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2026 - 2027 ALL STAR ELITE SCORING SYSTEM

Changes from 2025-2026 Rubric

Standing Tumbling: Same Skill has been eliminated as a requirement for the top baseline score.

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2026 - 2027 ALL STAR ELITE SCORING SYSTEM

BUILDING DIFFICULTY - ALL GIRL TEAMS LEVELS 1-3

BUILDING QUANTITY CHART (Stunts & Tosses)

# of Athletes	Majority	Most	Max
5-11	1	1	2
12-15	1	2	3
16-19	2	3	4
20-23	3	4	5
24-31	4	5	6

STUNT DIFFICULTY - MAX BASELINE POINTS: 7.6

Stunt skills will only receive credit if they show control through the pop or transition to another skill.

5.0	Stunts performed do not meet the requirements listed below
6.0	Two (2) level appropriate skills performed by Most
6.6	One (1) elite skill performed by Most and Two (2) level appropriate skills by Most
6.8	One (1) elite skill performed by Most and Three (3) level appropriate skills by Most.
7.0	Two (2) elite skills performed by Most and Two (2) level appropriate skills performed by Most
7.2	Three (3) elite skills performed by Most and One (1) level appropriate skills performed by Most
7.4	Four (4) elite skills performed by Most
7.6	One (1) elite skill performed by Max and Three (3) elite skills performed by Most

*All Skills performed must be different - Repeated skills will not count toward Stunt Difficulty Score.
Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.

STUNT BASELINE BOOSTERS - MAX POINTS: 0.4

Points in addition to baseline score.

Degree of Difficulty	
0.0 - 0.2	Skills will be assessed according to their variety of elements and the complexity and combinations of the skills used throughout the routine. *Refer to Degree of Difficulty Chart for further breakdown of this booster.
Pace & Flow	
0.0	Skills did not show continuous movement, fluid connections or acceptable pace of skills
0.1	Skills executed at a moderate pace with continuous transitions in and out of skills
0.2	Skill executed at a quick/appropriate pace while showing a seamless transitions in and out of skills

BUILDING CHOREOGRAPHY/PRESENTATION - MAX POINTS: 4

Not Shown	Low	Moderate	High	Specific Drivers
0.0	1.0-1.3	1.4-1.7	1.8-2.0	Use of visual and creative elements in building skills/transitions
0.0	1.0-1.3	1.4-1.7	1.8-2.0	Confident performance/entertainment value during building skills and transitions

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2026 - 2027 ALL STAR ELITE SCORING SYSTEM

BUILDING DIFFICULTY - COED TEAMS - (SENIOR LEVELS 3)

BUILDING QUANTITY CHART (Stunts and Tosses)			
# of Athletes	Majority	Most	Max
5-11	1	1	2
12-15	1	2	3
16-19	2	3	4
20-23	3	4	5
24-31	4	5	6

COED QUANTITY CHART (Senior Level 3, 4, 5)	
# of Males on Team	# of Stunts
1 or More	1

STUNT DIFFICULTY - MAX BASELINE POINTS: 7.6

Stunt skills will only receive credit if they show control through the pop or transition to another skill.

5.0	Stunts performed do not meet the requirements listed below
6.0	Two (2) level appropriate skills performed by Most
6.4	One (1) elite skill performed by Most and Two (2) level appropriate skills by Most
6.6	One (1) elite skill performed by Most and Three (3) level appropriate skills by Most.
6.8	Two (2) elite skills performed by Most and Two (2) level appropriate skills performed by Most
7.0	Three (3) elite skills performed by Most and One (1) level appropriate skills performed by Most
7.2	Four (4) elite skills performed by Most
7.4	One (1) elite skill performed by Max and Three (3) elite skills performed by Most
COED STYLE STUNT	
0.1	Level Appropriate Coed Style Stunt
0.2	Elite Level Appropriate Coed Style Stunt

*All Skills performed must be different - Repeated skills will not count toward Stunt Difficulty Score.
Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.

STUNT BASELINE BOOSTERS - MAX POINTS: 0.4

Points in addition to baseline score.

Degree of Difficulty	
0.0 - 0.2	Skills will be assessed according to their variety of elements and the complexity and combinations of the skills used throughout the routine. *Refer to Degree of Difficulty Chart for further breakdown of this booster.
Pace & Flow	
0.0	Skills did not show continuous movement, fluid connections or acceptable pace of skills
0.1	Skills executed at a moderate pace with continuous transitions in and out of skills
0.2	Skill executed at a quick/appropriate pace while showing a seamless transitions in and out of skills

BUILDING CHOREOGRAPHY/PRESENTATION - MAX POINTS: 4

Not Shown	Low	Moderate	High	Specific Drivers
0.0	1.0-1.3	1.4-1.7	1.8-2.0	Use of visual and creative elements in building skills/transitions
0.0	1.0-1.3	1.4-1.7	1.8-2.0	Confident performance/entertainment value during building skills and transitions

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2026 - 2027 ALL STAR ELITE SCORING SYSTEM

BUILDING DIFFICULTY - ALL GIRL TEAMS LEVELS 4-7

BUILDING QUANTITY CHART (Stunts and Tosses)

# of Athletes	Majority	Most	Max
5-11	1	1	2
12-15	1	2	3
16-19	2	3	4
20-23	3	4	5
24-31	4	5	6
32+	5	6	7

STUNT DIFFICULTY - MAX BASELINE POINTS: 7.4

Stunt skills will only receive credit if they show control through the pop or transition to another skill.

5.0	Stunts performed do not meet the requirements listed below
6.6	One (1) level appropriate skills by Most
6.8	Two (2) level appropriate skills performed by Most
7.0	Three (3) level appropriate skills performed by Most
7.2	Four (4) level appropriate skills performed by Most
7.4	One (1) level appropriate skill performed by Max and Three (3) level appropriate skills performed by Most

*All Skills performed must be different - Repeated skills will not count toward Stunt Difficulty Score.
Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.

STUNT BASELINE BOOSTERS - MAX POINTS: 0.6

Points in addition to baseline score.

