

# DEDUCTIONS

AREA	NOTE	DEDUCTION	POINTS
<b>Stunt/Toss/ Pyramid</b>			
	<b>B</b>	<b>BOBBLE</b>	<b>1</b>
	<b>D</b>	<b>DROPPED STUNT/ BASE FALL</b>	<b>3</b>
	<b>F</b>	<b>FLYER TOUCHES MAT</b>	<b>5</b>
	<b>O</b>	<b>STUNT MOVES OFF MAT</b>	<b>5</b>
<b>Tumbling</b>			
	<b>S</b>	<b>2ND STEP AFTER LANDING</b>	<b>1</b>
	<b>H</b>	<b>HANDS TOUCH MAT</b>	<b>2</b>
	<b>K</b>	<b>KNEES TOUCH MAT</b>	<b>2</b>
	<b>C</b>	<b>COLLISION</b>	<b>3</b>
	<b>M</b>	<b>TUMBLING LANDS OR REBOUNDS OFF MAT</b>	<b>5</b>
	<b>T</b>	<b>HEAD/TORSO/BOTTOM HITS MAT</b>	<b>5</b>
<b>Jumps</b>			
	<b>F</b>	<b>FAILED LANDING</b>	<b>1</b>
	<b>G</b>	<b>JUMP HITS GROUND</b>	<b>3</b>
<b>MISC.</b>			
		<b>USASF/ARSC VIOLATION</b>	<b>5</b>
		<b>JEWELRY (PER ATHLETE)</b>	<b>5</b>
		<b>INAPPROPRIATE ROUTINE (POSSIBLE DQ)</b>	<b>UP TO 20</b>

**THE DEDUCTION JUDGE DECISIONS ARE FINAL! ANY DROPS IN THE SHOW WILL RESULT IN A 3 POINT DEDUCTION PER INCIDENT. THE DEDUCTION JUDGE CAN TAKE OFF UP TO 5 POINTS ON A FALL OR MISSED TRICK IF THE ATHLETE (OR FLYER) HITS THE CHEERING SURFACE.**

# STANDING TUMBLING RUBRIC

LEVELS	ALL STAR 1	ALL STAR 2	ALL STAR 3	ALL STAR 4	ALL STAR 5		School & Rec Novice	School & Rec Advance
POINTS								
1								
2								
3								
4	45% BACK & FRONT WALKOVER	45% BACK HANDSPRINGS			60% JUMP TO BHS & SERIES BHS		45% BACK & FRONT WALKOVER	
5	60% BACK & FRONT WALKOVER	60% BACK HANDSPRINGS	LESS THAN 45% JUMP TO BHS or SERIES BHS		60% BACK TUCKS & JUMP TO BHS(s) LAYOUT		60% BACK & FRONT WALKOVER	LESS THAN 45% BHS
6		60% Level 1 skill as entry to BACK HANDSPRINGS	45% JUMP TO BHS or SERIES BHS		25% SINGLE			MORE THAN 45% BHS
7			60% JUMP TO SERIES BHS	* 45% BACK TUCKS * BHS(s) TO LAYOUT * JUMP TO BHS(s) LAYOUT	45% SINGLE WITHOUT DOUBLE TWISTING			45% BHS(S) TUCK COMBINATION
8				* 60% BACK TUCKS * 60% JUMP TO BHS(s) LAYOUT	SINGLE TWISTING TO DOUBLE TWISTING SKILL RATIO IS 25-45%/10-25%	SERIES JUMPS TO STANDING TUCK IS ALSO A REQUIREMENT TO SCORE AN 8,9 OR 10 IN LEVEL 5		45% STANDING TUCK & 25% BHS(S) LAYOUT COMBINATION
9				SINGLE TWISTING/ DOUBLE TWISTING SKILL RATIO IS 45% / 25%				65-100% STANDING TUCK or 25% TWISTING
10				SINGLE TWISTING/ DOUBLE TWISTING SKILL RATIO IS 25% / 45%				65-100% STANDING TUCK or 45% TWISTING

