

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

## Evaluation For Advancement:

### FLOOR

- |                                           |        |
|-------------------------------------------|--------|
| 1. 1/2 turn on toe                        | Score: |
| 2. Candlestick                            | Score: |
| 3. Step Leap                              | Score: |
| 4. Forward Roll Stretch Jumps             | Score: |
| 5. Straddle Rolls, 3 in a row             | Score: |
| 6. Backward Roll on Floor                 | Score: |
| 7. Handstand, 5 counts                    | Score: |
| 8. Backbend up to 8 in. mat               | Score: |
| 9. Kickover down Incline, or 8 in. mat    | Score: |
| 10. Running Cartwheel                     | Score: |
| 11. 2 Cartwheels in a row                 | Score: |
| 12. Cartwheel to handstand, straddle down | Score: |
| 13. Round Off off panel mat               | Score: |

### BARS

- |                                               |        |
|-----------------------------------------------|--------|
| 1. Casts *close to horizontal*, 5 times       | Score: |
| 2. Jump to Straddle Swing from floor          | Score: |
| 3. Jump to Straddle Swing Dismount from floor | Score: |
| 4. Forward roll to L-Sit                      | Score: |
| 5. Step Kick Pullover, light spot             | Score: |
| 6. Back Hip Circle, spot                      | Score: |
| 7. L' Swings, 2 in a row                      | Score: |
| 8. Swing hops, 5 times                        | Score: |

### SCORING SYSTEM:

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



GIRLS BEGINNER

## Evaluation For Advancement:

### LOW BEAM

- |                                     |        |
|-------------------------------------|--------|
| 1. Safety Roll                      | Score: |
| 2. Candle Stand (3 seconds)         | Score: |
| 3. Tuck Jumps                       | Score: |
| 4. Pivot Turns                      | Score: |
| 5. Cartwheel to handstand with spot | Score: |

### HIGH BEAM

- |                       |        |
|-----------------------|--------|
| 1. Leg Kicks          | Score: |
| 2. Stretch Jump       | Score: |
| 3. Scale (5 seconds)  | Score: |
| 4. Tuck Jump Dismount | Score: |

### VAULT

- |                                          |        |
|------------------------------------------|--------|
| 1. Board Drills Review Beginner 1 Drills | Score: |
| 2. Block                                 | Score: |
| 3. Jump to stand                         | Score: |
| 4. Squat On                              | Score: |
| 5. Straddle On                           | Score: |
| 6. Dive Roll down incline                | Score: |

## Instructor Comments:



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