate skills utilized. The number of skills used within the pass, as well as the use of different skills will be taken into consideration for this driver.
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JUMP DIFFICULTY - MAX POINTS: 1

0.0	Less than Majority of the team performs an advanced jump
0.25	Majority of the team performs one (1) advanced jump
0.5	Most of the team performs one (1) advanced jump
0.75	Most of the team performs two (2) advanced jumps that show variety
1.0	Most of the team performs total of three (3) advanced 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	0.5-0.6	0.7-0.8	0.9-1.0	Innovative formations and use of the floor throughout routine
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Confident performance during tumbling sections throughout routine



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LEVELS 6-7 TUMBLING

STANDING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 3.6

2.0	Less than Majority of the team performs a level appropriate pass
2.8	Majority of the team performs a level appropriate pass which must be in the same section.
3.0	Most of the team performs a level appropriate pass which must be in the same section.
3.2	Max of the team performs a level appropriate pass which must be in the same section
3.2	Majority of the team performs an elite level appropriate pass which must be in the same section.
3.4	Most of the team performs an elite level appropriate pass which must be in the same section.
3.6	Max of the team performs an elite level appropriate pass which must be in the same section.

STANDING DIFFICULTY DRIVER - MAX POINTS: 0.4

Variety & Innovation

0.0	Passes did not show innovative elements/variety
0.1	Passes executed with minor innovative elements and a variety of skills
0.2	Passes executed with multiple innovative elements and a variety of skills

Degree of Difficulty

0.0-0.2	Complexity of the level specific skills utilized. (How hard is the skill compared to other skills in the level?) The number of skills used in the pass as well as the use of different skills will be taken into consideration for this driver.
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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: 3.4

2.0	Less than the majority of the team performs a level appropriate pass
2.6	Majority of the team performs a level appropriate pass
2.8	Most of the team performs a level appropriate pass
3.0	Majority of the team performs an elite level appropriate pass and Most of the team performs a level appropriate pass
3.2	Most of the team performs an elite level appropriate pass and Majority of the team performs a level appropriate pass
3.4	Max of the team performs an elite level appropriate pass <u>OR</u> Most of the team performs an elite level appropriate pass and Most of the team performs an additional level appropriate pass.

RUNNING DIFFICULTY DRIVER - MAX POINTS: 0.6

Elite Pass Participation

0.1	More than Most Perform Elite Pass (Cumulative throughout the routine)
0.2	Max performs an Elite Pass (Cumulative throughout the routine)

Variety & Innovation

0.0	Passes do not show innovative elements/variety
0.1	Passes executed with minor innovative elements and a variety of skills
0.2	Passes executed with multiple innovative elements and a variety of skills

Degree of Difficulty

0.0-0.2	Complexity of the level appropriate skills utilized. The number of skills used within the pass, as well as the use of different skills will be taken into consideration for this driver.
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TUMBLING OVERALL MASTERY

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Innovative formations and use of the floor throughout routine
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Confident performance during tumbling sections throughout routine

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 Hurdler (Front or Side), Toe Touch

JUMP DIFFICULTY - MAX POINTS: 1

0.0	Less than Majority of the team performs an advanced jump
0.25	Majority of the team performs one (1) advanced jump
0.5	Most of the team performs one (1) advanced jump
0.75	Most of the team performs two (2) advanced jumps that show variety
1.0	Most of the team performs total of three (3) advanced jumps that show variety, two (2) of which need to be connected

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

ADDITIONAL TUMBLING INFORMATION

Tumbling passes must land on feet to receive level appropriate 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.



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ROUTINE & DANCE MASTERY

ROUTINE MASTERY - MAX POINTS: 1

Not Shown	Low	Average	High	Exceptional	Specific Drivers
0.0	0.1	0.15	0.2	0.25	Continuous flow in transitions
0.0	0.1	0.15	0.2	0.25	Visual, engaging and entertaining
0.0	0.1	0.15	0.2	0.25	Confidence in execution of routine
0.0	0.1	0.15	0.2	0.25	Precise spacing and formations

Points combined to reach maximum score.

