

# OSAA/OCCA Tumbling and Jumps Rubric

## STANDING TUMBLING DIFFICULTY

|   |
|---|
| <b>1.0-1.9</b>  |
| Skills such as forward rolls, backward rolls, cartwheels                                      |
| <b>2.0-3.9</b>  |
| Skills such as front walkovers, back walkovers, back extension rolls, handstand forward rolls |
| <b>4.0-5.9</b>  |
| Skills such as BHS, series BHS  |
| <b>6.0-7.9</b>  |
| Skills such as series BHS to tuck, standing tucks   |
| <b>8.0-10.0</b>   |
| Skills such as series BHS to layout/layout variations, series BHS to fulls, standing fulls    |

\* Jump to tumble skill is required and CAN be used to set the standing tumbling range. Other standing tumbling skills without a jump can be used to set a range. Majority of the team must perform a jump to tumble skill, but the tumble skill does not have to be of the same range.

\* The point ranges are for specific skill sets performed by the MAJORITY of the team. Recycling of skills can be done in order for teams to hit majority.

\* MAJORITY of the team (51%) will get a team into range, MOST of the team (75%) will get a team further through the range, and ALL of the team (100%) will drive a team through the range.

## RUNNING TUMBLING DIFFICULTY

|   |
|---|
| <b>1.0-1.9</b>  |
| Skills such as cartwheels, roundoffs  |
| <b>2.0-3.9</b>  |
| Skills such as front walkovers, round off + skill (i.e. jump, bwo, rebound turn forward roll, etc.)   |
| <b>4.0-5.9</b>  |
| Skills such as round off BHS or series BHS or front tumbling through round off BHS or series BHS  |
| <b>6.0-7.9</b>  |
| Skills such as round off tuck, round off BHS tuck, specialty skills through to round off BHS tuck   |
| <b>8.0-10.0</b>   |
| Skills such as round off BHS layout/layout variations, specialty skills through to round off BHS layout/layout variations, round off BHS full, specialty skills through to round off BHS full |

\* The point ranges are for specific skill sets performed by a MAJORITY of the team. Specialty skills include front walkovers, front handsprings, whips, arabians, bounding skills, etc. Recycling of skills can be done in order for teams to hit majority.

\* MAJORITY of the team (51%) will get a team into range, MOST of the team (75%) will get a team further through the range, and ALL of the team (100%) will drive a team through the range.

**OSAA/OCCA Tumbling and Jumps Rubric****JUMP DIFFICULTY**

|  |
|--|
| <b>1</b>   |
| Synchronized beginner jumps such as straight jumps, tucks, stars, etc.   |
| <b>2</b>   |
| Synchronized single intermediate/advanced jumps with no combinations or connections  |
| <b>3</b>   |
| Synchronized two connected intermediate/advanced jumps without variety   |
| <b>4</b>   |
| Synchronized three connected intermediate/advanced jumps without variety OR two connected intermediate/advanced jumps with variety |
| <b>5</b>   |
| Synchronized three connected intermediate/advanced jumps with variety  |

\* Intermediate jumps include side hurdler, herkie, toe touch. Advanced jumps include front hurdler, pike, double nine (difficulty and variation scores higher). Variety means at least two different jumps. In order to be considered connected, a whip (continuous) approach must be used.

\* The point ranges are for specific skill sets performed by a MAJORITY of the team. If a team fails to do one component in a difficulty range, their score will drop to the next lowest difficulty range.

\* MAJORITY for jumps is 75%. Jumps cannot be recycled to get into a specific difficulty range.

**TUMBLING EXECUTION**

|  |
|--|
| <b>1-7</b>   |
| Poor technique, precision, low power, slow and strength. Majority of the team struggles with technique and execution.                                  |
| <b>8-11</b>  |
| Standard technique, precision, power, speed, and strength. Several team members struggle with technique and execution.                                 |
| <b>12-15</b>   |
| Nearly perfect to perfect technique & precision with advanced power, speed and strength. Few to no team members struggle with technique and execution. |

**JUMP EXECUTION**

|   |
|---|
| <b>1-3</b>  |
| Jumps have poor height & chest position, below level flexibility, poor landing position & motion placement. Majority of the team displays technique and/or timing issues.         |
| <b>4-7</b>  |
| Jumps have standard height & chest position, level flexibility, standard landing position & motion placement. Some of the team displays technique and/or timing issues.           |
| <b>8-10</b>   |
| Jumps have strong height & chest position, hyper extended flexibility, strong landing position & motion placement. Few to no team members display technique and/or timing issues. |

