



VARSITY ALL-STAR SCORING RULES



The following grid outlines the point ranges for specific skill sets performed by a *MAJORITY* of the team. Judges will consider difficulty and variety when deciding on a specific score. Skills performed by less than a majority of the team will move the score into a lower range. In each category, the majority of the team must master each listed skill unless the skills are separated by the word "or". Execution/Technique for each skill category will be rewarded separately on the score sheet. (Definitions and examples of "Advanced and "Elite" skills attached).

	Stunts 3-4	Pyramids 3-4	Tosses 3-4	Standing Tumbling 3-4	Running Tumbling 3-4	Jumps 3-4
Level 1	Extension Preps or One Leg Variations below Prep Level	Pyramids at Prep Level and Below or Pyramids Involving Extended Two Leg Stunts	Dismounts Only (Tosses are NOT Permitted) Squish Dismount or Basic Straight Ride Dismount	Forward/Backward Rolls or Cartwheels or Front/Back Walkovers	Cartwheels or Round-offs or Round Off Back Walkover Series	Basic Jumps or Single Jumps
Level 2	4-5 One Leg Variations at Prep Level or 1/4 Turn Cradle from Prep or 1/2 Up to Prep Level One Leg or Extension or Straight Cradle from Extension or 1/2 Up to Extension	4-5 Pyramids involving Extended One Leg Stunts and/or Level 2 Release Moves or Level 2 Inversions into Pyramid	4-5 Basic Straight Rides	4-5 Single BHS or Any Level 1 Standing Tumbling Skill to a BHS	4-5 Round-off BHS or Round Off BHS Stepout Series or Front Walkover into Round Off BHS	4-5 Advanced Jump Combinations
Level 3	5-6 Extended One Leg Stunts or Full Up to Prep Level or 1/2 up to Extended One Leg Stunt or Single Based, Extended Unassisted Stunts and Required Dismount: Full Twist from Two Leg Stunt	5-6 Pyramids involving extended One Leg Stunts and/or Level 3 Release Moves or Suspended Front Flips	5-6 Non-Twisting Tosses Ex: Toe Touch or Tuck Arch or Single Twisting Tosses	5-6 Series BHS or Jump/BHS Combinations	5-6 Round-off BHS Back Tucks or Round-off Tucks or Front Walkover Round off BHS Tucks or Running Punch Fronts or Punch Front Forward Roll Into Round Off BHS Tucks	5-6 Advanced Jump Combinations
Level 4	5-6 Advanced Skills and Required Dismount: Single Twist from One Leg Stunt or Double Twist from Two Leg Stunt	5-6 Pyramids Involving One Leg Extended Stunts and at least one Release Move	6-7 Double Skill Tosses Ex: Kick Fulls or Double Fulls or Single Skill Tosses including a Twist	6-7 Back Tucks or BHS Back Tucks or BHS to a Layout position or Jump/BHS Back Combinations	6-7 Layouts or Specialty Passes to Layout Ex: Front Walkover through to Layout or Boulder Passes or Front Handspring through to Layout	6-7 Advanced Jump Combinations
Level 5	6-7 Elite Skills Required Dismount: Single Twist from One Leg Stunt or Double Twist from Two Leg Stunt or Single Based Extended Unassisted Stunts	6-7 Pyramids Involving One Leg Extended Stunts and Multiple Release Move and Multiple Extended Structures	7-8 Advanced Tosses Ex: Kick Double Fulls	7-8 Jump/Tuck Combinations	7-8 Single Full Twisting Skills	7-8 Minimal Jump Combinations
Level 6	7-8 Advanced Skills and Required Dismount: Double Twist from One Leg Stunt	7-8 Advanced Pyramids Involving Extended One Leg Stunts and at least one Braced Flip Transition Sequence	8-9 Elite Tosses Ex: Switch Kick Double Fulls Hitch Kick Double Fulls Other Specialty Kick Full Tosses	8-9 Standing Passes that include Full Twisting Skills and/or Double Twisting Skills Ex: Standing Two to a Full Standing One to a Full Standing Full	8-9 Single Full Twisting Skills and Numerous Specialty Passes to a full twisting skill and Numerous Double Full Twisting Skills	8-9 Multiple Jump Combinations
Level 6	9-10 Unassisted Single Based Stunts or Free Flipping Stunts to an Extended Position or Full Up Toss to an Extended Position	9-10 2 and 1/2 high Collegiate Pyramids	9-10 Flipping Tosses or Flipping and Twisting Tosses	8-9 See 8-9	8-9 See 8-9	8-9 See 8-9



VARSITY ALL-STAR SCORING DESCRIPTIONS



Maximum Difficulty will be determined by the performing team's USASF Level. Technique will be worth an additional one point value.

Technique will be evaluated on the following criteria: synchronization, form, technique, body position, flexibility and skill completion.

