



Step One Allstars Evaluation Process



What to wear for Evaluation/Callbacks?

We ask that all athletes wear athletic apparel to include; shorts, t-shirt/tank top/sports bra, and cheer shoes or lightweight tennis shoes. Any color is fine but black is preferred. If the athlete has longer hair it is best to put it in a high ponytail out of their face. Our goal is for the athlete to be comfortable and feel confident about their appearance.

What will the athlete be required to do for Evaluations & Callbacks?

Step 1 Allstars is implementing a NEW assessment process for evaluations & callbacks. It will be a 2 tier assessment process. Evaluations will include an assessment of their tumbling, jumps and motions. Callbacks will be a skill building assessment of their stunting ability. We will be utilizing an industry-wide assessment tool that focuses on “drivers” that demonstrates the athletes ability to complete a certain skill and what level of perfection that skill is completed. These “drivers” are used in all areas of the Allstar Cheer Scoresheets. This includes: tumbling, motions, jumps, stunting (both flyers & bases) and performance. For example, Athlete A can do a back walkover. Does that back walkover have straight legs, pointed toes and proper beginning and ending points? There is a difference in doing a skill and doing it the correct way. Our goal at Step 1 is to ensure we are building teams who can maximize all areas of the scoresheet for the best experience for every athlete in our program. Our assessment process this year, will evaluate this for tumbling, jumps, motions, performance and stunting. We have attached the “Driver” skill list we will be using.

Athletes do not need to come prepared to do any skills or “tryout” passes, dances or cheers to show the coaches. In a relaxed environment, the coaches will utilize the “Level Checklist” attached to assess their tumbling abilities. We have included what are Basic and Elite tumbling skills for each level as well as provided videos of common skills for each of these levels. These videos show the appropriate way to perform that skill and include the drivers, that we mentioned above, we will be assessing during the tumbling assessment portion.

How will I know when my athlete needs to come back after their Evaluation?

Each athlete will be assigned a number at their 1st Evaluation. This number will be used throughout the Evaluation and Call Back process. It is important to write down their number so when we list our callback dates and times for each athlete, you can identify the next time they need to come back for their next assessment. Call back numbers and date/times will be emailed to the email used for athlete registration.

After the Evaluations & Call Backs are completed, the Step 1 Staff will work to make the best placement for each individual athlete based on the ENTIRE assessment process. Please understand that tumbling skills/assessment are just one aspect of the team placement process. Each athlete will be evaluated based on ALL assessment skills listed above to determine the best fit for team placements.

If your athlete is NEW to cheer, this may be a bit overwhelming, but rest assured that Step 1 Allstars has the best coaching staff in the area and will work with your athlete for a comfortable and relaxed assessment process. If you have additional questions, please email info@step1allstars.com.

SEE VIDEOS BELOW OF PROPER EXECUTION OF TUMBLING SKILLS:

LEVEL 1:

<https://youtu.be/YiJY90mE-wM>

Tumbling Skills Level One

Level Appropriate

Forward Roll
Straddle Roll
Push Up to Backbend
Backward Roll
Cartwheel

Advanced Level Appropriate

Handstand
Handstand Forward Roll
Standing Backbend
Backbend Kickover
Front / Back Limber
Round Off

Elite Level Appropriate

Front Walkover
Back Walkover
Back Extension Roll
Back Walkover Switch Leg
Valdez
Cartwheel Back Walkover
Front Walkover Cartwheel / Round Off
Front Walkover Cartwheel / Round Off to BWO



LEVEL 2:

<https://youtu.be/BLW3SYEn-OY>

Tumbling Skills **Level Two**

Level Appropriate

Backhandspring
Backhandspring Step Out
Cartwheel Backhandspring
Round Off Backhandspring / Backhandspring Step Out

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Advanced Level Appropriate

Back Extension Roll Backhandspring
Back Walkover Backhandspring / Backhandspring Step Out
Round Off Backhandspring Series
Round Off Backhandspring Step Out
Front Handspring

.....

Elite Level Appropriate

Back Walkover Backhandspring Step Out Back Walkover
Back Walkover Switch Leg Backhandspring
Valdez - Backhandspring / Backhandspring Step Out
Backhandspring Step Out Back Walkover Back Handspring
Series Front Handsprings
Boulder / Flyspring
Front Walkover Round Off Backhandspring / Series
Round Off Backhandspring Step Out Backwalkover Backhandspring



LEVEL 3:

<https://youtu.be/42BzyTjebw>

Tumbling Skills **Level Three**

Level Appropriate

Backhandspring Series
Jump Backhandspring
Punch Front
Round Off Tuck

.....

