ALL PREP DIVISIONS

2021 - 2022
Scoring Rubric

2021 - 2022 ALL STAR PREP 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

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

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

ADDITIONAL INFORMATION

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

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

BODY POSITIONS

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

2021 - 2022 ALL STAR PREP SCORING SYSTEM - TUMBLING

JUMP DIFFICULTY

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 advanced jumps. Must be synchronized, but does 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

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

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

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 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.

2021 - 2022 ALL STAR PREP 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 PREP 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 - 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 • .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.

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 PREP SCORING SYSTEM - STUNTS

LEVEL 1

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	• INVERSION TO GROUND LEVEL	• SWITCH UP TO LIB BELOW PREP LEVEL • SWITCH UP TO BODY POSITION BELOW PREP LEVEL • TIC TOC BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)	• ¼ TWISTING TRANSITION TO BELOW PREP LEVEL • ¼ DOWN TO GROUND LEVEL • ¼ TWISTING TRANSITION FROM PREP LEVEL	• STEP DOWN • STRAIGHT CRADLE	• BACK STAND • PREP LEVEL SHOW & GO • STRADDLE SIT • FLAT BACK • EXTENDED STRADDLE SIT • BELOW PREP LEVEL 1 LEG STUNT • 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		• TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) • PREP LEVEL TIC TOC (BODY POSITION TO BODY POSITION) WITH BRACER	• ¼ TWISTING TRANSITION TO PREP		• ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER

LEVEL 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	• INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL • INVERSION FROM GROUND LEVEL TO PREP LEVEL	• SWITCH UP TO LIB PREP LEVEL • TIC TOC PREP LEVEL (LIB TO LIB) • TIC TOC PREP LEVEL (LIB TO BODY POSITION)	• ½ TWISTING TRANSITION TO BELOW PREP LEVEL • ½ TWISTING TRANSITION TO PREP LEVEL • ¾ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION • ¼ TWISTING TRANSITION TO EXTENDED STUNT	• STRAIGHT CRADLE FROM EXTENSION • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION • ¼ TWISTING DISMOUNT FROM PREP OR EXTENSION	• PREP LEVEL 1 LEG STUNT • EXTENSION • BARREL ROLL • LEAP FROG VARIATIONS • ½ TWIST TO PRONE • WALK IN PREP LEVEL PRESS EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	• INVERSION FROM GROUND LEVEL TO EXTENDED STUNT	• TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)	• ½ TWISTING TRANSITION TO EXTENDED STUNT		• ½ TWISTING INVERSION TO EXTENDED STUNT • ½ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT • ½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT

LEVEL 3

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	• INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM BELOW PREP LEVEL	• 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)	• FULL UP BELOW PREP LEVEL • FULL UP PREP LEVEL STUNT • ¼ 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	• STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT • FULL DOWN FROM PREP • ¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG • FULL DOWN FROM EXTENSION • SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)	• 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	• INVERSION TO EXTENDED 1 LEG STUNT	• 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	• FULL UP TO PREP LEVEL BODY POSITION • ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION		• ½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)

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 PREP SCORING SYSTEM - TUMBLING

LEVEL 1

STANDING TUMBLING SKILLS	RUNNING 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	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	RUNNING TUMBLING SKILLS
STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING	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	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

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