Jumps difficulty will be evaluated based on the following criteria: variety, difficulty, incorporation, use of approaches, and quantity. Jumps execution will be based on the following criteria: chest placement, flexibility, form and landing. Basic Jumps - Spread Eagle, Double Hook, Tuck and Stag. Advanced Jumps - Herkie, Side Hurdler, Toe Touch, Front Hurdler, Pike and Double Nine. Combinations - Connecting jumps with a prep or whip in between. Standing Tumbling difficulty will be reflected in the standing tumbling score and will not be evaluated in the jump category.

Motions/Dance difficulty will be evaluated on the following three areas of criteria. Little to no transitions and level changes will score in the low portion of the range. Minimal transitions and level changes to include variety of movement, footwork and floorwork along with average energy and entertainment value will score in the middle portion of the range. Multiple transitions and level changes to include variety of movement, footwork, floorwork along with high energy and entertainment value will score on the high end of the range.

Formation/Transition difficulty will be evaluated on the following criteria: creativity, flow, visual effect, ease of movement, pace, spacing and seamless patterns. Technique will be evaluated on how well the above criteria is performed by the athletes.

Performance will be evaluated on the following criteria: showmanship, energy levels, excitement, crowd appeal, uniformity, genuine enthusiasm and athletic sportsmanship.

Skills Creativity will reward teams for using new, inventive, unique load ins, dismounts and transitions in the building and tumbling portions of the routine and will have a maximum value of 5 points.

Routine Creativity will reward teams for using creative and innovative choreography which may include music, routine, and skill themes throughout the overall routine and will have a maximum value of 5 points.

Level 4.2 teams will follow the Level 4 range for Building Skills (Stunts, Pyramids and Tosses), Overall Routine (Motions/Dance, Formations/Transitions and Performance) and the Jumps category. All Tumbling Skills (Standing Tumbling and Running Tumbling) will follow the Level 2 range.

Definitions and Examples of "Advanced" and "Elite" skills

Advanced Stunting Skills include (but are not limited to):
Extended One Leg Stunts
Minor Releases that land at prep level or below
Inverted transitions to prep level and below
Walking stunts/Turning stunts
1/2 or Single Twisting Transitions
Power Presses
*Other unique Mounts and Transitions of similar difficulty level

Elite Stunting Skills include (but are not limited to):
Full Up to Extended Position
Major Tick Tock variations
Inverted Transitions to an Extended Position
1-1/2 - 2 Twisting Transitions
Toss Extended stunts
Release Moves that land in an Extended Position
*Other unique Mounts and Transitions of similar difficulty level

ALL-STAR POINT DEDUCTION SYSTEM

Stunt Bobbles

Bobbles during stunting skills will result in a .5 deduction for each occurrence.

Examples:

- Stunts and Pyramids that almost drop/fall, but are saved
- Incomplete twisting cradles
- Knee or hand touching ground during cradle or dismount
- Severe balance checks

Stunt Falls

Falls during stunting skills will result in a 1.0 deduction for each occurrence.

Examples:

- Drops from individual stunt to a cradle
- Drops from individual stunt to a pop down dismount

Stunt Falls (Major)

Falls during stunting skills will result in a 1.5 deduction for each occurrence.

Examples:

- Fall from individual stunt to the ground (Top person lands on ground or multiple bases land on ground).

Stunt or Pyramid Collapse

Collapses during stunt or pyramid skills will result in a 2.0 deduction for each occurrence.

Examples:

- If a stunt drops to the ground (1.5) and then rebuilds in the same stunt sequence and drops again (1.5), the maximum deduction issued will be a 2.0.
- If only an individual stunt performs an error during the pyramid sequence, then only a 1.0 or 1.5 deduction will be assessed.

Athlete Bobbles

Bobbles during individual skills will result in a .25 deduction for each occurrence.

Examples:

- Hands down on tumbling
- Knees touch ground in back handspring

Athlete Falls

Falls during individual skills will result in a .5 deduction for each occurrence.

Examples:

- Drops to the floor during individual skills (tumbling, jumps, etc.)

Time Limit Violations

Time limit violations are as follows:

- 3-5 seconds over time will result in a .5 deduction
- 6-10 seconds over time will result in a 1.0 deduction
- 11 or more seconds over time will result in a 2.0 deduction

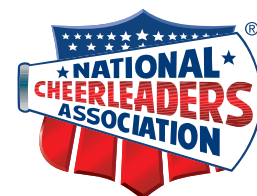
Safety Violation/Skills Performed Out of Level

Safety Violations will result in a 2.0 deduction for each occurrence.

Boundary Violations

All skills must originate and be completed within the competition boundary. No lineups, skills, or transitions are allowed outside of the competition boundary. Anytime a participant unintentionally steps outside the competition boundary, they must return immediately. The competition boundary is defined as the actual spring floor, the carpet bonded foam panels that connect to the spring floor, and any additional border that supports the spring floor.

Excessive out of bounds is not allowed and will result in a .5 deduction for each occurrence. Excessive out of bounds includes stepping, with both feet, completely off of the performance mat and its borders. (Stepping on, or just past the white tape is not a boundary violation).



NCA ALL-STAR