

TUMBLING TRYOUT RUBRIC

AT OC ALL-STARS, TUMBLING IS AN IMPORTANT PART OF OUR EVALUATION PROCESS, BUT IT IS NOT THE ONLY FACTOR IN TERM PLACEMENTS. ATHLETES MAY BE PLACED ON A LEVEL ABOVE OR BELOW THE TUMBLING SKILLS THEY DEMONSTRATE, DEPENDING ON OVERALL ABILITY, PERFORMANCE QUALITY, AND TEAM NEEDS. SIMPLY THROWING A SKILL IS NOT ENOUGH - WE WILL HOLD ALL OUR ATHLETES TO A HIGH STANDARD WHEN IT COMES TO TECHNIQUE, EXECUTION, AND CONSISTENCY. CLEAN LANDINGS, PROPER FORM, AND STRONG FUNDAMENTALS ARE ESSENTIAL.

2025

PREP LEVEL 1 STANDING TUMBLING

REQUIRED SKILL FORWARD ROLL
EXECUTION STANDARD NONE REQUIRED

ADDITIONAL SKILL PUSH UP TO BRIDGE
EXECUTION STANDARD NONE REQUIRED

RUNNING TUMBLING

REQUIRED SKILL CARTWHEEL
EXECUTION STANDARD NONE REQUIRED

ADDITIONAL SKILL ROUND OFF
EXECUTION STANDARD NONE REQUIRED

LEVEL 1 STANDING TUMBLING

REQUIRED SKILL BACK WALKOVER
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS DURING WALKOVER, POINTED FEET

ADDITIONAL SKILL BACK WALKOVER SWITCH
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS DURING WALKOVER, POINTED FEET

RUNNING TUMBLING

REQUIRED SKILL CARTWHEEL BACK WALKOVER
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS DURING WALKOVER, POINTED FEET

ADDITIONAL SKILL FRONT WALKOVER CARTWHEEL BACK WALKOVER
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS DURING BOTH WALKOVERS, POINTED FEET

LEVEL 2 STANDING TUMBLING

REQUIRED SKILL BACK WALKOVER SWITCH BACK HANDSPRING
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS DURING WALKOVER AND HANDSPRING, HEELS AND TOES TOGETHER DURING BACK HANDSPRING

ADDITIONAL SKILL BACK HANDSPRING STEP OUT BACK WALKOVER BACK HANDSPRING
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS DURING WALKOVER AND HANDSPRING, HEELS AND TOES TOGETHER DURING BACK HANDSPRING

RUNNING TUMBLING

REQUIRED SKILL ROUND OFF BACK HANDSPRING SERIES
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, HEELS AND TOES TOGETHER DURING HANDSPRINGS, STRAIGHT LEGS

ADDITIONAL SKILL FRONT WALKOVER ROUND OFF BACK HANDSPRING
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS DURING BOTH WALKOVER AND HANDSPRING, HEELS AND TOES TOGETHER DURING HANDSPRING

LEVEL 3 STANDING TUMBLING

REQUIRED SKILL BACK HANDSPRING SERIES (3)
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS DURING HANDSPRINGS, HEELS AND TOES TOGETHER THROUGHOUT ALL 3 HANDSPRINGS

ADDITIONAL SKILL BACK HANDSPRING STEP OUT SERIES BACK HANDSPRING
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS DURING HANDSPRINGS AND STEP OUT, HEELS AND TOES TOGETHER DURING HANDSPRINGS

RUNNING TUMBLING

REQUIRED SKILL ROUND OFF BACK HANDSPRING TUCK
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT ARM SET, HEELS AND TOES TOGETHER THROUGHOUT HANDSPRING, LANDING STICKS

ADDITIONAL SKILL FRONT WALK OVER ROUND OFF BACK HANDSPRING TUCK
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS AND POINTED FEET THROUGHOUT FRONT WALKOVER AND HANDSPRING, HEELS AND TOES TOGETHER DURING HANDSPRING, STRAIGHT ARM SET, LANDING STICKS

LEVEL 4 STANDING TUMBLING

REQUIRED SKILL BACK HANDSPRING TUCK
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS DURING BACK HANDSPRING WITH HEELS AND TOES TOGETHER, STRAIGHT ARM SET, LANDING STICKS

