

UCA ALL STAR SCORING SYSTEM

The UCA All Star scoring system evaluates teams in nine categories. In the first seven categories, teams are awarded points for both the execution and difficulty of the skills they perform. These categories include: stunts, pyramids, tosses, running tumbling, standing tumbling, jumps, and dance/motions. The remaining two categories allow teams to earn points for the overall choreography and the overall presentation of their routine.

Execution

Judges at the NASCC are looking for teams that perform a well executed routine while maximizing difficulty in each judging category. Judges will award execution points for skills performed with proper technique, good form, good synchronization, preciseness, and sharpness. Each judge will be responsible for determining their own execution score based on subjectivity and the factors listed above.

Difficulty

Judges are responsible for evaluating and scoring entire routines, but each judge will be responsible for determining difficulty in one category (stunts, pyramids, tosses, running tumbling, standing tumbling, jumps, OR dance/motions).

Difficulty points are awarded for skills performed by a majority of a team in synchronization. Judges will use the scoring grid as a guide to determine the difficulty of skills (in their category) performed by the majority. The grid is divided by All Star Levels, and serves as a rubric to ensure that more difficult skills are awarded properly. Under each category/level there are difficulty ranges with skills described. When a majority of a team performs those skills defined, they score within that scoring range (ex: 3.0 -4.0). However, the team can score on the low end, or high end of that range depending on other factors. These factors include: performing skills in synchronization, maximizing number of stunt groups, using minimal bases, performing multiple/various skills, and executing creative and complex transitions into and out of skills.

Judges will watch and evaluate the entire routine, being careful to script **thoroughly** the section they are assigned. Following the routine, each judge will determine what difficulty range the scores for their category should fall and then use a flip card to show other judges the score for that category. The flip cards are broken up into the low and high of each range (i.e., ↓ 3, or 3.5, or ↑3). Each judge will determine where in range the team falls and then display that card. If a judge disagrees with the difficulty score set by another judge, then they should bring it to the attention of the head judge.

Overall Performance

This includes creativity, transitions, formations, and overall presentation. Each judge will decide what score is earned in this section. Please make note of the items listed on the score sheet that should be evaluated in this section.

Attached are reminders and clarifications for the All Star Scoring Grid. Using frequently asked questions throughout the year, we have tried to confront all vague areas with answers. We could not cover all questions that may arise, but the information should be very helpful while trying to understand the grid. Please look over prior to the judge's meeting.

LEVEL 1

STUNTS

In all building skills, difficulty scores will increase with minimal use of bases and skills performed by majority in synchronization.

6.0 – 7.0

Thigh stand sequence OR two leg variations below prep level

- If a team does not do either and essentially stays on the ground, then they should score a FLAT 6.0. For example: standing on ground and kicking a stretch, or arabesque
- This range covers any stunts where the top keeps her weight supported on two legs.

7.0 – 8.0

One leg variations below prep level OR preps/elevator

- If the bases are on their knees and the feet of the top are at normal elevator height (shoulder level), this is a prep level stunt, NOT below prep level
- Below prep level stunts are only those where top is on the thigh or back of base

8.0 – 9.0

Preps with cradle OR walking/turning/moving preps with cradle (required)

- To get into the 8.0 – 9.0 range, the majority of a team MUST cradle. They can either do Preps with Cradles OR they can do Walking/ Turning/ Moving Preps with cradles.
- The cradle is required to get into the range, but walking/turning or moving them will allow them to score in the higher part of the 8.0 – 9.0 range.
- Simply doing a prep and cradling should be an 8.0 – 8.5.
- **If a team walks or turns or moves an elevator, but does not cradle, they should score a FLAT 8.0.**
 - Judges need to write on the score sheet that the stunt groups need to cradle to increase difficulty score.

9.0 – 10.0

Stunt transitions (shoulder sit to prep w/cradle) OR single based stunt (no cradle required)

- Stunt transitions with a cradle (more than walking/turning/ and moving) OR a single based stunt is required.
- Watch for the single based prep level stunt.
 - A cradle is not required with the single based stunt.