## OSAA/OCCA Building Rubric

## STUNT DIFFICULTY

| 1.0-1.9   |  |   |
|---|--|---|
| Inversions  | Stunts   | Transitions   |
| Non-released inversion FROM below <u>prep</u> level group stunt         | 2-foot <u>prep</u> level and below group stunt                         | 1/4 twist TO 2-foot <u>prep</u> level stunt                                       |
|   | 1-foot <u>prep</u> level and below group stunt (lib/torch, arabesque)  | 1/2 twist (non-released) FROM <u>prep</u> level stunt                             |
| Dismounts and Tosses  | Partner Stunts   |   |
| Straight cradle from group stunt  | Shoulder sits or other comparable partner stunt                        |   |
| 1/2 twist dismount from below <u>prep</u> level stunt                   |  |   |
| 2.0-3.9   |  |   |
| Inversions  | Stunts   | Transitions   |
| Non-released inversion TO below <u>prep</u> level                       | 2-foot <u>extended</u> group stunt                                     | 1/2 twist TO 2-foot <u>prep</u> level stunt                                       |
|   | 1-foot <u>prep</u> level FRONT variations (stretch, bow, etc.)         | Full twist FROM 2-foot <u>prep</u> level stunt                                    |
|   | 1-foot <u>prep</u> level BACK variations (scorpion, scale, etc.)       | 1/2 twist (non-released) FROM 1-foot <u>prep</u> level stunt                      |
| Dismounts and Tosses  | Partner Stunts   |   |
| Full twist dismount from 2-foot <u>prep</u> level stunt                 | Chair sits or other comparable partner stunt                           |   |
| 1/2 twist dismount from 1-foot <u>prep</u> level stunt                  | Straight cradle from any partner stunt                                 |   |
| Single skill toss   | Assisted variation from ground to hands/ <u>prep</u> level             |   |
| 4.0-5.9   |  |   |
| Inversions  | Stunts   | Transitions   |
| Non-released inversion TO 2-foot <u>prep</u> level stunt                | 1-foot <u>extended</u> group stunt (lib/torch, arabesque)              | Tic/switch up TO 1-foot <u>prep</u> level stunt                                   |
| Released inversion TO below <u>prep</u> level stunt                     |  | 1/2 twist TO 2-foot <u>extended</u> level stunt                                   |
| Fold over non-released inversion FROM up to <u>extended</u> level stunt |  | Full twist TO 2-foot <u>prep</u> level stunt                                      |
| Dismounts & Tosses  | Partner Stunts   | Full around FROM any <u>prep</u> level group stunt TO any <u>prep</u> level stunt |
| Full twist dismount from 2-foot <u>extended</u> stunt                   | Hands/ <u>prep</u> level and other comparable partner stunt            | 1/2 twist TO 1-foot <u>prep</u> level stunt                                       |
| Up to 1/2 twist dismount from 1-foot <u>extended</u> stunt              | Assisted from hands/ <u>prep</u> level to 2-foot <u>extended</u> stunt | Full twist (non-released) FROM 2-foot <u>extended</u> stunt                       |
| Full twist dismount from <u>prep</u> level partner stunt                | Unassisted variation from ground to hands/ <u>prep</u> level           | 1/2 twist (non-released) FROM 1-foot <u>extended</u> stunt                        |
| Single twist toss   | Unassisted from hands to 2-foot <u>extended</u> stunt                  | Full twist (non-released) FROM 1-foot <u>prep</u> level stunt                     |
| Multi-skill toss with no twist  | Full twist dismount from stunt at hands/ <u>prep</u> level             |   |