Advanced Level Appropriate

Aerial
Back Walkover Backhandspring Series
Jump Backhandspring Series
Backhandspring Jump Backhandspring
Round Off Back Handspring Tuck
Round Off Back Handspring Series Tuck

.....

Elite Level Appropriate

Backhandspring Series Jump Backhandspring Series
Jump Backhandspring Jump Backhandspring
Backhandspring Step Out Backhandspring Series
Backhandspring Step Out Back Walkover Back Handspring Series
Backwalkover Backhandspring Jump Backhandspring Series
Front Walkover Aerial
Front Walkover Round Off Backhandspring / Series to Tuck
Round Off BHS Step Out 1/2 Turn Round Off BHS Tuck
Boulder / Flyspring Round Off Backhandspring Tuck



LEVEL 4:

https://youtu.be/zZPt_ph_sXI

Tumbling Skills **Level Four**

Level Appropriate

Back Tuck
Cartwheel Back Tuck
Round Off Layout
Round Off Back Handspring Layout / Layout Step Out / X-Out

Advanced Level Appropriate

Backhandspring Series Back Tuck
Backhandspring Back Tuck
Round Off Onodi
Round Off Onodi to Tuck
Front Handspring Punch Front
Front Walkover Round Off Back Handspring Layout
Aerial Back Tuck
Punch Front Step Out Round Off Back Handspring Tuck

Elite Level Appropriate

Jump Backhandspring Back Tuck
Jump Backhandspring Series Back Tuck
Backwalkover Back Tuck
Onodi
Punch Front Step Out Round Off Back Handspring Layout
Round Off Whip Tuck or Back Handspring Back Tuck
Front Handspring Punch Front Round Off Backhandspring Tuck
Round Off Backhandspring Whip Backhandspring Layout
Punch Front Step Out Round Off Back Handspring Whip Back Handspring Layout
Front Handspring Punch Front Step Out Round Off Back Handspring Layout
Front Handspring Punch Front Step Out Round Off BHS Whip BHS Layout



LEVEL 5:

<https://youtu.be/r0hhNdABfm8>

Tumbling Skills **Level Five**

Level Appropriate

Jump Back Tuck
Back Handspring Series Whip
Back Handspring Whip
Round Off Full
Round Off Back Handspring Full
Round Off Back Handspring Series Full

.....

Advanced Level Appropriate

Back Handspring Tuck Back Handspring Tuck
Backhandspring Whip Back Handspring Back Tuck
Backhandspring Series Whip Back Handspring Back Tuck
Jump Back Handspring Series Whip Back Handspring Tuck
Back Handspring Series Layout
Back Handspring Layout
Jump Back Handspring Series Layout
Back Handspring Series Whip Tuck
Front Walkover Round Off Back Handspring Series Full
Front Walkover Round Off Back Handspring Full
Round Off Arabian



Tumbling Skills

Level Five

Elite Level Appropriate

Jump Backhandspring Whip Tuck or Back Handspring Back Tuck
Jump Backhandspring Whip Backhandspring Layout
Jump Backhandspring Series Whip Backhandspring Layout
Back Handspring Whip Backhandspring Series Layout / Layout Step Out / X-Out
Back Handspring Whip Back Handspring Layout
Back Handspring Whip Layout

Front Full

Punch Front Step Out Round Off Back Handspring Full
Front Handspring Punch Front Step Out Round Off Back Handspring Full
Round Off Whip Back Handspring Series Full
Round Off Whip Back Handspring Full
Front Handspring Front Full
Punch Front Step Out Round Off Whip Back Handspring Full
Front Handspring Punch Front Step Out Round Off Whip Back Handspring Full



LEVEL 6:

<https://youtu.be/kKhTp4rpWhc>

Tumbling Skills **Level Six**

Level Appropriate

Jump Back Tuck
Back Handspring Series Full
Cartwheel Full
Round Off Full
Round Off Back Handspring Full
Front Walkover through to Full
Side Aerial / Front Aerial / Onodi through to Full
Front Full
Front Handspring Full

Advanced Level Appropriate

Backhandspring Full
Jump Back Handspring Series Full
Jump Back Handspring Full
Back Handspring Whip Back Handspring Series Full
Back Handspring Series Whip Full
Punch Front Step Out through to Full
Round Off Whip Full
Round Off Back Handspring Whip through to Full
Front Handspring Punch Front Round Off Back Handspring Full
Round Off Half Full Step Out through to Full



