

2024 - 2025 ALL STAR / REC STAR L1 - 6JR - BUILDING: ALL GIRL & COED

STUNT DIFFICULTY		
STUNT SKILLS WILL ONLY RECEIVE FULL CREDIT IF THEY SHOW CONTROL THROUGH THE POP OR TRANSITION TO ANOTHER SKILL.		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 Different Level Appropriate skills performed by Most of the team
4.0 - 4.5	MID	4 Different Level Appropriate skills performed by Most of the team, 1 of which is Elite Level Appropriate
4.5 - 5.0	HIGH	4 Different Level Appropriate skills performed by Most of the team, 2 of which are Elite Level Appropriate

TOSS DIFFICULTY	
4.0	Less than a Majority of the team performs a toss
4.5	Majority of the team performs a level appropriate toss
5.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section

COED QUANTITY CHART	
# OF MALES ON TEAM	# OF STUNTS
1 or More	1

PYRAMID DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 Different Level Appropriate skills and 2 Structures performed by Most of the team
4.0 - 4.5	MID	3 Different Level Appropriate skills and 2 Structures performed by Most of the team
4.5 - 5.0	HIGH	4 Different Level Appropriate skills and 2 Structures performed by Most of the team

DIFFICULTY DRIVERS
<ul style="list-style-type: none"> Degree of difficulty Percent of team participation (Maximizing stunt groups based on the number of athletes) This includes single based coed style stunts Combination of skills (level and non-level appropriate) Pace of skills performed

COED QUANTITY - LEVEL 3, 4, 4.2 & 5 SENIOR/INTERNATIONAL/OPEN TEAMS	
BASED ON A GROUP OF 3, RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES. STUNTS MUST BE HELD FOR 4 COUNTS	
Coed Style ASSISTED - A coed stunt becomes assisted if at any point the spotter touches the base and/or top person, including the dip for the dismount. This does not include assisting with The catch of the dismount.	Coed Style UNASSISTED - Top person and base perform without any assistance, including the dip for the dismount. Assisting with the catch of the dismount is allowed.
A zero is assessed when a team:	
0	- Doesn't put up the required number of stunts. - Doesn't adhere to Coed Style
4.5 - 4.6	1 assisted Coed Element
4.7 - 4.8	1 Unassisted Coed Prep Level Element
4.9 - 5.0	1 Unassisted Coed Extended Level Element

COED is not given a SEPARATE SCORE. COED skill requirements are incorporated into stunt score in combination with STUNT DIFFICULTY requirements. Refer to the All STAR / REC STAR *COED* STUNT DIFFICULTY SCORE GUIDE for further clarification

BUILDING QUANTITY CHART			
# OF ATHLETES	MAJORITY	MOST	FULL TEAM
5 - 7	1	1	1
8 - 11	1	1	2
12 - 15	1	2	3
16 - 19	2	3	4
20 - 23	3	4	5
24 - 27	4	5	6
28 - 31	4	5	7
32 - 35	5	6	8
36 - 38	5	6	9

ADDITIONAL INFORMATION
<ul style="list-style-type: none"> Building skills will get STUNT or PYRAMID credit. They will not count toward both at the same time.
STUNT
<ul style="list-style-type: none"> Each skill must be rippled or synchronized in the same section. A single skill requirement may not be fulfilled cumulatively using recycled athletes. Skills performed identically more than once, will only count once toward difficulty. A repeat skill performed with creative or stylistic differences will each be counted separately toward difficulty. <p style="margin-left: 20px;"><i>Clarification: an identical skill performed more than once ending in a different body position will only count once toward difficulty.</i></p> <ul style="list-style-type: none"> Lib and platform are not considered body positions. Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion. <p style="margin-left: 20px;">***MORE INFORMATION ON STUNT DIFFICULTY SCORE GUIDE***</p>
PYRAMID
<ul style="list-style-type: none"> PYRAMID: 2 connected stunts. STUNT - includes an athlete supported off the performance surface (not standing on floor) <p style="margin-left: 20px;"><i>Clarification:</i></p> <p style="margin-left: 20px;">*** STUNT - ATHLETE ON FLOOR - STUNT = NOT A PYRAMID</p> <p style="margin-left: 20px;">*** Cluster of stunts but no connection = NOT A PYRAMID</p> <ul style="list-style-type: none"> If a PYRAMID skill (ie. entry / transition) is performed without a braced connection, the stunts must be performed within flyers' arms reach and a connection must be made within 3 counts of skill completion in order to count toward PYRAMID. If the requirements are not met, the performed skills will count toward STUNTS. LEVEL 6 - All pyramid skills that are Level Appropriate or Elite in Level 5 will be given Level Appropriate credit. <p style="margin-left: 20px;">***MORE INFORMATION ON PYRAMID DIFFICULTY SCORE GUIDE***</p>
TOSS
<ul style="list-style-type: none"> SAME SECTION: a single portion of the routine where skills form a skill set (Stunts, Pyramids, Tosses, Standing Tumbling, Running Tumbling, Jumps) are CONTINUOUSLY performed.

COED STYLE
<ul style="list-style-type: none"> Based on a group of 3, Consisting of a Base, Top Person and Spotter. The same entry and skill must be used by all groups. If there is a mixture of unassisted and assisted stunts, credit will be given for the assisted version. Entry must be a Toss or Walk-In. <ul style="list-style-type: none"> - <u>Toss</u> - Top person starts with both feet on performing surface. Base starts with hands on Top Persons' waist. - <u>Walk-In</u> - Top person and Base start facing each other with one-foot loaded in. Base must be directly under the stunt. Base and Spotter may not be chest to chest. Coed Style stunts count toward the requirement regardless of the gender of the athletes performing the stunt

TO RECEIVE COED CREDIT
<ul style="list-style-type: none"> Only skills listed under Coed Style Level Appropriate / Elite skills will count Rippled or synchronized in the same section without recycling athletes. Stunts must be held for 4 counts. These counts will start once the stunt hits the intended level. <ul style="list-style-type: none"> - Ex. Toss hands: counts begin when the stunt stops at prep level - Ex. Toss hands press extension: counts begin when the stunt stops at extended level. Coed stunts must show control through the dismount /pop off to the performance surface or transition to another skill to receive full Coed credit..

ALL STAR / REC STAR L1 - 6JR STUNT DIFFICULTY SCORE GUIDE: ALL GIRL

- Building skills will get STUNT or PYRAMID credit. They will not count toward both at the same time.
 - Level Appropriate and Elite skills listed on STUNT Example Sheet.
 - Not all Level Appropriate skills are listed.
 - Skills performed identically more than once, will only count once toward Difficulty.
 - A repeat skill performed with creative or stylistic differences will each be counted separately toward difficulty.
 - Clarification: an identical skill performed more than once ending in a different body position will only count once toward difficulty.
 - Each skill must be rippled or synchronized in the same section. A single skill requirement may not be fulfilled cumulatively using recycled athletes.
 Ex: 20 athletes (MOST = 4) : 1 stunt group may not do 4 L/A skills (same or different), to fulfill the requirement.
 - **ELITE** skills must be performed in an **ELITE** manner.
 (ie. twisting skills: Top Person's **hips** must twist separate from the bases - a stunt turn/spin initiated by a dip with no TP hip twist separation from bases will result in Level Appropriate credit)
 - Any 1/4 - 1 full twist required by the Top Person must be completed separate from the bases. Anything over 1 full twist may include bases twisting, as long as the TP makes a full twist separate from the bases - an additional spin may be performed by the bases, resulting in the cumulative desired twist amount.
- ***Refer to the **ALL STAR / REC STAR - BUILDING: ALL GIRL & COED RUBRIC** for further clarification***

