

# ALL STAR RUBRIC - BUILDING

STUNT DIFFICULTY		PYRAMID DIFFICULTY		TOSS DIFFICULTY	
Skills performed do not meet 3.5 - 4.0 range	3.0 - 3.5	Skills performed do not meet 3.5 - 4.0 range	3.0 - 3.5	Less than Majority performed a toss	4.0
4 different LAS by Most, 1 must be Elite	3.5 - 4.0	3 different LAS & 2 Structures by Most of the team	3.5 - 4.0	Majority performed a level appropriate toss (LAT)	4.5
4 different LAS by Most, 2 must be Elite	4.0 - 5.0	4 different LAS & 2 Structures by Most of the team	4.0 - 5.0	Majority performed a LAT rippled & synced in same section	5.0
<ul style="list-style-type: none"> <li>Skills will only receive full credit if they show control through the pop or transition to another skill.</li> <li>Body positions include: stretch, bow and arrow, arabesque, scale and scorpion.</li> <li>Lib and platform are not considered body positions.</li> <li>Drivers which will impact difficulty once in a range are: the degree of difficulty, percentage of team participation, combination of skills (level and non-level appropriate) and pace of skills.</li> </ul>			<ul style="list-style-type: none"> <li>Tosses are excluded in level 1.</li> <li>Same section means that athletes may not be recycled.</li> <li>Tosses performed may be different to receive credit, but, must be level appropriate to score 4.5 or 5.0.</li> </ul>		

STUNT & PYRAMID EXECUTION DRIVERS		TOSS EXECUTION DRIVERS	
<ul style="list-style-type: none"> <li>Scores will start at a 5.0 and may be reduced by based on the lack of technical execution of each driver</li> <li>-0.1 = Minor technique issues by the team, not just 1 athlete</li> <li>-0.2 = Multiple technique issues by the team</li> <li>-0.3 = Widespread technique issues by the team</li> <li>No more than -0.3 will be taken off for a single driver. Stylistic differences will not factor into a teams' Execution score.</li> <li>Each driver may include, but, is not limited to, the below examples:</li> </ul>			
Top	Body control, uniform flexibility, motion placement, legs straight/locked & toes pointed	Top	Body control, consistent execution of skill/trick, legs straight/toes pointed, arm placement
Bases/Spotters	Stability of the stunt, solid stance, positioned shoulder width apart, feet stationary	Bases/Spotters	Using arms/legs to throw together, solid stance, positioned shoulder width apart, timing
Transitions	Entries, dismounts, speed/control/flow from skill to skill	Height	Relative to the size of the athletes performing the toss
Synchronization*	Timing	Cradle	Arms up to catch high, legs used to absorb catch, group positioned no more than shoulder width apart, controlled
Obvious Mistakes	-0.2 = 2 or more errors** -0.3 = 3 or more errors**	Obvious Mistakes	-0.3 = Building fall and/or major building fall
<p>* Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive -0.3 off for Synchronization.</p> <p>**Errors include skills that almost fall, but are saved, building falls and major building falls.</p>		Teams with only 1 toss will always receive .3 off for each driver, regardless of the severity of the issue.	

BUILDING QUANTITY CHART			STUNT QUANTITY CHART	
# ATHLETES	MAJORITY	MOST	BASED ON A TRADITIONAL GROUP OF 4 OR MORE, RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES.	
5 - 11	1	1		
12 - 15	1	2	4.0	Less than a Majority of the team performed a LAS
16 - 19	2	3	4.2	Majority of the team performed a LAS
20 - 23	3	4	4.4	Most of the team performed a LAS
24 - 27	4	5	4.6	Less than a Majority performed the same Elite LAS
28 - 30	4	6	4.8	Majority of the team performed the same Elite LAS
31 - 38	5	7	5.0	Most of the team performed the same Elite LAS



# ALL STAR RUBRIC - COED & SR 6

**STUNT QUANTITY SENIOR 6 ONLY** (based on traditional group of 4, rippled or synced in the same section without recycling athletes)

	5 - 16 athletes	17 - 22 Athletes	23 - 30 athletes	31 - 38 athletes
4.0	1 group performed a LAS	1-2 groups performed a LAS	1-4 groups performed a LAS	1-6 groups performed a LAS
4.2	2 groups performed a LAS	3 groups performed a LAS	5 groups performed a LAS	7 groups performed a LAS
4.4	3 groups performed a LAS	4 groups performed a LAS	6 groups performed a LAS	8 groups performed a LAS
4.6	4 groups performed a LAS	5 groups performed a LAS	7 groups performed a LAS	9 groups performed a LAS
4.8	3 groups performed ELAS	4 groups performed an ELAS	6 groups performed an ELAS	8 groups performed an ELAS
5.0	4 groups performed ELAS	5 groups performed an ELAS	7 groups performed an ELAS	9 groups performed an ELAS

