

Minimum Requirements

Hilliard Gymnastics Bradley- Darby- Davidson 2010-2011

* For a Gymnast to make the Gymnastics Team, She must meet Minimum Requirements on 3 out of the 4 Events. If she is able to do this, she is on the team regardless of the number of girls that try out.

* If there are less than 12 Gymnasts that meet 3 out of the 4 Event Minimum Requirements, then the girls that meet 2 out of the 4 Event Minimum Requirements will make the team as well.

* *Making the Gymnastics Team does not guarantee Competition- these requirements are not requirements for Competition- only for making the team.*

Vault

- Handstand Flatback onto Stacked Mats (Resi-Pit)

Bars:

- Pull over on the Low Bar
- Cast Back Hip Circle on the Low Bar
- Jump from Low bar to High Bar (can be with coach spot)

Beam:

- Full turn on the Beam
- Acro Skill (i.e.: Handstand, Cartwheel, Back Walkover)
- Jump Combination with 2 Jumps
- Leap or Jump with Leg Separation (i.e.: Split Jump, Split Leap, Straddle Jump)
- One Jump that is "B" Gymnastic Value (i.e.: Split Jump, Tuck Jump 1/2, Pike Jump)

Floor:

- Roundoff Rebound
- Back Bend Kickover
- Front Limber
- BackHandSpring (can be with a spot)
- Full turn on Toe
- 2 "B" Gymnastic Jumps (i.e: Straddle Jump, Tuck Jump Full, Split Jump 1/2)
- Split Leap or more difficult Leap

* *It is the ultimate discretion of the Head Coach as to what qualifies as meeting Minimum Requirements.*

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