



ALLSTAR / PREP TUMBLING SCRIPT SHEET

TEAM NAME _____ TEAM # _____

DIVISION _____ # ATHLETES _____

RATIO: MAJORITY / MOST: _____ / _____

STANDING TUMBLING DIFF.	Low/Few/ Below Avg	Some/Avg - Above Avg	High/Plenty/ Excellent	RUNNING TUMBLING DIFF.	Low/Few/ Below Avg	Some/Avg - Above Avg	High/Plenty/ Excellent
% Participation				% Participation			
Degree of difficulty / complexity				Degree of difficulty / complexity			
Variety / combinations				Variety / combinations			
Usage of synchronized passes				Usage of synchronized passes			
Number of athletes per sync pass				Number of athletes per sync pass			

COMBINED FOR PREP

Standing D

Running D

JUMPS	Low/Few/ Below Avg	Some/Avg - Above Avg	High/Plenty/ Excellent	TUMBLING EXECUTION	Low/Few/ Below Avg	Some/Avg - Above Avg	High/Plenty/ Excellent
% Participation				Execution of skills (mistakes; finished skills / passes)			
Difficulty (flexibility and power req.)				Positioning / body control / height			
Variety / combinations				Landings (controlled; feet together; chest)			
Height / speed				Speed (consistent or building; connections)			
Position (leg position; legs straight; pointed toes; chest up; hip rotation/hyperextension)				Synchronization / timing			
Landings / control (feet together; chest up)				Uniformity of technique			
Synchronization / timing							
Uniformity of technique / form							

Jumps

Execution