

# 2013 ALL STAR/REC STUNTS GRID

## STUNT BODY POSITIONS

One Legged (1) Body Position at Appropriate Level	1
One Legged (2) Body Position at Appropriate Level	2
One Legged (3) Body Position at Appropriate Level	3
One Legged (4) Body Position at Appropriate Level	4
One Legged (5) Body Position at Appropriate Level	5

L1 and L2 must execute a two legged stunt at the appropriate level. The two legged stunt will count as a body position. They must execute 4 more one legged body positions at the appropriate level to max out this category.

## TECHNIQUE

7.0-8.0

Top person(s) demonstrating fair body control, fair flexibility, some shaky stunts, multiple stunt bobbles and/or some stunts that do not dismount correctly (including falls).

8.0-9.0

Top person(s) demonstrating good body control, good flexibility, some loss of stunt control, few stunt bobbles and/or few stunts that do not dismount correctly (including falls).

9.0-10.0

Top person(s) demonstrating excellent body control, excellent flexibility, minor to no stunt control issues, stunts executed to near perfection throughout dismount.

\* A 6.0-7.0 technique score can be given for multiple mistakes, and/or a majority of the stunts falling to a cradle position or the ground.

## CO-ED DEGREE OF DIFFICULTY

Any Stunt Below Prep Level	1
Unassisted Load to Hands or Assisted Hands Extension	2
Unassisted Load to Hands Extension or Assisted Load to Double Legged Extension	3
Unassisted Load to Double Legged Extension or Assisted Load to a Single Legged Extended Stunt	4
Unassisted Load to a Single Legged Extended Stunt	5

## STUNT LOAD-INS/DISMOUNTS/TRANSITION DIFFICULTY

### DIFFICULTY

4.0-5.0

5.0-6.0

- 1/4 twisting mount, transition or dismount
- Straight cradle from two-legged prep level stunt
- Inversion before a stunt sequence
- Other level appropriate creative or unique load in, dismount or transition

6.0-7.0

- 1/2 twisting mount or transition
- Straight cradle from single-legged prep level stunt
- Straight cradle from an extended two-legged pyramid
- Inversion into a stunt
- Log/barrel roll
- Other level appropriate creative or unique load in, dismount or transition

7.0-8.0

- Single twisting mount or transition to prep level
- Release move landing at prep level
- 1/2 up to entended single-legged stunt
- Single twisting cradle from two-legged stunt
- Straight cradle from extended single-legged stunt
- Below prep level downward inversion
- Other level appropriate creative or unique load in, dismount or transition

8.0-9.0

- Single twisting mount or transition landing at extended level
- Release move originating from ground level landing at extended level
- Extended inverted stunt
- Prep level downward inversion
- Double twisting cradle from two-legged stunt
- Single twist from a one-legged stunt
- Other level appropriate creative or unique load in, dismount or transition

9.0-10.0

- 1+ twisting mount or transition landing at extended level
- Release move at above extended arm level
- Prep level and above downward inversion
- Helicopter release move
- Double twisting cradle from extended single-legged stunt
- Other level appropriate creative or unique load in, dismount or transition

- For **DIFFICULTY**, **ALL** the skills are to be performed by the **MAJORITY** (half plus 1) of the team. If the skills are **NOT** performed by the majority of the team, then the score will be placed in that respective bracket.
- Skills that are **NOT** executed within your level will receive a maximum score of **FIVE** for the quantity score. (If no skills are executed within a category you will receive a **ZERO** for that particular quantity score)
- The lowest possible score given for technique will be a **SIX**. (If no skills are executed within a category, you will receive a **ZERO** for that particular technique score)

## STUNT QUANTITY CHART

# OF ATHLETES	STUNT QUANTITY CHART										DIFFICULTY
	4	5	6	7	7.5	8	8.5	9	9.5	10	MAJORITY
5 to 7									1	2+	1
8 to 11								1	2	3+	2
12 to 15							1	2	3	4+	2
16 to 19						1	2	3	4	5+	3
20 to 23					1	2	3	4	5	6+	3
24 to 27				1	2	3	4	5	6	7+	4
28 to 31			1	2	3	4	5	6	7	8+	4
32 to 35		1	2	3	4	5	6	7	8	9+	5
36	1	2	3	4	5	6	7	8	9	10+	5

This chart represents the number of participants needed to execute the skill for MAJORITY.



# 2013 ALL STAR/REC PYRAMID GRID

## PYRAMID STRUCTURES

Pyramid Structures that Never Touch/Brace	1
One Structure	2
Two Structures	3
Three Structures	4
Four Structures	5

## TECHNIQUE

<b>7.0-8.0</b>	Top person(s) demonstrating fair body control, fair flexibility, shaky structures, multiple pyramid bobbles and/or some pyramid structures that do not dismount correctly (including falls).
<b>8.0-9.0</b>	Top person(s) demonstrating good body control, good flexibility, some loss of pyramid control, few pyramid bobbles and/or few pyramid structures that do not dismount correctly (including falls).
<b>9.0-10.0</b>	Top person(s) demonstrating excellent body control, excellent flexibility, minor to no pyramid control issues, pyramids executed to near perfection throughout dismount.