DANCE MASTERY - MAX POINTS: 1

Not Shown	Low	Average	High	Exceptional	Specific Drivers
0.0	0.1	0.15	0.2	0.25	Pace, flow and transitions
0.0	0.1	0.15	0.2	0.25	Performance and engagement
0.0	0.1	0.15	0.2	0.25	Level changes and intricate movements
0.0	0.1	0.15	0.2	0.25	Precise motions and synchronization

Points combined to reach maximum score.

GLOBAL DIVISIONS ROUTINE & DANCE MASTERY

ROUTINE MASTERY - MAX POINTS: 1

Not Shown	Low	Average	High	Specific Drivers
0.0	0.1	0.15	0.2	Continuous flow in transitions
0.0	0.1	0.15	0.2	Visual, engaging and entertaining
0.0	0.1	0.15	0.2	Confidence in execution of routine
0.0	0.1	0.15	0.2	Precise spacing and formations

Points combined to reach maximum score.

DANCE MASTERY - MAX POINTS: 1

Not Shown	Low	Average	High	Specific Drivers
0.0	0.1	0.15	0.2	Pace, flow and transitions
0.0	0.1	0.15	0.2	Performance and engagement
0.0	0.1	0.15	0.2	Level changes and intricate movements
0.0	0.1	0.15	0.2	Precise motions and synchronization

Points combined to reach maximum score.

CHEER CRITERIA

- Crowd Leading - Ability to lead the crowd
- Crowd Effectiveness - Voice, Pace & Flow
- Prop Use - Proper use of signs, poms, megaphones, & flags
- Practical use of stunts/pyramids to lead the crowd
- Execution

CHEER

Cheer portion of the routine **MUST** be completed before the music section of the routine.

0.0	No Cheer Performed
0.1	Below Average
0.2	Average
0.3	Higher than Average
0.4	Exceptional



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TECHNIQUE

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	0.2	0.4	0.6	Flyer
0.0	0.2	0.4	0.6	Bases / Support Persons
0.0	0.2	0.4	0.6	Transitions
0.0	0.2	0.4	0.6	Timing & Synchronization

Points are based on occurrence and removed from the maximum possible score.

STUNT/PYRAMID TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

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

TOSS TECHNIQUE DRIVERS - MAX POINTS: 3

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Flyer
0.0	0.2	0.4	0.6	Bases / Support Persons
0.0	0.2	0.4	0.6	Height
0.0	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 0.6 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"> • Body control • Consistent execution of skill • Legs straight / toes pointed • Arm placement 	Bases/Support Persons	<ul style="list-style-type: none"> • Use of arms/legs to throw together • Solid stance • Controlled • Cradle
Timing	<ul style="list-style-type: none"> • Timing of skills performed in groups or by the team at the same time 	Height	<ul style="list-style-type: none"> • Distance between flyers feet and support persons hands

TUMBLING TECHNIQUE DRIVERS - MAX POINTS: 5

**Standing & Running Tumbling Technique are two separate scoring categories. Each category has a max of 5 points.

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Approach
0.0	0.2	0.4	0.6	Body Control
0.0	0.2	0.4	0.6	Landings
0.0	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"> • Arm placement into a pass/skill • Body positioning at initiation of skill • Chest placement • Connection of pass/skills 	Landings	<ul style="list-style-type: none"> • Controlled • Legs/feet together • Chest placement • Landing on feet • Completion of skills
Body Control	<ul style="list-style-type: none"> • Head placement • Arm/shoulder placement in skills • Hips • Leg placement in skills • Absorbing appropriately between skills 	Timing & Synchronization	<ul style="list-style-type: none"> • Timing of skills performed in groups or by the team at the same time

JUMP TECHNIQUE DRIVERS - MAX POINTS: 2

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.1	0.2	0.3	Body Control
0.0	0.1	0.2	0.3	Approach (Swing)
0.0	0.1	0.2	0.3	Landings
0.0	0.1	0.2	0.3	Timing & Synchronization

