

# Video Evaluation Guide

2025/2026



For those athletes who are unable to attend their relevant evaluation slot, we have the option for a video evaluation for the 2025/26 season.

Please see below what we would like you to showcase in your video so we can place you on the team that will best suit your abilities. Please only include skills that you can complete safely.

## Jumps

- 1 Please showcase the following jumps:
  - Toe Touch
  - Pike
  - Double Toe Touch

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## Tumbling

- 2 On the next page, you'll find a breakdown of the recommended tumble skills for each level.  
  
Please send us a video demonstrating all the skills you're confident with—up to and including your highest level. You're also welcome to include any additional skills you'd like to showcase.

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## Stunting

- 3 Please submit videos demonstrating the highest-level skill you feel confident performing.  
  
Be sure to indicate which position you are in within the video.  
  
If you are confident in multiple positions, feel free to include additional videos showcasing your skills in each of those roles.

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## Dance

- 4 We will release a short dance on Monday 7<sup>th</sup> July that will need to be learnt and performed in your video submission.

*Note - performance is taken into account.*

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## Submissions

- 5 Send your videos to us via email at [easteliteallstars@hotmail.co.uk](mailto:easteliteallstars@hotmail.co.uk)

Submissions will be accepted until 7pm on Friday 11<sup>th</sup> July.

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## Recommended Tumbling Skills

### Level 1 Prep

- Forwards Roll
- Backwards Roll
- Cartwheel (CW)
- Roundoff (RO)
- Front Walkover (FWO)

### Level 1 Elite

- Back Walkover (BWO)
- Back Walkover Switch
- Valdez
- FWO - CW - BWO
- CW - BWO - BWO

### Level 2

- BWO Switch - BHS
- BHS Step Out - BWO - BHS
- RO - BHS Series
- CW - BHS Series

### Level 3

- BHS Step Out - BHS Series
- BHS Step Out - BWO - BHS Series
- FWO - Aerial
- RO - BHS - Tuck
- FWO - RO - BHS - Tuck

### Level 4

- BHS - Tuck
- Toe Touch - BHS - Tuck
- RO - BHS - Layout
- FWO - RO - BHS - Layout
- PF - RO - BHS - Layout

### Level 5

- BHS - Layout
- BHS - Whip - Tuck
- BHS - Whip - BHS - Layout
- RO - BHS - Full
- FWO - RO - BHS - Full
- PF Step Out - RO - BHS - Full

\*Showcasing a certain level of skill does not guarantee you a place on that specified level. We take all areas into consideration when placing athletes.