#### Appendix +.

#### 2012-13 TUMBLING Division Rules

Levels 1,2,3,4,5,6 AGE: Same as Team Age Divisions

#### Level 1, 2 Guidelines

Level 1-1 pass-Minimum 3 skills, maximum 4 skills. Total pass worth 10.00 points. Skills allowed: Forward rolls, Backrolls, front and back walkovers, cartwheels, roundoffs Level 2-1 pass-Minimum 3 skills, maximum 4 skills. Total pass worth 10.00 points Skills allowed: All Level One skills plus, front and backhandsprings, no aerial or salto skills allowed Pass performed with only one (1) skill-Deduction 6 points. Pass Performed with only two (2) skills-Deduction 3 points. Level 1- No flight skills required, but roundoffs are allowed Level 2-At least 1 skills must have flight with use of hands. (Round-offs & handsprings are considered a flight skills) No Bonus, Form deductions only

#### Level 3, 4 Division Guidelines

Level 3 & 4; 2 passes required-Minimum 3 skills, maximum 4 skills. Each pass is worth 10.00 for a total of 20.00 points.

Pass performed with only one (1) skill-Deduction 6 points.

Pass performed with only two (2) skills-Deduction 3 points.

All skills must contain flight with or without use of hands. (Round-off is considered a flight skill)

Deduction for performing a non-flight skill (ex: cartwheel)- 2.00 points per occurrence.

Level 3- No dive rolls allowed. No salto skills is required but may be performed.

Level 4-One pass must contain salto either forward or backward in tuck, pike or stretched position.

Deduction of 5.00 points for missing salto. Aerials are allowed in Level 4

No reversal skills allowed. No twisting allowed.

Deduction will result for a void (0.00) for that pass.

No bonus, form deductions only.

#### Level 5 Division Guidelines

**Level 5; 2 passes**- Minimum 3 skills, maximum 4 skills, all must contain flight. Each pass is worth 10.00 for a total of 20.00 points.

Pass performed with only one (1) skill-Deduction 6 points.

Pass performed with only two (2) skills-Deduction 3 points.

First pass must contain at least one salto either forward or backward.

Second pass must contain a minimum of two saltos forward or backward, directly or indirectly connected.

Maximum level of salto difficulty- 2 1/2 backward twist. No double saltos allowed.

Bonus for each 1/2 twist: 1 point

1/2 twist= 1 point

Full twist= 2 points

1 <sup>1</sup>/<sub>2</sub> twist= 3 points

Double Twist= 4 points

2 <sup>1</sup>/<sub>2</sub> Twist= 5 points

Bonus for two directly connected saltos: 2 points

Round-off, whip back, back tuck= 2 points bonus

Barani, whip back, back tuck=4 points bonus

Front tuck, round-off, whip back, back tuck=2 points bonus

Form deductions apply

Any hesitation between skills will result in a deduction of up to 1 point rhythm deduction for each hesitation,

Hesitations will be determined by superior judge.

Other deductions:

Bent Arms/ knees: up to one point each time.

Leg separation: up to 1 point each time.

Fall to knees or seat: 2 points

Touch of hands on mat: 1 point



### Stunts & Pyramids

#### Stunt Body Positions

L1-5 can score a max point value of a 5 for Stunt Body Positions. Each one legged stunt will count as one point until the max point value of 5 is reached. L1 & L2 must execute a two legged stunt at the appropriate level (L1:Prep Level/L2:Extended level)to max out their score. This two legged stunt will count towards a body position, therefore they would only need to execute 4 one legged body positions and a level appropriate two legged stunt to max out.

### Stunt LDT Difficulty

1-2 Elements3-4 Elements5-5+ Elements

L1: 5-5.3 \* L2: 6-6.3 \* L3: 7-7.3 \* L4: 8-8.3 \* L5: 9-9.3 L1: 5.4-5.6 \* L2: 6.4-6.6 \* L3: 7.4-7.6 \* L4: 8.4-8.6 \* L5: 9.4-9.6 L1: 5.7-6 \* L2: 6.7-7 \* L3: 7.7-8 \* L4: 8.7-9 \* L5: 9.7-10

\*Must be level appropriate (not allowed in the level below)

### Pyramid Structures

Level appropriate pyramid structures will be counted to generate this score. Structures must be held for at least two counts.

Pyramid Structures that Never Touch/Brace =1

One Structure= 2

Two Structures= 3

Three Structures = 4

Four Structures= 5

\*Level 5 Teams must execute an extended one legged braced structure as one of their structures.

## Pyramid LDT Difficulty

1-2 Elements3-4 Elements5-5+ Elements

L1: 5-5.3 \* L2: 6-6.3 \* L3: 7-7.3 \* L4: 8-8.3 \* L5: 9-9.3 L1: 5.4-5.6 \* L2: 6.4-6.6 \* L3: 7.4-7.6 \* L4: 8.4-8.6 \* L5: 9.4-9.6 L1: 5.7-6 \* L2: 6.7-7 \* L3: 7.7-8 \* L4: 8.7-9 \* L5: 9.7-10

\*Must be level appropriate (not allowed in the level below)

All subjective scores will be scored out of a 7-10 point range. Please look at the appropriate grids for guidelines when scoring technique.

