



Cheer Extreme Tryout Requirements – May 2019

Your child/athlete will be asked to show 2 standing and 2 running passes for tryouts (in addition to being able to stunt that level). Coaches may ask athletes to throw an additional skill if needed based on potential choreography goals. The execution of the skills being performed must be clean and precise to count. Tumbling will be judged based on Varsity scoring system and the “drivers” used for technique scores.

DRIVERS:

Speed/Body Control/Approach/Landings/Timing

Stunt positions and tumble positions are offered on each team, so certain exceptions apply.

TINY NOVICE

Participants will be asked to perform any of these skills: Forward Roll and Cartwheel

Ages 4-6 as of Aug 31, 2019

LEVEL 1

Participants will be asked to perform any of these skills: Cartwheels, Round- Offs, Back-Walkovers

Ages 5-18 as of Aug 31, 2019

LEVEL 2

Participants will be asked to perform all of these skills with GREAT EXECUTION & TECHNIQUE:

1. Back Handspring
2. Back Walkover Back Handspring
3. Round Off 2 Back Handsprings
4. Running Specialty Pass to 2 Back Handsprings

Ages 6-18 as of Aug 31, 2019

LEVEL 3

Participants will be asked to perform all of these skills with GREAT EXECUTION & TECHNIQUE:

1. Toe Touch 2 Back Handsprings
2. Standing 3 Back Handsprings
3. Round Off Back Handspring Tuck
4. Running Specialty Pass to Back Tuck

Ages 7-18 as of Aug 31, 2019

LEVEL 4

Participants will be asked to perform all of these skills with GREAT EXECUTION & TECHNIQUE:

1. Toe Touch Back Handspring Back Tuck
2. Standing Tuck
3. Round Off Back Handspring Back Layout
4. Running Specialty Pass to Layout

Ages 9-18 as of Aug 31, 2019

LEVEL 5

Participants will be asked to perform all of these skills with GREAT EXECUTION & TECHNIQUE:

1. Toe Touch Back Tuck
2. Standing Back Handspring Whip Back Handspring to Layout
3. Standing 2 Back Handsprings to Layout
4. Round Off Back Handspring Full

Ages 9-18 as of Aug 31, 2019