

**ICE All Stars 2020 - 2021**  
**Prep + Elite Team Tryout: Individual Athlete Routine**  
**(Jumps, Tumbling, Performance)**

*\*Please read the entire document. It is recommended that parents read through this with their child.\**

**\*\* THIS ROUTINE IS REQUIRED FOR EVERYONE TRYING OUT FOR PREP or ELITE \*\***  
**Half Year & Novice athletes will have separate Tryout Clinics that will not follow this format.**

There are TWO options for Individual Routines.

- 1) Tumbling (Levels 1 - 6)**
  - Will be invited to Leveled Practice based on Tryout Routine performance + tumbling skills.
  - Elite Team Flyers: will complete a stunt eval during flyer tryouts
- 2) Non-Tumbling (Level 6) (\*Stunt will be part of your individual tryout.)**
  - Ages 14 and Up
  - Elite team Bases, Backspots, Flyers
  - Will be invited to Leveled Practices based on Tryout Routine performance + stunt evaluation.

**Individual Athlete Routine (Tumbling)**

Please view the sample routine videos & listen to the music (posted on our website).  
The routine music is designed so there are about (2-3) 8counts of rest between each section.

Please read below which skills are approved for each level routine (Level 1-6).  
Athletes are required to perform skills from the *SAME* level throughout the entire routine. \*Additional skills may be shown after the individual tryout routine if desired.

**Prep/Elite Tumbling Routine Order:**

- I. Standing 1**
- II. Running 1**
- III. Jumps**
- IV. Running 2**
- V. Standing 2**
- VI. Performance/Dance**

**ICE Tryout Skill Glossary:**

BBKO - Back Bend Kick Over  
BHS - Back Handspring  
BWD - Backward  
BWO - Back Walkover  
BWOS - Back Walkover Switch Leg  
BXTR - Back Extension Roll  
CW - Cartwheel

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

**Routine Section I and V: Standing Tumbling 1 + 2**

<b>STANDING TUMBLING</b>	<b>LOW RANGE</b>	<b>MID RANGE</b>	<b>HIGH RANGE</b>
Pre Level 1	<ul style="list-style-type: none"> <li>• Table Top</li> <li>• FWD Roll</li> </ul>	<ul style="list-style-type: none"> <li>• Bridge</li> <li>• Back Bend</li> <li>• Cartwheel</li> </ul>	<ul style="list-style-type: none"> <li>• BBKO</li> <li>• BWO</li> </ul>
Elite Level 1	<ul style="list-style-type: none"> <li>• BWO</li> </ul>	<ul style="list-style-type: none"> <li>• RIGHT + LEFT BWO</li> <li>• BWO SWITCH LEG</li> </ul>	<ul style="list-style-type: none"> <li>• VALDEZ INTO BWO</li> <li>• BXTR INTO BWO</li> <li>• HS FWD ROLL BWO</li> </ul>
Elite Level 2	<ul style="list-style-type: none"> <li>• BHS</li> <li>• BHS (PAUSE) BHS</li> </ul>	<ul style="list-style-type: none"> <li>• BWO BHS</li> <li>• BHS BWO BHS</li> <li>• HS FWD ROLL BHS</li> </ul>	<ul style="list-style-type: none"> <li>• BWO BHS STEP OUT</li> <li>• BXTR BHS</li> <li>• BHS STEP OUT BWO SWITCH LEG BHS</li> </ul>
Elite Level 3		<ul style="list-style-type: none"> <li>• 2 BHS</li> </ul>	<ul style="list-style-type: none"> <li>• BHS BHS TOE BHS</li> <li>• 3 BHS</li> </ul>
Elite Level 4	<ul style="list-style-type: none"> <li>• 2 BHS TUCK</li> <li>• STANDING TUCK</li> </ul>	<ul style="list-style-type: none"> <li>• 1 BHS TUCK</li> <li>• TOE BHS TUCK</li> </ul>	<ul style="list-style-type: none"> <li>• BHS STEP OUT TUCK</li> <li>• BHS TOE BHS TUCK</li> </ul>
Elite Level 5	<ul style="list-style-type: none"> <li>• 2 BHS LAYOUT</li> <li>• TOE BACK</li> </ul>	<ul style="list-style-type: none"> <li>• 2 BHS WHIP through to TUCK</li> </ul>	<ul style="list-style-type: none"> <li>• 2 BHS WHIP Through to LAYOUT</li> <li>• 2 WHIP TUCK</li> <li>• 2 WHIP LAYOUT</li> </ul>
Elite Level 6	<ul style="list-style-type: none"> <li>• 2 BHS TO FULL</li> </ul>	<ul style="list-style-type: none"> <li>• 2 BHS WHIP Through to FULL</li> </ul>	<ul style="list-style-type: none"> <li>• 1 to FULL</li> <li>• STANDING FULL</li> <li>• 2 BHS WHIP FULL</li> <li>• 2-3 BHS TO DOUBLE</li> </ul>