**\* THE % LISTED IS FOR THE MINIMUM REQUIREMENT FOR THAT POINT RANGE**

2011-2012

# RUNNING TUMBLING RUBRIC

LEVELS	ALL STAR 1	ALL STAR 2	ALL STAR 3	ALL STAR 4	ALL STAR 5	School & Rec Novice	School & Rec Advance
POINTS							
1							
2							
3					60% SPECIALTY TO TUCK		
4	45% ROUND OFF FRONT/BACK WALKOVERS	45% RO BHS			60% SPECIALTY TO LAYOUT/ LAYOUT STEP OUTS	45% ROUND OFF FRONT/BACK WALKOVERS	
5	60% ROUND OFF FRONT/BACK WALKOVERS	60% RO MULTIPLE BHS	45% TUCK		25% SINGLE TWISTING	60% ROUND OFF FRONT/BACK WALKOVERS	45% RO BHS(s)
6		60% SPECIALTY TO MULTIPLE BHS	60% TUCK	45% FREE FLIPPING SKILLS W/ AT LEAST 25% BEING LAYOUTS	45% SINGLE TWISTING		45% SPECIALTY TO BHS
7			60% SPECIALTY TO TUCK	60% LAYOUT/ LAYOUT STEP OUTS	60% SINGLE TWISTING		45% TUCK
8				60% SPECIALTY TO LAYOUT/ LAYOUT STEP OUTS	60% SINGLE TWISTING & 25% DOUBLE TWISTING		45% LAYOUTS
9					SPECIALTY TO SINGLE TWISTING & 45% DOUBLE TWISTING		SPECIALTY TO LAYOUTS & 25% TWISTING
10					SPECIALTY TO SINGLE TWISTING & 60% DOUBLE TWISTING		SPECIALTY TO 45% TWISTING

**\* THE % LISTED IS FOR THE MINIMUM REQUIREMENT FOR THAT POINT RANGE**

# STUNTS AND DISMOUNTS RUBRIC

LEVELS POINTS	ALL STAR LEVEL 1	ALL STAR LEVEL 2	ALL STAR LEVEL 3	ALL STAR LEVEL 4	ALL STAR LEVEL 5	School & Rec Novice	School & Rec Advance
1	Under Prep Level						
2							
3	1 Entry & 1 Dismount See Examples						
4	1-2 Entries 2-3 Flexibility 1 Dismount See Examples	1 Entry & 1 Dismounts See Examples				1 Entry & 1 Dismounts See Examples	
5	2 Entries 3 Flexibility 1 Dismount See Examples	1-2 Entries 1 Transition 2-3 Flexibility 1-2 Dismounts See Examples	1 Entry & 1 Dismounts See Examples			1-2 Entries 1 Transition 2-3 Flexibility 1-2 Dismounts See Examples	
6		2 Entries 1 Transition 3 Flexibility 2 Dismounts See Examples	1-2 Entries 1 Transition 2-3 Flexibility 1-2 Dismounts See Examples	1 Entry & 1 Dismounts See Examples		2 Entries 1 Transition 3 Flexibility 2 Dismounts See Examples	
7			2 Entries 1 Transition 3 Flexibility 2 Dismounts See Examples	1-2 Entries 1 Transition 2-3 Flexibility 1-2 Dismounts See Examples			
8				2 Entries 1 Transition 3 Flexibility 2 Dismounts See Examples	2 Entries 1 Transition 3 Flexibility 2 Dismounts See Examples (Release OR Inversion)		1 Entry & 1 Dismounts See Examples
9					2 Entries 1 Transition 3 Flexibility 2 Dismounts See Examples (Release & Inversion)		1-2 Entries 1 Transition 2-3 Flexibility 1-2 Dismounts See Examples
10							2 Entries 1 Transition 3 Flexibility 2 Dismounts See Examples

