



TOSSES

LEVEL 1

	FRONT SPOT	NO FRONT SPOT	TECHNIQUE	SKILLS
LOW	4 - 6	6 - 8	6	Average squish Above average squish Average straight ride cradle Above average straight ride cradle
MEDIUM	6 - 8	8 - 10		
HIGH	8 - 10	10 - 12		
MOTIONS + DANCE				DIFFICULTY 4 TECHNIQUE 2

LEVEL 2

	FRONT SPOT	NO FRONT SPOT	TECHNIQUE	SKILLS
LOW	16 - 18	18 - 20	12	Below average straight ride Average straight ride / Average barrel roll Above average straight ride Above average barrel roll
MEDIUM	18 - 20	20 - 22		
HIGH	20 - 22	22 - 24		
MOTIONS + DANCE				DIFFICULTY 8 TECHNIQUE 4

LEVEL 3

	FRONT SPOT	NO FRONT SPOT	TECHNIQUE	SKILLS
LOW	28 - 30	30 - 32	18	Average one trick toss Above average one trick toss Excellent one trick toss with variety
MEDIUM	30 - 32	32 - 34		
HIGH	32 - 34	34 - 36		
MOTIONS + DANCE				DIFFICULTY 12 TECHNIQUE 6

LEVEL 4

	FRONT SPOT	NO FRONT SPOT	TECHNIQUE	SKILLS
LOW	40 - 42	42 - 44	24	Average 2 trick toss Above average 2 trick toss or average with twisting combination Above average 2 trick toss with twisting combinations
MEDIUM	42 - 44	44 - 46		
HIGH	44 - 46	46 - 48		
MOTIONS + DANCE				DIFFICULTY 16 TECHNIQUE 8

LEVEL 5R

	FRONT SPOT	NO FRONT SPOT	TECHNIQUE	SKILLS
LOW	52 - 54	54 - 56	30	3 trick toss 3 trick toss including twisting Above average unique 3 trick toss including twisting
MEDIUM	54 - 56	56 - 58		
HIGH	56 - 58	58 - 60		
MOTIONS + DANCE				DIFFICULTY 20 TECHNIQUE 10

LEVEL 5

	FRONT SPOT	NO FRONT SPOT	TECHNIQUE	SKILLS
LOW	64 - 66	66 - 68	36	3 trick toss 3 trick toss including twisting Unique 3 or more trick toss
MEDIUM	66 - 68	68 - 70		
HIGH	68 - 70	70 - 72		
MOTIONS + DANCE				DIFFICULTY 24 TECHNIQUE 12

LEVEL 6

	FRONT SPOT	NO FRONT SPOT	TECHNIQUE	SKILLS
LOW	76 - 78	78 - 80	36	Basic flipping tosses Average flipping & twisting tosses Above average flipping & twisting tosses with tricks
MEDIUM	78 - 80	80 - 82		
HIGH	80 - 82	82 - 84		
MOTIONS + DANCE				DIFFICULTY 24 TECHNIQUE 12

SCORING RUBRIC 2012 / 2013

PYRAMIDS



LEVEL 1	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS	
	LOW	2 - 4	4 - 6	6 - 8	6	Below prep level
	MEDIUM	4 - 6	6 - 8	8 - 10		Two legged prep level
	HIGH	6 - 8	8 - 10	10 - 12		One leg stunt at prep level
					Extended two legged Prep level tic-tock	

LEVEL 2	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS	
	LOW	14 - 16	16 - 18	18 - 20	12	Extended one leg (braced both sides)
	MEDIUM	16 - 18	18 - 20	20 - 22		Extended one leg (braced 1 side)
	HIGH	18 - 20	20 - 22	22 - 24		Multiple structures
					Unique entrance into extended one leg (braced 1 side) Multiple structures and transitions	

LEVEL 3	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS	
	LOW	26 - 28	28 - 30	30 - 32	18	Extended one leg pyramid with few structures
	MEDIUM	28 - 30	30 - 32	32 - 34		Extended one leg pyramid with minimal transitions and basic release moves
	HIGH	30 - 32	32 - 34	34 - 36		Unique entrance into multiple one leg with many transitions and release moves