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

JUMP TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

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



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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 Handstand Forward Roll • Backbend Kickover • Front Limber/Back Limber • Back Walkover • 1 Arm Back Walkover • Back Extension Roll Back Walkover Switch Leg • Valdez	Cartwheel • Round Off • Front Walkover • Cartwheel Back Walkover • Front Walkover - Cartwheel/Roundoff
Elite Level Appropriate	Elite level skills include two (2) or more connected level appropriate skills. A pause, clean, or step between skills will not count as connected skills. BWO - BWO • VZ - BWO • BER - BWO • BWO - BER	Elite level includes three (3) or more connected level appropriate skills. A pause, clean, or step between skills will not count as connected skills. 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	Elite Level skills include two (2) or more connected skills, including at least one (1) level appropriate skill. BWO Switch Leg - BHS • BHS Step Out - BWO - BHS • Valdez - BHS • Valdez - BHS Step Out Back Extension Roll - Back Handspring • Back Walkover - Back Handspring Back Walkover - Back Handspring Step Out	Elite level skills include three (3) or more connected skills, including at least one (1) level appropriate skill. RO - BHS Series • FWO - RO - BHS/BHS Series • RO - BHS - Rebound - RO - BHS

LEVEL 3

Standing Tumbling

Running Tumbling

Level Appropriate	BHS Series (Only 2) • 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	Elite level skills include three (3) or more connected skills, including at least two (2) level appropriate skill connections. BHS Series (3 or more) • Jump - BHS Series • Jump - BHS - Jump - BHS • BHS Series (3 or more) including a Step Out as one of the skills • BWO - BHS - Jump - BHS/BHS Series • Jump - BHS Series • BHS - Jump - BHS **MUST BE AN ADVANCED JUMP**	Elite level skills include any two connected level appropriate skills OR any level appropriate skill connected by a lower level running tumbling skill. Front Handspring - Punch Front • FWO - Aerial RO - BHS Step Out - 1/2 Turn - RO - BHS - Tuck • FWO - RO - BHS - Tuck FWO - RO - BHS Series - Tuck • Bounder/Flyspring - RO - BHS - Tuck • Aerial - Tuck* • PF - Tuck* *must initiate RO within 4 counts after landing first skill

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 PF step out - RO - BHS - Tuck • Front Walkover - RO - BHS - Layout • Aerial - Back Tuck 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 Jump - Back Handspring step out - Back Tuck •Back Walkover - Back Tuck • Back Handspring step out - Back Tuck **MUST BE AN ADVANCED JUMP**	Elite level skills include two (2) level appropriate skills executed within one (1) pass. Punch Front step out - RO - BHS - Layout • RO - Whip - Tuck OR BHS - Layout RO - BHS - Whip - Layout OR BHS - Layout • PF step out - RO - BHS - Whip - Layout OR BHS - Layout Front Handspring - PF step out - RO - BHS - Layout Front Handspring - PF step out - RO - BHS - Whip - Layout OR BHS - Layout • RO - Onodi - through to Layout *Front Walkover - Round Off - BHS - Layout*



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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 Jump - BHS Series - Whip - BHS - Tuck • BHS Series - Layout	RO - Full • RO - BHS Series - Full • RO - BHS - Full • Front Walkover - RO - BHS Series - Full 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 - Back Tuck • Jump - BHS - Whip - Layout OR BHS - Layout BHS - Layout • Jump - BHS Series - Layout • BHS Series - Whip - Tuck **MUST BE AN ADVANCED JUMP**	Front Full • PF step out - RO - BHS - Full • Front Handspring - PF step out - RO - BHS - Full RO - Whip - BHS Series - Full • RO - Whip - BHS - Full • Front Handspring - Front Full PF step out - RO - Whip - BHS - Full • Front Handspring - PF step out - RO - Whip - BHS - Full RO Arabian - Full *Front Walkover - Round Off -BHS - Full*

