



ALLSTAR / PREP TUMBLING SCRIPT SHEET

TEAM NAME _____ TEAM # _____

DIVISION _____ # ATHLETES _____

RATIO: MAJORITY / MOST: _____ / _____

JUMP DIFFICULTY				JUMP EXECUTION				
	Low/Few/ Below Avg	Some/Avg - Above Avg	High/Plenty/ Excellent		Low/Few/ Below Avg	Some/Avg - Above Avg	High/Plenty/ Excellent	
% Participation				Position (leg placement; chest up, pointed toes; hip rotation/hyperextension)				
Difficulty (flexibility, height and power req.)								
Variety					Height and speed			
Combinations and speed of connections						Landings / control (feet together; chest up, stability, alignment of feet/knees/shoulders)		
				Synchronization / timing / uniformity				
				Jump D				Jump E
STANDING TUMBLING DIFF.				RUNNING TUMBLING DIFF.				
	Low/Few/ Below Avg	Some/Avg - Above Avg	High/Plenty/ Excellent		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
TUMBLING EXECUTION								
	Low/Few/ Below Avg	Some/Avg - Above Avg	High/Plenty/ Excellent		Low/Few/ Below Avg	Some/Avg - Above Avg	High/Plenty/ Excellent	
Execution of skills (mistakes; finished skills)				Speed (consistent or building; connections)				
Positioning / body control				Synchronization / timing				
Height				Uniformity of technique				
Landings / control (feet together; chest up, stability, alignment feet/knees/shoulders)								
								Tumbling E