LEVEL 4	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS	
	LOW	38 - 40	40 - 42	42 - 44	24	Standard entrance into extended one leg pyramid with minimal transitions and basic braced flipping
	MEDIUM	40 - 42	42 - 44	44 - 46		Unique entrance into few extended one leg pyramids with few transitions and average flipping and release moves
	HIGH	42 - 44	44 - 46	46 - 48		Unique entrance into multiple one leg pyramids with many transitions and unique flipping and release moves

LEVEL 5R	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS	
	LOW	50 - 52	52 - 54	54 - 56	30	Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping
	MEDIUM	52 - 54	54 - 56	56 - 58		Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping and release moves
	HIGH	54 - 56	56 - 58	58 - 60		Unique entrance into multiple one leg pyramids with many transitions and unique one arm braced flipping and release moves

LEVEL 5	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS	
	LOW	62 - 64	64 - 66	66 - 68	36	Standard entrance into extended one leg pyramid with minimal transitions and basic one arm braced flipping
	MEDIUM	64 - 66	66 - 68	68 - 70		Unique entrance into few extended one leg pyramids with few transitions and average one arm braced flipping and release moves
	HIGH	66 - 68	68 - 70	70 - 72		Unique entrance into multiple one leg pyramids with many transitions and unique one arm braced flipping, release moves, and flipping twisting release moves

LEVEL 6	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS	
	LOW	74 - 76	76 - 78	78 - 80	36	One leg pyramids at 2 1/2 high levels with release moves
	MEDIUM	76 - 78	78 - 80	80 - 82		Unique entrance into many one leg pyramids with many transitions and 2 1/2 high levels with creative release moves
	HIGH	78 - 80	80 - 82	82 - 84		Unique entrance into multiple one leg pyramids with multiple transitions and 2 1/2 high levels with flipping release moves

SCORING RUBRIC | 2012 / 2013



JUMPS

LEVEL 1

	25-50%	50-75%	75-100%	TECHNIQUE	SKILLS
LOW	2 - 4	4 - 6	6 - 8	6	Single jump Connected jump combination Variety connected jump combination
MEDIUM	4 - 6	6 - 8	8 - 10		
HIGH	6 - 8	8 - 10	10 - 12		
				MOTIONS + DANCE	DIFFICULTY 4 TECHNIQUE 2

LEVEL 2

	25-50%	50-75%	75-100%	TECHNIQUE	SKILLS
LOW	14 - 16	16 - 18	18 - 20	12	Single jump Connected jump combination Variety connected jump combination
MEDIUM	16 - 18	18 - 20	20 - 22		
HIGH	18 - 20	20 - 22	22 - 24		
				MOTIONS + DANCE	DIFFICULTY 8 TECHNIQUE 4

LEVEL 3

	25-50%	50-75%	75-100%	TECHNIQUE	SKILLS
LOW	26 - 28	28 - 30	30 - 32	18	Single jump Connected jump combination Multiple connected jump combinations (2 sections)
MEDIUM	28 - 30	30 - 32	32 - 34		
HIGH	30 - 32	32 - 34	34 - 36		
				MOTIONS + DANCE	DIFFICULTY 12 TECHNIQUE 6

LEVEL 4

	25-50%	50-75%	75-100%	TECHNIQUE	SKILLS
LOW	38 - 40	40 - 42	42 - 44	24	Single jumps Connected jump combination Variety connected jump combination
MEDIUM	40 - 42	42 - 44	44 - 46		
HIGH	42 - 44	44 - 46	46 - 48		
				MOTIONS + DANCE	DIFFICULTY 16 TECHNIQUE 8

LEVEL 5R

	25-50%	50-75%	75-100%	TECHNIQUE	SKILLS
LOW	50 - 52	52 - 54	54 - 56	30	Single jump Connected jump combination Variety connected jump combination
MEDIUM	52 - 54	54 - 56	56 - 58		
HIGH	54 - 56	56 - 58	58 - 60		
				MOTIONS + DANCE	DIFFICULTY 20 TECHNIQUE 10

LEVEL 5

	25-50%	50-75%	75-100%	TECHNIQUE	SKILLS
LOW	62 - 64	64 - 66	66 - 68	36	Single jump Connected jump combination Variety connected jump combination
MEDIUM	64 - 66	66 - 68	68 - 70		
HIGH	66 - 68	68 - 70	70 - 72		
				MOTIONS + DANCE	DIFFICULTY 24 TECHNIQUE 12