## EXAMPLES OF ENTRIES need 2 for max score

LEVELS	ALL STAR 1	ALL STAR 2	ALL STAR 3	ALL STAR 4	ALL STAR 5	School & Rec Novice	School & Rec Advance
<b>ENTRY EXAMPLES</b>	<ul style="list-style-type: none"> <li>* 1/4 TURN UP TO 2 LEGGED PREP</li> <li>* 1/4 TURN UP TO 1 LEGGED THIGH STAND</li> <li>* ASSISTED TICK TOCK TO THIGH STAND</li> </ul>	<ul style="list-style-type: none"> <li>* 1/2 TURN UP TO 2 LEG EXTENDED STUNT</li> <li>* 1/2 TURN UP TO 1 LEG PREP</li> <li>* HANDSTAND OR ROLL TO PREP</li> </ul>	<ul style="list-style-type: none"> <li>* 1/2 TURN UP TO 1 LEG EXTENDED STUNT</li> <li>* FULL UP TO PREP</li> <li>* 1 TRICK RELEASE TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>* FULL UP TO PLATFORM</li> <li>* EXPRESS UP 1.5 TO 1 LEG PREP</li> <li>* "J" UP TO INVERSION</li> </ul>	<ul style="list-style-type: none"> <li>* DOUBLE TWISTING MOUNT TO AN EXTENDED 1 LEG</li> <li>* RELEASE MOUNT WITH 1 TO 2 TWISTING ROTATIONS</li> </ul>	<ul style="list-style-type: none"> <li>* 1/2 TURN UP TO 2 LEG EXTENDED STUNT</li> <li>* 1/2 TURN UP TO 1 LEG PREP</li> <li>* ASSISTED TICK TOCK (NON-RELEASE)</li> <li>* HANDSTAND OR ROLL TO PREP</li> </ul>	<ul style="list-style-type: none"> <li>* 1.25 TURN UP TO SINGLE LEG W EXPRESS UP</li> <li>* "J" UP TO INVERSION</li> </ul>

## EXAMPLES OF TRANSITIONS need 2 for max score(except lv1/novice)

	ALL STAR 1	ALL STAR 2	ALL STAR 3	ALL STAR 4	ALL STAR 5	School & Rec Novice	School & Rec Advance
<b>TRANSITIONS EXAMPLES</b>	<ul style="list-style-type: none"> <li>* LEVEL CHANGES</li> </ul>	<ul style="list-style-type: none"> <li>* BARREL ROLLS</li> <li>* HALF TWIST</li> <li>* EXTENDED LEVEL SHOW AND GO</li> <li>* ASSISTED TICK TOCK (NON-RELEASE)</li> </ul>	<ul style="list-style-type: none"> <li>* PREP LEVEL RELEASE MOVE (TICKTOCK)</li> <li>* PREP LEVEL FULL AROUND</li> <li>* LEVEL APPROPRIATE TWISTING TRANSITIONS</li> <li>* FULLTWISTING MULTI BASED SUSPENDED FORWARD ROLL</li> </ul>	<ul style="list-style-type: none"> <li>* EXTENDED FULL AROUNDS</li> <li>* EXTENDED INVERSIONS</li> <li>* PREP LEVEL DOWNWARD INVERSIONS</li> </ul>	<ul style="list-style-type: none"> <li>* RELEASES</li> <li>* INVERSIONS</li> </ul>	<ul style="list-style-type: none"> <li>* BARREL ROLLS</li> <li>* HALF TWIST</li> <li>* EXTENDED LEVEL SHOW AND GO</li> </ul>	<ul style="list-style-type: none"> <li>* EXTENDED FULL AROUNDS</li> <li>* EXTENDED INVERSIONS</li> <li>* PREP LEVEL DOWNWARD INVERSIONS</li> </ul>