Degree of Difficulty	
0.0 - 0.4	Stunts will be assessed according to their variety of elements and the complexity and combinations of the skills used throughout the routine. *Refer to Degree of Difficulty Chart for further breakdown of this driver.
Pace & Flow	
0.0	Skills did not show continuous movement, fluid connections or acceptable pace
0.1	Skills executed at a moderate pace with continuous transitions in and out
0.2	Skill executed at a quick/appropriate pace while showing seamless transitions in and out

BUILDING CHOREOGRAPHY/PRESENTATION - MAX POINTS: 4

Not Shown	Low	Moderate	High	Specific Drivers
0.0	1.0-1.3	1.4-1.7	1.8-2.0	Use of visual and creative elements in building skills/transitions
0.0	1.0-1.3	1.4-1.7	1.8-2.0	Confident performance/entertainment value during building skills and transitions

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2026 - 2027 ALL STAR ELITE SCORING SYSTEM

BUILDING DIFFICULTY - COED TEAMS - (SENIOR LEVELS 4-7)

BUILDING QUANTITY CHART - STUNTS/TOSSES			
# of Athletes	Majority	Most	Max
5-11	1	1	2
12-15	1	2	3
16-19	2	3	4
20-23	3	4	5
24-31	4	5	6
32+	5	6	7

COED QUANTITY CHART** (Level 6-7 ONLY)	
# 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

STUNT DIFFICULTY - MAX BASELINE POINTS: 7.4

Stunt skills will only receive credit if they show control through the pop or transition to another skill.

5.0	Stunts performed do not meet the requirements listed below
6.4	One (1) level appropriate skill performed by Most
6.6	Two (2) level appropriate skills performed by Most
6.8	Three (3) level appropriate skills performed by Most
7.0	Four (4) level appropriate skill performed by Most
7.2	One (1) level appropriate skill performed by Max and Three (3) level appropriate skills performed by Most

COED STYLE STUNT	
0.1	Level Appropriate Coed Style Stunt
0.2	Elite Level Appropriate Coed Style Stunt

*All Skills performed must be different - Repeated skills will not count toward Stunt Difficulty Score.
Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.

COED QUANTITY CHART (Senior Level 3, 4, 5)	
# of Males on Team	# of Stunts
1 or More	1

STUNT BASELINE BOOSTERS - MAX POINTS: 0.6

Points in addition to baseline score.

Degree of Difficulty	
0.0 - 0.4	Stunts will be assessed according to their variety of elements and the complexity and combinations of the skills used throughout the routine. *Refer to Degree of Difficulty Chart for further breakdown of this driver.

Pace & Flow	
0.0	Skills did not show continuous movement, fluid connections or acceptable pace
0.1	Skills executed at a moderate pace with continuous transitions in and out
0.2	Skill executed at a quick/appropriate pace while showing seamless transitions in and out

BUILDING CHOREOGRAPHY/PRESENTATION - MAX POINTS: 4

Not Shown	Low	Moderate	High	Specific Drivers
0.0	1.0-1.3	1.4-1.7	1.8-2.0	Use of visual and creative elements in building skills/transitions
0.0	1.0-1.3	1.4-1.7	1.8-2.0	Confident performance/entertainment value during building skills and transitions

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2026 - 2027 ALL STAR ELITE SCORING SYSTEM

PYRAMID & TOSS DIFFICULTY

PYRAMID QUANTITY CHART (Refers to Pyramid ONLY)				
# of Athletes	Majority	Most	Max	Max+
5-11	2	2	2	3
12-15	2	2	3	4
16-19	2	3	4	5
20-23	3	4	5	6
24-31	4	5	6	7
32+	5	6	7	8

PYRAMID DIFFICULTY - MAX BASELINE POINTS: 7.2

0.0	Pyramid skills and/or structures performed did not meet criteria for scores listed below.
1.0	Did not meet the requirement of pyramid difficulty
5.0	Two (2) different level appropriate skills. One (1) structure performed by Most
6.0	Two (2) different level appropriate skills. Two (2) structures performed by Most
6.6	Three (3) different level appropriate skills. Two (2) structures performed by Most
6.8	Four (4) different level appropriate skills performed. Two (2) structures performed by Most
7.0	Four (4) different level appropriate skills. Two (2) structures performed by Max
7.2	Four (4) different level appropriate skills. One (1) structure performed by Max and One (1) Structure performed by Max+

PYRAMID BASELINE BOOSTER - MAX POINTS: 0.8

Points in addition to baseline score

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.2	0.3	0.4	Incorporation of elite stunt skills and level appropriate pyramid skills by multiple groups
0.0	0.2	0.3	0.4	Pace/Flow - Skills executed at a quick/appropriate pace while showing a seamless transitions in and out of skills

Low - Little to no use of specific driver throughout and/or in parts of pyramid

Moderate - Average use of specific driver throughout and/or in parts of pyramid

High - Exceptional use of specific driver throughout the entirety of pyramid

TOSS DIFFICULTY - MAX POINTS: 4

Level 1 and Mini Level 2 must execute a Show & Go that passes to above prep level with a traditional basket or extension grip while maintaining contact with the flyer.
Credit will be given for Tiny and Mini teams if a prep level Show & Go is executed.

2.0	Majority of the team performed a non level appropriate toss rippled or synchronized in the same section
3.0	Less than Majority of the team performed a level appropriate toss rippled or synchronized in the same section.
3.5	Majority of the team performed a level appropriate toss not rippled or synchronized, but cumulative throughout the routine.
4.0	Majority of the team performed a level appropriate toss rippled or synchronized in the same section. (Level 1/Mini 2 teams are only required to execute a one (1) show and go for this score. Majority is not required for these teams)

Same section - single portion of the routine where skills form a skill set (Primary Stunts, Pyramids, Secondary Stunts, Standing Tumbling, Running Tumbling, Jumps) are performed.
Level 1 - Show & Go must not twist or travel. They must start and end in the same load/sponge position.

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2026 - 2027 ALL STAR ELITE SCORING SYSTEM

LEVELS 1-3 TUMBLING

JUMP/TUMBLING QUANTITY CHART			
# of Athletes	Majority	Most	Max
5-11	4	5	6
12-15	5	6	8
16-19	6	8	12
20-23	8	10	16
24-31	10	12	20
Teams with less than 6 members, 100% of team must perform skill to reach Max quantity			

JUMP DIFFICULTY - MAX POINTS: 2	
0.0	Less than Majority of the team performs an advanced jump
0.5	Majority of the team performs one (1) advanced jump
1.0	Most of the team performs one (1) advanced jump
1.5	Most of the team performs two (2) synchronized advanced jumps that show variety
2.0	Most of the team performs total of three (3) synchronized advanced jumps that show variety, two (2) of which need to be connected
Tiny/Mini: Most of the team performs three (3) advanced jumps must be synchronized, but do not need to be connected or include a variety. Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more jumps.	

