

Tumbling Level Requirements

<u>Level 1</u>	<u>Level 2</u>	<u>Level 3</u>	<u>Level 4</u>
<ul style="list-style-type: none"> • Jumps - Straight, Tuck, Straddle, Pike, Full Turn • Forward roll • Backward roll • Handstand • Cartwheel (on a line) • Bridge hold for 10 seconds - both legs • Backbend • Bridge Kick Over • Handstand to Bridge • Roundoff 	<ul style="list-style-type: none"> • Roundoff Rebound • Backwalkover • Frontwalkover • Standing Backhandspring on Tumble Track • Roundoff Backhandspring on Tumble Track • standing Backhandspring on Floor • Roundoff Backhandspring on Floor • Back Limber down cheese mat 	<ul style="list-style-type: none"> • Back Limber on Floor • Roundoff Multiple BHS on Tumble Track • Standing Multiple BHS on Tumble Track • Roundoff BHS Tuck on Tumble Track • Roundoff Multiple BHS on Floor • Standing Multiple BHS on Floor • Roundoff BHS Tuck on Floor • Standing BHS Back Tuck on Tumble Track • Fronthandspring on Floor • Punch Front on Tumble Track/Floor 	<ul style="list-style-type: none"> • Roundoff Backhandspring Layout/Full/Double Full • Whips • Multiple standing Backhandspring Tuck/Layout/Full • Standing Backhandspring Tuck/Layout/Full • Front Pike/Layout/Full • Punch Front Step Out • Standing Tuck/Pike/Full • Fronthandspring Front Tuck • Arabian

Gymnastics Level Requirements

	<u>Beginner</u>	<u>Intermediate</u>	<u>Advanced</u>
<u>Floor</u>	<ul style="list-style-type: none"> • Forward Roll • Backward Roll • Handstand • Cartwheel on a line • Roundoff Rebound • Jumps: Straddle, Pike, Wolf, Full turn, Tuck • Bridge Hold • Back Bend • Bridge Kickover • Handstand to Bridge 	<ul style="list-style-type: none"> • Frontwalkover • Backwalkover • Standing Backhandspring on Tumble Track/Floor • Roundoff Backhandspring on Floor/Tumble Track • Handstand Hold 5 seconds • Front handspring on Trampoline • Backward Roll to Push Up • Jumps - Split & Wolf 	<ul style="list-style-type: none"> • -Roundoff Multiple Back Handsprings • -Roundoff Back Handspring Tuck/Layout/Full • -Front Tuck • -Side Ariel • -Front Ariel • -Standing Multiple Back Handspring • -Front Handspring • -Front Handspring Front Tuck • -Standing Back Tuck • -Standing Back Handspring Tuck • - Handstand Pirouette • -Press Handstand
<u>Bars</u>	<ul style="list-style-type: none"> • 3 Casts • Chin hold for 5 seconds • Forward roll dismount • Tuck & Pike Hang • Basic Tap Swings (3x) • Pull Over With Spot • Skin the cat • Jump to Front Support & Hold 	<ul style="list-style-type: none"> • Pull over • Back Hip Circle • Straddle/Pike Sole circle dismount • Squat on/ Step on • Glide Swing • Jump to high bar with resi 	<ul style="list-style-type: none"> • -Glide Kip • -Squat on Jump to High Bar • -Long Hang Pullover • -Long Hang Kip • -Pike on • -Front Hip Circle • -Half Turn Dismount • -Flyaway • -Cast to Handstand • -Clear Hip Circle
<u>Beam</u>	<ul style="list-style-type: none"> • Walks on tippy toes-forward, backward, sideways • Straights jumps • High kicks • Scoops forward & backward • Straddle Mount • Arabesque hold • Straight Jump Dismount • Knee scale • Pivot Turn • Cartwheel on Floor Beam 	<ul style="list-style-type: none"> • Handstand on low beam • Cartwheel on high beam • Roundoff dismount • Half Turn • Straight and Tuck Jumps • Side Handstand Dismount • One Handed Roundoff Dismount 	<ul style="list-style-type: none"> • -Back Walkover • -Cartwheel Step in Cartwheel • -Handstand (on High beam) • -Side Handstand with Pirouette Dismount • -Front Tuck Dismount • -Barani Dismount • -Back Handspring Step Out • -Jumps:Split/Pike/Wolf • -Full Turn • -1 ½ Turn • -Step,Step Leap
<u>Vault</u>	<ul style="list-style-type: none"> • Squat on • Straddle on • Straight jump land & stick 	<ul style="list-style-type: none"> • Handstand Flat Back • Handstand off Vault w/ Spot • Handspring 	<ul style="list-style-type: none"> • Half on • Half on Half Off • Half on Full Off

Boys Gymnastics Level Requirements

Floor:

- Forward Roll
- Backward Roll
- Cartwheel
- Handstand
- Roundoff
- Bridge hold (10 seconds)
- Bridge Kickover
- Backbend
- Head Stand

Bars:

- Chin Hold (5 Seconds)
- Casts (3xs)
- Pullover
- Jump to Front Support
- Forward Roll Dismount
- Basic Tap Swings

Parallel Bars:

- Front Support Walks
- Tuck/Pike holds

Vault:

- Squat-on
- Straight jump Dismount
- Handstand off Vault
- Handstand Flat Back

Rings:

- Hang on Big Rings (hold for 5 seconds)
- Skin-the-cat (on small Rings)
- Front Flips (on small Rings)
- Inverted Hang (hold for 5 seconds on small Rings)

Pommel Horse:

- Walk hands around Mushroom
- $\frac{1}{4}$ Circle on Mushroom
- $\frac{1}{2}$ Circle on Mushroom
- $\frac{3}{4}$ Circle on Mushroom
- Full Circle on Mushroom