



LEVEL 3-10 ADVANCEMENT CHARTS



ABOUT THESE LISTS

Concept:

The idea behind these advancement charts is three parts. First, to ensure that gymnasts have the skills they need for the level before they compete it. Second, to have some version of the skill a level above what they are moving to. Third, working the skills that are two levels above the level they are moving to.

Example: Moving to level 7 - Beam

BWO - BHS - High beam (no spot)

BHS - BHS - Low beam

BHS - BLO - Floor

The in order to pass requirements are a basic outline of how the skill has to be performed in order to count. The reason behind this is to make it crystal clear to coaches, gymnasts and parents what needs to happen in order.

When using these move-up lists, remember to be flexible. If a gymnast has 95% of the move-up list, but is missing one of the "in order to pass" requirements for one skill - she is probably ready. If she's missing three skills - she probably isn't.

One other thing about advancement that I use as a rule of thumb is that if the gymnast can't "pass" the skill three days in a row, the skill isn't passed. Consistency is the name of the game especially when dealing with skills that gymnasts are fearful of, and just because a gymnast had one good day and did it doesn't mean you'll see that skill again. Make sure the skill is consistent and consistently good before you let them pass.

These move-up lists begin at pre-team 2 (the assumes you split your pre-team into two levels) and then advances to levels 3 through 10.

Vault: Moving to Pre-Team 2

Skill	In order to pass		
Accelerating run	Elbows at 90	Speeds up	Goes straight
Handstand tree-fall	Straight arms	Belly/chest in	All body parts hit at once
Handstand flat back from board on lower surface	No pike	Straight arms	Feet together
Run – stretch jump off board – land on resi	No forward lean on board	Doesn't slow down before board	Legs together in jump

Vault: Moving to level 3

Skill	In order to pass		
Level 3 vault	No forward lean on board	No pike	Body straight throughout
Vault over level 3 system sideways	No pike	Arms straight	Landing on feet on opposite site
Front layout to back (from tramp or board)	No pike	Ribs in	Pointed feet
Front tuck to feet from board	Hips rise	Head neutral	Opens before landing
Boulder on tumbl trak	Feet together	Looking at hands the whole time	At least one body length

Vault: Moving to level 4

Skill	In order to pass		
Front handspring over low vault (95 or 100) putting hands on resi mat behind vault – land on feet	No forward lean on board	No pike	Body straight throughout
Front handspring vault	No pike	Arms straight	Landing on feet on opposite site
Cartwheel step-in to panel mat	No pike	Ribs in	Pointed feet
Laying on barrel in hollow shape – open shoulders but don't release head (yurchenko drill)	Hips rise	Head neutral	Opens before landing
RO onto springboard with panel mat in front – rebound up to 3 8" mats	Feet together	Looking at hands the whole time	At least one body length
Front layout from board	Knees straight	No pike	Hips rise

Vault: Moving to level 5

Skill	In order to pass		
Front handspring vault	No forward lean on board	No pike	Hip rise
Yurchenko to resi mat with panel mat in front of board (hands are same height as board)	Head in	Turned over round off	Straight arms
Round off up to panel mat	Hands in line	No pike	Head in

Vault: Moving to level 6

Skill	In order to pass		
Yurchenko timer over table with sting	Turned over round off	Straight arms	Head in
Tsuk (with flip) into pit off of cheese or two springboards	Head in	Chest up before flip	Awareness in the arm
Yurchenko up to resi	Turned over round off	Straight arms	Landing with flat hips on feet
½ on timer to vault height	Head in	Goes over the top	Landing with flat hips on feet at table height

Vault: Moving to level 7

Skill	In order to pass		
Yurchenko/tsuk with light spot	Head in	Correct flipping shape (pointed feet)	Chest up on landing
Yurchenko/tsuk timer to resi at vault height	Turned over round off or tsuk entry	Arms straight	Landing with flat hips on feet

Vault: Moving to level 8

Skill	In order to pass		
Yurchenko/tsuk pike to 2 8" mats	Head in	Arms straight	Chest up on landing
Yurchenko/tsuk layout with light spot	No pike	Arms straight	Chest up on landing
Yurchenko/tsuk twisting drills	Feet together	Hips rise	Head in correct position

