



# Level 1

## Jumps 10

- Jumps score higher when athletes keep their chests up and bring their legs to their arm motion.
- Flexed feet. Focus on pointing toes.
- Keep legs straight in jumps.
- Lack of flexibility
- Height in jumps. too high or too low show weak jumps rather than highlight the strong jumpers.

## Standing Tumbling 5

- Highlight what your team can do, not what they cannot do.
- Focus on squeezing legs in roundoff.
- Timing in tumbling skills.
- Synchronized tumbling; the more you do, the more difficulty will be rewarded.
- Non-tumblers standing at the back of the mat.
- Incorporate skills like stunts at the back of the mat or motions/dance.

## Running Tumbling 5

- Highlight what your team can do, not what they cannot do.
- Focus on squeezing legs in roundoff.
- Timing in tumbling skills.
- Synchronized tumbling; the more you do, the more difficulty will be rewarded.
- Non-tumblers standing at the back of the mat.
- Incorporate skills like stunts at the back of the mat or motions/dance.

## Dance / Motions 5

- Lock out arm motions.
- Snap your motions into place.
- Make sure arms are not "loose" or "soft".
- Work on making motion placement uniform.
- Motions in the same place on the same count.
- Add formations
- Add level changes

## Technique 5

# TOTAL 30