

NATIONAL GYMNASTICS ASSOCIATION

SKILL LEVEL 1

(5 yrs. & Up) 10.0 Start Value

Minimum of Four (4) Elements (NO B's Allowed*)

Warm-Up Time - 30 Seconds

Missing Value Parts - A (.1) B (.3) C (.5)

Missing Special Requirements (.5/ea)

Required Skills	
VAULT	Run, Stretch Jump to 8" -24" Raised Surface from Springboard
	Alternative Tramp Board Allowed
BARS (Additional Cast Allowed)	1. Mount
	2. Cast (any angle)
	3. Back Hip Circle, Stride Circle, Front Hip
	4. Dismount
BEAM	Maximum Routine Time 30 secs
	1. ½ Turn on 1 Foot or Pivot Turn
	2. Stretch Jump
	3. Element Close to Beam (Including Mount)
	4. Jump Dismount
"B" Leaps/Jumps Allowed	
FLOOR	Maximum Routine Time 30 secs
	1. Backward Roll OR Candlestick
	2. ½ Turn on 1 Foot or Pivot Turn
	3. Dance Combo (Min 2 Leap/Jumps)
	4. ¾ Handstand (Feet make contact at or above 45 degrees)
(Max 2 Flight Elements Allowed)	

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SKILL LEVEL 2

(5 yrs. & Up) 10.0 Start Value

Minimum of Five (5) Elements (NO B's Allowed)

Warm-Up Time - 30 Seconds

Required Skills	
VAULT	Run, Jump to Handstand Flatback onto 16"-32" Raised Surface Alternative Tramp Board Allowed *Void feet landing deduction does not apply
BARS (Additional Cast Allowed)	1. Pullover (From 1 or 2 Feet)
	2. Cast (any angle)
	3. Circling Element
	4. Underswing Dismount (Pike/Straddle/Cast/Sole Circle)
BEAM	Maximum Routine Time 35 secs
	1. ½ Turn on 1 Foot
	2. Any Leap/Jump
	3. ¾ Handstand (Feet make contact at or above 45 degrees)
	4. Any Dismount Off Hands
	"B" Leaps/Jumps Allowed
FLOOR	Maximum Routine Time 45 secs
	1. Handstand - No Hold/Mark Vertical
	2. ½ Turn on 1 Foot
	3. Dance Combo (Min 2 Leap/Jumps)
	4. Cartwheel
	(May NOT perform Saltos or Aerials)

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SKILL LEVEL 3

(6 yrs. & Up) 10.0 Start Value

Five (5) A's (NO B's Allowed)

Warm-Up Time - 45 Seconds

Required Skills	
VAULT	Run, Front Handspring Over Resi (24"-40") 1/2 on (1/4-1/4) on Over Resi (24"-40") Alternative Tramp Board Allowed
BARS (Additional Cast & Taps Swings Allowed)	1. Mount
	2. Cast (any angle)
	3. Circling Element
	4. Any "A" Dismount (May Go To The HB)
BEAM	Maximum Routine Time 45 secs
	1. Minimum ½ Turn on 1 Foot
	2. Leap/Jump 60°
	3. Acro Skill That Achieves or Moves Thru Vertical
	4. Any Dismount Off Hands
	"B" Leaps/Jumps Allowed
FLOOR	Maximum Routine Time 45 secs
	1. Full Turn
	2. Roundoff (Isolated or in Series)
	3. Dance Combo (Min 2 Leap/Jumps-60)
	4. Bridge Kick Over OR Tic Toc OR Walkovers OR Limbers
	(May Perform 1 "A" Salto or Aerial)

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SKILL LEVEL 4

(6 yrs. & Up) 10.0 Start Value

Five (5) A's (B Dance ONLY-NO B Acro)

Warm-Up Time - 1 Minute

Required Skills	
VAULT OPTIONS	1/2 On (or 1/4-1/4) Over Resi (24"-48")
	Round-Off onto Board, BHS Over Resi (24"-48")
	Front Handspring Over Resi (24"-48")
	Round-Off onto Board, Straight Jump onto Resi - 9.0 SV *Void feet landing deduction only applies to straight jump
BARS (Additional Cast & Taps Swings Allowed)	1. Glide Kip
	2. Cast, Back Hip Circle
	3. Tap Swing
	4. "A" Dismount From HB
BEAM	Maximum Routine Time 1 Minute
	1. Min Full Turn
	2. Leap/Jump 90°
	3. Acro Element That Achieves or Moves Thru Vertical
FLOOR	Maximum Routine Time 1 Minute
	1. Min Full Turn
	2. Dance Combo (Min 2 Leap/Jumps-90)
	3. Acro Series (2-3 Elements)
	4. Fwd Acro Skill w/Flight or Fwd Salto

