

## Arizona Heat 2010-2011 Requirements for Team Placement

All teams will be established by ability, level, age, and positions needed for each team. The team members will be evaluated at the end of each session.

All members must be able to perform skills with good execution and consistency to be considered for each level.

### Level 1

Character.....	Memorize "Arizona" of "Uphold the Name"
Motions.....	Knowledge of motions
Jumps.....	Toe Touch and Pike Jump Abilities
Stunts.....	Prep and below (Single leg stunt below a prep level)
Dismounts.....	Cradles or Pop-offs from prep level or below
Tosses.....	No Basket Tosses allowed at this level
Standing Tumbling.....	Forward Roll
Running Tumbling.....	Cartwheel or Roundoff

### Level 2

Character.....	Memorize all of "Uphold the Name"
Motions.....	Strong motion levels
Jumps.....	Level Toe Touch and Pike Jump
Stunts.....	Extension (Single leg variation: Scorpion, Liberty, Arabesque, Heel Stretch, etc.)
Dismounts.....	Straight Cradles from Extensions
Tosses.....	Straight Ride Tosses
Standing Tumbling.....	Backhandspring without a spot
Running Tumbling.....	Series Front and Backhandsprings without a spot

### Level 3

Character.....	Memorize "Uphold the Name" and "Faith" Quote
Motions.....	Strong motion technique
Jumps.....	Level Toe Touch, Pike, Hurdlers (both sides) to a Backhandspring
Stunts.....	Extended single leg variations (Scorpion, Heel Stretch, Arabesque, Liberty, etc.)
Dismounts.....	Single twist cradles aka Full Downs
Tosses.....	Toe Touch, Single Twist, Pretty Women, and Single Kick
Standing Tumbling.....	Series Backhandsprings without a spot
Running Tumbling.....	Roundoff Backhandspring Back Tuck without a spot

### Level 4

Character.....	Interview and Memorize "Uphold the Name" and "Faith" Quote
Motions.....	Strong motion technique
Jumps.....	All jumps to a BHS Back Tuck
Stunts.....	Extended single leg variations (Scorpion, Heel Stretch, OverStretch, Scale, Arabesque etc.)
Dismounts.....	Double Downs from 2 leg stunts, Full Downs from 1 leg stunts
Tosses.....	Kick Single Twist, Toe Touch, Single Twist, Pretty Women, Single Kick
Standing Tumbling.....	Standing Tuck and BHS Back Tuck without a spot
Running Tumbling.....	Roundoff BHS Layout or Layout Step Out without a spot

### Level 5

Character.....	A short essay, interview, and memorize "Uphold the Name" and "Faith" Quote
Motions.....	Strong motion technique
Jumps.....	All jumps to a Standing Back Tuck, BHS Layout, Full, or Double Full
Stunts.....	Extended single leg variations (Scorpion, Heel Stretch, Over Stretch, Arabesque Needle, etc.)
Dismounts.....	Double Downs from all extended stunts
Tosses.....	Kick Double Fulls and all other tosses
Standing Tumbling.....	Standing Tuck, Standing Full, 2 BHS to a Layout, Full, or Double Full w/o spot
Running Tumbling.....	Layout, Single Full, Double Full w/o a spot