

TUMBLING & JUMPS RUBRIC

TUMBLING DIFFICULTY	TUMBLING EXECUTION
0.6 - 1	
Skills such as forward rolls, backward rolls, cartwheels, roundoffs, roundoffs + skill (i.e. jump, rebound, turn forward roll), handstand forward roll, back extension roll.	Many of the tumbling skills have poor technique, precision, power, speed and strength.
1.1 - 2	4 - 7
Skills such as front walkovers, back walkovers, roundoff back walkover.	Many of the tumbling skills have standard technique, precision, power, speed, and strength.
2.1 - 3	8 - 10
Skills such as aerials, BHS, roundoff BHS, series BHS, series roundoff BHS, front tumbling through roundoff BHS or series BHS.	Many of the tumbling skills have nearly perfect to perfect technique & precision with advanced power, speed and strength.
3.1 - 4	- Jump to tumble skill is NOT required but can be used to set the standing tumbling range. - Other standing tumbling skills without a jump can be used to set a range. - Synchronization of tumbling will be rewarded.
Skills such as, roundoff tuck, series BHS to tuck, roundoff BHS tuck, front tumbling through roundoff BHS tuck, standing tucks.	
4.1 - 5	- The point ranges are for specific skill sets performed by HALF of the team. - Recycling of skills can be done in order for teams to hit the half requirement. - MAJORITY of the team (50%) will get a team into range. - MOST of the team (75%) will get a team further through the range. - ALL of the team (100%) will drive a team through the range.
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.	

TUMBLING QUANTITY	
1	
Rolls, Cartwheels, Roundoffs, Roundoffs + Skill	
2	
Front or Back Walkovers	
3	
Aerials, Back Handsprings	
4	
Tucks	
5	
Layouts, Fulls	- This category is not a range, it is a set point value. - 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 OR a rippled exact same skill. - The skills used in this category can also be used for the tumbling difficulty score. - If 50% of your team does NOT perform a synchronized or rippled skill, you will receive a 0 for this category.

JUMP DIFFICULTY	JUMP EXECUTION
1	1 - 3
Synchronized single jump <i>Any jump; basic or advanced</i>	- Many of the jumps have poor height, chest position, landing position & motion placement. - Below level flexibility. - Major timing issues.
2	4 - 7
Two synchronized single advanced jumps with no variety.	- Many of the jumps have standard height, chest position, landing position & motion placement. - Level flexibility. - Some timing issues.
3	8 - 10
Two synchronized single advanced jumps with variety.	- Many of the jumps have strong height, chest position, landing position & motion placement. - Hyper extended flexibility. - Little to no timing issues.
4	
- Synchronized advanced triple jump combo with no variety OR - Synchronized advanced double jump combo with no variety +1 additional synchronized advanced jump	- 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. - Variety means at least two different jumps. To be considered connected, a whip (continuous) approach must be used (no pause). - Advanced jumps are; toe touches, hurdlers, pikes and double nines.
5	
- Synchronized advanced triple jump combo with variety OR - Synchronized advanced double jump combo with variety +1 additional synchronized advanced jump.	