



GU Shamrock All-Star Cheerleading

2022 – 2023 Competitive Cheerleading Try-Outs

Use this document as a guide when filling out the "GU Shamrocks 2022-2023 Tryout Form" that declares which routine you will perform. Performing this routine is required for all athletes ages 7 - 18 that are trying out for one of our Competitive Teams. Athletes ages 6 and under will attend the try-out clinics and evaluations in a practice format.

Please view the sample routine videos & listen to the music (posted on our website). The routine will go in the order as written below. The routine music is designed so there are about 2-3 eight counts of rest between each section.

TRY-OUT ROUTINE ORDER

1. Running Tumbling Pass
2. 1st Standing Tumbling
3. Transition Pass
4. Jumps
5. 2nd Standing Tumbling
6. Dance

Please read below which skills are approved for each level routine (Level 1-6). The tumbling skills are written in order from base level to mid-level to top level. Athletes are required to perform skills from the same level throughout the entire routine.

Tryout Skill Glossary:

BBKO: Back Bend Kickover
BHS: Back Handspring
BPs: Body Positions
BWD: Backward
BWO: Back Walkover
BXTR: Back Extension Roll
CW: Cartwheel
FHS: Front Handspring

FWD: Forward
FWO: Front Walkover
J: Jump
HS: Handstand
P: Pause
PF: Punch Front
RO: Round Off

Routine Section 1: Running Tumbling (Routine starts from the corner)

Running Tumbling	Level Appropriate Skills
Level 1	<p><u>LOW RANGE SKILLS:</u> Run FWD Roll • Run CW</p> <p><u>MID-RANGE SKILLS:</u> Run RO BWD Roll • Run CW/RO BBKO</p> <p><u>HIGH RANGE SKILLS:</u> Run FWO CW BWO • Run FWO FWD RO BXTR BWO • Any combination of the above skills</p>
Level 2	<p><u>LOW RANGE SKILLS:</u> CW BHS • RO BHS</p> <p><u>MID-RANGE SKILLS:</u> RO BHS step out BHS • RO BHS series</p> <p><u>HIGH RANGE SKILLS:</u> FWO RO BHS • RO BHS jump ½ turn RO BHS • Any combination of the above skills</p>
Level 3	<p><u>LOW RANGE SKILLS:</u> Aerial • Punch Front • RO TUCK</p> <p><u>MID-RANGE SKILLS:</u> RO BHS TUCK • RO BHS series to TUCK</p> <p><u>HIGH RANGE SKILLS:</u> FWO RO TUCK • FWO RO BHS TUCK • FWO RO BHS Series TUCK</p>
Level 4	<p><u>LOW RANGE SKILLS:</u> CW Back TUCK • RO LAYOUT • RO X-OUT</p> <p><u>MID-RANGE SKILLS:</u> RO BHS LAYOUT/LAYOUT Step Out/X-Out • RO BHS series to LAYOUT • FWO RO BHS LAYOUT</p> <p><u>HIGH RANGE SKILLS:</u> FT RO BHS LAYOUT • RO Whip BHS BHS LAYOUT • Any combination of the above skills to LO</p>
Level 5	<p><u>LOW RANGE SKILLS:</u> RO FULL • Arabian</p> <p><u>MID-RANGE SKILLS:</u> RO BHS FULL • FWO RO BHS FULL</p> <p><u>HIGH RANGE SKILLS:</u> FT RO BHS FULL • RO Whip BHS BHS FULL • Arabian to FULL • Any combination of skills to FULL</p>
Level 6	<p><u>LOW RANGE SKILLS:</u> RO FULL • CW FULL • RO BHS FULL</p> <p><u>MID-RANGE SKILLS:</u> FWO RO BHS FULL • FT RO BHS FULL • RO Whip BHS BHS FULL</p> <p><u>HIGH RANGE SKILLS:</u> RO Arabian to FULL • RO BHS Whip FULL • RO BHS FULL to RO BHS FULL • RO BHS Double FULL Any combination of skills to a SINGLE or DOUBLE FULL</p>

Routine Section 2: 1st Standing Pass (performed from front corner straight back)

Standing Tumbling	Level Appropriate Skills
Level 1	<p><u>LOW RANGE SKILLS:</u> FWD Roll • BWD Roll • CW</p> <p><u>MID-RANGE SKILLS:</u> HS FWD Roll • Front Limber • Backbend KO</p> <p><u>HIGH RANGE SKILLS:</u> BWO • FWO • BXTR BWO • BWO BWO switch leg</p>
Level 2	<p><u>LOW RANGE SKILLS:</u> BHS • BHS Step Out</p> <p><u>MID-RANGE SKILLS:</u> BWO BHS • BXTR BHS</p> <p><u>HIGH RANGE SKILLS:</u> T-Jump BHS • BHS Step Out BWO BHS</p>

Level 3	<p><u>LOW RANGE SKILLS:</u> BHS Series (2+) • Jump to BHS</p> <p><u>MID-RANGE SKILLS:</u> Jump to BHS Series • BHS Step Out BHS</p> <p><u>HIGH RANGE SKILLS:</u> BHS Series Jump to BHS Series • BHS Step Out BHS Series</p>
Level 4	<p><u>LOW RANGE SKILLS:</u> Standing TUCK</p> <p><u>MID-RANGE SKILLS:</u> BHS TUCK • BHS Series to TUCK</p> <p><u>HIGH RANGE SKILLS:</u> Jump to BHS TUCK • Jump to BHS Series to TUCK</p>
Level 5	<p><u>LOW RANGE SKILLS:</u> Jump BACK TUCK</p> <p><u>MID-RANGE SKILLS:</u> BHS BHS LO</p> <p><u>HIGH RANGE SKILLS:</u> Jump to BHS BHS LO • BHS Series Whip to TUCK/LO/X-O</p>
Level 6	<p><u>LOW RANGE SKILLS:</u> Jump BACK TUCK</p> <p><u>MID-RANGE SKILLS:</u> Standing FULL • Jump to FULL • BHS Series to FULL</p> <p><u>HIGH RANGE SKILLS:</u> Jump BHS Series to FULL • BHS Whip BHS Series to FULL • BHS Series to Double FULL</p>

Routine Section 3: Transition Pass (From landing of Standing Tumbling to Center Floor)

- Your transition pass can be any of the LOW to MID-RANGE skills listed for your level in the RUNNING TUMBLING TABLE above.

