

Examples of skills that most likely be done at each level

Most likely and common skills and BONUS for each level

<u>Bronze</u>			
<u>common skills</u>			
<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
handstand flat back or handstand forward roll to mat stack	Pullover	english handstand	cartwheel round off tumbling pass
	cast back hip circle	side handstand dismount	back or frontwalkover/limber
	leg cut	basic jumps (tuck, split, straight)	1/2 turn 1 foot
	mill circle	1/2 turn on 1 foot	leap step leap
	cast off dismount	leap	tuck jump split jump
	undershoot dismount	straddle jump dismount	wolf jump - beat jump
	straddle sole circle dismount		full turn
	front hip circle		More difficult - round off back handspring
Bonus skills- none for this level			
<u>Silver</u>			
<u>common skills</u>			
<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
Handstand flat back	Pullover	english handstand	round off back handspring
	cast back hip circle	side handstand dismount	punch dive roll or front limber
	leg cut	basic jumps (tuck, split, straight)	1/2 turn 1 foot
	mill circle	1/2 turn on 1 foot	leap step leap
	cast off dismount	leap	tuck jump split jump
	undershoot dismount	handstand twist off dismount	wolf jump - jump 1/1 turn
	straddle sole circle dismount		full turn
	front hip circle		
	swing 1/2 turn dismount		
Silver Bonus skills- most likely			
	Kip	cartwheel	round off 2 back handsprings
	squat on jump to high bar	English handstand that is vertical	side aerial or punch front
	long hang pullover	full turn	side leap
		aerial dismount	tuck jump 1/1
		front tuck dismount	fouette end in scale
		straight jump 3/4	straddle jump
		split jump	round off back tuck
		cartwheel swing through english handstand = .6 bonus if English is vertical - .2 connection, .2 for each skill through vertical	

Gold

common skills

<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
handspring vault over table	Kip	english handstand	round off 2 back handsprings
	front hip circle	tuck jump split jump	front handspring
	cast squat on	full turn	full turn
	long hang pullover	cartwheel	leap to a jump
	cast back hip undershoot	leap	tuck jump split jump
	tap swings to 1/2 turn dmt	handstand twist off dismount	2 jump combo
	kip on high bar		

Gold Bonus skills- most likely

	kip immediate cast	front walkover	round off back handspring tuck
	long hang pullover	front tuck dismount	round off whip back handspring back tuck
	free hip	handstand back walkover	side leap
	cast at or above horizontal	aerial dismount	tuck jump 1/1
		split jump	front bounder (B element)
		straddle jump	straddle jump
		bwo-bwo	other B elements
		straight jump 3/4	
		other B dance elements	

Platinum

common skills

<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
handspring vault over table or 1/2 on 1/2 off	Kip	2 diff acro skills	round off back handspring tuck
	free hip	cartwheel	front handspring
	cast squat on	English handstand	full turn
	kip cast baby giant	full turn	leap to a jump
	tap swings to 1/2 turn dmt	leap	tuck jump split jump
		tuck jump split jump	2 jump combo

Platinum Bonus skills- most likely

	glide turn glide	front walkover	round off back handspring layout
	flyaway dmt	bwo-bwo	round off whip back handspring back tuck
	free hip or giant (B elements)	handstand back walkover	side leap
	flyaway dmt	aerial dismount or front tuck dmt	tuck jump 1/1
	sole circle around	split jump	front bounder (B element)
		straddle jump	straddle jump
		straight jump 3/4	front tuck step out round off layout step out
		other B dance elements	shushanova

Diamond
common skills

<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
handspring up to a tsuk	kip straddle cast hand	bwo-bwo	round off back handspring tuck or layout
	free hip	handstand ff	punch front tuck
	cast squat on	front walkover cartwheel	full turn
	Giants	round off or bhs	leap to a jump
	flyaway dmt	full turn	tuck jump split jump
		split jump	2 jump combo
		front tuck dismount	front handspring front tuck
		gainer back tuck dmt	

Diamond Bonus skills- most likely

	Cast handstand	front walkover	layout 1/2
	free hip handstand	bwo-bwo	round off whip back handspring back tuck
	giants	handstand back walkover	front handspring pike
	1/2 pirouette	aerial dismount or front tuck dmt	switch leap side leap
		split jump	straddle jump
		straddle jump	double turn
		straight jump 3/4	shushanova
		other B dance elements	