



# Varsity All Star Score Sheet

<b>Building Skills</b>	Maximum Value	Difficulty	Execution 0 - 1.0	Total	Critique
Stunts				0.0	
Pyramids				0.0	
Tosses				0.0	
<b>Tumbling Skills</b>	Maximum Value	Difficulty	Execution 0 - 1.0	Total	Critique
Standing Tumbling				0.0	
Running Tumbling				0.0	
Jumps				0.0	
<b>Overall Routine</b>	Maximum Value	Difficulty	Execution 0 - 1.0	Total	Critique
Motions / Dance				0.0	
Formations				0.0	
Performance				0.0	
<b>Overall Creativity</b>	Maximum Value	Score		Total	Critique
Skills Creativity				0.0	
Routine Creativity				0.0	

**Varsity Brands**  
**6745 Lenox Center Court, Suite 300**  
**Memphis, TN 38115**  
**AllStar.varsity.com**

# Varsity All Star Scoring Ranges

The following grid outlines the point ranges for specific skill sets performed *by a MAJORITY of the team*. Judges will consider difficulty, variety, and creativity 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.)

	<b>Stunts</b> 3 - 4	<b>Pyramids</b> 3 - 4	<b>Tosses</b> 3 - 4	<b>Standing Tumbling</b> 3 - 4	<b>Running Tumbling</b> 3 - 4	<b>Jumps</b> 3 - 4	<b>Motions/Dance</b> 3 - 5
<b>Level 1</b>	--Extension Preps or --One Leg Variations below Prep Level	--Pyramids at Prep Level and Below		--Forward/Backward Rolls or --Cartwheels or --Front/Back Walkovers	--Cartwheels or --Round-offs	--Basic Jumps and Jump combinations	<b>Little To No:</b> Transitions, Level Changes (1-5)
<b>Level 2</b>	--Extensions or --One Lege Variations at Prep Level	--Pyramids involving Extended Stunts	--Basic Straight Rides	--Single BHS	--Round-off BHS	--Basic Jumps and Jump combinations	
<b>Level 3</b>	--Extended One Leg Stunts --Required Dismount: Straight Cradle from One Leg Stunt	--Pyramids involving extended One Leg Stunts and at least one 2 1/2 high Transition	--Non-Twisting Tosses Ex: Toe Touch Switch Kick Tuck Arch --Single Twisting Tosses	--Series BHS or --Jump/BHS Combinations	--Round-off BHS Back Tucks or --Round-off Tucks or --Running Punch Fronts	--Jumps performed in immediate combination with a back handspring	<b>Minimal:</b> Transitions, Level Changes Includes Variety of Movement, and Footwork and Floorwork Average Energy/Entertainment Value (1-5)
<b>Level 4</b>	--Extended One Leg Stunts --Required Dismount: Single Twist from One Leg Stunt	--Pyramids involving extended One Leg Stunts and at least one Braced Flip Transition	--Double skill Tosses including a Twist or --Double Twisting Tosses Ex: Kick Fulls Double Fulls	--Back Tucks or --BHS Back Tucks or --BHS to a Layout position	--Layouts	--Jumps performed in immediate combination with a back handspring	
	--Elite Skills --Required Dismount: Single Twist from One Leg Stunt						
<b>Level 5</b>	--Advanced Skills --Required Dismount: Double Twist from One Leg Stunt	--Pyramids involving extended One Lege Stunts and at least one Level 5 Pyramid Transition	--Double Twisting Tosses with Specialty skills Ex: Kick Double Fulls Switch Kick Double Fulls Hitch Kick Double Fulls	--Jump/Tuck Combinations or --Jump/BHS Back Tuck Combinations	--Single Full Twisting Skills	--Jump combinations connected to a flip	<b>Multiple:</b> Transitions, Level Changes Includes Variety of Movement and Footwork and Floorwork High Energy/Entertainment Value (1-5)
	--Elite Skills --Required Dismount: Double Twist from One Leg Stunt or --Single Based, Extended Unassisted Stunts	--Pyramids involving extended One Leg Stunts and multiple Level 5 Pyramid Transitions at a fast pace --Multiple Extended Structures	--Double Twisting Tosses with Specialty skills and A variety of Tosses	--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	--Single Full Twisting Skills and Numerous Specialty Passes to a full twisting skill and Numerous Double Full Twisting Skills		
	<b>Stunts</b>	<b>Pyramids</b>	<b>Tosses</b>	<b>Standing Tumbling</b>	<b>Running Tumbling</b>	<b>Jumps</b>	<b>Motions/Dance</b>



## Varsity All Star Stunting Definitions



### **Advanced Stunting Skills include**

*(but are not limited to):*

Extended One Leg Stunts

Minor Releases that land at prep level or below

Minor Tick Tock variations

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 Releases that land in an Extended Position

Major Tick Tock variations

Inverted Transitions to an extended position

1 1/2 - 2 Twisting Transitions

Toss Extended stunts

*\*Other unique Mounts and Transitions of similar difficulty level*

# Varsity All Star Point Deduction System

## Mistakes

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

Examples:

- Drops to the floor during tumbling
- Drops from individual stunt to a cradle
- Drops from individual stunt to a pop down dismount

## Falls (Major)

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

Examples:

- fall from individual stunt to the ground
- (flyer lands on ground or multiple bases land on ground)

## Collapses

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

-If only an individual stunt performs an error during the pyramid sequence, then only a 1.0 or 1.5 deduction will be assessed.

## Maximum Deduction

No individual occurrence will incur more than an 2.0 deduction.

Example:

-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.

## Bobbles

The following examples will not receive deductions, However, they will be considered in the execution score.

Examples:

- Hands down on tumbling
- Stunts and Pyramids that almost drop/fall, but are saved
- Incomplete twisting cradles
- Memory mistakes involving obvious execution of incorrect moves
- Tripping to the floor while transitioning
- Knee or hand touching ground during cradle or dismount
- Knees touch ground in back handspring
- Severe balance checks

## 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 .50 deduction for each occurrence. Excessive out of bounds includes stepping, with both feet, completely off of the performance mat and it's borders. (Stepping on, or just past the white tape is not a boundary violation).



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