PYRAMIDS

2.0 – 3.0

One structure of a one leg pyramid at prep level

3.0 – 4.0

One leg stunt combination at prep level (multiple body positions) with cradle OR two leg extended pyramid

This range requires a one leg stunt combination WITH MULTIPLE BODY POSITIONS AND A CRADLE OR a two leg extended pyramid.

- IF the team does a one leg combination with multiple body positions and does NOT cradle, then the team should score a FLAT 3.0.
 - Judges need to write on the score sheet that the stunt groups in the pyramid need to cradle to increase difficulty score.
- If a team does a two leg extended pyramid, no cradle is required in this range

4.0 – 5.0

Two leg extended combination/multiple positions with cradle (ex: Braced prep level liberty to extension)

- This requires a two leg extended combination and multiple body positions and a cradle.
 - For example, a team must perform multiple body positions at the prep level, connect with side groups, extend to two legs, come back down to elevator, release, and then cradle. This will get them into the 4.0 – 5.0 range.
- If a team meets all the requirements, but does not cradle, then they should score a FLAT 4.0.
- Judges need to write on the score sheet that the stunt groups need to add a cradle to increase difficulty.

RUNNING TUMBLING

Please remember that for running tumbling passes -ONLY RUNNING TUMBLING-, skills may be added to create a majority and get into a range. The more passes that are synchronized, the higher they should be within the range.

2.0 – 3.0

Cartwheels

Remember that a majority of the team MUST do a cartwheel in order to be in the range, and that cartwheels DO NOT have to be synchronized, they can be added.

- If a majority of a team performs cartwheels, but does them crossing the floor one at a time, then they should score a low 2. If the entire team synchronizes the cartwheel, they should score a high 2.
- Don't forget to leave room for teams to score higher by using transitions into other tumbling. If a team does a synchronized cartwheel, then claps high V's, turns and does a cartwheel going the other way, then they should score higher in the 2.5 – 3.0 range than would a synchronized cartwheel.

3.0 – 4.0

Round Offs

- If a majority of a team performs round offs, but does them crossing the floor one at a time, then they should score a low 3. If the entire team synchronizes the round off, they should score a high 3.

4.0 – 5.0

Connection of two skills (Ex: front walkover to cartwheel)

- Requires a combination of two skills to score within this range.

STANDING TUMBLING

Remember that we are looking for skills performed by a majority in synchronization! If a majority of a team does a skill, they should get into the range, but synchronizing would bump them into the higher part of the range.

2.0 – 3.0

(Minority) Forward rolls/ backward rolls

3.0 – 4.0

(Majority) Forward rolls / backward rolls AND cartwheels/ round offs (minority)

4.0 – 5.0

Cartwheels / Round offs (majority) AND front / back walkovers (minority)

JUMPS

2.0 – 3.0

Basic jump skills: slow to medium pace, no immediate connections, limited jump variety and transitions

- Jumps should be basic skills (spread eagle, tuck jump, toe touch)
- Jumps should be below “level” height
- Pace slow and little transitions
- Fair synchronization

3.0 – 4.0

Intermediate to advanced jump skills: medium pace, limited connections, transitions, jump combinations, variety, synchronization

- More advanced skills performed (pike jumps, double toe touch, herkies)
- Jumps should be “level” height
- Limited connected jumps and moderately paced
- Good synchronization

4.0 – 5.0

Advanced to elite jump skills: good to excellent, fast pace, multiple jump connections with complex/quick transitions, formation changes, synchronization

- Elite skills performed (double/triple toe touch, front hurdlers, herkies, pikes)
- Jumps should be above “level” height
- Connections fast paced
- Quick transitions involving formation changes, standing tumbling, dance/motions, etc.
- Good synchronization

DANCE/MOTIONS

Level changes require a majority of the team to have at least one knee on the floor. Bending over with hands on knees is not enough to be a level change.

2.0 – 3.0

Basic to intermediate skills- poor to fair and limited: creativity, level changes, footwork, use of floor, visual appeal – lacking synchronization

- The majority of teams in this range will move little (if at all), maybe just from a bowling pin out to lines.
- The majority of teams in this range will just go up and down with level changes.