TUMBLING CHOREOGRAPHY/PRESENTATION - MAX POINTS 4				
Not Shown	Low	Moderate	High	Specific Drivers
0.0	1.0-1.3	1.4-1.7	1.8-2.0	Innovative formations and use of the floor throughout routine
0.0	1.0-1.3	1.4-1.7	1.8-2.0	Confident performance during tumbling sections throughout routine

STANDING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 7.7	
5.0	Less than Majority of the team performs a level appropriate pass
6.8	Majority of the team performs a level appropriate pass
7.0	Most of the team performs a level appropriate pass
7.2	Max of the team performs a level appropriate pass
7.4	Majority of the team performs an elite level appropriate pass
7.6	Most of the team performs an elite level appropriate pass.
VARIETY OF PASSES	
0.1	Majority of team performs a different pass - does not have to be level appropriate or synchronized

RUNNING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 7.7	
5.0	Less than the majority of the team performs a level apppropropriate pass
6.6	Majority of the team performs a level appropriate pass
6.8	Most of the team performs a level appropriate pass
7.0	Max of the team performs a level appropriate pass
7.2	Majority of the team performs an elite level appropriate pass
7.4	Most of the team performs an elite level appropriate pass
7.6	Max of the team performs an elite level appropriate pass
VARIETY OF PASSES	
0.1	Different passes are shown in the routine. Does not have to be level appropriate.

STANDING TUMBLING BASELINE BOOSTERS - MAX POINTS: 0.3	
Standing Tumbling Innovation	
0.0-0.1	Passes executed with innovative elements
Degree of Difficulty	
0.0-0.2	Complexity of the level specific skills utilized. The number of skills used in the pass as well as the use of different skills will be taken into consideration for this driver.

RUNNING TUMBLING BASELINE BOOSTERS - MAX POINTS: 0.3	
Running Tumbling Innovation	
0.0-0.1	Passes executed with innovative elements
Degree of Difficulty	
0.0-0.2	Complexity of the level appropriate skills utilized. The number of skills used within the pass, as well as the use of different skills will be taken into consideration for this booster.

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LEVELS 4-7 TUMBLING

JUMP/TUMBLING QUANTITY CHART			
# of Athletes	Majority	Most	Max
5-11	4	5	6
12-15	5	6	8
16-19	6	8	12
20-23	8	10	16
24-31	10	12	20
32+	12	16	24
Teams with less than 7 members, 100% of team must perform skill to reach Max quantity			

JUMP DIFFICULTY - MAX POINTS: 2	
0.0	Less than Majority of the team performs an advanced jump
0.5	Majority of the team performs one (1) advanced jump
1.0	Most of the team performs one (1) advanced jump
1.5	Most of the team performs two (2) synchronized advanced jumps that show variety
2.0	Most of the team performs total of three (3) synchronized advanced jumps that show variety, two (2) of which need to be connected
Tiny/Mini: Most of the team performs three (3) advanced jumps must be synchronized, but do not need to be connected or include a variety. Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more jumps.	

TUMBLING CHOREOGRAPHY/PRESENTATION - MAX POINTS 4				
Not Shown	Low	Moderate	High	Specific Drivers
0.0	1.0-1.3	1.4-1.7	1.8-2.0	Innovative formations and use of the floor throughout routine
0.0	1.0-1.3	1.4-1.7	1.8-2.0	Confident performance during tumbling sections throughout routine

STANDING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 7.5	
7.0	Less than Majority of the team performs a level appropriate pass
7.2	Majority of the team performs an level appropriate pass.
7.4	Most of the team performs a level appropriate pass.
VARIETY OF PASSES	
0.1	Different passes are shown in the routine. Does not have to be level appropriate.

RUNNING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 7.5	
6.0	Less than the majority of the team performs a level apppropropriate pass
7.0	Majority of the team performs a level appropriate pass
7.2	Most of the team performs a level appropriate pass.
7.4	Max of the team performs a level appropriate pass.
VARIETY OF PASSES	
0.1	Different passes are shown in the routine. Does not have to be level appropriate.

STANDING TUMBLING BASELINE BOOSTERS - MAX POINTS: 0.5	
Standing Tumbling Innovation	
0.0-0.1	Passes executed with innovative elements
Degree of Difficulty	
0.0-0.4	Complexity of the level specific skills utilized. The number of skills used in the pass as well as the use of different skills will be taken into consideration for this driver.

RUNNING TUMBLING BASELINE BOOSTERS - MAX POINTS: 0.5	
Running Tumbling Innovation	
0.0-0.1	Passes executed with innovative elements
Degree of Difficulty	
0.0-0.4	Complexity of the level appropriate skills utilized. The number of skills used within the pass, as well as the use of different skills will be taken into consideration for this booster.

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ROUTINE & DANCE

ROUTINE COMPOSITION/PRESENTATION - MAX POINTS: 2

Not Shown	Low	Average	High	Exceptional	Specific Drivers
0.0	0.2	0.3	0.4	0.5	Continuous flow in transitions
0.0	0.2	0.3	0.4	0.5	Visual, engaging and entertaining
0.0	0.2	0.3	0.4	0.5	Confidence in execution of routine
0.0	0.2	0.3	0.4	0.5	Precise spacing and formations
Points combined to reach maximum score.					

DANCE - MAX POINTS: 2

Not Shown	Low	Average	High	Exceptional	Specific Drivers
0.0	0.2	0.3	0.4	0.5	Pace, flow and transitions
0.0	0.2	0.3	0.4	0.5	Performance and engagement
0.0	0.2	0.3	0.4	0.5	Level changes and intricate movements
0.0	0.2	0.3	0.4	0.5	Precise motions and synchronization
Points combined to reach maximum score.					

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ADDITIONAL INFORMATION

ADDITIONAL STUNT/PYRAMID INFORMATION

- Body Positions: Stretch, Bow and Arrow, Arabesque, Scale and Scorpion.
- Lib, torch, hitch, and platform are not considered body positions.
- Release style stunts must be free of contact from the bottom of the foot to count towards difficulty credit as a release style skill
- Pyramid structures consist of two or more stunts connected to one another
- When Most/Max is used in the pyramid difficulty chart, it is only referring to the structures.
- Building Skills will get Stunt or Pyramid difficulty credit. They will not count in both categories at the same time. If the stunt is going to connect to another stunt, it will count as a pyramid skill.
- Refer to Rules Glossary for additional definition of skills - (Inversion, Tic Tok, Twist, Release Move, Release Style, Bracer, Etc)
- Must be fully released from all athletes on the performing surface to be considered a dismount. Stunts that are not fully released from bases are always considered transitions.

STUNT DIFFICULTY COED CREDIT

Only skills listed under Coed Style Level Appropriate Skills list will count
Rippled or synchronized in the same sections without recycling athletes
Stunts must be held for 4 counts. Counts begin once the stunt hits the intended level
Coed stunts must dismount to the performance floor to receive full credit
Coed stunts that become part of a pyramid will not receive Coed credit

COED STYLE

Based on a group of 3 (Base, Flyer & Support Person)
Entry must be a Toss or Walk-in
Base must be directly under the stunt
Base and Support Person cannot be chest to chest
Only 1 Coed Style Stunt is required for Levels 3-5
Coed Style Stunt counts towards the requirement regardless of the gender of the athletes performing the stunt.

