

MAJOR LEAGUE JUMPS, TOSSES AND DANCE RUBRIC

BASKET TOSSES			
INTERMEDIATE			
RANGE	0 to 4 Low	5 to 8 Mid	8.5 to 10 High
PERCENTAGE PERFORMED	less than 10%	Less than 50%	50%
SKILLS PERFORMED	straight ride		
EXCEL			
RANGE	0 to 4 Low	5 to 8 Mid	8.5 to 10 High
PERCENTAGE PERFORMED	less than 10%	less than 50%	50%
SKILLS PERFORMED	straight ride	single skill without involving twisting	single skill involving twisting
ADVANCED			
RANGE	0 to 4 Low	5 to 8 Mid	8.5 to 10 High
PERCENTAGE PERFORMED	Less than 50%	50%	50%
SKILLS PERFORMED	1 or less skills with or without involving twists	2 skills Skills involving twisting will drive within the range.	2 skills
ELITE			
RANGE	0 to 4 Low	5 to 8 Mid	8.5 to 10 High
PERCENTAGE PERFORMED	Less than 50%	50%	50%
SKILLS PERFORMED	2 or less skills with or without involving twists	3 skills Skills involving single twisting	4 skills Skills involving double twisting

JUMP DIFFICULTY AND TECHNIQUE		
<i>(See participation grid for required number of athletes to perform the skill. If the participation grid requirement is not met, -1 point from the below scores.</i>		
Connected Jumps	Difficulty Score	Technique Range and Descriptions
3 or 2+1	10	8.5-10 - Excellent timing and tech
2	8.5	5-8 - Avg. timing and tech
1	7	0-4 - Below avg. timing & tech
IMPORTANT:		
<p>Major League Divisions: Jump sections will be counted and used to determine scores. The following jumps are allowed: toe touch, hurdler, herkie, pike and pike variations.</p> <p>Jump Technique - Scores will be based on the majority of the athletes performing the skills but obvious mistakes or timing issues will effect placement within the range.</p> <p>Connected Jumps will be considered as immediate back to back jumps performed with a whip approach.</p> <p>Beginner Level teams do NOT have to perform advanced jumps. Tuck jumps and spread eagle jumps will be considered as jumps for this grid.</p>		

DANCE SCORING/EXECUTION	
7 - 10	An obvious above average use of dance movement, correct and consistent motion placement with a stable use of transitional elements in relation to the age group. Creative and unique incorporation of transitional formations, partner work, group work, use of depth, a variation of levels, patterns and other pertinent dance elements (such as pace and energy) are consistently shown throughout the section.
3.5 - 6.5	An average use of dance movement, motion placement and stable use of transitional elements in relation to the age group. Creative and unique incorporation of transitional formations, partner work, group work, use of depth, a variation of levels, patterns and other pertinent dance elements (such as pace and energy) could benefit from additional attention.
0 - 3	Low levels of dance movement, motion placement and transitional elements in relation to the age group. Creative and unique incorporation of transitional formations, partner work, group work, use of depth, a variation of levels, patterns and other pertinent dance elements (such as pace and energy) needs considerable attention.

RANGE & SCALE BREAKDOWN	
<i>15 Point Range / .5 pt scale</i>	
High	10 to 15
Med	4.5 to 9.5
Low	0 to 4.0
<i>10 Point Range / .5 pt scale</i>	
High	7.0 to 10
Med	3.5 to 6.5
Low	0 to 3.0

Updated Aug 2020