

Gymnastics Skill Evaluation Form

please check all skills that you are able to do with little or no spot.

Gymnast Name: _____

Vault

Squat Through: _____ Handspring: _____ Half-On: _____ Half-Half: _____

Half-Full: _____ Handspring- Half: _____ Handspring-Full: _____

Tuck-Tsukahara: _____ Handspring-Front: _____ Other: _____

Bars

Pullover: _____ Back Hip Circle: _____ Front Hip Circle: _____ Free Hip: _____

Long Hang Pullover: _____ Kip: _____ Long Hang Kip: _____ Under swing: _____

Sole Circle Dismount: _____ Free Hip: _____ Cut Catch: _____ Handstand: _____

Flyaway Dismount: _____ Other: _____

Beam

Tuck Jump: _____ ½: _____ Full: _____

Straddle Jump: _____ ½: _____ Full: _____

Wolf Jump: _____ ½: _____ Full: _____

Pike Jump: _____ ½: _____ Full: _____

Split Jump: _____ ½: _____ Full: _____

Cat Leap: _____ ½: _____ Full: _____

Leaps: _____ Handstand: _____ Cartwheel: _____ Round Off: _____

Back Walkover: _____ Front Walkover: _____ Back Handspring: _____

Front Tuck Dismount: _____ Back Tuck Dismount: _____

Other Skills, Series, or Variations of skills: _____

Floor

Handstand Fwd. Roll: _____ Back Extension Roll: _____ Cartwheel: _____

Back Walkover: _____ Front Walkover: _____ Round Off: _____

Power Hurdle Round Off: _____ Standing Back Handspring: _____ Front Handspring: _____

RO-Back-Handspring: _____ Other Tumbling Skills: _____

Tuck Jump: _____ ½: _____ Full: _____ 1 ½: _____ Switch Leap: _____

Straddle Jump: _____ ½: _____ Full: _____ 1 ½: _____

Wolf Jump: _____ ½: _____ Full: _____ 1 ½: _____

Pike Jump: _____ ½: _____ Full: _____ 1 ½: _____

Straight Jump: _____ Full: _____ 1 ½: _____ 2/1: _____

Split Jump: _____ ½: _____ Full: _____ 1 ½: _____ Other Jump Variations: _____