BUILDING QUANTITY CHART			
# OF ATHLETES	MAJORITY	MOST	FULL TEAM
5 - 7	1	1	1
8 - 11	1	1	2
12 - 15	1	2	3
16 - 19	2	3	4
20 - 23	3	4	5
24 - 27	4	5	6
28 - 31	4	5	7
32 - 35	5	6	8
36 - 38	5	6	9

ADV = ADVANCED
 DIFF. = DIFFERENT
 L/A = LEVEL APPROPRIATE
 MAJ = MAJORITY

DIFFICULTY

2.5 - NO SKILLS PERFORMED

BELOW 3.0 - NO L/A SKILLS PERFORMED - OR - SKILLS DO NOT MEET 3.6 REQUIREMENT

- 3.1 - 1 L/A by MOST
- 3.2 - 1 L/A by FULL TEAM
- 3.3 - 2 DIFF. L/A by MOST or More
- 3.4 - 3 DIFF. L/A by MOST or 2 DIFF. ADV L/A by FULL TEAM
- 3.5 - 3 DIFF. L/A by FULL TEAM

LOW 3.5 - 4 DIFF. L/A by MOST OR MORE

- 3.6 - 5 DIFF. L/A by MOST or 4 DIFF. L/A by FULL TEAM
- 3.7 - 6 DIFF. L/A by MOST or 5 DIFF. L/A by FULL TEAM
- 3.8 - 7 DIFF. L/A by MOST or 6 DIFF. L/A by FULL TEAM
- 3.9 - 8 DIFF. L/A by MOST or 7 DIFF. L/A by FULL TEAM
- 4.0 - 8 DIFF. L/A by FULL TEAM

MID 4.0 - 3 DIFF. L/A by MOST + 1 DIFF. ELITE by MOST

- 4.1 - 3 DIFF. L/A by FULL TEAM + 1 DIFF. ELITE by FULL TEAM
- 4.2 - 4 DIFF. L/A by MOST + 1 DIFF. ELITE by MOST
- 4.3 - 4 DIFF. L/A by FULL TEAM + 1 DIFF. ELITE by FULL TEAM
- 4.4 - 5 DIFF. L/A by MOST + 1 DIFF. ELITE by MOST
- 4.5 - 5 DIFF. L/A by FULL TEAM + 1 DIFF. ELITE by FULL TEAM or MORE

HIGH 4.5 - 2 DIFF. L/A by MOST + 2 DIFF. ELITE by MOST or MORE

- 4.6 - 2 DIFF. L/A by FULL TEAM + 2 DIFF. ELITE by FULL TEAM
- 4.7 - 1 L/A by MOST + 3 DIFF. ELITE by MOST or MORE
- 4.8 - 1 L/A by FULL TEAM + 3 DIFF. ELITE by FULL TEAM
- 4.9 - 4 DIFF. ELITE by MOST or MORE
- 5.0 - 4 DIFF. ELITE by FULL TEAM

ALL STAR / REC STAR L1 - 6JR STUNT DIFFICULTY SCORE GUIDE: COED

- Building skills will get STUNT or PYRAMID credit. They will not count toward both at the same time.
 - Level Appropriate and Elite skills listed on STUNT Example Sheet.
 - Not all Level Appropriate skills are listed.
 - Skills performed identically more than once, will only count once toward Difficulty.
 - A repeat skill performed with creative or stylistic differences will each be counted separately toward difficulty.
 - Clarification: an identical skill performed more than once ending in a different body position will only count once toward difficulty.
 - Each skill must be rippled or synchronized in the same section. A single skill requirement may not be fulfilled cumulatively using recycled athletes.
 - Ex: 20 athletes (MOST = 4) : 1 stunt group may not do 4 L/A skills (same or different), to fulfill the requirement.
 - **ELITE** skills must be performed in an **ELITE** manner. (ie. twisting skills: Top Person's **hips** must twist separate from the bases - a stunt turn/spin initiated by a dip with no TP hip twist separation from bases will result in Level Appropriate credit)
 - Any 1/4 - 1 full twist required by the Top Person must be completed separate from the bases. Anything over 1 full twist may include bases twisting, as long as the TP makes a full twist separate from the bases - an additional spin may be performed by the bases, resulting in the cumulative desired twist amount.
- ***Refer to the **ALL STAR / REC STAR - BUILDING: ALL GIRL & COED RUBRIC** for further clarification***

BUILDING QUANTITY CHART			
# OF ATHLETES	MAJORITY	MOST	FULL TEAM
5 - 7	1	1	1
8 - 11	1	1	2
12 - 15	1	2	3
16 - 19	2	3	4
20 - 23	3	4	5
24 - 27	4	5	6
28 - 31	4	5	7
32 - 35	5	6	8
36 - 38	5	6	9

ADV = ADVANCED
 DIFF. = DIFFERENT
 L/A = LEVEL APPROPRIATE
 MAJ = MAJORITY
 ASST. = ASSISTED
 UNASST. = UNASSISTED
 EXT. = EXTENDED

COED QUANTITY CHART	
# OF MALES ON TEAM	# OF STUNTS
1 or More	1

DIFFICULTY

2.5 - NO SKILLS PERFORMED

BELOW 3.0 - No L/A performed - OR - Skills performed do not meet 3.1 requirement

- 3.1 - 1 L/A by MOST
- 3.2 - 1 L/A by FULL TEAM
- 3.3 - 2 DIFF. L/A by MOST or More
- 3.4 - 3 DIFF. L/A by MOST or 2 DIFF. ELITE by FULL TEAM
- 3.5 - 3 DIFF. L/A by FULL TEAM

LOW 3.5 - 4 DIFF. L/A by MOST OR MORE

- 3.6 - 5 DIFF. L/A by MOST or 4 DIFF. L/A by FULL TEAM
- 3.7 - 6 DIFF. L/A by MOST or 5 DIFF. L/A by FULL TEAM
- 3.8 - 7 DIFF. L/A by MOST or 6 DIFF. L/A by FULL TEAM
- 3.9 - 8 DIFF. L/A by MOST or 7 DIFF. L/A by FULL TEAM
- 4.0 - 8 DIFF. L/A by FULL TEAM

MID 4.0 - 3 DIFF. L/A by MOST+ 1 DIFF. ELITE by MOST

- 4.1 - 3 DIFF. L/A by FULL TEAM + 1 DIFF. ELITE by FULL TEAM 9 (NO COED)
- 4.2 - 4 DIFF. L/A by MOST + 1 DIFF. ELITE by MOST (NO COED)
- 4.3 - 4 DIFF. L/A by FULL TEAM + 1 DIFF. ELITE by FULL TEAM (NO COED)
- 4.4 - 5 DIFF. L/A by MOST + 1 DIFF. ELITE by MOST (NO COED)

HIGH 4.5 - 2 DIFF. L/A by MOST + 1 DIFF. ELITE by MOST + 1 ASST. COED

- 4.6 - 2 DIFF. L/A by FULL TEAM + 1 DIFF. ELITE by FULL TEAM + 1 ASST. COED
- 4.7 - 1 L/A by MOST + 2 DIFF. ELITE by MOST or MORE + 1 UNASST. PREP COED
- 4.8 - 1 L/A by FULL TEAM + 2 DIFF. ELITE by FULL TEAM + 1 UNASST. PREP COED
- 4.9 - 3 DIFF. ELITE by MOST or MORE + 1 UNASST. EXT COED
- 5.0 - 3 DIFF. ELITE by FULL TEAM + 1 UNASST. EXT COED

