

BOYS REC 3, L4 & L5 PROGRESSIONS (EVALUATION FORM)

NAME: [_____]

	REC 3	REC 3+	LEVEL 4	LEV 4+	LEVEL 5	LEV 5+
FLOOR FX 1, FX 2, FX 5, FX 6 & FX 7						
1	Dive Roll over Foam Blocks	Dive Roll over Wedge	Back Roll	Back Roll Straight Arms	Back Extension Handstand	Straight Arm Back Ext. Handstand
2	Lunge, Handstand	Handstand Roll	Handstand 1 sec	Handstand 2 sec	Handstand 3 sec	Handstand 5 sec
3	Handstand, Bridge with mat	Handstand Bridge on FX	Front Handspring with spot	Front Handspring on TT or TR	Front Handspring on FX	Front Handspring Rebound
4	Handstand Walk	Handstand ¼ Pirouette	Handstand ½ Pirouette	Handstand ¾ Pirouette	Handstand Full Pirouette	Handstand Full Pirouette, Roll out
5	1 Arm Cartwheel	Round Off	Round Off, Rebound	Round Off, Back Handspring	Round Off, Back Handspr. Rebound	Round Off, 2 Back Handsprings
6	Squat, Headstand	Straddle Jump Headstand	Straddle Press Headstand	Jump Straddle Press Handstand	Straddle Press Handstand	Press Handstand Hold 2 sec
POMMEL HORSE/ MUSHROOM						
1	Mushroom ¼ Circle	Mushroom Full Circle	Mushroom 1 Circle, Flank	Mushroom 5 Circles, Flank	Mushroom ½ Spindle	Mushroom 2 Flairs
2	Rear Support Leg Swings	Front Support Leg Swings	Leg Cuts, Forward & Backward	Swinging Leg Cuts	Leg Cuts with Good Rhythm	Leg Cuts above shoulders
3	NO POMMELS: Hand Walk Sidewa	Hand Walks Sideways and Back	Around The World	Around The World And Back	WITH POMMELS: Around The World	Around The World And Back
RINGS						
1	Skin The Cat	Skin The Cat, Pull Back	Back Lever	Back Lever 1 sec	Back Lever 2 sec	Back Lever 3 sec
2	2 Chin Ups	3 Chin Ups	Chin Up Hold 3 sec	"L" Hang 3 sec	Muscle Up with spot	Muscle Up no spot
3	3 Power Swings	3 Swings above horizontal	5 Power Swings	5 Swings above horizontal	Swing Back Flip with spot	Swing Back no spot
VAULT VT 1 (RESI), VT 2 (PIT)						
V 1	Mini Tramp Tuck Jump	Mini Tramp Straight Jump	Spring Board Straight Jump	Mini Tramp Handst. Flat Back	Spring Board Front Tuck	Spring Board Handst. Flat Back
V 2	Front Handspring with spot	Front Handspring no spot	Front Tuck	Front Tuck ½ Twist	Front Pike	Front Pike ½ Twist
PARALLEL BARS RED BOX 1 & 2, WOODEN RAILS 3						
1	High "L" with Straddle	"L" Hold 3 sec	Horizontal Swings	"V" Hold 3 sec	Swings 45*	Swings Handstand
2	1 Dip	3 Dips	5 Dips	1 Dip Swing	3 Dip Swings	5 Dip Swings
3	3 Under Arm Swings	Back Uprise with spot	Back Uprise no spot	Straddle Front Uprise	Straddle Front Uprise with rhythm	Front Uprise
4	Jump Glide	1 Giant Swing	2 Giant Swings	5 Giant Swings	Giant Swing, Back uprise under arms	Glide Kip with spot
HIGH BAR BS 1, BS 2, BS 3						
1	1-3 Chin Ups	Pull Over	Cast Horizontal	Cast 45* with spot	Cast 45*	Cast Handstand with spot
2	3 Leg Lifts	Toe, Thigh, Toe, L	Cast Undershoot	Cast Back Hip Circle	Free Hip With spot	Free Hip No spot
3	3 Power Swings	5 Power Swings	½ Turn Hang	5 Swings with hop on 3 rd	Swing with ½ Turn	3x's Swing with ½ Turns
4	Toe, Thigh, Toe, L with spot	Drop Kip with spot	Drop Kip try by yourself	Glide Kip with spot	Glide Kip try by yourself	Glide Kip
TUMBLE TRACK						
1	F. Handspring with spot	F. Handspring no spot	Front Tuck	Front Pike	Front ½ Twist	Front Full Twist
2	B. Handspring with spot	B. Handspring no spot	RO. Back Handspring	B. Handspring Rebound	B. Hspr Back Tuck	B. Handspring Back Layout
TRAMP						
1	Seat Drop, Knee, HS	Seat Drop, Knee, Front Flip	Front Tuck	Front Pike	Front ½ Twist	Front Full Twist
2	B. Handspring with spot	B. Handspring no spot	Back Tuck	Back Pike	Back Layout	Back Layout Twist