

# Legacy Gymnastics

## TUMBLING LEVEL REQUIREMENTS

### Level 1

Forward Roll (Stand Up w/o using hands)	Backward Roll (land on feet)	Handstand	Cartwheel (on a line)
Roundoff	Bridge Hold (10 seconds on each leg)	Handstand to Bridge	Front Limber (stand up from bridge)
Back Bend	Bridge Kick Over	Jumps – Straight, Tuck, Straddle, Pike, Full Turn	

### Level 2

Roundoff Rebound	Backwalkover	Frontwalkover	Back Limber (down cheese mat)
Standing Backhandspring on TT & Floor	Roundoff Backhandspring on TT & Floor	Roundoff Double BHS on TT & Floor	Fronthandspring on TT/Trampoline
Fronthandspring on Floor off Cheese Mat		Backward Roll to Push Up	

### Level 3

Roundoff Multiple Backhandspring on TT & Floor	Roundoff Backhandspring Back Tuck on TT & Floor	Roundoff Multiple Backhandspring Back Tuck on TT & Floor	Fronthandspring on Floor
Standing Multiple Backhandspring Back Tuck on TT	Standing Backhandspring Back Tuck on TT	Standing Back Tuck on Trampoline	Front Tuck/ Punch Front on TT
Roundoff Back Tuck on TT & Floor		Side Aerial on TT/Tramp	

### Level 4

Running Back Tuck/Layout/Full/Double Full/ Layout Step Out/ X-Out	Standing Single & Multiple Backhandspring Back Tuck/Layout/Full/ Double Full/ Layout Step Out/ X-Out	Standing Back Tuck/Layout/Full	Punch Front/ Punch Front Step Out
Whips	Front Layout/Full	Arabian	Onodi

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## GYMNASTICS LEVEL REQUIREMENTS

	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
<b><u>Floor</u></b>	<ul style="list-style-type: none"> <li>● Forward Roll</li> <li>● Backward Roll</li> <li>● Handstand</li> <li>● Cartwheel on a line</li> <li>● Roundoff Rebound</li> <li>● Jumps: Straight, Tuck, Straddle, Pike, Full turn</li> <li>● Bridge Hold - Both Legs 10 seconds</li> <li>● Back Bend</li> <li>● Bridge Kickover</li> <li>● Handstand to Bridge</li> <li>● Front Limber (Stand up from Bridge)</li> </ul>	<ul style="list-style-type: none"> <li>● Frontwalkover</li> <li>● Backwalkover</li> <li>● Back Limber</li> <li>● Standing Backhandspring on Tumble Track/Floor</li> <li>● Roundoff Backhandspring on Floor/Tumble Track</li> <li>● Handstand Forward Roll</li> <li>● Front handspring on Trampoline</li> <li>● Backward Roll to Push Up</li> <li>● Jumps - Split &amp; Wolf</li> </ul>	<ul style="list-style-type: none"> <li>● Roundoff Multiple Back Handsprings</li> <li>● Roundoff Back Handspring Tuck/Layout/Full</li> <li>● Front Tuck</li> <li>● Side &amp; Front Ariel</li> <li>● Standing Multiple Back Handspring</li> <li>● Front Handspring</li> <li>● Multiple Front Handspring</li> <li>● Standing Back Tuck/ BHS Back Tuck</li> <li>● Handstand Pirouette</li> <li>● Press Handstand</li> </ul>
<b><u>Bars</u></b>	<ul style="list-style-type: none"> <li>● 3 Casts</li> <li>● Chin hold for 5 seconds</li> <li>● Forward roll dismount</li> <li>● Tuck &amp; Pike Hang</li> <li>● Pull Over With Light Spot</li> <li>● Skin the cat</li> <li>● Jump to Front Support &amp; Hold</li> </ul>	<ul style="list-style-type: none"> <li>● Pull over</li> <li>● Tap Swings</li> <li>● Back Hip Circle</li> <li>● Straddle/Pike Sole circle dismount</li> <li>● Squat on/ Step on</li> <li>● Glide Swing</li> <li>● Jump to high bar</li> </ul>	<ul style="list-style-type: none"> <li>● Glide Kip</li> <li>● Squat on Jump to High Bar</li> <li>● Long Hang Pullover</li> <li>● Long Hang Kip</li> <li>● Pike on</li> <li>● -Front Hip Circle</li> <li>● Half Turn Dismount</li> <li>● Flyaway</li> <li>● Cast to Handstand</li> <li>● Clear Hip Circle</li> </ul>
<b><u>Beam</u></b>	<ul style="list-style-type: none"> <li>● Walks on tippy toes-forward, backward, sideways</li> <li>● Straights jumps</li> <li>● High kicks</li> <li>● Scoops forward &amp; backward</li> <li>● Straddle Mount</li> <li>● Arabesque hold</li> <li>● Straight Jump Dismount</li> <li>● Knee scale</li> <li>● Pivot Turn</li> <li>● Lever &amp; Cartwheel on Floor Beam</li> </ul>	<ul style="list-style-type: none"> <li>● Handstand on medium beam</li> <li>● Cartwheel on high beam</li> <li>● Roundoff dismount</li> <li>● Half Turn</li> <li>● Straight and Tuck Jumps</li> <li>● Side Handstand Dismount</li> <li>● One Handed Roundoff Dismount</li> </ul>	<ul style="list-style-type: none"> <li>● Back Walkover</li> <li>● Cartwheel Step in Cartwheel</li> <li>● Handstand (on High beam)</li> <li>● Side Handstand with Pirouette Dismount</li> <li>● Front Tuck Dismount</li> <li>● Barani Dismount</li> <li>● Back Handspring Step Out</li> <li>● Jumps: Split/Pike/Wolf</li> <li>● Full Turn</li> <li>● 1 ½ Turn</li> <li>● Step, Step Leap</li> </ul>
<b><u>Vault</u></b>	<ul style="list-style-type: none"> <li>● Squat on</li> <li>● Straddle on</li> <li>● Straight Jump on to Vault Table (no hands)</li> <li>● Straight jump land &amp; stick</li> </ul>	<ul style="list-style-type: none"> <li>● Handstand Flat Back</li> <li>● Handstand Bridge off Vault w/ Spot</li> <li>● Front Handspring</li> </ul>	<ul style="list-style-type: none"> <li>● Half on</li> <li>● Half on Half Off</li> <li>● Half on Full Off</li> </ul>