



# 2024 ALL BUILDING SYSTEM

**Judge 1:**

Stunt Difficulty  
Pyramid Difficulty  
Routine Design  
Athlete Performance

**Judge 2:**

Stunt Execution  
Pyramid Execution  
Routine Design  
Dance

**Judge 3:**

Routine Design  
Athlete Performance

**Judge 4:**

Routine Design  
Dance

**Judge 5:**

Jump Execution  
Dance  
Routine Design  
Athlete Performance

*This packet will give a complete breakdown for each judge and the categories they will be scoring.*

# ALL BUILDING Judge 1: Stunt Difficulty / Pyramid Difficulty / Routine Design / Athlete Performance

The difficulty categories require  $\frac{1}{2}$  plus 1 of the athletes to perform a level appropriate skill to receive the "START VALUE" of a **7.0**.

Pro Score is a **COMPARATIVE** scoring system. The exact score value may change based on the team's competitor(s) in that division at that specific event.

Once the **START VALUE** has been established, the judge will use the H.O.W.'s (**Higher Of Worth**) to determine the score.

## STUNT DIFFICULTY: 16.5% of total routine score

|   |  | TWISTING  | INVERSIONS  | RELEASES   | COED  |          |
|---|--|---|---|--|---|----------|
| Non listed non-level appropriate skills |  | More than 1 twist to extended single leg<br>More than 1.5 twist to an extension   | Downward inversion from extended stunt<br>Any released inversion from prep level to an extension<br>Any released inversion to prep level or below with up to a 1/2 twist  | Up to 1/2 release twist to extended single leg<br>2 twist dismount from extended single leg  |   | BRONZE   |
|   |  | More than 1 twist to extended body position<br>More than 1.5 twist to extended single leg<br>2 or 2 1/4 twist to an extension | Prep level released inversion to extended single leg<br>Any released inversion to an extension with up to a 1/2 twist<br>Any released inversion to extended single leg up to a 1/4 twist  | 1 twist, switch up to extended single leg<br>Extended lib tic-toc to extended body position with up to a 1/4 twist<br>Extended level release to prone position with more than 1 twist  | Any ASSISTED coed style stunt to extended level OR single base toss to prep level   | SILVER   |
| Non listed level appropriate skills     |  | More than 1.5 twist to extended body position<br>2 or 2 1/4 twist to extended single leg                                      | Any released inversion to extended body position with up to a 1/4 twist<br>Any released inversion to extended single leg with up to a 1/2 twist<br>Prep level released inversion to extended body position<br>Extended level released inversion to extended level | Extended lib tic-toc to extended body position<br>1 twist switch up to extended body position<br>Extended level release to prone position with more than 1.5 twist<br>From above ground level release to extended single leg with 1 twist<br>Extended lib tic-toc to extended body position with more than 1/2 twist | Any UNASSISTED coed style stunt to extended level OR single base toss to prep level | GOLD     |
|   |  | 2 or 2 1/4 twist to extended body position  | Any released inversion to extended body position with up to a 1/2 twist<br>Extended level released inversion to extended level single leg   | Any release to extended body position with more than 1 twist<br>Extended single leg tic-toc to extended single leg with more than 1 twist  |   | PLATINUM |

### Higher Of Worth

**HOW** difficult are ALL stunts in the routine?  
**HOW** many athletes are utilized for stunts throughout? (full team, front spots, single based)  
**HOW** do the stunts load in?  
**HOW** do the stunts dismount?  
**HOW** is the pace from skill to skill performed?  
**HOW** creative are the skills designed for the section?  
**HOW** does the utilization of stunts compare to the other teams in the division?

| TOSSES   |          |
|--|----------|
| Non level appropriate toss   | SILVER   |
| 3 tricks toss including 2 twists<br>4 trick toss including 1 twist | GOLD     |
| 4 or more trick toss including 2 twists                            | PLATINUM |

