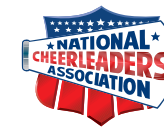


# ALL-STAR SCORING RULES

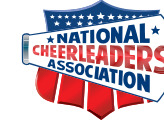


The following outlines the point ranges for specific skill sets performed by a MAJORITY of the team. Judges will consider difficulty and variety when deciding on a specific score. Skills performed by less than a majority of the team will move the score into a lower range. In each category, the majority of the team must master each listed skill unless the skills are separated by the word "or". Execution/Technique for each skill category will be rewarded separately on the score sheet. (Definitions and examples of "Advanced and "Elite" skills are attached).

	Stunts 3-4	Pyramids 3-4	Tosses 3-4	Standing Tumbling 3-4	Running Tumbling 3-4	Jumps 3-4
Level 1	--Extension Preps or --One Leg Variations below Prep Level	--Pyramids at Prep Level and Below		--Forward/Backward Rolls or --Cartwheels or --Front/Back Walkovers	--Cartwheels or --Round-offs	--Basic Jumps or Single Jumps
Level 2	4-5 --Extensions or --One Leg Variations at Prep Level	4-5 --Pyramids involving Extended One Leg Stunts	4-5 --Basic Straight Rides	4-5 --Single BHS	4-5 --Round-off BHS	4-5 --Advanced Jump Combinations
Level 3	5-6 --Extended One Leg Stunts --Required Dismount: Full Twist from Two Leg Stunt	5-6 --Pyramids involving extended One Leg Stunts and at least one 2 1/2 high Transition	5-6 Non-Twisting Tosses Ex: Toe Touch Switch Kick Tuck Arch --Single Twisting Tosses	5-6 --Series BHS or --Jump/BHS Combinations	5-6 --Round-off BHS Back Tucks or --Round-off Tucks or --Running Punch Fronts	5-6 --Advanced Jump Combinations
Level 4	5-6 --Advanced Skills --Required Dismount: Single Twist from One Leg Stunt	6-7 --Pyramids involving extended One Leg Stunts and at least one Braced Flip Transition Sequence	6-7 --Double Skill Tosses including a Twist or --Double Twisting Tosses Ex: Kicks Fulls Double Fulls	6-7 --Back Tucks or --BHS Back Tucks or --BHS to a Layout position or --Jump BHS Combinations	6-7 --Layouts	6-7 --Advanced Jump Combinations
	6-7 --Elite Skills --Required Dismount: Single Twist from One Leg Stunt					
Level 5	7-8 --Advanced Skills --Required Dismount: Double Twist from One Leg Stunt	7-8 --Pyramids involving extended One Leg Stunts and at least one Braced Flip Transition Sequence	7-8 --Kick Double Full Twisting Tosses Ex: Kick Double Fulls	7-8 --Jump/Tuck Combinations	7-8 --Single Full Twisting Skills	7-9 --Advanced Jump Combinations
	8-9 --Elite Skills --Required Dismount: Double Twist from One Leg Stunt or --Single Based, Extended Unassisted Stunts					
	8-9 --Pyramids involving extended One Leg Stunts and Multiple Braced Flip Transition Sequences --Multiple Extended Structures	8-9 --Kick Double Full Twisting Tosses with Speciality skills Ex: Switch Kick Double Fulls Hitch Kick Double Fulls	8-9 --Standing Passes that include Full Twisting Skills and/or Double Twisting Skills Ex: Standing Two to a Full Standing One to a Full Standing Full	8-9 --Single Full Twisting Skills and Numerous Speciality Passes to a full twisting skill and Numerous Double Full Twisting Skills		



## ALL-STAR SCORING DESCRIPTIONS



Maximum Difficulty will be determined by the performing teams USASF Level. Execution will be worth an additional one point value.

Execution/Technique will be evaluated on the following criteria: synchronization, form, technique, body position, flexibility and skill completion. Any bobbles (hands down on tumbling, shaky stunts, etc.) will be considered when awarding the score and will not be considered by the point deduction judge.

Jumps difficulty will be evaluated based on the following criteria: variety, difficulty, incorporation, use of approaches, and quantity. Jumps execution will be based on the following criteria: chest placement, flexibility, form and landing. Basic Jumps - Spread Eagle, Double Hook, Tuck and Stag. Advanced Jumps - Herkie, Side Hurdler, Toe Touch, Front Hurdler, Pike and Double Nine. Combinations - Connecting jumps with a prep or whip in between. Standing Tumbling difficulty will be reflected in the standing tumbling score and will not be evaluated in the jump category.

Motions/Dance difficulty will be evaluated on the following three areas of criteria. Little to no transitions and level changes will score in the low portion of the range. Minimal transitions and level changes to include variety of movement, footwork and floorwork along with average energy and entertainment value will score in the middle portion of the range. Multiple transitions and level changes to include variety of movement, footwork, floorwork along with high energy and entertainment value will score on the high end of the range.

