

2018 AASCF Shared Questions from Coaches

1 JUNE, 2018

GENERAL



Q: Once in range, what factors will the judges use to determine the appropriate Difficulty score?

A: The judges will refer to the 'Difficulty Drivers' when determining a team's Difficulty score. Difficulty Drivers - difficulty of the skills, percent of team participation, combination of skills (level and non-level appropriate), and the pace and speed of skills performed.

Q: Once in range, what factors will the judges use to determine the appropriate Technique score?

A: The judges will refer to the 'Technique Drivers' when determining a team's technique score.

- Stunts/Pyramids Technique Drivers – top person, bases/spotters, transitions/dismounts, perfection, synchronization.
- Tosses Technique Drivers - top person, bases/spotters, height, dismount/cradle, synchronization/timing.
- Tumbling Technique Drivers – approach, speed, body control, landing, synchronization.
- Jumps Technique Drivers – arm placement, leg placement, hyperextension, height, landing, synchronization.

STUNTS

Q: Please explain what "unassisted stunt" means?

A: An 'unassisted' stunt means a single base under the stunt holds the top person from beginning to end without the spotter touching the stunt at any time.

Q: If a spotter steps in and briefly touches the coed quantity skill will that be considered assisted or unassisted?

A: Assisted. If a spotter touches the coed stunt at any time (initiation of the skill, during the transition up, settling or stabilizing skill at the top) for any period of time, the skill will be looked at as assisted.

Q: Which coed teams will be scored on the stunt quantity grid instead of coed quantity?

A: Only – SENIOR LEVEL 3, 4 & 5 and OPEN LEVEL 3, 4, 5 & 6 will be scored using COED stunt quantity grid.

Q: There are skills that can be performed in each level that are technically harder to do in comparison to what is listed on the Elite Level Appropriate list. Will a team get credit if they perform a harder skill that is not listed?

A: In terms of STUNT QUANTITY, a team will need to perform one of the skills listed on the Elite Level Appropriate skills list in order to receive credit. However, teams may be rewarded in STUNT DIFFICULTY for performing any additional level appropriate skill that are not included on the list.

Q: If a team combines two different level appropriate building skills into one transition, would that team receive credit for two level appropriate building skills?

A: No. This team would only receive credit for one level appropriate building skill (i.e. twisting transition to prep level body position for L2).

Q: Will my team receive credit for STUNT QUANTITY if we ripple the required elite building skill?

A: Yes. As long as MOST of the team is performing the SAME elite building skill, you can either ripple or synchronize the stunts.

Q: Elite level appropriate skills for L1 that mention bracers—will those count towards PYRAMID DIFFICULTY or STUNT DIFFICULTY?

A: As in years past, teams will be rewarded for these skills in STUNT DIFFICULTY. In some cases, we may reward these skills in PYRAMID DIFFICULTY, depending on which category would be a better fit in that particular instance.

Q: If a L3 team performs a full up to prep level body position and a prep level full twisting to prep level body position, would those be considered two different elite building skills?

A: Yes. They are considered different enough to be counted as two DIFFERENT elite building skills.

Q: Do teams have to perform two different Elite Level Appropriate skills in addition to four different level appropriate skills, to get into the high range?

A: No. Teams are only required to perform 4 total different level appropriate skills, however 2 of those 4 MUST be from the Elite Level Appropriate list.

Q: Will the elite building skill that my team performs for STUNT QUANTITY or COED QUANTITY requirement count towards my Difficulty score as one of my four skills required to meet the minimum requirement for the HIGH range?

A: Yes. Your STUNT QUANTITY skill may also count towards one of the four different level appropriate skills (two of which must be elite) needed IF MOST of your athletes are involved. In order for the COED QUANTITY skill to also count towards STUNT DIFFICULTY, it must be done by most of the athletes and be a level appropriate skill.

Q: How is body position being defined?

A: A Lib is not a body position. A body position can be a scale, arabesque, stretch, bow and arrow, scorpion, etc.

Q: Can a coed team perform a different entry into their coed stunt other than a traditional walk-in or toss?

A: No. Teams will only receive credit for stunts that use the SAME traditional walk-in or toss entry.

