

INDIVIDUAL RUBRIC

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

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
• Single jump Any jump; basic or advanced
2
• Two single advanced jumps with no variety.
3
• Two synchronized single advanced jumps with variety.
4
• Synchronized advanced triple jump combo with no variety OR • Synchronized advanced double jump combo with no variety • +1 additional synchronized advanced jump
5
• Synchronized advanced triple jump combo with variety OR • Synchronized advanced double jump combo with variety • +1 additional synchronized advanced jump.

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

JUMP EXECUTION
1-3
• Many of the jumps have poor height, chest position, landing position & motion placement. • Below level flexibility.
4-7
• Many of the jumps have standard height, chest position, landing position & motion placement. • Level flexibility.
8-10
• Many of the jumps have strong height, chest position, landing position & motion placement. • Hyper extended flexibility.

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

SHOWMANSHIP
1-3
• Little to no facial projection, eye contact, confidence, and/or recoveries.
4-7
• Some facial projection, eye contact, confidence and/or recoveries.
8-10
• Strong facial projection, eye contact, confidence and/or recoveries.

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