Tumbling Skills

Level Six

Elite Level Appropriate

Standing Full
Jump Full
Back Handspring Series Double Full
Jump Back Handspring Series Double Full
Back Handspring Whip Back Handspring Series Double Full
Back Handspring Series Whip Double Full
Back Handspring Whip Double Full
Jump Back Handspring Back Handspring Whip Double Full
Jump Back Handspring Whip Double Full
Back Handspring Series Full Whip Full / Double Full
Back Handspring Series Double Full Whip Double Full
Round Off Arabian Round Off Back Handspring Full
Round Off Double Full
Round Off Back Handspring Double Full
Front Walk Over through to Double Full
Punch Front Step Out through to Double Full
Round Off Back Handspring 1.5 Full Step Out through to Full
Round Off Back Handspring Whip through to Double Full
Round Off Whip Double Full
Round Off Arabian through to Double Full
Round Off Back Handspring Full to Double Full
Round Off Back Handspring 1.5 Step Out through to Double Full
Round Off Back Handspring Double Full Back Handspring Series to Double Full
Round Off Back Handspring Full to Whip Double Full
Punch Front Step Out Round Off Back Handspring Whip Back Handspring Double Full
Round Off Back Handspring Double Full Whip Double Full
Punch Front Step Out Round Off Arabian Round Off Back Handspring Whip Double Full

Skill Execution

Tumbling

Approach

Arm Placement into Skill
Controlled and Uniform Swing/Prep
Chest Placement
Flow from Skill to Skill in a Pass

Body Control

Head Placement
Arm and Shoulder Placement
Hips Square Throughout Skill
Leg Placement
Pointed Toes

Landings

Controlled
Legs and Feet Together
Chest Placement
Skill is Finished

Speed & Synchronization

Consistent or Increased Speed Throughout Skills
Speed is Maintained through Connection of Skills
Uniform Timing of All Skills

Jumps

Approach

Swing/Prep is Consistent Across Team
Swing/Prep is Controlled

Arm/Leg Placement

Arm Placement in Jumps is Controlled
Straight Legs
Pointed Toes
Hip Rotation
Height / Hyperextension

Landings

Legs and Feet Together
Chest Placement

Synchronization

Timing of Skills)



Skill Execution

Stunt & Pyramid

Top Person (Flyer)

Body Control
Flexibility (Uniform across all flyers)
Motion Placement
Supporting Leg Locked Out
Body Positions with Straight Legs and Pointed Toes

Bases/Spotters

Stability of Stunt
Solid Stance with Feet Stationary
Feet Shoulder Width Apart

Transitions

Controlled Entry Into Stunts
Controlled Dismounts Out of Stunts
Appropriate Speed and Flow from Skill to Skill
Consistent Control Between Skills

Synchronization

Uniform Timing of All Skills

Toss

Top Person (Flyer)

Body Control
Legs Straight and Toes Pointed
Arm Placement
Consistent Execution Across Flyers

Bases/Spotters

Use of Arms and Legs to Throw Together
Solid Stance with Feet Stationary
Feet Shoulder Width Apart
Timing of Dip and Toss to the Top

Cradle

Arms Up to Catch High
Legs Used to Absorb Catch
Group No More Than Shoulder Width Apart
Controlled Catch and Set Out

Height

Appropriate Height of Toss
(based on size of athletes performing the toss)