## EXAMPLES OF DISMOUNTS need 2 for max score(except lv1/novice)

LEVELS	ALL STAR 1	ALL STAR 2	ALL STAR 3	ALL STAR 4	ALL STAR 5	School & Rec Novice	School & Rec Advance
<b>DISMOUNT EXAMPLES</b>	<ul style="list-style-type: none"> <li>* STRAIGHT CRADLE FROM PREP</li> </ul>	<ul style="list-style-type: none"> <li>* STRAIGHT AND 1/4 TURN CRADLES FROM EXTENTION</li> <li>* CRADLE FROM 1 LEG AT PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>* 2 LEG EXTENDED SINGLE TWISTING CRADLES</li> <li>* FULL TWISTING MULTI BASED SUSPENDED FORWARD ROLL TO PERFORMING SURFACE</li> </ul>	<ul style="list-style-type: none"> <li>* 1 LEG EXTENDED SINGLE TWISTING CRADLE</li> <li>* 2 LEG PREP DOUBLE TWISTING DOWNWARD INVERSION FROM PREP LEVEL OR BELOW</li> </ul>	<ul style="list-style-type: none"> <li>* 1 LEG EXTENDED DOUBLE TWISTING CRADLE</li> <li>* DOWNWARD INVERSION FROM EXTENDED LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>* STRAIGHT AND 1/4 TURN CRADLES FROM EXTENTION</li> <li>* CRADLE FROM 1 LEG AT PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>* EXTENDED DOUBLE TWISTING CRADLES</li> <li>* DOWNWARD INVERSION FROM PREP LEVEL OR BELOW</li> </ul>

## EXAMPLES OF FLEXIBILITY 3 for max score

	NON FLEXIBILITY NOT EGIBLE FOR MAX	FLEXIBILITY
<b>FLEXIBILITY EXAMPLES</b>	<ul style="list-style-type: none"> <li>* EXTENSION</li> <li>* ARABESQUE</li> <li>* LIBERTY</li> <li>* CUIPE</li> </ul>	<ul style="list-style-type: none"> <li>* HEEL STRETCH</li> <li>* SCORPION</li> <li>* BOW &amp; ARROW</li> <li>* POWER STRETCH</li> <li>* SCALE</li> </ul>

\*All the above are examples. Skills are not limited to just these options

# PYRAMIDS

	ALL STAR 1	ALL STAR 2	ALL STAR 3	ALL STAR 4	ALL STAR 5	School & Rec Novice	School & Rec Advance
LEVELS POINTS							
1-2							
3-4							
3-6	ONE LEG CONNECTIONS AT PREP LEVEL OR BELOW & EXT CONNECTIONS (MAX 5pts)	EXT ONE LEG CONNECTIONS	EXT ONE LEG CONNECTIONS			EXT ONE LEG CONNECTIONS (MAX 5 PTS)	
5-7			EXT ONE LEG CONNECTIONS AND SUSPENDED FRONT FLIP				
6-8				EXT ONE LEG CONNECTIONS & BRACED INVERSION & MULTI RELEASES			EXT ONE LEG CONNECTIONS & BRACED INVERSION & MULTI RELEASES
8-10					EXT ONE LEG CONNECTIONS & MULTI BRACED INVERSIONS & BASE TRANSITIONS		

**\* ORIGINALITY AND COMBINATIONS OF REQUIRED SKILLS  
WILL AFFECT SCORING \***

**\*\* IT IS ASSUMED THAT ALL PYRAMIDS WILL FOLLOW INVERSION  
AND RELEASE MOVE RULES FOR LEVEL \*\***

**\*\*\* For the Max score in a level, variety and the number of  
formations and transitions will be taken into consideration**

