

# Tryouts Checklist

The following list of skills and point values is used by the coaching staff to understand what aspects of the Gymnastics team each individual is suited for and compare them to like individuals. Demonstration of skills is important, but the coaching staff also values a positive attitude, teachability, working smoothly with others. The best thing a person can do in tryouts is to perform the skills they already know and work to learn a few new skills. We do not expect any athlete to be strong in all categories. Recognize your strengths, and think about the roles you could best fit on the team. The most common roles on the team include bases, tops, flyers, middles, and tumblers. Work hard, be friendly, and stay safe! –AU Gymnastics

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## Balance

### Handstand

- 1 = 60 seconds against the wall
- 2 = 15 seconds free
- 3 = 30 seconds free
- 4 = 45 seconds free
- 5 = 60 seconds free
- + 1 pt for not moving hands

### Press Handstand

- 1 = Handstand walk 20ft
- 2 = Press on chair
- 3 = Tip up press
- 4 = Straight-arm-straight-leg press
- 5 = From L-sit

## Flexibility

### Left Split

- 1 = Almost down 1-3 inches
- 2 = Down forced
- 3 = Down no stress
- 4 = 6" over split

### Right Split

- 1 = Almost down 1-3 inches
- 2 = Down forced
- 3 = Down no stress
- 4 = 6" over split

### Straddle/Pancake

- 1 = Head on floor
- 2 = Chest on floor
- 3 = Belly down /6" over split
- 4 = Belly down, legs at 180 degrees

### Backbend/Walkovers

- 1 = Down and up
- 2 = Down and up w/ feet together
- 3 = Front or back walkover
- 4 = Front and back walkover

## Pairs & Stunting

### 180 Mount

- 1 = To low turn at shoulders
- 2 = To low turns at eyes
- 3 = To low press to high
- 4 = Straight to high
- 5 = Straight to high w/ knee bend

### Toss to Hands

- 1 = Assisted toss to low
- 2 = Assisted toss to high
- 3 = Toss to hands
- 4 = Toss to hands press to high
- 5 = Toss to high

### Hand-to-hand

- 1 = Low, hold 5 seconds
- 2 = Tuck or pike through dismount
- 3 = Push to high
- 4 = Pop to high
- 5 = Press at high

## Tumbling

### Cartwheel/Roundoff

- 1 = Straight cartwheel (legs straight, toes pointed)
- 2 = Straight roundoff (fair form)
- 3 = Straight roundoff (reach, rebound)
- 4 = Aerial

### Standing Back Handspring

- 1 = On tramp
- 2 = On tumble track
- 3 = On rod floor
- 4 = On main floor
- 5 = On main floor from snap down

### Standing Back Tuck

- 1 = On tumble track
- 2 = On pit or landing pad
- 3 = On main floor
- 4 = On main floor (chest height+)
- +1 land in circle

### Front Tuck

- 1 = On tumble track or mini tramp
- 2 = On rod floor
- 3 = On main floor

### Advanced Tumbling Passes

- 1 = RO BH BT
- 2 = RO BH BH BH
- 3 = RO BH layout
- 4 = RO BH whip BH BT
- +1 point if you add front flip and/or full twist

## Trampoline

### Front Rotation

- 1 = Front Tuck
- 2 = Front Pike
- 3 = Front Bird

### Back Rotation

- 1 = Back Tuck
- 2 = Back Pike
- 3 = Tuck open/X-out
- 4 = Pike open/pike split
- 5 = Back double tuck

### Layout

- 1 = Arched, legs straight
- 2 = Straight, pike or tuck through
- 3 = Straight
- 4 = Full twisting layout
- 5 = Double full

## Acro Moves

### Two High

- 1 = Pop mount
- 2 = Pop mount land two feet, chest up
- 3 = Front mount
- 4 = Front mount land with chest up
- 5 = Pop mount to tuck hold

### Elevators

- 1 = Fast not to counts
- 2 = Faster not to counts
- 3 = Fast
- 4 = Faster
- 5 = Faster w/Lib

### +1 for each of the following

- \_\_\_ 3-high top
- \_\_\_ 3-high middle
- \_\_\_ 3-high base
- \_\_\_ Butterfly middle
- \_\_\_ Butterfly base
- \_\_\_ High Bird
- \_\_\_ One-arm Star
- \_\_\_ High Arm-to-arm
- \_\_\_ Full Down
- \_\_\_ Double Full Down
- \_\_\_ Retake Back Tuck