

2012-2013 ALL STAR/REC TUMBLING GRID

STANDING TUMBLING DEGREE OF DIFFICULTY		RUNNING TUMBLING DEGREE OF DIFFICULTY	
4.0-4.5	Forward or Backward Roll	4.0-4.5	Cartwheels/Round offs
4.5-5.0	Front or Back Walkover	4.5-5.0	Combination skills into cartwheel/roundoff
5.0-5.5	Single Back handspring	5.0-5.5	Round off back handspring(s)
5.5-6.0	Back walkover/back roll connected to a single back handspring	5.5-6.0	Combination skills into roundoff back handspring(s)
6.0-6.5	Series back handsprings	6.0-6.5	Round off/round off back handspring back tuck and/or punch fronts
6.5-7.0	Any skill(s) connected to series back handsprings	6.5-7.0	Combination skills into round off back handspring back tuck
7.0-7.5	Back handspring tuck	7.0-7.5	Round off/round off back handspring layout
7.5-8.0	Standing back tuck	7.5-8.0	Combination skills into a layout
8.0-8.5	Back handspring layout	8.0-8.5	Minority team fulls
8.5-9.0	Jump(s)* connected to a back tuck	8.5-9.0	Majority team fulls and/or some doubles
9.0	Back handspring full twist	9.0-9.5	Majority team doubles or majority elite passes to fulls
↓	Standing full twist		
10.0	Back handspring double twist	9.5-10.0	Majority specialty doubles

* Jumps connected to any standing tumbling skill will raise your score within that range.

* Running Tumbling: Level appropriate synchronized passes executed at the same time by the majority of the team will raise your score into the next .5 range.

* Standing Tumbling Synchronization will be judged on the section with the most athletes performing any level appropriate synchronized skill.

* Elite passes are passes that include more than one aerial flipping skill in the same pass.

- For **DIFFICULTY**, **ALL** the skills are to be performed by the **MAJORITY** (half plus 1) of the team. If the skills are **NOT** performed by the majority of the team, then the score will be placed in that respective bracket.
- The lowest possible score given for technique will be a **SIX**. (If no skills are executed within a category, you will receive a **ZERO** for that particular technique score)

STANDING TUMBLING SYNCHRONIZATION

Few Passes Synchronized	1
1/4 of the Team Synchronized	2
1/2 of the Team Synchronized	3
3/4 of the Team Synchronized	4
Full Team Synchronization	5

TECHNIQUE

7.0-8.0	Tumbling that demonstrates fair body control (which can include): Chest down upon landing, Bent arms/legs, not completing skills, legs apart on landing, head/knees landing on mat
8.0-9.0	Tumbling that demonstrates good body control (which can include): Non pointed toes, layout or twisting skills that are bent or piked over, average height on flipping skills, steps taken after landing of skills
9.0-10.0	Tumbling that demonstrates excellent body control (which can include): Completed finished skills, excellent body control, straight arms/legs, pointed toes, excellent height on flipping skills

* A 6.0-7.0 technique score can be given for multiple mistakes, and/or a majority of the tumbling skills not landing on feet, and/or head, knees landing on the mat.



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