



# Tumbling Execution/Skills Scoring Table

RUNNING				STANDING				SKILL CONNECTION	
Score	Skills	Score	Execution	Score	Skills	Score	Execution	Score	Skills
				2	Bridge/Backbend				
3				3	Forward/Backward roll				
4	Cartwheel			4	Front/Back Walk-over, Cartwheel			2	Rolls/Cartwheel/ Roundoff
5	Round off/Front Handspring			5	Round off/Front Handspring			4	Back Handspring
6	Back Handspring	5—6	Poor technique Not completing skill	6	Back Handspring	5—6	Poor technique Not completing skill	6	Any no Handed Flip (ie. Back Tuck, Pike, Front)
7	Pike, Tuck or Front	6—7	Below average technique Below average height on flipping skills	7	Pike, Tuck or Front	6—7	Below average technique Below average height on flipping skills	8	Twist
8	Layout/Half	7—8	Average technique No pointed toes Average height on flipping skills	8	Layout	7—8	Average technique No pointed toes Average height on flipping skills	10	Double twist
9	Full Twists	8—9	Above average technique Some pointed toes Above average height on most flipping skills	9	Full Twists	8—9	Above average technique Some pointed toes Above average height on most flipping skills		Skill Connection is an enhancement onto your Jump and Standing Tumbling score. The connection must be immediate from any Jump Skill to the above Tumbling skills. (ie. Majority Toe Touch Tucks would score a 6, Toe touch hand-spring tucks will score a 4 because the jump skill was connected to the handspring and not the tuck)
10	Double Twists	9—10	Excellent technique Pointed toes Excellent Height and Body Control Finished Skills	10	Double Twists	9—10	Excellent technique Pointed toes Excellent Height and Body Control Finished Skills		

**Skill scores are based on the MAJORITY (half plus one) of the team performing that particular skill.**