



Name: _____

Evaluation For Advancement:

FLOOR

1. Full Turns on 1 Foot	Score:
2. Run Split Leap	Score:
3. Split Jumps	Score:
4. Back Pike Roll	Score:
5. Kick to Handstand, 7 counts	Score:
6. Handstand Forward Roll	Score:
7. Handstand to Bridge	Score:
8. Backbend, on 4" and on floor	Score:
9. Kickover on Floor	Score:
10. Forward Roll, stepout to Cartwheel	Score:

BARS

1. Magic Position	Score:
2. Leg Lifts, 3	Score:
3. Chin to Bar, 8 counts	Score:
4. Pullover, 3 casts, forward roll to L-sit	Score:
5. Back Hip Circle	Score:
6. Single leg swing up	Score:
7. Jump Straddle and Pike swing off, from block	Score:

FLOOR BEAM

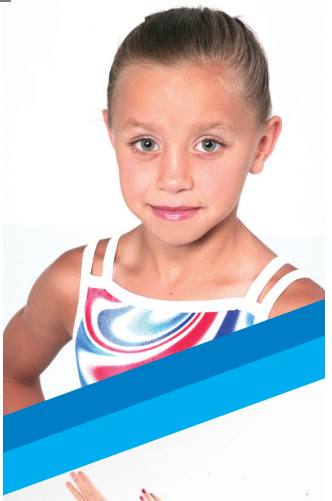
1. Cross Handstand, Hands together, facing beam	Score:
2. Cartwheel	Score:

SCORING SYSTEM:

- Needs some work
- Completed skill with a little spot
- Completed skill with no spot



GIRLS INTERMEDIATE



Evaluation For Advancement:

HIGH BEAM

1. Safety Roll	Score:
2. V-Sit arms in a T	Score:
3. 1 Foot Raises, 3 each side	Score:
4. Scale/Arabesque, 5 counts	Score:
5. Straddle Mount to step out and stand	Score:
6. Cartwheel to Handstand, 2 counts	Score:
7. Stretch Jump	Score:
8. Tuck Jumps	Score:
9. Tuck Jump Dismount	Score:

VAULT

Block	
1. Squat on Jump off stick	Score:
2. Straddle on Jump off stick	Score:
3. Jump to handstand, spot	Score:
Resi Mat	
4. Jump to Straddle Stand	Score:
5. Jump Roll	Score:
6. Jump to Handstand fall straight body, spot	Score:

Instructor Comments:



GIRLS INTERMEDIATE