A. Physical Fitness
1. Pull-ups
2. Curl-ups in one minute
3. Mile Run
4. Splits and/or pancake
5. Handstands for time
6. 10 Push-ups (form)
7. Headstands sequence (tripod, up, straddle, stag, roll)

B. Rhythms
1. Perform an exercise routine to music (this will be taught the first 2 days of tryouts)

C. Tumbling
1. Front walkover
2. Back walkover
3. Front handspring
4. Back handspring
5. Hand-walking for distance
6. Bonus Points – Aerial Moves

D. Jump Rope – (Individual Rope)
1. 30 second speed test
2. Double Unders
3. Perform a jump rope routine composed by the student (routines should not exceed 30 seconds)
   Routines will be judged on difficulty, form and the number of misses.

E. Double Dutch
Two attempts scored on a 4-point basis:
1 point – enter clean
2 points – enter clean and jump five times
3 points – enter, five jumps, and exit or enter, five double dutch steps, no exit
4 points – enter, 5 double dutch steps, exit clean
Students will have two attempts to perform optional double dutch steps:

<table>
<thead>
<tr>
<th>One point skills</th>
<th>Two point skills</th>
<th>Three point skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turn around on one-foot</td>
<td>Straddle Jump</td>
<td>Short jump rope solo inside</td>
</tr>
<tr>
<td>Straddle crosses</td>
<td>Can-can steps</td>
<td>Tumble into the ropes</td>
</tr>
<tr>
<td>High Steps</td>
<td>Full turn</td>
<td>Push-ups</td>
</tr>
<tr>
<td></td>
<td>Cossack Step</td>
<td>Juggle inside ropes</td>
</tr>
</tbody>
</table>

F. Circus Skills

Unicycles:
2 points – Ride 15 feet
2 points – Figure 8
3 points – Floor Mount
3 points – idling/rocking 10 times

-Bonus points will be awarded for a unicycle routine incorporating higher-level skills (various mounts, bunny hops, backward riding, one-foot idling, one-foot riding etc.)

Juggling:
Perform a routine consisting of 4 or more skills using scarves, bean bags, and/or balls

Flower Sticks:
Perform a routine consisting of 4 or more skills

Diablo:
Perform a routine consisting of 4 or more skills