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SKILL LEVEL GOLD

(6 yrs. & Up) 10.0 Start Value

Six (6) A's (B Dance Only-NO B Acro)
Warm-Up Time - 1 Minute

Required Skills	
VAULT OPTIONS Manufacturer Setting (Max 135cm)	Handspring or 1/2 On (or 1/4-1/4) Over Vault Table (SV 10.0)
BARS (Additional Casts & Tap Swings Allowed)	1. Bar Change
	2. Cast to Horizontal
	3. Circle Element
	4. "A" Dismount From HB
BEAM	Maximum Routine Time 1 Minute
	1. Min Full Turn
	2. Leap/Jump 90°
	3. Acro Element Moving Thru Vertical
FLOOR	Maximum Routine Time 1 Minute
	1. Min Full Turn
	2. Dance Combo (Min 2 Leap/Jumps-90)
	3. Acro Series (2 Connected Flight)
	4. Additional Acro Element w/Flight

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SKILL LEVEL 5

(6 yrs & Up) 10.0 Start Value

Six (6) A's (B Elements allowed)

Warm-Up Time - 1 Minute

Required Skills	
VAULT OPTIONS	Round off, BHS onto 24"-56" Resi (NO VAULT TABLE)
	Front Handspring Onto 24"-56" Resi (NO VAULT TABLE)
	1/2 On or 1/4-1/4 Onto 24"-56" Resi (NO VAULT TABLE)
	*Vault judgement is complete upon first contact of feet or back *Void feet landing deduction does not apply
BARS	1. Clear Hip
	2. Cast to Horizontal
	3. Long Hang Kip
	4. "A" Dismount From HB
BEAM	Maximum Routine Time 1 Minute
	1. Min Full Turn
	2. Leap/Jump 120°
	3. Bwd Acro or "B" Acro (NO rolls)
4. Min "A" Dismount	
FLOOR	Maximum Routine Time 1 Minute
	1. Min Full Turn
	2. Dance Combo (Min 2 Leap/Jumps-120)
	3. Acro Series (min 3 elements w/Flight)
4. Salto or Aerial	

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SKILL LEVEL 6

(6 yrs. & Up) 10.0 Start Value

Five (5) A's One (1) B (1 C Dance ONLY)

Warm-Up Time - 1 Minute 30 Seconds

Required Skills	
VAULT Manufacturer Setting (Max 135cm)	Front Handspring/Yurchenko/Tsuk Entry Onto 64" Max Mat Stack Behind Vault Table - 10.0 SV *Vault judgement is complete upon first contact of feet or back *Void feet landing deduction does not apply
BARS	1. Clear Hip
	2. Cast Above Horizontal
	3. 2nd Circling Element
	4. "A" Dismount
BEAM	Maximum Routine Time 1:15
	1. Min Full Turn
	2. Leap/Jump (150°)
	3. 1 Acro Flight or Non-Flight Series
4. Min "A" Salto or Aerial Dismount	
FLOOR	Maximum Routine Time 1:15
	1. Min Full Turn
	2. Dance Combo (Min 2 Leap/Jumps-150)
	3. Acro Series (min 3 Flight Elements)
4. Min "A" Salto	

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SKILL LEVEL PLATINUM

(7 yrs. & Up) 10.0 Start Value

Six (6) A's, One (1) B (1 C Dance ONLY)
Warm-Up Time - 1 Minute 30 Seconds

Required Skills	
VAULT Manufacturer Setting (Max 135cm)	Any Vault on Level 8 Chart - 10.0 SV
	Front Handspring/Yurchenko/Tsuk Entry Onto 64" Max Mat Stack Behind Vault Table - 10.0 SV *Failure to land feet first Void deduction does not apply to drill style vaults
BARS (1 Tap Swing Allowed)	1. Bar Change
	2. Cast above Horizontal
	3. "B" Circle Element
	4. "A" Dismount
BEAM	Maximum Routine Time 1:15
	1. Min Full Turn
	2. Leap/Jump (150°)
	3. Acro Series w/wo Flight
4. "A" Dismount	
FLOOR	Maximum Routine Time 1:15
	1. Min "B" Turn
	2. Dance Combo (Min 2 Leap/Jumps-150)
	3. Acro Series (2-3 Flight Elements)
4. Min "A" Salto in an Additional Pass	

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SKILL LEVEL 7

(7 yrs. & Up) 10.0 Start Value

Five (5) A's, Two (2) B's (1 C Dance ONLY - NO C Acro)