# TOSSES

LEVELS	ALL STAR 1	ALL STAR 2	ALL STAR 3	ALL STAR 4	ALL STAR 5	School & Rec Novice	School & Rec Advance
POINTS							
1	NO BASKETS ALLOWED						
2	NO BASKETS ALLOWED						
3	NO BASKETS ALLOWED						STRAIGHT RIDE
4	NO BASKETS ALLOWED						
5	NO BASKETS ALLOWED		1 SKILL WITHOUT FLEXIBILITY				1 SKILL WITHOUT FLEXIBILITY
6	NO BASKETS ALLOWED	STRAIGHT RIDES	1 FLEXIBILITY SKILL	2 SKILLS	2 ADV SKILLS W/ VARIETY THROUGHOUT ROUTINE	STRAIGHT RIDES	1 FLEXIBILITY SKILL
7	NO BASKETS ALLOWED		1 ADV SKILL W/ VARIETY THROUGHOUT ROUTINE	2 ADV SKILLS W/ VARIETY THROUGHOUT ROUTINE	ANY SKILL WITH 2 TWISTS INCORPORATED		ANY 2 SKILLS
8	NO BASKETS ALLOWED						
9	NO BASKETS ALLOWED				ANY 2 SKILLS WITH 2 TWISTS INCORPORATED W/ VARIETY THROUGHOUT ROUTINE		ANY 2 SKILLS W/ VARIETY THROUGHOUT ROUTINE
10	NO BASKETS ALLOWED						

**\* ORIGINALITY AND THE RATIO OF BASKETS TO SQUAD MEMBERS WILL AFFECT SCORING \***

**FLEXIBILITY SKILLS**

- TOE TOUCH
- PIKE
- KICK

**NON FLEXIBILITY SKILLS**

- STRAIGHT BALL

# JUMPS

POINTS	ALL LEVELS
1-2	SINGLE JUMP WITHOUT FLEXIBILITY SKILL
3-4	SINGLE JUMP WITH FLEXIBILITY SKILL
5-6	JUMP COMBINATION WITH FLEXIBILITY SKILLS
7-10	MULTIPLE SETS OF JUMP COMBINATIONS WITH FLEXIBILITY SKILL

## NON FLEXIBILITY SKILLS

- \* PENCIL
- \* TUCK
- \* SPREAD EAGLE

## FLEXIBILITY SKILLS

- \* TOE TOUCH
- \* PIKE
- \* DOUBLE 9
- \* HERKIE
- \* ETC

**SPIRIT BRANDS**

**\* MULTIPLE JUMPS BEFORE A TUMBLE SKILL WILL  
COUNT TOWARD MULTIPLE SETS**

# DANCE

POINTS	ALL LEVELS
1-2	No Formation Changes with Little Ground Work
3-4	1 CHANGE IN FORMATION PLUS 1 of the following: Footwork, Level Changes, Ground Work
5-6	2 FORMATION CHANGES Plus 2 of the following: Footwork, Level Changes, Ground Work
7-10	3 OR MORE FORMATION CHANGES AND ADVANCED GROUND WORK & FOOT WORK Plus Level Changes

**WHILE DANCE MAY ENCOMPASS THE ENTIRE ROUTINE INCLUDING MOTIONS FOR OVERALL SCORE; TO MAX OUT YOUR SCORE-1 SECTION OF DANCE SHOULD INCLUDE 3 FORMATION CHANGES, GROUND & FOOT WORK AND LEVEL CHANGES.**

# ATHLETE GRID

# ATHLETES	# STUNT GROUPS	25% Team	45% Team	60% Team
5	1	1	2	3
6	1	1	2	3
7	1	1	3	4
8	1	2	3	4
9	2	2	4	5
10	2	2	4	6
11	2	2	4	6
12	3	3	5	7
13	3	3	5	7
14	3	3	6	8
15	3	3	6	9
16	4	4	7	9
17	4	4	7	10
18	4	4	8	10
19	4	4	8	11
20	5	5	9	12
21	5	5	9	12
22	5	5	9	13
23	5	5	10	13
24	6	6	10	14
25	6	6	11	15
26	6	6	11	15
27	6	6	12	16
28	7	7	12	16
29	7	7	13	17
30	7	7	13	18
31	7	7	13	18
32	8	8	14	19
33	8	8	14	19
34	8	8	15	20
35	8	8	15	21
36	9	9	16	21