



# ALLSTAR / PREP JUMPS & TUMBLING JUDGES REFERENCE SHEET

PARTICIPATION GUIDE		
# Ath	MAJ.	MOST
5	3	4
6	4	5
7	4	6
8	5	6
9	5	7
10	6	8
11	6	9
12	7	9
13	7	10
14	8	11
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16	9	12
17	9	13
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28	15	21
29	15	22
30	16	23
31	16	24
32	17	24
33	17	25
34	18	26
35	18	27
36	19	27
37	19	28
38	20	29

JUMP DIFFICULTY & EXECUTION	ALLSTAR	PREP	FACTORS
No skills performed	0	0	<ul style="list-style-type: none"> <li>Percent of team participation</li> <li>Degree of difficulty (flex. and power req. for type of jump)</li> <li>Variety and combinations</li> <li>Height / Speed</li> <li>Position (leg position, legs straight, pointed toes, chest up, hip placement/hyperextension)</li> <li>Landings / Control (feet together; chest up)</li> <li>Synchronization / timing</li> <li>Uniformity of technique / form</li> </ul>
Jump skills executed with poor to below average technique, perfection, flexibility and synchronization	0 - 2	0 - 2	
Jump skills executed with average to above average technique, perfection, flexibility and synchronization	2 - 4	2 - 4	
Jump skills executed with excellent technique, perfection, flexibility & synchronization	4 - 5	4 - 5	

Note: The difficulty of jump/tumbling combinations are considered in tumbling difficulty only

STANDING TUMBLING / TUMBLING DIFFICULTY	ALLSTAR	PREP	FACTORS
No skills performed	0	0	<ul style="list-style-type: none"> <li>Percent of team participation</li> <li>Degree of difficulty / complexity</li> <li>Variety &amp; combinations</li> <li>Usage of synchronized passes</li> <li>Number of athletes per sync pass</li> </ul>
Non-difficult skills/passes	0 - 2	0 - 2	
Average to above average difficulty in skills/passes	2 - 4	2 - 4	
Very difficult skills/passes	4 - 5	4 - 5	

RUNNING TUMBLING DIFFICULTY	ALLSTAR	PREP	FACTORS
No skills performed	0	-	<ul style="list-style-type: none"> <li>Percent of team participation</li> <li>Degree of difficulty / complexity</li> <li>Variety &amp; combinations</li> <li>Usage of synchronized passes</li> <li>Number of athletes per sync pass</li> </ul>
Non-difficult passes. Minimal athletes per pass; minimal synchronized passes; below average synchronization; below average difficulty	0 - 2	-	
Moderately difficult passes. Minimal athletes per pass; minimal synchronized passes; average to above average synchronization; average to above average difficulty	2 - 4	-	
Very difficult passes. Many athletes per pass; multiple synchronized passes; excellent synchronization; high degree of difficulty	4 - 5	-	

NOTE: In Levels 1-4, individual tumbling passes (tumbling passes by a single person) will not be considered in the difficulty score

TUMBLING EXECUTION	ALLSTAR	PREP	FACTORS
No skills performed	0	0	<ul style="list-style-type: none"> <li>Execution of skills (mistakes, finished skills / passes)</li> <li>Positioning / body control / height</li> <li>Landings (controlled, feet together, chest up)</li> <li>Speed (consistent or building; connections)</li> <li>Synchronization / timing</li> <li>Uniformity of technique</li> </ul>
Below average technique and synchronization	0 - 2	0 - 2	
Average to above average technique and synchronization	2 - 4	2 - 4	
Excellent technique and synchronization	4 - 5	4 - 5	

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