

2020-2021 Performance Recreation Scoring System

TUMBLING & JUMP RUBRIC

STANDING TUMBLING DIFFICULTY

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|-----------|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3.0 - 3.5 | BELOW | Skills performed do not meet Low range requirement |
| 3.5 - 4.0 | LOW | Majority of team performs a level appropriate pass |
| 4.0 - 4.5 | MID | Most of team performs the same level appropriate pass which must be synchronized from the initiation of the pass |
| 4.5 - 5.0 | HIGH | Most of team performs the same level appropriate pass which must be synchronized from the initiation of the pass, plus a Majority of the team performs an additional level appropriate pass. |

RUNNING TUMBLING DIFFICULTY

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|-----------|-------|-------------------------------------------------------------------------|
| 3.0 - 3.5 | BELOW | Skills performed do not meet Low range requirement |
| 3.5 - 4.0 | LOW | Less than majority of the team performs a level appropriate pass |
| 4.0 - 4.5 | MID | Majority of team performs a level appropriate pass |
| 4.5 - 5.0 | HIGH | Most of team performs a level appropriate pass |

JUMP DIFFICULTY

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|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3.5 | Skills performed do not meet the 4.0 requirement |
| 4.0 | Most of team performs 1 advanced jump |
| 4.5 | Most of the team performs 2 connected advanced jumps. Must be synchronized and must include a variety. 6U/8U: Most of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety. |
| 5.0 | Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety. 6U/8U: Most of the team performs 3 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety. |

6U and 8U are not required to include variety or be connected, however 10U and up must incorporate whip approach or similar connecting approach

- Variety - at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (i.e. left/right hurdler).
- Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e. jumps that land on knee(s) or seat, etc. would not count).
 - Basic Jumps: Spread Eagle, Tuck Jump

TUMBLING/JUMP QUANTITY CHART

| # of Athletes | Majority | Most |
|---------------|----------|------|
| 5 - 7 | 2 | 3 |
| 8 - 9 | 4 | 5 |
| 10 - 11 | 5 | 6 |
| 12 - 14 | 6 | 7 |
| 15 - 16 | 7 | 9 |
| 17 - 19 | 8 | 10 |
| 20 - 22 | 10 | 12 |
| 23 - 25 | 11 | 13 |
| 26 - 27 | 13 | 15 |
| 28 - 30 | 14 | 16 |
| 31 - 38 | 15 | 18 |

Standing and Running Tumbling Notes

- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e. jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc. would not count).
- L1 – L4 Standing Tumbling – Same level appropriate synchronized pass cannot be used to fulfill Majority pass requirement.
- No skills out of a RO that are ILLEGAL in L1 will count for level appropriate credit in L2.
- No skills out of a BHS step out ½ turn that are ILLEGAL in L2 will count for level appropriate credit in L3.
- Punch front forward roll will not count for level appropriate credit in L4.
- Jumps within a pass will not break up the pass (i.e. Toe Touch BHS Toe Touch BHS is 1 pass in L3).
- T-Jumps are not considered a jump and will break up a pass into two separate passes.

TUMBLING/JUMP TECHNIQUE

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|-----------|-------------------------------------------------------------------------------------------------------------------|
| 3.5 - 4.0 | Most skills performed with below average execution, uniformity, body position, synchronization, and power. |
| 4.0 - 4.5 | Most skills performed with average execution, uniformity, body position, synchronization, and power. |
| 4.5 - 5.0 | Most skills performed with above average execution, uniformity, body position, synchronization, and power. |