IUPUI CHEERLEADING TRYOUT REQUIREMENTS

APPEARANCE

All candidates should appear "game ready" at all times. We ask that everyone wear red, gold, white, or black throughout the tryout process. Shirts must be tucked in at all times. Do not choose loose fitting or baggy clothing. Wearing other college/university logos is NOT recommended and will reflect poorly on the individual. Shoes must be worn at all times. Nylon cheer shoes are not acceptable.

- Ladies
  - Ladies should wear make-up, and have their hair styled as if cheering a game. Sports tops, fitted t-shirts, cheer shorts, white socks, and leather cheer shoes are permitted.
- Males
  - It is recommended that males are clean shaven and have trimmed hair. Collared golf type shirts, fitted t-shirts, gym shorts, white athletic socks, and shoes may be worn.

TUMBLING

All tumbling must be performed without a spot. Male candidates should perform as much tumbling as possible.

- Standing Tumbling
  - Each female candidate must perform the minimum of a standing back handspring. Each candidate will be asked to perform 1 standing tumbling skill in addition to the required standing back handspring. Candidates should choose skills that best represent their tumbling ability. For example, if the candidate performs a standing back handspring full, the coaches understand the candidate can perform a standing back handspring and a standing back handspring tuck.
  - Standing tucks, standing back handspring tucks and combinations of jumps to a standing tumbling skill are recommended in this section. For example: Toe touch/back handspring, Toe touch/back handspring tuck, etc.
- Running Tumbling
  - All female candidates will be asked to perform two DIFFERENT running tumbling passes.
  - A minimum of a round-off, back handspring is required for the running tumbling portion of tryouts.
  - Round-off, back handspring, tucks; round-off, back handspring, layouts and round-off, back handspring, fulls are recommended in this section. Combination passes are also strongly encouraged.
  - Male candidates should perform tumbling as outlined for the ladies to the best of their ability, but it is not required.

FIGHT SONG

The IUPUI fight song is required for all candidates. The fight song includes a "two step" for the ladies. Judges will be looking for your ability to perform collegiate motion technique in addition to a proper two step. Male candidates will also be required to learn motions.
SIDELINES

Sidelines should be executed with a collegiate style. Excessive facials, hand gestures and wide motions are not acceptable. Proper use of poms and signs for ladies and megaphones for males is encouraged, but not required. Equipment will be available to candidates during tryouts.

PARTNER STUNTS

The stunting portion of selections will be conducted in a practice-like setting. Coaches will place candidates in groups based on prior experience as a flyer, base or back-spot. Individuals should have the knowledge of each stunting position and will be asked to demonstrate their ability in the positions in which the coaching staff sees fit. The coaching staff will be looking for cheerleaders who have the ability and versatility to perform stunts at the collegiate level in multiple positions. Coaches are looking for strength, technique and core awareness during the stunting portion of tryouts.

- Coed Stunts
  - Walk in or toss hands/extension pop down or full down
  - Liberty of choice (can be a toss, walk in, or from hands)
  - Optional stunt (transition is encouraged, but not required)

- All Girl Stunts
  - Straight up Extension*
  - Straight up Liberty*
  - Optional stunt sequence

*Stunts may also full up or single/double down