\* A 6.0-7.0 technique score can be given for multiple mistakes, and/or a majority of the pyramid falling to a cradle position or the ground.

## PYRAMID LOAD-INS/DISMOUNTS/TRANSITION DIFFICULTY

	DIFFICULTY
<b>4.0-5.0</b>	
<b>5.0-6.0</b>	<ul style="list-style-type: none"> <li>• 1/4 twisting mount, transition or dismount</li> <li>• Straight cradle from two-legged prep level pyramid</li> <li>• Inversion before a pyramid sequence</li> <li>• Other level appropriate creative or unique load in, dismount or transition</li> </ul>
<b>6.0-7.0</b>	<ul style="list-style-type: none"> <li>• 1/2 twisting mount or transition</li> <li>• Straight cradle from single-legged prep level pyramid</li> <li>• Straight cradle from an extended two-legged pyramid</li> <li>• Inversion into a pyramid</li> <li>• Log/barrel roll</li> <li>• Other level appropriate creative or unique load in, dismount or transition</li> </ul>
<b>7.0-8.0</b>	<ul style="list-style-type: none"> <li>• Single twisting mount or transition to prep level</li> <li>• Release move landing at prep level</li> <li>• 1/2 up to entended single-legged stunt</li> <li>• Single twisting cradle from two-legged stunt</li> <li>• Straight cradle from extended single-legged stunt</li> <li>• Below prep level downward inversion</li> <li>• Other level appropriate creative or unique load in, dismount or transition</li> <li>• Any level appropriate release move</li> </ul>
<b>8.0-9.0</b>	<ul style="list-style-type: none"> <li>• Single twisting mount or transition landing at extended level</li> <li>• Release move originating from ground level landing at extended level</li> <li>• Extended inverted stunt</li> <li>• Prep level downward inversion</li> <li>• Double twisting cradle from two-legged stunt</li> <li>• Single twist from a one-legged stunt</li> <li>• Other level appropriate creative or unique load in, dismount or transition</li> <li>• Any level appropriate release move</li> </ul>
<b>9.0-10.0</b>	<ul style="list-style-type: none"> <li>• 1+ twisting mount or transition landing at extended level</li> <li>• Release move at above extended arm level</li> <li>• Prep level and above downward inversion</li> <li>• Helicopter release move</li> <li>• Double twisting cradle from extended single-legged stunt</li> <li>• Other level appropriate creative or unique load in, dismount or transition</li> <li>• Any level appropriate release move</li> </ul>

- For **DIFFICULTY**, **ALL** the skills are to be performed by the **MAJORITY** (half plus 1) of the team. If the skills are **NOT** performed by the majority of the team, then the score will be placed in that respective bracket.
- The lowest possible score given for technique will be a **SIX**. (If no skills are executed within a category, you will receive a **ZERO** for that particular technique score)



# 2013 ALL STAR/REC JUMPS/TOSSES/DANCE GRID

## JUMP DEGREE OF DIFFICULTY

Single Basic Non-Connected Jumps	5
Any Basic Jump Combo(s)	6
Non-Connected Single Advanced Jumps	7
Two Connected Advanced Jumps	8
Three Connected Advanced Jumps	9
Four Connected Advanced Jumps or Three Connected Jumps with One More in The Routine	10

\*All Approaches within Jumps Must Use a Whip Approach to be Considered Connected

## TECHNIQUE

<b>7.0-8.0</b>	Below level jumps, multiple flexed toes, multiple legs apart on landings, chest down on jumps and landings.
<b>8.0-9.0</b>	Below level to level jumps, some flexed toes in jumps, some legs apart on landings, some bent legs in jumps.
<b>9.0-10.0</b>	Level to hyper-extended jumps, excellent toe point, excellent landings with feet together and chest upright.

## TOSS DEGREE OF DIFFICULTY

<b>LEVEL 2</b>		
Mid	6.5-6.7	Some straight ride tosses executed within a sequence
High	6.8-6.9	Majority to Squad straight ride tosses executed within a sequence
Max	7.0	Squad straight rides within a sequence AND some other variety tosses throughout the routine
<b>LEVEL 3</b>		
Low	7-7.3	Majority 1 skill, non-twisting toss
Mid	7.4-7.6	Majority to Full team single twisting tosses
High	7.7-7.9	Squad single twisting tosses
Max	8.0	Squad single twisting tosses with a sequence AND other tosses throughout the routine
<b>LEVEL 4</b>		
Mid	8-8.4	Majority 2 skill non-twisting tosses
High	8.5-8.9	Majority to squad double twisting tosses OR Single skill single twisting tosses
Max	9.0	Squad double twisting tosses OR single skill single twisting tosses AND other tosses throughout the routine
<b>LEVEL 5</b>		
Restricted	9-9.2	Majority to squad two skill single twisting tosses
Low	9.3-9.5	Majority to squad kick double tosses
Mid	9.5-9.7	Majority to squad hitch kick double tosses
High	9.7-9.9	Majority to squad switch kick double tosses
Max	10	Squad switch kick double tosses AND a variety of tosses throughout the routine

