|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Strength | Flexibility | Balance | Floor skill | Beam skill | Bars skill | Vault skill | Trampoline skill |
| X1 chin up  (over grasp) | Splits  (nearly down lift hands off 3 seconds) | Handstand for 5 seconds against block | Handstand forward roll | Forward roll (feet to touch beam not to land) | Chin up round | Handstand flat back | Handspring to land on feet on mat in pit |
|  |  |  |  |  |  |  |  |

BRONZE

SILVER

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Strength | Flexibility | Balance | Floor skill | Beam skill | Bars skill | Vault skill | Trampoline skill |
| X3 leg lifts | Handstand to bridge | Straddle lever 2 seconds | Round off stretch jump | Cartwheel on matted beam (feet to touch beam not to land) | Back hip circle | Straddle over table | Front somersault to feet on mat in pit |
|  |  |  |  |  |  |  |  |

GOLD

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Strength | Flexibility | Balance | Floor skill | Beam skill | Bars skill | Vault skill | Trampoline skill |
| X5 press ups | 3 way splits | Pike lever 2 seconds | Backward walkover | Round off dismount | Squat on low bar stretch jump off | Handspring over block | Handspring on trampoline |
|  |  |  |  |  |  |  |  |