RC Competes
2025 HSP JUMPS, TUMBLING & DANCE - SHOW

Total Team Members =

All categories are based on MAJORITY **50%** *or more of the team =*

DIFFICULTY	EXECUTION	TOTALS

JUMPS

BEGINNING = 1 pt.
- ☐ Single Jump

INTERMEDIATE = 2 pts.
- ☐ Double Toe Touch

ADVANCED = 3 pts.
- ☐ Two Consecutive with Variety

COMMENTS — **3**

☑ Checked Box Denotes Superior Performance
Boxes are only checked when skill was done in a superior way
- ☐ Form and Height
- ☐ Proper Technique
- ☐ Synchronization

4 | **7**

---

* Must do Running Tumbling AND Standing Tumbling to get your difficulty max.
** If you have skills from multiple levels, the highest point value will be awarded when the skill is at the same time and in the same phrase.

GROUP RUNNING TUMBLING

BEGINNING*** = 3 pts.
- ☐ Round Off with One or More Consecutive Tumbling Skills
- ☐ Two or More Consecutive Skills that start with a Running/Forward Motion *(see general rules for running tumbling definition)*

*** Back Handsprings NOT allowed in Beginning

INTERMEDIATE = 4 pts.
- ☐ Running Back Handspring
- ☐ Running Multiple Back Handsprings

ADVANCED = 5 pts.
- ☐ Round Off Tuck
- ☐ Running Tumbling into Tuck
- ☐ Running Tumbling into Layout
- ☐ Running Tumbling into Full
- ☐ Cartwheel into Tuck/Full

COMMENTS — **5**

EXECUTION

☑ Checked Box Denotes Superior Performance
Boxes are only checked when skill was done in a superior way
- ☐ Perfection of Skill
- ☐ Proper Form
- ☐ Proper Technique
- ☐ Synchronization

GROUP STANDING TUMBLING

BEGINNING = 3 pts.
- ☐ Cartwheels
- ☐ Walkovers

INTERMEDIATE = 4 pts.
- ☐ Back Handsprings

ADVANCED = 5 pts.
- ☐ Side Aerial
- ☐ Tuck
- ☐ Handsprings into Tuck
- ☐ Handsprings into Layout
- ☐ Handsprings into Full

COMMENTS — **5**

EXECUTION

☑ Checked Box Denotes Superior Performance
Boxes are only checked when skill was done in a superior way
- ☐ Perfection of Skill
- ☐ Proper Form
- ☐ Proper Technique
- ☐ Synchronization

8 | **18**

DANCE		
DANCE		
☐ Change of Pace		
☐ Creativity		
☐ Level Change and Two or More Formations		
	☑ Checked Box Denotes Superior Performance	
	☐ Body Placement	
	☐ Sharpness	
	☐ Synchronization	
	☐ Technique	
COMMENTS	**2**	**3** **5**

OVERALL	
OVERALL IMPRESSION OF JUMPS, TUMBLING & DANCE	
Routine goes above and beyond	
(Examples, but not limited too: Visuals, Using whole team of athletes vs majority, Using extra skills on top of majority difficulty skills, Use of specialty skills, exceptional athleticism, executes more skills than minimum required to max out difficulty score **using skills allowed in level entered**.)	
COMMENTS	
	5

* See GENERAL RULES for SHOWCASING information.		**Showcasing Deduction** (if applicable)	
Judge's Signature {Judge Name}	☐		
Tabulator's Initials {Tabulator Name}	☐	**SUB SCORE**	**0**
			35