

ALL PREP DIVISIONS

2024 - 2025 THE ONE FINALS SCORING SYSTEM

> All Star Prep Scoring Rubric



2024 - 2025 THE ONE FINALS SCORING SYSTEM - ALL STAR PREP

STUNT DIFFICULTY Stunt skills will only receive full credit if they show control			
2.5	Skills performed do not meet 3.0 requirement		
3.0	4 different level appropriate skills performed by MOST of the team		
3.5	2 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes		
4.0	3 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes		

STUNT DRIVERS

Once a Stunt Difficulty score is determined, each stunt skill will be evaluated based on the following criteria: Degree of Difficulty & Max Participation. Each category has a maximum number of points, outlined in the charts below for a total of 1.0 points.

STUNT DEGREE OF DIFFICULTY (0 - 0.6)						
	Level skill by MOST		Advanced/Elite skill by MOST			
Skill 1	0.1	OR	0.2			
Skill 2	0.1	OR	0.2			
Skill 3	0.1	OR	0.2			

STUNT MAX PARTICIPATION (0 - 0.4) (Rippled or synchronized in the same section without recycling athletes)	
Level Skill by MAX <i>OR</i> Advanced Skill by MOST	0.4

BUILDING QUANTITY CHART

# OF	NUMBER OF GROUPS				
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 - 30	4	5	6		

PYRAMID DIFFICULTY

2.0 - 2.5	BELOW	Skills performed do not meet Low range requirement			
2.5 - 3.0	LOW	2 different level appropriate skills and 2 structures			
3.0 - 3.5	MID	3 different level appropriate skills and 2 structures performed by MOST of the team			

PYRAMID DIFFICULTY DRIVERS

Degree of Difficulty:

- Maximizing the number of groups performing each level appropriate transition
- Utilizing level appropriate stunts into structures/within sequence
- Combination of skills (level and non-level appropriate)
- Pace & Connection of skills performed

ADDITIONAL INFORMATION

Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.

Structure - Two or more stunts connected to one another

BODY POSITIONS

- Lib and platform are not considered body positions
- Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion



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JUMP DIFFICULTY

Jumps must use a whip approach to be considered connected.

Whip Approach – Continuous arm movement through swing, connecting 2 or more jumps.

0.5	Skills performed do not meet 1.0 requirement
1.0	MAJORITY of the team performs 1 advanced jump
1.5	MOST of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.
2.0	MAX of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.
	For teams with less than 7 athletes: All athletes must perform 2 advanced jumps, must be synchronized but DO NOT need to be connected or include variety.
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TUMBLING/JUMP QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST	MAX
5 - 11	5	6	7
12 - 15	6	7	9
16 - 19	8	10	12
20 - 23	10	13	16
24 - 30	12	15	19

JUMPS

- · Variety at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (I.e. left/right hurdler)
- Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e., jumps that land on knee(s) or seat, etc. would not count).
- · Basic Jumps: Spread Eagle, Tuck Jump
- · Advanced Jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch, Double Nine

STANDING TUMBLING DIFFICULTY

	1.5	Skills performed do not meet 2.0 requirement
2.0 MAJORITY of the team performs a level appropriate pass		MAJORITY of the team performs a level appropriate pass
	2.5	MOST of the team performs a level appropriate pass

RUNNING TUMBLING DIFFICULTY

IXO	ROTATION FOR PROPERTY			
1.5	5	Skills performed do not meet 2.0 requirement		
2.0	0	MAJORITY of the team performs a level appropriate pass		
2.5	5	MOST of the team performs a level appropriate pass		

STANDING TUMBLING DRIVERS

Once a Standing Tumbling Difficulty score is determined, each skill/pass will be evaluated based it's Degree of Difficulty. Each category has a maximum number of points, outlined in the charts below for a total of .5 points

STANDING TUMBLING DEGREE OF DIFFICULTY (0 - 0.5)

	Level skill by MAX		Advanced/Elite skill by MOST
Skill/Pass	0.3	OR	0.5

RUNNING TUMBLING DRIVERS

Once a Running Tumbling Difficulty score is determined, each skill/pass will be evaluated based it's Degree of Difficulty. This category has a maximum number of points, outlined in the charts below for a total of .5 points.

RUNNING TUMBLING DEGREE OF DIFFICULTY (0 - 0.5)

	Level skill by MAX		Advanced/Elite skill by MOST
Skill/Pass	0.3	OR	0.5

ADDITIONAL INFORMATION

- Standing/Running Tumbling Difficulty and the Degree of Difficulty driver can be achieved by a cumulative approach.
- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e. jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc. would not count).
- Jumps within a pass will not break up the pass (i.e. 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.
- L2 No skills out of a RO that are ILLEGAL in L1 will count for level appropriate credit (i.e. RO - Backward Roll).
- L3 No skills out of a BHS step out 1/2 turn that are ILLEGAL in L2 will count for level appropriate credit.