

EVALUATION SCORING EXPLAINED

EXCELLENT- Nearly Perfect Technique

5 Definition: The athlete performs with outstanding form, control, and precision. All body shapes and movement patterns match the ideal technique.

Execution: Skills are clean, powerful, and sharp. Any flaws are extremely minimal or non-existent

GOOD- Strong Execution with Some Flaws

4 Definition: The skill is well-executed overall, but includes minor technical imperfections.

Execution: Strong shapes and control, but might have one or two issues such as a small step, slight arm bend, or a slightly low chest. Still clean and reliable, with room for polish. Technique is fundamentally sound, but not flawless.

FAIR- Noticeable Mistakes, Needs Refinement

3 Definition: The skill is recognizable and completed, but contains clear flaws that impact technique and consistency.

Execution: Athlete may struggle with height, shape, form, or control. Corrections are needed to make the skill both clean and repeatable. The athlete is still learning or refining the skill. Not unsafe, but not competitive quality yet.

BELOW AVG- Major Technique & Control Issues

2 Definition: The skill is poorly executed or incomplete. There are multiple form errors or loss of control, possibly making the skill unsafe.

Execution: Athlete shows major struggles such as bent arms, weak sets, falls, or improper landings. Execution needs significant correction before the skill can be considered reliable or safe for competition.

EARLY PROGRESSION- Foundational Stage of Skill Development

1 Definition: The athlete is in the initial stages of learning this skill. Fundamental technique is either missing or inconsistent, and the skill is not yet safe, complete, or ready for progression or routine inclusion. The athlete is unable to complete the skill with control.

Execution: The skill may collapse mid-air or upon landing. The athlete shows no understanding or preparation for correct execution. Key tumbling fundamentals are missing (e.g., no set, total arm collapse, uncontrolled falls). The athlete may struggle to execute the basic shape or movement pattern. Control is minimal; athlete may appear hesitant, rushed, or unclear on mechanics.

ATHLETE NAME: _____

EVAL #: _____

T M Y J S

1 2 3 4 5

LEARNING BELOW AVG FAIR GOOD EXCELLENT

STANDING TUMBLING

LEVEL STANDARD SKILL SCORE

BODY CONTROL		LANDING
___ ArmsWide	___ Weak Shape	___ Low Chest
___ ArmsBent	___ Head Out	___ Low Hips
___ FeetApart	___ Weak Connection	___ Feet Apart
___ LegsBent	___ Weak Height/Rebound	___ Step(s)/Hop(s)
___ Crossed Legs	___ Weak Set	___ Hands Down
___ FlexedFeet	___ Tumbling Out of Line	___ Fall

LEVEL SPECIALTY SKILL SCORE

BODY CONTROL		LANDING
___ ArmsWide	___ Weak Shape	___ Low Chest
___ ArmsBent	___ Head Out	___ Low Hips
___ FeetApart	___ Weak Connection	___ Feet Apart
___ LegsBent	___ Weak Height/Rebound	___ Step(s)/Hop(s)
___ Crossed Legs	___ Weak Set	___ Hands Down
___ FlexedFeet	___ Tumbling Out of Line	___ Fall

RUNNING TUMBLING

LEVEL STANDARD SKILL SCORE

BODY CONTROL		LANDING
___ ArmsWide	___ Weak Shape	___ Low Chest
ArmsBent	___ Head Out	___ Low Hips
___ FeetApart	___ Weak Connection	___ Feet Apart
___ LegsBent	___ Weak Height/Rebound	___ Step(s)/Hop(s)
___ Crossed Legs	___ Weak Set	___ Hands Down
___ FlexedFeet	___ Tumbling Out of Line	___ Fall

LEVEL SPECIALTY SKILL SCORE

BODY CONTROL		LANDING
___ ArmsWide	___ Weak Shape	___ Low Chest
ArmsBent	___ Head Out	___ Low Hips
___ FeetApart	___ Weak Connection	___ Feet Apart
___ LegsBent	___ Weak Height/Rebound	___ Step(s)/Hop(s)
___ Crossed Legs	___ Weak Set	___ Hands Down
___ FlexedFeet	___ Tumbling Out of Line	___ Fall

ATHLETE NAME: _____ EVAL #: _____

T M Y J S

1 2 3 4 5
LEARNING BELOW AVG FAIR GOOD EXCELLENT

JUMPS

DOUBLE JUMP:		SCORE:
<u>LEG PLACEMENT</u>	<u>ARM PLACEMENT</u>	
___ Low Chest	___ Arms Bent	
___ Knees Bent	___ Soft Motions	
___ Feet Flexed	___ Misaligned Motions	
___ Lacks Extension		
___ Feet Apart		
___ Unstable Landing		

TOE TOUCH		SCORE:
<u>LEG PLACEMENT</u>	<u>ARM PLACEMENT</u>	
___ Low Chest	___ Arms Bent	
___ Knees Bent	___ Soft Motions	
___ Feet Flexed	___ Misaligned Motions	
___ Lacks Extension		
___ Feet Apart		
___ Unstable Landing		

DANCE

DANCE SCORE

ADDITIONAL TUMBLING SKILL

LEVEL	SKILL	SCORE
	<u>BODY CONTROL</u>	<u>LANDING</u>
___ ArmsWide	___ Weak Shape	___ Low Chest
___ ArmsBent	___ Head Out	___ Low Hips
___ FeetApart	___ Weak Connection	___ Feet Apart
___ LegsBent	___ Weak Height/Rebound	___ Step(s)/Hop(s)
___ Crossed Legs	___ Weak Set	___ Hands Down
___ FlexedFeet	___ Tumbling Out of Line	___ Fall

EVALUATION RECCOMENDATION

Please Circle EXHIBITION NOVICE PREP ELITE

Level: 1 2 3 4 5

Stunt Position: FLYER BASE BACK SPOT

Notes: _____
