

2013 ALL STAR LEVEL 6 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

LOAD-INS/DISMOUNTS/TRANSITIONS • BASIC 8.0-9.0

BASIC STUNT LDT

- Toss stunts to prep level
- Straight pop downs to the performance surface
- Basic straight cradles
- Other Level appropriate creative or unique load-in, dismount or transition
- Toss two-legged extended stunts
- Half twisting mounts or transitions to or from prep level
- One skill non-twisting cradle/dismounts
- Other Level appropriate creative or unique load-in, dismount or transition
- Toss one-legged extended stunt
- Full twisting mounts or transitions to or from prep level
- Downward Inversions from prep level
- Single twist cradles
- Other Level appropriate creative or unique load-in, dismount or transition

LOAD-INS/DISMOUNTS/TRANSITIONS • ELITE 9.0-10.0

ELITE STUNT LDT

- Full twisting mounts or transitions to or from extended level
- Low to high tic-tocs
- Inverted stunts/transitions to/from non-extended positions
- Free flipping stunts/transitions to/from non-extended positions
- Double twisting stunts/transitions to/from non-extended positions
- Other Level appropriate creative or unique load-in, dismount or transition
- High to high tic-tocs
- Inverted stunts/transitions to/from extended positions
- Free flipping stunts/transitions to/from extended positions
- Double twisting stunts/transitions to/from extended positions
- 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											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 LEVEL 6 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.

BASIC LDT

BASIC 8.0-9.0

- Walk-in pyramid and transitions below 2 1/2 high
- Straight pop downs to the performance surface
- Toss into pyramid below 2 1/2 high
- Half twisting mounts or transitions
- Basic straight cradles from below 2 1/2 high pyramid
- Toss into pyramid above 2 1/2 high
- Full twisting mounts or transitions to or from prep level
- Downward inversion from prep level
- One skill non-twisting cradle/dismounts

ELITE LDT

ELITE 9.0-10.0

- Low to high tick-tocs
- Inverted 2 -legged transitions into 2 1/2 high
- Free flipping mounts or transitions to 2-legged 2 1/2 high
- Single twisting mounts or transitions into 2 1/2 high
- Single twisting dismounts from 2 1/2 high
- High to high tic-tocs
- Inverted 2 -legged transitions into 2 1/2 high
- Free flipping mounts or transitions to one legged 2 1/2 high
- Double twisting mounts or transitions into 2 1/2 high
- Flipping dismount from 2 1/2 high

- 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 LEVEL 6 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

COLLEGE	8.0-10.0
Some 2 skill double twisting tosses	8.0-8.2
Majority to squad kick double tosses	8.3-8.5
Majority to squad hitch kick double tosses	8.5-8.7
Majority to squad switch kick double tosses	8.7-8.9
Squad switch kick double tosses AND a variety of tosses throughout the routine	9.0
Some non-twisting flipping tosses	9.1-9.3
Majority to Squad non-twisting flipping tosses OR Some Single twisting flipping tosses	9.4-9.6
Majority to Squad single twisting flipping tosses	9.7-10.0

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.
- 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 LEVEL 6 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

- 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.

* 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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