ADDITIONAL TUMBLING INFORMATION

L1 - Cartwheel does not get standing tumbling credit.
Pauses, Steps, or Cleans between skills will not count as connected skills
Tumbling passes must land on feet **ONLY** to receive level appropriate difficulty credit (ex: Jump 3/4 front flip to seat, back handsprings which lands in a prone position would not count)
Jumps within a pass will not break up the pass (ex: 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.
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 round-off that are illegal in L1 will count for level appropriate credit. L3 - No L2 skills out of BHS-stepout 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 (ex: BHS - Tuck - BHS or Tuck - BHS)
Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.

ADDITIONAL JUMP INFORMATION

Jump skills must land on feet to be receive difficulty credit (ex: jumps that land on knee(s) or seat would not count)
Advanced Jumps: Pike, Right/Left Hurdler (Front or Side), Toe Touch
Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more jumps.

OBJECTIVE VS. SUBJECTIVE SCORES

Subjective scores are assessments made by judges or officials based on their personal interpretation rather than objective, quantifiable measurements. Unlike objective scores that are determined by clear, measurable criteria, subjective scoring relies on the judges' observation and evaluation of the performance. The subjective areas of the scoresheet add an element of artistry and interpretation from the judge that is scoring the team.

The baseline score areas are objective areas of this scoresheet. The baseline boosters, choreography/presentation, and Routine & Dance portions of the scoresheet are subjective. Additional objective areas: Jump Difficulty and Toss Difficulty

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TECHNIQUE

STUNT / PYRAMID TECHNIQUE DRIVERS - MAX POINTS: 10

**Stunt & Pyramid Technique are two separate scoring categories. Each category has a max of 10 points.

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Flyer
0.0	0.2	0.4	0.6	Bases / Support Persons
0.0	0.2	0.4	0.6	Transitions
0.0	0.2	0.4	0.6	Timing & Synchronization

Points are based on occurrence and removed from the maximum possible score.

TOSS TECHNIQUE DRIVERS - MAX POINTS: 6

Great	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Flyer (L1/M2 - Body Control/Arm Placement)
0.0	0.2	0.4	0.6	Bases / Support Persons (L1/M2 - Stance/Control)
0.0	0.2	0.4	0.6	Height (L1/M2 - Bases - Power and Speed)
0.0	0.2	0.4	0.6	Timing & Synch (L1/M2 - Flyer Load/Ending Position)

Points are based on occurrence and removed from the baseline score.

Teams that perform one (1) toss will have 0.6 automatically subtracted from any driver category regardless of severity IF any driver should be deducted. A team can get a perfect score with 1 toss if the toss is impeccable.

TUMBLING TECHNIQUE DRIVERS - MAX POINTS: 10

**Standing & Running Tumbling Technique are two separate scoring categories. Each category has a max of 10 points.

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Body Control
0.0	0.2	0.4	0.6	Approach
0.0	0.2	0.4	0.6	Landings
0.0	0.2	0.4	0.6	Timing & Synchronization

Points are based on occurrence and removed from the baseline score.

JUMP TECHNIQUE DRIVERS - MAX POINTS: 4

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.1	0.2	0.3	Body Control
0.0	0.1	0.2	0.3	Approach (Swing)
0.0	0.1	0.2	0.3	Landings
0.0	0.1	0.2	0.3	Timing & Synchronization

Points are based on occurrence and removed from the baseline score.

STUNT/PYRAMID TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

Flyer	• Body control • Flexibility of body positions • Motion placement/accuracy • Uniformity among flyers	Bases/Support Persons	• Body control • Stability of the stunt • Technique in lifts and catches • Uniformity among groups
Transitions	• Entry • Dismount • Control throughout	Timing & Synchronization	• Timing of skills performed in groups or by the team at the same time

TOSS TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

Flyer	• Body control • Consistent execution of skill • Legs straight / toes pointed • Arm placement	Bases/Support Persons	• Use of arms/legs to throw together • Solid stance • Controlled • Cradle
Timing & Synch	• Timing of skills performed in groups or by the team at the same time	Height	• Distance between flyers feet and support persons hands

TUMBLING TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

Approach	• Arm placement into a pass/skill • Body positioning at initiation of skill • Chest placement • Connection of pass/skills	Landings	• Controlled • Legs/feet together • Chest placement • Completion of skills
Body Control	• Head placement • Arm/shoulder placement in skills • Hips • Leg placement in skills • Absorbing appropriately between skills	Timing & Synchonization	• Timing of skills performed in groups or by the team at the same time

JUMP TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

Approach	• Arm placement into a jump • Swing/prep • Chest placement • Flow of connected jumps	Landings	• Controlled • Legs/feet together • Chest placement • Jump completion • Landing on feet
Body Control	• Head placement • Arm/shoulder placement • Hips/Height • Leg placement/positioning/height • Pointed toes	Timing & Synchonization	• Timing of skills performed in groups or by the team at the same time

updated: 03-01-2026

2026 - 2027 ALL STAR ELITE SCORING SYSTEM

Level 1 Skills

Tumbling combinations listed below are EXAMPLES but are not limited to this document. Elite Stunt Skills ARE limited to this document

LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- Forward Roll
- Straddle Roll
- Backward Roll
- Handstand
- Handstand - Forward Roll
- Backbend Kickover
- Front Limber/Back Limber
- Back Walkover
- 1 Arm Back Walkover
- Back Extension Roll

RUNNING TUMBLING

- Cartwheel
- Round Off
- Front Walkover
- Cartwheel - Back Walkover
- Front Walkover - Cartwheel
- Front Walkover - Round Off

TOSS

NON-TWISTING

- Non-Release Show & Go to prep level or higher.

Tiny & Mini teams can execute this skill AT prep level to receive toss credit without getting technique drivers deducted

Youth age and higher can get difficulty credit if executed at prep level but will also receive technique drivers if it is only executed at prep level.

ELITE LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- Elite Level Skills include two (2) or more connected level appropriate skills.
- A pause, clean, or step between skills will not count as connected skills.
- Forward Roll - Forward Roll
- Backward Roll - Backward Roll
- Back Walkover - Back Walkover
- Valdez - Back Walkover
- Back Extension Roll - Back Walkover

THE FOLLOWING SINGLE SKILL ELEMENTS ARE ALSO ELITE SKILLS

- Back Walkover Switch Leg
- Valdez

RUNNING TUMBLING

- Elite Level Skills include three (3) or more connected level appropriate skills.
- A pause, clean, or step between the skills will not count as connected skills.
-
- Cartwheel - Cartwheel - Cartwheel
- Cartwheel - Cartwheel - Round Off
- Front Walkover - Cartwheel - Back Walkover (Variations)

TOSS

ADDITIONAL LEVEL 1 INFO

- Show & Go Requirement for Level 1 is not allowed to twist or travel.
- Must start and stop in the load/sponge position.
- This skill is replacing a toss, therefore it must resemble a toss section of a higher level routine.

