

TIPS FOR COACHES TO MAXIMIZE YOUR SCORE

By: Justin Carrier

Lesson #1 - How to Read the Varsity Standard of Scoring

The "Maximum Value" column shows you what your total possible score is when you combine your DIFFICULTY score with your EXECUTION/TECHNIQUE Bonus. (Your Difficulty Score Ranges are laid out on the Varsity All Star Scoring Grid.)

For example:

- * A Level 5 team that performs Elite Skills AND a double down dismount will earn a DIFFICULTY SCORE between 8.0 and a 9.0.
- * Then the judges will award an EXECUTION/TECHNIQUE BONUS of up to 1.0.
- * The Maximum DIFFICULTY SCORE is a 9.0 and the Maximum EXECUTION BONUS is 1.0, making the MAXIMUM TOTAL STUNT SCORE a 10.0 on the Varsity Score Sheet, every skills category has a DIFFICULTY column and an EXECUTION/TECHNIQUE column. The only categories that don't break it out are PERFORMANCE, SKILLS CREATIVITY and ROUTINE CREATIVITY.

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Lesson #2 - Understanding the Execution/Technique Bonus

- * All of the Varsity Brands that are adopting the new Varsity Standard of Scoring will be implementing the new
- * “Technique/Execution” bonus in all skills categories.
- * Technique/Execution was broken out in hopes of making all star teams focus on incredible technique and precision. The bonus score will range anywhere in between a .10 and 1.0.
- * Here are a few key reminders about the Technique/Execution Bonus
- * The judges will use the following criteria when evaluating Technique/Execution: Synchronization, form, technique, body position and body control.
- * Since “Bobbles” are no longer receiving a quantifiable point deduction, the panel judges may include any bobbles (ex: hands down in tumbling, shaky stunts, incomplete twisting cradles) when awarding a team’s Technique/Execution bonus.
- For all “Mistakes” (with a point deduction value of 1.0 subtracted from your Final Score), the panel judges are being instructed to IGNORE those mistakes and only score what skills are executed to completion. (example: If a team attempts 5 heel stretches, and 2 of the heel stretches fall, the panel judges are to evaluate the 3 heel stretches that are still in the air.) Our goal is to avoid any opportunity for double-deductions.

Your Technique/Execution bonus score will not necessarily be relative to your Difficulty Score in the same Skill Category. For example, if a Level 5 team only performs two leg extensions, their Stunts Difficulty Score will be relatively low compared to the other teams in their division. However, if that same stunt sequence is performed to absolute 1.0. perfection, they have an opportunity to max out their Technique/Execution Bonus and earn as much as a

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Lesson #3 – Scoring Jumps

Your JUMP score on the Varsity All Star score sheet will be broken into two sections.

DIFFICULTY SCORE

The first will be your Difficulty/Variety score. Assuming your routine includes an "*advanced jump combination", your Difficulty/Variety range will be as follows for each level:

Level 1: 3.0 – 4.0 (*no Advanced Jump Combination required at Level 1)

Level 2: 4.0 – 5.0

Level 3: 5.0 – 6.0

Level 4: 6.0 – 7.0

Level 5: 7.0 – 9.0

The only instance where a team's DIFFICULTY SCORE wouldn't match the above mentioned ranges would be if they failed to connect at least two jumps. In that specific case, the DIFFICULTY SCORE would be moved into the next lower range.

For this category, the judges will consider the overall difficulty of the jumps, the number of jumps attempted, variety of jump types, and incorporation of difficult jump approaches (whips, half turns, etc).

TECHNIQUE/EXECUTION SCORE

The second half of the score is awarded in the TECHNIQUE/EXECUTION column. Height of jumps, technique and landing will drive this score. Every team will receive a score in this column between a .1 and a 1.0. It's important to remember that the judges are evaluating the technique and execution of a MAJORITY OF THE TEAM, not just the front 3 athletes. While it may be harder to evaluate, the jump technique of the jumpers in the back corners of the formation should be just as important as your center point jumper.

Adding the DIFFICULTY SCORE with the EXECUTION/TECHNIQUE SCORE will give each team their FINAL JUMP SCORE.