LEVEL 6

	25-50%	50-75%	75-100%	TECHNIQUE	SKILLS
LOW	62 - 64	64 - 66	66 - 68	36	Single jump Connected jump combination Variety connected jump combination
MEDIUM	64 - 66	66 - 68	68 - 70		
HIGH	66 - 68	68 - 70	70 - 72		
				MOTIONS + DANCE	DIFFICULTY 24 TECHNIQUE 12

SCORING RUBRIC | 2012 / 2013



STUNTS

LEVEL 1

	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS
LOW	2 - 4	4 - 6	6 - 8	6	Two legged stunt below prep level Prep One leg variation below prep level and/or tic-tock below prep level
MEDIUM	4 - 6	6 - 8	8 - 10		
HIGH	6 - 8	8 - 10	10 - 12		

LEVEL 2

	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS
LOW	14 - 16	16 - 18	18 - 20	12	Extension 1/2 up to prep level two legged stunt Walking / Turning extensions 1/2 up to prep level one leg stunt 1/2 up to extension
MEDIUM	16 - 18	18 - 20	20 - 22		
HIGH	18 - 20	20 - 22	22 - 24		

LEVEL 3

	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS
LOW	26 - 28	28 - 30	30 - 32	18	Extended one leg stunt Full twist cradle from prep Release move to two legged prep level stunt Full twist cradle from extension 1/2 up to extended one leg stunt Full-up to prep Walking / Turning one legged stunt Release move to one legged prep level stunt
MEDIUM	28 - 30	30 - 32	32 - 34		
HIGH	30 - 32	32 - 34	34 - 36		

LEVEL 4

	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS
LOW	38 - 40	40 - 42	42 - 44	24	Extended one leg stunt w/ full twist cradle, Power Presses Extended one leg stunt w/ multiple body positions and full twist cradle Inverted transitions at prep level or below 1/2 up to extended one leg stunt Walking / Turning stunts Double twist cradle from prep Full-up to extended two legged stunt Double twist cradle from extended two legged stunt Release moves that land at extended position Tic-tock variations that land at prep level
MEDIUM	40 - 42	42 - 44	44 - 46		
HIGH	42 - 44	44 - 46	46 - 48		

LEVEL 5R

	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS
LOW	50 - 52	52 - 54	54 - 56	30	Extended one leg stunt and level 5 dismount Extended one leg stunt with multiple body positions and level 5 dismount Major tic-tock variations that land at extended position Rotating release that lands at extended position Ball-up release that lands at extended position Full-up to one leg position
MEDIUM	52 - 54	54 - 56	56 - 58		
HIGH	54 - 56	56 - 58	58 - 60		

LEVEL 5

	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS
LOW	62 - 64	64 - 66	66 - 68	36	Extended one leg stunt and level 5 dismount Extended one leg stunt with multiple body positions and level 5 dismount Major tic-tock variations that land at extended position Rotating release that lands at extended position Ball-up release that lands at extended position Full-up to one leg position
MEDIUM	64 - 66	66 - 68	68 - 70		
HIGH	66 - 68	68 - 70	70 - 72		

LEVEL 6

	FRONT SPOT	NO FRONT	2/1 PERSON	TECHNIQUE	SKILLS
LOW	74 - 76	76 - 78	78 - 80	36	Extended one leg stunt with various body positions and released twisting load-in and dismounts Rewinds and flips to one leg stunts and one arm variations with creative body positions and released flipping load-in and dismounts Multiple release moves that include flipping and twisting that land in an extended position and have multiple body positions
MEDIUM	76 - 78	78 - 80	80 - 82		
HIGH	78 - 80	80 - 82	82 - 84		

SCORING RUBRIC | 2012 / 2013



RUNNING TUMBLING

LEVEL 1		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS		
	LOW	2 - 4	4 - 6	6 - 8	6	Cartwheel		
	MEDIUM	4 - 6	6 - 8	8 - 10		Round-off		
	HIGH	6 - 8	8 - 10	10 - 12		Cartwheel / Round-off back walkover series		
MOTIONS + DANCE					DIFFICULTY	4	TECHNIQUE	2

LEVEL 2		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS		
	LOW	14 - 16	16 - 18	18 - 20	12	Round-off back handspring		
	MEDIUM	16 - 18	18 - 20	20 - 22		Round-off back handspring series		
	HIGH	18 - 20	20 - 22	22 - 24		Specialty into back handspring		
MOTIONS + DANCE					DIFFICULTY	8	TECHNIQUE	4