3.0 – 4.0

Intermediate to advanced skills –fair to good, formation changes, creativity, level changes, footwork, use of floor, visual appeal –fair to good synchronization

- Formation changes will be forward and backward, and moving out and in.
- Level changes should be more than just being down on the ground.
- Transitions should be fluid while dancing and involve level changes (forward rolls, roll out, etc.)

4.0 – 5.0

Advanced to elite skills – good to excellent, formation changes, creativity, level changes, footwork, use of floor, visual appeal –good to excellent synchronization

- Formation changes should be forward and backward, moving out and in, left to right, etc.
- Level changes should incorporate transitions and be difficult/complex.

LEVEL 2

STUNTS

In all building skills, difficulty scores will increase with minimal use of bases and skills performed by majority in synchronization.

6.0 – 7.0

One leg variations at prep level OR preps with cradle OR walking/turning/moving preps with a cradle.

- Be aware that walking/turning/moving preps with a cradle should score higher than just doing a prep with a cradle.
- A cradle is required. If there is no cradle, score as a FLAT 6.0.
- Judge needs to write on sheet that a cradle needs to be performed to increase difficulty score.

7/0 – 8.0

Prep to Extensions w/ cradle from prep level OR prep with ¼ turn twist cradle

- WATCH FOR THE ¼ twist cradle. If they do an elevator to the side, be ready for the ¼ turn cradle.
- A cradle is required. If there is no cradle, score as a FLAT 7.0.
- Judge needs to write on sheet that a cradle needs to be performed to increase difficulty score.

8.0 – 9.0

Straight up extensions w/ cradle OR Extended Two Leg Stunt transition with a cradle.

- Remember that a transition may be as simple as a reload or a double take.
- A cradle is required. If there is no cradle, score as a FLAT 8.0.
- Judge needs to write on sheet that a cradle needs to be performed to increase difficulty score.

9.0 – 10.0

Extended two leg stunt with ¼ twist cradle OR single base extended stunt.

- WATCH FOR THE ¼ TWIST CRADLE! If they do an extension to the side, then the ¼ twist cradle is coming.
- You probably won't see a single based extended stunt, so the ONLY way to get into the 9.0 – 10.0 range is to ¼ twist cradle.
- **YOU HAVE TO CAREFULLY BE WATCHING FOR THAT ¼ TWIST!**

PYRAMIDS

2.0 – 3.0

Two leg extended sequence with cradle

- The cradle is required by at least a majority of the tops in the pyramid.
- If they do not cradle, they score a FLAT 2.0.
- Judge needs to write on sheet that a cradle needs to be performed by a majority to increase difficulty score

3.0- 4.0

One leg extended (Example: prep to hitch to extended hitch)

4.0 – 5.0

One Leg extended Transition AND Multiple Body Positions, AND cradle from extended position.

- All three are required to score within the range.
- If they do a one leg extended transition with multiple body positions and then pop down OR cradle from elevators.....they score a FLAT 4.0
- Judge needs to write on sheet that a cradle needs to be performed by the extended tops to increase difficulty score

TOSSES

2.0 – 3.0

Squish toss – straight ride

3.0 -4.0

4 Bases Basket Toss – Straight Ride and Execution Criteria

- The number of bases will decide what range they are in, but execution criteria will determine where in the range they score.
- Synchronizing baskets will also increase scores within the range.

4.0 – 5.0

3 Bases Basket Toss – Straight Ride and Execution Criteria

- The number of bases will decide what range they are in, but execution criteria will determine where in the range they score.
- Synchronizing baskets will also increase scores within the range.

RUNNING TUMBLING

Please remember that for running tumbling passes -ONLY RUNNING TUMBLING-, skills may be added to create a majority and get into a range. The more passes that are synchronized, the higher they should be within the range.