2026 - 2027 ALL STAR ELITE SCORING SYSTEM

Level 1 Skills

LEVEL APPROPRIATE SKILLS		
STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING
• No inversions are allowed in Level 1	• Release style from Floor/Waist Level to Prep Level (Lib or 2 foot stunt) • Tic Toc Below Prep level (Lib to Lib) • Prep Level Tic Tock (Lib to Lib) • Release style from Prep level to prep level • Switch up to waist level 1 leg stunt	• 1⁄4 Twisting transition to below prep level • 1⁄4Twisting transition to ground level • 1⁄4 Twisting transition from prep level • 1⁄4 Twisting Transition AT prep level to prep level stunt

ELITE LEVEL APPROPRIATE SKILLS			
STUNT DISMOUNTS	STUNT RELEASE STYLE	STUNT TWISTING	STUNT-OTHER
• Straight cradle from prep level stunt.	• Tic Toc Below Prep level (Body Position to Body Position) • Prep Level Tic Tock (Lib to Body Position or Body Position to Lib) • Prep Level Tic Toc (Body Position to Body Position) • Switch Up from ground level to prep level body position • Tic Toc from 1 leg stunt at waist level to prep level body position	• 1⁄4 Twisting transition to prep from below prep level. (Prep = Flyer in an upright 2 foot stunt with feet under the hips. Straddle sits, shoudler sits, flat body positions, etc. do not count as a Prep (even if they are at Prep Level) • 1⁄4 Twisting transition from below prep level to prep level 1 leg stunt	• 1/4 Twisting Tic Toc at Prep Level • 1/4 Twisting Switch Up (Release from ground level to prep level) 1 leg stunt. • 1/4 Twisting Tic Toc at waist level - body position to body position. • 1/4 Twisting release from Waist Level to Prep Level 1 leg stunt. • 1/4 Twist release from prep level to prep level

All prep level single leg stunts require a hand/arm connection that is NOT the spotter.

**** Stunts can not be released from all ba[redacted]es and spotter unless going to a cradle.***

updated: 03-01-2026

2026 - 2027 ALL STAR ELITE SCORING SYSTEM

Level 2 Skills

Tumbling combinations listed below are EXAMPLES but are not limited to this document. Elite Stunt Skills ARE limited to this document

LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- Back Handspring Variation
- Back Handspring Step Out

RUNNING TUMBLING

- Cartwheel - BHS
- RO - BHS
- RO - BHS Step Out
- Front Handspring

TOSS

NON-TWISTING

- Straight Ride Toss

ELITE LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- Elite Level skills include two (2) or more connected skills, including at least one (1) level appropriate skill.
- BWO Switch Leg - BHS
- BHS Step Out - BWO - BHS
- Valdez - BHS
- Valdez - BHS Step Out
- Back Extension Roll - Back Handspring
- Back Walkover - Back Handspring
- Back Walkover - Back Handspring Step Out

RUNNING TUMBLING

- Elite level skills include three (3) or more connected skills, including at least one (1) level appropriate skill.
- CW - RO - BHS
- RO - BHS Series
- FWO - RO - BHS/BHS Series
- RO - BHS - Rebound - RO - BHS

THE FOLLOWING SINGLE SKILL ELEMENTS ARE ALSO ELITE SKILLS

- Flyspring/Bounder

TOSS

TWISTING

- Not allowed

updated: 03-01-2026

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Level 2 Skills

LEVEL APPROPRIATE SKILLS				
STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT-OTHER	STUNT - DISMOUNT
• Inversion from ground level to below prep level • Inversion from ground level to prep level	• Tic toc at prep level (lib to lib) • Tic toc at prep level (lilb to body positon/body position to lib) • Release style to prep level lib (switch up) • Release style from waist level to prep level lib • Barrel/Log Roll	• 1/2 twisting transition to below prep level • 1/2 twisting transition to prep level	• Prep level 1 leg stunt • Extension • Leap frog variations	• Straight cradle from prep level 1 leg stunt • Straight cradle from extended stunt

**** Stunts can not be released from all bases and spotter unless going to a cradle.***

ELITE LEVEL APPROPRIATE SKILLS				
STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT-OTHER	STUNT - DISMOUNT
• Inversion from ground level to extended stunt • Inversion from ground level to prep level body position	• Tic toc at prep level (body position to body position) • Release style from ground level to to prep level body position (switch up) • Release style from waist level to prep level body position	• 1/2 twisting transition to extended stunt • 1/2 twisting transition to prep level body position	• 1/2 twisting inversion to extended stunt • 1/2 twisting tic toc to prep level 1 leg stunt • 1/2 twisting inversion to prep level 1 leg stunt • 1/2 twisting release from prep to prep level body position.	• 1/4 Twisting dismount from prep level or higher to cradle

**** Stunts can not be released from all bases and spotter unless going to a cradle.***

updated: 03-01-2026

2026 - 2027 ALL STAR ELITE SCORING SYSTEM

Level 3 Skills

Tumbling combinations listed below are EXAMPLES but are not limited to this document. Elite Stunt Skills ARE limited to this document

LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- BHS Series (Only 2)
- Jump - BHS
- BWO - BHS Series

RUNNING TUMBLING

- Punch Front
- RO - Tuck
- Aerial

TOSS

NON-TWISTING

- Ball Open
- Pretty girl
- Pike Open
- Kick Arch
- Ball-x
- Toe touch
- Any 1 Skill Toss

*An Arch is not an additional skill, and can be included with any of the above skills for this level.

ELITE LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- Elite level skills include three (3) or more connected skills, including at least two (2) level appropriate skill connections.
- BHS Series (3 or more)
- Jump - BHS Series
- Jump - BHS - Jump - BHS
- BHS Series (3 or more) including a Step Out as one of the skills
- BWO - BHS - Jump - BHS/BHS Series
- Jump - BHS Series
- BHS - Jump - BHS
- BHS Step out - BWO - BHS Series

Must be an advanced jump

RUNNING TUMBLING

- Elite level skills include any two connected level appropriate skills OR any level appropriate skill connected by a lower level running tumbling skill.

