



# 2024-2025 TAG TRYOUT RUBRIC

Please read through the entire document with your child.

Below is a breakdown of the process for tryouts and what skills are considered advanced and Elite for each level. Athletes should select the two highest skills they can execute from the SAME LEVEL.

*\*If clarification is needed on any of the skills below, please reach out to us prior to the tryout clinics*

**Key:**

RO- Round Off      CW- Cartwheel      BWO- Back Walkover      BWR- Back roll  
 BHS- Back Handspring      FWO- Front Walkover      FHS- Front Handspring      PF- Punch Front

## 1. STANDING TUMBLING

Standing Tumbling	Advanced	Elite
Beginner	<ul style="list-style-type: none"> <li>- Forward Roll</li> <li>- Backward Roll</li> <li>- Cartwheel</li> <li>- Roundoff</li> </ul>	N/A
Level 1	<ul style="list-style-type: none"> <li>- Handstand Forward Roll</li> <li>- Back Walk Over</li> <li>- BWO-BWR-BWO</li> </ul>	<ul style="list-style-type: none"> <li>-BWO SERIES</li> <li>- Back Extension Roll</li> <li>- Back Walkover Switch Leg</li> <li>- Valdez</li> </ul>
Level 2	<ul style="list-style-type: none"> <li>- Back Extension Roll, BHS</li> <li>- BWO, BHS/BHS Stepout</li> </ul>	<ul style="list-style-type: none"> <li>- BWO, BHS Stepout, BWO</li> <li>- BWO Switch kick, BHS</li> <li>- BHS Stepout, BWO, BHS</li> <li>- Valdez, BHS/BHS Stepout</li> </ul>
Level 3	<ul style="list-style-type: none"> <li>- BHS Series (3)</li> <li>- Jump BHS Series</li> <li>- BHS Jump BHS</li> </ul>	<ul style="list-style-type: none"> <li>- BHS Series, Jump, BHS Series</li> <li>- Jump BHS Jump BHS</li> <li>- BHS Stepout, BHS/BHS Series</li> <li>- BWO, BHS, Jump BHS/BHS Series</li> </ul>
Level 4	<ul style="list-style-type: none"> <li>- BHS Series, Back Tuck</li> <li>- BHS Back Tuck</li> <li>- Standing Tuck</li> </ul>	<ul style="list-style-type: none"> <li>- Jump BHS Series, Back Tuck</li> <li>- Jump BHS Back Tuck</li> <li>- BWO Tuck</li> <li>- Cartwheel Tuck</li> </ul>
Level 5	<ul style="list-style-type: none"> <li>- Jump to tuck</li> <li>- BHS Layout</li> <li>- BHS whip tuck</li> </ul>	<ul style="list-style-type: none"> <li>- BHS-Whip-Tuck</li> <li>- BHS Layout</li> <li>-Jump BHS/BHS series layout</li> <li>- Jump-BHS-Whip-tuck</li> </ul>



## 2 .RUNNING TUMBLING

Running Tumble	Advanced	Elite
Level 1	<ul style="list-style-type: none"> <li>- Round Off</li> <li>- FWO/FWO Series</li> <li>- Cartwheel BWO</li> </ul>	<ul style="list-style-type: none"> <li>- Cartwheel BWO Series</li> <li>- FWO-Cartwheel/Round Off</li> <li>- FWO-CW-BWO/BWO Series</li> <li>-FWO-CW-BWO Switch kick</li> </ul>
Level 2	<ul style="list-style-type: none"> <li>- Round off-BHS Step out</li> <li>- CW BHS Series</li> <li>- RO-BHS Series</li> <li>- Front Hand spring</li> <li>- FWO-FHS</li> </ul>	<ul style="list-style-type: none"> <li>- Bounder/Flyspring</li> <li>- FWO-RO-BHS/BHS Series</li> <li>-CW-BHS-Stepout-BWO-BHS /BHS Series</li> <li>-RO-BHS Step out-BWO-BHS/BHS Series</li> </ul>
Level 3	<ul style="list-style-type: none"> <li>- Punch Front</li> <li>- Round Off- BHS-Tuck</li> <li>- Round Off- BHS Series- Tuck</li> </ul>	<ul style="list-style-type: none"> <li>- FWO Aerial</li> <li>-RO BHS Step out ½ turn RO to tuck</li> <li>-FWO-RO to tuck</li> <li>-Bounder/ Flyspring-RO to tuck</li> </ul>
Level 4	<ul style="list-style-type: none"> <li>- PF Step out to Aerial</li> <li>- Round Off- BHS-Tuck</li> <li>- Round Off- BHS Series- Tuck</li> <li>- PF-Step out-RO-to-tuck</li> </ul>	<ul style="list-style-type: none"> <li>- PF Step out to Aerial</li> <li>- Round Off- BHS-Tuck</li> <li>- Round Off- BHS Series- Tuck</li> <li>- PF-Step out-RO-to-tuck</li> </ul>
Level 5	<ul style="list-style-type: none"> <li>- RO BHS series Full</li> <li>- Round Off- arabian</li> </ul>	<ul style="list-style-type: none"> <li>- RO-BHS-Full</li> <li>- FWO-RO-full</li> <li>- RO-Whip-Full</li> <li>- PF Step out-RO to Full</li> </ul>



### 3. JUMPS

Jump(s)	Jump Requirement
Tiny / Mini	Toe Touch
Youth, JR, Senior	Hurdler, Toe ( connected)
Level 5	Jump Tuck

### Flying Positions

If your athlete wants to be considering for a flying position, we will ask them to showcase their body positions at tryouts on the ground/ stunt stand.

### Stamina

After the athlete showcases their individual skills, they will be asked to complete skills in a combination with other elements, to show a mastery of skill in a non stand alone scenario . (Level 2 and up)

Teams will be created looking at overall success, not just tumbling. Seventy-five percent of a team is required to complete tumbling passes, so athletes could be placed on a team as a “role player”, meaning that they may be out of their tumbling level but fulfill another role on a team.