LEVEL 1

- Bars:
  - Pullover
  - cast, back hip circle
  - underswing OR sole circle dismount
- Beam:
  - arabesque to 30 degrees
  - Lever
  - stretch jump
  - cartwheel to ¾ handstand dismount
  - jump to front support mount
- Floor:
  - Cartwheel
  - ¾ handstand
  - backward roll
  - forward roll
  - split jump (30 degrees)

LEVEL 2

- Bars:
  - leg cut
  - stride (mill) circle
  - squat-on to pike sole-circle dismount OR underswing dismount
  - single leg basket swing
  - + previous skills
- Beam:
  - ½ pivot turn
  - + previous skills
- Floor:
  - Handstand
  - Roundoff
  - bridge kick-over
  - split leap (60 degrees)
  - 90 degree heel snap turn
  - split jump (60 degrees)
  - + previous skills

LEVEL 3

- Bars:
  - front hip circle
  - shoot though
- Beam:
  - leap (90 degrees)
  - Handstand
  - side handstand dismount
  - + previous skills

- Floor:
  - handstand roll
  - handstand to bridge kick-over
  - split leap (90 degrees)
  - backward roll to push up position
  - roundoff back handspring
  - + previous skills

**LEVEL 4**

- Bars:
  - kip
  - cast to horizontal
  - long hang kip
  - + previous skills

- Beam:
  - cartwheel
  - split leap (120 degrees)
  - side handstand dismount with ¼ turn
  - + previous skills

- Floor:
  - straddle jump (120 degrees)
  - front handspring
  - back extension roll
  - roundoff 2 back handsprings
  - back walkover

**LEVEL 5**

- Bars:
  - cast above horizontal
  - clear hip above horizontal
  - back sole circle OR back stalder to clear front support
  - flyaway dismount
  - tap swings
  - + previous skills

- Beam:
- back walkover OR back extension roll OR back handspring stepout
- straight leg leap (150 degrees)
- sissone
- + previous skills

**Floor:**
- stretch jump with full turn
- front handspring step-out to front handspring
- front tuck
- full turn
- roundoff back handspring back tuck
- + previous skills

**LEVEL 6**

**Bars:**
- cast to minimum horizontal
- one bar change
- clear hip OR stalder OR underswing
- min. “A” dismount
- + previous skills

**Beam:**
- back walkover OR back extension roll OR back handspring stepout
- straight leg leap (180 degrees)
- full turn
- min. “A” dismount
- + previous skills

**Floor:**
- 3 directly connected flight elements (with or w/o hands)
- salto or aerial acro element
- dance passage with minimum 2 different leaps, jumps, or hops (180 degrees)
- + previous skills