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Q: Will a coed team receive COED QUANTITY credit if they do not dismount from their coed stunt(s)?

A: No. Teams, that do not perform the SAME entry and dismount, will not receive COED QUANTITY credit.

Q: If my team performs two Elite Level Appropriate skills from the same "skill style" (i.e. Inversion, Release, Twisting, Dismount or Other), would I still be rewarded for two different Elite Level Appropriate skills?

A: Yes. As long as the team is performing two DIFFERENT Elite Level Appropriate skills, by the full team, it does not matter what "skill style" they fall under.

Q: Does a fall affect STUNT QUANTITY?

A: Possibly. If one group hits and then falls, they will receive elite credit, but will also receive a deduction for the fall. However, if the one group never goes, this group does not count towards the stunt quantity total.

Q: How do we determine if a connected grip is a stunt or a pyramid?

A: AASCF will give pyramid credit to stunts where the top person has arm to arm contact with someone standing on the ground if it is clear this is part of their PYRAMID section and will reward these skills as stunts if it is clear it is part of their STUNT section.

Q: What grips are allowed in stunts?

A: You can use any grip you would like in your building skills (assuming it is legal per USASF safety guidelines, of course). It will be up to the judges to determine whether or not a skill is executed in such a way that it meets the definition of the Elite Level Appropriate skill listed.

Q: Elite level credit is twists, inversions and release style transitions – how do we best achieve this?

A: To receive Elite Level Appropriate credit in Stunt Quantity for skills that require a full twist or more, the skill must be performed in a continuous motion with the bases and top person completing the skill simultaneously from the bottom of the skill to its completion of the Flyers body twisting, not the bases moving.

For Elite Level Appropriate Inversions, Release Style transitions and Twisting transitions that are less than a full twist, the bases and top person must complete the skill simultaneously.

CLARIFICATION: Elite Level Appropriate Clarifications

- Level 1 Elite Level Appropriate Skills include "1/4 twisting transition to prep" The only skill that will receive credit under this category is a ¼ twist to a two leg EXTENSION PREP (i.e. teddy bears and straddle sits will not satisfy this requirement).
- Level 3 Elite Level Appropriate Skills include "Prep level full twisting transition to Prep Level stunt." The only skills that will receive credit under this category are two leg EXTENSION PREPS and PREP LEVEL LIBERTY/LIBERTY VARIATIONS that full twist to a two leg EXTENSION PREP or PREP LEVEL LIBERTY/LIBERTY VARIATIONS (i.e. teddy bears and shoulder sits will not satisfy this requirement).
- Level 3 Elite Level Appropriate Skills include "Lib to Extended body position tic toc." The only skills that will receive credit under this category are skills that look like true tic tocs, where the weight of the body does not noticeably shift. Teams performing extension prep hitches and then standing up on the hitched foot to an extended liberty variation will not receive Elite level credit.

CLARIFICATION: Coed Quantity Clarifications

- When performing a 'toss' entry to satisfy the Coed Requirement, the toss skills may ball up/straddle up, etc, as long as the integrity of the toss is upheld.
- When performing a 'walk in' entry to satisfy the Coed Requirement, the walk in skill may switch up as long as the integrity of the walk in is upheld.

PYRAMIDS

Q: If during one of my pyramid transitions only my center group performs a skill, will I still get credit for one of the four required level appropriate skills?

A: Yes.

Q: If both sides of my pyramid perform the same skill synchronized, will I receive credit for one or two level appropriate skills?

A: In the case where two groups are performing the SAME skill synchronized, it would only count as one level appropriate skill. This would also be true if the groups performed the same skill, but in a ripple. Matching pyramid transitions only count once.

Q: If my entire team is in a structure and then a majority of my group's sponge down and only 2 of my groups perform a level appropriate dismount, will I receive credit for the skill in pyramid or stunts?

A: If the dismount from the pyramid structure performed is level appropriate, you will get credit for the skill in pyramid difficulty. A team may also receive credit in pyramid creativity if the dismount is unique and visual. There are varying factors that could potentially allow a team to receive credit in stunts for it providing most of the team did it. For example, if some team members sponge down from the structure and move to a new formation and most of the groups are in a stunt (not connected) the team could potentially receive stunt credit.

