

WSSCA Score Sheet Guidelines

Tumbling/Jumps

The following grid outlines the point range for specific skill sets performed by MAJORITY of the team. In each difficulty category, the criteria should designate entry into point range. The sliding criteria will determine where the score will fall within the range.

Running Tumbling		Standing Tumbling		Jumps		
<i>Difficulty</i> 0-4	<i>Technique</i> 0-4	<i>Difficulty</i> 0-4	<i>Technique</i> 0-4	<i>Difficulty</i> 0-4	<i>Technique</i> 0-4	<i>Jump Combination</i> 0-4
Beginning skills such as cartwheels, round-offs. There are few to no running tumbling passes. Few performers execute the skill. One tumbler goes at a time.	Poor technique, placement, perfection, and synchronization.	Beginning skills such as back bends ? <i>Define standing tumbling - cartwheels ? forward rolls?</i>	Poor technique, placement, & synchronization	Beginning jumps such as straight jumps, tucks, stars. Few to no jumps executed. Few performers execute the skill.	Low height, poor technique, placement, flexibility & synchronization	Jump combinations have no pausing and no prep in between jumps Little to no jump combinations executed or the combination executed are low level of difficulty. (tucks, stars, straight jumps) Combination is performed at low height, poor technique, placement, flexibility & synchronization
4-6	4-6	4-6	4-6	4-6	4-6	4-6
Intermediate skills such as round-off BHS or round-off back tucks. Only a few tumble. Some tumblers go at the same time	Standard technique, placement, perfection, and synchronization.	Intermediate skills such as back walkovers, back handsprings, <i>front walkovers?</i>	Standard technique, placement, & synchronization	Intermediate skills such as front & side hurdlers, herkies.	Standard height. Standard technique, placement, flexibility & synchronization	Entire team performs a jump combination using intermediate jumps such as front and side hurdlers, herkies. Standard height. Standard technique, placement, flexibility & synchronization
6-8	6-8	6-8	6-8	6-8	6-8	6-8
Advanced skills such as round-off BHS tucks, layouts or pikes. Up to half of the team execute advanced skills at the same time.	Standard to higher than standard technique, placement, perfection, and synchronization.	Advanced skills such as tucks, back handspring tucks, <i>standing front tucks?</i> With multiple skills & variety performed in routine.	Standard to higher technique, flexibility, & synchronization	Advanced level jumps such as toe touches, pikes, double nines	Moderate to stronger height. Standard to higher technique, flexibility, & synchronization	Entire team executes jump combinations using advanced level jumps such as toe touches, pikes, double nines. Jumps are performed with standard to higher technique, flexibility, & synchronization.
8-10	8-10	8-10	8-10	8-10	8-10	8-10
Multiple tumbling passes. Multiple tumblers go at the same time and elite level twisting skills passes performed by majority of team.	Nearly perfect technique, placement, and synchronization	Multiple advanced skills performed by majority of team. Skills such as back handspring full, standing full.	Nearly perfect technique, placement, & synchronization	Multiple intermediate/advanced jumps with or without preps in the middle. Majority of team is performing jumps together.	Strong height. Nearly perfect technique, placement, flexibility & synchronization	Uses entire team. Advanced skills with multiple combinations or connected to standing tumbling