



2024 TRYOUT TUMBLING RUBRIC

PREP LEVEL 1

STANDING TUMBLING

REQUIRED SKILL - FORWARD ROLL
EXECUTION STANDARD - NONE REQUIRED

ADDITIONAL SKILL - PUSH UP TO BRIDGE
EXECUTION STANDARD - NONE REQUIRED

RUNNING TUMBLING

REQUIRED SKILL - CARTWHEEL
EXECUTION STANDARD - NONE REQUIRED

ADDITIONAL SKILL - ROUND OFF
EXECUTION STANDARD - NONE REQUIRED

LEVEL 1

STANDING TUMBLING

REQUIRED SKILL - BACK WALKOVER
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT LEGS DURING WALKOVER, POINTED FEET

ADDITIONAL SKILL - BACK WALKOVER SWITCH
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT LEGS DURING WALKOVER, POINTED FEET

RUNNING TUMBLING

REQUIRED SKILL - CARTWHEEL BACK WALKOVER
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT LEGS DURING WALKOVER, POINTED FEET

ADDITIONAL SKILL - FRONT WALKOVER CARTWHEEL BACK WALKOVER
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT LEGS DURING BOTH WALKOVERS, POINTED FEET

LEVEL 2

STANDING TUMBLING

REQUIRED SKILL - BACK WALKOVER SWITCH BACK HANDSPRING
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT LEGS DURING WALKOVER AND HANDSPRING, HEELS AND TOES TOGETHER DURING BACK HANDSPRING

ADDITIONAL SKILL - BACK HANDSPRING STEP OUT BACK WALKOVER BACK HANDSPRING
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT LEGS DURING WALKOVER AND HANDSPRINGS, HEELS AND TOES TOGETHER DURING BACK HANDSPRING

RUNNING TUMBLING

REQUIRED SKILL - ROUND OFF BACK HANDSPRING SERIES
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, HEELS AND TOES TOGETHER DURING HANDSPRINGS, STRAIGHT LEGS

ADDITIONAL SKILL - FRONT WALKOVER ROUND OFF BACK HANDSPRING
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT LEGS DURING BOTH WALKOVER AND HANDSPRING, HEELS AND TOES TOGETHER DURING HANDSPRING

LEVEL 3

STANDING TUMBLING

REQUIRED SKILL - BACK HANDSPRING STEP OUT SERIES BACK HANDSPRING
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT LEG STEP OUT, HEELS AND TOES TOGETHER THROUGHOUT HANDSPRING SERIES

ADDITIONAL SKILL - BACK HANDSPRING STEP OUT BACK WALKOVER 2 BACK HANDSPRINGS
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, HEELS AND TOES TOGETHER THROUGHOUT BACK HANDSPRINGS, STRAIGHT LEGS DURING WALKOVER AND HANDSPRINGS

RUNNING TUMBLING

REQUIRED SKILL - ROUND OFF BACK HANDSPRING TUCK
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT ARM SET, HEELS AND TOES TOGETHER THROUGHOUT HANDSPRING

ADDITIONAL SKILL - FRONT WALKOVER ROUND OFF BACK HANDSPRING BACK TUCK
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT LEGS AND POINTED FEET THROUGHOUT BOTH SKILLS, HEELS AND TOES TOGETHER DURING HANDSPRING, TUCK, AND END OF ROUND OFF

LEVEL 4

STANDING TUMBLING

REQUIRED SKILL - BACK HANDSPRING TUCK
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT LEGS DURING BACK HANDSPRING, STRAIGHT ARM SET, HEELS AND TOES TOGETHER DURING SKILLS

ADDITIONAL SKILL - BACK HANDSPRING STEP IN TUCK
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT LEGS DURING BACK HANDSPRING, STRAIGHT ARM SET, HEELS AND TOES TOGETHER DURING SKILLS

RUNNING TUMBLING

REQUIRED SKILL - ROUND OFF BACK HANDSPRING LAYOUT
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT ARM SET, HEELS AND TOES TOGETHER THROUGHOUT HANDSPRING AND ROUND OFF, FLAT HIPS DURING LAYOUT

ADDITIONAL SKILL - SPECIALTY SKILL TO LAYOUT
EXECUTION STANDARD - SAME STANDARD AS LAYOUT, SPECIALTY SKILLS INCLUDE, BUT NOT LIMITED TO, FRONT WALKOVER, FLY SPRING STEP OUT, FRONT TUCK, WHIP, ETC.

LEVEL 5

STANDING TUMBLING

REQUIRED SKILL - BACK HANDSPRING LAYOUT
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT LEGS DURING BACK HANDSPRING, STRAIGHT ARM SET, HEELS AND TOES TOGETHER DURING SKILLS, FLAT HIPS DURING LAYOUT

ADDITIONAL SKILL - JUMP TUCK
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT ARM SET, HEELS AND TOES TOGETHER ON LANDING OF JUMP AND THROUGHOUT TUCK

RUNNING TUMBLING

REQUIRED SKILL - ROUND OFF BACK HANDSPRING FULL
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT ARM SET, HEELS AND TOES TOGETHER THROUGHOUT HANDSPRING AND ROUND OFF, FLAT HIPS DURING LAYOUT FULL

ADDITIONAL SKILL - SPECIALTY SKILL TO FULL
EXECUTION STANDARD - SAME STANDARD AS FULL, SPECIALTY SKILLS INCLUDE, BUT NOT LIMITED TO, FRONT WALKOVER, FLY SPRING STEP OUT, FRONT TUCK, WHIP, ETC.

LEVEL 6

STANDING TUMBLING

REQUIRED SKILL - BACK HANDSPRING FULL
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT LEGS DURING BACK HANDSPRING, STRAIGHT ARM SET, HEELS AND TOES TOGETHER DURING SKILLS, FLAT HIPS DURING FULL

ADDITIONAL SKILL - STANDING FULL -OR- STANDING SERIES TO DOUBLE
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT ARM SET, HEELS AND TOES TOGETHER DURING SKILLS

RUNNING TUMBLING

REQUIRED SKILL - ELITE SPECIALTY TO FULL
EXECUTION STANDARD - SYNCHRONIZED WITH MUSIC, STRAIGHT ARM SET, HEELS AND TOES TOGETHER THROUGHOUT HANDSPRING AND ROUND OFF, FLAT HIPS DURING LAYOUT FULL, SPECIALTY SKILLS INCLUDE, BUT NOT LIMITED TO, FRONT TUCK, ARABIAN, FULL THRU TO FULL, ETC.

ADDITIONAL SKILL - ROUND OFF BACK HANDSPRING DOUBLE FULL
EXECUTION STANDARD - SYNCHRONIZED TO MUSIC, STRAIGHT LEGS, FINISH SPIN, FLAT HIPS DURING LAYOUT SPIN.