	TOSS DEGRE	E OF DIFFICULTY
Level 2		
Mid	6.5-6.7	Some straight ride tosses
		executed within a sequence
High	6.8-6.9	Majority of squad straight ride
		tosses executed within a
		sequence
Max	7.0	Squad straight rides within a
		sequence AND other Toss(es)
		throughout the routine
Level 3		
Low	7-7.3	Majority 1 skill, non-twisting toss
Mid	7.4-7.6	Majority to full team single
		twisting tosses
High	7.7-7.9	Squad single twisting tosses
Max	8.0	Squad single twisting tosses with
		a sequence AND other toss(es)
		throughout routine
Level 4		
Mid	8-8.4	Majority 2 skill non-twisting
		tosses
High	8.5-8.9	Majority to squad double twisting
		tosses OR single skill single
		twisting tosses
Max	9.0	Squad double twisting tosses OR
		single skill single twisting tosses
		AND other toss(es) throughout
		the routine
Level 5		
Restricted	9-9.2	Majority to squad two skill single
		twisting tosses
Low	9.3-9.5	Majority to squad kick double
		tosses
Mid	9.5-9.7	Majority to squad hitch kick
		double tosses
High	9.7-9.9	Majority to squad switch kick
		double tosses
Max	10	Squad switch kick double tosses
		AND other toss(es) throughout
		the routine

# 2013 All Star Jumps/Tosses/Dance Grid

Technique	
Low height on tosses, fair body control, tosses that are inverted, (head below waist)poor or uncontrolled catches by the bases	7.0-8.0
Average height on tosses, average body control in toss skill, poor to fair catches by the bases	8.0-9.0
Excellent height on tosses, excellent body control in toss skill	9.0-10.0
*Majority= half plus 1 *Team= includes full team participation in tosses *Squad=Maximum number of tosses executed without front spots	

Jump Degree of Difficulty	
Single Basic Non-Connected Jumps	5
Any Basic Jump Combo(s)	6
Non connected Single Advanced Jumps	7
Two connected advanced jumps	8
Three connected advanced jumps	9
Four connected advanced jumps or Three	10
connected advanced jumps with one more	
advanced jump in the routine	
All approaches within Jumps must use a whip	approach
to be considered connected	

	TECHNIQUE			
7.0-8.0	Below level jumps, multiple flexed			
	toes, multiple legs apart on landing,			
	chest down on jumps and landings.			
8.0-9.0	Below level to level jumps, some			
	flexed toes in jumps, some legs			
	apart on landings, some bent legs in			
	jumps.			
9.0-10.0	Level to hyper-extended jumps,			
	excellent toe point, excellent			
	landings with feet together and			
	chest upright			

Г

Dance Degree of Difficulty				
7.0-8.0	Dances that include poor perfection and			
	synchronization, entertainment value,			
	length, and/or musicality. Basic			
	choreography and/or creativity.			
8.0-9.0	Dances that include average perfection			
	and synchronization, entertainment			
	value, length, and/or musicality. Average			
	choreography and/or creativity.			
9.0-10.0	Dances that include excellent perfection			
	and synchronization, entertainment			
	value, length, and/or musicality. Exciting			
	choreography and/or creativity.			

#### For DIFFICULTY, ALL skills are to be performed by the MAJORITY (half plus 1) of the team. If the skills are NOT performed by majority of the team then the score will be placed in that respective bracket.

\* The lowest possible score given for technique will be a SIX. (if no skills are executed within a category, you will receive a ZERO for that particular technique score)

#### **Basic Jumps**

- \*Tuck Jumps
- \*Right/Left Side Hurdler

\*Spread Eagle (defined as a jump where knees are facing forward and hips are not rotated forward.