2.0 – 3.0

Cartwheels or Round Offs OR Front/ Back Walkovers

3.0 – 4.0

Round off Back Hand Spring

4.0 – 5.0

Round off Back Hand Spring Series

STANDING TUMBLING

2.0 – 3.0

(Majority) Cartwheels/ Round offs OR (Majority) Front or Back Walkovers

3.0 – 4.0

Minority Standing Back Handsprings

4.0 – 5.0

Standing Back Handspring – (Majority, Good Form) OR Specialty Combos (BHS Forward Roll)

JUMPS

2.0 – 3.0

Basic jump skills: slow to medium pace, no immediate connections, limited jump variety and transitions

- Jumps should be basic skills (spread eagle, tuck jump, toe touch)
- Jumps should be below “level” height
- Pace slow and little transitions
- Fair synchronization

3.0 – 4.0

Intermediate to advanced jump skills: medium pace, limited connections, transitions, jump combinations, variety, synchronization

- More advanced skills performed (pike jumps, double toe touch, herkies)
- Jumps should be “level” height
- Limited connected jumps and moderately paced
- Good synchronization

4.0 – 5.0

Advanced to elite jump skills: good to excellent, fast pace, multiple jump connections with complex/quick transitions, formation changes, synchronization

- Elite skills performed (double/triple toe touch, front hurdlers, herkies, pikes)
- Jumps should be above “level” height
- Connections fast paced
- Quick transitions involving formation changes, standing tumbling, dance/motions, etc.
- Good synchronization

DANCE/MOTIONS

Level changes require a majority of the team to have at least one knee on the floor. Bending over with hands on knees is not enough to be a level change.

2.0 – 3.0

Basic to intermediate skills- poor to fair and limited: creativity, level changes, footwork, use of floor, visual appeal – lacking synchronization

- The majority of teams in this range will move little (if at all), maybe just from a bowling pin out to lines.
- The majority of teams in this range will just go up and down with level changes.

3.0 – 4.0

Intermediate to advanced skills –fair to good, formation changes, creativity, level changes, footwork, use of floor, visual appeal –fair to good synchronization

- Formation changes will be forward and backward, and moving out and in.
- Level changes should be more than just being down on the ground.
- Transitions should be fluid while dancing and involve level changes (forward rolls, roll out, etc.)

4.0 – 5.0

Advanced to elite skills – good to excellent, formation changes, creativity, level changes, footwork, use of floor, visual appeal –good to excellent synchronization

- Formation changes should be forward and backward, moving out and in, left to right, etc.
- Level changes should incorporate transitions and be difficult/complex.

LEVEL 3

STUNTS

In all building skills, difficulty scores will increase **within a range**, with minimal use of bases and skills performed by majority in synchronization. Teams that use all members to form a *maximum* number of stunt groups should score higher in difficulty than those who have front spots. Skills that are

synchronized should score higher in difficulty than skills that are rippled. These things should be indicated on score sheets.

6.0 – 7.0

Extended two leg stunt transitions with straight cradle or ¼ twist cradle OR extended one leg stunts with straight cradle

7.0 – 8.0

Extended one leg stunt variation with ¼ twist cradle OR extended two leg stunt transition and single full twist cradle

- Watch for the ¼ twist cradle!
- If do not meet the cradling requirements, then they should score a FLAT 7.0.
- Judges should write on score sheet that either ¼ twist cradle (ext. one leg stunt) or a single full twist cradle (two leg stunt transition) is needed to increase difficulty score.

8.0 – 9.0

Advanced extended one leg stunts AND ½ OR single twisting transitions AND single full twist cradle from extension

- Teams must perform some ½ or single twisting transition in the stunt sequence and an advanced one leg stunt and then go back up to extension and single full twist cradle.
- If they are missing one of these things, but have the others, then they should score a FLAT 8.0.
- Judges should write on score sheet that missing skill is needed to increase difficulty score.
- Essentially, you should see something like a transition into a scorpion, out to arab, cradle, reload, 360 squish, up to extension, single full twist cradle.

