



IOWA CHEERLEADING STATE CHAMPIONSHIPS

CHEER & DANCE - TUMBLING SCORE SHEET

SCHOOL: _____ **CLASS** _____ **Total Athletes** _____

STANDING TUMBLING

DIFFICULTY	2.5-3	3-3.5	3.5-4	4-4.5	4.5-5	NOTES & NUMBER OF SKILLS	SCORE
	Forward/backward rolls, cartwheels, round-offs	Front/back walkovers, single back handspring or jumps connected to single back handsprings	Back handspring series or jumps connected to back handspring series	Tucks, back handsprings to tucks, jumps to back handspring tucks, or jumps to tucks	Back handspring(s) full, back handspring(s) layout, or jumps connected to skills that end in layouts or full		

EXECUTION	2.5-3	3-3.5	3.5-4	4-4.5	4.5-5	NOTES	SCORE
	Poor level of technique	Below average technique	Average technique	Above average technique	High level of technique		

STANDING TUMBLING TOTAL SCORE x 0.5 =	
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RUNNING TUMBLING

DIFFICULTY	2.5-3	3-3.5	3.5-4	4-4.5	4.5-5	NOTES & NUMBER OF SKILLS	SCORE
	Forward rolls, cartwheels, round-offs	Front/back walkovers, round-off back handsprings or round-off back handspring series	Round-off back handspring tucks, round-off tucks, aerials	Pikes, X-outs, punch fronts, or combination passes that include lower-level skills connected to pikes, X-outs and non-hollow body position rotation elements	Layouts, fulls, or running combination passes include a whip or Arabian through to layouts and fulls		

EXECUTION	2.5-3	3-3.5	3.5-4	4-4.5	4.5-5	NOTES	SCORE
	Poor level of technique	Below average technique	Average technique	Above average technique	High level of technique		

RUNNING TUMBLING TOTAL SCORE x 0.5 =	
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TOTAL SCORE	
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****Skills listed in ranges must be performed by the majority of the team to move into a range****
Tumbling Execution: Strong set/good height, proper technique, clean landings, precision (no bobbles, missed or incomplete skills), clean body lines, pointed toes, body positioning, clean connections between tumbling elements, uniformity, timing.