



NATIONAL GYMNASTICS ASSOCIATION

SKILL LEVEL REQUIREMENTS

| SKILL LEVEL 1 (5 yrs & Up) 10.0 Start Value | | SKILL LEVEL 2 (5 yrs & Up) 10.0 Start Value | | SKILL LEVEL 3 (6 yrs & Up) 10.0 Start Value | |
|---|--|--|--|---|--|
| Minimum of Four (4) Elements (NO B's Allowed*) Warm-Up Time - 30 Seconds REQUIRED SKILLS VAULT Run, Stretch Jump to Resi From Springboard Alternative Tramp Board Allowed BARS 1. Mount 2. Cast 3. Back Hip Circle 4. Dismount BEAM Maximum Routine Time 30 secs 1. ½ Turn on 1 Foot or Pivot 2. Stretch Jump 3. Element Close to Beam 4. Jump Dismount * "B" Leaps/Jumps Allowed FLOOR Maximum Routine Time 30 secs 1. Backward Roll/Candlestick 2. ½ Turn on 1 Foot or Pivot 3. Leap/Jump Pass (2 Elements) 4. ¾ Handstand (Max 2 Flight Elements Allowed) | | Minimum of Five (5) Elements (NO B's Allowed) Warm-Up Time - 30 Seconds REQUIRED SKILLS VAULT Run, Jump to Handstand Flatback on Resi Alternative Tramp Board Allowed BARS 1. Pullover 2. Cast (any angle) 3. Circling Element 4. Underswing Dismount (Pike/Straddle/Cast) BEAM Maximum Routine Time 30 secs 1. ½ Turn on 1 Foot 2. Tuck Jump 3. ¾ Handstand 4. Any Dismount Off Hands * "B" Leaps/Jumps Allowed FLOOR Maximum Routine Time 45 secs 1. Handstand 2. Chasse, Step, ½ Turn on 1 Foot 3. Leap/Jump Pass (2 Elements) 4. Cartwheel (May NOT Perform Salto or Aerial Skills) | | Five (5) A's (NO B's Allowed) Warm-Up Time - 45 Seconds REQUIRED SKILLS VAULT Run, Front Handspring Over Resi 1/2 on or 1/4-1/4 Over Resi Alternative Tramp Board Allowed BARS 1. Mount 2. Cast 3. Circling Element 4. Dismount (May Go To High Bar) BEAM Maximum Routine Time 45 secs 1. Minimum ½ Turn on One Foot 2. Leap/Jump 60° 3. Acro Skill That Achieves or Passes Through Vertical * 4. Any Dismount Off Hands "B" Leaps/Jumps Allowed FLOOR Maximum Routine Time 45 secs 1. Full Turn 2. Roundoff (may be in series) 3. Leap/Jump Pass 60° (2 Elements) 4. Bridge Kick Over/Tic Toc/Walkover (May Perform One "A" Salto or Aerial) | |
| SKILL LEVEL 4 (6 yrs & Up) 10.0 Start Value | | SKILL LEVEL GOLD (6 yrs & Up) 10.0 Start Value | | SKILL LEVEL 5 (6 yrs & Up) 10.0 Start Value | |
| Five (5) A's (B Dance ONLY) Warm-Up Time - 1 Minute REQUIRED SKILLS VAULT OPTIONS Round-off, Stretch Jump to Stand on Resi Round-Off, Stretch Jump to Back on Resi Round-Off Onto Board, Back Handspring Over Resi Front Handspring Over Resi 1/2 On or 1/4-1/4 Over Resi BARS 1. Glide Kip 2. Cast, Back Hip Circle 3. Tap Swing 4. "A" Dismount From HB BEAM Maximum Routine Time 1 Minute 1. Full Turn 2. Leap/Jump 90° 3. Acro Element Moving Thru Vertical 4. "A" Dismount FLOOR Maximum Routine Time 1 Minute 1. Full Turn 2. Leap/Jump Pass 90° (2 Elements) 3. Acro w/Flight Series 2-3 Elements 4. Fwd Acro Skill w/Flight or Fwd Salto | | Six (6) A's (B Dance Only) Warm-Up Time - 1 Minute REQUIRED SKILLS VAULT OPTIONS Handspring, 1/4 or 1/2 On Over Vault Table (SV 10.0) BARS 1. Bar Change 2. Cast to Horizontal 3. Circle Element 4. Dismount From HB BEAM Maximum Routine Time 1 Minute 1. Full Turn 2. Leap/Jump 120° 3. Acro Element Moving Thru Vertical 4. "A" Dismount FLOOR Maximum Routine Time 1 Minute 1. Full Turn 2. Leap/Jump Pass 120° (2 Elements) 3. Acro Series 2 Connected w/Flight 4. 3rd Acro Element w/Flight | | Six (6) A's (B Elements allowed) Warm-Up Time - 1 Minute REQUIRED SKILLS VAULT OPTIONS Round off, Back Handspring Onto Resi Front Handspring Onto Resi 1/2 On or 1/4-1/4 Onto Resi BARS 1. Clear Hip 2. Cast to Horizontal 3. Long Hang Kip 4. "A" Dismount From HB BEAM Maximum Routine Time 1 Minute 1. Full Turn 2. Leap/Jump 120° 3. Any Back Acro or Any "B" Acro 4. Min "A" Dismount FLOOR Maximum Routine Time 1 Minute 1. Full Turn 2. Leap/Jump Pass 120° (2 Elements) 3. Acro Series min 3 Elements w/Flight 4. Salto | |


