

Rockstar Cheer New Jersey Team Placement Requirements

Tiny/Mini Program

*Excepting athletes ages 3-8 years old as of August 31st, 2019

Level 1

*Participants will be asked to perform any of these skills: Cartwheels, Round-Off's, Back-Walkovers
Ages 5-18 as of Aug. 31, 2019

Level 2

*Participants will be asked to perform all of these skills with GREAT EXECUTION & TECHNIQUE:

1. Back-Handspring
2. Back-Walkover Back-Handspring
3. Round Off 2 Back-Handsprings

Ages 5-18 as of Aug. 31, 2019

Level 3

*Participants will be asked to perform all of these skills with GREAT EXECUTION & TECHNIQUE:

1. Toe-Touch 2 Back-Handsprings
2. Standing 3 Back-Handsprings
3. Round Back-Handspring Back Tuck
4. Running Specialty Pass to Back Tuck

Ages 5-18 as of Aug. 31, 2019

Level 4

*Participants will be asked to perform all of these skills with GREAT EXECUTION & TECHNIQUE:

1. Toe-Touch Back-Handspring Back Tuck
2. Standing Tuck
3. Round Back-Handspring Back Layout
4. Running Specialty Pass to Layout

Ages 8-18 as of Aug. 31, 2019
Ages 11-18 as of Aug. 31, 2019 (Level 4.2)

Level 5

*Participants will be asked to perform all of these skills with GREAT EXECUTION & TECHNIQUE:

1. Toe-Touch Back Tuck
2. Standing Back-Handspring Whip Back-Handspring to Layout
3. Standing 2 Back-Handsprings to Layout
4. Round Off Back-Handspring Full

Ages 9-18 as of Aug. 31, 2019

Level 6

*Participants will be asked to perform all of these skills with GREAT EXECUTION & TECHNIQUE:

1. Standing 2 Back-Handsprings to Full
2. Standing 2 Back-Handsprings to Double Full (Optional)
3. Standing Full or Toe-Touch Full (Optional)
4. Standing Whip Pass to Double Full (Optional)
5. Running Specialty Pass to Full
6. Running Pass to Double Full (Optional)
7. Running Specialty Pass to Double Full (Optional)

Ages 9-18 as of Aug. 31, 2019
Ages 14 & Up as of Dec. 31, 2020 (Open Divisions)

