



ALLSTAR / PREP BUILDING EXECUTION REFERENCE SHEET

STUNT EXECUTION	ALLSTAR	PREP	FACTORS
No skills performed	0	0	<ul style="list-style-type: none"> • Execution of skills • Bases: stability, control, stance/posture, catch quality • Top: alignment, body control, flexibility, stability • Speed and fluidity • Synchronization / timing • Uniformity of technique
Below average execution	0-8	0-8	
Average to above average	8-16	8-16	
Excellent execution	16-20	16-20	

PYRAMID EXECUTION	ALLSTAR	PREP	FACTORS
No skills performed	0	0	<ul style="list-style-type: none"> • Execution of skills • Bases: stability, control, stance/posture, catch quality • Top: alignment; body control, flexibility, stability • Speed and fluidity • Quality of connections • Synchronization / timing • Uniformity of technique
Below average execution	0-8	0-8	
Average to above average	8-16	8-16	
Excellent execution	16-20	16-20	

TOSS EXECUTION	ALLSTAR	PREP	FACTORS
No skills performed	0	-	<ul style="list-style-type: none"> • Execution of skills • Bases: stability, control, stance/posture, catch quality • Top: alignment, body control, flexibility, stability, skill at top of toss • Height and uniformity of height • Synchronization / timing • Uniformity of technique
Below average execution	0-2	-	
Average to above average	2-4	-	
Excellent execution	4-5	-	

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