2024 - 2025

ALL STAR / REC STAR L1 - 6JR PYRAMID DIFFICULTY SCORE GUIDE

BUILDING QUANTITY CHART			
# OF ATHLETES	MAJORITY	MOST	FULL TEAM
5 - 7	1	1	1
8 - 11	1	1	2
12 - 15	1	2	3
16 - 19	2	3	4
20 - 23	3	4	5
24 - 27	4	5	6
28 - 31	4	5	7
32 - 35	5	6	8
36 - 38	5	6	9

- Building skills will get STUNT or PYRAMID credit. They will not count toward both at the same time.
- If a PYRAMID skill (ie. entry / transition) is performed without a braced connection, the stunts must be performed within flyers' arms reach and a connection must be made within 3 counts of skill completion in order to count toward PYRAMID. If the requirements are not met, the performed skills will count toward STUNTS.
- **PYRAMID** - 2 connected stunts (2 flyers connecting).
- **STUNT** - includes an athlete supported off the performance surface (not standing on the floor).
 - *** STUNT - ATHLETE ON FLOOR - STUNT = NOT A PYRAMID
 - *** Cluster of stunts, but no connection = NOT A PYRAMID
- **MOST GROUPS MUST BE INVOLVED IN PYRAMID STRUCTURES**
- **LEVEL APPROPRIATE** and **ELITE** skills listed on STUNT and PYRAMID EXAMPLE SHEETS.
- Skills performed identically more than once, will only count once toward Difficulty.
- A repeat skill performed with creative or stylistic differences will each be counted separately toward Difficulty;
 - Clarification: an identical skill performed more than once ending in a different body position will only count once toward Difficulty.
- **PYRAMIDS THAT WILL RECEIVE SCORES IN THE LOW RANGE** (refer to Stunt Quantity Chart)
 - If MOST groups are not actively involved in Pyramid structures.
 - A Pyramid that has 0 - 1 structures
 - Stunts performed in close proximity (ie. within flyers' arms reach), but never connect.
- **LEVEL 1** - If skills are limited to below prep level, the Difficulty score will MAX at a **4.7** (regardless of the number of skills performed), due to level progression
 - If skills are limited to below extended level, the Difficulty score will MAX at a **4.9** (regardless of the number of skills performed), due to level progression
- **LEVEL 2** - If skills do not include braced extended 1 leg skills, the Difficulty score will MAX at a **4.9** (regardless of the number of skills performed), due to level progression
- **LEVEL 6** - All pyramid skills that are Level Appropriate or Elite in Level 5 will be given Level Appropriate credit.

Refer to the ALL STAR / REC STAR - BUILDING: ALL GIRL & COED RUBRIC for further clarification

# OF ATHLETES									
5 - 7	2	3	4	5	6	7	8	9	
8 - 11	2	3	4	5	6	7	8	9	
12 - 15	2	3	4	5	6	8	9	10	
16 - 19	2	3	4	6	7	9	10	12	
20 - 23	2	3	4	7	10	12	15	18	
24 - 27	2	3	4	7	10	14	17	20	
28 - 31	2	3	4	8	12	16	20	24	
32 - 35	2	3	4	9	14	18	23	28	
36 - 38	2	3	4	9	14	20	25	30	
SCORE -->	3.5	4.0	4.5	4.6	4.7	4.8	4.9	5.0	

2024 - 2025 ALL STAR / REC STAR L1 - 6JR - TUMBLING

JUMP DIFFICULTY	
JUMPS MUST USE A WHIP APPROACH TO BE CONSIDERED CONNECTED. WHIP APPROACH- CONTINUOUS MOVEMENT THROUGH SWING, CONNECTING 2 OR MORE JUMPS.	
3.5	Skills performed do not meet 4.0 requirement
4.0	Most of the team performs 1 advanced jump
4.5	Most of the team performs 2 connected advanced jumps. Must be synchronized and include a variety Tiny/Mini: Most of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.
5.0	Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, Plus 1 additional advanced jump. Must be synchronized and include a variety. Tiny/Mini: Most of the team performs 3 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.

TUMBLING/JUMP QUANTITY CHART		
# OF ATHLETES	MAJORITY	MOST
5 - 7	2	4
8 - 9	4	5
10 - 15	6	7
16 - 19	8	9
20 - 25	10	13
26 - 30	14	16
31 - 38	15	18

DIFFICULTY DRIVERS
<ul style="list-style-type: none"> Degree of difficulty Percent of team participation Combination of skills Synchronization of passes Variety of passes Satisfies or exceeds the quantity requirement utilizing grouped or synchronized passes

JUMPS
<ul style="list-style-type: none"> Variety - at least 2 different jumps. Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e. jumps that land on knee(s) or seat, etc. would not count). Basic Jumps: Spread Eagle, Tuck Jump Advanced Jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch

STANDING TUMBLING DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs a Level Appropriate pass
4.0 - 4.5	MID	Majority of the team performs the same Level Appropriate pass
4.5 - 5.0	HIGH	Most of the team performs the same level appropriate pass, plus Majority of the team performs an additional level appropriate pass All may be cumulative

ADDITIONAL INFORMATION
<ul style="list-style-type: none"> Skills that are not required to be synchronized may be cumulative to meet Difficulty requirement. Tumbling passes must land on feet to be considered level appropriate and receive Difficulty credit (i.e. jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc. would not count). Jumps within a pass will not break up the pass (i.e. Toe Touch-BHS-Toe Touch-BHS is 1 pass in L3). T-Jumps are not considered a jump and will break up a pass into two separate passes. L1 - Cartwheel does NOT get Standing Tumbling credit. L1 - Forward Roll does NOT get Running Tumbling credit. Skills that are illegal for a lower level do not automatically make them a Level Appropriate skill for a higher level. L2- No L1 skills out of a RO that are illegal in L1 will count for level appropriate credit.
<ul style="list-style-type: none"> L3- No L2 skills out of a BHS step out 1/2 turn that are illegal in L2 will count for level appropriate credit. L4- Punch front forward roll will not count for level appropriate credit. L5- Not all L4 skills out of a Standing tuck that are illegal in L4 will count for level appropriate credit (i.e. BHS-Tuck-BHS or Tuck BHS).

RUNNING TUMBLING DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Less than a Majority of the team performs a Level Appropriate pass
4.0 - 4.5	MID	Majority of the team performs a Level Appropriate pass
4.5 - 5.0	HIGH	Most of the team performs a Level Appropriate pass

2024 - 2025

ALL STAR / REC STAR L1 - 6JR TUMBLING DIFFICULTY SCORE GUIDE

STANDING TUMBLING

# OF ATHLETES											MAX	BONUS Full Team LA
5 - 7	4	5	6	7	8	9	10	12	15	17	20	
8 - 9	4	5	6	7	8	9	10	12	15	17	20	
10 - 12	4	5	6	7	8	9	10	12	15	17	20	
13 - 15	4	5	6	7	8	9	12	14	17	21	24	
16 - 17	8	10	11	13	14	15	16	17	22	26	30	
18 - 19	8	10	12	14	16	17	18	20	24	29	34	
20 - 22	8	10	12	14	16	18	20	24	29	35	40	
23 - 25	8	10	13	16	18	21	24	27	33	39	46	
26 - 27	10	13	16	18	21	24	26	31	38	45	52	
28 - 30	13	16	18	21	24	26	28	32	40	48	56	
31 - 34	16	18	21	24	26	28	30	36	44	53	62	
35 - 38	18	21	24	26	28	30	36	40	49	60	70	
SCORE -->	4.0	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9	5.0	

Standing Tumbling is Now Cumulative Only way to get a 5.0 is to have Full Team Synched tumbling (Level 1 - Back/Front Walkovers)

- * # of passes determine DIFFICULTY range starting point
- * # of passes, # of Elite passes and degree of Difficulty determine score
- * Once in range:
 - LEVEL APPROPRIATE PASSES = 1 PASS**
 - ELITE PASSES = 2 PASSES**
- * **LEVEL 1: 4.6** = Max score if skills/passes are limited to single forward rolls (regardless of number of passes performed)
- * **ALL LEVELS: 4.8** = Max score if **NO ELITE** passes are performed (regardless of number of passes performed)
- * **ALL LEVELS: 5.0** is not given unless every athlete on the team performs a synchronized Level Appropriate pass.