#### Advanced Jumps

\*Pike Jump \*Right/Left Front Hurdler \*Toe Touch

# 2013 All Star Pyramid Grid

#### Pyramid Load-Ins/Dismounts/Transition Difficulty

5000		
5.0-6.0	Level 1	*1/4 twisting mount, transition, dismount
		*Straight cradle from two-legged prep level
		pyramid
		*Inversion before a pyramid sequence
		*Other level appropriate creative or unique load
		in, dismount, or transition
6.0-7.0	Level 2	*1/2 twisting mount or transition
		*Straight cradle from single-legged prep level
		pyramid
		*Straight cradle from an extended two-legged
		pyramid
		*Inversion into pyramid
		*Log/Barrel Roll
		Other level appropriate creative or unique load in
		dismount, or transition
7.0-8.0	Level 3	*Single twisting mount or transition to prep level
		*release move landing at prep level
		*1/2 up to extended single legged stunt
		*Single twisting cradle from two legged stunt
		*Straight cradle from extended single legged stur
		*Below prep level downward inversion
		*Other level appropriate creative or unique load
		in, dismount, or transition
		*Any level appropriate release move
8.0-9.0	Level 4	*Single twisting mount or transition landing at
		extended level
		*Release move originating from ground level
		landing at extended level
		*Extended Inverted stunt
		*Prep level downward inversion
		*Double twisting cradle from two legged stunt
		*Single twist from a one legged stunt
		*Other level appropriate creative or unique load
		in, dismount, or transition
		*Any level appropriate release move
9.0-	Level 5	*1+ twisting mount or transition landing at
5.0 <sup>_</sup> 10.0	Levers	extended level
10.0		*Release move at above extended arm level
		*Prep level and above downward inversion
		*Helicopter release move
		*Double twisting cradle from extended single-
		legged stunt
		*other level appropriate creative or unique load
		in, dismount, or transition
		*Any level appropriate release move
		the skills are to be performed by MAJORITY (half
	i the team, i	then the score will be placed in the respective
bracket.		and the first shall be a first of the second states
		score given for technique will be a SIX. (if no skills
		a category, you will receive a ZERO for that
particula	r technique	score)

Pyramid Structures	
Pyramid Structures that	1
never touch/brace	
One Structure	2
Two Structures	3
Three Structures	4
Four Structures	5

r			
	TECHNIQUE		
7.0-8.0	Top person(s) demonstrating fair body		
	control, fair flexibility, shaky structures,		
	multiple pyramid bobbles, and/or some		
	pyramid structures that do not dismount		
	correctly (including falls)		
8.0-9.0	Top person(s) demonstrating good body		
	control, good flexibility, some loss of		
	pyramid control, few pyramid bobbles,		
	and/or few pyramid structures that do		
	no dismount correctly (including falls).		
9.0-10.0	Top person(s) demonstrating excellent		
	body control, excellent flexibility, minor		
	to no pyramid control issues, pyramids		
	executed to near perfection through		
	dismount.		
*A 6.0-7.0 t	echnique score can be given for multiple		
mistakes, ar	mistakes, and/or a majority of the pyramid falling to a		
cradle position or to the ground.			

## 2013 All Star Stunts Grid

### Stunt Load-Ins/Dismounts/Transition Difficulty

5.0-6.0	Level 1	*1/4 twisting mount, transition, dismount *Straight cradle from two-legged prep level stunt *Inversion before a stunt sequence *Other level appropriate creative or unique load in, dismount, or transition
6.0-7.0	Level 2	<ul> <li>*1/2 twisting mount or transition</li> <li>*Straight cradle from single-legged prep level stunt</li> <li>*Straight cradle from an extended two-legged stunt</li> <li>*Inversion into stunt</li> <li>*Log/Barrel Roll</li> <li>Other level appropriate creative or unique load in, dismount, or transition</li> </ul>
7.0-8.0	Level 3	*Single twisting mount or transition to prep level *release move landing at prep level *1/2 up to extended single legged stunt *Single twisting cradle from two legged stunt *Straight cradle from extended single legged stunt *Below prep level downward inversion *Other level appropriate creative or unique load in, dismount, or transition
8.0-9.0	Level 4	*Single twisting mount or transition landing at extended level *Release move originating from ground level landing at extended level *Extended Inverted stunt *Prep level downward inversion *Double twisting cradle from two legged stunt *Single twist from a one legged stunt *Other level appropriate creative or unique load in, dismount, or transition
9.0- 10.0	Level 5	*1+ twisting mount or transition landing at extended level *Release move at above extended arm level *Prep level and above downward inversion *Helicopter release move *Double twisting cradle from extended single- legged stunt *other level appropriate creative or unique load in, dismount, or transition

	Stunt Quantity Chart						Difficulty					
		4	5	6	7	7.5	8	8.5	9	9.5	10	Majority
	5 to 7									1	2+	1
(0	8 to 11								1	2	3+	2
athletes	12 to 15							1	2	3	4+	2
ie l	16 to 19						1	2	3	4	5+	3
ath	20 to 23					1	2	3	4	5	6+	3
of a	24 to 27				1	2	3	4	5	6	7+	4
# C	28 to 31			1	2	3	4	5	6	7	8+	4
	32 to 35		1	2	3	4	5	6	7	8	9+	5
	36	1	2	3	4	5	6	7	8	9	10+	5
	This chart r	eprese	ents th	e numbe	er of pa	articipan	ts neede	ed to exe	cute the	skill for	MAJORI	TY

Stunt Body Positions	
One legged (1) Body Position at appropriate level	1
One legged (2) Body Position at appropriate level	2
One legged (3) Body position at appropriate level	3
One legged (4) Body position at appropriate level	4
One legged (5) Body position at appropriate level	5
L1 & L2 must execute a two legged stunt at the appropriate level. The s stunt will count as a body position. They must execute 4 more one legg positions at the appropriate level to max this category.	00