Vault: Moving to level 9

Skill	In order to pass		
Yurcheko/tsuk layout	No pike	Arms straight	Chest up on landing
Yurchenko/tsuk layout with twist (onto or off of table) – into pit	Feet together in twist	Head in	Chest up on landing

Vault: Moving to level 10

Skill	In order to pass		
Yurcheko/tsuk layout with twist onto or off of table	Feet together in twist	Hips rise	Chest up on landing

Bars: Moving to Pre-Team 2

Skill	In order to pass		
One leg stemme kip	Straight arms	Straight leg	Leg on bar entire time
Sole circle dismount	Straight legs	Straight arms	Lands upright
Mill circle hold – 10 seconds	Straight arms	Straight legs	Pointed feet
Mill circle walks down bar (hold + walk hands)	Straight legs	Weight shift	Front leg doesn't touch bar
Two foot pull over	Straight legs	Pointed feet	No jump
Glide on ball	Knees straight	Ribs don't flair in front	Round back in the bar
Front hip circle	Straight knees	Straight body in fall	Fast pike
Spotted back hip circle underswing	Head neutral	Belly in	No pike in underswing
Spotted cast on high bar	Ribs in	Shoulders and nose over bar	Straight arms
Tap swing shapes	No pike in hollow shape	Body tension in arch	Straight arms
Hollow push on bar	Doesn't move when pushed on	Chin not ducked	Extended shoulders
Jump to bar – push away and land on floor	Covered ears	No ducked head	Hips rise
Hold toes to bar – 10 seconds	Straight knees	Head in	Pointed toes

Bars: Moving to Level 3

Skill	In order to pass		
Glide	Straight arms	Round shape throughout	Straight knees
Kip	Straight legs	Pointed toes	Rounded back in back of glide
Front hip circle + cast	Straight arms	Finish in pike	Ribs in – in cast
Cast to horizontal	Rounded back	Straight arms	Shoulders over bar
Mill circle	Chin up at beginning	Straight legs	Straight arms on finish
Back hip circle underswing	Head neutral	Straight body	Underswing goes up
Spotted double back hip circle	Head neutral	Straight body	Quick wrist shift
Cast to horizontal – land on back (clear hip drill)	Rounded back	Hips under	Whole body hits at once
Squat on (on floor bar) – jump to low bar	Control in squat on	Hollow on jump	Maintain body tension through swing
Cast horizontal on high bar	Rounded back	Straight arms	Pointed to
High bar kip	Straight legs	Legs on bar the whole time	Glide out far enough
Cast back hip circle on high bar	Rounded back cast	Straight body back hip circle	Straight arms
Single tap swings on blocks	No pike in hollow shape	Full release in middle	Straight arms

Bars: Moving to Level 4

Skill	In order to pass		
Kip + cast horizontal low	Straight arms	Straight legs	Shoulders over in cast
Kip + cast horizontal high	Straight arms	Straight legs	Shoulders over in cast
Double back hip circle	Straight arms	No pike	Head neutral
Spotted clear hips (strap or not)	Ribs in	Straight arms	Strong drop back
Strap giants	Round shape on drop	Full release at bottom	Hollow over the top
Tap swings from cast back hip underswing	Round in back	Full release	Straight knees
Level 4 dismount	Straight arms	Toes initiate turn	At bar height
Squat on jump to high bar	Control in squat on	Hollow on jump	Maintain body tension through swing
Spotted fly away	Maintain single flip shape	Head neutral	Maintain body tension through swing
Spotted cast handstand on high bar	Head in	If straight body – no pike – round back If Straddle – round back – pointed feet	Straight arms

Bars: Moving to Level 5

Skill	In order to pass		
Kip + cast above horizontal	Straight arms	Straight legs	Shoulders over in cast
Kip + cast above horizontal high	Straight arms	Straight legs	Shoulders over in cast
Clear hip to horizontal	Straight arms	Ribs in	Head in
Long hang pull over	Ribs in on drop	Strong tap	Straight arms
$\frac{3}{4}$ giant spotted	Round shape on drop	Full release at bottom	Hollow over the top
Tap swings to level 5 min	Round in back	Full release	Straight knees
Flyaway	Maintain single flip shape	Hips rise in flip	Feet pointed
Cast straddle – miss feet – land on back	Straight arms	Pointed feet	Round back
Straddle press on wall	Maintain single flip shape	Head neutral	Maintain body tension through swing
Second circle on strap to clear support (stalder, toe shoot etc)	Straight arms	Head neutral	Ribs in
Light spot cast handstand on high bar	Head in	Straight arms	Body tension

