

TRAINING TEAM EVALUATIONS

Event	✓	Skill			
Vault		Accelerating Run	Elbows at 90 degrees	Speeds Up	Runs straight
		Handstand to Tree Fall	Straight Arms	Chest/Belly In	Lands flat
		Hurdle, punch off board	Long hurdle	Arms down on board	Arms lift into punch
		Straight jump onto 8" mat	No lean on board	Doesn't slow at board	Legs together

Event	✓	Skill			
Bars		3 casts in a row	Straight Arms	Straight Legs	Hollow back
		Two foot pullover	Straight Legs	No jump/kick	
		Chin hang	Chin above bar	Legs straight	Hold 3 sec
		L-hang	Straight legs	Legs at horizontal	Hold 3 sec
		Back Hip Circle	Straight Legs	Continuous motion	

Event	✓	Skill			
Beam		Walk on HB alone	Confident	Straight Back	
		Cartwheel side handstand dismount	Arms by ears	Vertical handstand	
		Straight Jump on high beam	Push through feet	Chest tall	Arms lift and press
		Pike HS (hands on floor)	Hold 10 s	Ribs in	Head in
		Partial handstand	Low beam	Arms by ears	Show control
		Pivot turn on low beam	Releve with flat knees	Strong core support	Arms optional

Event	✓	Skill			
Floor		Lunge kick to HS	Attain vertical	Land in a lunge	Straight arms
		Forward and Backward Rolls	Lands on feet	Rounded back	Head protected
		Cartwheel	Passed thru vertical	Straight legs	Lands in a lunge
		Backbend Kickover	Control to bridge	Land in lunge	Arms straight
		Straight Jump	Push thru feet	Straight legs	Chest tall
		10 Push-ups	Flat hips	Belly off the floor	