## OSAA/OCCA Building Rubric

## STUNT DIFFICULTY

| 6.0-7.9   |  |  |
|---|--|--|
| Inversions  | Stunts   | Transitions  |
| Non-released inversion TO 2-foot <u>extended</u> stunt              | 1-foot <u>extended</u> group stunt FRONT variation (stretch, bow, etc.)                              | Tic/switch up TO <u>extended</u> 1-foot stunt                                |
| Non-released inversion TO 1-foot <u>prep</u> level stunt            | 1-foot <u>extended</u> group stunt BACK variation (scorpion, scale, etc.)                            | Tic/switch up with up to 1/2 twist TO <u>extended</u> 1-foot stunt           |
| Released inversion TO 2-foot <u>prep</u> level stunt                |  | High to low tic toc TO <u>prep</u> 1-foot stunt                              |
| Dismounts and Tosses  | Partner Stunts   | Full twist TO 2-foot <u>extended</u> stunt                                   |
| Full twist dismount from 1-foot <u>extended</u> level group stunt   | Assisted from hands/ <u>prep</u> level to 1-foot <u>extended</u> stunt from hands/ <u>prep</u> level | 1/2 twist TO 1-foot <u>extended</u> stunt                                    |
| Full twist dismount from 2-foot <u>extended</u> level partner stunt | Assisted variation from ground to 2-foot <u>extended</u> stunt                                       | Full around FROM any <u>prep</u> level stunt TO 2-foot <u>extended</u> stunt |
| Single skill toss with twist  | Full twist from an extended 2-foot partner stunt   | Full twist (non-released) FROM 1-foot <u>extended</u> stunt                  |
|   |  | 1 1/2 twist (non-released) FROM 2-foot <u>extended</u> stunt                 |
| 8.0-10.0  |  |  |
| Inversions  | Stunts   | Transitions  |
| Non-released inversion TO 1-foot <u>extended</u> stunt              |  | Low to high tic toc TO <u>extended</u> 1-foot stunt                          |
| Released inversion TO 1-foot <u>prep</u> level stunt                |  | High to high tic toc on extended 1-foot                                      |
| Dismounts and Tosses  | Partner Stunts   | Tic/switch up with more than 1/2 twist TO <u>extended</u> 1-foot stunt       |
| Full twist with additional skill dismount from 1-foot stunt         | <u>Unassisted</u> variation from ground to 2-foot <u>extended</u> stunt                              | Full twist TO 1-foot <u>extended</u> stunt                                   |
| Full twist dismount from 1-foot <u>extended</u> partner stunt       | <u>Unassisted</u> from hands/ <u>prep</u> level to 1-foot <u>extended</u> stunt                      | 1 1/2 twist TO 2-foot <u>prep</u> level stunt                                |
| Multi-skill toss with twist   | <u>Assisted or unassisted</u> from ground to 1-foot <u>extended</u> stunt                            | Full around FROM any <u>prep</u> level stunt TO 1-foot <u>extended</u> stunt |
|   | <u>Assisted or unassisted</u> 1-foot advanced stunt (stretch, scale, arabesque, etc)                 | Full around FROM any <u>extended</u> stunt TO any <u>extended</u> stunt      |
|   | <u>Assisted or unassisted</u> 1-arm extended stunt (cupie, lib etc)                                  | More than one twist (non-released) FROM 1-foot <u>extended</u> stunt         |
|   | Full twist from an extended 1-foot partner stunt   | More than 1 1/2 twist (non-released) FROM 2-foot <u>extended</u> stunt       |

\* At least four skills (three skills for rec teams) from the majority of the stunt groups must be performed in order to score in that difficulty range. Skills may not be repeated to get into that range. The variety and creativity of load-ins, transitions, stunts, and dismounts will move the score through that range. The pace/speed of skills can affect difficulty.

\* Stunt MAJORITY is 51% of the maximum number of stunts that can be performed based on a traditional group of four people. Teams of eight or nine have a stunt majority of one group.

\* MAJORITY of the team (51%) will get a team into range, MOST of the team (75%) will get a team further through the range and ALL of the team (100%) will drive a team through the range.

\* If you do not meet the requirements to score in a range, you will score 0.50 in difficulty and be accurately rewarded for the execution of the skills performed.

# OSAA/OCCA Building Rubric

## PYRAMID DIFFICULTY

|   |
|---|
| <b>1.0-1.9</b>  |
| At least 1 STRUCTURE and 1 TRANSITION, transition must be a 1/2 twist or more, release, or inversion (one of these skills).   |
| <b>2.0-3.9</b>  |
| At least 1 STRUCTURE and 2 TRANSITIONS, transitions must be a 1/2 twist or more, release, or inversion (two out of three of these skills), all structures need to include a 2-foot <u>extended</u> stunt.   |
| <b>4.0-5.9</b>  |
| At least 2 STRUCTURES and 2 TRANSITIONS, transitions must be a 1/2 twist or more, release, or inversion (two out of three of these skills), at least one structure needs to include a 1-foot <u>extended</u> stunt.   |
| <b>6.0-7.9</b>  |
| At least 2 STRUCTURES and 3 TRANSITIONS, transitions must be a 1/2 twist or more, release, or inversion (all three of these skills), all structures need to include either a 1-foot <u>extended</u> stunt or connected <u>extended</u> stunts.                            |
| <b>8.0-10.0</b>   |
| At least 3 STRUCTURES and 4 TRANSITIONS, transitions must be a twist, release, or inversion (all three of these skills), all structures need to include a 1-foot extended stunt and one structure needs to include a majority of the stunts to be 1-foot extended stunts. |

\* Exact skills may not be repeated to get into that range. Transitions also include load ins and dismounts. The pace/speed of skills performed can affect difficulty.