Bars: Moving to Level 6

Skill	In order to pass		
Kip + cast 45 (low and high)	Straight arms	Straight legs	Shoulders over in cast
Clear hip above horizontal	Straight arms	Ribs in	Head in
Clear hip handstand – on strap	Straight arms	Ribs in	Head in
Spotted giants	Ribs in on drop	Strong tap	Hollow over the tap (toes over first)
Cast handstand	Straight arms	Head neutral	Round back in handstand
Kip + Cast straddle – miss feet – land on back	Straight arms on kip and cast	Pointed feet	Round back
Cast handstand fall to back on resi on high bar	Straight arms	Head neutral	Pointed feet
2 nd circle on strap to 45	Straight arms	Strong drop in	Ribs in

Bars: Moving to Level 7

Skill	In order to pass		
Kip + cast handstand (low and high)	Straight arms	Straight legs	Round back in handstand
Clear hip to 45	Straight arms	Ribs in	Head in
Giants	Ribs in on drop	Strong tap	Hollow over the tap (toes over first)
Layout flyaway	Hips rise	No pike	Head in
Kip cast handstand ¼ turn on 1 arm with spot	Straight arms	Head neutral	Ribs in
Blind change with or w/o spot on floor bar	Straight arms	Pushing down on bar	No arch
Handstand pirouette on floor back – fall to back	Early turn	Head in	Arms straight
Sole circle	Start with straight legs	Pull down on bar	Finish on top of bar
2 nd circle on strap to handstand	Straight arms	Round back in handstand	No arch into handstand
Front giants on strap	Correct tap timing	Straight arms	Push on bar during fall
Beginning overshoot drills	Ribs in	One arm drop timing	Body tension when hitting floor

Bars: Moving to Level 8

Skill	In order to pass		
Kip + cast handstand ½ pirouette	Straight arms	Early turn	Finishes within 20 degrees of handstand
Clear hip to handstand	Straight arms	Ribs in	Head in
Double back dismount with spot	Hips rise	Head in	Lands with chest up
Spotted blind change on high bar	Straight arms	Early turn	Ribs in
Toe shoot drills	Hips rise	Straddle at the right time	Turn over to stomach
2 nd circle to 45 on real bar	Straight arms	Head neutral	No arch
2 nd circle spotted to handstand on real bar	Straight arms	Head neutral	No arch
Spotted front giants	Correct tap timing	Straight arms	Push on bar during fall
Spotted transition (bail, pak etc)	Ribs in	One arm drop timing (or two arm in pak)	Body tension when hitting bar
Beginning single bar release drills	Straight knees	Straight arms	Correct release timing

Bars: Moving to Level 9

Skill	In order to pass		
Two circles to handstand	Straight arms	Strong drop	Round back in handstand
One non-giant circle + ½ pirouette or more	Straight arms	Ribs in	Finishes within 20 degrees of handstand
Double back dismount	Hips rise	Head in	Lands with chest up
D+ dismount into pit	Hips rise	Head in	Lands with chest up
Blind change on high bar	Straight arms	Early turn	Finishes within 10 degrees of handstand
Toe shoot or variation	Hips rise	Straddle at the right time	Turn over before kip
C+ transition (pak, bail etc)	Ribs in during swing	One arm drop timing (or two arm in pak)	If bail – hit in handstand. If pak – hit near handstand
Spotted single bar release	Straight knees	Correct release time	Turn over before catch

Bars: Moving to Level 10

Skill	In order to pass		
D+ dismount	Hips rise	Head in	Lands with chest up
One skill with ½ turn	Straight knees	Straight arms	
One skill with 1/1 turn	Straight knees	Straight arms	
Single bar release	Straight knees	Correct release time	Turn over before catch
C+ Transition	Ribs in during swing	One arm drop timing (or two arm in pak)	If bail – hit in handstand. If pak – hit near handstand
At least one pirouette	Arms straight	Ribs in	Lands within 20 degrees of handstand
All bonus	Mix of pirouettes and flight	Bonus spread throughout routine	