THE TRUTH ABOUT JUMPS

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Lesson #3 – Scoring Jumps - Continued

THE TRUTH ABOUT JUMPS

The most frequent questions I hear from coaches always seem to revolve around Jumps. Everyone wants to know the magical formula to a perfect jump score. "Are the judges looking for difficulty, or is execution going to take the cake?" or "Squad XYZ is doing 5 jumps before their back tuck, so they must be on the inside circle and know that judges want to see 5 jumps this year."

The key to a great jump score (or rather your team's chance at their best jump score) is to incorporate your jumps in such a way that makes your team look great performing them. If you have amazing jumps, then a 5 jump combination sequence might be the right answer. But if jumps are your weakness, it's probably your best option to finish your jumps early on and move on to another part of the routine.

A reoccurring comment I heard from judges during last season was that the teams earned a relatively high jump score early on in the sequence, but would start LOSING points by jump #4 and #5 because of fatigue and compromised technique. The judges literally said "Justin, tell the teams to STOP jumping." So, to put it simply: Do what looks good. If you look great doing 5 jumps, but your performance suffers at 7, then stick with 5. If you can't decide on whether or not to add in that extra front hurdler before the dance, ask yourself if your kids are doing themselves any favors by performing it. When it comes to Jumps, you will be a stronger team by putting your own strengths on the mat, NOT the strengths of your main competition.

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Lesson #4 – Applying the Varsity Standard with Each Varsity Brand

In true Varsity fashion, our All Star brands will maintain the creativity and diversity that have always placed Varsity at the top of the All Star industry. Even though most of the brands are adopting the Varsity Standard of Scoring, it will be applied in multiple ways throughout the season. The published rubric and category definitions will remain the same and shouldn't affect your strategy or create a need to adjust your routine on a weekly basis.

You'll want to be aware of these minor variations going into the start of your season. Be sure to contact each individual brand if you have a question regarding their championships.

PANEL JUDGE vs. CATEGORY JUDGE

The following brands will be using the Panel/Traditional score sheet as it is currently laid out by a panel of judges who are each responsible for every set of scores on the score sheet:

NCA
Spirit Cheer
Spirit Sports
UCA
USA
ACA

The following brands will be using a Category version of the score sheet, where specific judges will be responsible for scoring specific categories (i.e. a Building Skills Judge and a Tumbling Skills Judge).

American Championships
Athletic Championships
WSF

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Lesson #4 – Applying the Varsity Standard with Each Varsity Brand Continued

CATEGORY WEIGHTS

In addition to these two styles, both UCA and Spirit Cheer will be shifting the percentage of weight for categories to reflect their brands' preferences.

Building Skills - 40% (standard weight is 30%)
Tumbling Skills - 30% (standard weight is 30%)
Overall Routine - 20% (standard weight is 30%)
Overall Creativity - 10% (standard weight is 10%)

FINAL SCORE COMPUTATION

Each brand will compute the FINAL SCORE one of two ways.

The following brands will use the RAW weight of the score to determine the FINAL SCORE. It will be restricted by level. (Ex: a Level 2 team is not eligible for a score above a 64, so a perfect Level 2 team may have a score of 64 announced during Awards.). Only Level 5 teams will have the potential to score a perfect 100.

NCA
ACA
USA
Spirit Cheer

The following brands will use a COMPOSITE weight to determine the FINAL SCORE. With this method, every level will be eligible for a perfect score of 100. (Ex: A Level 2 team that scores a 63 will have a FINAL SCORE of $63/64 = 98.44$).

UCA
Athletic Championships
Spirit Sports
WSF

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Lesson #4 – Applying the Varsity Standard with Each Varsity Brand Continued

NON-STANDARD SCORE SHEETS

The following 3 Varsity Brands are moving forward with their own score sheet. Some of them have adopted theories and principles from the Varsity Standard of Scoring, but will be implementing a very brand-specific standard at their events.

All star Challenge
American Championships
American Cheer Power

For more information about any specific brand, please visit their website directly, or go to <http://allstar.varsity.com>

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NCA
ACA

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