

2022-2023 SKILL EVALUATION FORM
FILL OUT THIS FORM AND BRING IT WITH YOU TO SKILL EVALUATION

CHEERLEADER NAME: _____

CHEERLEADER BIRTH DATE: _____ CURRENT AGE _____

POSITION: (Circle all that apply)

BACK SPOT

BASE

FLYER

Based on the 2022-2023 United Scoring System, these are the tumbling skills that your child may perform at tryouts: broken down by level.

STANDING TUMBLING		
BWO = Back walkover FWO = Front Walkover CW = Cartwheel BHS = Back Hand Spring		
PRE-LEVEL 1 Forward Roll Handstand Bridge Up Standing Backbend (kickover)	LEVEL 1 BWO FWO Back Extension Roll Back Walkover Switch Leg Valdez	LEVEL 2 BWO - Switch Leg - BHS BHS Step out- BWO - BHS Valdez - BHS
LEVEL 3 BHS Series - JUmP - BHS Series Jump BHS - Jump BHS BHS Step Out - BWO - BHS Series BWO - BHS - Jump - BHS Series	LEVEL 4 Jump - BHS Series - Tuck BWO - Tuck	

JUDGES BOX: DO NOT FILL OUT _____

TECHNIQUE	NOVICE	PREP	ELITE
STANDING TUMBLING			
RUNNING TUMBLING			
JUMP - TOE TOUCH			
JUMP - PIKE			

RUNNING TUMBLING

BWO = Back walkover
 FWO = Front Walkover
 CW = Cartwheel
 BHS = Back Hand Spring
 RO = Round off
 LO = Layout

PRE-LEVEL 1 Cartwheel Round off	LEVEL 1 CW - BWO FWO - CW FWO - CW - BWO	LEVEL 2 Bounder - Front Handspring Front Handspring FWO - RO - BHS Series RO - BHS Step Out - BWO - BHS Series
LEVEL 3 FWO - Aerial RO - BHS Step Out - ½ Turn - RO - BHS - Tuck FWO - RO - BHS - Tuck Bounder - RO - BHS - Tuck	LEVEL 4 Punch Front - Step Out - RO - BHS - LO RO - Whip - BHS - Tuck	

JUDGES BOX: DO NOT FILL OUT _____

FLEXIBILITY	BEGINNER	INTERMEDIATE	ADVANCED	ELITE
RIGHT SPLIT				
LEFT SPLIT				
CENTER SPLIT				

STRENGTH	
PUSH UPS = 1 MIN	
SIT UPS = 1 MIN	
10 CANDLE STICK JUMPS	
10 BURPEES	