- Front Handspring - Punch Front
- FWO - Aerial
- RO - BHS Step Out - 1/2 Turn - RO - BHS - Tuck
- FWO - RO - BHS - Tuck
- Bounder/Flyspring - RO - BHS - Tuck
- Aerial/Punch Front connected to another Level Appropriate skill within 4 counts.
- THE FOLLOWING PASSES ARE
- ALSO ELITE SKILLS
- RO - BHS/Series - Tuck

TOSS

TWISTING

- 1/2 twist
- Full twist
- 1 and 1/4 twist

updated: 03-01-2026

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Level 3 Skills

LEVEL APPROPRIATE SKILLS

STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT - DISMOUNT	STUNT - OTHER
• Inversion below prep level • Inversion at prep level • Downward inversion from below prep level • Inversion from prep level or below to to prep level	• Release to prep level or below • Tic Toc below prep level to below prep level • Tic Toc below prep level to prep level (lib to lib)	• 3/4 twisting transition to prep level 1 leg stunt • Full twisting transition below prep level • Full twisting transition to prep level or below • Full twist to/at prep level lib • 1/4 twist transition to extended 1 leg stunt	• Straight cradle from extended level 1 leg stunt **STUNT - COED** • Any assisted coed style stunt is considered level appropriate • Unassisted prep level stunt	• Suspended roll with up to 1/2 twist • Extended 1 leg stunt • Full twisting tic tock (lib to lib) • Full twisting inversion to prep level or below

ELITE LEVEL APPROPRIATE SKILLS

STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT-OTHER	STUNT - DISMOUNT
• Inversion to extended 1 leg stunt	• Tic toc prep level single leg to extended body position • Ball up or straddle up to prep level body position • Switch up from ground level to prep level body position • Release to prep level body position	• Full up to prep level body position • Full up to extended two leg stunt • 1/2 twisting transition to extended 1 leg stunt • Prep level full twisting transition to prep level body position	• Full twisting dismount to cradle from prep level or higher **STUNT - COED** ***Unassisted:*** • Unassisted extended 2 leg stunt • Walk in hands press extended 1 leg stunt • Toss hands press extended 1 leg stunt • Walk in Extended 1 leg/1 arm stunt	• 1/2 twisting inversion to extended 1 leg stunt • Full twisting inversion to prep level lib or body position • Full twisting from prep level lib foot position to prep level body position • Full twisting suspended forward roll

updated: 03-01-2026

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Level 4 Skills

Tumbling combinations listed below are EXAMPLES but are not limited to this document. Elite Stunt Skills ARE limited to this document

LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- BHS Series - Back Tuck
- Jump - BHS Series - Back Tuck
- Jump - BHS - Back Tuck
- BWO - Back Tuck
- Standing Back Tuck
- Jump - Back Handspring step out - Back Tuck
- Back Extension Roll - Back Tuck
- Back Handspring step out - Back Tuck
- Back Handspring - Back Tuck
- Valdez - Back Tuck
- Onodi

RUNNING TUMBLING

- Cartwheel - Back Tuck
- RO - Layout
- Round off - BHS - Layout
- RO - BHS - Layout step out/X-Out/Switch Leg
- Front Walkover - Round Off - BHS - Layout
- Aerial - Back Tuck
- Punch Front - Punch Front
- RO - Whip - BHS - Tuck/Layout
- RO - Whip - Tuck/Layout
- RO - BHS - Whip - Layout/BHS - Layout
- PF step out – RO - BHS - Whip – Layout OR BHS - Layout
- PF step out - RO - BHS - Tuck/Layout
- Front Handspring - PF step out – RO - BHS - Whip - Layout OR BHS - Layout
- RO - Onodi - through to Tuck/Layout

TOSS

NON-TWISTING

- Ball kick
- Pike-x
- Hitch kick
- Switch kick
- Double toe touch
- Any 2 Skill Toss

(an arch is not a skill and will not count as a 2nd skill for a toss)

TOSS

TWISTING

- Ball full
- Pike full
- Kick full
- Toe touch full
- Full up toe touch
- Double full

updated: 03-01-2026

2026 - 2027 ALL STAR ELITE SCORING SYSTEM

Level 4 Skills

LEVEL APPROPRIATE SKILLS

STUNT INVERSION

- Extended inverted stunt
- Released inversion from ground/prep level to below prep level
- Released inversion from ground level to prep level or above
- Released inversion from waist level to prep level or above
- Released inversion from prep level to prep level or above

STUNT RELEASE STYLE

- Helicopter
- Release from prep level to prep level
- Release from ground level to extended level
- Release from extended level to waist/prep level
- Release from waist level to extended level
- Release from prep level to extended level

STUNT TWISTING

- 1.5 twist to below prep level
- 1.5 twist to prep level
- 3/4 twist to extended level
- 1.5 twist at prep level
- Full twist to extended 1 leg stunt
- Full twist at extended level
- 1.5 twist to extension

STUNT - DISMOUNT

- Full Twist from 1 leg stunt
- Double twist dismount from prep/extension to cradle
- Ball Full dismount
- Kick Full Dismount

STUNT - COED

Any assisted coed style stunt is considered level appropriate

- Unassisted prep level stunt

Any unassisted extended stunt is considered an elite level appropriate stunt.

Examples:

- Unassisted extended 2 leg stunt
- Walk in hands press extended 1 leg stunt
- Toss hands press extended 1 leg stunt
- Walk in Extended 1 leg/1 arm stunt

STUNT – OTHER

- Full twisting inversion to extended 1 leg stunt
- Full twisting release from prep level or below
- Full twisting release from waist level to prep level
- Full twisting switch up to prep level 1 leg stunt
- 1.5 twist switch up to pep level 1 leg stunt

updated: 03-01-2026

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Level 5 Skills

Tumbling combinations listed below are EXAMPLES but are not limited to this document. Elite Stunt Skills ARE limited to this document

LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- BHS - Tuck - BHS - Tuck
- BHS - Whip - BHS - Tuck
- BHS Series - Whip - BHS - Tuck
- Jump - BHS Series - Whip - BHS - Tuck
- BHS Series - Layout
- Jump - BHS - Whip - Tuck
- BHS - Whip - BHS Series - Layout/Layout Step Out/X-Out
- BHS - Whip - BHS - Layout • BHS Series - Whip - Layout
- BHS - Whip - Layout
- Jump - BHS Series - Whip - Layout OR BHS - Layout
- Jump - Back Tuck
- Jump - BHS - Whip - Layout OR BHS - Layout
- BHS - Layout
- Jump - BHS Series - Layout
- BHS Series - Whip - Tuck