Formation/Transition difficulty will be evaluated on the following criteria: creativity, flow, visual effect, ease of movement, pace, spacing and seamless patterns. Execution/Technique will be evaluated on how well the above criteria is performed by the athletes.

Performance will be evaluated on the following criteria: showmanship, energy levels, excitement, crowd appeal, uniformity, genuine enthusiasm and athletic sportsmanship.

Skills Creativity will reward teams for using unique load ins, dismounts and transitions in the building and tumbling portions of the routine and will have a maximum value of 5 points.

Routine Creativity will reward teams for using creative and innovative choreography throughout the overall routine and will have a maximum value of 5 points.

Level 4.2 teams will follow the Level 4 range for Building Skills (Stunts, Pyramids and Tosses), Overall Routine (Motions/Dance, Formations/Transitions and Performance) and the Jumps category. All Tumbling Skills (Standing Tumbling and Running Tumbling) will follow the Level 2 range.

Level 6 Skills will be scored in the 9-10 range for Building Skills (Stunts, Pyramids and Tosses)

Definitions and Examples of "Advanced" and "Elite" skills

### **Advanced Stunting Skills include**

*(but are not limited to):*

Extended One Leg Stunts

Minor Releases that land at prep level or below

Minor Tick Tock variations

Inverted transitions to prep level and below

Walking stunts/Turning stunts

1/2 or Single Twisting Transitions

Power Presses

*\*Other unique Mounts and Transitions of similar difficulty level*

### **Elite Stunting Skills include**

*(but are not limited to):*

Full Up to Extended Position

Major Releases that land in an Extended Position

Major Tick Tock variations

Inverted Transitions to an Extended Position

1-1/2 - 2 Twisting Transitions

Toss Extended stunts

*\*Other unique Mounts and Transitions of similar difficulty level*

# ALL-STAR POINT DEDUCTION SYSTEM

## Mistakes

Mistakes during skills will result in a 1.0 deduction for each occurrence.

### Examples:

- Drops to the floor during tumbling
- Drops from individual stunt to a cradle
- Drops from individual stunt to a pop down dismount

## Falls (Major)

Falls during stunting skills will result in a 1.5 deduction for each occurrence.

### Examples:

- Fall from individual stunt to the ground  
(Top person lands on ground or multiple bases land on ground)

## Collapses

Collapses during pyramid skills will result in a 2.0 deduction for each occurrence.

### Examples:

- If only an individual stunts performs an error during the pyramid sequence, then only a 1.0 or 1.5 deduction will be assessed.

## Maximum Deduction

No individual occurrence will incur more than an 2.0 deduction.

### Examples:

- If a stunt drops to the ground (1.5) and then rebuilds in the same stunt sequence and drops again (1.5), the maximum deduction issued will be a 2.0.

## Bobbles

The following examples will not receive deductions, however, they will be considered in the execution score.

### Examples:

- Hands down on tumbling
- Stunts and Pyramids that almost drop/fall, but are saved
- Incomplete twisting cradles
- Memory mistakes involving obvious execution of incorrect moves
- Tripping to the floor while transitioning
- Knee or hand touching ground during cradle or dismount
- Knees touch ground in back handspring
- Severe balance checks

## Time Limit Violations

Time limit violations are as follows:

- 3-5 seconds over time will result in a .5 deduction
- 6-10 seconds over time will result in a 1.0 deduction
- 11 or more seconds over time will result in a 2.0 deduction

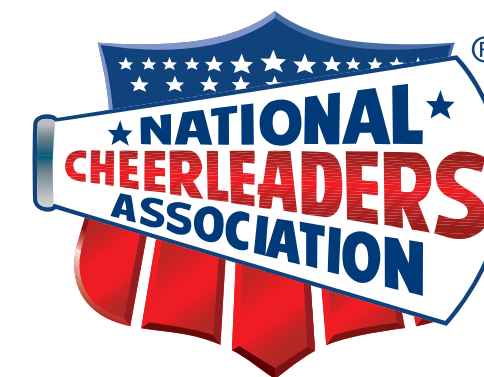
## Safety Violation/Skills Performed Out of Level

Safety Violations will result in a 2.0 deduction for each occurrence.

## Boundary Violations

All skills must originate and be completed within the competition boundary. No lineups, skills, or transitions are allowed outside of the competition boundary. Anytime a participant unintentionally steps outside the competition boundary, they must return immediately. The competition boundary is defined as the actual spring floor, the carpet bonded foam panels that connect to the spring floor, and any additional border that supports the spring floor.

Excessive out of bounds is not allowed and will result in a .50 deduction for each occurrence. Excessive out of bounds includes stepping, with both feet, completely off of the performance mat and its borders. (Stepping on, or just past the white tape is not a boundary violation).



**NCA**  
**ALL-STAR**