2024 - 2025

ALL STAR / REC STAR L1 - 6JR TUMBLING DIFFICULTY SCORE GUIDE

RUNNING TUMBLING

# OF ATHLETES											
5 - 7	2	3	4	5	6	4	5	6	8	9	10
8 - 9	4	5	6	7	8	5	7	9	12	14	16
10 - 12	6	7	8	9	10	7	10	12	15	17	20
13 - 15	6	8	9	11	12	7	10	14	17	21	24
16 - 17	8	10	11	13	14	9	13	17	22	26	30
18 - 19	8	10	12	14	16	9	14	19	24	29	34
20 - 22	10	13	15	18	20	13	18	24	29	35	40
23 - 25	10	14	17	21	24	13	20	26	33	39	46
26 - 27	14	17	21	24	27	16	23	30	38	45	52
28 - 31	14	18	22	26	30	16	24	32	40	48	56
32 - 34	15	19	25	28	32	18	27	36	44	53	62
35 - 38	15	20	25	29	34	18	28	39	49	60	70
SCORE -->	4.0	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9	5.0

* # of passes determine DIFFICULTY range startingpoint

* # of passes, # of Elite passes and degree of Difficulty determine score

* Once in range:

LEVEL APPROPRIATE PASSES=1 PASS

ELITE PASSES = 2 PASSES

* **LEVEL 1: 4.6**= Max score if skills/passess are limited to single cartwheels (regardless of number of passes performed)

* **ALL LEVELS: 4.8** = Max score if **NO ELITE** passes are performed (regardless of number of passes performed)

* **ALL LEVELS: 5.0** is not given unless every athlete on the team performs a Level Appropriate pass (may be cumulative)

2024 - 2025 ALL STAR / REC STAR L1 - 6JR - OVERALL

STUNT CREATIVITY

2.0 - 2.5

Stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.
This may include: Entries • Transitions • Dismounts

PYRAMID CREATIVITY

2.0 - 2.5

Pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.
This may include: Entries • Transitions • Dismounts

ROUTINE COMPOSITION

4.0 - 5.0

A team's ability to demonstrate the following throughout the routine:

Precise spacing • Formations • Transitions

This also includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance the overall appeal.

DANCE

4.0 - 5.0

A team's ability to demonstrate a high level of energy and entertainment value which may incorporate:

DIFFICULTY: (0 - 0.5)

Visual elements • Variety of levels • Formation changes • Footwork • Floorwork • Partner work
• Pace

EXECUTION: (0 - 0.5)

Technique • Perfection • Motion Strength/Placement • Synchronization

SHOWMANSHIP

4.0 - 5.0

A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm. This will include appropriate athletic impression throughout the routine.

2024 - 2025 ALL STAR / REC STAR L1 - 6JR - EXECUTION

EXECUTION - STUNT/PYRAMID & STANDING/RUNNING TUMBLING

5.0	<p>Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.</p> <ul style="list-style-type: none"> Scores will start at a 5.0 and may be reduced by .1, .2, .3, or .4 based on the lack of technical execution of each driver .1 - Minor technique issues by the team in Tumbling or Stunts/Pyramid .2 – Multiple technique issues by the team .3+ – Widespread technique issues by the team No more than .4 will be taken off for a single driver. Stylistic differences will not factor into a teams' Execution score.
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EXECUTION - TOSS & JUMPS

5.0	<p>Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.</p> <ul style="list-style-type: none"> Scores will start at a 5.0 and may be reduced by .1, .2, .3, or .4 based on the lack of technical execution of each driver .1 - Minor technique issues by the team in Jumps or Tosses .2 – Multiple technique issues by the team .3+ – Widespread technique issues by the team No more than .4 will be taken off for a single driver. Stylistic differences will not factor into a teams' Execution score.
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STUNT/PYRAMID DRIVERS

Each driver may include, but is not limited to, the below examples:

Flyer	<ul style="list-style-type: none"> Body control Uniform flexibility Legs straight/locked and toes pointed
Base	<ul style="list-style-type: none"> Stability of the stunt Solid stance Feet stationary
Spotter / Transitions	<ul style="list-style-type: none"> Entries Dismounts Control from skill to skill
Synchronization*	<ul style="list-style-type: none"> Timing *Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.

TOSS DRIVERS

Each driver may include, but is not limited to, the below examples:

Teams that only perform 1 toss will automatically receive .3 off for any driver that constitutes a reduction, regardless of the severity of the issue.	
Straight ride tosses will ONLY affect a team's execution score in level 2.	
Flyer	<ul style="list-style-type: none"> Body control Consistent execution of skill/trick Legs straight/toes pointed Arm placement
Bases/ Spotters / Height	<ul style="list-style-type: none"> Using arms/legs to throw together (Timing) Solid stance Controlled Cradle Distance between top persons' feet and hands of the bases
Synchronization*	<ul style="list-style-type: none"> Timing *Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.

STANDING/RUNNING TUMBLING DRIVERS

Each driver may include, but is not limited to, the below examples:

Body Position	<ul style="list-style-type: none"> Head placement Arm/shoulder placement in skills Hips Leg placement in skills Control from skill to skill in a pass Pointed toes
Execution / Approach / Landing	<ul style="list-style-type: none"> Arm placement into a pass/skill Swing/prep Chest placement Controlled Connection of pass / skills Complete / Incomplete skills Controlled landing Legs / feet together Chest placement
Synchronization*	<ul style="list-style-type: none"> Timing *Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.

JUMP DRIVERS

Each driver may include, but is not limited to, the below examples:

Arm Placement	<ul style="list-style-type: none"> Approach Consistent entry Swing/prep Arm position within jump(s)
Leg Placement	<ul style="list-style-type: none"> Straight legs Pointed toes Hip placement/rotation/Hyperextension Height Legs/feet together Chest placement Landings
Synchronization	<ul style="list-style-type: none"> Timing Flow of connected jumps

2024 - 2025 WORLDS L6 & 7 - BUILDING: ALL GIRL

STUNT DIFFICULTY		
<i>STUNT SKILLS WILL ONLY RECEIVE FULL CREDIT IF THEY SHOW CONTROL THROUGH THE POP OR TRANSITION TO ANOTHER SKILL.</i>		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 diff Level Appropriate skills performed by Most of the team, 2 of which are Elite level appropriate
4.0 - 4.5	MID	4 diff Level Appropriate skills performed by Most of the team, 3 of which are Elite level appropriate
4.5 - 5.0	HIGH	4 diff Elite Level Appropriate skills performed by Most of the team

TOSS DIFFICULTY	
4.0	Less than a Majority of the team performs a toss
4.5	Majority of the team performs a level appropriate toss
5.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section

SAME SECTION - Single portion of the routine where skills from a skill set (Stunts, Pyramids, Tosses, Standing Tumbling, Running Tumbling, Jumps) are CONTINUOUSLY performed.