Q: Does landing a pyramid skill differently, prone vs squish, count as a different skill even if they are both back flips?

A: No. Since the skill being performed in both scenarios is a back flip, you will only be rewarded for the transition once.

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Q: How do we determine if a connected grip is a stunt or a pyramid?

A: AASCF will give pyramid credit to stunts where the top person has arm to arm contact with someone standing on the ground if it is clear this is part of their PYRAMID section and will reward these skills as stunts if it is clear it is part of their STUNT section.

Q: How are judges going to be determining if something is creative?

A: Time will be spent during judges training, including videos and lengthy discussions on everything that should be taken into account when deriving a creativity score. Remember this category will be based on unique, visuals and innovative ideas both level and non-level appropriate. This score will not to be determined based on the difficulty of the skills performed, but the creative way in which they were presented.

TOSESSES

Q: Do my tosses in my majority of squad section, have to be the same level appropriate skill?

A: No. Your tosses do not have to be the same, but the majority of the team do need to perform a level appropriate skill

Q: Will a team's TOSS TECHNIQUE score be solely based off of the top person's technique?

A: No. The judges will refer to the "Toss Technique Drivers" for this score, which apply not only to the top person, but also the bases throwing the toss.

Q: If I don't have a basket grip is it still a toss?

A: Yes, it is if you follow the definition of a toss - Toss: An airborne stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category.)

Q: I know hitch kick full is level restricted 5, but does it count for level 5?

A: No, it needs to be a double full to count for level 5.

JUMPS

Q: Will shushunova's be considered a jump skill when performed synchronized with toe touches?

A: No. In order for a team to receive credit, MOST of the team has to perform 3 advanced connected jumps or 2 connected advanced jumps, plus 1 additional advanced jump. This sequence must be synchronized from the initiation of the first jump and include a variety. Advanced jumps include: toe touch, pike, front/side hurdlers.

Q: If a team is doing 2 + 1, does the extra jump need to be in the jump sequence or can it be somewhere else in the routine?

A: It can be somewhere else in the routine. Example: It is acceptable for teams to use their single jump as part of their jump/tumble combination, and then later do an additional 2.

Q: Does a team that performs 3 different jumps have an advantage over a team that performs a triple toe and a pike?

A: No. Both teams will receive a max score for difficulty. The team that performs the most technically sound jumps will score the highest in technique. It is in the team's best interest to perform their two best types of jumps in a 2 + 1 or a 3 whipped jump sequence.

Q: Can I ripple my jump sequence, or does it have to be synchronized?

A: For teams to be rewarded for their performed jumps, they MUST have MOST of the team involved and the sequence MUST be synchronized from the initiation of the first jump.

STANDING TUMBLING

Q: What are some examples of different L2 passes, aside from a standing back handspring, to get into the high range?

A: Listed on the 'All Star Scoring System- Tumbling Skills' sheet, you will find a few examples of other level appropriate passes (i.e. Bhs step out, Back extension roll bhs, Back walkover-bhs). Keep in mind that this list is not inclusive of all level appropriate passes allowed for L2.

Q: In L2, would performing a back walkover back handspring, pause, back handspring satisfy all requirements to get into the HIGH range?

A: Yes. The 'pause' has broken up the pass, therefore making it 2 separate passes. Since both of the passes are different, this would constitute scoring that team within the HIGH range, so long as MOST of the team is involved.

Q: Is a Bridge Kick-over equivalent to a walk-over?

A: No - they are different

Q: If my team performs a 'T' jump back handspring, will this add difficulty to my STANDING TUMBLING score?

A: No. Since a 'T' jump is not considered a jump, this will not impact STANDING TUMBLING DIFFICULTY score.

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Q: It says that most of my team has to perform a level appropriate passes, and the majority of the team performs an additional level appropriate pass. Are these passes cumulative?

A: To score in high range, there MUST be a synchronized level appropriate pass performed by most of the athletes. The other pass MUST be performed by majority of the athletes and may be cumulative/recycled.