LEVEL 6

Standing Tumbling

Running Tumbling

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



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STUNT SKILLS

Level 1

Inversion Style		Release Style		Twisting		Dismount		Other Stunts	
Level Appropriate	<ul style="list-style-type: none"> NO INVERSIONS ARE ALLOWED IN LEVEL 1 STUNTS 	<ul style="list-style-type: none"> SWITCH UP TO LIB BELOW PREP LEVEL SWITCH UP TO BODY POSITION BELOW PREP LEVEL SWITCH UP TO PREP LEVEL 1 LEG STUNT TIC TOC BELOW PREP LEVEL (LIB TO LIB) TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) TIC TOC BELOW PREP LEVEL (BODY POSITION TO LIB) PREP LEVEL TIC TOC (LIB TO LIB) WITH REQUIRED HAND/ARM CONNECTION 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL 1/4 DOWN TO GROUND LEVEL 1/4 TWISTING TRANSITION FROM PREP LEVEL 	<ul style="list-style-type: none"> STEP DOWN STRAIGHT CRADLE 	<ul style="list-style-type: none"> BACK STAND PREP LEVEL SHOW & GO STRADDLE SIT FLAT BACK EXTENDED STRADDLE SIT EXTENDED FLAT BACK PREP LEVEL 1 LEG STUNT WITH BRACER PREP LEVEL TO PRONE 1 LEG STUNT BELOW PREP LEVEL SHOULDER SIT CHAIR SHOULDER STAND COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER 				
Elite Level Appropriate		<ul style="list-style-type: none"> TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) PREP LEVEL TIC TOC (LIB TO BODY POSITION) WITH REQUIRED HAND/ARM CONNECTION PREP LEVEL TIC TOC (BODY POSITION TO BODY POSITION) WITH REQUIRED HAND/ARM CONNECTION SWITCH UP FROM GROUND LEVEL TO PREP LEVEL BODY POSITION WITH REQUIRED HAND/ARM CONNECTION TIC TOC FROM 1 LEG STUNT AT WAIST LEVEL TO PREP LEVEL BODY POSITION WITH REQUIRED HAND/ARM CONNECTION 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO PREP FROM BELOW PREP LEVEL 1/4 TWISTING TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL 1 LEG STUNT (WITH REQUIRED HAND/ARM CONNECTION) 		<ul style="list-style-type: none"> 1/4 TWISTING TIC TOC AT PREP LEVEL WITH REQUIRED HAND/ARM CONNECTION (1 LEG TO BODY POSITION) 1/4 TWISTING SWITCH UP (RELEASE FROM GROUND LEVEL TO PREP LEVEL) 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION 1/4 TWISTING SWITCH UP, (RELEASE FROM WAIST LEVEL TO PREP LEVEL) 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION 1/4 TWISTING TIC TOC AT WASIT LEVEL - BODY POSITION TO BODY POSITION. 				

Level 2

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



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STUNT SKILLS

Level 3

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

Level 4

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



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STUNT SKILLS

Level 5

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

Level 6

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



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2023 - 2024 ALL STAR ELITE SCORING SYSTEM

STUNT SKILLS

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



updated: 1-3-2024

2023 - 2024 ALL STAR ELITE SCORING SYSTEM

TOSS SKILLS

LEVEL 1

NON-TWISTING

NON-RELEASE SHOW & GO ABOVE PREP LEVEL
TINY AND MINI TEAMS CAN EXECUTE THIS SKILL AT PREP LEVEL TO RECEIVE TOSS CREDIT

TWISTING

NOT ALLOWED
(SHOW & GO REQUIREMENT IS NOT ALLOWED TO TWIST)

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



updated: 1-3-2024

2023 - 2024 ALL STAR ELITE SCORING SYSTEM

STUNT DEGREE OF DIFFICULTY CHART

Utilization of minimal bases: Stunts performed demonstrate skills involving the least necessary number of athletes. (Additional athletes may be added to the traditional stunt group (4 athletes) in order to safely create and demonstrate skills.

Utilization of combined skills: Stunt elements demonstrate two or more skills performed as one. (Examples: a spinning tic toc, a spinning inversion, a multi trick toss, etc.)

Utilization of connected skills: Skills performed demonstrate immediate transition from the completion of one skill to the initiation of the next skill.

Movement and usage of floor: How the stunts performed change position, evolve, transition, and maneuver in reference to each other and the floor.

Variety of skills: Utilization of different elements and/or skills.

Quantity of skills: Display of a cumulative number of skills throughout the routine, performed by one or more groups.

Value of Skills: Increased complexity of level specific skills demonstrated.