DIFFICULTY DRIVERS	
• Degree of difficulty	
• Percent of team participation (Maximizing stunt groups based on the number of athletes)	
• Combination of skills (adv level and non-level appropriate)	
• Pace of skills performed	

BUILDING QUANTITY CHART		
# OF ATHLETES	NUMBER OF GROUPS	
	MAJORITY	MOST
5 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 30	4	5
31 - 38	5	6

PYRAMID DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different level appropriate skills and 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills and 2 structures performed by Most of the team
4.5 - 5.0	HIGH	4 different level appropriate skills and 2 structures performed by Most of the team

ADDITIONAL INFORMATION	
For Level 7 Stunts: All Level 6 & 7 Level appropriate skills will be considered Level Appropriate for scoring purposes (at least 2 different Level 7 skills are required to score in High range).	
L6- All pyramid skills that are Level Appropriate in L5 will be given Level Appropriate credit.	
* Each skill must be rippled or synchronized in the same section. A single skill requirement may not be fulfilled cumulatively using recycled athletes.	
* Skills performed identically more than once, will only count once toward difficulty.	
*A repeat skill performed with creative or stylistic differences will each be counted separately toward difficulty.	
<i>Clarification: an identical skill performed more than once ending in a different body position will only count once toward difficulty.</i>	
Stunt Skills will only receive full credit if they show control through the pop or transition to another skill.	
BODY POSITIONS	
• Lib and platform are not considered body positions	
• Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion.	

STUNT DIVISION EXPECTATIONS

MUST BE PERFORMED BY GROUPS OF 3 OR MORE ATHLETES. RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES.

X SMALL (5-16)		SMALL (17-22)		MEDIUM (23-30) & INTERNATIONAL NON-TUMBLING (10-30)		LARGE (31-38)		INTERNATIONAL OPEN/GLOBAL (10-24) & SENIOR OPEN (5-24)	
	4.0	1-2 groups perform an adv level app skill	4.0	1-4 groups perform an adv level app skill	4.0	1-6 groups perform an adv level app skill	4.0	1-3 groups perform an adv level app skill	
4.2	1 group perform an adv level app skill	4.2	3 groups perform an adv level app skill	4.2	5 groups perform an adv level app skill	4.2	7 groups perform an adv level app skill	4.2	4 groups perform an adv level app skill
4.4	2 groups perform an adv level app skill	4.4	4 groups perform an adv level app skill	4.4	6 groups perform an adv level app skill	4.4	8 groups perform an adv level app skill	4.4	5 groups perform an adv level app skill
4.6	3 groups perform an adv level app skill	4.6	5 groups perform an adv level app skill	4.6	7 groups perform an adv level app skill	4.6	9 groups perform an adv level app skill	4.6	6 groups perform an adv level app skill
4.8	2 groups perform an ELITE level appropriate skill	4.8	4 groups perform an ELITE level appropriate skill	4.8	6 groups perform an ELITE level appropriate skill	4.8	8 groups perform an ELITE level appropriate skill	4.8	5 groups perform an ELITE level appropriate skill
5.0	3 groups perform an ELITE level appropriate skill	5.0	5 groups perform an ELITE level appropriate skill	5.0	7 groups perform an ELITE level appropriate skill	5.0	9 groups perform an ELITE level appropriate skill	5.0	6 groups perform an ELITE level appropriate skill

2024 - 2025 WORLDS L6 & 7 - BUILDING: COED

STUNT DIFFICULTY		
STUNT SKILLS WILL ONLY RECEIVE FULL CREDIT IF THEY SHOW CONTROL THROUGH THE POP OR TRANSITION TO ANOTHER SKILL.		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 different Level Appropriate skills performed by Most of the team, 2 of which are Elite level appropriate
4.0 - 4.5	MID	4 different Level Appropriate skills performed by Most of the team, 3 of which are Elite level appropriate
4.5 - 5.0	HIGH	4 different Elite level appropriate skills performed by Most of the team

BUILDING QUANTITY CHART		
# OF ATHLETES	NUMBER OF GROUPS	
	MAJORITY	MOST
5 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 30	4	5
31 - 38	5	6

PYRAMID DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different Level Appropriate skills and 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different Level Appropriate skills and 2 structures performed by Most of the team
4.5 - 5.0	HIGH	4 different Level Appropriate skills and 2 structures performed by Most of the team

TOSS DIFFICULTY	
4.0	Less than a Majority of the team performs a toss
4.5	Majority of the team performs a level appropriate toss
5.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section

COED QUANTITY CHART	
# OF MALES ON TEAM	# OF STUNTS
1 - 3	1
4 - 5	2
6 - 7	3
8 - 9	4
10 - 11	5
12 - 13	6
14 - 19	7

ADDITIONAL INFORMATION	
<p>* For Level 7 Stunts: All Level 6 & 7 Level App skills will be considered Level App for scoring purposes (at least 2 different Level 7 skills are required to score in High range). * L6- All pyramid skills that are Level App in L5 will be given Level App credit. * Each skill must be rippled or synchronized in the same section. A single skill requirement may not be fulfilled cumulatively using recycled athletes. * Skills performed identically more than once, will only count once toward difficulty. A repeat skill performed with creative or stylistic differences will each be counted separately toward difficulty. <i>Clarification: an identical skill performed more than once ending in a different body position will only count once toward difficulty.</i></p> <p>BODY POSITIONS</p> <ul style="list-style-type: none"> Lib and platform are not considered body positions. Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion. 	

SAME SECTION - Single portion of the routine where skills from a skill set (Stunts, Pyramids, Tosses, Standing Tumbling, Running Tumbling, Jumps) are CONTINUOUSLY performed.

DIFFICULTY DRIVERS	
<ul style="list-style-type: none"> Degree of difficulty Percent of team participation (Maximizing stunt groups based on the number of athletes) <ul style="list-style-type: none"> This includes single based coed style stunts Combination of skills (level and non-level appropriate) Pace of skills performed 	

COED QUANTITY - LEVEL 6 & 7 SENIOR/INTERNATIONAL WORLDS TEAMS		
BASED ON A GROUP OF 3, RIPPLED OR SYNCHRONIZED IN SAME SECTION WITHOUT RECYCLING ATHLETES. STUNTS MUST BE HELD FOR 4 COUNTS.		
	Coed Style ASSISTED - A coed stunt becomes assisted if at any point the spotter touches the base and/or top person, including the dip for the dis-mount. This does not include assisting with the catch of the dismount.	Coed Style UNASSISTED - Top person and base perform without any assistance, including the dip for the dismount. Assisting with the Catch of the dismount is allowed.
0	A zero is assessed when a team: - Doesn't put up the required number of stunts. - Doesn't adhere to Coed Style.	
4.0	Skills performed that do not meet the 1.2 requirement	N/A
4.2	Walk-in Extended Double Leg Stunt Toss Extended Double Leg Stunt	Skills performed that do not meet the 1.4 requirement
4.4	Walk-in Hands press Extended Single Leg Stunt Toss Hands press Extended Single Leg Stunt	Walk-in Extended Double Leg Stunt Toss Extended Double Leg Stunt
4.6	Toss Extended Single Leg Stunt Walk-in Extended Single Leg Stunt	Walk-in Hands press Extended Single Leg Stunt Toss Hands press Extended Single Leg Stunt
4.8	Toss Extended Single Arm Stunt Toss Full up to Extended Stunt Toss Front Handspring 1/2 up to Extended stunt Rewind to Extended Stunt (L6/7 Int Only)	Walk-in Extended Single Leg Stunt
5.0	N/A	Toss Extended Single Leg Stunt Toss Extended Single Arm Stunt Toss Full up to Extended Stunt Toss Front Handspring 1/2 up to Extended Stunt Rewind to Extended Stunt (L6/7 Int Only)

COED STYLE	
<ul style="list-style-type: none"> Based on a group of 3, Consisting of a Base, Top Person and Spotter. The same entry and skill must be used by all groups. If there is a mixture of unassisted and assisted stunts, credit will be given for the assisted version. Entry must be a Toss or Walk-In. <ul style="list-style-type: none"> Toss - Top person starts with both feet on performing surface. Base starts With hands on Top Persons' waist. Walk-In - Top person and Base start facing each other with one-foot loaded in. Base must be directly under the stunt. Base and Spotter may not be chest to chest. 	

