

## **Girls LEVEL 1-2 : No requirements**

### **The skills below are taught in LEVEL 1-2 and required to advance to Girls LEVEL 2-3**

#### VAULT:

- 2-Step Hurdle
- Stick-Freeze
- Squat on or Straddle On
- Straight Jump to Feet
- Donkey Kick
- Forward Roll

#### BARS:

- Jump to front support
- Chin hang (5 seconds)
- Safety Forward Roll
- 3 Cast, Push away
- Straddle Hang
- Pullover
- Glide Swings
- Regrip Swings
- Climb-Up, Jump off Low bar

#### BEAM:

- Releve Walk
- Kick Walk
- Mount
- Safety Jump off, to freeze on two feet
- Bunny Hops
- Ice Cream Scoops
- Lunge, See-saw
- Straight Jump
- Pivot Turn
- Step, Leap

FLOOR:

- Forward Roll
- Backward Roll
- Bridge
- Candlestick
- Lunge, See-Saw
- Handstand
- Cartwheel
- Straight Jump, Tuck Jump, Straddle Jump, Pike Jump

**Girls LEVEL 2-3**

**Must have LEVEL 1-2 Skills**

**The skills below are taught in LEVEL 2-3 and required to advance to Girls Level 3-4**

VAULT:

- Handstand Flatback

BARS:

- Chin-up Pullover
- Back Hip Circle
- Leg Cut Around
- Sole Circle (without cast to straddle on)

HIGH BEAM:

- Lunge-hop-lunge OR Handstand
- Round Off Dismount
- Heel Snap Turn OR Half Turn

- Step Leap, Jump
- Straddle-On Mount
- Side Handstand

FLOOR:

- Handstand Hold
- Front Limber
- Backbend
- Bridge Kickover (Wedge)
- Backward Roll to Push Up Position
- Roundoff

**Girls LEVEL 3-4**

**Must have LEVEL 2-3 skills**

**The skills below are taught in LEVEL 3-4 and required to advance to Girls Level 4-5**

VAULT:

- Front Handspring

BARS:

- Double Back Hip Circle
- Back Hip Circle, Undershoot Dismount
- Cast to horizontal
- Jump to squat (Low Bar)

HIGH BEAM:

- Handstand OR Cartwheel (low beam)
- One-arm roundoff Dismount
- Half Turn
- Jump Combination
- Split Leap

FLOOR:

- Front Walkover
- Back Walkover
- Handstand Forward Roll
- Cartwheel Step-in
- Back Handspring over the barrel OR with spot
- Straight-arm backward roll to pushup position

**Girls LEVEL 4-5**

**Must have LEVEL 3-4 Skills**

**The skills below are taught in LEVEL 4-5 and required to advance to Girls Level 5-6**

VAULT:

- Front Handspring
- Half-On

BARS:

- Mill Circle (Front OR Back)
- Cast Squat-On
- Sole Circle (can climb up to straddle-on OR cast)

HIGH BEAM:

- Full-turn (low beam)
- Backwalkover (low beam OR with spot)
- Half Turn (high beam)
- Cartwheel OR handstand (high beam)

FLOOR:

- Back Handspring
- Front Handspring
- Handstand pop, flatback
- Roundoff back handspring WITH spot
- Front Tuck (on tumbl trak)

**Girls LEVEL 5-6**

**Must have LEVEL 4-5 Skills**

**The skills below are taught in LEVEL 5-6 and required to advance to Girls Level 6-8**

VAULT:

- Front Handspring
- Half-On
- Front Tuck

BARS:

- Front Hip Circle
- Clear Hip Circle
- Cast 45 degrees from vertical

HIGH BEAM:

- Full-turn (high beam)
- Backwalkover (high beam)
- Full Turn (high beam)
- Backwalkover series (low beam)
- Cartwheel swing through cartwheel (low beam)
- Front Handspring dismount

FLOOR:

- Back Handspring series
- Front Handspring series
- Roundoff back handspring
- Front Tuck
- Back tuck WITH spot

**Girls LEVEL 6-8**

**Must have LEVEL 5-6 Skills**

**This is the highest level for girls recreational gymnastics.**

VAULT:

- Front Handspring
- Half-On
- Front Tuck
- Yurchenko

BARS:

- Clear Hip Circle, handstand
- Cast to Handstand
- Kip

HIGH BEAM:

- Barani Dismount
- Backwalkover (high beam)
- Back Handspring (low beam)
- Backwalkover series (high beam)
- Cartwheel swing through cartwheel (high beam)
- Switch Leap

FLOOR:

- Roundoff, back handspring, back tuck
- Standing Back Tuck
- Side Aerial
- Front Aerial
- Back layout
- Front Pike
- Front Layout