Q: If there are multiple level appropriate skills in 1 standing tumbling pass, will it be counted as 1 or 2 passes?

A: It will be counted as 1. The standing tumbling pass begins when the athlete starts the first skill, and the pass ends when the athlete pauses or stops. It doesn't matter if the athlete performs 1 skill or multiple level appropriate skills within the same pass. It will only be counted as 1. If a team is looking to receive credit for 2 passes, they must stop after the first level appropriate skill to pause and then continue with a second pass.

Q: If I combine a standing and running tumble pass which will it be?

A: Passes that start as Standing Tumbling but then turn into Running Tumbling (i.e. standing toe touch bhs, hurdle rd off tuck) will be counted as two separate passes.

Q: Can you tumble in the No Tumble (NT) categories?

A: Yes, you can if it is level appropriate, but realise it has no value on the score card, unless it enhances your overall composition. Jumps will still be on the score card as per usual.

RUNNING TUMBLING

Q: What will be more difficulty: whip through to full or double?

A: This is the determination of the judge. Twisting comes easy for some athletes and connecting more skills is easier for others. Suggestion is to determine what passes are the best passes for your kids and to show variety amongst your team. It shows depth of the ability of your team. How many athletes are performing the elite passes, what the elite passes are and if any of the passes are synched, could affect your score in regards to difficulty.

Q: Does a Restricted 5 team need to perform Elite running tumbling passes?

A: No. Elite passes are only required for Open/International teams. (However, level appropriate specialty passes could drive your score within a range.)

Q: How will incomplete fulls and double fulls be scored in L5?

A: The judges may give credit for the attempted skill. However, they may deduct from that team's Technique score, as noted in the 'Technique Drivers' for tumbling.

Q: Does a front handspring punch front through to full count as an elite level appropriate pass in L5?

A: Yes. While fhs have been excluded from the list of elite level appropriate skills, the punch front through to full would still qualify the pass as elite.

Q: Will a front aerial through to full count as an elite pass in L5?

A: No. Due to the similarity of a front aerial to a front walkover/front handspring, we have deemed this skill ineligible for an Elite Level Appropriate pass.

Q: Is a half twist applicable in restricted 5?

A: Yes, since it is not allowed in Level 4. However, it would need to be a clear ½ twist and depending how performed could negatively affect the technique.

Q: Can a team recycle kids to meet running tumbling minimum requirements for a range?

A: Yes. Running tumbling is cumulative throughout the routine. The number of passes performed will be added up to determine which range the team should be scored in. However, only having few members of your team perform passes could affect your score within the range of 4.0 – 5.0 i.e. if you recycle tumblers to reach the high range you may score as low as a 4.0, whereas if you don't recycle could place you high in the range, nearer to 5.0.

Q: How do we tell the difference between LEVEL 1 standing and running tumbling?

A: Forward momentum into the skill or the first skill of a combination is key to defining running tumbling. Any subsequent skill connected to that would be included in running. For example, a cartwheel can be used as both standing and running. A lunge pause cartwheel would be a standing skill while a step (or run) cartwheel would be a running skill.

Alternatively, if an athlete starts the pass with forward momentum, but then pauses in the middle (claps hands together or just takes a long pause) I would separate the skills out.

Q: Can you front walk over or front handspring into an elite pass?

A: The only place we required Elite Tumbling passes is in Level 5 and 6 Tumbling. We do define what that means on the scoring grid. A front walkover through to full is not elite, but a double full is elite. So a front walkover to double full would be elite.

Q: If a team's tumble technique is amazing but they do mainly level 2 tumbling in a level 3 squad will they still score above average for tumbling?

A: No. All tumbling will be considered but the judges are looking for at least majority of team do level appropriate tumbling. If all tumbling is below level, it is then questionable if the team should be in their particular level.

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OVERALL COMPOSITION

Q: Should I spend more time on making my stunts harder or should I spend more time cleaning and perfecting my routine composition?

A: Adding stunt difficulty can gain you up to 0.5 points, but cleaning and perfecting your routine composition can gain you multiple points over the entire scoring.