TO RECEIVE COED CREDIT	
<ul style="list-style-type: none"> Only skills listed on the coed requirement grid will count for Coed Quantity. Rippled or synchronized in the same section without recycling athletes. Stunts must be held for 4 counts. These counts will start once the stunt hits the intended level. <ul style="list-style-type: none"> Ex. Toss hands: counts begin when the stunt stops at prep level Ex. Toss hands press extension: counts begin when the stunt stops at extended level Coed stunts must show control through the dismount / pop off to the performance surface or transition to another skill to receive full Coed Quantity credit. 	

2024 - 2025 **WORLDS L6 & 7** STUNT DIFFICULTY SCORE GUIDE

- Building skills will get STUNT or PYRAMID credit. They will not count toward both at the same time.
- Level Appropriate and Elite skills listed on STUNT Example Sheet.
- Not all Level Appropriate skills are listed.
- Skills performed identically more than once, will only count once toward Difficulty.
- A repeat skill performed with creative or stylistic differences will each be counted separately toward difficulty.
 - Clarification: an identical skill performed more than once ending in a different body position will only count once toward difficulty.
- Each skill must be rippled or synchronized in the same section. A single skill requirement may not be fulfilled cumulatively using recycled athletes.

Ex: 20 athletes (MOST = 4) : 1 stunt group may not do 4 L/A skills (same or different), to fulfill the requirement.
- **ELITE** skills must be performed in an ELITE manner. (ie. twisting skills: Top Person's **hips** must twist separate from the bases - a stunt turn/spin initiated by a dip with no TP hip twist separation from bases will result in Level Appropriate credit)
 - Any 1/4 - 1 full twist required by the Top Person must be completed separate from the bases. Anything over 1 full twist may include bases twisting, as long as the TP makes a full twist separate from the bases - an additional spin may be performed by the bases, resulting in the cumulative desired twist amount.

Refer to the **ALL STAR - BUILDING: (WORLDS L6 & 7) ALL GIRL & COED RUBRICS** for further clarification

BUILDING QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST	FULL TEAM
5 - 7	1	1	1
8 - 11	1	1	2
12 - 15	1	2	3
16 - 19	2	3	4
20 - 23	3	4	5
24 - 27	4	5	6
28 - 31	4	5	7
32 - 35	5	6	8
36 - 38	5	6	9

ADV = ADVANCED
DIFF. = DIFFERENT
L/A = LEVEL APPROPRIATE
MAJ = MAJORITY

DIFFICULTY**2.5 - NO SKILLS PERFORMED**

BELOW 3.0 - No L/A SKILLS PERFORMED - OR - SKILLS DO NOT MEET 3.1 REQUIREMENT

3.1 - 2 DIFF. L/A by MOST

3.3 - 3 DIFF. L/A by MOST

3.4 - 4 DIFF. L/A by MOST

LOW 3.5 - 2 DIFF. ELITE BY MOST + 2 DIFF. L/A BY MOST

3.6 - 1 ELITE by FULL TEAM + 1 DIFF. ELITE by MOST + 2 DIFF. L/A by MOST

3.7 - 2 DIFF. ELITE by FULL TEAM + 2 DIFF. L/A by FULL TEAM

3.8 - 2 DIFF. ELITE by MOST + 2 DIFF. ELITE by MAJ + 2 DIFF. L/A by < MAJ

3.9 - 2 DIFF. ELITE by FULL TEAM + 2 DIFF. ELITE by MAJ + 2 DIFF L/A by < MAJ

MID 4.0 - 3 DIFF. ELITE BY MOST + 1 DIFF L/A BY MOST

4.1 - 2 DIFF. ELITE by MOST + 1 DIFF. ELITE by FULL TEAM + 1 DIFF. L/A by MOST

4.2 - 3 DIFF. ELITE by FULL TEAM + 1 DIFF. L/A by FULL TEAM

4.3 - 3 DIFF. ELITE by MOST + 1 DIFF. ELITE by MAJ + 1 DIFF. L/A by < MAJ

4.4 - 3 DIFF. ELITE by FULL TEAM + 1 DIFF. ELITE by MAJ + 1 DIFF. L/A by < MAJ

HIGH 4.5 - 4 DIFF. ELITE by MOST

4.6 - 4 DIFF. ELITE by MOST + 1 DIFF. L/A by < MAJ

4.7 - 1 ELITE by FULL TEAM + 3 DIFF. ELITE by MOST OR MORE

4.8 - 2 DIFF. ELITE by FULL TEAM + 2 DIFF. ELITE by MOST

4.9 - 3 DIFF. ELITE by FULL TEAM + 1 DIFF. ELITE by MOST OR MORE

5.0 - 4 DIFF. ELITE by FULL TEAM

2024 - 2025 WORLDS L6 & 7 PYRAMID DIFFICULTY SCORE GUIDE

BUILDING QUANTITY CHART			
# OF ATHLETES	MAJORITY	MOST	FULL TEAM
5 - 7	1	1	1
8 - 11	1	1	2
12 - 15	1	2	3
16 - 19	2	3	4
20 - 23	3	4	5
24 - 27	4	5	6
28 - 31	4	5	7
32 - 35	5	6	8
36 - 38	5	6	9

- Building skills will get STUNT or PYRAMID credit. They will not count toward both at the same time.
- If a PYRAMID skill (ie. entry / transition) is performed without a braced connection, the stunts must be performed within flyers' arms reach and a connection must be made within 3 counts of skill completion in order to count toward PYRAMID. If the requirements are not met, the performed skills will count toward STUNTS.
- **PYRAMID** - 2 connected stunts (2 flyers connecting).
- **STUNT** - includes an athlete supported off the performance surface (not standing on the floor).
 - *** STUNT - ATHLETE ON FLOOR - STUNT = NOT A PYRAMID
 - *** Cluster of stunts, but no connection = NOT A PYRAMID
- MOST GROUPS MUST BE INVOLVED IN PYRAMID STRUCTURES
- LEVEL APPROPRIATE and ELITE skills listed on STUNT and PYRAMID EXAMPLE SHEETS.

- Skills performed identically more than once, will only count once toward Difficulty.
- A repeat skill performed with creative or stylistic differences will each be counted separately toward Difficulty;
 - Clarification: an identical skill performed more than once ending in a different body position will only count once toward Difficulty.
- PYRAMIDS THAT WILL RECEIVE SCORES IN THE LOW RANGE (refer to Stunt Quantity Chart)
 - If MOST groups are not actively involved in Pyramid structures.
 - A Pyramid that has 0 - 1 structures
 - Stunts performed in close proximity (ie. within flyers' arms reach), but never connect.
- **LEVEL 6** - All Pyramid skills that are Level Appropriate or Elite in Level 5 will receive Level Appropriate credit.

