



ALLSTAR / PREP BUILDING DIFFICULTY REFERENCE SHEET

STUNT DIFFICULTY	ALLSTAR	PREP	FACTORS
No skills performed	0	0	<ul style="list-style-type: none"> • % Participation (÷4) • Degree of difficulty (technical skills required, complexity, flexibility and amplitude) • Minimal bases / single based skills • Variety of skills / loads / trans / dismounts (level & non level) • Pace of skills • Combinations of skills
Low difficulty	0-8	0-4	
Average to above average	8-16	4-8	
Very difficult skills	16-20	8-10	

PYRAMID DIFFICULTY	ALLSTAR	PREP	FACTORS
No skills performed	0	0	<ul style="list-style-type: none"> • % Participation • Degree of difficulty (technical skills required, complexity, flexibility and amplitude) • Use of structures; max number of flyers, minimal number of bracers, type of connections (hand-arm/hand-foot, etc.) • Minimal bases • Variety of skills / loads / trans / dismounts (level & non level) • Pace of skills • Combinations of skills
Low difficulty	0-8	0-4	
Average to above average (with 2 or more structures)	8-16	4-8	
Very difficult skills (with 2 or more structures)	16-20	8-10	

TOSS DIFFICULTY	ALLSTAR	PREP	FACTORS
No skills performed	0	-	<ul style="list-style-type: none"> • % Participation (÷5) • Degree of difficulty (technical skills required, complexity, flexibility and amplitude) • Height • Variety (level & non level; except L2) • Additional tosses • Combo of skills (loads/trans/dismounts, etc.)
Low difficulty	0-2	-	
Average to above average	2-4	-	
Very difficult skills	4-5	-	

STUNT PARTICIPATION GUIDE			
# ATHLETES	MAJ.	MOST	MAX
5 - 7	1	1	1
8 - 11	2	2	2
12 - 15	2	2	3
16 - 19	3	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	7	9

TOSS PARTICIPATION GUIDE			
# ATHLETES	MAJ.	MOST	MAX
5 - 9	1	1	1
10 - 14	2	2	2
15 - 19	2	2	3
20 - 24	3	3	4
25 - 29	3	4	5
30 - 34	4	5	6
35 - 38	4	6	7

20	10	5
(.4)	(.2)	(.1)
20.0	10.0	5.0
19.6	9.8	4.9
19.2	9.6	4.8
18.8	9.4	4.7
18.4	9.2	4.6
18.0	9.0	4.5
17.6	8.8	4.4
17.2	8.6	4.3
16.8	8.4	4.2
16.4	8.2	4.1
16.0	8.0	4.0
15.6	7.8	3.9
15.2	7.6	3.8
14.8	7.4	3.7
14.4	7.2	3.6
14.0	7.0	3.5
13.6	6.8	3.4
13.2	6.6	3.3
12.8	6.4	3.2
12.4	6.2	3.1
12.0	6.0	3.0
11.6	5.8	2.9
11.2	5.6	2.8
10.8	5.4	2.7
10.4	5.2	2.6
10.0	5.0	2.5
9.6	4.8	2.4
9.2	4.6	2.3
8.8	4.4	2.2
8.4	4.2	2.1
8.0	4.0	2.0
7.6	3.8	1.9
7.2	3.6	1.8
6.8	3.4	1.7
6.4	3.2	1.6
6.0	3.0	1.5
5.6	2.8	1.4
5.2	2.6	1.3
4.8	2.4	1.2
4.4	2.2	1.1
4.0	2.0	1.0
3.6	1.8	0.9
3.2	1.6	0.8
2.8	1.4	0.7
2.4	1.2	0.6
2.0	1.0	0.5
1.6	0.8	0.4
1.2	0.6	0.3
0.8	0.4	0.2
0.4	0.2	0.1
0	0	0