**Routine Section II & IV: Running Tumbling 1 & 2**

<b>RUNNING TUMBLING</b>	<b>LOW RANGE</b>	<b>MID RANGE</b>	<b>HIGH RANGE</b>
Pre Level 1	<ul style="list-style-type: none"> <li>• FWD Roll</li> </ul>	<ul style="list-style-type: none"> <li>• Cartwheel BBKO</li> <li>• RO</li> </ul>	<ul style="list-style-type: none"> <li>• CW BWO BWO</li> </ul>
Elite Level 1	<ul style="list-style-type: none"> <li>• CW BWO</li> </ul>	<ul style="list-style-type: none"> <li>• FWO CW BWO</li> <li>• FWD CW BWO</li> </ul>	<ul style="list-style-type: none"> <li>• Multi Skill Passes Inc BXTR / Leg Up BWO</li> </ul>
Elite Level 2	<ul style="list-style-type: none"> <li>• RO BHS</li> </ul>	<ul style="list-style-type: none"> <li>• RO 2 / 3 BHS</li> </ul>	<ul style="list-style-type: none"> <li>• FWO RO 2 BHS</li> <li>• Multi Skill Passes Ending in BHS</li> </ul>
Elite Level 3	<ul style="list-style-type: none"> <li>• RO TUCK</li> <li>• RO BHS TUCK</li> </ul>	<ul style="list-style-type: none"> <li>• RO Multiple BHS TUCK</li> <li>• FWO RO BHS TUCK</li> <li>• FWO RO TUCK</li> </ul>	<ul style="list-style-type: none"> <li>• PUNCH FRONT (land) RO (BHS) TUCK</li> <li>• Aerial (land) FWO RO BHS TUCK</li> </ul>
Elite Level 4	<ul style="list-style-type: none"> <li>• RO LAYOUT</li> <li>• RO BHS LAYOUT</li> </ul>	<ul style="list-style-type: none"> <li>• RO WHIP TUCK</li> <li>• RO TUCK THROUGH TO TUCK</li> </ul>	<ul style="list-style-type: none"> <li>• RO WHIP LAYOUT</li> <li>• RO BHS LAYOUT STEP OUT</li> <li>• Combination to LAYOUT</li> <li>• PF Through to LAYOUT</li> </ul>
Elite Level 5	<ul style="list-style-type: none"> <li>• RO BHS LAYOUT</li> <li>• Combination to LAYOUT</li> </ul>	<ul style="list-style-type: none"> <li>• RO BHS FULL</li> <li>• RO FULL</li> </ul>	<ul style="list-style-type: none"> <li>• Non Twisting Combination to FULL</li> <li>• ARABIAN</li> </ul>
Elite Level 6	<ul style="list-style-type: none"> <li>• RO BHS FULL</li> </ul>	<ul style="list-style-type: none"> <li>• CW FULL</li> <li>• Non-Twisting Combination to FULL</li> </ul>	<ul style="list-style-type: none"> <li>• RO WHIP FULL</li> <li>• Twisting Combination to FULL</li> <li>• RO (BHS) DOUBLE</li> <li>• Combination to DOUBLE</li> </ul>

**Routine Section III: Jumps**

JUMPS	REQUIRED
Pre Level 1	FH + TOE + PIKE
Elite Level 1 - Level 6	FH TOE + PIKE

**Routine Section VI: Performance/Dance**

Three 8 Count Dance to be learned from the video posted on our website.

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**Individual Athlete Routine (Non-Tumbling)**

Please view the sample routine & listen to the music (posted on our website).

<b>Routine Order:</b>
<b>I. Jumps</b>
<b>II. Performance/Dance</b>
<b>III. Stunting Evaluation</b>

**Routine Section I: Jumps**

<b>JUMPS</b>	<b>REQUIRED</b>
Elite Level 6	FH TOE + PIKE

**Routine Section II: Performance/Dance**

Three 8 Count Dance to be learned from the video posted on our website.

**Routine Section III: Stunting Evaluation**

Whether you are a base, backspot, or flyer - you will be joined into a stunt group provided by ICE staff immediately after your routine. You will be asked to perform stunts moving up the levels until a stopping point / maximum skill level is reached.