



World Cup has instituted its own requirements to move up in levels. Most of the skills listed are required for the routines in a specific level. Other skills listed are a challenge to raise their level to become more successful in the future.

SKILL REQUIREMENTS FOR LEVEL 3, LEVEL 4 & LEVEL 5

Every gymnast must pass ALL requirements listed below to be eligible for a new level. Gymnasts who are in a current level and do not have the updated requirements will be “grandfathered in” and remain in that level. For current Level 5 gymnasts, optional routine choreography can not begin until ALL Level 6 requirements are achieved. The coaching staff will let you know when it is time to start considering optional choreography. It will take approximately 2 weeks to remember new choreography for optional routines on floor and beam.

(Each skill must be done a total of 10 times with success to pass or 5 consecutive times with success) Success means no form deductions greater than .3 (0.3 is a medium deduction)

ROUTINE REQUIREMENTS FOR COMPETING LEVEL 3, LEVEL 4 & LEVEL 5

Every gymnast must successfully complete a full routine with ALL requirements listed at least 2 weeks before the scheduled competition to be eligible to compete on that specific event. No exceptions. From there, gymnasts must show consistency in completing the routines or will be held back from competing on that specific event. Gymnasts may be allowed to compete on only 1, 2 or 3 events; whichever events they have successfully completed. It is important for our competitive team gymnasts to compete at their level ability. Example: A Level 5 gymnast who is very close to Level 6 should continue to compete as a Level 5 until she is eligible to compete as a Level 6. Contributing to the Level 5 team score and gaining competition experience is more important than waiting to compete as a Level 6. This specific child’s practice will be as follows...1 or 2 successful Level 5 routines as her warm up and then train Level 6 skills with the remaining amount of time on each event.

LEVEL 3 REQUIREMENTS:

VAULT:

- 1) Run, Hurdle, Straight Jump onto (2) 8 inch mats
- 2) Run, Hurdle, Jump Handstand onto Small Resi
- 3) Run 50 ft in under 6 sec

BARS:

- 1) Low Bar 3x Glide Swings in a row with feet off of the floor
- 2) Low Bar Pull Over
- 3) Low Bar Front Hip Circle with light spot
- 4) Low Bar Cast 1 Leg Squat through with light spot
- 5) Low Bar Split Stride Circle (Mill Circle) with light spot
- 6) Low Bar Cast, Back Hip Circle

BEAM:

- 1) ½ Turn on 1 Foot in Passe'
- 2) Split Leap min. 90*
- 3) Cross Handstand near Vertical, finish in Lunge
- 4) Cross Handstand against wall on Low Beam Hold min. 10 sec.
- 5) 2 Straight Jumps in a row
- 6) Side Handstand momentary Hold, ¼ Turn Dismount

FLOOR:

- 1) Handstand momentary Hold, Front Roll
- 2) Handstand, Arch over to Bridge, 1 Foot Kick Over
- 3) Straight Arm Back Roll to Hollow Support
- 4) ½ Turn on 1 Foot in Releve'
- 5) Back Handspring with Spot

STRENGTH:

- 1) Min. 3 Chin Ups (Chin over bar) on High Bar
- 2) Min. 5 Push Ups (Chest touch Floor) on Floor
- 3) Min. 10 Pike Leg Lifts above Horizontal on Stall Bar
- 4) Min. 8 sec. "L" Hold on floor with Straight Legs
- 5) Min. 5 sec. Left Leg Hold at Horizontal with Back against wall
- 6) Min. 5 sec. Right Leg Hold at Horizontal with Back against wall

FLEXIBILITY:

- 1) Left Leg Split 180* Hold for min. 5 sec.
- 2) Right Leg Split 180* Hold for min. 5 sec.
- 3) Straddle Split 180* Hold for min. 5 sec.
- 4) Sitting Pike with Nose touch Knees Hold for min. 5 sec.
- 5) Bridge with Straight Arms and Legs Hold for min. 5 sec.