9.0 – 10.0

Elite extended one leg variations AND single twisting or unique transitions AND single full twist cradle from extension

- All elements are required to score within the range.
- Transition up to the stunt and type of skill at top makes the stunt elite instead of advanced.
- If one element is missing (i.e., extension full twist cradle), then teams should score a FLAT 9.0.
- Judges should write on score sheet that missing skill is needed to increase difficulty score.

PYRAMIDS

2.0 – 3.0

One leg extended (Ex. Prep to hitch to extended hitch) AND cradle from extended position

- A cradle is required from an extended position to score within the range
- If they do not cradle, then they score a FLAT 2.0
- Judge needs to write on sheet that a cradle needs to be performed by the extended tops to increase difficulty score.

3.0- 4.0

One leg variations with multiple body positions AND single twist cradle from extended position

- A single twist cradle is required from an extended position to score within the range.
- If they do not full twist cradle, then they score a FLAT 3.0.

- Judge needs to write on sheet that a full twist cradle needs to be performed by the extended tops to increase difficulty score.

4.0 – 5.0

One leg variations with multiple body positions AND single twist cradle from extended position AND single twisting transitions

- A single twist cradle from an extended position AND a single twisting transition is required to score within the range.
- If they do not do one of these skills, then they score a FLAT 4.0
- Judge needs to write on sheet that the missing skill needs to be performed to increase difficulty score.
- Single twisting transitions can be different things: 360, barrel roll, roll up, rewind, etc

TOSSES

In all building skills, difficulty scores will increase with minimal use of bases and skills performed by majority in synchronization. Tosses without front spots should score higher in difficulty (within a range) than those with front spots. Tosses that are synchronized should score higher in difficulty (within a range) than those that are ripped. These things should be indicated on the score sheet.

2.0 – 3.0

Straight Ride

3.0 – 4.0

Single skill toss – Toe Touch, Pike, Ball Out, Ball X, etc

4.0 – 5.0

Single Twist Toss

RUNNING TUMBLING

Please remember that for running tumbling passes -ONLY RUNNING TUMBLING-, skills may be added to create a majority and get into a range. The more passes that are synchronized, the higher they should be within the range.

2.0 – 3.0

Round off BHS Series

3.0 – 4.0

(Minority) Aerial Cartwheels OR Round off BHS Tuck OR Round off Tuck OR Running Front Tucks

4.0 -5.0

(Majority) Aerial Cartwheels OR Round off BHS Tuck OR Round off Tuck OR Running Front Tucks

STANDING TUMBLING

2.0 – 3.0

(Minority) Standing Back Handsprings

3.0 – 4.0

(Majority) Standing Back Handspring OR Standing back series OR Basic jump connection to standing back handspring

- Standing tumbling will probably be done in both the opening tumbling and also the jump sequence.
- Both sets of tumbling need to be scored, as the second set of standing tumbling may bump them into a higher difficulty range.

4.0 – 5.0

(Majority) Standing Back/Front series OR Intermediate to Advanced jump connection to standing Backhandspring

- Intermediate to advanced jump skills are: level jumps, medium pace, limited connections

JUMPS

2.0 – 3.0

Basic jump skills: slow to medium pace, no immediate connections, limited jump variety and transitions

- Jumps should be basic skills (spread eagle, tuck jump, toe touch)
- Jumps should be below “level” height
- Pace slow and little transitions
- Fair synchronization

3.0 – 4.0

Intermediate to advanced jump skills: medium pace, limited connections, transitions, jump combinations, variety, synchronization

- More advanced skills performed (pike jumps, double toe touch, herkies)
- Jumps should be “level” height
- Limited connected jumps and moderately paced
- Good synchronization

4.0 – 5.0

Advanced to elite jump skills: good to excellent, fast pace, multiple jump connections with complex/quick transitions, formation changes, synchronization

- Elite skills performed (double/triple toe touch, front hurdlers, herkies, pikes)
- Jumps should be above “level” height
- Connections fast paced

- Quick transitions involving formation changes, standing tumbling, dance/motions, etc.
- Good synchronization

DANCE/MOTIONS

Level changes require a majority of the team to have at least one knee on the floor. Bending over with hands on knees is not enough to be a level change.