RUNNING TUMBLING

- RO - Full
- RO - Arabian
- Barani
- Front Handspring - Barani
- Front Full
- PF step out - RO - BHS - Full
- Front Handspring - PF step out - RO - BHS - Full
- RO - Whip - BHS Series - Full
- RO - Whip - BHS - Full
- Front Handspring - Front Full
- PF step out - RO - Whip - BHS - Full
- Front Handspring - PF step out - RO - Whip - BHS - Full
- RO - Arabian - RO - BHS - Full
- Front Walkover - Round Off -BHS - Full
- RO - BHS/Series - Full

TOSS

NON-TWISTING

- Pike hitch kick
- Pike kick pretty girl
- Pike switch kick
- Hitch kick kick
- Any 3 Skill Toss

(arch is not a skill and will not count as a 3rd skill for a toss)

TOSS

TWISTING

- Hitch kick full
- Switch kick full
- Kick kick full
- Pike kick full
- Kick full kick
- Any 3 Skill Toss with maximum 1 full twist

(arch is not a skill and will not count as a 3rd skill for a toss)

updated: 03-01-2026

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Level 5 Skills

LEVEL APPROPRIATE SKILLS

STUNT INVERSION

- Downward inversion from extended stunt
- Downward inversion from extended 1 leg stunt
- Released inversion from prep level or above to extended 1 leg stunt
- Back handspring up to extended stunt

STUNT RELEASE STYLE

- Tic toc extended 1 leg stunt to 1 leg stunt (high to high)
- Full twisting switch up to extended 1 leg stunt
- 1⁄2 twisting ball up to extended body position
- 1⁄2 twisting switch up to extended body position

STUNT TWISTING

- 1 1/4 twisting transition to extended 1 leg stunt
- Full Twisting transition to extended 1 leg stunt
- 1 1/2 twist to extension
- 1 1⁄2 up to extended 1 leg stunt
- Double twisting transition to extended stunt

STUNT - DISMOUNT

- Double twisting dismount from 1 leg stunt to cradle

STUNT - COED

Any assisted coed style stunt is considered level appropriate

- Unassisted prep level stunt

Any unassisted extended stunt is considered an elite level appropriate stunt.

Examples:

- Unassisted extended 2 leg stunt
- Walk in hands press extended 1 leg stunt
- Toss hands press extended 1 leg stunt
- Walk in Extended 1 leg/1 arm stunt

STUNT - OTHER

- 1/4 - 3/4 twisting tic toc prep level 1 leg stunt to extended 1 leg stunt (low to high)
- 1/4 - 3/4 twisting tic toc extended 1 leg stunt to extended 1 leg stunt (high to high)
- Full twisting tic toc to extended 1 leg stunt (low to high)
- Full twisting tic toc from extended 1 leg stunt to extended 1 leg stunt (high to high)

updated: 03-01-2026

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Level 6 Skills

Tumbling combinations listed below are EXAMPLES but are not limited to this document. Elite Stunt Skills ARE limited to this document

LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- Jump Back Tuck
- BHS Series - Full
- Jump - BHS Series - Full
- BHS Series - Full - BHS Series - Full
- BHS - Whip - BHS Series - Full
- Jump - BHS - Full
- BHS - Full
- BHS Series - Whip - Full
- Standing Full
- Jump - Full
- BHS Series - Double Full
- Jump - BHS Series - Double Full
- BHS - Whip - BHS Series - Double Full
- BHS Series - Whip - Double Full
- BHS - Whip - Double Full
- Jump - BHS - BHS - Whip - Double Full
- Jump - BHS - Whip - Double Full
- BHS Series - Full - Whip - Full/Double Full
- BHS Series - Double Full - Whip - Double Full

RUNNING TUMBLING

- Cartwheel - Full
- Front Aerial/Onodi - through to Full
- Front Full
- Front Handspring - Front Full
- RO - Full
- RO - BHS - Full
- Any non-hand supported skill through to a full. (Punch front to full, whip to full, etc.)
- RO - Half Full Step out - through to Full
- RO - Whip - Full
- RO - Arabian - RO - BHS - Full
- RO - Double Full
- RO - BHS - Double Full
- Front Walkover - through to Double Full
- Punch Front Step out - through to Double Full
- RO - BHS - 1.5 Full Step out - through to Full
- RO - BHS - Whip - through to Double Full
- RO - Whip - Double Full
- RO - Arabian - through to Double Full
- RO - BHS - Full through to Double Full
- RO - BHS - 1.5 Step out - through to Double Full
- RO - BHS - Double - BHS series to Double Full
- RO - BHS - Full - Whip - Double Full
- PF Step out - RO - BHS - Whip - BHS - Double Full
- RO - BHS - Double Full - Whip - Double Full
- PF Step out - RO - Arabian - RO - BHS - Whip - Double Full

TOSS

NON-TWISTING

- Pike hitch kick
- Pike kick pretty girl
- Pike switch kick
- Hitch kick kick
- Any 3+ Skill Toss

(arch is not a skill and will not count as a 3rd skill for a toss)

TOSS

TWISTING

- Ball double full
- Pike double full
- Kick double full
- Toe touch double full
- Double up toe touch
- Hitch kick double full
- Switch kick double full
- Kick full kick full
- Any 3+ skill toss that includes 2 twists

updated: 03-01-2026

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Level 6 Skills

LEVEL APPROPRIATE SKILLS

STUNT INVERSION

- Downward inversion from extended stunt
- Downward inversion from extended 1 leg stunt
- Released inversion from prep level or above to extended 1 leg stunt
- Back handspring up to extended stunt
- Rewind to waist level stunt*
- Rewind to prep level stunt*
- Rewind to extended stunt*

*Rewinds are not allowed in Junior age divisions

STUNT RELEASE STYLE

- Tic toc extended 1 leg stunt to 1 leg stunt (high to high)
- Full twisting switch up to extended 1 leg stunt
- 1⁄2 twisting ball up to extended body position
- 1⁄2 twisting switch up to extended body position

STUNT TWISTING

- 1 1/4 twisting transition to extended 1 leg stunt
- Full Twisting transition to extended 1 leg stunt
- 1 1/2 twist to extension
- 1 1⁄2 up to extended 1 leg stunt
- Double twisting transition to extended stunt

STUNT - DISMOUNT

- Double twisting dismount from 1 leg stunt to cradle

STUNT - COED

Any assisted coed style stunt is considered level appropriate

- Unassisted prep level stunt

Any unassisted extended stunt is considered an elite level appropriate stunt.