COED QUANTITY		COED QUANTITY		COED NOTES
COED SR 3 & 4		COED SR 6		
# males	# of stunts	# males	# of stunts	
1 - 3	1	1 - 3	1	
4 +	2	4 - 5	2	
		6 - 7	3	
		8 - 9	4	
		10 -11	5	
		12 - 13	6	
		14 -19	7	

- ▶ Only the skills listed on the coed requirement grid will count for quantity.
- ▶ Based on a group of 3 (base, top and spotter) rippled or synchronized in the same section without recycling athletes. Stunts must be held for 4 counts with a controlled dismount/pop off to the performing surface to receive full Coed Quantity credit.
- ▶ Entry must be Toss or Walk-in (Toss = top starts with both feet on the performing surface. Base starts with hands on Top's waist. Walk-in = Top and Base start facing each other with 1 foot loaded-in.)
- ▶ The same entry and skill must be used by all groups. If there is a mixture of assisted and unassisted, credit will be given for the assisted version.
- ▶ The Base must be directly under the stunt.
- ▶ The Base and Spotter may not be chest to chest.

**COED REQUIREMENT for SENIOR COED 3, & SENIOR COED 4**      **COED REQUIREMENT for SENIOR COED 6**

	COED STYLE ASSISTED	COED STYLE UNASSISTED		COED STYLE ASSISTED	COED STYLE UNASSISTED
3.5	Skills do not meet 4.0	N/A	3.5	Skills do not meet 4.0	N/A
4.0	Walk-in Hands; Toss Hands	Skills do not meet 4.4	4.0	Walk-in OR Toss Ext. 2 leg stunt; Walk-in OR Toss Hands press Extended 1 leg, 1 arm stunt	Skills do not meet 4.2
4.2	Walk-in Hands press Extension; Toss Hands press Extension	N/A	4.2	Walk-in OR Toss Ext 1 leg, 1 arm stunt	Walk-in OR Toss Hands press Extension
4.4	Walk-in Extended 2 leg stunt; Toss Extended 2 leg (L4 ONLY); Walk-in OR Toss press Extended 1 leg, 1 arm stunt	Walk-in Hands; Toss Hands	4.4	Toss 1/4 - 3/4 Twist to Extended 1 leg stunt	Walk-in OR Toss Extended 2 leg stunt; Walk-in OR Toss press Extended 1 leg, 1 arm stunt
4.6	Walk-in Extended 1 leg, 1 arm stunt; Toss Extended 1 leg, 1 arm stunt (L4 ONLY)	Walk-in OR Toss Hands press Extension	4.6	Toss Ext 1 arm stunt; Toss full up to Extended Stunt; Toss front handspring 1/2 to Extended stunt	Walk-in Extended 1 leg, 1 arm stunt; Toss Extended 1 leg stunt
4.8	N/A	Walk-in Ext 2 leg stunt; Toss Ext 2 leg stunt (L4 only) Walk-in OR Toss Hands press Extended 1 leg, 1 arm stunt	4.8	N/A	Toss 1/4 - 3/4 Twist to Extended 1 leg stunt
5.0	N/A	Walk-in Extension 1 leg, 1 arm stunt; Toss Extended 1 leg, 1 arm stunt (L4 ONLY)	5.0	N/A	Toss Extended 1 arm stunt; Toss Full up to Extended stun; Toss front handspring 1/2 up to Extended stunt

# ALL STAR RUBRIC - TUMBLING

TUMBLING/JUMP QUANTITY		
# athletes	MAJ.	MOST
5 - 7	2	3
8 - 9	4	5
10 - 11	5	6
12 - 14	6	7
15 - 16	7	9
17 - 19	8	10
20 - 22	10	12
23 - 25	11	13
26 - 27	13	15
28 - 30	14	16
31 - 38	15	18
JUMP DIFFICULTY		
Skills performed do not meet 4.0	3.5	
Most performed 1 advanced jump	4.0	
Most performed 2 connected adv jumps, w sync & variety	4.5	
Most performed 3 connected adv jumps, w sync & variety OR 2 connected adv jump + 1 addition adv. jump, w sync & variety	5.0	