NATIONAL GYMNASTICS ASSOCIATION

SKILL LEVEL REQUIREMENTS

| SKILL LEVEL 6 (6 yrs & Up) 10.0 Start Value | SKILL LEVEL PLATINUM (7 yrs & Up) 10.0 Start Value | SKILL LEVEL 7 (7 yrs & Up) 10.0 Start Value |
|--|---|---|
| Five (5) A's One (1) B (C Dance ONLY) Warm-Up Time - 1 Minute 30 Seconds REQUIRED SKILLS VAULT Any Vault on Level 6/ 7 Chart (10.0 SV) BARS 1. Clear Hip 2. Cast Above Horizontal 3. 2nd Circling Element 4. "A" Dismount BEAM Maximum Routine Time 1:15 1. Full Turn 2. Leap/Jump 150° 3. 1 Flight Element 4. Salto Dismount FLOOR Maximum Routine Time 1:15 1. 540° Turn 2. Leap/Jump Pass 150° (2 elements) 3. Acro Series min 3 Elements w/Flight 4. Salto | Five (5) A's One (1) B's (C Dance Only) Warm-Up Time - 1 Minute 30 Seconds REQUIRED SKILLS VAULT Any Vault on Level 6/7/8 Chart (10.0 SV) BARS 1. Bar Change 2. Cast Above Horizontal 3. "B" Circle Element 4. "A" Dismount BEAM Maximum Routine Time 1:15 1. Full Turn 2. Leap/Jump 150° 3. Acro Series w/wo Flight 4. "A" Dismount FLOOR Maximum Routine Time 1:15 1. 540° Turn 2. Leap/Jump Pass 150° (2 Elements) 3. Acro Series 3 Flight Elements w/Flight 4. Min "A" Salto in 2nd Pass | Five (5) A's Two (2) B's (C Dance ONLY) Warm-Up Time - 1 Minute 30 Seconds REQUIRED SKILLS VAULT Any Vault on Level 6/7 Chart (10.0 SV) BARS 1. Clear Hip, Stalder, or Toe Hand 2. Cast 45° above Horizontal 3. 2nd Circling Element 4. "A" Dismount BEAM Maximum Routine Time 1:15 1. Full Turn 2. Leap/Jump 180° in Combo 3. Acro Series w/wo Flight 4. Salto Dismount FLOOR Maximum Routine Time 1:15 1. 540° Turn 2. Leap/Jump Pass 180° (2 Elements) 3. 3 Flight Series - Layout 4. Fwd Acro Series Min 2 Elements |
| SKILL LEVEL 8 (7 yrs & Up) 10.0 Start Value | SKILL LEVEL DIAMOND (8 yrs & Up) 10.0 Start Value |  |
| Four (4) A's Four (4) B's Warm-Up Time - 2 Minutes REQUIRED SKILLS VAULT Any Vault on Level 8 Vault Chart (10.0 SV) BARS 1. Flight or Turn 2. Clear Hip, Stalder, Hecht or Toe Hand 3. Cast to Handstand 4. Salto Dismount BEAM Maximum Routine Time 1:30 1. Full Turn 2. Leap/Jump (1) 180° Split in Combo 3. Acro Series (1 w/Flight) 4. Salto Dismount FLOOR Maximum Routine Time 1:30 1. "B" Turn 2. Leap/Jump Pass 180° (2 Elements) 3. 3 Flight Series w/Salto 4. "B" Salto | Four (4) A's Two (2) B's Warm-Up Time - 2 Minutes REQUIRED SKILLS VAULT Any Vault on Level 8 Vault Chart (10.0 SV) BARS 1. Bar Change 2. Clear Hip, Stalder, Hecht or Toe Hand 3. Cast to 45° Above Horizontal 4. Salto Dismount BEAM Maximum Routine Time 1:30 1. Full Turn 2. Leap/Jump 180° Split 3. Acro Series (1 w/Flight) 4. "A" Dismount FLOOR Maximum Routine Time 1:30 1. Forward Flight Element 2. Leap/Jump Pass 180° (2 Elements) 3. 3 Flight Series w/Salto 4. "B" Salto in 2nd Pass | |