	Technique			
7.0-8.0	Top person(s) demonstrating fair body control, fair flexibility, some			
	shaky stunt, multiple stunt bobbles and/or some stunts that do not			
	dismount correctly (including falls)			
8.0-9.0	Top person(s) demonstrating good body control, good flexibility, some			
	loss of stunt control, few stunt bobbles, and/or few stunts that do not			
	dismount correctly (including falls).			
9.0-10.0	Top person(s) demonstrating excellent body control, excellent			
	flexibility, minor to no stunt control issues, stunts executed to near			
	perfection throughout dismount.			
*A 6.0-7.0 technique score can be given for multiple mistakes, and/or a majority of				
the stunts falling to a cradle position or the ground.				

Co-Ed Degree of Difficulty			
Any Stunt Below Prep Level	1		
Unassisted Load to Hands or Assisted Hands Extension	2		
Unassisted load to hands Extension or assisted load to double legged extension	3		
Unassisted load to double legged extension or assisted load to a single legged	4		
extended stunt			
Unassisted load to single legged extended stunt	5		

## 2013 All Star Tumbling Grid

Standing Tumbling Degree of Difficulty			
4.0-4.5	Forward or Backward Roll	Level 1	
4.5-5.0	Front or Back Walkover	Level 1	
5.0-5.5	Single Back Handspring	Level 2	
5.5-6.0	Back Walkover/Back Roll connected to single handspring	Level 2	
6.0-6.5	Series Back Handsprings	Level 3	
6.5-7.0	Any skill(s) connected to series back handsprings	Level 3	
7.0-7.5	Back Handspring Tuck	Level 4	
7.5-8.0	Standing Back Tuck	Level 4	
8.0-8.5	Back Handspring Layout	Level 4	
8.5-9.0	Jump(s) connected to back tuck	Level 5	
9.0-10.0	Back handspring full twist	Level 5	
9.0-10.0	Standing full twist	Level 5	
9.0-10.0	Back handspring double twist	Level 5	

Running Tumbling Degree of Difficulty			
4.0-4.5	Cartwheels/Round-offs	Level 1	
4.5-5.0	Combination skills into cartwheel/round-off	Level 1	
5.0-5.5	Round off back handspring(s)	Level 2	
5.5-6.0	Combination skills into round off back handspring(s)	Level 2	
6.0-6.5	Round off/round off back handspring back tuck and/or punch fronts	Level 3	
6.5-7.0	Combination skills into round off back handspring back tuck	Level 3	
7.0-7.5	Round off/round off back handspring layout	Level 4	
7.5-8.0	Combination skills into a layout	Level 4	
8.0-8.5	Minority Team Fulls	Level 5	
8.5-9.0	Majority Team Fulls and/or some doubles	Level 5	
9.0-9.5	Majority team doubles or majority elite passes to fulls	Level 5	
9.5-10.0	Majority Specialty Doubles	Level 5	

For DIFFICULTY, ALL the skills are to be performed by majority (half plus 1) of the team. If the skills are NOT performed by the majority of the team, then the score will be placed in that respective bracket.

The lowest possible score given for technique will be a SIX. (if no skills are executed within a category, you will receive a ZERO for that particular technique score)

Standing Tumbling Synchronization		
Few Passes Synchronized	1	
1/4 of the team synchronized	2	
1/2 of the team synchronized	3	
3/4 of the team synchronized	4	
Full team synchronization	5	

	Technique
7.0-8.0	Tumbling that demonstrates fair body control (which can include): chest down
	upon landing, bent arms/legs, not completing skills, legs apart on landing,
	head/knees landing on mat
8.0-9.0	Tumbling that demonstrates good body control (which can include): non pointed
	toes, layout or twisting skills that are bent or piked over, average height on
	flipping skills, steps taken after landing of skills
9.0-10.0	Tumbling that demonstrates excellent body control (which can include):
	completed finished skills, excellent body control, straight arms/legs, pointed
	toes, excellent height of flipping skills
	*A 6.0-7.0 technique score can be given for multiple mistakes, and/or a majority
	of the tumbling skills not landing on the feet, and/or head, knees landing on the
	mat.