2.0 – 3.0

Basic to intermediate skills- poor to fair and limited: creativity, level changes, footwork, use of floor, visual appeal – lacking synchronization

- The majority of teams in this range will move little (if at all), maybe just from a bowling pin out to lines.
- The majority of teams in this range will just go up and down with level changes.

3.0 – 4.0

Intermediate to advanced skills –fair to good, formation changes, creativity, level changes, footwork, use of floor, visual appeal –fair to good synchronization

- Formation changes will be forward and backward, and moving out and in.
- Level changes should be more than just being down on the ground.
- Transitions should be fluid while dancing and involve level changes (forward rolls, roll out, etc.)

4.0 – 5.0

Advanced to elite skills – good to excellent, formation changes, creativity, level changes, footwork, use of floor, visual appeal –good to excellent synchronization

- Formation changes should be forward and backward, moving out and in, left to right, etc.
- Level changes should incorporate transitions and be difficult/complex.

LEVEL 4

STUNTS

In all building skills, difficulty scores will increase **within a range**, with minimal use of bases and skills performed by majority in synchronization. Teams that use all members to form a *maximum* number of stunt groups should score higher in difficulty than those who have front spots. Skills that are

synchronized should score higher in difficulty than skills that are rippled. These things should be indicated on score sheets.

6.0 – 7.0

Extended one leg stunt variation with ¼ twist cradle OR advanced extended one leg stunt transition with straight cradle

- Watch for the ¼ twist cradle!
- If a team doesn't full down from an extended one leg stunt, they automatically fall in this range.

7.0 – 8.0

Advanced extended one leg stunt including transition to extended two leg stunt AND single full twist cradle

- The full twist cradle from the extension is required.
- If they do not full down from the extension, then please score as a FLAT 7.0.
- Judges should write on score sheet that a full twist from the extension is needed to increase difficulty score.

8.0 – 9.0

Two leg extended stunt transition with double full twist cradle OR advanced extended one leg stunt with single full twist cradle

9.0 – 10.0

Elite extended one leg stunts with single full twist cradle

- The body position of the top, and the transitions into and out of the stunt can make it elite rather than advanced.

PYRAMIDS

2.0 – 3.0

One leg variations with multiple body positions AND single twist cradle from extended one leg stunt

- The single twist from the extended one leg stunt is required.
- If they do not single twist cradle, then please score as a FLAT 2.0.
- Judge needs to write on the score sheet that a single twist cradle from extended tops is needed to increase difficulty score.

3.0 – 4.0

One leg variations (with 2 ½ high transitions OR single twisting transitions) AND double twist cradle from extended two leg stunt

- They have to do either a 2 ½ high transition or single twisting transition AND double twist cradle from an extended two leg stunt.

- If they do not double twist cradle, then they should score a FLAT 3.0.
- Judge needs to write on the score sheet that a double twist cradle from a two leg stunt is needed to increase difficulty score.

4.0 – 5.0

One leg variations with 2 ½ high transitions AND braced flips AND double twisting cradles

- All three elements are required.
- If teams do all but one of them, please score as a FLAT 4.0.
- Judge needs to write on the score sheet that omitted skill is needed to increase difficulty score.

TOSSES

In all building skills, difficulty scores will increase with minimal use of bases and skills performed by majority in synchronization. Tosses without front spots should score higher in difficulty (within a range) than those with front spots. Tosses that are synchronized should score higher in difficulty (within a range) than those that are rippled. These things should be indicated on the score sheet.

2.0 – 3.0

Single skill toss

3.0 – 4.0

Double skill (remember that a ball X, or ball out is a SINGLE skill toss)

4.0 – 5.0

Double full twist, or kick full twist, or double toe touch or other elite skill

RUNNING TUMBLING

Please remember that for running tumbling passes -ONLY RUNNING TUMBLING-, skills may be added to create a majority and get into a range. The more passes that are synchronized, the higher they should be within the range.

