

Evaluation Form: Girls Gymnastics

NAME: _____ AGE: _____ DATE: _____

	Floor	Bars	Beam	Vault
Needed to move to Intermediate	$\frac{3}{4}$ handstand	Front support	Pivot turn	Run hurdle
	Cartwheel from lunge	Cast (hips off bars)	Straight jump	Straight jump to 16 in mat
	Forward roll	Chin hold for 3 secs	Relevel walks Forward/Side/Back	Handstand on wall hold 5 sec
	Backward roll down cheese	Candlestick (eyes on toes)	T-hold for 3 sec (straight line)	
	Bridge with straight arms	Glide swing (straight legs)	Front support mount (no knees)	
Needed to move to Advanced	Lunge handstand lunge	Pullover	Side Handstand dismount	Handstand flat back on 8 in
	Straddle forward roll	Cast (45 degree)	Tuck jump	Front Handspring to Flatback vault on 16 in
	Cartwheel step in	Back hip circle w/spot	Lever	
	Backward roll to feet on floor	Glide swing (to extension)	Mount to push up or squat	
	Back bend		Leap	
Needed to be evaluated for Pre-Teams (Age 3-6 ONLY)	Tiger Tail	Pullover with minimal spot	Relevé walks (Forward, side, back)	Straight Jump 8"
	Forward Roll (standing without hands)	No fear of going backwards	Confidence on high beam	Handstand flackback on 8 in
	Bridge hold 5+ seconds with straight arms	Glide swing with straight legs		
	Cartwheel	Chin up hold 5 seconds		
Needed to be evaluated for Competitive Team Age 6+	Handstand Hold 1 second	Chin Up Pullover	$\frac{3}{4}$ Handstand high beam	Front Handspring to Flatback 24+ in
	Bridge kickover (straight legs)	Cast (30 degrees)	Side handstand dismount w/hold	
	$\frac{3}{4}$ way down split each leg	Back hip circle	Heel Snap Turn	
	Cartwheel Step In	2+ stall bar leg lifts		
	Roundoff			

Level Recommended: _____

Evaluation completed by: _____