## PYRAMID DIFFICULTY: 18.0% of total routine score

|                                     |  | TWISTING TRANSITIONS  | INVERSIONS  | RELEASED TRANSITIONS  |          |
|-------------------------------------|--|---|---|---|----------|
| Any level appropriate structure     |  | Any non level appropriate transition  | Any non level appropriate inversion<br>Any silver level stunt inversion   | Any non level appropriate release<br>Any silver level stunt release | SILVER   |
| Non listed level appropriate skills |  | More than 1 twist to extended single leg<br>More than 1.5 to an extension       | Any gold level stunt inversion<br>Up to 3/4 braced flip with up to 1/2 twist<br>Up to 1 twist braced flip with changing   | Any gold level stunt release  | GOLD     |
|                                     |  | Up to 2 1/4 twist to an extension<br>More than 1.5 twist to extended single leg | Any platinum level stunt inversion<br>More than 3/4 braced flip with up to 1/2 twist<br>Any braced flip with a full twist | Any platinum level stunt release                                    | PLATINUM |

### Higher Of Worth

**HOW** difficult are ALL pyramid sections in the routine?  
**HOW** many athletes are utilized throughout? (full team, front spots, single based)  
**HOW** well does the pyramid develop in the routine?  
**HOW** difficult are the transitional skills? (cradles, blind catches, extended level catches, variety)  
**HOW** is the pace from skill to skill performed?  
**HOW** creative are the skills designed for the section?  
**HOW** well are the structures developed?  
**HOW** many different transitions are utilized throughout?  
**HOW** does the pyramid compare to the other teams in the division?

## ROUTINE DESIGN: 2.2% of total routine score

All teams will have a **START VALUE** of **7.0**.

The Higher Of Worth items below will help the judge determine your exact score.

- HOW** is the composition and flow of the routine?
- HOW** are the various athlete talents utilized throughout the routine?
- HOW** does the utilization of visual elements compare to the other teams in the division?
- HOW** clear and clean are the transitions from skill section to skill section throughout the routine?
- HOW** clear and precise are the formations created throughout the routine?
- HOW** does the utilization and choreography connect with the music?

## ATHLETE PERFORMANCE: 1.25% of total routine score

All teams will have a **START VALUE** of **7.0**.

The Higher Of Worth items below will help the judge determine your exact score.

- HOW** is the energy of the athletes portrayed throughout the routine?
- HOW** many athletes demonstrate an athletic impression of showmanship?
- HOW** does the entertainment value of the routine compare to the other teams in the division?
- HOW** is the artistry and creative expression of the athletes compare to the other teams in the division?

# ALL BUILDING Judge 2: Stunt Execution / Pyramid Execution / Routine Design / Dance

The execution categories require ½ plus 1 of the athletes to perform a level appropriate skill to receive the “**START VALUE**” of a **7.0**. Pro Score is a **COMPARATIVE** scoring system. The exact score value may change based on the team’s competitor(s) in that division at that specific event. Once the **START VALUE** has been established, the judge will use the following **Isolation of Skill Factors** to determine the score.

## Isolation of Skill Factors for STUNT EXECUTION: 16.5% of total routine score

|                                 |  |  |   |  |
|---------------------------------|--|--|---|--|
| <b>Basing:</b> Body control     | <b>Flyers:</b> Body position flexibility | <b>Dismount:</b> Control and stability | <b>Transitions:</b> Control and stability | <b>Section:</b> Pace from skill to skill |
| <b>Basing:</b> Stability        | <b>Flyers:</b> Arm motion placement      | <b>Dismount:</b> Proper positioning    | <b>Transitions:</b> Entry uniformity      | <b>Section:</b> General flow             |
| <b>Basing:</b> Technique        | <b>Flyers:</b> Body control              |  |   |  |
| <b>Basing:</b> Proper placement | <b>Flyers:</b> Uniformity                |  |   |  |

## Isolation of Skill Factors for PYRAMID EXECUTION: 18.0% of total routine score

|                                 |                                     |  |   |  |
|---------------------------------|-------------------------------------|--|---|--|
| <b>Basing:</b> Body control     | <b>Flyers:</b> Arm motion placement | <b>Structures:</b> Control and stability | <b>Transitions:</b> Control and stability | <b>Section:</b> Pace from skill to skill |
| <b>Basing:</b> Stability        | <b>Flyers:</b> Body control         | <b>Structures:</b> Proper placement      | <b>Transitions:</b> Uniformity            | <b>Section:</b> General flow             |
| <b>Basing:</b> Technique        | <b>Flyers:</b> Uniformity           |  |   |  |
| <b>Basing:</b> Proper placement |                                     |  |   |  |

## ROUTINE DESIGN: 2.2% of total routine score

All teams will have a **START VALUE** of **7.0**.  
The Higher Of Worth items below will help the judge determine your exact score.