Examples:

- Unassisted extended 2 leg stunt
- Walk in hands press extended 1 leg stunt
- Toss hands press extended 1 leg stunt
- Walk in Extended 1 leg/1 arm stunt

STUNT – OTHER

- 1/4 - 3/4 twisting tic toc prep level 1 leg stunt to extended 1 leg stunt (low to high)
- 1/4 - 3/4 twisting tic toc extended 1 leg stunt to extended 1 leg stunt (high to high)
- Full twisting tic toc to extended 1 leg stunt (low to high)
- Full twisting tic toc from extended 1 leg stunt to extended 1 leg stunt (high to high)

updated: 03-01-2026

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Level 7 Skills

Tumbling combinations listed below are EXAMPLES but are not limited to this document. Elite Stunt Skills ARE limited to this document

LEVEL APPROPRIATE SKILLS

STANDING TUMBLING

- Jump Back Tuck
- BHS Series - Full
- Jump - BHS Series - Full
- BHS Series - Full - BHS Series - Full
- BHS - Whip - BHS Series - Full
- Jump - BHS - Full
- BHS - Full
- BHS Series - Whip - Full
- Standing Full
- Jump - Full
- BHS Series - Double Full
- Jump - BHS Series - Double Full
- BHS - Whip - BHS Series - Double Full
- BHS Series - Whip - Double Full
- BHS - Whip - Double Full
- Jump - BHS - BHS - Whip - Double Full
- Jump - BHS - Whip - Double Full
- BHS Series - Full - Whip - Full/Double Full
- BHS Series - Double Full - Whip - Double Full

Must be an advanced jump

RUNNING TUMBLING

- Cartwheel - Full
- Front Aerial/Onodi - through to Full
- Front Full
- Front Handspring - Front Full
- RO - Full
- RO - BHS - Full
- Any non-hand supported skill through to a full. (Punch front to full, whip to full, etc.)
- RO - Half Full Step out - through to Full
- RO - Whip - Full
- RO - Arabian - RO - BHS - Full
- RO - Double Full
- RO - BHS - Double Full
- Front Walkover - through to Double Full
- Punch Front Step out - through to Double Full
- RO - BHS - 1.5 Full Step out - through to Full
- RO - BHS - Whip - through to Double Full
- RO - Whip - Double Full
- RO - Arabian - through to Double Full
- RO - BHS - Full through to Double Full
- RO - BHS - 1.5 Step out - through to Double Full
- RO - BHS - Double - BHS series to Double Full
- RO - BHS - Full - Whip - Double Full
- PF Step out - RO - BHS - Whip - BHS - Double Full
- RO - BHS - Double Full - Whip - Double Full
- PF Step out - RO - Arabian - RO - BHS - Whip - Double Full

TOSS

Flipping & Non Twisting

- Tuck
- X-Out
- Pike
- Layout
- Layout Stepout
- Pike Open
- Pike Open Split
- 3/4 Front Flip
- Kick Triple Full (Non-Flipping)

TOSS

Flipping & Twisting

- Arabian
- Full
- Front Full
- Double Full
- X-Out Full
- Split Full
- Arabian 1 1/2
- Pike Open Double Full

updated: 03-01-2026

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Level 7 Skills

LEVEL APPROPRIATE SKILLS

STUNT INVERSION

- Downward inversion from extended stunt
- Downward inversion from extended 1 leg stunt
- Released inversion from prep level or above to extended 1 leg stunt
- Back handspring up to extended stunt
- Free Flipping/Rewind to waist level stunt
- Free Flipping/Rewind to prep level stunt
- Free Flipping/Rewind to extended stunt
- Flipping from ground level to extended single leg and/or single arm stunt
- Released inversion from prep level or above to extended stunt
- Back handspring full up to extended stunt
- Front handspring 1/2 up to extended stunt
- 1 and 1/4 flipping rewind
- Release from waist/prep level to prep level inverted stunt

STUNT RELEASE STYLE

- Tic toc extended 1 leg stunt to 1 leg stunt (high to high)
- Full twisting switch up to extended 1 leg stunt
- 1/2 twisting ball up to extended body position
- 1/2 twisting switch up to extended body position

STUNT TWISTING

- 1 1/4 twisting transition to extended 1 leg stunt
- Full Twisting transition to extended 1 leg stunt
- 1 1/2 twist to extension
- 1 1/2 up to extended 1 leg stunt
- Double twisting transition to/at extended level stunt
- 2 1/4 twisting transition to/at extended level stunt

STUNT - DISMOUNT

- Double twisting dismount from extended 1 leg stunt to cradle
- Full kick full dismount to cradle
- Kick double full to cradle
- Front flipping dismount to ground
- Free Flipping dismount to cradle from prep level or higher

STUNT - COED

Any assisted coed style stunt is considered level appropriate

- Unassisted prep level stunt

Any unassisted extended stunt is considered an elite level appropriate stunt.

Examples:

- Unassisted extended 2 leg stunt
- Walk in hands press extended 1 leg stunt
- Toss hands press extended 1 leg stunt
- Walk in Extended 1 leg/1 arm stunt
- Back handspring full up to extended stunt

STUNT - OTHER

- 1/4 - 3/4 twisting tic toc prep level 1 leg stunt to extended 1 leg stunt (low to high)
- 1/4 - 3/4 twisting tic toc extended 1 leg stunt to extended 1 leg stunt (high to high)
- Full twisting tic toc to extended 1 leg stunt (low to high)
- Full twisting tic toc from extended 1 leg stunt to extended 1 leg stunt (high to high)
- Free flipping with twisting from ground level to cradle
- Free flipping with twisting from ground level to prep/extended level
- Back handspring full up to prep level or higher

updated: 03-01-2026

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TUMBLING DEGREE OF DIFFICULTY CHART

Quantity of skills: Tumbling performed demonstrates a high percentage of the squad.

Utilization of connected skills: Skills performed demonstrate immediate transition from the completion of one skill to the initiation of the next skill.

Variety of skills: Utilization of different elements and/or skills. Tumbling performed includes a variety of skills within the skill set being shown. (Is a Jump included for standing tumbling? Is it 3 of the same skills connected? Is it 3 different skills connected?)

Value of Skills: Increased complexity of level specific skills demonstrated.

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STUNT DEGREE OF DIFFICULTY CHART

Utilization of minimal bases: Stunts performed demonstrate skills involving the least necessary number of athletes. (Additional athletes may be added to the traditional stunt group (4 athletes) in order to safely create and demonstrate skills.

Utilization of combined skills: Stunt elements demonstrate two or more skills performed as one. (Examples: a spinning tic toc, a spinning inversion, a multi trick toss, etc.)

Utilization of connected skills: Skills performed demonstrate immediate transition from the completion of one skill to the initiation of the next skill.

Movement and usage of floor: How the stunts performed change position, evolve, transition, and maneuver in reference to each other and the floor.

Variety of skills: Utilization of different elements and/or skills.

Quantity of skills: Display of a cumulative number of skills throughout the routine, performed by one or more groups.

Value of Skills: Increased complexity of level specific skills demonstrated.