



# NATIONAL GYMNASTICS ASSOCIATION

## SKILL LEVEL REQUIREMENTS

SKILL LEVEL 4 (8 yrs & Up)	SKILL LEVEL 5 (9 yrs & Up)
<b>FLOOR EXERCISE</b> 1) Split 1/2 Press to Stand; Finish w/Feet Together 2) Front Handspring Step Out 3) Bridge Kick Over / Back Walkover w/Open Shoulders 4) Roundoff, Back Handspring	<b>FLOOR EXERCISE</b> 1) Press Handstand w/Straight Arms (2 sec Hold) 2) Front Handspring Step Out, Front Handspring 3) Roundoff, 2 Back Handsprings 4) Salto
<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) Forward Turn / Stockli A 2) Backward Turn / Czechkehr 3) 3 Flairs or 1/2 Spindle in one circle 4) 3+ Circles * 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) Forward Turn / Stockli A 2) Backward Turn / Czechkehr 3) 3 Flairs or 1/2 Spindle in one circle 4) 180 deg Russian (Forward) * Finish In or Through Rear Support (No stick, can finish sitting on full mushroom if short athlete).
<b>STILL RINGS</b> 1) 2+ Swings to Inverted Hang (Show turnover both sides of swing) 2) Assisted Straight Body Support (Finish with rings turned out) 3) Strength Skill 4) Salto Dismount	<b>STILL RINGS</b> 1) Dislocate 2) Straight Body Support (Finish with rings turned out) 3) Strength Skill 4) Back Layout/Front Pike (Show rise)
<b>VAULT</b> (using stacked mats) 1) Handspring SW with 1/4 Over Resi (5'x32") to Landing Mat, or 2) Front Handspring Over Resi (5'x32") to Landing Mat	<b>VAULT</b> (using stacked mats) 1) Round off, Back Handspring to Stand onto Resi (12'x5'x32"), or 2) Front Handspring to Stand on Resi (12'x5'x32"), or 3) Handspring SW with 1/4 to Stand on Resi (12'x5'x32")
<b>PARALLEL BARS</b> 1) 2+ Support Swings 45 degrees in Back Swing 2) Back Uprise 3) Moy to Upper Arms (start w/feet on bars) 4) Glide Kip (w/assistance)	<b>PARALLEL BARS</b> 1) 2+ Support Swings (one to Handstand Hold) 2) Back roll or Front roll 3) Moy to Upper Arms or Drop Kip (from 1/2 back swing) 4) 1/4 Pirouette or 3/4 Diam (dismout either side of bars)
<b>HIGH BAR</b> 1) 2+ Tap Swings to Pullover (show hollow/arch/hollow) 2) Long Hang 1/2 Turn (show hollow/arch/hollow) 3) Kip (spotter assistance allowed) 4) Flyaway w/ assistance (show candlestick position)	<b>HIGH BAR</b> 1) Kip (straight arms) 2) 2+ Tap Swings 1/2 Turn 2x (extra swing between 1/2 turns) 3) 3/4 Giant (front or back) 4) Flyaway (show candlestick position)