

Athlete #: _____

Gymnastics Team Evaluations

Compulsory Level 1

NOTES:

Vault:

- Straight jump
- Handstand flat back

Bars:

- Pull Over
- Back hip Circle
- Cast (Hollow Body)
- Dismount: Straddle on, sole circle or Under-swing

Beam

- Mount- L position
- Arabesque
- Lever to T
- Stretch Jump
- Dismount: knee to side handstand

Floor

- Handstand
- Forward Roll
- Backward Roll
- Cartwheel
- Candlestick
- Split Jump

Conditioning and Flex

- 10 second chin hold actual time: ____
- 20 second hollow body hold actual time: ____
- 3 (real) Push-ups
- 1 pull-up
- Pike (touch Wall)