Beam: Moving to Pre-Team 2

Skill	In order to pass		
90 leap on high beam	Hips rise	True 180	Both legs straight
Switch jump hanging from bars	45 before switch	Straight legs	Pointed feet
Straight jump + Straight jump – low beam	Pushing through toes to point	Connection	Two straight legs
Handstand forward roll low beam	Lever in	Hold vertical handstand	Straight back
Cartwheel low or floor beam	Lever in and out	Straight back	Head correct
Bridge on low beam	Shoulders over hands	Performed by self	
½ turn floor	High releve	Correct arms	Straight body
CW step in – floor	No pike	Straight legs	Lever in
Front walkover or front limber – spotted	Strong needle	Arms by ears	Correct head position
Tuck jump tumble track	Hips rise	Pointed feet	Knees and feet together
Split jump floor	Hips rise	Straight legs	Even legs

Beam: Moving to Level 3

Skill	In order to pass		
120 leap on high beam	Hips rise	True 180	Both legs straight
Switch jump tramp	45 before switch	Straight legs	Hips rise
Straight jump + Straight jump	Pushing through toes to point	Connection	Two straight legs
Vertical handstand	Lever in and out	Straight back	Straight knees
Cartwheel - medium	Lever in and out	Straight back	Head correct
BWO floor or low	Straight legs	150 split	Lever out
½ turn high beam	High releve	Correct arms	Straight body
CW step in – rebound floor	No pike	Straight legs	Lever in
Front walkover or front limber	Strong needle	Arms by ears	Correct head position
Tuck jump medium	Hips rise	Pointed feet	Correct arms
Split jump – sissone floor	Hips rise	Straight legs	150

Beam: Moving to 4

Skill	In order to pass		
150 leap on high beam	Hips rise	True 150	Both legs straight
Switch leap floor	45 before switch	Straight legs	Hips rise
Split jump + Straight jump	120 min	Connection	Two straight legs
2 second handstand hold	Lever in and out	Straight back	Straight knees
Cartwheel high	Lever in and out	Straight back	Head correct
BWO medium	Straight legs	150 split	Lever out
BHS step-out floor or on TT	Straight legs	Straight arms	Early split
BWO-BWO floor	Straight legs	Connected with no swing	Early split
1/1 turn low/medium	High releve	Correct arms	Straight body
CW – rebound low beam	No pike	Straight legs	Lever in
CW – BT spotted on floor	No pike	Strong connection/no arms swing	No throwing head
Front aerial/aerial spotted from panel mat	Strong needle	Straight legs	Chest up on landing
Tuck jump ½ turn tramp/floor	Hips rise	Pointed feet	No cheating turn
Split jump – sissone low beam	Hips rise	Straight legs	150

Beam: Moving to 5

Skill	In order to pass		
180 leap on high beam	Hips rise	True 180	Both legs straight
Switch leap low beam	45 before switch	Straight legs	Hips rise
Split leap ½ turn on floor	Straight legs	Hips rise	Correct arms
BWO high	Straight legs	150 split	Lever out
BHS low	Straight legs	Straight arms	Early split
BWO-BHS floor	Straight legs	Connected with no swing	Early split
1/1 turn high	High releve	Correct arms	Straight body
1/1 turn diff leg position floor	Pointed foot	Distinct arms	High releve
CW – rebound high beam	No pike	Straight legs	Lever in
CW – BT low beam	No pike	Strong connection/no arms swing	No throwing head
Hurdle – cartwheel step in low beam	Narrow hurdle arms	Lever in	Chest up on close
Front aerial/aerial from panel mat	Strong needle	Straight legs	Chest up on landing
Tuck jump ½ turn low	Hips rise	Pointed feet	No cheating turn
Split jump – sissone high beam	Hips rise	Straight legs	150