### Higher Of Worth

**HOW** is the composition and flow of the routine?  
**HOW** are the various athlete talents utilized throughout the routine?  
**HOW** does the utilization of visual elements compare to the other teams in the division?  
**HOW** clear and clean are the transitions from skill section to skill section throughout the routine?  
**HOW** clear and precise are the formations created throughout the routine?  
**HOW** does the utilization and choreography connect with the music?

## DANCE: 2.0% of total routine score

All teams will have a **START VALUE** of **7.0**.  
The Difficulty, Execution and H.O.W.’s will combine to give one score for the dance.

|                              |                  |
|------------------------------|------------------|
| Perform 2 skills             | SILVER           |
| Perform 3 skills             | GOLD             |
| Perform 4 skills             | PLATINUM         |
| <b>DANCE SKILLS include:</b> |                  |
| 1. Execution                 | 2. Body Movement |
| 3. Staging                   | 4. Level Work    |

### Higher Of Worth

**HOW** difficult is the dance section?  
**HOW** many athletes are utilized in the dance?  
**HOW** many 8 counts is the dance section?  
**HOW** visual is the dance section?  
**HOW** does the dance compare to the other teams in the division?

### Isolation of Skill Factors:

**Level Work:** Clear demonstration  
**Level Work:** Uniformity  
**Skill:** Group synchronization  
**Skill:** Variety of pace

**Movement:** Body lines  
**Movement:** Arm placement  
**Movement:** Uniformity  
**Staging:** Seamless patterns  
**Staging:** Appropriate spacing



# ALL BUILDING Judge 3: Routine Design / Athlete Performance

The difficulty categories require  $\frac{1}{2}$  plus 1 of the athletes to perform a level appropriate skill to receive the “**START VALUE**” of a **7.0**. Pro Score is a **COMPARATIVE** scoring system. The exact score value may change based on the team’s competitor(s) in that division at that specific event. Once the **START VALUE** has been established, the judge will use the H.O.W.’s (**Higher Of Worth**) to determine the score.

## **ROUTINE DESIGN: 2.2% of total routine score**

All teams will have a **START VALUE** of **7.0**.

The Higher Of Worth items below will help the judge determine your exact score.

**HOW** is the composition and flow of the routine?

**HOW** are the various athlete talents utilized throughout the routine?

**HOW** does the utilization of visual elements compare to the other teams in the division?

**HOW** clear and clean are the transitions from skill section to skill section throughout the routine?

**HOW** clear and precise are the formations created throughout the routine?

**HOW** does the utilization and choreography connect with the music?

## **ATHLETE PERFORMANCE: 1.25% of total routine score**

All teams will have a **START VALUE** of **7.0**.

The Higher Of Worth items below will help the judge determine your exact score.

**HOW** is the energy of the athletes portrayed throughout the routine?

**HOW** many athletes demonstrate an athletic impression of showmanship?

**HOW** does the entertainment value of the routine compare to the other teams in the division?

**HOW** is the artistry and creative expression of the athletes compare to the other teams in the division?

# ALL BUILDING Judge 4: Routine Design / Dance

The execution categories require  $\frac{1}{2}$  plus 1 of the athletes to perform a level appropriate skill to receive the "START VALUE" of a **7.0**. Pro Score is a **COMPARATIVE** scoring system. The exact score value may change based on the team's competitor(s) in that division at that specific event. Once the **START VALUE** has been established, the judge will use the following **Isolation of Skill Factors** to determine the score.

## ROUTINE DESIGN: 2.2% of total routine score

All teams will have a **START VALUE** of **7.0**. The Higher Of Worth items below will help the judge determine your exact score.

### Higher Of Worth

- HOW** is the composition and flow of the routine?
- HOW** are the various athlete talents utilized throughout the routine?
- HOW** does the utilization of visual elements compare to the other teams in the division?
- HOW** clear and clean are the transitions from skill section to skill section throughout the routine?
- HOW** clear and precise are the formations created throughout the routine?
- HOW** does the utilization and choreography connect with the music?

## DANCE: 2.0% of total routine score

All teams will have a **START VALUE** of **7.0**.

