



All-Star Cheer Video Tryout Submission Requirements:

Jumps:

Two connected advanced jumps of your choice
(advanced jumps include: toe touch, pike, right/left side, right left front)

Dance:

4 eight count dance learned from the video linked below

Tumbling:

If you have a safe space to perform **perfected** tumbling skills you may do so **at your own risk** but this is not a requirement as not everyone has the space to do so. If you cannot tumble in the space you have you may tell us your skills in the video. Keep in mind if you are verbally telling us your skills instead of showing us then you need to make sure that you 100% have those skills right now! These skills are what help us determine the level team you are placed on.

- Your best standing tumbling
- Your best running tumbling pass
- If you have a jump to tumbling skill

Flyers Body Positions:

If you are a flyer you may also video your body positions on the floor or if you have a stunt step you can use that as well.

(body positions include: heal stretch, bow, arabesque, scorpion, scale)

If you would like to be considered for the level 6 worlds team please include any additional videos into your tryout submission that include any tumbling and or jump sequences you may not have the space to do at home. You may also include any videos of you stunting (flying, basing, backing, etc.) All the videos may be old videos from other teams, etc.. however you must still be able to fulfill these skills. Worlds levels are extremely competitive and there are age requirements of 13-18 years old for senior level worlds teams per USASF

Tumbling Level Information:

****These skills aren't required but are encouraged and higher tumbling skills give you the ability to be placed on higher level teams****

Level 1 Tumbling Skills:

- Back walkover
- Back walkover switch
- Front walkover
- Cartwheel
- Roundoff
- Cartwheel with connected back walkover, etc.

Example:

<https://www.youtube.com/watch?v=DTqui8N9EN8>

Level 2 Tumbling Skills:

- All level one skills
- Dive Roll
- Back handspring
- Back handspring step out
- Roundoff back handspring

Example:

<https://www.youtube.com/watch?v=Wo2J2N0qHPE>

Level 6 Worlds Team Tumbling Skills:

- Jumps to standing back tuck
- Standing full
- Standing two back handsprings to full or double full
- Running round off handspring through to full or double full

Example:

<https://www.youtube.com/watch?v=hlgVG6Cvq4M>

Tryout Video Format:

NOTE: your video can include videos from the past **however** you should only include the videos if you can fulfill those skills now! This is important for placements on the correct level! You should submit **one** video, that video can be edited together it does not have to be one continuous filmed video. The order of the video should be as follows.

-Short introduction:

name, age, a fun fact about you

-Jumps/jumps to tumbling skill

-Standing tumbling (or verbal skills)

-Running tumbling (or verbal skills)

-4 eight counts of the dance you learned

-Videos of you stunting or Body positions (not required)