



2018 - 2019 ALL STAR SCORING SYSTEM - BUILDING

STUNT DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of the team
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate
4.5 - 5.0	HIGH	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate

For Level 6 Stunts: All Level 5 & 6 level appropriate skills will be considered Level 6
 Appropriate for scoring purposes (at least 2 different Level 6 skills are required to score in High range).
 Stunt Skills will only receive full credit if they show control through the pop or transition to another skill.

STUNT QUANTITY (BASED ON A TRADITIONAL GROUP OF 4, RIPPLE OR SYNCHRONIZED IN THE SAME SECTION)	
4.0	Less than a Majority of the team performs a level appropriate building skill
4.2	Majority of the team performs a level appropriate building skill
4.4	Most of the team performs a level appropriate building skill
4.6	Less than a Majority of the team performs the same Elite level appropriate building skill
4.8	Majority of the team performs the same Elite level appropriate building skill
5.0	Most of the team performs the same Elite level appropriate building skill

TOSS DIFFICULTY	
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

DIFFICULTY DRIVERS
<ul style="list-style-type: none"> Degree of difficulty Percent of team participation Combination of skills (level and non-level appropriate) Pace of skills performed

TECHNIQUE	
3.5 - 5.0 A team's ability to execute Stunts, Pyramids and Tosses with excellent precision and form.	
STUNT/PYRAMID DRIVERS	TOSS DRIVERS
Top Person Bases/Spotters Transitions/Dismounts Obvious Mistakes Synchronization	Top Person Bases/Spotters Height Cradle Synchronization/Timing

STUNT/TOSS QUANTITY CHART		
# OF ATHLETES	MAJORITY	MOST
5 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 27	4	5
28 - 30	4	6
31 - 38	5	7

COED QUANTITY CHART	
# OF MALES ON TEAM	# OF STUNTS
1 - 3	1
4 - 5	2
6 - 7	3
8 - 9	4
10 - 11	5
12 - 13	6
14 - 15	7
16 - 17	8
18 - 19	9

PYRAMID DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different level appropriate skills, 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills, 2 structures performed by Most of the team
4.5 - 5.0	HIGH	4 different level appropriate skills, 2 structures performed by Most of the team

COED QUANTITY - LEVEL 3 & 4 SENIOR TEAMS (BASED ON A GROUP OF 3, RIPPLE OR SYNCHRONIZED IN THE SAME SECTION)		
	Coed Style ASSISTED	Coed Style UNASSISTED
3.5	Skills performed do not meet 4.0 requirement	
4.0	Walk-in Hands Toss Hands	N/A
4.2	Walk-in Hands press Extension Toss Hands press Extension	N/A
4.4	Walk-in Extended double leg stunt Toss Extended double leg stunt (Level 4 ONLY) Walk-in Hands press Extended single leg stunt/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt	Walk-in Hands Toss Hands
4.6	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt/single arm stunt (Level 4 ONLY)	Walk-in Hands press Extension Toss Hands press Extension
4.8	N/A	Walk-in Extended double leg stunt Toss Extended double leg stunt (Level 4 ONLY) Walk-in Hands press Extended single leg stunt/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt
5.0	N/A	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt/single arm stunt (Level 4 ONLY)

COED QUANTITY - LEVEL 5 & 6 WORLDS TEAMS (BASED ON A GROUP OF 3, RIPPLE OR SYNCHRONIZED IN THE SAME SECTION)		
	Coed Style ASSISTED	Coed Style UNASSISTED
3.5	Skills performed do not meet 4.0 requirement	
4.0	Walk-in Extended double leg stunt Toss Extended double leg stunt Walk-in Hands press Extended single leg stunt/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt	Walk-in Hands Toss Hands
4.2	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt	Walk-in Hands press Extension Toss Hands press Extension
4.4	Toss ¼ - ¾ Twist to Extended single leg stunt	Walk-in Extended double leg stunt Toss Extended double leg stunt Walk-in Hands press Extended single leg stunt/ single arm stunt Toss Hands press Extended single leg stunt/single arm stunt
4.6	Toss Extended 1 Arm Stunt Toss Full up to Extended Stunt Toss Front handspring ½ up to Extended stunt	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt
4.8	N/A	Toss ¼ - ¾ Twist to Extended single leg Stunt
5.0	N/A	Toss Extended 1 Arm Stunt Toss Full up to Extended Stunt Toss Front handspring ½ up to Extended Stunt