The Difficulty, Execution and H.O.W.'s will combine to give one score for the dance.

|                              |                  |
|------------------------------|------------------|
| Perform 2 skills             | SILVER           |
| Perform 3 skills             | GOLD             |
| Perform 4 skills             | PLATINUM         |
| <b>DANCE SKILLS include:</b> |                  |
| 1. Execution                 | 2. Body Movement |
| 3. Staging                   | 4. Level Work    |

### Higher Of Worth

- HOW** difficult is the dance section?
- HOW** many athletes are utilized in the dance?
- HOW** many 8 counts is the dance section?
- HOW** visual is the dance section?
- HOW** does the dance compare to the other teams in the division?

### Isolation of Skill Factors:

**Level Work:** Clear demonstration

**Level Work:** Uniformity

**Skill:** Group synchronization

**Skill:** Variety of pace

**Movement:** Body lines

**Movement:** Arm placement

**Movement:** Uniformity

**Staging:** Seamless patterns

**Staging:** Appropriate spacing



# ALL BUILDING Judge 5: Jump Execution / Athlete Performance / Routine Design / Dance

ALL categories require ½ plus 1 of the athletes to perform a level appropriate skill to receive the “**START VALUE**” of a **7.0**.

Pro Score is a **COMPARATIVE** scoring system. The exact score value may change based on the team’s competitor(s) in that division at that specific event.

Once the **START VALUE** has been established, the judge will use the following **Isolation of Skill Factors and Higher of Worth** to determine the score.

**JUMPS:** All teams will have a **START VALUE** of **7.0**.  
There is no difficulty value for jumps, the judge will determine the jump score by the Isolation of Skill Factors listed below.

## Isolation of Skill Factors for JUMP EXECUTION: 6.0% of total routine score

|  |                                    |
|--|------------------------------------|
| <b>Landings:</b> Legs / feet placement | <b>Entry:</b> Swing / prep control |
| <b>Landings:</b> Stability / control   | <b>Entry:</b> Approach uniformity  |
| <b>Timing:</b> Group synchronization   | <b>Skill:</b> Arm placement        |
| <b>Timing:</b> Group entry             | <b>Skill:</b> Leg placement        |
| <b>Timing:</b> Group landing           | <b>Skill:</b> Body control         |
| <b>Section:</b> Pace from jump to jump |                                    |
| <b>Section:</b> General flow           |                                    |

## ATHLETE PERFORMANCE: 2.5% of total routine score

All teams will have a **START VALUE** of **7.0**.  
The Higher Of Worth items below will help the judge determine your exact score.

**HOW** is the energy of the athletes portrayed throughout the routine?  
**HOW** many athletes demonstrate an athletic impression of showmanship?  
**HOW** does the entertainment value of the routine compare to the other teams in the division?  
**HOW** is the artistry and creative expression of the athletes compare to the other teams in the division?

## ROUTINE DESIGN: 3.2% of total routine score

All teams will have a **START VALUE** of **7.0**.  
The Higher Of Worth items below will help the judge determine your exact score.

### Higher Of Worth

**HOW** is the composition and flow of the routine?  
**HOW** are the various athlete talents utilized throughout the routine?  
**HOW** does the utilization of visual elements compare to the other teams in the division?  
**HOW** clear and clean are the transitions from skill section to skill section throughout the routine?  
**HOW** clear and precise are the formations created throughout the routine?  
**HOW** does the utilization and choreography connect with the music?

## DANCE: 4.0% of total routine score

All teams will have a **START VALUE** of **7.0**.  
The Difficulty, Execution and H.O.W.’s will combine to give one score for the dance.

|                              |                  |
|------------------------------|------------------|
| Perform 2 skills             | SILVER           |
| Perform 3 skills             | GOLD             |
| Perform 4 skills             | PLATINUM         |
| <b>DANCE SKILLS include:</b> |                  |
| 1. Execution                 | 2. Body Movement |
| 3. Staging                   | 4. Level Work    |

### Higher Of Worth

**HOW** difficult is the dance section?  
**HOW** many athletes are utilized in the dance?  
**HOW** many 8 counts is the dance section?  
**HOW** visual is the dance section?  
**HOW** does the dance compare to the other teams in the division?

### Isolation of Skill Factors:

**Level Work:** Clear demonstration  
**Level Work:** Uniformity  
**Skill:** Group synchronization  
**Skill:** Variety of pace

**Movement:** Body lines  
**Movement:** Arm placement  
**Movement:** Uniformity  
**Staging:** Seamless patterns  
**Staging:** Appropriate spacing

