

OSAA/OCCA Individual Rubric

RUNNING TUMBLING DIFFICULTY

0.0-1.9
Skills such as cartwheels, roundoffs
2.0-3.9
Skills such as front walkovers, round off + skill (i.e. jump, bwo, rebound turn forward roll, etc.)
4.0-5.9
Skills such as round off BHS or series BHS or front tumbling through round off BHS or series BHS
6.0-7.9
Skills such as round off tuck, round off BHS tuck, specialty skills through to round off BHS tuck
8.0-10.0
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

0.0-1.9
Skills such as forward rolls, backward rolls, cartwheels
2.0-3.9
Skills such as front walkovers, back walkovers, back extension rolls, handstand forward rolls
4.0-5.9
Skills such as BHS, series BHS
6.0-7.9
Skills such as series BHS to tuck, standing tucks
8.0-10.0
Skills such as series BHS to layout/layout variations, series BHS to fulls, standing fulls

* Jump to tumble skill is NOT required but can be used to set the standing tumbling range.

DANCE

1-3
Poor technique, placement and synchronization.
4-7
Standard technique, placement, and synchronization.
8-10
Nearly perfect to perfect technique, placement, and synchronization.

VOICE

1-3
Low vocal level and clarity.
4-7
Standard vocal level and clarity.
8-10
Strong vocal level and clarity.

JUMP DIFFICULTY

1
Beginner jumps such as straight jumps, tucks, stars, etc.
2
Single intermediate/advanced jumps with no combinations or connections
3
Two connected intermediate/advanced jumps with variety
4
Three connected intermediate/advanced jumps with variety OR two connected intermediate/advanced jumps with variety and one additional jump
5
Four connected intermediate/advanced jumps with variety OR three connected intermediate/advanced jumps with variety and one additional jump

TUMBLING EXECUTION

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

JUMP EXECUTION

1
Poor height & chest position, below level flexibility, poor landing position & motion placement.
2-3
Standard height & chest position, level flexibility, standard landing position & motion placement.
4-5
Strong height & chest position, hyper extended flexibility, strong landing position & motion placement. Few to no team members display technique and/or timing 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.

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