Beam: Moving to 6

Skill	In order to pass		
Back handspring (high beam, no spot)	Straight legs	Correct hand placement	Straight arms
Back walkover – back handspring (low beam, no spot)	Straight legs	Strong connection	Lever out of BWO
Back handspring – back handspring (floor)	Straight legs	Strong connection	Early split in BHS
180 split leap high beam	True 180	Straight legs	Hip rise
Switch leap – low beam	Straight legs	Hit 45 before switch	Chest up
Switch leap half attempts – floor	Concept of skill	Straight legs	Correct arms
1/1 turn high beam	No wobble	Foot in correct place	Good arm position
1/1 turn diff leg position – low beam	Distinct position	Pretty arms	High releve
Cartwheel – back tuck dismount – high beam	Good connection	Tuck rises	Fast cartwheel
Cartwheel – back tuck dismount on floor beam – WITH HURDLE	Straight hurdle	Arms in place in hurdle	Land with chest up
Round-off low beam (with rebound) with mats	Has power	Rebounds	Straight legs
Aerial/front aerial off panel mat	Straight legs	Strong needle	Chest up on landing
Back tuck on floor	Strong jump	No leg grab	Land with chest up

Beam: Moving to 7

Skill	In order to pass		
Back walkover – back handspring (high beam, no spot)	Straight legs	Correct hand placement	Straight arms
Back handspring – back handspring (low)	Straight legs	Strong connection	Straight arms
BHS BLO floor	Straight legs	Strong connection	Chest up on landing
Switch leap – medium/high	True 180	Straight legs	Hips rise
Switch leap ½ or tour jete – low	Straight legs	Hit 45 before switch	Correct arms
RO BT – high beam	Strong hurdle	Salto rises	Correct shape
RO layout – low/medium with spot	Strong hurdle	Salto rises	Correct shape
Twisting tramp	Legs together	Head and arms correct	
B jump high beam – other than split jump	Hips rise	No cheat	Pointed feet
Jump series – jump w/ turn + B jump - low beam	Strong connection	No cheat	Pointed feet
Aerial/front aerial floor	Strong needle	Straight legs	Chest up on landing
Back tuck low beam	No leg grab	Good shape	Land with chest up

Beam: Moving to 8

Skill	In order to pass		
Back handspring – back handspring (high)	Straight legs	Correct hand placement	Straight arms
BHS BLO – low	Straight legs	Square hips	Chest up on landing
Triple series floor	Straight legs	Strong connection	Chest up on landing
Switch leap + B jump (high)	True 180	Hit 45 before switch	Correct arms
Switch leap ½ or tour jete / switch side – medium	True 180	Straight legs	Hips rise
RO layout high beam	Legs together	Hips rise	No pike down
RO layout 1/1 from panel mats to floor	Hips rise	No cheat on turn	Pointed feet
RO 1 ½ on tramp or RO double back	Hips rise	Pointed feet	Ankles together
Aerial/front aerial low	Strong needle	Straight legs	Chest up on landing
Back tuck high beam	Correct shape	Pointed feet	Land with chest up
Switch leap + BT – low	Strong connection (gets credit)	Good shape	Lands with chest up
D jump low beam	Hips rise	Pointed feet	No cheat if turning

Beam: Moving to 9

Skill	In order to pass		
BHS BLO – high	Straight legs	Square hips	Chest up on landing
Triple series low	Straight legs	Square hips	Chest up on landing
Upgraded triple series – floor (one handed bhs, layout two feet etc)	Straight legs	Square hips	Chest up on landing
Switch leap + BT – high	Strong connection (gets credit)	True 180	Lands with chest up
Upgraded single acro low – front tuck, front toss etc.	Lands upright	Hips square	Feet in correct position
RO layout 1/1 high beam	Hips rise	Legs together	No pike down
RO 1 ½ or RO double back with spot	Hips rise	Head neutral	Ankles together
Upgraded dismount on tramp or blocks – double pike, double Arabian, double full	Legs together	Neutral head	Chest up on landing
Aerial/front aerial high	Strong needle	Straight legs	Pointed feet
D jump high beam	Hips rise	Pointed feet	No cheat if turning or splitting
Second D jump low beam	Hips rise	Pointed feet	No cheat if turning or splitting