Judge #:

Division:

Stunts	Мах	PTS	COMMENTS
Stunt Body Positions	L1-L5: 5		
Technique & Execution	10		
Loads/Dismounts/Transitions	L1: 6 L2: 7 L3: 8 L4: 9 L5: 10		
Quantity	10		
Co-Ed Stunt Difficulty (Only Levels 3 & Up)	5		
Pyramids	Max	PTS.	COMMENTS
Pyramid Structures	L1-5: 5		
Technique & Execution	10		
Loads/Dismounts/Transitions	L1: 6 L2: 7 L3: 8 L4: 9 L5: 10		
Choreography/Overall	Max	PTS.	COMMENTS
Overall Impression Stunts & Pyramid	10		
Total		*	

# Stunts & Pyramids

Subjective Scale

7-8 Fair 8—9 Good 9-10 Excellent



Judge #:

Division:

Standing	Max	PTS	COMMENTS
Degree of Difficulty	L1: 5		
	L2: 6		
	L3: 7		
	L4: 8.5		
	Y/SRst: 9.3		
	L5: 10		
Technique & Execution	10		
Synchronized Quantity	5		
Running	Max	PTS	COMMENTS
Degree of Difficulty	L1: 5		
	L2: 6		
	L3: 7		
	L4: 8		
	Y/SRst:9.5		
	L5: 10		
Technique & Execution	10		
Choreography/Overall	Max	PTS	COMMENTS
Overall Impression	10	*	
Total		·•	

Tumbling

Subjective Scale

7-8 Fair 8-9 Good 9-10 Excellent



Judge #:

Division:

Jumps	Max	PTS	COMMENTS
Degree of Difficulty	10		
Technique & Execution	10		
Tosses	Max	PTS	COMMENTS
Degree of Difficulty	L1: N/A L2: 7 L3: 8 L4: 9 Y/SRst: 9.5 L5: 10		
Technique & Execution	10		
Dance	Max	PTS	COMMENTS
Dance	10		
Technique & Execution	10		
Choreography/Overall			
Overall Impression	10		
Total		*	

## Jumps, Tosses, Dance

Subjective Scale

7-8 Fair 8-9 Good 9-10 Excellent



Judge #:

Division:

#### **Official Cheer Deduction Judge Sheet**

Time of Routine:5 pt deduction for 1-10 seconds over10 pt deduction for 11 or > over

Deduction Type	Left Side of Floor	Middle of Floor	Right Side of Floor	Total
Stunts B=Bobble F=Fall				
Tumbling B=Bobble F=Fall				

Total

Deduction

Script Breakdown

#### **Pts To Be Deducted**

B=Stunt/Tumbling F=Stunt F= Tumbling	1 pt 5 pt 3 pt	Under 5 members/Over 36 members	15pt
SV=Safety Violation LV=Level Violation CA= Coach Assist	5 pt 15 pt 25 pt		

#### Safety Deduction:

Level	Skill	Deduction
Explanation:		
Level	Skill	Deduction
Explanation:		

Total Pts. To Be Deducted:

55 AAU Cheerleading Team Score Sheet Choreography Team Name: Division:	Judge#:
Dance Execution 151015	Comments
Dance Difficulty 151015	
Execution Difficulty Total + =	
Formations 12345678910 Transitions 12345678910	
Formations Transitions Total =	
Overall Routine Impression	
12345678910	
Total	
Total	

	U			erleadin ore Shee	-
<b>X</b> Ŝ			Tumb	ling	Judge#:
		Team Na	ame:		
	R	Division	ו:		
Standing Execut	tion <b>1</b>	510.	15		Comments
Standing Difficu	ılty <b>1</b>	510.	15		
	Execution	+	Difficulty =	Total	
Running Execut	tion <b>1</b>	.510	15		
Running Difficu	ılty <b>1</b>	510.	15		
	Execution	+	Difficulty =	Total	
Synchronizat	ion				±
1510	.15			Total	
Jumps Execution	1 <b>12</b>	.34	.567.	910	-
Jumps Difficulty	12	34	.567.	910	
	Execution	+	Difficulty =	Total	
<b>Overall Rout</b>	-				
1234	56	.789	910	Total	
(Overall impression o	f the entire	routine, not	just this section	on)	Ц
				Total	
_					
Total					





# 2013 AAU Stunt Group Score Sheet

## **Team Name:**



## **Division:**

Judge #	Score	Max Score	Comments
Technique		10	
Creativity		10	
Transitions		10	
Difficulty of Routine		10	
Use of Music		10	
Overall Perfection		10	
Overall Impression		10	

Sum of Judges Scores



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### 2013 AAU Pom Squad Score Sheet



### Team Name: Division:

Judge #	Score	Max. Score	e Comments
Jumps		10	
Dance		10	
Choreography		10	
Turns		10	
Leaps		10	
Formations/Use of floor		10	
Style		10	
Technique		10	
Overall Difficulty		10	
Overall Impression		10	

Sum Of Judges Score





## 2013 AAU Tumbling Solo Score Sheet



## **Athlete Name:**

## **Division:**

Judge #	Pass 1	Pass 2	Max Score	Comments
Form/Execution			10	
Technique			10	
Connection of Skills			10	
Skill Level & Difficulty			10	
Crowd Appeal			10	