\* Skills with comparable difficulty can be used to score in a certain range (i.e. an extended two foot partner stunt can be used in place of an extended 1-foot group stunt)

\* Stunt MAJORITY is 51% of the maximum number of stunts that can be performed based on a traditional group of four people. Teams of eight or nine have a stunt majority of one group.

\* MAJORITY of the team (51%) will get a team into range, MOST of the team (75%) will get a team further through the range and ALL of the team (100%) will drive a team through the range.

## STUNT AND PYRAMID EXECUTION

|  |
|--|
| <b>1-7</b>   |
| Poor technique, placement, flexibility and synchronization.                      |
| <b>8-11</b>  |
| Standard technique, placement, flexibility and synchronization.                  |
| <b>12-15</b>   |
| Nearly perfect to perfect technique, placement, flexibility and synchronization. |

# OSAA/OCCA Building Rubric

## CHEER SKILLS

|   |
|---|
| <b>1-3</b>  |
| Little to no incorporation of skills. Basic skills used and/or basic visual effects.                    |
| <b>4-7</b>  |
| Some incorporation of cheer skills. Average effectiveness of skills and/or intermediate visual effects. |
| <b>8-10</b>   |
| Strong incorporation of cheer skills. Effective use of skills and/or advanced visual effects.           |

## BUILDING CREATIVITY

|  |
|--|
| <b>1</b>   |
| Little to no creative elements in stunts including load-ins, transitions, and dismounts. |
| <b>2-3</b>   |
| Some creative elements in stunts including load-ins, transitions, and dismounts.         |
| <b>4-5</b>   |
| Strong creative elements in stunts including load-ins, transitions, and dismounts.       |

**OSAA/OCCA Overall Rubric****FORMATIONS/TRANSITIONS****1-3**

Basic formations with little to no variety and multiple spacing issues. Basic transitions, little to no creativity and choppy flow across sections.

**4-7**

Intermediate formations with little variety and some spacing issues. Standard transitions with some creativity. Some issues with the flow of the routine.

**8-10**

Advanced formations with a good amount of variety and little to no spacing issues. Advanced transitions that include strong creativity. Flow has few to no issues.

**ROUTINE MOTIONS****1-3**

Basic motions with little variety. Poor technique and/or placement issues.

**4-7**

Advanced motions with some variety. Standard technique and/or placement issues.

**8-10**

Advanced motions with much variety. Few to no technique and/or placement issues.

\* Motions are being judged throughout the routine. This could include, but is not limited to, stunts, jumps, motion sections, and/or cheer.

**CROWDLEADING****1-3**

Little to no attempt to lead the crowd. Ineffective use of props. Basic pace/flow. Low vocal level and clarity.

**4-7**

Some crowd leading. Average effectiveness of props. Intermediate visual effects. Standard vocal level and clarity.

**8-10**

Strong crowd leading. Effective use of props. Advanced pace/flow. Strong vocal level with clear, understandable words.

\*Props can include, but are not limited to, signs, poms, flags, megaphones, etc. All types of props are not necessary to score high in this category.

**OSAA/OCCA Overall Rubric****DANCE****1-3**

Basic skills with little use of total body, floor work, and level changes. Performed at a slow pace. Poor technique, placement and synchronization.

**4-7**

Intermediate skills with some use of total body, floor work, level changes and formation changes. Performed at a moderate pace. Standard technique, placement, and synchronization.

**8-10**

Advanced skills using total body, floor work, level changes and formation changes with some creative and visual elements. Performed at a fast pace. Nearly perfect to perfect technique, placement, and synchronization.

**SHOWMANSHIP****1-3**

Little to no facial projection, eye contact, energy, confidence and/or recoveries.

**4-7**

Some facial projection, eye contact, energy, confidence and/or recoveries.

**8-10**

Strong facial projection, eye contact, energy, confidence and/or recoveries.

