



ALLSTAR / PREP JUMPS & TUMBLING 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
15	8	12
16	9	12
17	9	13
18	10	14
19	10	15
20	11	15
21	11	16
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23	12	18
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25	13	19
26	14	20
27	14	21
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	ALLSTAR	PREP	FACTORS
No skills performed	0	0	<ul style="list-style-type: none"> Percent of team participation Degree of difficulty (flexibility, height. and power required for type of jump(s) performed) Variety Combinations and speed of connections
Low difficulty	0 - 2	0 - 2	
Average to above average difficulty	2 - 4	2 - 4	
Very difficult skills	4 - 5	4 - 5	
Note: The difficulty of jump/tumbling combinations are considered in tumbling difficulty only			

JUMP EXECUTION	ALLSTAR	PREP	FACTORS
No skills performed	0	0	<ul style="list-style-type: none"> Precision of position (leg placement, chest up, pointed toes, hip placement/hyperextension) Height / Speed Landings / Control (feet together, chest up, stability, alignment of feet/knees/shoulders) Synchronization / timing Uniformity of technique / form
Below average execution	0 - 2	0 - 2	
Average to above average execution	2 - 4	2 - 4	
Excellent execution	4 - 5	4 - 5	

TUMBLING DIFFICULTY	ALLSTAR	PREP	FACTORS
No skills performed	0	0	<ul style="list-style-type: none"> Percent of team participation Degree of difficulty / complexity Variety Combinations Usage of synchronized passes (# of synchronized passes, # of athletes per pass, complexity of synchronized passes)
Low difficulty and/or minimal synchronized passes	0 - 2	0 - 2	
Average to above average difficulty and number of synchronized passes	2 - 4	2 - 4	
Very difficult skills/passess with excellent use of synchronized passes	4 - 5	4 - 5	
Note 1: In Levels 1-4, individual tumbling passes (tumbling passes by a single person) will not be considered in the difficulty score. Note 2: In levels 5-7, Jump/Tuck combination will be considered level appropriate Note 3: In levels 6-7, all single and double twisting skills will be considered level appropriate			

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

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