

Kinder - 6 yrs

TINY COMPANY REQUIREMENTS

*Right unless specified

FLEXIBILITY

RIGHT SPLIT

LEFT SPLIT

MIDDLE SPLIT

TILT EXTENSION HOLD

NEEDLE

TOE RISE

URNS

CHAIINE TURN

SINGLE PIROUETTE

DOUBLE PIROUETTE

LEAPS

JUMP LEAP

TOE TOUCH

TILT JUMP

CHASSE STEP SURPRISE LEAP

ACRO

FRONT WALKOVER

BACK WALKOVER

7 - 9 years old

MINI COMPANY REQUIREMENTS

*Right unless specified

FLEXIBILITY

RIGHT SPLIT

LEFT SPLIT

MIDDLE SPLIT

TILT EXTENSION HOLD

NEEDLE (BOTH SIDES)

TOE RISE

TURNS

DOUBLE PIROUETTE

2 FOUETTES INTO DOUBLE PIROUETTE

LEAPS

JUMP LEAP

PREP CAPEZIO

TOE TOUCH

C JUMP

TILT JUMP

CHASSE STEP SURPRISE LEAP

ACRO

FRONT WALKOVER

BACK WALKOVER

TOE RISE BACKBEND WALKOVER

HEADSPRINGS

HAND SPRINGS

7 - 9 YEARS OLD

MINI ELITE REQUIREMENTS

*Right unless specified

*Auditions will consist of a combination of any of the following

FLEXIBILITY

RIGHT SPLIT

LEFT SPLIT

MIDDLE SPLIT

TILT EXTENSION HOLD

NEEDLE (BOTH SIDES)

TOE RISE

AEROBESQUE

BATTEMENT EXTENSION HOLD

SCORPION

TURNS

4 FOUETTES INTO DOUBLE

TRIPLE PIROUETTE

QUAD PIROUETTE

DIRECTIONAL FOUETTES

INSIDE CATCH TURN

DOUBLE PIROUETTE LEAP OUT

LEAPS

PREP CAPEZIO

TOE TOUCH

TILT JUMP

SECOND LEAP

CIRCULAR DISC

SWITCH TILT

ACRO

FRONT WALKOVER

BACK WALKOVER

TOE RISE BACKBEND WALKOVER

HEADSPRINGS

AERIAL (PREFERRED SIDE)

FRONT HAND SPRINGS

10 - 12 years old
YOUTH COMPANY REQUIREMENTS

*Right unless specified

FLEXIBILITY

RIGHT SPLIT

LEFT SPLIT

MIDDLE SPLIT

TILT EXTENSION HOLD

NEEDLE (BOTH SIDES)

AEROBESQUE

TOE RISE

TURNS

TRIPLE PIROUETTE

4 FOUETTES INTO A

DOUBLE PIROUETTE

DOUBLE PIROUETTE LEAP OUT

DOUBLE COUPE PIROUETTE

DOUBLE DEGAGE PIROUETTE

LEAPS

CAPEZIO

CIRCULAR DISC

TILT JUMP

TURNING C JUMP

CENTER LEAP

CALYPSO

ACRO

FRONT WALKOVER

BACK WALKOVER

TOE RISE BACKBEND WALKOVER

HEAD SPRINGS

FRONT HANDSPRINGS

10 -12 YEARS OLD
YOUTH ELITE REQUIREMENTS

*Right unless specified

*Auditions will consist of a combination of any of the following

FLEXIBILITY

RIGHT SPLIT

LEFT SPLIT

MIDDLE SPLIT

TILT EXTENSION HOLD

NEEDLE (BOTH SIDES)

AEROBESQUE

TOE RISE

BATTEMENT EXTENSION HOLD

BACK CATCH HOLD

TURNS

4 FOUETTES INTO A DOUBLE

DOUBLE PIROUETTE LEAP OUT

QUAD PIROUETTE

DIRECTIONAL FOUETTES

REVERSE FOUETTES

INSIDE CATCH TURN

LEAPS

TILT JUMP

SWITCH TILT

TURNING C JUMP

TURNING SWITCH TILT

SWITCH CAPEZIO

ACRO

FRONT WALKOVER

BACK WALKOVER

TOE RISE BACKBEND WALKOVER

HEAD SPRINGS

FRONT HANDSPRINGS

CHaine SIDE AERIAL (PREFERRED SIDE)

STEP AERIAL (PREFERRED SIDE)

BACKHAND SPRING

BRONCO

13 - 18 years old

JUNIOR/SENIOR COMPANY REQUIREMENTS

*Right unless specified

FLEXIBILITY

RIGHT SPLIT

LEFT SPLIT

MIDDLE SPLIT

TILT EXTENSION HOLD

NEEDLE (BOTH SIDES)

AEROBESQUE

TOE RISE

TURNS

TRIPLE PIROUETTE

4 FOUETTES INTO A DOUBLE PIROUETTE

DOUBLE PIROUETTE LEAP OUT

DOUBLE COUPE PIROUETTE

DOUBLE DEGAGE PIROUETTE

LEAPS

CAPEZIO

CIRCULAR DISC

TILT JUMP

TURNING C JUMP

CENTER LEAP

CALYPSO

ACRO

FRONT WALKOVER

BACK WALKOVER

TOE RISE BACKBEND WALKOVER

HEAD SPRINGS

FRONT HANDSPRINGS

13-18 YEARS OLD

JUNIOR/SENIOR ELITE REQUIREMENTS

*Right unless specified

*Auditions will consist of a combination of any of the following

FLEXIBILITY

RIGHT SPLIT

LEFT SPLIT

MIDDLE SPLIT

TILT EXTENSION HOLD

NEEDLE (BOTH SIDES)

AEROBESQUE

TOE RISE

BATTEMENT EXTENSION HOLD

BACK CATCH HOLD

TURNS

4 FOUETTES INTO A DOUBLE

QUAD PIROUETTE

DIRECTIONAL FOUETTES

REVERSE FOUETTES

INSIDE CATCH TURN

OUTSIDE CATCH TURN

LEAPS

TILT JUMP

SWITCH TILT

TURNING C JUMP

TURNING SWITCH TILT

SWITCH CAPEZIO

ACRO

FRONT WALKOVER

BACK WALKOVER

TOE RISE BACKBEND WALKOVER

HEAD SPRINGS

FRONT HANDSPRINGS

CHaine SIDE AERIAL (PREFERRED SIDE)

STEP AERIAL (PREFERRED SIDE)

BACKHAND SPRING

BRONCO