ADDITIONAL SKILL BACK HANDSPRING STEP IN TUCK
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS DURING BACK HANDSPRING WITH HEELS AND TOES TOGETHER, STRAIGHT ARM SET, LANDING STICKS

RUNNING TUMBLING

REQUIRED SKILL ROUND OFF BACK HANDSPRING LAYOUT
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT ARM SET, HEELS AND TOES TOGETHER THROUGHOUT HANDSPRING, FLAT HIPS DURING LAYOUT, LANDING STICKS

ADDITIONAL SKILL SPECIALTY SKILL TO LAYOUT
EXECUTION STANDARD SAME STANDARD AS ROUND OFF BACK HANDSPRING LAYOUT. SPECIALTY SKILLS INCLUDE, BUT ARE NOT LIMITED TO, FRONT WALKOVER, FLY SPRING, FRONT TUCK STEP OUT, WHIP

LEVEL 5 STANDING TUMBLING

REQUIRED SKILL BACK HANDSPRING LAYOUT
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS DURING BACK HANDSPRING AND LAYOUT, STRAIGHT ARM SET, HEELS AND TOES TOGETHER DURING SKILLS, FLAT HIPS DURING LAYOUT, LANDING STICKS

ADDITIONAL SKILL JUMP TUCK
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT ARM SET, HEELS AND TOES TOGETHER ON LANDING OF JUMP AND THROUGHOUT TUCK, LANDING STICKS

RUNNING TUMBLING

REQUIRED SKILL ROUND OFF BACK HANDSPRING FULL
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS DURING REQUIRED BACK HANDSPRING, STRAIGHT ARM SET, HEELS AND TOES TOGETHER DURING SKILLS, FLAT HIPS ON THE LAYOUT FULL TWIST

ADDITIONAL SKILL SPECIALTY SKILL TO FULL
EXECUTION STANDARD SAME STANDARD AS FULL. SPECIALTY SKILLS INCLUDE, BUT ARE NOT LIMITED TO, FRONT WALKOVER, FLY SPRING STEP OUT, FRONT TUCK STEP OUT, WHIP ETC.

LEVEL 6 STANDING TUMBLING

REQUIRED SKILL BACK HANDSPRING FULL
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS DURING BACK HANDSPRING, STRAIGHT ARM SET, HEELS AND TOES TOGETHER DURING SKILLS, FLAT HIPS DURING LAYOUT FULL TWIST

ADDITIONAL SKILL STANDING FULL - OR - STANDING SERIES TO DOUBLE
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT ARM SET, HEELS AND TOES TOGETHER DURING SKILLS

RUNNING TUMBLING

REQUIRED SKILL ELITE SPECIALTY TO FULL
EXECUTION STANDARD SAME STANDARD AS FULL IN LEVEL 5. ELITE SKILLS INCLUDE ARABIAN, FULL THROUGH TO FULL, FRONT HANDSPRING FRONT TUCK, 1 1/2 STEP OUT

ADDITIONAL SKILL ROUND OFF BACK HANDSPRING DOUBLE FULL
EXECUTION STANDARD OC STYLE CHOREOGRAPHY, STRAIGHT LEGS, FINISH SPIN, FLAT HIPS DURING LAYOUT TWIST

"OC STYLE"

WALKOVERS AND CARTWHEELS: STRAIGHT ARM CONE ON 1, NO MOVEMENT ON 2, HANDS TOUCH FLOOR ON 3, FIRST FOOT LANDS ON 5, SECOND FOOT ON 6
 STANDING TUMBLING (NO STEPS): SIT ON 1, HANDS/TUCK ON 2, STICK LANDING IN HOLLOW SHAPE LOOKING AT TOES ON 3, NO MOVEMENT ON 4, 5, 6, SHARP STAND ON 7
 RUNNING TUMBLING (POWER HURDLE): PUSH DOWN ON 1 WITH HANDS ON THIGHS, NO MOVEMENT ON 2, CONE ON 3 AS YOU JUMP, KEEP CONE ON 4, HANDS TOUCH 5, FEET LAND 6
 RUNNING TUMBLING (2 STEP): RUN WITH ARMS GLUED ON SIDE ON 1, 2, CONE ON 3 IN HURDLE, KEEP CONE ON 4, HANDS TOUCH 5, FEET LAND 6