**ROUTINE CREATIVITY****1**

Little to no creative elements throughout routine.

**2-3**

Some creative elements throughout routine.

**4-5**

Strong creative elements throughout routine.

## OSAA/OCCA Individual Rubric

### RUNNING TUMBLING DIFFICULTY

|   |
|---|
| <b>1.0-1.9</b>  |
| Skills such as cartwheels, roundoffs  |
| <b>2.0-3.9</b>  |
| Skills such as front walkovers, round off + skill (i.e. jump, bwo, rebound turn forward roll, etc.)   |
| <b>4.0-5.9</b>  |
| Skills such as round off BHS or series BHS or front tumbling through round off BHS or series BHS  |
| <b>6.0-7.9</b>  |
| Skills such as round off tuck, round off BHS tuck, specialty skills through to round off BHS tuck   |
| <b>8.0-10.0</b>   |
| Skills such as round off BHS layout/layout variations, specialty skills through to round off BHS layout/layout variations, round off BHS full, specialty skills through to round off BHS full |

### STANDING TUMBLING DIFFICULTY

|   |
|---|
| <b>1.0-1.9</b>  |
| Skills such as forward rolls, backward rolls, cartwheels                                      |
| <b>2.0-3.9</b>  |
| Skills such as front walkovers, back walkovers, back extension rolls, handstand forward rolls |
| <b>4.0-5.9</b>  |
| Skills such as BHS, series BHS  |
| <b>6.0-7.9</b>  |
| Skills such as series BHS to tuck, standing tucks   |
| <b>8.0-10.0</b>   |
| Skills such as series BHS to layout/layout variations, series BHS to fulls, standing fulls    |

\* Jump to tumble skill is required and CAN be used to set the standing tumbling range.

### DANCE

|  |
|--|
| <b>1-3</b>   |
| Poor technique, placement and synchronization.                       |
| <b>4-7</b>   |
| Standard technique, placement, and synchronization.                  |
| <b>8-10</b>  |
| Nearly perfect to perfect technique, placement, and synchronization. |

### VOICE

|                                   |
|-----------------------------------|
| <b>1-3</b>                        |
| Low vocal level and clarity.      |
| <b>4-7</b>                        |
| Standard vocal level and clarity. |
| <b>8-10</b>                       |
| Strong vocal level and clarity.   |

### JUMP DIFFICULTY

|   |
|---|
| <b>1</b>  |
| Beginner jumps such as straight jumps, tucks, stars, etc.   |
| <b>2</b>  |
| Single intermediate/advanced jumps with no combinations or connections  |
| <b>3</b>  |
| Two connected intermediate/advanced jumps without variety   |
| <b>4</b>  |
| Three connected intermediate/advanced jumps without variety OR two connected intermediate/advanced jumps with variety |
| <b>5</b>  |
| Three connected intermediate/advanced jumps with variety  |

### TUMBLING EXECUTION

|  |
|--|
| <b>1-7</b>   |
| Poor technique, precision, low power, slow and strength. Majority of the team struggles with technique and execution.                                  |
| <b>8-11</b>  |
| Standard technique, precision, power, speed, and strength. Several team members struggle with technique and execution.                                 |
| <b>12-15</b>   |
| Nearly perfect to perfect technique & precision with advanced power, speed and strength. Few to no team members struggle with technique and execution. |

### JUMP EXECUTION

|  |
|--|
| <b>1-3</b>   |
| Poor height & chest position, below level flexibility, poor landing position & motion placement.   |
| <b>4-7</b>   |
| Standard height & chest position, level flexibility, standard landing position & motion placement.   |
| <b>8-10</b>  |
| Strong height & chest position, hyper extended flexibility, strong landing position & motion placement. Few to no team members display technique and/or timing |

### ROUTINE MOTIONS

|  |
|--|
| <b>1-3</b>   |
| Basic motions with little variety. Poor technique and/or placement issues.       |
| <b>4-7</b>   |
| Advanced motions with some variety. Standard technique and/or placement issues.  |
| <b>8-10</b>  |
| Advanced motions with much variety. Few to no technique and/or placement issues. |

### SHOWMANSHIP

|  |
|--|
| <b>1-3</b>   |
| Little to no facial projection, eye contact, energy, confidence and/or recoveries. |
| <b>4-7</b>   |
| Some facial projection, eye contact, energy, confidence and/or recoveries.         |
| <b>8-10</b>  |
| Some facial projection, eye contact, energy, confidence and/or recoveries.         |