STANDING TUMBLING DIFFICULTY		RUNNING TUMBLING DIFFICULTY	
Skills performed do not meet 3.5 - 4.0	3.0 - 3.5	Skills performed do not meet 3.5 - 4.0	3.0 - 3.5
Most performed Level Appropriate Pass (LAP)	3.5 - 4.0	Less than Majority performed Level Appropriate Pass ( <b>WORLDS Maj. Level Appropriate Pass</b> )	3.5 - 4.0
Majority performed same LAP synchronized at the initiation of the pass. ( <b>WORLDS Majority performed Elite</b> )	4.0 - 4.5	Majority performed Level Appropriate Pass ( <b>WORLDS Most Level Appropriate Pass</b> )	4.0 - 4.5
Most performed same LAP synchronized at the initiation of the pass & Maj. perform additional LAS ( <b>WORLDS Most performed Elite in same section</b> )	4.5 - 5.0	Most performed Level Appropriate Pass ( <b>WORLDS Majority performed Elite</b> )	4.5 - 5.0
<ul style="list-style-type: none"> <li>▶ The following criteria will be used when awarding higher scores within the running tumbling range:               <ul style="list-style-type: none"> <li>• Degree of Difficulty • Percentage of Team Participation • Combination of Skills • Synchronization of Passes • Variety of Passes</li> </ul> </li> <li>▶ The following criteria will be used when awarding higher scores within the standing tumbling range:               <ul style="list-style-type: none"> <li>• Degree of Difficulty of the passes • Variety of Passes • Satisfies or exceeds the quantity requirement utilizing grouped or synchronized passes.</li> </ul> </li> <li>▶ <b>ALL TUMBLING</b></li> <li>▶ Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit.</li> <li>▶ The same level appropriate synchronized pass cannot be used to fulfill Majority pass requirement.</li> <li>▶ No skills out of a RO that are ILLEGAL in L1 will count for level appropriate credit in L2.</li> <li>▶ No skills out of a BHS step out ½ turn that are ILLEGAL in L2 will count for level appropriate credit in L3.</li> <li>▶ L4 running passes must be listed on the skills chart unless it includes multiple flipping skills in the pass or 1 flipping skill not performed in tuck position.</li> <li>▶ Jumps within a pass will not break up the pass (i.e. Toe Touch BHS Toe Touch BHS is 1 pass in L3).</li> <li>▶ T-jumps are not considered a jump and will break up a pass into two separate passes.</li> </ul>			
JUMP NOTES			
<ul style="list-style-type: none"> <li>▶ <b>Basic Jumps:</b> Spread Eagle, Tuck Jump</li> <li>▶ <b>Advanced Jumps:</b> Pike, Right/Left Hurdlers (front or side), Toe Touch, Double Nine</li> <li>▶ Tiny/Mini advanced jumps must be synchronized but do not require variety or whip approach or connections for any range.</li> <li>▶ Jump synchronization means performing the same jump at the same time (no ripple) and must have a whip approach to be considered connected.</li> <li>▶ Variety is at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety (i.e. left/right hurdler).</li> <li>▶ 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).</li> </ul>			

STANDING/RUNNING TUMBLING EXECUTION DRIVERS		JUMP EXECUTION DRIVERS	
<ul style="list-style-type: none"> <li>▶ Scores will start at a 5.0 and may be reduced by based on the lack of technical execution of each driver               <ul style="list-style-type: none"> <li>-0.1 = Minor technique issues by the team, not just 1 athlete</li> <li>-0.2 = Multiple technique issues by the team</li> <li>-0.3 = Widespread technique issues by the team</li> </ul> </li> <li>▶ No more than -0.3 will be taken off for a single driver. Stylistic differences will not factor into a teams' Execution score.</li> <li>▶ Each driver may include, but, is not limited to, the below examples:</li> </ul>			
Approach	Arm placement into a pass/skill; swing/prep, chest placement; flow from skill to skill in a pass	Approach	Consistent entry, swing/prep
Speed	Consistent or increases through pass/skills; connection of pass/skills	Arm placement	Arm position within jump(s)
Body control	Head, arm/shoulder, hips, and leg placement, pointed toes	Leg placement	Straight legs, pointed toes, hip placement, hyper-extension, height
Landings	Controlled, legs/feet together, chest placement, finished pass/skill, incomplete twisting skills	Landings	Legs/feet together, chest placement
Synchronization*	Timing	Synchronization	Timing
Teams that do not perform 2 or more passes synchronized in a group will automatically receive -0.3 off for synchronization.			



# ALL STAR RUBRIC - OVERALL

<b>STUNT CREATIVITY</b>	
Stunt skills incorporated visual, unique or innovative ideas. This includes level and non-level appropriate skills.	2.0 - 2.5
<b>PYRAMID CREATIVITY</b>	
Pyramid skills incorporated visual, unique or innovative ideas. This includes level and non-level appropriate skills.	2.0 - 2.5
<b>DANCE</b>	
A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork and floor work. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.	9.0 - 10.0
<b>ROUTINE COMPOSITION</b>	
A team's ability to demonstrate precise spacing in formations and seamless patterns of movement in transitions performed throughout the routine. This includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance overall appeal.	9.0 - 10.0
<b>PERFORMANCE</b>	
A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression.	9.0 - 10.0