2.0 – 3.0

Minority round off back handspring tuck

3.0 – 4.0

Majority round off back handspring tuck AND layouts

4.0 – 5.0

Majority layouts AND specialty pass to layout

STANDING TUMBLING

2.0 – 3.0

(Majority) standing back handspring series

3.0 – 4.0

(Minority) standing back tuck OR standing back handspring back tucks OR front tucks

4.0 – 5.0

Standing back tuck / standing BHS back tucks (majority – good form) OR front tucks OR advanced jump combination with BHS back tucks

JUMPS

2.0 – 3.0

Basic jump skills: slow to medium pace, no immediate connections, limited jump variety and transitions

- Jumps should be basic skills (spread eagle, tuck jump, toe touch)
- Jumps should be below “level” height
- Pace slow and little transitions
- Fair synchronization

3.0 – 4.0

Intermediate to advanced jump skills: medium pace, limited connections, transitions, jump combinations, variety, synchronization

- More advanced skills performed (pike jumps, double toe touch, herkies)
- Jumps should be “level” height
- Limited connected jumps and moderately paced
- Good synchronization

4.0 – 5.0

Advanced to elite jump skills: good to excellent, fast pace, multiple jump connections with complex/quick transitions, formation changes, synchronization

- Elite skills performed (double/triple toe touch, front hurdlers, herkies, pikes)
- Jumps should be above “level” height
- Connections fast paced
- Quick transitions involving formation changes, standing tumbling, dance/motions, etc.
- Good synchronization

DANCE/MOTIONS

Level changes require a majority of the team to have at least one knee on the floor. Bending over with hands on knees is not enough to be a level change.

2.0 – 3.0

Basic to intermediate skills- poor to fair and limited: creativity, level changes, footwork, use of floor, visual appeal – lacking synchronization

- The majority of teams in this range will move little (if at all), maybe just from a bowling pin out to lines.
- The majority of teams in this range will just go up and down with level changes.

3.0 – 4.0

Intermediate to advanced skills –fair to good, formation changes, creativity, level changes, footwork, use of floor, visual appeal –fair to good synchronization

- Formation changes will be forward and backward, and moving out and in.
- Level changes should be more than just being down on the ground.
- Transitions should be fluid while dancing and involve level changes (forward rolls, roll out, etc.)

4.0 – 5.0

Advanced to elite skills – good to excellent, formation changes, creativity, level changes, footwork, use of floor, visual appeal –good to excellent synchronization

- Formation changes should be forward and backward, moving out and in, left to right, etc.
- Level changes should incorporate transitions and be difficult/complex.

LEVEL 5

STUNTS

In all building skills, difficulty scores will increase **within a range**, with minimal use of bases and skills performed by majority in synchronization. Teams that use all members to form a *maximum* number of stunt groups should score higher in difficulty than those who have front spots. Skills that are

synchronized should score higher in difficulty than skills that are rippled. These things should be indicated on score sheets.

6.0 – 7.0

Advanced extended one leg stunt including transition to extended two leg stunt AND single full twist cradle OR advanced one leg stunt with single full twist cradle

7.0 – 8.0

Advanced one leg stunts and double twist cradle

- The double twist cradle is required.
- If they do not double twist cradle, please score as a FLAT 7.0.
- Judge should write on the score sheet that a double twist cradle is needed to increase difficulty score.

8.0 – 9.0

Advanced one leg stunts with double twist cradle AND unique transitions OR elite single leg stunts AND double twist cradle

9.0 – 10.0

Elite single leg stunts with double twist cradle AND unique transitions

- The body position of the top, and the transitions into and out of the stunt can make it elite rather than advanced.

PYRAMIDS

2.0 – 3.0

One leg variations (with 2 ½ high transitions OR single twisting transitions) AND double twist cradle from extended two leg stunts

3.0 – 4.0

2 ½ high transitions AND multiple athletes extended AND double twisting cradles AND braced flips

- Teams must do ALL of these things to score within the range. If they do a great pyramid with transitions and multiple athletes extended and braced flips, but do not double twist cradle, then please score as a FLAT 3.0.
- Judges should write on the score sheet that double full twist cradles by a majority of the tops needs to be added to increase difficulty scores.

