



2026-27 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 2-3 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"> - Forward Roll - Backward Roll - Cartwheel - Roundoff 	N/A
Level 1	<ul style="list-style-type: none"> - Handstand Forward Roll - Back Walk Over - BWO-BWR-BWO 	<ul style="list-style-type: none"> -BWO SERIES - Back Extension Roll - Back Walkover Switch Leg - Valdez
Level 2	<ul style="list-style-type: none"> - Back Extension Roll, BHS - BWO, BHS/BHS Stepout -Valdez-BWO-BHS 	<ul style="list-style-type: none"> - BWO, BHS Stepout, BWO - BWO Switch kick, BHS - BHS Stepout, BWO, BHS - Valdez, BHS/BHS Stepout
Level 3	<ul style="list-style-type: none"> - BHS Series (3) - Jump BHS Series - BHS Jump BHS - BWO-BHS Series 	<ul style="list-style-type: none"> - BHS Series, Jump, BHS Series - Jump BHS Jump BHS - BHS Stepout, BHS/BHS Series - BWO, BHS, Jump BHS/BHS Series
Level 4	<ul style="list-style-type: none"> - BHS Series, Back Tuck - BHS Back Tuck - Standing Tuck - BWO-tuck 	<ul style="list-style-type: none"> - Jump BHS Series, Back Tuck - Jump BHS Back Tuck - BHS/SO- Tuck
Level 5	<ul style="list-style-type: none"> - Jump to tuck - BHS series Layout - BHS whip tuck 	<ul style="list-style-type: none"> - BHS-Whip-Tuck - BHS Layout - Jump BHS/BHS series layout
Level 6	<ul style="list-style-type: none"> -BHS SERIES - FULL -ADVANCED JUMP - BHS SERIES - FULL 	<ul style="list-style-type: none"> -BHS - FULL -ADVANCED JUMP - BHS - FULL



	<ul style="list-style-type: none">-BHS - WHIP - BHS SERIES - FULL-BHS SERIES - WHIP - FULL-BHS - WHIP - TO - FULL	<ul style="list-style-type: none">-STANDING FULL-ADVANCED JUMP - FULL-BHS - WHIP - FULL-ADVANCED JUMP - BHS - WHIP - FULL-BHS SERIES - DOUBLE FULL
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2 .RUNNING TUMBLING

Running Tumble	Advanced	Elite
Level 1	<ul style="list-style-type: none"> - Round Off - FWO/FWO Series - Cartwheel BWO 	<ul style="list-style-type: none"> - Cartwheel BWO Series - FWO-Cartwheel/Round Off - FWO-CW-BWO/BWO Series -FWO-CW-BWO Switch kick
Level 2	<ul style="list-style-type: none"> - Round off-BHS Step out - CW BHS Series - RO-BHS Series - Front Hand spring - FWO-FHS 	<ul style="list-style-type: none"> - Bounder/Flyspring - FWO-RO-BHS/BHS Series -CW-BHS-Stepout-BWO-BHS /BHS Series -RO-BHS Step out-BWO-BHS/BHS Series -Ro-BHS series
Level 3	<ul style="list-style-type: none"> - Punch Front - Round Off- BHS Series- Tuck 	<ul style="list-style-type: none"> - FWO Aerial - RO-BHS-Tuck -RO BHS Step out ½ turn RO to tuck -FWO-RO to tuck -Bounder/ Flyspring-RO to tuck
Level 4	<ul style="list-style-type: none"> - PF Step out to Aerial - Round Off- whip-tuck - Round Off- BHS Series-Layout - PF-Step out-RO-to-tuck 	<ul style="list-style-type: none"> - RO-BHS-Layout - FWO-RO-NHS-Layout - PF-Step out-RO-to-layout
Level 5	<ul style="list-style-type: none"> - RO BHS series Full - Round Off- arabian 	<ul style="list-style-type: none"> - RO-BHS-Full - FWO-RO-full - RO-Whip-Full - PF Step out-RO to Full
Level 6	<p>RO - BHS - KICK FULL / FULL STEP OUT</p> <p>PF STEP OUT- TO - FULL</p> <p>RO - WHIP - FULL</p> <p>RO - TO - WHIP - TO - FULL</p> <p>1.5 TWISTING FRONT LAYOUT</p>	<p>RO - ARABIAN/HALF STEP OUT</p> <p>- RO - TO - FULL</p> <p>RO - ARABIAN/HALF STEP OUT</p> <p>- RO - TO - FULL</p> <p>FRONT HANDSPRING - FRONT FULL</p> <p>FRONT HANDSPRING - PF - RO - TO - FULL</p> <p>RO - BHS - FULL - TO - FULL</p> <p>RO - TO - FULL - FULL</p> <p>RO - TO - 1.5 STEP OUT- TO - FULL</p>



		1.5 TWISTING FRONT LAYOUT - TO - FULL / DOUBLE FULL RO - DOUBLE FULL RO - TO - DOUBLE FULL FWO - TO - DOUBLE FULL PF STEP OUT - TO - DOUBLE FULL
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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. They are also required to attend flex and flight class.

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.