

Eligibility Requirements for Rising Stars

Below are the basic requirements to be eligible for Rising Stars. Additional skills are a bonus. Students lacking certain requirements may still be considered if they show excellence in other areas.

- Flexibility:
 - All the splits must show potential with correct form (left/right/middle/pancake).
 - Back/shoulders/pike must be at a good angle and show potential.
 - Must have good alignment and posture.
- Strength:
 - Pull-ups (minimum of 1)
 - Climb the rope more than halfway
 - Push-ups with good form (10 from knees)
 - Leg lifts on the ladder (halfway up, minimum of 5 with straight legs)
 - Spoon hold the position (the body must be in a perfect hollow posture and tight) 20 sec
 - Superman hold the position (the body must be in a perfect hollow posture and tight) 20 sec
 - 10 tuck-ups (body is in a hollow body positions, legs are together and arms are straight)
 - Hand-Stand Hold (must have good form for a minimum of 30 sec)
- Acrobatics:
 - Front roll, Back roll (perfect)
 - Hand-Stand walking (4 steps minimum)
 - Strong cartwheel on one side, working on cartwheel on other side
 - Handstand Forward Roll with Spot
 - Drop Back into Backbend and Stand Up