Warm-Up Time - 1 Minute 30 Seconds

Required Skills	
VAULT Manufacturer Setting (Max 135cm)	Front Handspring/Yurchenko/Tsuk Entry Onto 64" Max Mat Stack Behind Vault Table - 10.0 SV *Vault judgement is complete upon first contact of feet or back *Void feet landing deduction does not apply
BARS	1. Clear Hip, Stalder, or Toe On Toe Off
	2. Cast to 45° above Horizontal
	3. 2nd Circling Element
	4. "A" Dismount
BEAM	Maximum Routine Time 1:15
	1. Min Full Turn
	2. Leap/Jump (180°)
	3. Acro Series w/wo Flight
4. Min A" Salto or Aerial Dismount	
FLOOR	Maximum Routine Time 1:15
	1. Min "B" Turn
	2. Dance Combo (Min 2 Leap/Jumps-180)
	3. Acro Series (3 Elements w/Back Layout)
4. Fwd Acro Series (Min 2 Flight Elements)	

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SKILL LEVEL 8

(7 yrs. & Up) 10.0 Start Value

Four (4) A's, Four (4) B's (C Dance ONLY + 1 C Acro)
Warm-Up Time - 2 Minutes

Required Skills	
VAULT Manufacturer Setting (Max 135cm)	Any Vault on Level 8 Vault Chart
BARS	1. Min "B" Flight or Turn
	2. Clear Hip, Stalder, or Toe On Toe Off
	3. Min "B" Element to Handstand
	4. Salto Dismount
BEAM	Maximum Routine Time 1:30
	1. Min Full Turn
	2. Leap/Jump (180°)
	3. Acro Series (1 Element w/Flight)
4. Min "A" Salto or Aerial Dismount	
FLOOR	Maximum Routine Time 1:30
	1. Min "B" Turn
	2. Dance Combo (Min 2 Leap/Jumps-180)
	3. 3 Acro Flight Elements w/min "A" Salto
4. "B" Salto	

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SKILL LEVEL DIAMOND

(7 yrs. & Up) 10.0 Start Value

Four (4) A's, Two (2) B's (C/D Dance + 1 D Acro Allowed)

Warm-Up Time - 2 Minutes

Required Skills	
VAULT Manufacturer Setting (Max 135cm)	Any Vault on Level 8 Vault Chart
BARS	1. Bar Change
	2. Min "B" Circling Element
	3. Min "B" Element to Handstand
	4. Salto Dismount
BEAM	Maximum Routine Time 1:30
	1. Min Full Turn
	2. Leap/Jump (180°)
	3. Acro Series (1 Element w/Flight)
4. Min "A" Salto or Aerial Dismount	
FLOOR	Maximum Routine Time 1:30
	1. Min "B" Turn
	2. Dance Combo (Min 2 Leaps/Jumps-180)
	3. 2 Acro Flight Elements w/min "A" Salto
4. "B" Salto	

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SKILL LEVEL 9

(8 yrs. & Up)

9.7 Start Value

Four (4) A's, Three (3) B's, One (1) C, (D Dance ONLY + 1 D Acro)

Warm-Up Time - 2 minutes

Required Skills	
VAULT Manufacturer Setting (Max 135cm)	Any Vault on Level 9 Vault Chart
BARS	1. Min "B" Turn
	2. Min 2 Bar Changes
	3. Min "B" Skill Set 3/6/7 Element
	4. Min "B" Dismount
BEAM	Maximum Routine Time 1:30
	1. Min Full Turn
	2. Leap/Jump Series (180°) - 2 Elements
	3. Acro Series (2 Flight Elements)
4. "B" Salto Dismount	
FLOOR	Maximum Routine Time 1:30
	1. Min "B" Turn
	2. Leap/Jump Pass 180° (2 Elements)
	3. Two (2) Saltos in One (1) Pass
4. "B" Salto	

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SKILL LEVEL 10

(8 yrs. & Up)

9.5 Start Value

Four (4) A's Three (3) B's Two (2) C's, (D & E elements allowed)

Warm-Up Time - 2 Minutes

Required Skills	
VAULT Manufacturer Setting (Max 135cm)	Any Vault on Level 10 Vault Chart
BARS	1. Min "B" Flight
	2. 2nd "C"+ Element w/Flight or Turn
	3. Min "B" Skill Set 3/6/7 Element
	4. Min "C" Dismount
BEAM	Maximum Routine Time 1:30
	1. Min Full Turn
	2. Leap/Jump Series (180°) - 2 Elements
	3. Acro Series with "C" Element
FLOOR	Maximum Routine Time 1:30
	1. Min "C" Turn
	2. Leap/Jump Pass 180° (2 Elements)
	3. Two (2) Saltos in One (1) Pass
4. "C" Salto	