Routine Section 4: Jumps (Two Connected Jumps Followed by a Single Jump)

*Jumps Section must show at least 2 different jumps between the 3 jumps performed

Jumps	Example sequences
Level 1-6	<ul style="list-style-type: none"> - TOE TOE • PIKE - TOE TOE • FH - FH TOE • TOE - PIKE TOE • TOE - FH FH • TOE - PIKE TOE • PIKE - Any Combination of 3 advanced jumps

Routine Section 5: 2nd Standing Tumbling (MUST be different than the 1st Standing)

Standing Tumbling	Level Appropriate Skills
Level 1	<p><u>LOW RANGE SKILLS:</u> FWD Roll • BWD Roll • CW</p> <p><u>MID-RANGE SKILLS:</u> HS FWD Roll • Front Limber • Backbend KO</p> <p><u>HIGH RANGE SKILLS:</u> BWO • FWO • BXTR BWO • BWO BWO switch leg</p>
Level 2	<p><u>LOW RANGE SKILLS:</u> BHS • BHS Step Out</p> <p><u>MID-RANGE SKILLS:</u> BWO BHS • BXTR BHS</p> <p><u>HIGH RANGE SKILLS:</u> T-Jump BHS • BHS Step Out BWO BHS</p>

Level 3	<p><u>LOW RANGE SKILLS:</u> BHS Series (2+) • Jump to BHS</p> <p><u>MID-RANGE SKILLS:</u> Jump to BHS Series • BHS Step Out BHS</p> <p><u>HIGH RANGE SKILLS:</u> BHS Series Jump to BHS Series • BHS Step Out BHS Series</p>
Level 4	<p><u>LOW RANGE SKILLS:</u> Standing TUCK</p> <p><u>MID-RANGE SKILLS:</u> BHS TUCK • BHS Series to TUCK</p> <p><u>HIGH RANGE SKILLS:</u> Jump to BHS TUCK • Jump to BHS Series to TUCK</p>
Level 5	<p><u>LOW RANGE SKILLS:</u> Jump BACK TUCK</p> <p><u>MID-RANGE SKILLS:</u> BHS BHS LO</p> <p><u>HIGH RANGE SKILLS:</u> Jump to BHS BHS LO • BHS Series Whip to TUCK/LO/X-O</p>
Level 6	<p><u>LOW RANGE SKILLS:</u> Jump BACK TUCK</p> <p><u>MID-RANGE SKILLS:</u> Standing FULL • Jump to FULL • BHS Series to FULL</p> <p><u>HIGH RANGE SKILLS:</u> Jump BHS Series to FULL • BHS Whip BHS Series to FULL • BHS Series to Double FULL</p>

ROUTINE SECTION VI: Performance Three 8-Counts of Dance to be learned from video. Dance will be reviewed at tryout clinics. There will be two different options to learn for the dance portion of your routine. A more BEGINNER LEVEL dance for the less-experienced athletes and a more intricate INTERMEDIATE/ADVANCED LEVEL dance for our more advanced athletes.

TRY-OUT ROUTINE FAQ

Q: Will I be placed on a team that is the level of my tryout routine?

A: We do not promise levels before, during, or after our tryout process. Our tryout process is longer than most because it is important for athletes to demonstrate their abilities to do cheer & tumbling skills in a group setting. Athletes may end up on teams higher, lower, or the same level as their tryout routine. ***The All-Star Cheer scoresheet is not based entirely on tumbling and because of this, our tryout is not either.***

Q: What if I mess up my routine in front of the judges?

A: Athletes will be permitted to try their routine (or parts) again if they have not performed to the best of their abilities. The coaches may also ask to see additional skills outside of their routine

Q: There is a lot of down time in the routine. Can I add my own choreography?

A: Yes. HAVE FUN! We encourage all athletes to show their personalities in the routines. Cheer is a performance sport and we can't wait to watch you all! Performance is a factor on the scoresheet, so use that to your advantage!

Q: How do I choose which level routine to perform?

A: Please choose the level routine (s) you will be performing based on ALL level appropriate skills throughout the routine. Athletes must perform a level routine that meets and follows ALL skills required for that level. Coaches may ask an athlete to perform a different level routine if the skills performed in their routine do not meet the required criteria. The level routine that you perform may or may not ultimately match the level team you are placed on. Athletes may, if they choose, perform more than 1 level routines - so long that both routines follow the rules / standards required for that level. (This would be important for any athlete wanting to be considered for a crossover position. This would also be important for anyone who may be performing a level routine that meets the LOW-RANGE requirements of that level. It will be in your best interest to show a 2nd routine that is near the HIGH-RANGE of the previous level.)

Q: What if I have some higher-level skills that I've been working on in a pit or with a spot?

A: There may be additional time throughout the try-out process beyond the try-out routine to demonstrate additional skills.