Coed stunts must be performed with the same entry (toss or walk-in) and same skill to receive quantity credit. For unassisted credit, the entire skill must be performed unassisted, up through the actual dismount of the skill to a cradle or to the performing surface. Coed stunts must have a controlled dismount/pop off to the performance surface to receive full Coed Quantity credit.



2018 - 2019 ALL STAR SCORING SYSTEM - TUMBLING

STANDING TUMBLING DIFFICULTY (Level 1 - 5 Youth, Junior & Restricted)		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs the same level appropriate pass which must be synchronized from initiation of the pass
4.5 - 5.0	HIGH	Most of the team performs the same level appropriate pass which must be synchronized from initiation of the pass, plus Majority of the team performs an additional level appropriate pass

STANDING TUMBLING DIFFICULTY (Level 5 - 6 Worlds)		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs an Elite level appropriate pass
4.5 - 5.0	HIGH	Most of the team performs an Elite level appropriate pass in the same section

RUNNING TUMBLING DIFFICULTY (Level 1 - 5 Youth, Junior & Restricted)		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Less than a Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs a level appropriate pass
4.5 - 5.0	HIGH	Most of the team performs a level appropriate pass

RUNNING TUMBLING DIFFICULTY (Level 5 - 6 Worlds)		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Most of the team performs a level appropriate pass
4.5 - 5.0	HIGH	Majority of the team performs an Elite level appropriate pass

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 and 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.

All approaches within the jumps must use a whip approach to be considered connected. Teams must perform the required skill set or they will be given a lower score. BASIC JUMPS: Spread Eagle, Tuck Jump // ADVANCED JUMPS: Pike, Right/Left Hurdlers (front or side), Toe Touch

TUMBLING/JUMP QUANTITY CHART		
# OF ATHLETES	MAJORITY	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

DIFFICULTY DRIVERS
<ul style="list-style-type: none"> Degree of difficulty Percent of team participation Combination of skills Synchronization of passes Variety of passes

TECHNIQUE	
3.5 - 5.0	A team's ability to execute Standing Tumbling, Running Tumbling and Jumps with excellent precision and form.
STANDING/RUNNING TUMBLING DRIVERS	JUMP DRIVERS
<ul style="list-style-type: none"> Approach Speed Body Control Landings Synchronization 	<ul style="list-style-type: none"> Arm Placement Leg Placement Hyperextension/Height Landings Synchronization



2018 - 2019 ALL STAR SCORING SYSTEM - OVERALL

STUNT CREATIVITY

2.0 - 2.5

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

PYRAMID CREATIVITY

2.0 - 2.5

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

DANCE

9.0 - 10

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.

PERFORMANCE

9.0 - 10

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.

ROUTINE COMPOSITION

9.0 - 10

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.



2018 - 2019 ALL STAR SCORING SYSTEM - STUNTS

LEVEL 1

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> INVERSION TO GROUND LEVEL 	<ul style="list-style-type: none"> SWITCH UP TO LIB BELOW PREP LEVEL SWITCH UP TO BODY POSITION BELOW PREP LEVEL TIC TOC BELOW PREP LEVEL (LIB TO LIB) TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL 1/4 DOWN TO GROUND LEVEL 1/4 TWISTING TRANSITION FROM PREP LEVEL 	<ul style="list-style-type: none"> STEP DOWN STRAIGHT CRADLE 	<ul style="list-style-type: none"> BACK STAND PREP LEVEL SHOW & GO STRADDLE SIT FLAT BACK EXTENDED STRADDLE SIT BELOW PREP LEVEL 1 LEG STUNT EXTENDED FLAT BACK PREP LEVEL 1 LEG STUNT WITH BRACER PREP LEVEL TO PRONE 1 LEG STUNT BELOW PREP LEVEL SHOULDER SIT CHAIR SHOULDER STAND COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE		<ul style="list-style-type: none"> TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO PREP 		<ul style="list-style-type: none"> TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER

LEVEL 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL INVERSION FROM GROUND LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> SWITCH UP TO LIB PREP LEVEL TIC TOC PREP LEVEL (LIB TO LIB) TIC TOC PREP LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL 1/4 TWISTING TRANSITION TO PREP LEVEL 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 1/4 TWISTING TRANSITION TO PREP LEVEL BODY POSITION 1/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> STRAIGHT CRADLE FROM EXTENSION STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION 	<ul style="list-style-type: none"> PRONE PREP LEVEL 1 LEG STUNT EXTENSION BARREL ROLL LEAP FROG VARIATIONS 1/2 TWIST TO PRONE WALK IN PREP LEVEL PRESS EXTENSION COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> INVERSION FROM GROUND LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO EXTENDED STUNT 		<ul style="list-style-type: none"> 1/2 TWISTING INVERSION TO EXTENDED STUNT 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT 1/2 TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT

LEVEL 3

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> INVERTED BELOW PREP LEVEL INVERTED AT PREP LEVEL DOWNWARD INVERSION FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> RELEASE TO PREP LEVEL OR BELOW SWITCH UP TO PREP LEVEL LIB BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> FULL UP BELOW PREP LEVEL FULL UP PREP LEVEL STUNT 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT FULL UP TO PREP LEVEL 1 LEG STUNT PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT FULL DOWN FROM PREP 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT FULL DOWN FROM EXTENSION SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING) 	<ul style="list-style-type: none"> FULL TWIST TO PRONE FROM PREP LEVEL EXTENDED 1 LEG STUNT SUSPENDED FRONT FLIP SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING) SUSPENDED TWISTING FRONT FLIP TOSS HANDS SINGLE BASED 1 LEG EXTENDED STUNTS TOSS HANDS PAUSE PRESS EXTENSION WALK IN EXTENSION COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> INVERSION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION SWITCH UP TO PREP LEVEL BODY POSITION BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> FULL UP TO PREP LEVEL BODY POSITION 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION 		<ul style="list-style-type: none"> 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)

LEVEL 4

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> RELEASED INVERSION TO PREP LEVEL OR BELOW RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL DOWNWARD INVERSION FROM PREP LEVEL EXTENDED INVERTED STUNT 	<ul style="list-style-type: none"> SWITCH UP TO EXTENDED 1 LEG STUNT RELEASE TO EXTENDED STUNT TIC TOC LIB TO LIB (HIGH TO LOW) HELICOPTER RELEASE MOVES RELEASE TO EXTENDED LIB SWITCH UP TO EXTENDED BODY POSITION FULL TWISTING RELEASE TO PREP LEVEL OR BELOW RELEASE FROM PREP LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> 1 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL 3/4 TWISTING TRANSITION TO EXTENDED STUNT FULL UP TO EXTENDED 2 LEG STUNT 1 1/4 TWISTING TRANSITION TO PREP LEVEL 1 1/2 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> FULL DOWN FROM EXTENDED 1 LEG STUNT DOUBLE DOWN FROM PREP LEVEL DOUBLE DOWN FROM EXTENDED STUNT KICK FULL TWISTING DISMOUNT 	<ul style="list-style-type: none"> TOSS EXTENSION TOSS 1 LEG EXTENDED STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW) BALL UP, STRADDLE UP AND/OR RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP) 	<ul style="list-style-type: none"> FULL UP TO EXTENDED LIB (NOT BODY POSITION) 1 1/4 TWISTING TRANSITION TO PREP LEVEL BODY POSITION EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT 		<ul style="list-style-type: none"> FULL TWISTING INVERSION TO EXTENDED STUNT FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION 1 1/4 TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT

This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the USASF Safety Rules. Please check back as this document may be updated throughout the season.



