



Name: \_\_\_\_\_

## Evaluation For Advancement:

### FLOOR

- |   |        |
|---|--------|
| 1. Jump Full Turn Stick                     | Score: |
| 2. Forward roll to stand                    | Score: |
| 3. Forward Straddle roll                    | Score: |
| 4. Backward roll - down incline to feet     | Score: |
| 5. Back Bend -Touch to Resi - Back to Stand | Score: |
| 6. Bridge - 5 counts                        | Score: |
| 7. Lunge - Handstand - Lunge                | Score: |
| 8. Cartwheel                                | Score: |

### BARS

- |   |        |
|---|--------|
| 1. Jump to Front Support                  | Score: |
| 2. Cast, Pushaway Dismount, 5 times       | Score: |
| 3. Small Casts, 5 times                   | Score: |
| 4. Straddle Hang, 5 counts                | Score: |
| 5. Pike Hang, 5 counts                    | Score: |
| 6. Tuck Hang, 5 counts                    | Score: |
| 7. Chin Up Hold, 5 counts                 | Score: |
| 8. Forward roll over bar                  | Score: |
| 9. Chin Up Kick Ups, chin stays above bar | Score: |

### LOW BEAM

- |                          |        |
|--------------------------|--------|
| 1. Safety Roll           | Score: |
| 2. Walk Forward          | Score: |
| 3. Walk Sideways         | Score: |
| 4. Walk Backward         | Score: |
| 5. Stretch Jump          | Score: |
| 6. Stretch Jump Dismount | Score: |
| 7. Toe Raises, 10        | Score: |

### SCORING SYSTEM:

1. Needs some work
2. Completed skill with a little spot
3. Completed skill with no spot



**GIRLS BASIC**



## Evaluation For Advancement:

### HIGH BEAM

- |   |        |
|---|--------|
| 1. Straddle Mount, toes behind, push to knees and stand | Score: |
| 2. Walk Forward   | Score: |
| 3. Walk Sideways  | Score: |
| 4. Baby Scale/Arabesque, 3 seconds                      | Score: |

### VAULT

- |                              |        |
|------------------------------|--------|
| 1. Correct approach to board | Score: |
| 2. Stretch Jump              | Score: |
| 3. Tuck Jump                 | Score: |
| 4. Straddle Jump             | Score: |
| 5. Jump 1/2 turn             | Score: |

## Instructor Comments:



GIRLS BASIC