- ***Refer to the ALL STAR - BUILDING (WORLDS L6 & 7 RUBRICS for further clarification

# OF ATHLETES	LOW 2 DIFFERENT Adv L/A SKILLS + 2 STRUCTURES						MID 3 DIFFERENT Adv L/A SKILLS + 2 STRUCTURES						HIGH 4 DIFFERENT Adv L/A SKILLS + 2 STRUCTURES					
	2	-	-	-	-	2	3	4	5	6	7	8	4	5	6	7	8	9
5 - 7	2	-	-	-	-	2	3	4	5	6	7	8	4	5	6	7	8	9
8 - 11	2	-	-	-	-	3	3	4	5	6	7	8	4	5	6	7	8	9
12 - 15	2	-	-	3	-	4	3	4	5	6	7	8	4	5	6	8	9	10
16 - 19	2	-	3	4	-	5	3	4	5	6	7	8	4	6	7	9	10	12
20 - 23	2	3	4	-	5	6	3	4	6	7	9	10	4	7	10	12	15	18
24 - 27	2	3	4	6	7	8	3	5	7	8	10	12	4	7	10	14	17	20
28 - 31	2	4	6	8	10	12	3	5	7	10	12	14	4	8	12	16	20	24
32 - 35	2	4	7	9	12	14	3	6	8	11	13	16	4	9	14	18	23	28
36 - 38	2	5	7	10	12	15	3	6	9	12	15	18	4	9	14	20	25	30
SCORE -->	3.5	3.6	3.7	3.8	3.9	4.0	4.0	4.1	4.2	4.3	4.4	4.5	4.5	4.6	4.7	4.8	4.9	5.0

2024 - 2025 **WORLDS L6 & 7 - TUMBLING****JUMP DIFFICULTY**

JUMPS MUST USE A WHIP APPROACH TO BE CONSIDERED CONNECTED. WHIP APPROACH- CONTINUOUS MOVEMENT THROUGH SWING, CONNECTING 2 OR MORE JUMPS.

3.5	Skills performed do not meet 4.0 requirement
4.0	Most of the team performs 1 advanced jump
4.5	Most of the team performs 2 connected advanced jumps. Must be synchronized and include a variety.
5.0	Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety.

TUMBLING/JUMP QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST
5 - 9	4	5
10 - 15	6	7
16 - 19	8	9
20 - 25	10	13
26 - 30	14	16
31 - 38	15	18

DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation
- Combination of skills
- Synchronization of passes
- Variety of passes

JUMPS

- Variety - at least 2 different jumps.
- Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e. jumps that land on knee(s) or seat, etc. would not count).
- Basic Jumps: Spread Eagle, Tuck Jump
- Advanced Jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch

STANDING TUMBLING DIFFICULTY

SAME SECTION - SINGLE PORTION OF THE ROUTINE WHERE SKILLS FROM A SKILL SET ARE CONTINUOUSLY PERFORMED.

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs an Level Appropriate pass
4.0 - 4.5	MID	Majority of the team performs an Elite Level Appropriate pass
4.5 - 5.0	HIGH	Most of the team performs an Elite Level Appropriate pass in the SAME SECTION

RUNNING TUMBLING DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Majority of the team performs a Level Appropriate pass
4.0 - 4.5	MID	Most of the team performs a Level Appropriate pass
4.5 - 5.0	HIGH	Majority of the team performs an Elite level appropriate pass

ADDITIONAL INFORMATION

- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e. jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc. would not count).
- Jumps within a pass will not break up the pass (i.e. Toe Touch BHS Toe Touch BHS Full is 1 pass).
- T-Jumps are not considered a jump and will break up a pass into two separate passes.
- L6 & L7- Standing Tumbling skills ending in a layout that are LEGAL in L5 will not receive level appropriate credit (i.e. BHS-BHS-Layout).

2024 - 2025 **WORLDS L6 & 7 TUMBLING SCORE GUIDE**

STANDING TUMBLING																							
# OF ATHLETES	BELOW					LOW (MOST = L/A PASS +)					MID (MAJORITY = ELITE PASS +)					HIGH (MOST = ELITE PASS + **IN SAME SECTION)							
	5 - 7	-	1	2	2	3	5	5	5	5	5	Maj = 4 (x2) = 8	9	9	10	10	Most = 5 (x2) = 10	11	11	12	12	13	
8 - 9	-	1	2	3	4	5	6	7	7	8	Maj = 4 (x2) = 8	9	10	11	12	Most = 5 (x2) = 10	12	14	16	18	20		
10 - 12	-	1	2	4	5	7	8	9	9	10	Maj = 6 (x2) = 12	13	15	16	17	Most = 7 (x2) = 14	16	18	21	23	25		
13 - 15	-	1	3	4	6	7	9	10	12	13	Maj = 6 (x2) = 12	14	16	18	20	Most = 7 (x2) = 14	18	22	25	29	33		
16 - 17	-	1	3	5	7	9	11	13	14	16	Maj = 8 (x2) = 16	18	20	22	24	Most = 9 (x2) = 18	22	27	31	36	40		
18 - 19	-	1	3	6	8	9	11	14	16	18	Maj = 8 (x2) = 16	19	21	24	26	Most = 9 (x2) = 18	23	29	34	40	45		
20 - 22	-	1	4	8	11	13	15	17	18	20	Maj = 10 (x2) = 20	23	27	30	33	Most = 13 (x2) = 26	31	36	40	45	50		
23 - 25	-	1	5	8	12	13	16	18	21	23	Maj = 10 (x2) = 20	24	28	32	36	Most = 13 (x2) = 26	32	39	45	52	58		
26 - 27	-	1	5	10	14	16	19	21	24	26	Maj = 14 (x2) = 28	31	35	38	41	Most = 16 (x2) = 32	39	45	52	58	65		
28 - 30	-	1	6	10	15	16	19	22	25	28	Maj = 14 (x2) = 28	32	36	40	44	Most = 16 (x2) = 32	40	47	55	62	70		
31 - 34	-	1	6	11	16	18	21	25	28	31	Maj = 15 (x2) = 30	35	40	44	49	Most = 18 (x2) = 36	44	53	61	70	78		
35 - 38	-	1	6	12	17	18	22	27	31	35	Maj = 15 (x2) = 30	36	42	47	53	Most = 18 (x2) = 36	46	57	67	78	88		
SCORE -->	3.0	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.9	4.0	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9	5.0		
	** DO NOT have MOST performing a L/A pass					MOST	**DO NOT have MAJORITY performing an ELITE pass					MAJORITY x 2 = START NUMBER	**DO NOT have MOST performing an ELITE pass					MOST x 2 = START NUMBER	**Additional passes increase score within range				

* # of passes determine DIFFICULTY range starting point
 * # of passes, # of Elite passes and degree of Difficulty determine score

* **Once in range:**
LEVEL APPROPRIATE PASSES = 1 PASS
ELITE PASSES = 2 PASSES
ELITE SPECIALTY PASSES = 3 PASSES

ELITE SPECIALTY LEVEL APPROPRIATE STANDING TUMBLING SKILLS :

- * STANDING FULL
- * JUMP FULL
- * Any pass involving a DOUBLE FULL

* **SAME SECTION:** single portion of the routine where skills from a skill set are CONTINUOUSLY performed.