2018 - 2019 ALL STAR SCORING SYSTEM - STUNTS

LEVEL 5 YOUTH, JUNIOR RESTRICTED & SENIOR RESTRICTED

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL TO EXTENSION 	<ul style="list-style-type: none"> ¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO LIB (HIGH TO HIGH) LIB TO LIB TIC TOCS (LOW TO HIGH) ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES 	<ul style="list-style-type: none"> FULL UP TO EXTENDED 1 LEG STUNT 1 ¼ UP TO EXTENDED STUNT DOUBLE UP TO PREP LEVEL STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM 1 LEG STUNT KICK DOUBLE TWISTING DISMOUNT 	<ul style="list-style-type: none"> 1 ½ - 2 TWIST TO PRONE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT TOSS EXTENDED 1 ARM STUNT TOSS FULL TWIST TO EXTENDED STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH) SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT ½ BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FULL UP TO EXTENDED BODY POSITION 1 ½ UP TO EXTENDED STUNT 		<ul style="list-style-type: none"> ¾ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)

LEVEL 5

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB 	<ul style="list-style-type: none"> ¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT ½ TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FULL UP TO EXTENDED 1 LEG STUNT 1 ¼ - 1 ¾ UP TO EXTENDED STUNT 1 ¼ - 1 ¾ UP TO EXTENDED 1 LEG STUNT DOUBLE UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM 1 LEG STUNT KICK DOUBLE TWISTING DISMOUNT 	<ul style="list-style-type: none"> 1 ½ - 2 TWIST TO PRONE COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT ¾ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> SWITCH UP FULL TWIST TO EXTENDED BODY POSITION TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> 1 ½ UP TO EXTENDED BODY POSITION 1 ¾ UP TO EXTENDED BODY POSITION DOUBLE UP TO EXTENDED 1 LEG STUNT 		<ul style="list-style-type: none"> UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT COED STYLE TOSS FRONT HANDSPRING RELEASE ¾ TWIST TO EXTENDED STUNT COED STYLE TOSS FULL TWIST TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) TOSS FRONT HANDSPRING ½ UP RELEASE TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)

LEVEL 6

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> FREE FLIPPING FROM GROUND LEVEL TO CRADLE (L6) FLIPPING FROM GROUND LEVEL TO PREP LEVEL (L6) FLIPPING FROM GROUND LEVEL TO EXTENSION (L6) DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB 	<ul style="list-style-type: none"> ¼ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) ½ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT ½ TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE (L6) FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL (L6) FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION (L6) FULL UP TO EXTENDED 1 LEG STUNT 1 ¼ - 1 ¾ UP TO EXTENDED STUNT 1 ¼ - 1 ¾ UP TO EXTENDED 1 LEG STUNT DOUBLE UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> FRONT FREE FLIPPING TO GROUND LEVEL (L6) FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE (L6) FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE (L6) DOUBLE DOWN FROM 1 LEG STUNT KICK DOUBLE TWISTING DISMOUNT 	<ul style="list-style-type: none"> 1 ½ - 2 TWIST TO PRONE COED STYLE TOSS ¼ - ¾ TWIST TO EXTENDED STUNT ¾ - ¾ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT (L6) RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> SWITCH UP FULL TWIST TO EXTENDED BODY POSITION TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG (L6) 1 ½ UP TO EXTENDED BODY POSITION 1 ¾ UP TO EXTENDED BODY POSITION DOUBLE UP TO EXTENDED 1 LEG STUNT 		<ul style="list-style-type: none"> BACKHANDSPRING FULL UP TO EXTENDED STUNT (L6) UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT FRONT HANDSPRING 1 ½ UP TO EXTENDED STUNT COED STYLE TOSS FRONT HANDSPRING RELEASE ¾ TWIST TO EXTENDED STUNT COED STYLE TOSS FULL TWIST TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) FRONT HANDSPRING ¾ UP TO EXTENDED STUNT



