



# TRYOUT REQUIREMENTS

## 2019-2020

Tryouts provide an opportunity for athletes to showcase their new skills, but team assignment is mostly based on the day in and day out work ethic, commitment to perfection, and degree of development throughout the entire previous season. Throwing a skill at tryouts is not as important as a consistent demonstration of hard work, dedication, and desire to master skills on a daily basis.

Athletes new to the gym are given opportunity to demonstrate all their current skills. We also speak with new athletes, their parents and possibly past coaches to determine the best level and program fit.

Athletes are grouped with other athletes similar in ability to form teams according to the level requirements set forth by Cheer Canada and the IASF (International All-Star Federation). This season all athletes will be assigned training groups for the summer and team reassignments will occur in September based on progress and commitment. Staff will meet to assess the development and commitment of individual athletes as well as discuss the needs of each team. Cheer Empire staff reserves the right to move athletes up or down levels, split teams, combine teams, etc. at this time, or any time during the season. In some cases entire team levels and divisions will not be determined until after summer training has occurred. We want to do our best to set our athletes up for success.

Athletes should have the necessary tumbling skills with an excellent level of technique. There are also other factors that must be considered when assigning athletes to teams. We look for athletes who are well rounded in all areas for their level. We find that many of our young athletes have advanced tumbling skills, but moving up to stunt could be dangerous or counter productive to them or to others. Age, position, and maturity are all taken into consideration. Attendance history, leadership skills, performance ability, competition run consistency are other important factors in assigning athletes to teams.

Age cut off for All-Star is August 31, 2019. International divisions cut off is year of event.

# TUMBLING REQUIREMENTS 2019-2020

## Level 1

### Entry Level 1 (required to register for tryout)

- Forward Roll
- Cartwheel
- Round-off (RO)
- Back Walkover (BWO)

### Elite/Competitive Level 1 (recommended)

- Front Walkover (FWO)
- Back Extension Roll
- Switch Kick BWO
- Double BWO
- Double FWO
- Cartwheel BWO
- FWO Cartwheel
- FWO RO rebound half turn cartwheel BWO BWO

## Level 2

### Entry Level 2 (required to register for tryout)

- Standing Back Handspring (BHS)
- BWO BHS
- Cartwheel BHS
- RO BHS
- RO multiple BHS

### Elite/Competitive Level 2 (recommended)

- T-jump BHS
- BHS step-out BWO BHS
- FWO RO BHS(s)
- BWO BHS step-out half turn FWO RO BHS BHS
- FWO RO BHS rebound half turn RO BHS BHS

## Level 3

### Entry Level 3 (required to register for tryout)

- Jump BHS
- Standing 3x BHS
- Front Tuck (FT)
- RO Back Tuck (BT)
- RO BHS BT
- FWO RO BHS BT

### Elite/Competitive Level 3 (recommended)

- FT hurdle RO BHS BT
- FWO RO BHS BT
- 4 jumps to double BHS
- Jump BHS step-out RO BT

## Level 4

### Entry Level 4 (required to register for tryout)

- Standing Back Tuck
- BHS BHS BT
- Jump BHS BHS Tuck
- RO BHS Layout (LO)
- RO LO

### Elite/Competitive Level 4 (recommended)

- BHS BT BHS BHS BT
- FWO RO BHS LO
- RO BHS LO step-out
- Standing BT BHS BT
- Front handspring front tuck
- FT step-out RO BHS LO
- Jump BHS whip BHS LO RO BHS whip through to LO

## Senior 2.0

- Age 12-18
- No tumbling required
- Level 1 or school team stunting experience required

## Open 6.0/7.0

- Age 17+
- No tumbling required
- Elite Stunting (Level 3+) experience is necessary
- We will be offering an Open 3.0 for those with level ½ stunting experience. This will start in September.

## Level 5

### Entry Level 5 (required to register for tryout)

- Toe touch back tuck
- Hyperextended toe touch
- BHS BHS Layout
- RO BHS Full

### Elite/Competitive Level 5 (recommended)

- PF RO BHS Full
- 3 jumps to tuck
- BHS BHS Full
  
- Bases must have impeccable stunt technique
- Flyers must be able to double down from one leg.
- Kick double basket
- Hyper extended body positions required.  
Recommend bow and arrow, extended scorp, needle

## Level 6/7

- Age 17 + year of worlds

### Entry Level 6/7 (required to register for tryout)

- Roundoff Hand Layout
- BHS BHS Layout
- Hyperextended toe touch

### Elite/Competitive Level 6/7 (recommended)

- Round off hand full
- Two to Full
- Triple Jump to tuck
- One specialty pass:
  - Double full
  - Punch front to full
  - Arabian to full
  - Whip to Full
  
- Bases must have impeccable stunt technique with full grown flyers at level 4, 5 or 6
- Flyers must be able to double down from one leg.
- Kick double basket, rotational tosses

Hyper extended body positions required. Recommend bow and arrow, extended scorp, needle