4.0 – 5.0

Inversions OR braced flips AND 2 ½ high transitions AND multiple athletes extended AND double twisting cradles AND other elite skill sequences

- This is identical to the 3.0 – 4.0 range, but adds “*other elite skill sequences*”

TOSSES

In all building skills, difficulty scores will increase with minimal use of bases and skills performed by majority in synchronization. Tosses without front spots should score higher in difficulty (within a range) than those with front spots. Tosses that are synchronized should score higher in difficulty (within a range) than those that are rippled. These things should be indicated on the score sheet.

2.0 – 3.0

Advanced single skill or intermediate double skill

3.0 – 4.0

Double full twist or kick full twist or other advanced skill

4.0 – 5.0

Double full twist with specialty skill (ex: switch kick double full)

RUNNING TUMBLING

Please remember that for running tumbling passes -ONLY RUNNING TUMBLING-, skills may be added to create a majority and get into a range. The more passes that are synchronized, the higher they should be within the range.

2.0 – 3.0

(Majority) layouts AND specialty pass to layout

- Watch carefully for specialty passes, whip through to layouts, etc.

3.0 – 4.0

(Majority) single full twist AND specialty pass to single full twist OR (minority) double full twist

- Watch carefully for specialty passes, whip through to layouts, etc.

4.0 – 5.0

(Majority) double full twist AND specialty pass to double

- Watch carefully for specialty passes, whip through to layouts, etc.

STANDING TUMBLING

2.0 – 3.0

Standing back tuck / standing BHS back tucks (majority – good form) OR front tucks OR toe touch BHS back tucks

3.0 – 4.0

(Majority) advanced jump sequence followed by standing tuck OR (minority) standing full twist

- Advanced jump sequence would be level height jumps, medium pace, with limited connections

4.0 – 5.0

(Minority) advanced jump followed by a standing full twist OR standing BHS followed by a single or double full twist

- Advanced jump sequence would be level height jumps, medium pace, with limited connections

JUMPS

2.0 – 3.0

Basic jump skills: slow to medium pace, no immediate connections, limited jump variety and transitions

- Jumps should be basic skills (spread eagle, tuck jump, toe touch)
- Jumps should be below “level” height
- Pace slow and little transitions
- Fair synchronization

3.0 – 4.0

Intermediate to advanced jump skills: medium pace, limited connections, transitions, jump combinations, variety, synchronization

- More advanced skills performed (pike jumps, double toe touch, herkies)
- Jumps should be “level” height
- Limited connected jumps and moderately paced
- Good synchronization

4.0 – 5.0

Advanced to elite jump skills: good to excellent, fast pace, multiple jump connections with complex/quick transitions, formation changes, synchronization

- Elite skills performed (double/triple toe touch, front hurdlers, herkies, pikes)
- Jumps should be above “level” height
- Connections fast paced
- Quick transitions involving formation changes, standing tumbling, dance/motions, etc.
- Good synchronization

DANCE/MOTIONS

Level changes require a majority of the team to have at least one knee on the floor. Bending over with hands on knees is not enough to be a level change.

2.0 – 3.0

Basic to intermediate skills- poor to fair and limited: creativity, level changes, footwork, use of floor, visual appeal – lacking synchronization

- The majority of teams in this range will move little (if at all), maybe just from a bowling pin out to lines.
- The majority of teams in this range will just go up and down with level changes.

3.0 – 4.0

Intermediate to advanced skills –fair to good, formation changes, creativity, level changes, footwork, use of floor, visual appeal –fair to good synchronization

- Formation changes will be forward and backward, and moving out and in.
- Level changes should be more than just being down on the ground.
- Transitions should be fluid while dancing and involve level changes (forward rolls, roll out, etc.)

4.0 – 5.0

Advanced to elite skills – good to excellent, formation changes, creativity, level changes, footwork, use of floor, visual appeal –good to excellent synchronization

- Formation changes should be forward and backward, moving out and in, left to right, etc.
- Level changes should incorporate transitions and be difficult/complex.