

Trampoline	score	pts
1. 5 x 100A (elbow throw to shrug every other jump)		
2. 2 Bounce (grabbed) armswing 3rd off tramp up on to mat		
3. 5 x Pike seat drops (hands by hips on bottom up by ears on top)		
4. 5 x Doggy drops back up to feet		
5. 5 x Doggy drop to Belly drop to feet (arms by ears on Belly drop)		
6. 5 x Knee drop toe cracker (hands behind head elbow throw up)		
7. 5 x Back drop (head & shoulders touch together)		
<i>total</i>		

Dryboard	score	pts
1. 100A (up down jump w/ elbow throw to shrug)		
2. 100C (up down jump w/ elbow throw to shrug)		
3. 100C to kick seat drop (up down jump w/ elbow throw to shrug)		
4. 200A (up down jump w/ elbow throw to shrug)		
5. 200C (up down jump w/ elbow throw to shrug)		
6. 200C to kick seat drop (up down jump w/ elbow throw to shrug)		
7. 2 Foot hop 100A (start arms up, bend elbows & throw to shrug)		
<i>total</i>		

Dry Tower	score	pts
1. 1 Step punch w/elbow throw 100A		
2. Inward jump (ankle pop to mat) (elbows throw and stay high)		
3. Inward jump wall touch (keep body flat ankles back hands up)		
4. 2 Part 200A and 300A (armswing full reach to "I")		
5. Back jump wall slide drill (w/ hand push back at the top)		
6. Back lineup fall to pit (hold flat on fall, hip push at the end)		
<i>total</i>		

Drills & Conditioning	score	pts
1. 5 x kneeling slow motion arm circles		
2. 5 x back tuck kick outs (kick, look, reach)		
3. Fwd rolls across the floor		
4. 15 sec back plank hip push with feet up on mat		
5. 5 x pushups		
6. 10 sec headstand with legs up		
7. Standing pike lineup model drill		
<i>total</i>		

Handstands	score	pts
1. 20 sec forward armstand against the wall		
2. 20 sec back armstand against the wall		
3. 10 sec 7 position hold		
4. 5 x straddle toe rockers on Paralell bars		
5. 45 degree guillotine (10 seconds)		
6. 5 x pike hip ups		
7. straddle lifts edge of floor x5		
<i>total</i>		



Coach Comments

Awards
Bronze: 0 - 50
Silver: 51 - 71
Gold: 72 - 87
Pass: 88 - 99

Scoring	
7.5 - 10	3 pts
5.0 - 7.0	2 pts
0.5 - 4.5	1 pts
incomplete	0 pts

Total Points		
Pass?	Y	N

Flexibility Rating	
S	U

Class Work Ethic	
S	U

Rules
Each skill is given 0-3 points. Skills are judged and awarded based on each participant's attitude, execution, and attention to detail. This testing system is used in combination with our "Man-Card System" to determine when each athlete is ready to move up within the team system. For more info or access to skills videos, please visit our website: www.wtxdive.com .

Name/Team: _____