

FMHS SKILL TRYOUT SCALE

Jumps

Only advanced jumps: hurdler, pike, toe touch

Jumps must be consecutive

*The scale will be the judge's leeway on execution of the jump (ie arm placement, landings, pointed toes etc)

Below level jumps - 1-5

Level jumps - 5-10

Above level jumps - 10-15

Running Tumbling

*The points left in between will be the judge's leeway to score based on skill. The judges may deduct points for hands down or falls

None - 0

Cartwheel - 1

Round off - 1-2

Round off BHS - 5-6

Round off 2 BHS - 7-8

Series 3 or more - 8-9

BHS Back - 12-14

Series to Back - 14-16

Layout or whip to back - 16-18

Full or better - 18-20

Standing Tumbling

*Judges may deduct points for falls or hands down, also execution of the skill will be looked at to receive the full amount of points

None -0

Back or front walkover - 1-2

Back handspring - 4-8

Toe touch back handspring -9-12

Standing back or back handspring back - 13-16

TT back handspring or TT back handspring or better - 16-20