2024 - 2025 WORLDS L6 & 7 TUMBLING SCORE GUIDE

RUNNING TUMBLING																							
# OF ATHLETES	BELOW (> MAJORITY = L/A PASS)					LOW (MAJORITY = L/A PASS +)					MID (MOST = L/A PASS +)					HIGH (MAJORITY = ELITE PASS +)							
	5 - 7	-	1	1	2	2	4	4	5	5	6	5	5	6	7	8	Maj = 4 (x2) = 8	8	9	10	11	12	
8 - 9	-	1	3	4	6	4	5	6	7	8	5	7	10	12	14	Maj = 4 (x2) = 8	10	13	15	18	20		
10 - 11	-	1	3	6	8	6	7	8	9	10	7	9	12	14	17	Maj = 6 (x2) = 12	13	16	19	22	25		
12 - 15	-	1	4	7	10	6	8	9	11	12	7	10	14	17	20	Maj = 6 (x2) = 12	16	19	23	26	30		
16 - 17	-	1	5	8	12	8	9	11	12	14	9	13	17	21	25	Maj = 8 (x2) = 16	19	23	28	32	37		
18 - 19	-	1	5	10	14	8	10	12	14	16	9	15	19	24	28	Maj = 8 (x2) = 16	21	26	32	37	42		
20 - 22	-	1	7	12	18	10	13	15	18	20	13	18	23	29	34	Maj = 10 (x2) = 20	26	32	38	44	50		
23 - 25	-	1	7	14	20	10	14	17	19	22	13	19	25	31	37	Maj = 10 (x2) = 20	29	36	43	50	57		
26 - 27	-	1	9	16	24	14	16	20	23	26	16	22	29	36	43	Maj = 14 (x2) = 28	34	42	49	57	65		
28 - 30	-	1	9	18	26	14	18	21	25	28	16	24	31	39	46	Maj = 14 (x2) = 28	36	45	53	62	70		
31 - 34	-	1	10	19	28	15	19	23	26	30	18	26	35	43	51	Maj = 15 (x2) = 30	39	49	58	68	77		
35 - 38	-	1	12	22	33	15	20	25	30	35	18	28	37	47	56	Maj = 15 (x2) = 30	41	52	63	74	85		
SCORE -->	3.0	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.9	4.0	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9	5.0		
	** DO NOT have MAJORITY performing an L/A pass					MAJ	** DO NOT have MOST performing an L/A pass					MOST	**DO NOT have MAJORITY performing an ELITE pass					MAJORITY x 2 = START NUMBER	**Additional passes increase score within range				

- * # of passes determine DIFFICULTY range starting point
- * # of passes, # of Elite passes and degree of Difficulty determine score
- * Once in range:
 - LEVEL APPROPRIATE PASSES = 1 PASS
 - ELITE PASSES = 2 PASSES
 - ELITE SPECIALTY PASSES = 3 PASSES

ELITE SPECIALTY LEVEL APPROPRIATE RUNNING TUMBLING SKILLS :

* Any pass involving a DOUBLE FULL

2024 - 2025 **WORLDS L6 & 7 – OVERALL**

STUNT CREATIVITY

2.0 - 2.5	<p>Stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.</p> <p>This may include: Entries • Transitions • Dismounts</p>
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PYRAMID CREATIVITY

2.0 - 2.5	<p>Pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.</p> <p>This may include: Entries • Transitions • Dismounts</p>
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ROUTINE COMPOSITION

4.0 - 5.0	<p>A team's ability to demonstrate the following throughout the routine:</p> <p>Precise spacing • Formations • Transitions</p> <p>This also includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance the overall appeal.</p>
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DANCE

4.0 - 5.0	<p>A team's ability to demonstrate a high level of energy and entertainment value which may incorporate:</p>	<p>DIFFICULTY: (0 – 0.5)</p> <p>Visual elements • Variety of levels • Formation changes • Footwork • Floorwork • Partner work • Pace</p> <hr/> <p>EXECUTION: (0 – 0.5)</p> <p>Technique • Perfection • Motion Strength/Placement • Synchronization</p>
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SHOWMANSHIP

4.0 - 5.0	<p>A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm. This will include appropriate athletic impression throughout the routine.</p>
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2024 - 2025 WORLDS L6 & 7 – EXECUTION

EXECUTION - STUNT/PYRAMID & STANDING/RUNNING TUMBLING

5.0	<p>Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.</p> <ul style="list-style-type: none"> • Scores will start at a 5.0 and may be reduced by .1, .2, .3, or .4 based on the lack of technical execution of each driver • .1 - Minor technique issues by the team in Tumbling or Stunts/Pyramid • .2 - Multiple technique issues by the team • .3+ - Widespread technique issues by the team • No more than .4 will be taken off for a single driver. • Stylistic differences will not factor into a teams' Execution score.
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EXECUTION - TOSS & JUMPS

5.0	<p>Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.</p> <ul style="list-style-type: none"> • Scores will start at a 5.0 and may be reduced by .1, .2, .3, or .4 based on the lack of technical execution of each driver • .1 - Minor technique issues by the team in Jumps or Tosses • .2 - Multiple technique issues by the team • .3+ - Widespread technique issues by the team • No more than .4 will be taken off for a single driver. • Stylistic differences will not factor into a teams' Execution score.
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STUNT/PYRAMID DRIVERS

Each driver may include, but is not limited to, the below examples:

Flyer	<ul style="list-style-type: none"> • Body control • Uniform flexibility • Legs straight/locked and toes pointed
Base	<ul style="list-style-type: none"> • Stability of the stunt • Solid stance • Feet stationary
Spotter / Transitions	<ul style="list-style-type: none"> • Entries • Dismounts • Control from skill to skill
Synchronization*	<ul style="list-style-type: none"> • Timing <p>*Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.</p>

TOSS DRIVERS

Each driver may include, but is not limited to, the below examples:

Teams that only perform 1 toss will automatically receive .3 off for any driver that constitutes a reduction, regardless of the severity of the issue.	
Straight ride tosses will ONLY affect a team's execution score in level 2.	
Flyer	<ul style="list-style-type: none"> • Body control • Consistent execution of skill/trick • Legs straight/toes pointed • Arm placement
Bases/ Spotters / Height	<ul style="list-style-type: none"> • Using arms/legs to throw together (Timing) • Solid stance • Controlled • Cradle • Distance between top persons' feet and hands of the bases
Synchronization*	<ul style="list-style-type: none"> • Timing <p>*Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.</p>

STANDING/RUNNING TUMBLING DRIVERS

Each driver may include, but is not limited to, the below examples:

Body Position	<ul style="list-style-type: none"> • Head placement • Arm/shoulder placement in skills • Hips • Leg placement in skills • Control from skill to skill in a pass • Pointed toes 		
Execution / Approach / Landing	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> • Arm placement into a pass/skill • Swing/prep • Chest placement • Controlled • Connection of pass/skill • Complete / Incomplete skills </td> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> • Controlled landing • Legs / feet together • Chest placement </td> </tr> </table>	<ul style="list-style-type: none"> • Arm placement into a pass/skill • Swing/prep • Chest placement • Controlled • Connection of pass/skill • Complete / Incomplete skills 	<ul style="list-style-type: none"> • Controlled landing • Legs / feet together • Chest placement
<ul style="list-style-type: none"> • Arm placement into a pass/skill • Swing/prep • Chest placement • Controlled • Connection of pass/skill • Complete / Incomplete skills 	<ul style="list-style-type: none"> • Controlled landing • Legs / feet together • Chest placement 		
Synchronization*	<ul style="list-style-type: none"> • Timing <p>*Teams that do not perform at least 1 level appropriate pass synchronized in a group (two or more athletes) will automatically receive .3 off for Synchronization.</p>		

JUMP DRIVERS

Each driver may include, but is not limited to, the below examples:

Arm Placement	<ul style="list-style-type: none"> • Approach • Consistent entry • Swing/prep • Arm position within jump(s)
Leg Placement	<ul style="list-style-type: none"> • Straight legs • Pointed toes • Hip placement/rotation/Hyperextension • Height • Legs/feet together • Chest placement • Landings
Synchronization	<ul style="list-style-type: none"> • Timing • Flow of connected jumps