

# INDIVIDUAL RUBRIC

RUNNING TUMBLING DIFFICULTY
<b>0.0 - 1</b>
Skills such as cartwheels, roundoffs
<b>1.1 - 2</b>
Skills such as front walkovers, round off + skill (i.e. jump, bwo, rebound turn forward roll, etc.)
<b>2.1 - 3</b>
Skills such as aeriels, round off BHS or series BHS or front tumbling through round off BHS or series BHS
<b>3.1 - 4</b>
Skills such as round off tuck, round off BHS tuck, specialty skills through to round off BHS tuck
<b>4.1 - 5</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>0.0-1</b>
Skills such as forward rolls, backward rolls, back extension rolls, handstand forward rolls
<b>1.1 - 2</b>
Skills such as front walkovers, back walkovers
<b>2.1 - 3</b>
Skills such as BHS, series BHS
<b>3.1 - 4</b>
Skills such as series BHS to tuck, standing tucks
<b>4.1 - 5</b>
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
<b>1-3</b>
Poor technique, placement, and timing.
<b>4-7</b>
Standard technique, placement, and timing.
<b>8-10</b>
Nearly perfect to perfect technique, placement, and timing.

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.

Updated 10/4/25

JUMP DIFFICULTY
<b>1</b>
Single jump <i>Any jump; basic or advanced</i>
<b>2</b>
Two single advanced jumps with no variety.
<b>3</b>
Two single advanced jumps with variety.
<b>4</b>
Advanced triple jump combo with no variety <b>OR</b> Advanced double jump combo with no variety +1 additional <b>advanced</b> jump
<b>5</b>
Advanced triple jump combo with variety <b>OR</b> Advanced double jump combo with variety +1 additional <b>advanced</b> jump.

TUMBLING EXECUTION
<b>1-3</b>
Poor technique, precision, low power, slow and strength.
<b>4-7</b>
Standard technique, precision, power, speed, and strength.
<b>8-10</b>
Nearly perfect to perfect technique & precision with advanced power, speed and strength.

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.

ROUTINE MOTIONS
<b>1-3</b>
Poor technique and/or placement issues.
<b>4-7</b>
Standard technique and/or placement issues.
<b>8-10</b>
Few to no technique and/or placement issues.

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