

# 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.