2022-2023 USASF Age Grid

USASF All Star Cheer ELITE TIER CLUB Divisions 2022-2023

US Model Target Ages	INT. Model Target Ages	Birth Year	Level	Division	Female/Male	Number on Team
5-6 years old	6-7 years old	2015-2017	1	Tiny	Female/Male	5-30 Members
6-8 years old	7-9 years old	2013-2016	1	Mini	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	1	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	1	Junior	Female/Male	5-30 Members
12-18 years old	13-19 years old	6/1/03-2010	1	Senior	Female/Male	5-30 Members
6-8 years old	7-9 years old	2013-2016	2	Mini	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	2	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	2	Junior	Female/Male	5-30 Members
12-18 years old	13-19 years old	6/1/03-2010	2	Senior	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	3	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	3	Junior	Female/Male	5-30 Members
12-18 years old	13-19 years old	6/1/03-2010	3	Senior	No Males	5-30 Members
12-18 years old	13-19 years old	6/1/03-2010	3	Senior Co-Ed	1 or more Males	5-30 Members
8-11 years old	9-12 years old	2010-2014	4	Youth	Female/Male	5-30 Members
8-15 years old	9-16 years old	2006-2014	4	Junior	Female/Male	5-30 Members
12-18 years old	13-19 years old	6/1/03-2010	4	Senior	No Males	5-30 Members
12-18 years old	13-19 years old	6/1/03-2010	4	Senior Co-Ed	1 or more Males	5-30 Members
14 years +	15 years +	2008 or before	4	Senior Open	Female/Male	5-24 Members
12-18 years old	13-19 years old	6/1/03-2010	4.2	Senior	No Males	5-30 Members
12-18 years old	13-19 years old	6/1/03-2010	4.2	Senior Co-Ed	1 or more Males	5-30 Members
9-11 years old	10-12 years old	2010-2013	5	Youth	Female/Male	5-38 Members
9-15 years old	10-16 years old	2006-2013	5	Junior	Female/Male	5-38 Members
12-18 years old	13-19 years old	6/1/03-2010	5	Senior	No Males	5-38 Members
12-18 years old	13-19 years old	6/1/03-2010	5	Senior Co-Ed	1 or more Males	5-38 Members
14 years +	15 years +	2008 or before	5	Senior Open	No Males	5-24 Members
14 years +	15 years +	2008 or before	5	Senior Open Co-Ed	1 or more Males	5-24 Members
9-15 years old	10-16 years old	2006-2013	6	Junior	No Males	5-38 Members
9-15 years old	10-16 years old	2006-2013	6	Junior Co-Ed	1 or more Males	5-38 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior XSmall *	No Males	5-16 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior Small *	No Males	17-22 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior Medium *	No Males	23-30 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior Large *	No Males	31-38 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior XSmall Co-Ed *	1-2 Males	5-16 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior Small Co-Ed *	1-5 Males	5-22 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior Medium Co-Ed *	1-8 Males	5-30 Members
13-18 years old	14-19 years old	6/1/03-2009	6	Senior Large Co-Ed *	1-19 Males	5-38 Members
14 years +	15 years +	2008 or before	6	Senior Open *	No Males	5-24 Members
14 years +	15 years +	2008 or before	6	Senior Open Small Co-Ed *	1-4 Males	5-24 Members
14 years +	15 years +	2008 or before	6	Senior Open Large Co-Ed *	5-12 Males	5-24 Members
				<i>* Indicates Worlds Eligible Division</i>		

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USASF All Star Cheer NOVICE TIER Divisions 2022-2023

US Model Target Ages	INT. Model Target Ages	Birth Year	Level	Division	Female/Male	Number on Team
3-6 years old	4-7 years old	2015-2019	1 w/Restrictions	Tiny	Female/Male	3 + Members
6-8 years old	7-9 years old	2013-2016	1 w/Restrictions	Mini	Female/Male	5 + Members
6-11 years old	7-12 years old	2010-2016	1 w/Restrictions	Youth	Female/Male	5 + Members
7-15 years old	8-16 years old	2006-2015	1 w/Restrictions	Junior	Female/Male	5 + Members
10-18 years old	11-19 years old	6/1/03-2011	1 w/Restrictions	Senior	Female/Male	5 + Members
6-8 years old	7-9 years old	2013-2016	2 w/Restrictions	Mini	Female/Male	5 + Members
6-11 years old	7-12 years old	2010-2016	2 w/Restrictions	Youth	Female/Male	5 + Members
7-15 years old	8-16 years old	2006-2015	2 w/Restrictions	Junior	Female/Male	5 + Members
10-18 years old	11-19 years old	6/1/03-2011	2 w/Restrictions	Senior	Female/Male	5 + Members
6-11 years old	7-12 years old	2010-2016	3 w/Restrictions	Youth	Female/Male	5 + Members
7-15 years old	8-16 years old	2006-2015	3 w/Restrictions	Junior	Female/Male	5 + Members
10-18 years old	11-19 years old	6/1/03-2011	3 w/Restrictions	Senior	Female/Male	5 + Members

