

# TUMBLING RUBRIC

**MUST HAVE EXCELLENT FORM AND PRECISION**

**LEVEL**

**1**

**STANDING TUMBLING**  
 LOW: CARTWHEEL OR FALL TO BRIDGE  
 MID: FALL TO BRIDGE NICK OVER  
 HIGH: BACK WALKOVER

**RUNNING TUMBLING**  
 LOW: ROUND OFF  
 MID: FRONT WALKOVER ROUND OFF OR  
 CARTWHEEL BACK WALKOVER  
 HIGH: FRONT WALKOVER CARTWHEEL  
 BACK WALKOVER

**JUMPS**  
 LOW: JUMPS TO FORWARD ROLL  
 MID: JUMPS TO BACKWARDS ROLL  
 HIGH: JUMPS TO FRONT WALKOVER  
 OR BACK WALKOVER

**LEVEL**

**2**

**STANDING TUMBLING**  
 LOW: STANDING BACK HANDSPRING  
 MID: BACK WALKOVER BACK HANDSPRING  
 HIGH: BACK HANDSPRING STEP OUT, BACK WALKOVER  
 BACK HANDSPRING

**RUNNING TUMBLING**  
 LOW: ROUND OFF BACK HANDSPRING  
 MID: FRONT WALKOVER ROUND OFF DOUBLE HANDSPRING  
 OR ROUND OFF TRIPLE HANDSPRING  
 HIGH: ROUND OFF HANDSPRING REBOUND  
 HALF TURN STEP OUT ROUND OFF DOUBLE

**JUMPS**  
 LOW: JUMPS TO PAUSE, BACK HANDSPRING  
 MID: JUMPS TO PAUSE, BACK WALKOVER BACK HANDSPRING  
 HIGH: JUMPS TO PAUSE, BACK HANDSPRING STEP OUT  
 BACK WALKOVER BACK HANDSPRING

**LEVEL**

**3**

**STANDING TUMBLING**  
 LOW: 3 BACK HANDSPRINGS  
 MID: DOUBLE BACK HANDSPRING TOE TOUCH  
 DOUBLE BACK HANDSPRING  
 HIGH: 3 BACK HANDSPRINGS REBOUND  
 ROUND OFF BACK TUCK

**RUNNING TUMBLING**  
 LOW: ROUND OFF HANDSPRING TUCK  
 MID: FRONT TUCK/AERIAL ROUND OFF HANDSPRING TUCK OR  
 FRONT WALK OVER ROUND OFF HANDSPRING TUCK  
 HIGH: FRONT TUCK/AERIAL STEP STEP FRONT WALKOVER  
 ROUND OFF HANDSPRING TUCK

**JUMPS**  
 LOW: JUMPS TO DOUBLE BACK HANDSPRING  
 MID: JUMPS TO TRIPLE BACK HANDSPRING  
 HIGH: JUMPS TO DOUBLE BACK HANDSPRING TOE TOUCH  
 DOUBLE BACK HANDSPRING

**LEVEL**

**4**

**STANDING TUMBLING**  
 LOW: BACK HANDSPRING BACK TUCK AND STANDING TUCK  
 MID: HANDSPRING TUCK RE SWING HANDSPRING TUCK  
 AND STANDING TUCK  
 HIGH: HANDSPRING TUCK RE SWING HANDSPRING TUCK  
 RE SWING STANDING TUCK

**RUNNING TUMBLING**  
 LOW: ROUND OFF HANDSPRING LAYOUT  
 MID: WHIP THROUGH TO LAYOUT OR FRONT  
 TUCK STEP OUT THROUGH TO LAYOUT  
 HIGH: TWO LEVEL APPROPRIATE SKILLS INTO  
 LAYOUT

**JUMPS**  
 LOW: JUMPS TO HANDSPRING TUCK  
 MID: JUMPS TO HANDSPRING TUCK RE SWING STANDING TUCK  
 HIGH: JUMPS TO HANDSPRING TUCK RE SWING HANDSPRING TUCK

**LEVEL**

**5**

**STANDING TUMBLING**  
 LOW: 2 HANDSPRINGS TO LAYOUT  
 MID: 2 HANDSPRINGS WHIP HANDSPRING  
 LAYOUT  
 HIGH: STANDING TUCK 2 HANDSPRINGS TO LAYOUT  
 OR 2 HANDSPRINGS WHIP LAYOUT

**RUNNING TUMBLING**  
 LOW: ROUND OFF HANDSPRING FULL  
 MID: FRONT WALKOVER ROUND OFF HANDSPRING  
 FULL  
 HIGH: A LEVEL 4/5 SKILL IN A BACK HANDSPRING  
 FULL

**JUMPS**  
 LOW: JUMPS TO TUCK  
 MID: JUMPS TO TWO TO LAYOUT  
 HIGH: JUMPS TO ONE TO LAYOUT

**LEVEL**

**6**

**STANDING TUMBLING**  
 LOW: 2 BACK HANDSPRINGS TO FULL  
 MID: 3 HANDSPRINGS TO DOUBLE FULL OR  
 2 BACK HANDSPRINGS WHIP FULL  
 HIGH: STANDING FULL OR 2 HANDSPRINGS  
 WHIP DOUBLE FULL

**RUNNING TUMBLING**  
 LOW: 2 LEVEL 4/5 SKILLS INTO A HANDSPRING FULL  
 MID: ROUND OFF HANDSPRING DOUBLE FULL  
 HIGH: A LEVEL 4/5 SKILL INTO A DOUBLE FULL OR  
 A WHIP DOUBLE FULL

**JUMPS**  
 LOW: TOE TOUCH TO 2 TO A FULL  
 MID: JUMPS TO 2 TO A FULL  
 HIGH: JUMPS TO STANDING FULL

**Flyer**

GREAT FLEXIBILITY IN ALL BODY POSITIONS  
 INCLUDING LEFT HEEL STRETCH, RIGHT HEEL  
 STRETCH, FRONT HEEL STRETCH, ARABESQUE,  
 SCALE, AND SCORPION

FLYERS ARE PLACED ON OVERALL FLEXIBILITY,  
 CONFIDENCE, AND SKILL SETS IN THAT LEVEL

THE SIZE OF THE FLYER COMPARED TO THE BASES  
 AND BACK SPOTS ARE TAKEN INTO  
 CONSIDERATION

**TEAM PLACEMENTS FACTOR IN STUNT POSITIONS,  
 STUNTING EXPERIENCE, AGE, TEAM NEEDS, AND TUMBLING**

**FOR MORE INFORMATION CONTACT MANDY@OCALLSTARS.COM**