Beam: Moving to 10

Skill	In order to pass		
Triple series high	Straight legs	Square hips	Chest up on landing
Upgraded triple series – low	Straight legs	Square hips	Chest up on landing
Switch ½ / tour jete / switch side + jump	Straight legs	Credit for connection	True 180 on leap
Upgraded single acro high – front tuck, front toss etc.	Lands upright	Hips square	Hips rise
RO 1 ½ or RO double back	Hips rise	Chest up on landing	Ankles together
Upgraded dismount–with spot or blocks double Arabian, double full	Legs together	Neutral head	Chest up on landing
Aerial/front aerial high + jump	Strong needle	Straight legs	Credit for connection
2 D jumps high beam	Hips rise	Pointed feet	No cheat if turning or splitting
All bonus	Plus forward/side skill	Balance between dance and acro	Credit for all connections

Floor: Moving to Pre-Team 2

Skill	In order to pass		
Straight arm forward roll with jump	Straight arms	Maintain shape	Stand up without hands
Backward roll to push-up from panel mat	Straight arms	Knees together throughout	No arch
RO rebound land on back on resi	Land with feet together	Chest up	Rebound to mat – not jump
RO BHS off panel mat or on TT	Feet together	Turned over round off	Straight knees in BHS
Handstand (hold 2 seconds)	Lever in	Straight back	Extended shoulders
Bridge kickover with low mat	Straight legs in handstand	Lever out	Shoulders over hands
Heel snap turns	Correct arms	High releve	Foot pointed
Pike handstand (one leg) – hold 20 seconds	No arch	Straight back	Extended shoulders
Split jumps tumble track or tramp	Straight even arms	Both knees straight	Pointed feet

Floor: Moving to Level 3

Skill	In order to pass		
Backward roll to push-up	Straight arms	Knees together throughout	No arch
Back extension to handstand from panel mat	Straight arms	Ribs in	Lever out
Handstand (2 second hold) forward roll	Straight back	2 seconds	Lever in
RO BHS	Feet together	Turned over round off	Straight knees in BHS
RO BHS BHS on Tumbl Trak	Completely connected	Turned over round off	Straight knees in BHS
Back tucks from panel mat or with light spot	No throwing head	Rounded back	Land with chest up
FHS off panel mat	Extended shoulders	Straight knees	Strong needle
Handstand bridge kickover	Straight legs in handstand – and hold	Shoulders over hands	Straight legs
Stand on one leg in passe – reach back into bridge and stand up	Arms by ears	Open shoulders	
½ turns	Correct arms	High releve	Foot pointed
Split leap min 90	Hips rise	Straight knees	Even arms
Switch jumps on trampoline or TT	Pointed toes	Straight legs	Switch leap arms
Stretch jump – split jump	Min 120	Two straight legs	Pointed feet

Floor: Moving to Level 4

Skill	In order to pass		
Back extension to handstand	Straight arms	Ribs in	Lever out
RO BHS BHS	Feet together	Turned over round off	Straight knees in BHS
RO BHS BT on TT to 2 8" mats	Hips rise in BT	Head neutral	Chest up on landing
Spotted layouts or layout drills	No throwing head	No pike down	Feet together
FHS rebound	Extended shoulders	Straight knees	Strong needle
FHS step out front handspring double down on TT	Strong connection	Driving leg underneath	Arms by ears
FHS FT on TT	Finish FHS	Straight knees	Hips rise
Front tuck on TT	Hips rise	One shape	Head in
Leap pass (sissone and leap min 120)	No teeter totter	Hips rise	Two straight legs
Switch leap off spring board	Switch leap arms	Straight legs	Pointed toes
1/1 turn	Correct arms	High releve	Foot pointed
Back walkover	Pointed toes	Straight legs	Lever out
Straddle jump (min 120) + ½ turn	Hips rise	Two straight legs	Pointed feet