LEVEL 4 REQUIREMENTS:

VAULT:

- 1) Spring Board Handstand to Flat back on the Table
- 2) Mini Tramp Front Handspring
- 3) Run 50 ft in under 5 sec

BARS:

- 1) Low Bar Glide Kip, Cast Near horizontal
- 2) Low Bar Squat on Jump Catch High Bar
- 3) High Bar Kip, Cast Near Horizontal
- 4) High Bar 2 Back Hip Circles in a row without stopping
- 5) High Bar 3x High Swings, ½ Turn Dismount

BEAM:

- 1) Cartwheel
- 2) Split Leap min. 120*
- 3) Cross Handstand Hold min 1 sec
- 4) Split Jump min. 120* connected into Straight Jump
- 5) ½ Turn on 1 Foot in Passe'
- 6) Side Handstand Hold min. 2 sec

FLOOR:

- 1) Straddle Jump min. 120* connected into Jump ½ Turn
- 2) Front Handspring, Rebound
- 3) Back Extension Handstand, Step Down
- 4) Sissonne min. 120* connected into Split Leap min. 120*
- 5) Back Walkover
- 6) Round Off, 2 Back Handsprings in a row

LEVEL 5 REQUIREMENTS:

VAULT:

- 1) Spring Board Front Handspring on the Table
- 2) Front Handspring on the Table Block onto a 4in panel mat on Resi

BARS:

- 1) Low Bar 3x Glide Kip, Cast in a row with feet off the floor
- 2) Low Bar Glide kip, Cast at Horizontal
- 3) Low Bar Clear Hip near Horizontal
- 4) Low Bar Glide Kip, Cast Squat on Jump Catch High Bar
- 5) High Bar Kip, Cast at Horizontal, Baby Giant
- 6) High Bar 2x High Swings, Back Tuck

BEAM:

- 1) Back Walkover or Back Handspring
- 2) Split Leap min. 150* connected into Straight Jump
- 3) Cross Handstand Hold min. 2 sec
- 4) ½ Turn on 1 Foot in Passe' in opposite direction
- 5) Split Jump min. 150* connected into Sissonne min. 135*
- 6) Full Turn on 1 Foot in Passe'

FLOOR:

- 1) Straddle Jump min. 150* connected into Jump Full Turn
- 2) Front Handspring Step Out, Front Handspring, Rebound
- 3) Front Tuck
- 4) Back Extension Handstand, Pike Down
- 5) Sissonne min. 135* connected into Split Leap min. 150*
- 6) Round Off, Back Handspring, Back Tuck

SKILL REQUIREMENTS FOR LEVEL 6, LEVEL 7, LEVEL 8 & LEVEL 9

Every gymnast must pass ALL requirements listed below to be eligible for a new level. Gymnasts who are in a current level and do not have the updated requirements will be “grandfathered in” and remain in that level.

(Each skill must be done a total of 10 times with success to pass or 5 consecutive times with success) Success means no form deductions greater than .3 (0.3 is a medium deduction)

ROUTINE REQUIREMENTS FOR COMPETING LEVEL 6, LEVEL 7, LEVEL 8 & LEVEL 9

Every gymnast must successfully complete a full routine with ALL requirements listed at least 2 weeks before the scheduled competition to be eligible to compete on that specific event. No exceptions. From there, gymnasts must show consistency in completing the routines or will be held back from competing on that specific event. Gymnasts may be allowed to compete on only 1, 2 or 3 events; whichever events they have successfully completed. It is important for our competitive team gymnasts to compete at their level ability. Example: A Level 7 gymnast who is very close to Level 8 should continue to compete as a Level 7 until she is eligible to compete as a Level 8. Contributing to the Level 7 team score and gaining competition experience is more important than waiting to compete as a Level 8. This specific child’s practice will be as follows...1 or 2 successful Level 7 routines as her warm up and then train Level 8 skills with the remaining amount of time on each event.

LEVEL 6 REQUIREMENTS:

REMEMBER: Optional routine choreography can not begin until ALL Level 6 requirements are achieved. The coaching staff will let you know when it is time to start considering optional choreography.

Skills listed as **BONUS** are not required, but are encouraged

VAULT:

- 1) Spring Board Front Handstand on the Table with Block
- 2) Tsukahara/Yurchenko from Wedge into Pit
- 3) Mini Tramp Tsukahara into Pit with Spot (**BONUS**)

BARS:

- 1) Low Bar Glide Kip, Cast above Horizontal, Clear Hip at Horizontal
- 2) Low Bar 3x Glide Kip, Cast at Horizontal in a row with feet off the floor (**BONUS**)
- 3) High Bar Kip, Cast above Horizontal, Flyaway Dismount
- 4) High Bar Kip, Cast above Horizontal, Clear Hip at Horizontal, Flyaway (**BONUS**)
- 5) Pit Bar Kip, Cast min. 45°, 2 Giants, Flyaway with Spot

BEAM:

- 1) 2 Back Walkovers in a row
- 2) Back Handspring (Middle Beam) (**BONUS**)
- 3) Split Leap or Jump min. 180°
- 4) Front Tuck Dismount
- 5) Cartwheel, Back Tuck Dismount (**BONUS**)

FLOOR:

- 1) Round Off, Back Handspring, HIGH Back Tuck
- 2) Round Off, Back Handspring, Back Layout (**BONUS**)
- 3) Front Handspring, Front Tuck (**BONUS**)
- 4) Dance Combo with Split Leap min. 120° or Switch Leap
- 5) Min. Full Turn on 1 Foot in Releve'

LEVEL 7 REQUIREMENTS:

VAULT:

- 1) Spring Board Front Handspring on the Table with Block
- 2) Tsukahara or Yurchenko in the Pit with Spot

BARS:

- 1) Low Bar Glide Kip, Cast at min. 45*, Clear Hip near 45*
- 2) High Bar Kip, Cast at min. 45*, 2 Giants, Flyaway
- 3) High Bar Kip, Cast at min. 45*, Clear Hip near 45*, 2 Giants, Flyaway with Spot (**BONUS**)
- 4) Low Bar Kip, Cast Handstand

BEAM:

- 1) 2 Back Walkovers in a row
- 2) Back Handspring
- 3) Back Walkover, Back Handspring connected (**BONUS**)
- 4) Switch Leap (**BONUS**)
- 5) Round off or Back Handspring, Rebound Dismount Timer (**BONUS**)

FLOOR:

- 1) Round Off, Back Handspring, Back Layout
- 2) Round Off, Back Handspring, Back Layout ½ or Full (**BONUS**)
- 3) Front Handspring Front Tuck or Front Pike
- 4) Front Handspring Front Tuck Punch Front Tuck (**BONUS**)
- 5) "C" Dance Skill

LEVEL 8 REQUIREMENTS:

VAULT:

- 1) Tsukahara or Yurchenko onto Low Resi
- 2) Front Handspring Front in Pit (**BONUS**)

BARS:

- 1) Low Bar 2x Glide Kip, Cast Handstand in a row missing feet on the floor
- 2) Low Bar Glide Kip, Cast Handstand Pirouette, Glide Kip missing feet on the floor
- 3) High Bar Glide Kip, Cast Handstand Pirouette, Lower Tap Swing (**BONUS**)
- 4) High Bar Kip Cast Handstand, 2 Giants, Flyaway
- 5) High Bar Kip Cast Handstand, Clear Hip Handstand, 2 Giants, Flyaway (**BONUS**)
- 6) High Bar Shoot Over with Spot (**BONUS**)

BEAM:

- 1) Back Walk Over, Back Handspring Connected
- 2) 2 Back Handsprings in a row connected (**BONUS**)
- 3) Standing Back Tuck (**BONUS**)
- 4) "C" Jump or Leap
- 5) Round Off or Back Handspring, Back Tuck Dismount (**BONUS**)
- 6) Front or Side Acro Skill

FLOOR:

- 1) Round Off, Back Handspring, Back Full
- 2) Round Off, Back Handspring, min. Back 1 ½ (**BONUS**)
- 3) Front Handspring, Front Punch Front
- 4) Front Handspring, Front Layout (**BONUS**)
- 5) "C" Dance Leap Skill

LEVEL 9 REQUIREMENTS:

VAULT:

- 1) Tsukahara or Yurchenko onto Competition Mats
- 2) Tsukahara or Yurchenko Layout or Tuck min. $\frac{1}{2}$ Twist onto Low Resi
- 3) Front Handspring Front onto Low Resi

BARS:

- 1) High Bar Shoot Over Catch Low Bar Glide Kip with feet off the floor
- 2) High Bar Kip Cast Handstand Pirouette, Lower down Shoot Over (**BONUS**)
- 3) High Bar Kip, Cast Handstand, 2 Giants, Double Tuck
- 4) Pit Bar Blind Change (**BONUS**)
- 5) Pit Bar Front Giant (**BONUS**)

BEAM:

- 1) 2 Back Handsprings in a row connected
- 2) Standing Back Tuck
- 3) Back Handspring, Back Tuck (**BONUS**)
- 4) Min. Full Turn on 1 Foot in Releve'
- 5) Round Off or Back Handspring, Back min. $\frac{1}{2}$ Twist Dismount
- 6) Front or Side Acro Skill

FLOOR:

- 1) Round Off, Back Handspring, min. Back 1 $\frac{1}{2}$
- 2) Round Off, Back Handspring, min. Back 1 $\frac{1}{2}$, Punch Front Tuck (**BONUS**)
- 3) Round Off, Back Handspring, Double Tuck into Pit
- 4) Front Handspring, Front min. $\frac{1}{2}$ Twist
- 5) Front Handspring Front Layout, Punch Front Tuck (**BONUS**)
- 6) "C" Dance Combo

LEVEL 10 REQUIREMENTS:

TBA