Pass 1 Total Pass 2 Total

Sum of Both Passes



# 2013 AAU Jump Solo Score Sheet

## **Athlete Name:**



# Division:

Judge #	Jump 1	Jump 2	Jump 3	Max Score	Comments
Technique				10	
Height				10	
Pointed Toes				10	
Approach/Landing				10	
Overall Tightness				10	
Skill Level/				10	
Difficulty					
Crowd Appeal/				10	
Confidence					
Totals:	Jump 1	Jump 2	Jump 3	1	L]
				]	
		um of 2 lura			
	Sum of 3 Jumps				



# 2013 AAU Cheer Solo Score Sheet

## **Athlete Name:**



## **Division:**

Judge #	Score	Max. Score	Comments
Motions/Dance		10	
Jumps		10	
Tumbling		10	
Cheer		10	
Choreography/Creativity		10	
Overall Perfection		10	
Overall Impression		10	

### Sum of Judges Score





## 2013 AAU Crowd Leader Score Sheet

## Athlete Name:



## **Division:**

Judge #	Score	Max. Score	Comments
Technique		10	
Cheer		10	
Choreography/Creativity	,	10	
Use of Music		10	
Jumps		10	
Overall Impression		10	
Overall Perfection		10	

Sum of Judges Score





## AAU Cheerleading Stunts & Pyramids



#### Stunt Body Positions

L1-5 can score a max point value of a 5 for Stunt Body Positions. Each one legged stunt will count as one point until the max point value of 5 is reached. L1 & L2 must execute a two legged stunt at the appropriate level (L1:Prep Level/L2:Extended level)to max out their score. This two legged stunt will count towards a body position, therefore they would only need to execute 4 one legged body positions and a level appropriate two legged stunt to max out.

### Stunt LDT Difficulty

1-2 Elements3-4 Elements5-5+ Elements

L1: 5-5.3 \* L2: 6-6.3 \* L3: 7-7.3 \* L4: 8-8.3 \* L5: 9-9.3 L1: 5.4-5.6 \* L2: 6.4-6.6 \* L3: 7.4-7.6 \* L4: 8.4-8.6 \* L5: 9.4-9.6 L1: 5.7-6 \* L2: 6.7-7 \* L3: 7.7-8 \* L4: 8.7-9 \* L5: 9.7-10

\*Must be level appropriate (not allowed in the level below)

### **Pyramid Structures**

Level appropriate pyramid structures will be counted to generate this score. Structures must be held for at least two counts.

Pyramid Structures that Never Touch/Brace =1

One Structure= 2

Two Structures= 3

Three Structures = 4

Four Structures= 5

\*Level 5 Teams must execute an extended one legged braced structure as one of their structures.

### Pyramid LDT Difficulty

1-2 Elements3-4 Elements5-5+ Elements

L1: 5-5.3 \* L2: 6-6.3 \* L3: 7-7.3 \* L4: 8-8.3 \* L5: 9-9.3 L1: 5.4-5.6 \* L2: 6.4-6.6 \* L3: 7.4-7.6 \* L4: 8.4-8.6 \* L5: 9.4-9.6 L1: 5.7-6 \* L2: 6.7-7 \* L3: 7.7-8 \* L4: 8.7-9 \* L5: 9.7-10

\*Must be level appropriate (not allowed in the level below)

All subjective scores will be scored out of a 7-10 point range. Please look at the appropriate grids for guidelines when scoring technique.

	TOSS DEGR	EE OF DIFFICULTY
Level 2		
Mid	6.5-6.7	Some straight ride tosses
		executed within a sequence
High	6.8-6.9	Majority of squad straight ride
		tosses executed within a
		sequence
Max	7.0	Squad straight rides within a
		sequence AND other Toss(es)
		throughout the routine
Level 3		
Low	7-7.3	Majority 1 skill, non-twisting toss
Mid	7.4-7.6	Majority to full team single
		twisting tosses
High	7.7-7.9	Squad single twisting tosses
Max	8.0	Squad single twisting tosses with
		a sequence AND other toss(es)
		throughout routine
Level 4		
Mid	8-8.4	Majority 2 skill non-twisting
		tosses
High	8.5-8.9	Majority to squad double twisting
		tosses OR single skill single
		twisting tosses
Max	9.0	Squad double twisting tosses OR
		single skill single twisting tosses
		AND other toss(es) throughout
		the routine
Level 5		
Restricted	9-9.2	Majority to squad two skill single
		twisting tosses
Low	9.3-9.5	Majority to squad kick double
		tosses
Mid	9.5-9.7	Majority to squad hitch kick
		double tosses
High	9.7-9.9	Majority to squad switch kick
		double tosses
Max	10	Squad switch kick double tosses
		AND other toss(es) throughout
		the routine

Technique	
Low height on tosses, fair body control, tosses that are inverted, (head below waist)poor or uncontrolled catches by the bases	7.0-8.0
Average height on tosses, average body control in toss skill, poor to fair catches by the bases	8.0-9.0
Excellent height on tosses, excellent body control in toss skill	9.0-10.0
*Majority= half plus 1 *Team= includes full team participation in tosses *Squad=Maximum number of tosses executed without front spots	