2022-2023 USASF Age Grid

USASF All Star Cheer PREP TIER Divisions 2022-2023						
US Model Target Ages	INT. Model Target Ages	Birth Year	Level	Division	Female/Male	Number on Team
5-6 years old	6-7 years old	2015-2017	1.1	Tiny	Female/Male	5-30 Members
6-8 years old	7-9 years old	2013-2016	1.1	Mini	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	1.1	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	1.1	Junior	Female/Male	5-30 Members
10-18 years old	11-19 years old	6/1/03-2012	1.1	Senior	Female/Male	5-30 Members
6-8 years old	7-9 years old	2013-2016	2.1	Mini	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	2.1	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	2.1	Junior	Female/Male	5-30 Members
10-18 years old	11-19 years old	6/1/03-2012	2.1	Senior	Female/Male	5-30 Members
6-8 years old	7-9 years old	2013-2016	2.2	Mini	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	2.2	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	2.2	Junior	Female/Male	5-30 Members
10-18 years old	11-19 years old	6/1/03-2012	2.2	Senior	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	3.1	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	3.1	Junior	Female/Male	5-30 Members
10-18 years old	11-19 years old	6/1/03-2012	3.1	Senior	Female/Male	5-30 Members
6-11 years old	7-12 years old	2010-2016	3.2	Youth	Female/Male	5-30 Members
7-15 years old	8-16 years old	2006-2015	3.2	Junior	Female/Male	5-30 Members
10-18 years old	11-19 years old	6/1/03-2012	3.2	Senior	Female/Male	5-30 Members

2022-23 Season	DIVISIONS	TARGET AGES	USASF ATHLETE BIRTH YEAR ("x" indicates eligible for that division)																			
			INT Model	2002 or before	1/1/2003-5/31/2003	6/01/03-12/31/03	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
ELITE CLUB	Senior Open(L4/L5/L6)	15+		x	x																	
	Senior (L6)	14-19			x	x	x	x	x	x	x											
	Senior (L1-5)	13-19				x	x	x	x	x	x	x										
	Junior (L5-6)	10-16						x	x	x	x	x	x	x	x							
	Junior (L4)	9-16							x	x	x	x	x	x	x	x						
	Junior (L1-3)	8-16								x	x	x	x	x	x	x	x					
	Youth (L5)	10-12										x	x	x	x							
	Youth (L4)	9-12										x	x	x	x	x						
	Youth (L1-3)	7-12										x	x	x	x	x	x	x				
	Mini (L1-2)	7-9												x	x	x	x					
	Tiny (L1)	6-7																x	x	x		
PREP	Senior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)	11-19				x	x	x	x	x	x	x	x	x								
	Junior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)	8-16							x	x	x	x	x	x	x	x	x					
	Youth Prep (L1.1, 2.1, 2.2, 3.1, 3.2)	7-12										x	x	x	x	x	x	x				
	Mini Prep (L1.1, 2.1, 2.2)	7-9													x	x	x	x				
	Tiny Prep (L1.1)	6-7																x	x	x		
NOVICE	Senior Novice(L1-3 w/restrictions)	11-19				x	x	x	x	x	x	x	x									
	Junior Novice (L1-3 w/restrictions)	8-16							x	x	x	x	x	x	x	x	x					
	Youth Novice(L1-3 w/restrictions)	7-12										x	x	x	x	x	x					
	Mini Novice (L1-2 w/restrictions)	7-9													x	x	x	x				
	Tiny Novice(L1 w/restrictions)	4-7																x	x	x	x	x
CheerAbilities	CheerAbilities Elite (L2 w/restrictions)	6+		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		
	CheerAbilities Novice (L1 w/restrictions)	6+		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		
	CheerAbilities Exhibition (L2 w/restrictions)	6+		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		
ELITE INTERNATIONAL	International Open (L7)	17+		x	x	x	x															
	International Open/NT/Global (L6)	15+		x	x	x	x	x	x	x												
	International Open (L4)	15+		x	x	x	x	x	x	x												
	International U18 (L1-4, 6NT)	14-18					x	x	x	x	x	x										
	International U16 (L1-4)	12-16								x	x	x	x	x								

Use the **Birth Year** column to verify athlete eligibility for all divisions. The **Target Ages** are reflective of the typical age range athletes are at some point during the 2023 calendar year based on their birth year.



Step One Allstars Evaluation Days/Times



Please select ONE of the following days/times
for the first round of Evaluations.

WEDNESDAY, MAY 18, 2022

6:00PM

7:30PM

THURSDAY, MAY 19, 2022

6:00PM

7:30PM

FRIDAY, MAY 20, 2022

6:00PM