LEVEL 3		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS		
	LOW	26 - 28	28 - 30	30 - 32	18	Round-off back tuck		
	MEDIUM	28 - 30	30 - 32	32 - 34		Round-off back handspring tuck / Punch front land		
	HIGH	30 - 32	32 - 34	34 - 36		Combo pass to tuck		
MOTIONS + DANCE					DIFFICULTY	12	TECHNIQUE	6

LEVEL 4		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS		
	LOW	38 - 40	40 - 42	42 - 44	24	Back handspring layout		
	MEDIUM	40 - 42	42 - 44	44 - 46		Front walkover to layout		
	HIGH	42 - 44	44 - 46	46 - 48		Combo pass to layout		
MOTIONS + DANCE					DIFFICULTY	16	TECHNIQUE	8

LEVEL 5R		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS		
	LOW	50 - 52	52 - 54	54 - 56	30	Back handspring full		
	MEDIUM	52 - 54	54 - 56	56 - 58		Front walkover to full		
	HIGH	54 - 56	56 - 58	58 - 60		Specialty to full		
MOTIONS + DANCE					DIFFICULTY	20	TECHNIQUE	10

LEVEL 5		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS		
	LOW	62 - 64	64 - 66	66 - 68	36	Back handspring full		
	MEDIUM	64 - 66	66 - 68	68 - 70		Specialty to full / Double full		
	HIGH	66 - 68	68 - 70	70 - 72		Specialty to double full		
MOTIONS + DANCE					DIFFICULTY	24	TECHNIQUE	12

LEVEL 6		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS		
	LOW	62 - 64	64 - 66	66 - 68	36	Back handspring full		
	MEDIUM	64 - 66	66 - 68	68 - 70		Specialty to full / Double full		
	HIGH	66 - 68	68 - 70	70 - 72		Specialty to double full		
MOTIONS + DANCE					DIFFICULTY	24	TECHNIQUE	12

SCORING RUBRIC | 2012 / 2013



STANDING TUMBLING

LEVEL 1		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS
	LOW	2 - 4	4 - 6	6 - 8	6	Forward / Backward roll
	MEDIUM	4 - 6	6 - 8	8 - 10		Front / Back walkover
	HIGH	6 - 8	8 - 10	10 - 12		Front / Back walkover series

LEVEL 2		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS
	LOW	14 - 16	16 - 18	18 - 20	12	Front / Back walkover series
	MEDIUM	16 - 18	18 - 20	20 - 22		Standing back handspring
	HIGH	18 - 20	20 - 22	22 - 24		Level 1 standing tumbling skill to back handspring

LEVEL 3		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS
	LOW	26 - 28	28 - 30	30 - 32	18	Back walkover to back handspring
	MEDIUM	28 - 30	30 - 32	32 - 34		Jump back handspring
	HIGH	30 - 32	32 - 34	34 - 36		Back handspring series Jump into back handspring series Jump combo into back handspring series

LEVEL 4		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS
	LOW	38 - 40	40 - 42	42 - 44	24	Back handspring back tuck
	MEDIUM	40 - 42	42 - 44	44 - 46		Standing tuck / Jump back handspring tuck
	HIGH	42 - 44	44 - 46	46 - 48		Series back handspring to layout Jump combo into back handspring tuck

LEVEL 5R		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS
	LOW	50 - 52	52 - 54	54 - 56	30	Jump to standing tuck
	MEDIUM	52 - 54	54 - 56	56 - 58		Series to full
	HIGH	54 - 56	56 - 58	58 - 60		Back handspring / specialty back handspring to full

LEVEL 5		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS
	LOW	62 - 64	64 - 66	66 - 68	36	Series to full / Jump to standing tuck
	MEDIUM	64 - 66	66 - 68	68 - 70		Back handspring full / Series specialty full
	HIGH	66 - 68	68 - 70	70 - 72		Series to double full / Specialty to double Standing full

LEVEL 6		25-50%	50-75%	75-100%	TECHNIQUE	SKILLS
	LOW	62 - 64	64 - 66	66 - 68	36	Series to full / Jump to standing tuck
	MEDIUM	64 - 66	66 - 68	68 - 70		Back handspring full / Series specialty full
	HIGH	66 - 68	68 - 70	70 - 72		Series to double full / Specialty to double Standing full