# 2013 All Star Jumps/Tosses/Dance Grid



Jump Degree of Difficulty	
Single Basic Non-Connected Jumps	5
Any Basic Jump Combo(s)	6
Non connected Single Advanced Jumps	7
Two connected advanced jumps	8
Three connected advanced jumps	9
Four connected advanced jumps or Three	10
connected advanced jumps with one more	
advanced jump in the routine	
All approaches within Jumps must use a whip	approach
to be considered connected	

	TECHNIQUE
7.0-8.0	Below level jumps, multiple flexed
	toes, multiple legs apart on landing,
	chest down on jumps and landings.
8.0-9.0	Below level to level jumps, some
	flexed toes in jumps, some legs
	apart on landings, some bent legs in
	jumps.
9.0-10.0	Level to hyper-extended jumps,
	excellent toe point, excellent
	landings with feet together and
	chest upright

Danc	e Degree of Difficulty
7.0-8.0	Dances that include poor perfection and
	synchronization, entertainment value,
	length, and/or musicality. Basic
	choreography and/or creativity.
8.0-9.0	Dances that include average perfection
	and synchronization, entertainment
	value, length, and/or musicality. Average
	choreography and/or creativity.
9.0-10.0	Dances that include excellent perfection
	and synchronization, entertainment
	value, length, and/or musicality. Exciting
	choreography and/or creativity.

#### For DIFFICULTY, ALL skills are to be performed by the MAJORITY (half plus 1) of the team. If the skills are NOT performed by majority of the team then the score will be placed in that respective bracket.

\* The lowest possible score given for technique will be a SIX. (if no skills are executed within a category, you will receive a ZERO for that particular technique score)

#### **Basic Jumps**

- \*Tuck Jumps
- \*Right/Left Side Hurdler

\*Spread Eagle (defined as a jump where knees are facing forward and hips are not rotated forward.

#### Advanced Jumps

\*Pike Jump \*Right/Left Front Hurdler \*Toe Touch



#### Pyramid Load-Ins/Dismounts/Transition Difficulty

Pyramid Structures	
Pyramid Structures that	1
never touch/brace	
One Structure	2
Two Structures	3
Three Structures	4
Four Structures	5

	TECHNIQUE
7.0-8.0	Top person(s) demonstrating fair body control, fair flexibility, shaky structures, multiple pyramid bobbles, and/or some
	pyramid structures that do not dismount correctly (including falls)
8.0-9.0	Top person(s) demonstrating good body control, good flexibility, some loss of pyramid control, few pyramid bobbles, and/or few pyramid structures that do no dismount correctly (including falls).
9.0-10.0	Top person(s) demonstrating excellent body control, excellent flexibility, minor to no pyramid control issues, pyramids executed to near perfection through dismount.
mistakes, ar	echnique score can be given for multiple nd/or a majority of the pyramid falling to a ion or to the ground.

### Stunt Load-Ins/Dismounts/Transition Difficulty

5.0-6.0	Level 1	<ul> <li>*1/4 twisting mount, transition, dismount</li> <li>*Straight cradle from two-legged prep level stunt</li> <li>*Inversion before a stunt sequence</li> <li>*Other level appropriate creative or unique load</li> <li>in, dismount, or transition</li> </ul>
6.0-7.0	Level 2	<ul> <li>*1/2 twisting mount or transition</li> <li>*Straight cradle from single-legged prep level stunt</li> <li>*Straight cradle from an extended two-legged stunt</li> <li>*Inversion into stunt</li> <li>*Log/Barrel Roll</li> <li>Other level appropriate creative or unique load in, dismount, or transition</li> </ul>
7.0-8.0	Level 3	*Single twisting mount or transition to prep level *release move landing at prep level *1/2 up to extended single legged stunt *Single twisting cradle from two legged stunt *Straight cradle from extended single legged stunt *Below prep level downward inversion *Other level appropriate creative or unique load in, dismount, or transition
8.0-9.0	Level 4	*Single twisting mount or transition landing at extended level *Release move originating from ground level landing at extended level *Extended Inverted stunt *Prep level downward inversion *Double twisting cradle from two legged stunt *Single twist from a one legged stunt *Other level appropriate creative or unique load in, dismount, or transition
9.0- 10.0	Level 5	*1+ twisting mount or transition landing at extended level *Release move at above extended arm level *Prep level and above downward inversion *Helicopter release move *Double twisting cradle from extended single- legged stunt *other level appropriate creative or unique load in, dismount, or transition



