

	Level 1	Level 2	Level 3	Level 4	Level 5
Vault	<i>Either</i> 1. Squat on - jump off 2. Straddle on - jump off	<i>Either</i> 1. Squat through 2. Straddle over	Straight jump onto block, kick to handstand and fall over to land on a flat back	Handspring Flat back	Handspring over a small vault
Bars	<i>Performed on low bar</i> Coach assisted chin-up Tuck hold (3s) Pike hold (3s) Travel sideways (3 hand movements) Release to land	<i>Performed on both bars</i> Low Bar: Jump to front support (3s) forward circle down to controlled hang. High Bar: Coach supported lift, tuck hold (3s), pike hold (3s), show dish shape, show arch shape, release to land.	<i>Performed on both bars</i> Low Bar: Circle up, show front support (3s), cast, forward circle to chin-up, lower. High Bar: Coach supported lift, leg lift, show dish shape, show arch shape, 1 fish swing and release to land.	<i>Performed on low bar</i> Circle up, show front support (3s), 2 casts, back-hip circle, cast to land on block, jump in or step onto bar for a straddle on undershoot (bonus for cast into straddle on undershoot)	<i>Performed on both bars</i> Low Bar: Circle up, cast into back-hip circle, squat on straight jump off to land. High bar: From block, jump to catch high bar, circle up, back hip circle, straddle on undershoot. (Bonus for squat on to catch high bar)
Beam	Optional mount, 3 steps forward, H-Balance, 3 steps forward, crouch down and touch the beam, walk to the end, tuck jump dismount.	Front support mount, 3 steps forward on toes, relevé hold (3s) 3 high knees steps forward, arabesque (3s) star jump dismount.	Squat on mount, 3 steps sideways on toes, straight jump, arabesque/y-balance (3s) high bunny hop, round-off dismount.	Any mount, Y-balance (3s) 3 leg kick walks, handstand or cartwheel, tuck jump, walk on toes to the end of the beam, round-off or handspring dismount.	Any mount, Y-Balance (3s) 1/2 spin, 1/2 turn, handstand or cartwheel, tuck jump straight jump (connected) round-off or cartwheel dismount.
Floor	Forward roll to tuck sit, lift arms back and show v-sit, lower to dish hold (3s) roll over to arch hold (3s) push to front support (3s) jump feet into squat shape, stand up, star jump.	Forward roll to straddle sit, show Japana (3s) lie back and show shoulder stand (3s) rock back and forward to stand, arabesque (3s) cat leap, straight jump, immediate star jump.	Forward roll to stand, cartwheel (from to back) tuck jump with 1/2 turn, chasse cat leap, half spin, step or slide into split, swing leg around in front and lie back, push to bridge (3s) Lowe, roll back and stand.	Handstand forward roll, full spin, chasse cat leap with 1/2 turn, 1 handed cartwheel, backward roll to straddle, quarter turn to show splits (3s) lie flat, push to bridge (3s) kick over to stand.	Handstand forward roll into tuck jump, 1/1 spin, chasse scissor kick, chasse cat leap 1/2 turn, round-off rebound jump, cartwheel connected to 1 handed cartwheel, backwards or forwards walkover.