2018 - 2019 ALL STAR SCORING SYSTEM - TOSSES

LEVEL 2

NON - TWISTING	TWISTING
STRAIGHT RIDE TOSS	

LEVEL 3

NON - TWISTING	TWISTING
BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH KICK ARCH • BALL-X • TOE TOUCH	FULL TWIST

LEVEL 4

NON - TWISTING	TWISTING
PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	BALL FULL • PIKE FULL • KICK FULL TOE TOUCH FULL FULL UP TOE TOUCH • DOUBLE FULL

LEVEL 5 YOUTH

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	KICK FULL • DOUBLE FULL • HITCH KICK FULL • SWITCH KICK FULL KICK KICK FULL • PIKE KICK FULL • KICK FULL KICK

LEVEL 5 JUNIOR RESTRICTED & SENIOR RESTRICTED

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL PIKE KICK FULL • KICK FULL KICK • FULL KICK FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH

LEVEL 5

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	BALL DOUBLE FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH • HITCH KICK DOUBLE FULL SWITCH KICK DOUBLE FULL • KICK FULL KICK FULL

LEVEL 6

NON - TWISTING	TWISTING
TUCK • X-OUT • PIKE • LAYOUT	LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL SPLIT FULL • ARABIAN 1 1/2 • PIKE OPEN DOUBLE FULL



2018 - 2019 ALL STAR SCORING SYSTEM - TUMBLING

LEVEL 1

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND BACKBEND KICK OVER • BACK WALKOVER	CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER FRONT WALKOVER TO CARTWHEEL/ROUND OFF CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

LEVEL 2

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING	CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES

LEVEL 3

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO	ARIELS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

LEVEL 4

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK TUCK • BHS BACK TUCK • BHS SERIES TO BACK TUCK JUMP BHS BACK TUCK • JUMP BHS SERIES TO BACK TUCK	CARTWHEEL BACK TUCK • ROUND OFF LAYOUT ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT • ROUND OFF BHS SERIES TO LAYOUT FRONT WALKOVER THROUGH TO LAYOUT • PUNCH FRONT STEPOUT TO LAYOUT ROUND OFF BHS SERIES TO LAYOUT • ROUND OFF BHS WHIP BHS TO LAYOUT PUNCH FRONT STEPOUT TO ROUND OFF BHS WHIP BHS TO BACK TUCK FRONT HANDSPRING PUNCH FRONT FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT

LEVEL 5 YOUTH, JUNIOR RESTRICTED & SENIOR RESTRICTED

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK • BHS SERIES TO WHIPS AND LAYOUTS • JUMP BHS SERIES TO WHIPS AND LAYOUTS BHS WHIP BHS SERIES TO LAYOUT/LAYOUT STEPOUT/X-OUT	ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL PUNCH FRONT STEPOUT TO FULL • ROUND OFF WHIP BHS TO FULL

LEVEL 5 & 6

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK	CARTWHEEL FULL • ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL • FRONT FULL
ELITE LEVEL APPROPRIATE STANDING FULL • JUMP FULL • BHS FULL • JUMP BHS FULL • BHS SERIES TO FULL JUMP BHS SERIES TO FULL • BHS WHIP TO BHS SERIES TO FULL • BHS SERIES TO DOUBLE FULL JUMP BHS SERIES TO DOUBLE FULL • BHS WHIP TO BHS SERIES TO DOUBLE FULL	ELITE LEVEL APPROPRIATE FRONT HANDSPRING FRONT FULL • PUNCH FRONT STEPOUT TO FULL • ROUND OFF BHS WHIP TO FULL ROUND OFF ARABIAN ROUND OFF BHS FULL • ROUND OFF BHS FULL BHS SERIES TO FULL ROUND OFF DOUBLE FULL ROUND OFF BHS DOUBLE FULL • FRONT WALKOVER THROUGH TO DOUBLE FULL PUNCH FRONT STEPOUT TO DOUBLE FULL • ROUND OFF BHS WHIP TO DOUBLE FULL ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL • ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE FULL

This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the USASF Safety Rules. Please check back as this document may be updated throughout the season.