

# TUMBLING & JUMPS RUBRIC - **DRAFT**

| TUMBLING DIFFICULTY                                                                                                                                                                                                                                                                                                | TUMBLING EXECUTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>0.6 - 1</b>                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <ul style="list-style-type: none"> <li>Skills such as forward rolls, backward rolls, cartwheels, roundoffs, roundoffs + skill (i.e. jump, rebound, turn forward roll), handstand forward roll, back extension roll.</li> </ul>                                                                                     | <ul style="list-style-type: none"> <li>Many of the tumbling skills have poor technique, precision, power, speed and strength.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>1.1 - 2</b>                                                                                                                                                                                                                                                                                                     | <b>4 - 7</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <ul style="list-style-type: none"> <li>Skills such as front walkovers, back walkovers, roundoff back walkover.</li> </ul>                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>Many of the tumbling skills have standard technique, precision, power, speed, and strength.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>2.1 - 3</b>                                                                                                                                                                                                                                                                                                     | <b>8 - 10</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <ul style="list-style-type: none"> <li>Skills such as aerials, BHS, roundoff BHS, series BHS, series roundoff BHS, front tumbling through roundoff BHS or series BHS.</li> </ul>                                                                                                                                   | <ul style="list-style-type: none"> <li>Many of the tumbling skills have nearly perfect to perfect technique &amp; precision with advanced power, speed and strength.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>3.1 - 4</b>                                                                                                                                                                                                                                                                                                     | <ul style="list-style-type: none"> <li>Jump to tumble skill is NOT required but can be used to set the standing tumbling range.</li> <li>Other standing tumbling skills without a jump can be used to set a range.</li> <li>Synchronization of tumbling will be rewarded.</li> <li>The point ranges are for specific skill sets performed by HALF of the team.</li> <li>Recycling of skills can be done in order for teams to hit the half requirement.</li> <li>MAJORITY of the team (50%) will get a team into range.</li> <li>MOST of the team (75%) will get a team further through the range.</li> <li>ALL of the team (100%) will drive a team through the range.</li> </ul> |
| <ul style="list-style-type: none"> <li>Skills such as, roundoff tuck, series BHS to tuck, roundoff BHS tuck, front tumbling through roundoff BHS tuck, standing tucks.</li> </ul>                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>4.1 - 5</b>                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <ul style="list-style-type: none"> <li>Skills such as roundoff layout, series BHS to layout/layout variations, specialty skills through to round off BHS layout/layout variations, roundoff full, series BHS to full, round off BHS full, specialty skills through to roundoff BHS full, standing full.</li> </ul> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

| TUMBLING QUANTITY                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b>                                                                                          | <ul style="list-style-type: none"> <li>This category is not a range, it is a set point value.</li> <li>In order to score in this category, 50% of the team must perform a synchronized skill – the exact same skill performed at the exact same time <b>OR</b> a rippled exact same skill.</li> <li>The skills used in this category can also be used for the tumbling difficulty score.</li> <li>If 50% of your team does NOT perform a synchronized or rippled skill, you will receive a 0 for this category.</li> </ul> |
| <ul style="list-style-type: none"> <li>Rolls, Cartwheels, Roundoffs, Roundoffs + Skill</li> </ul> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>2</b>                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <ul style="list-style-type: none"> <li>Front or Back Walkovers</li> </ul>                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>3</b>                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <ul style="list-style-type: none"> <li>Aerials, Back Handsprings</li> </ul>                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>4</b>                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <ul style="list-style-type: none"> <li>Tucks</li> </ul>                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>5</b>                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <ul style="list-style-type: none"> <li>Layouts, Fulls</li> </ul>                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

| JUMP DIFFICULTY                                                                                                                                                                                                                                 | JUMP EXECUTION                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b>                                                                                                                                                                                                                                        | <b>1 - 3</b>                                                                                                                                                                                                                                                                                                                                                                                                           |
| <ul style="list-style-type: none"> <li>Synchronized single jump<br/><i>Any jump; basic or advanced</i></li> </ul>                                                                                                                               | <ul style="list-style-type: none"> <li>Many of the jumps have poor height, chest position, landing position &amp; motion placement.</li> <li>Below level flexibility.</li> <li>Major timing issues.</li> </ul>                                                                                                                                                                                                         |
| <b>2</b>                                                                                                                                                                                                                                        | <b>4 - 7</b>                                                                                                                                                                                                                                                                                                                                                                                                           |
| <ul style="list-style-type: none"> <li>Two synchronized single advanced jumps with no variety.</li> </ul>                                                                                                                                       | <ul style="list-style-type: none"> <li>Many of the jumps have standard height, chest position, landing position &amp; motion placement.</li> <li>Level flexibility.</li> <li>Some timing issues.</li> </ul>                                                                                                                                                                                                            |
| <b>3</b>                                                                                                                                                                                                                                        | <b>8 - 10</b>                                                                                                                                                                                                                                                                                                                                                                                                          |
| <ul style="list-style-type: none"> <li>Two synchronized single advanced jumps with variety.</li> </ul>                                                                                                                                          | <ul style="list-style-type: none"> <li>Many of the jumps have strong height, chest position, landing position &amp; motion placement.</li> <li>Hyper extended flexibility.</li> <li>Little to no timing issues.</li> </ul>                                                                                                                                                                                             |
| <b>4</b>                                                                                                                                                                                                                                        | <ul style="list-style-type: none"> <li>Majority of your jumpers is 75% of your team participating. If you do not jump with 75% of your athletes, it will result in a 0.5 for difficulty.</li> <li>Variety means at least two different jumps. To be considered connected, a whip (continuous) approach must be used (no pause).</li> <li>Advanced jumps are; toe touches, hurdlers, pikes and double nines.</li> </ul> |
| <ul style="list-style-type: none"> <li>Synchronized advanced triple jump combo with no variety</li> <li><b>OR</b></li> <li>Synchronized advanced double jump combo with no variety</li> <li>+1 additional synchronized advanced jump</li> </ul> |                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>5</b>                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <ul style="list-style-type: none"> <li>Synchronized advanced triple jump combo with variety</li> <li><b>OR</b></li> <li>Synchronized advanced double jump combo with variety</li> <li>+1 additional synchronized advanced jump.</li> </ul>      |                                                                                                                                                                                                                                                                                                                                                                                                                        |