NATIONAL GYMNASTICS ASSOCIATION

SKILL LEVEL REQUIREMENTS

| SKILL LEVEL 9 (8 yrs & Up) 9.7 Start Value | | SKILL LEVEL 10 (8 yrs & Up) 9.5 Start Value | | |
|---|---|--|---|---|
| Four (4) A's Three (3) B's One (1) C Warm-Up Time - 2 Minutes REQUIRED SKILLS | | Three (3) A's Three (3) B's Two (2) C's Warm-Up Time - 2 Minutes REQUIRED SKILLS | |  |
| VAULT | Any Vault on Level 9 Vault Chart | VAULT | Any Vault on Level 10 Vault Chart | |
| BARS | <ol style="list-style-type: none"> 1. Turn 2. Clear Hip, Stalder, Hecht or Toe Hand 3. Flight Skill 4. "B" Dismount | BARS | <ol style="list-style-type: none"> 1. Flight 2. 2nd Flight 3. Turn 4. "C" Dismount | |
| BEAM | Maximum Routine Time 1:30 <ol style="list-style-type: none"> 1. Full Turn 2. Leap/Jump (1) 180° Split in Combo 3. Acro Series (2 Flight) 4. "B" Salto Dismount | BEAM | Maximum Routine Time 1:30 <ol style="list-style-type: none"> 1. Full Turn 2. Leap/Jump (1) 180° Split in Combo 3. Acro Series with "C" 4. "C" Dismount | |
| FLOOR | Maximum Routine Time 1:30 <ol style="list-style-type: none"> 1. "B" Turn 2. Leap/Jump Pass 180° (2 Elements) 3. Two (2) Saltos in One (1) Pass 4. "C" Salto | FLOOR | Maximum Routine Time 1:30 <ol style="list-style-type: none"> 1. "B" Turn 2. Leap/Jump Pass 180° (2 Elements) 3. 2 Directly Connected Salto Pass 4. "C" Salto | |