## TECHNIQUE

<b>7.0-8.0</b>	Low height on tosses, fair body control, tosses that are inverted, (head below waist) poor or uncontrolled catches by the bases
<b>8.0-9.0</b>	Average height on tosses, average body control in toss skill, poor to fair catches by the bases
<b>9.0-10.0</b>	Excellent height on tosses, excellent body control in toss skill

\* Majority = Half plus 1

\* Team = Includes full team participation in tosses

\* Squad = Maximum number of tosses executed without front spots

## DANCE DEGREE OF DIFFICULTY

<b>7.0-8.0</b>	Dances that include poor perfection and synchronization, entertainment value, length, and/or musicality. Basic choreography and/or creativity.
<b>8.0-9.0</b>	Dances that include average perfection and synchronization, entertainment value, length, and/or musicality. Average choreography and/or creativity.
<b>9.0-10.0</b>	Dances that include excellent perfection and synchronization, entertainment value, length, and/or musicality. Exciting choreography and/or creativity.

- For **DIFFICULTY**, ALL the skills are to be performed by the **MAJORITY** (half plus 1) of the team. If the skills are **NOT** performed by the majority of the team, then the score will be placed in that respective bracket.
- The lowest possible score given for technique will be a **SIX**. (If no skills are executed within a category, you will receive a **ZERO** for that particular technique score)

### Basic Jumps:

- Tuck Jump
- Right/Left Side Hurdler
- Spread Eagle (defined as a jump where knees are facing forward and hips are not rotated upward)

### Advanced Jumps:

- Pike Jump
- Right/Left Front Hurdler
- Toe Touch



# 2013 ALL STAR/REC TUMBLING GRID

STANDING TUMBLING DEGREE OF DIFFICULTY		RUNNING TUMBLING DEGREE OF DIFFICULTY	
4.0-4.5	Forward or Backward Roll	4.0-4.5	Cartwheels/Round offs
4.5-5.0	Front or Back Walkover	4.5-5.0	Combination skills into cartwheel/roundoff
5.0-5.5	Single Back handspring	5.0-5.5	Round off back handspring(s)
5.5-6.0	Back walkover/back roll connected to a single back handspring	5.5-6.0	Combination skills into roundoff back handspring(s)
6.0-6.5	Series back handsprings	6.0-6.5	Round off/round off back handspring back tuck and/or punch fronts
6.5-7.0	Any skill(s) connected to series back handsprings	6.5-7.0	Combination skills into round off back handspring back tuck
7.0-7.5	Back handspring tuck	7.0-7.5	Round off/round off back handspring layout
7.5-8.0	Standing back tuck	7.5-8.0	Combination skills into a layout
8.0-8.5	Back handspring layout	8.0-8.5	Minority team fulls
8.5-9.0	Jump(s)* connected to a back tuck	8.5-9.0	Majority team fulls and/or some doubles
9.0	Back handspring full twist	9.0-9.5	Majority team doubles or majority elite passes to fulls
↓	Standing full twist		
10.0	Back handspring double twist	9.5-10.0	Majority specialty doubles

\* Jumps connected to any standing tumbling skill will raise your score within that range.

\* Running Tumbling: Level appropriate synchronized passes executed at the same time by the majority of the team will raise your score into the next .5 range.

\* Standing Tumbling Synchronization will be judged on the section with the most athletes performing any level appropriate synchronized skill.

\* Elite passes are passes that include more than one aerial flipping skill in the same pass.

- For **DIFFICULTY**, **ALL** the skills are to be performed by the **MAJORITY** (half plus 1) of the team. If the skills are **NOT** performed by the majority of the team, then the score will be placed in that respective bracket.
- The lowest possible score given for technique will be a **SIX**. (If no skills are executed within a category, you will receive a **ZERO** for that particular technique score)

## Standing TUMBLING synchronization

Few Passes Synchronized	1
1/4 of the Team Synchronized	2
1/2 of the Team Synchronized	3
3/4 of the Team Synchronized	4
Full Team Synchronization	5

## TECHNIQUE

**7.0-8.0**

Tumbling that demonstrates fair body control (which can include):  
Chest down upon landing, Bent arms/legs, not completing skills, legs apart on landing, head/knees landing on mat

**8.0-9.0**

Tumbling that demonstrates good body control (which can include):  
Non pointed toes, layout or twisting skills that are bent or piked over, average height on flipping skills, steps taken after landing of skills

**9.0-10.0**

Tumbling that demonstrates excellent body control (which can include):  
Completed finished skills, excellent body control, straight arms/legs, pointed toes, excellent height on flipping skills

\* A 6.0-7.0 technique score can be given for multiple mistakes, and/or a majority of the tumbling skills not landing on feet, and/or head, knees landing on the mat.



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