Stunt Quantity Chart						Difficulty						
		4	5	6	7	7.5	8	8.5	9	9.5	10	Majority
	5 to 7									1	2+	1
(0	8 to 11								1	2	3+	2
athletes	12 to 15							1	2	3	4+	2
ie l	16 to 19						1	2	3	4	5+	3
ath	20 to 23					1	2	3	4	5	6+	3
of a	24 to 27				1	2	3	4	5	6	7+	4
# of	28 to 31			1	2	3	4	5	6	7	8+	4
	32 to 35		1	2	3	4	5	6	7	8	9+	5
	36	1	2	3	4	5	6	7	8	9	10+	5
	This chart represents the number of participants needed to execute the skill for MAJORITY											

Stunt Body Positions		
One legged (1) Body Position at appropriate level	1	
One legged (2) Body Position at appropriate level	2	
One legged (3) Body position at appropriate level	3	
One legged (4) Body position at appropriate level	4	
One legged (5) Body position at appropriate level	5	
L1 & L2 must execute a two legged stunt at the appropriate level. The two legged stunt will count as a body position. They must execute 4 more one legged body positions at the appropriate level to max this category.		

	Technique	
7.0-8.0	Top person(s) demonstrating fair body control, fair flexibility, some	
	shaky stunt, multiple stunt bobbles and/or some stunts that do not	
	dismount correctly (including falls)	
8.0-9.0	Top person(s) demonstrating good body control, good flexibility, some	
	loss of stunt control, few stunt bobbles, and/or few stunts that do not	
	dismount correctly (including falls).	
9.0-10.0	Top person(s) demonstrating excellent body control, excellent	
	flexibility, minor to no stunt control issues, stunts executed to near	
	perfection throughout dismount.	
*A 6.0-7.0 technique score can be given for multiple mistakes, and/or a majority of		
the stunts falling to a cradle position or the ground.		

Co-Ed Degree of Difficulty		
Any Stunt Below Prep Level	1	
Unassisted Load to Hands or Assisted Hands Extension	2	
Unassisted load to hands Extension or assisted load to double legged extension	3	
Unassisted load to double legged extension or assisted load to a single legged extended stunt		
Unassisted load to single legged extended stunt	5	



## 2013 All Star Tumbling Grid

Standing Tumbling Degree of Difficulty				
4.0-4.5	Forward or Backward Roll	Level 1		
4.5-5.0	Front or Back Walkover	Level 1		
5.0-5.5	Single Back Handspring	Level 2		
5.5-6.0	Back Walkover/Back Roll connected to single handspring	Level 2		
6.0-6.5	Series Back Handsprings	Level 3		
6.5-7.0	Any skill(s) connected to series back handsprings	Level 3		
7.0-7.5	Back Handspring Tuck	Level 4		
7.5-8.0	Standing Back Tuck	Level 4		
8.0-8.5	Back Handspring Layout	Level 4		
8.5-9.0	Jump(s) connected to back tuck	Level 5		
9.0-10.0	Back handspring full twist	Level 5		
9.0-10.0	Standing full twist	Level 5		
9.0-10.0	Back handspring double twist	Level 5		

Running Tumbling Degree of Difficulty				
4.0-4.5	Cartwheels/Round-offs	Level 1		
4.5-5.0	Combination skills into cartwheel/round-off	Level 1		
5.0-5.5	Round off back handspring(s)	Level 2		
5.5-6.0	Combination skills into round off back handspring(s)	Level 2		
6.0-6.5	Round off/round off back handspring back tuck and/or punch fronts	Level 3		
6.5-7.0	Combination skills into round off back handspring back tuck	Level 3		
7.0-7.5	Round off/round off back handspring layout	Level 4		
7.5-8.0	Combination skills into a layout	Level 4		
8.0-8.5	Minority Team Fulls	Level 5		
8.5-9.0	Majority Team Fulls and/or some doubles	Level 5		
9.0-9.5	Majority team doubles or majority elite passes to fulls	Level 5		
9.5-10.0	Majority Specialty Doubles	Level 5		

For DIFFICULTY, ALL the skills are to be performed by majority (half plus 1) of the team. If the skills are NOT performed by the majority of the team, then the score will be placed in that respective bracket.

The lowest possible score given for technique will be a SIX. (if no skills are executed within a category, you will receive a ZERO for that particular technique score)

Standing Tumbling Synchronization	
Few Passes Synchronized	1
1/4 of the team synchronized	2
1/2 of the team synchronized	3
3/4 of the team synchronized	4
Full team synchronization	5

	Technique
7.0-8.0	Tumbling that demonstrates fair body control (which can include): chest down upon landing, bent arms/legs, not completing skills, legs apart on landing,
	head/knees landing on mat
8.0-9.0	Tumbling that demonstrates good body control (which can include): non pointed toes, layout or twisting skills that are bent or piked over, average height on flipping skills, steps taken after landing of skills
9.0-10.0	Tumbling that demonstrates excellent body control (which can include): completed finished skills, excellent body control, straight arms/legs, pointed toes, excellent height of flipping skills
	*A 6.0-7.0 technique score can be given for multiple mistakes, and/or a majority of the tumbling skills not landing on the feet, and/or head, knees landing on the mat.

