

2012-2013 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 variety 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.
- 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:
<ul style="list-style-type: none"> • 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:
<ul style="list-style-type: none"> • Pike Jump • Right/Left Front Hurdler • Toe Touch

