

# FLYER TRYOUT RUBRIC

BODY POSITIONS ARE ONLY REQUIRED TO BE SHOWN BY ATHLETES TRYING OUT FOR A FLYER POSITION

2025



## LEFT HEEL STRETCH

THE STANDING LEG SHOULD BE FULLY EXTENDED, WITH THE FOOT POINTING STRAIGHT FORWARD FOR A STRONG AND BALANCED FOUNDATION. THE LIFTED LEG MUST BE COMPLETELY STRAIGHT, WITH THE TOE POINTED TO ITS FULLEST EXTENSION. THE RIGHT ARM SHOULD REMAIN TIGHT TO THE SIDE WITH NO GAPS, MAINTAINING A CLEAN AND POLISHED APPEARANCE. THE LEFT ARM SHOULD BE FULLY EXTENDED, PULLING THE LEG CLOSE TO THE CHEST TO SHOWCASE FLEXIBILITY AND CONTROL. THIS POSITION SHOULD BE EXECUTED WITH CONTROL AND STABILITY, MAINTAINING PROPER FORM FOR A MINIMUM OF FIVE SECONDS.



## RIGHT HEEL STRETCH

THE STANDING LEG SHOULD BE FULLY EXTENDED, WITH THE FOOT POINTING STRAIGHT FORWARD FOR A STRONG AND BALANCED FOUNDATION. THE LIFTED LEG MUST BE COMPLETELY STRAIGHT, WITH THE TOE POINTED TO ITS FULLEST EXTENSION. THE LEFT ARM SHOULD REMAIN TIGHT TO THE SIDE WITH NO GAPS, MAINTAINING A CLEAN AND POLISHED APPEARANCE. THE RIGHT ARM SHOULD BE FULLY EXTENDED, PULLING THE LEG CLOSE TO THE CHEST TO SHOWCASE FLEXIBILITY AND CONTROL. THIS POSITION SHOULD BE EXECUTED WITH CONTROL AND STABILITY, MAINTAINING PROPER FORM FOR A MINIMUM OF FIVE SECONDS.



## FRONT LEFT STRETCH

THE STANDING LEG SHOULD BE FULLY EXTENDED, WITH THE FOOT POINTING STRAIGHT FORWARD TO MAINTAIN BALANCE AND STABILITY. THE LIFTED LEG MUST BE COMPLETELY STRAIGHT AND PULLED UP TO THE SHOULDER, DEMONSTRATING FLEXIBILITY AND CONTROL. THE CHEST SHOULD REMAIN UPRIGHT, AVOIDING ANY FORWARD LEAN TO MAINTAIN PROPER POSTURE AND TECHNIQUE. THIS POSITION SHOULD BE EXECUTED WITH CONTROL AND STABILITY, MAINTAINING PROPER FORM FOR A MINIMUM OF FIVE SECONDS.



## FRONT RIGHT STRETCH

THE STANDING LEG SHOULD BE FULLY EXTENDED, WITH THE FOOT POINTING STRAIGHT FORWARD TO MAINTAIN BALANCE AND STABILITY. THE LIFTED LEG MUST BE COMPLETELY STRAIGHT AND PULLED UP TO THE SHOULDER, DEMONSTRATING FLEXIBILITY AND CONTROL. THE CHEST SHOULD REMAIN UPRIGHT, AVOIDING ANY FORWARD LEAN TO MAINTAIN PROPER POSTURE AND TECHNIQUE. THIS POSITION SHOULD BE EXECUTED WITH CONTROL AND STABILITY, MAINTAINING PROPER FORM FOR A MINIMUM OF FIVE SECONDS.



## ARABESQUE

THE STANDING LEG MUST BE FULLY EXTENDED, WITH THE TOE POINTING IN THE SAME DIRECTION AS THE FLYER'S BODY FOR PROPER ALIGNMENT. THE BACK LEG SHOULD BE LIFTED ABOVE PARALLEL, COMPLETELY STRAIGHT, WITH THE TOE POINTED TO ITS FULLEST EXTENSION. THE CHEST REMAINS UPRIGHT, AVOIDING ANY FORWARD LEAN, WHILE THE ARMS HOLD A CRISP AND PRECISE MOTION. THIS POSITION SHOULD BE EXECUTED WITH CONTROL AND STABILITY, MAINTAINING PROPER FORM FOR A MINIMUM OF FIVE SECONDS.



## SCALE

THE STANDING LEG MUST BE FULLY EXTENDED, PROVIDING A STRONG AND STABLE BASE. THE BACK LEG SHOULD BE COMPLETELY STRAIGHT, WITH THE TOE POINTED TO ITS FULLEST EXTENSION AND THE LEG REACHING VERTICALLY TOWARD THE CEILING. THE LEFT ARM REMAINS FULLY EXTENDED, SECURELY HOLDING THE LOWER SHIN, WHILE THE RIGHT ARM IS POSITIONED WITH THE HAND TOUCHING THE TAG OF THE SHIRT AND THE ELBOW POINTING UP. THIS POSITION SHOULD BE EXECUTED WITH CONTROL AND STABILITY, MAINTAINING PROPER FORM FOR A MINIMUM OF FIVE SECONDS.



## SCORPION

THE STANDING LEG MUST BE FULLY EXTENDED, WITH THE TOE POINTING IN THE DIRECTION OF THE FLYER FOR PROPER ALIGNMENT. THE BACK LEG SHOULD REMAIN NEAR STRAIGHT, WITH ONLY A SLIGHT BEND ALLOWED. THE BACK FOOT IS SECURELY HELD WITH BOTH HANDS, MAINTAINING BALANCE AND CONTROL. THIS POSITION SHOULD BE EXECUTED WITH STABILITY AND PRECISION, HOLDING FOR A MINIMUM OF FIVE SECONDS.



## NEEDLE

THE STANDING LEG MUST BE FULLY EXTENDED, PROVIDING A STRONG AND STABLE BASE. THE BACK LEG SHOULD BE COMPLETELY STRAIGHT, WITH THE TOE POINTED TO ITS FULLEST EXTENSION AND THE LEG REACHING VERTICALLY TOWARD THE CEILING. THE RIGHT ARM GRABS AT THE SHIN, PULLING THE BACK LEG VERTICAL, WHILE THE LEFT ARM OPENS TO THE FRONT. THIS POSITION SHOULD BE EXECUTED WITH CONTROL AND STABILITY, MAINTAINING PROPER FORM FOR A MINIMUM OF FIVE SECONDS.