Floor: Moving to Level 5

Skill	In order to pass		
RO BHS BT to 12" mats	Hips rise in BT	Head neutral	Chest up on landing
RO BHS BLO into pit or spotted	No throwing head	No pike down	Feet together
Twisting drills	Heels together	Feet pointed	Head neutral
FHS rebound into handstand onto level 3 mat	Strong needle	No pike	No arch
FHS front tuck	Finish FHS	Land with chest up	Hips rise
FHS step out front handspring double down	Strong connection	Driving leg underneath	Arms by ears
Hollow front layout landing on back	No pike	Head neutral	Hips rise
Leap pass (sissone and switch leap min 150)	No teeter totter	Hips rise	Two straight legs
Front tuck to 2 8" mats	Hips rise	Chest up on landing	Head in
Popa on TT	Hips rise	Two straight legs	Pointed feet
Sissone onto panel mat	Hips rise	Two straight legs	Pointed feet
Straddle jump 150	Hips rise	Two straight legs	Pointed feet
1/1 turn	Foot pointed	High releve	Controlled coming out of trun

Floor: Moving to Level 6

Skill	In order to pass		
RO BHS BT to 20" mats	Hips rise in BT	Head neutral	Chest up on landing
RO BHS BLO on TT to 2 8" mats	No throwing head	No pike down	Feet together
¾ layout to stomach with 1/1 twist – drill on tramp	Heels together	Late twist	Straight body
FHS front tuck to 2 8" mats	Strong needle	Arms by ears	Chest up on landing
FHS layout (pit or TT)	Finish FHS	Land with chest up	Hips rise
Front pike on TT	Straight knees	Hips over head fast	Open before landing
Front tuck, front tuck, front tuck connected on TT	Head in	Each goes up	No jump between
180 switch leap + jump	True 180	Credit for connection	Two straight legs
Front tuck to 2 8" mats	Hips rise	Chest up on landing	Goes up not out
3/2 turn	High releve	Foot pointed	Arms correct
B jump	Hips rise	No cheat (split or turn)	Pointed feet

Floor: Moving to Level 7

Skill	In order to pass		
RO BHS BLO to 2 8" mats	No throwing head	No pike down	Feet together
1/1 twist on TT or into pit	Heels together	Late twist	Straight body
1/1 twist onto mat (anywhere) + ½ after and fall to stomach	Heels together	Late twist	Arms in correct position
FHS layout on rod or soft surface + rebound or salto	No pike	Feet together	Knees straight
Front pike ½ on TT (prevents early twist)	Straight knees	Late twist	See landing
180 switch leap + B jump	Correct arms	Credit for connection	Two straight legs
Second B jump	Hips rise	No cheat (split or turn)	Pointed feet
C leap or jump off spring board or panel mat	Hips rise	No cheat (split or turn)	Pointed feet

Floor: Moving to Level 8

Skill	In order to pass		
RO BHS 1/1 to 2 8" mats	Head neutral	No pike down	Feet together (no cross)
RO BHS ½ twist + Salto	Knees together	Hips rise in second salto	Landing upright
RO BHS 3/2 twist on TT or into pit	No crossed feet	Hips rise	Air awareness
FHS layout + salto	Second salto rises	Feet together	Pointed toes
Front layout 1/1 into pit or on TT	Late twist	Correct head	No pike
Double back on TT or into pit with light spot	Head neutral	Chest up on landing	Legs together
B+B leap pass	Given connection	No cheat (split or turn)	Hips rise
C leap or jump	Hips rise	No cheat (split or turn)	Pointed feet
2/1 turn	Credit	Spotted	High releve

Floor: Moving to Level 9

Skill	In order to pass		
RO BHS 3/2 twist or 2/1	No crossed feet	Hips rise	Air awareness
Double back	Pointed feet	Chest up on landing	Legs together
Two salto pass C+B	Given connection	Landing with no squat deduction	Second salto rises
FHS front layout 1/1	Late twist	Feet together	Straight knees
One D (dance or acro)	Given credit	No cheat (turn or split)	
C+C dance connection	Given credit	Hips rise on both	True 180 split
All bonus	Balance between dance and acro	All tumbling passes balanced (somewhat equal)	Balance between flipping and twisting

Floor: Moving to Level 10

Skill	In order to pass		
Double salto (either higher than double back – or with connection into it)	No crossed feet	Hips rise	Air awareness
1 D Acro	Pointed feet	Chest up on landing	Legs together
1 D Dance	Pointed feet	Hips rise	
C + D dance connection	Given connection	No cheating turn or split	Zero deduction
All bonus	Balance between dance and acro	All tumbling passes balanced (somewhat equal)	Balance between flipping and twisting