

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

7.0-8.0	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).
8.0-9.0	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).
9.0-10.0	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
4.0-5.0	
5.0-6.0	<ul style="list-style-type: none"> • 1/4 twisting mount, transition or dismount • Straight cradle from two-legged prep level pyramid • Inversion before a pyramid sequence • Other level appropriate creative or unique load in, dismount or transition
6.0-7.0	<ul style="list-style-type: none"> • 1/2 twisting mount or transition • Straight cradle from single-legged prep level pyramid • Straight cradle from an extended two-legged pyramid • Inversion into a pyramid • Log/barrel roll • Other level appropriate creative or unique load in, dismount or transition
7.0-8.0	<ul style="list-style-type: none"> • 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 • Any level appropriate release move
8.0-9.0	<ul style="list-style-type: none"> • 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 • Any level appropriate release move
9.0-10.0	<ul style="list-style-type: none"> • 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 • Any level appropriate release move

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

TOSS DEGREE OF DIFFICULTY		
LEVEL 2		
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 tosses throughout the routine
LEVEL 3		
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
LEVEL 4		
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
LEVEL 5		
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	
7.0-8.0	Low height on tosses, fair body control, tosses that are inverted, (head below waist) poor or uncontrolled catches by the bases
8.0-9.0	Average height on tosses, average body control in toss skill, poor to fair catches by the bases
9.0-10.0	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	
7.0-8.0	Dances that include poor perfection and synchronization, entertainment value, length, and/or musicality. Basic choreography and/or creativity.
8.0-9.0	Dances that include average perfection and synchronization, entertainment value, length, and/or musicality. Average choreography and/or creativity.
9.0-10.0	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.
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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.

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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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