

# ALL STAR

2018/2019

Event: \_\_\_\_\_  
 Team: \_\_\_\_\_  
 Division: \_\_\_\_\_

Number of Athletes: \_\_\_\_\_

Number of Males: \_\_\_\_\_  
(Coed L3-L6 Only; N/A to 5R or 4.2)

Date: \_\_\_\_\_

Panel #: \_\_\_\_\_

Day: \_\_\_\_\_

Team Number: \_\_\_\_\_

Version 10.11.18

## BUILDING SKILLS

**\* ALL STAR**

### Stunt Difficulty

- 3.0 - 3.5 Skills performed do not meet low range requirement
- 3.5 - 4.0 4 Different Level Appropriate Skills performed by Most of the team
- 4.0 - 4.5 4 Different Level Appropriate Skills performed by Most of the team; 1 is Elite
- 4.5 - 5.0 4 Different Level Appropriate Skills performed by Most of the team; 2 are Elite

\*L6: L5 & L6 skills will count for L6, however, at least 2 different L6 skills are required to score in High range.

### Stunt Technique

**3.5 - 5.0** A team's ability to execute Stunts with excellent precision and form

-0.2 -0.3

DRIVERS:

Top Person/Body Control		
Bases/Spotters/Stability of the Stunt		
Entries/Transitions/Dismounts		
Obvious Mistakes		
Synchronization		

### Stunt Creativity

**2.0 - 2.5** Stunt Skills incorporate visual, unique or innovative ideas.  
 This includes level and non-level appropriate skills.

### Stunt Quantity/ Coed Quantity (See grid)

- 4.0
- 4.2
- 4.4
- 4.6
- 4.8
- 5.0

Co-Ed Quantity Only: If skills performed do not meet 4.0 requirement the score will be 3.5

### Comments:

/5

/5

/2.5

/5

### Pyramid Difficulty

- 3.0 - 3.5 Skills performed do not meet low range requirement
- 3.5 - 4.0 2 Different Level Appropriate Skills, 2 Structures performed by Most of the team
- 4.0 - 4.5 3 Different Level Appropriate Skills, 2 Structures performed by Most of the team
- 4.5 - 5.0 4 Different Level Appropriate Skills, 2 Structures performed by Most of the team

### Pyramid Technique

**3.5 - 5.0** A team's ability to execute Pyramids with excellent precision and form

-0.2 -0.3

DRIVERS:

Top Person/Body Control		
Bases/Spotters/Stability of the Stunt		
Entries/Transitions/Dismounts		
Obvious Mistakes		
Synchronization		

### Pyramid Creativity

**2.0 - 2.5** Pyramid Skills incorporate visual, unique or innovative ideas.  
 This includes level and non-level appropriate skills.

/5

/5

/2.5

### Difficulty Drivers:

- Degree of Difficulty
- Percent of team participation
- Combination of skills (level and non-level appropriate)
- Pace of skills performed

**BUILDING SKILLS TOTAL:**

/30

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## JUMPS & TUMBLING

**\* ALL STAR**

### Jump Difficulty

- 3.5 Skills performed do not meet 4.0 requirement
- 4.0 Most of the team performs 1 advanced jump
- 4.5 Most of the team performs 2 connected advanced jumps. Must be synchronized & must include a variety. TINY/MINI: Most of the team performs 2 advanced jumps, must be synchronized but DO NOT need to be connected or include a variety.
- 5.0 Most of the team performs 3 connected advanced jumps, or 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and include a variety. TINY/MINI: Most of the team performs 3 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.

### Comments:

/5

### Jump Technique

3.5 - 5.0 A team's ability to execute Jumps with excellent precision and form

/5

#### DRIVERS:

Arm Placement	-0.2	-0.3	
Leg Placement			
Hyperextension/Height			
Landings			
Synchronization			

\* All approaches must be whip to be considered "connected". **BASIC JUMPS:** Spread Eagle, Tuck Jump.  
**ADVANCED JUMPS:** Pike, Right / Left Hurdlers (front or side), Toe Touch, etc

### Standing Tumbling Difficulty

- 3.0 - 3.5 Skills performed do not meet low range requirement
- 3.5 - 4.0 Most of team performs a level appropriate pass
- 4.0 - 4.5 Majority of team performs same level appropriate pass, synchronized from initiation  
 L5/L6: Majority of the team performs an Elite level appropriate pass
- 4.5 - 5.0 Most of the team performs same level appropriate pass, synchronized from initiation, PLUS Majority of the team performs an additional level appropriate pass  
 L5/L6: Most of the team performs an Elite level appropriate pass in the same section

/5

/5

### Standing Tumbling Technique

3.5 - 5.0 A team's ability to execute Tumbling with excellent precision and form

### Running Tumbling Difficulty

- 3.0 - 3.5 Skills performed do not meet low range requirement
- 3.5 - 4.0 Less than a majority of team performs a level appropriate pass (Majority for L5/L6)
- 4.0 - 4.5 Majority of team performs a level appropriate pass (Most for L5/L6)
- 4.5 - 5.0 Most of the team performs a level appropriate pass  
 L5/L6: Majority of the team performs an Elite\* level appropriate pass.

/5

/5

### Running Tumbling Technique

3.5 - 5.0 A team's ability to execute Tumbling with excellent precision and form

#### Difficulty Drivers:

- Degree of Difficulty
- Percent of team participation
- Combination of skills
- Synchronization of passes
- Variety of Passes

	-0.2	-0.3	Technique Drivers:	-0.2	-0.3	
Standing			Approach			Running
			Speed			
			Body Control			
			Landings			
			Synchronization			

JUMPS /  
TUMBLING TOTAL:

/30

\*\* ( /10 for non-tumble divisions)

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## TOSSES & OVERALL

### \* ALL STAR

(Reminder - No Tosses for Level 1 = Zero)

#### Toss Difficulty (Levels 2-6 only)

- 4.0 Less than a majority of the team performs a toss
- 4.5 Majority of the team performs a level appropriate toss
- 5.0 Majority of the team performs a level appropriate toss rippled or synchronized in the same section

#### Comments:

/5

#### Toss Technique

3.5 - 5.0 A team's ability to execute Tosses with excellent precision and form.

-0.2 -0.3

#### DRIVERS:

Top Person		
Bases/Spotters		
Height		
Cradle		
Synchronization/Timing		

/5

#### Dance

9.0 - 10.0

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, foot work and floor work. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.

/10

#### Performance

9.0 - 10.0

A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.

/10

#### Routine Composition

9.0 - 10.0

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 the overall appeal.

/10

#### Difficulty Drivers:

- Degree of Difficulty
- Percent of team participation
- Combination of skills (level and non-level appropriate)
- Pace of skills performed

#### Additional Comments:

LEVEL 1 OVERALL TOTAL:

/30

TOSSES & OVERALL TOTAL:

/40