

Eligibility Requirements for Super Novas

Below are the basic requirements to be eligible for Super Novas. 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 be almost all the way to the floor with proper 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 3)
 - Climb the rope all the way to the top
 - Push-ups with good form (5 from plank)
 - Leg lifts on the ladder (to the top, minimum of 3 with straight legs)
 - Spoon hold the position (the body must be in a perfect hollow posture and tight) 30 sec
 - Superman hold the position (the body must be in a perfect hollow posture and tight) 30 sec
 - 5 v-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 45 sec)
- Acrobatics:
 - Front roll Back roll (perfect)
 - Hand-Stand Forward Roll(good form is required)
 - Hand-Stand with an impulsion
 - Hand-Stand walking (6 steps minimum)
 - Cartwheel on both sides
 - Power hurdle round off rebound (importance on being able to show a good hurdle and rebound at the end of the round off)
 - Back Kickover
 - Front Limber
- Specialty:
 - Student must be intermediate in at least one circus discipline or show excellent potential
 - Students will demonstrate an act of 1 minute minimum.