Q: How "Full on" are judges wanting the performance to be?

A: The Performance category caption calls for 'appropriate athletic impression' -- we are looking for performances that bring out the best in our athletes. Unnatural overstated facials are not encouraged, we are looking for genuine enthusiasm

GENERAL INFORMATION

ALL LEVELS • To maximize stunt quantity there must be at least 1 traditional stunt sequence with 4 athletes doing elite skills.

"SAME SECTION" • Means there is no choreography separating your skills.

COED TOSS TO HANDS • To maximize your score, flyer must start with both feet on the ground.

COED QUANTITY • Level 3 - 5 Senior & Open Coed and Level 6 Open Coed must satisfy this requirement. • Only the skills listed on the coed requirement grid will count for Coed Quantity. • Performing the same skill includes performing the same entry into the skill. Stunts may be rippled or synchronized.

JUMPS • Variety means at least 2 different jumps. A straight jump is not included in this variety.

BODY POSITIONS • Lib and platform are not considered body positions • Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion, etc.

STANDING TUMBLING • Jump tumble combinations must land on feet to be considered level appropriate (i.e. jump 3/4 front flip to seat would not be a level appropriate jump tumble combination in Level 5)

LEVEL 1 • Tosses category has been removed from the score sheet. • Total possible score is out of 90 points.

BASKET TOSS DIFFICULTY • to score a 5 in toss difficulty all tosses **MUST** be in the same section.

LEVEL 1 Novice • Skill Expectation is simplified. Tosses category has been removed from the score sheet. • Total possible score is out of 90 points.

AASCF
CHEERLEADING FEDERATION

NOVICE LEVEL 1 CHEER RULES

Novice Cheer teams must follow the current IASF/USASF Cheer Level 1 Rules but with the following amendments:

Standing/Running Tumbling

A. Front and back walkovers may not be connected to any other tumbling skill. Series Walkovers are not allowed. Clarification: Front Walkover x2 or Cartwheel Back Walkover are not allowed unless the athlete shows a definite and clear stop between the skills. A clear stop would be at least 4 counts before attempting the skill again.

Stunts

A. All stunts must be performed by a minimum of 3 athletes.
Example: 1 Top Person + 1 Base + 1 Spotter or 1 Top person + 2 Bases.

Exception 1: 2 Top Persons + 1 Base is not allowed.

Exception 2: A stunt where the top person starts and ends on performing surface and is only supported at the waist does not require a minimum number of athletes.

B. Prep level stunts where the flyer is in an upright position must be performed by a minimum of 2 bases and 1 spotter.
Clarification: Single base hands are not allowed. (Note: This includes what is sometimes referred to as 'dual base' hands)

C. Braced prep level single leg stunts are not allowed.
Exception: See Pyramids B

Pyramids

A. Two leg extended stunts:

1. Top persons in a two-leg extended stunt must be braced by both arms with a hand-arm connection.
2. Both hands of the top person must be connected to a separate hand of the bracer(s).
Example: An extended two leg stunt braced by only 1 person is legal in the Novice division if both hands of the top person are connected to a separate hand of the brace.
3. The connection must be made at or below prep level.
4. Prep level bracers must have both feet in bases' hands.

B. Prep level single leg stunts:

1. Must be braced by at least 2 people at prep level or below with hand-arm connection only.
2. If a person bracing the top person is standing on the performance surface, the bracer must be a separate person not involved with basing or spotting.
3. The connection must be made prior to initiating the single leg prep level stunt.
4. Prep level bracers must have both feet in bases' hands.
Exception: Prep level bracers do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

FOR ANY CHEER SCORING SYSTEM QUESTIONS PLEASE EMAIL - cheer@aacsf.com.au

FOR ANY CHEER RULES QUESTIONS PLEASE USE THE EMAIL ADDRESS - cheer.rules@iasfworlds.com FOR ALL
FUTURE LEGALITY SUBMISSIONS.

The cheer.rules@iasfworlds.com email address is only intended for rulings on videos regarding All-Star Cheer Rules. Rulings are based on the skill as performed in the video and are not a guarantee of legality as skills may be performed differently at a live event.

