



# NATIONAL GYMNASTICS ASSOCIATION

## SKILL LEVEL REQUIREMENTS

SKILL LEVEL 1 (5 yrs & Up)	SKILL LEVEL 2 (6 yrs & Up)	SKILL LEVEL 3 (7 yrs & Up)
<b>FLOOR EXERCISE</b> 1) Headstand w/2 sec. Hold 2) Forward Roll 3) Back Roll 4) Cartwheel Step-in; Finish Feet Together	<b>FLOOR EXERCISE</b> 1) Arabesque or "A" Value Scale 2) Handstand Fwd. Roll (Momentary Hold) 3) Back Extension Roll to Prone w/Straight Arms 4) Roundoff; Finish w/Arms Over Head	<b>FLOOR EXERCISE</b> 1) Kick Handstand (2 sec. Hold) 2) Bridge: Open Shoulders w/Feet Together 3) Back Extension Roll to Pike Stand w/Straight Arms 4) Back Handspring
<b>POMMEL HORSE</b> <p style="text-align: center;"><b>Floor Mushroom 10.0 SV</b> <b>Full Height Mushroom 9.5 SV</b></p> 1) 1 1/2 Circle Through Rear Support  * Evaluate Hip Roll (Counter to Circle), Lean & Extension  * Finish In or Through Rear Support (No stick, can finish sitting on full mushroom if short athlete).	<b>POMMEL HORSE</b> <p style="text-align: center;"><b>Floor Mushroom 10.0 SV</b> <b>Full Height Mushroom 9.5 SV</b></p> 1) 2 1/2 or More Circles Through Rear Support  * Evaluate Hip Roll (Counter to Circle), Lean & Extension  * Finish In or Through Rear Support (No stick, can finish sitting on full mushroom if short athlete).	<b>POMMEL HORSE</b> <p style="text-align: center;"><b>Floor Mushroom 10.0 SV</b> <b>Full Height Mushroom 9.5 SV</b></p> 1) 2+ Circles, plus 1/2 Spindle in One Circle, Plus 2+ Circles to Flank Dismount  * Evaluate Hip Roll (Counter to Circle), Lean & Extension  * Finish In or Through Rear Support (No stick, can finish sitting on full mushroom if short athlete).
<b>STILL RINGS</b> 1) 2+ Long Hang Swings 2) Pull Up Hold 2 sec 3) Inverted Skill 4) Long Hang L (momentary hold)	<b>STILL RINGS</b> 1) 2+ Long Hang Swings (Show turnover both sides of swing) 2) Long Hang L (2 sec Hold) 3) Pull Up Hold 2 sec 4) German Hang (2 sec Hold)	<b>STILL RINGS</b> 1) 2+ Swings to Inverted Hang (Show turnover both sides of swing) 2) Back Lever Hold 2 sec 3) Pull Up L Hold 2 sec 4) German Hang 2 sec (Pull up finish in basket)
<b>VAULT</b> (using stacked mats) 1) Stretch Jump, or 2) Under Arm Reach HS to Flatback onto Mats (16"+)	<b>VAULT</b> (using stacked mats) 1) Handspring Flatback on Resi (12'x5'x32")	<b>VAULT</b> (using stacked mats) 1) Front Handspring Over Resi (5'x32") to Landing Mat
<b>PARALLEL BARS</b> 1) 2+ Support Swings (focus on tapping action) 2) Front Uprise Straddle 3) Assisted back uprise to Upper Arms (from 2+ tap swings) 4) L Seat (momentary hold)	<b>PARALLEL BARS</b> 1) L Seat (hold 2 sec) 2) Back Uprise (w/assistance) 3) Back uprise to Upper Arms (from 2+ tap swings)	<b>PARALLEL BARS</b> 1) 2+ Support Swings (horizontal in back swing) 2) Back Uprise (w/assistance) 3) Moy to Upper Arms w/Straddle (from 2+ tap swings) 4) Drop Kip (w/assistance)
<b>HIGH BAR</b> 1) Pullover (spotter assistance allowed) 2) Cast (finish w/straight arms) 3) Hip Circle 4) Over Grip Pull to Straddle Toes to Bar (show toes on bar)	<b>HIGH BAR</b> 1) Over Grip Pull to Stalter Basket (w/2+ small pendulum) 2) Pullover 3) Hip Circle 4) 2+ Tap Swings (show hollow/arch/hollow)	<b>HIGH BAR</b> 1) Under Grip Pull to Endo Basket (w/ 2+ small pendulum swings) 2) 2+ Tap Swings (show hollow/arch/hollow) 3) Cast (above horizontal) 4) Free hip Circle Push Off (dismount)