

Eligibility Requirements for Youth Circus

Below are the basic requirements to be eligible for Youth Circus. Additional skills are a bonus. Students lacking certain requirements may still be considered if they show excellence in other areas. There is only space for 20 students in Youth Circus so acceptance is also dependent on space availability.

- Flexibility:
 - All the splits must be acquired (left/right/middle/pancake)
 - Back/shoulders/pike must be at a good angle.
- Strength:
 - Pull-ups (minimum of 5)
 - Climb the rope (2 in a row)
 - Push-ups (10 with a good form)
 - Leg lifts on the ladder (minimum of 5 straight legs)
 - Spoon hold the position (the body must be in a perfect hollow posture and tight) 45 sec
 - Superman hold the position (the body must be in a perfect hollow posture and tight) 45 sec
 - V-Ups (minimum of 10)
 - Hand-Stand Hold (minimum of 1 min keep a good posture at all time)
- Acrobatics:
 - Front roll, Back roll (perfect)
 - Hand-Stand (good form is required)
 - Hand-Stand with an impulsion
 - Hand-Stand walking (10 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 Walk over and/or Back Handspring
 - Front Walk over and/or Front Handspring
- Specialty:
 - Student must be moderately advanced in at least one circus discipline
 - Student will demonstrate an act of 3 minutes minimum