

	Bronze	Silver	Gold
Skill 1	Consecutive cartwheels; one with second hand only	Forward roll to straddle or pike lever	Backward roll to handstand
Skill 2	Front to back cartwheel/cartwheel quarter turn	Tucked planche hold for 3 secs	Straddle lift to handstand
Skill 3	Backward roll to front support with straight arms	Handstand hold for 4 secs and 1/2 floor length handstand walks	Handstand pirouette 360 degrees
Skill 4	Backward roll to high front support (feet landing on top tumbler)	Handstand snap down	Handspring on floor
Skill 5	Dive roll	Backward walkover	Standing flick
Skill 6	Handstand forward roll with straight arms	Step into roundoff to finish in standing dish shape	Round off flick
Skill 7	Handstand bounce	Flick over top tumbler	Free cartwheel
Skill 8	Handspring off inclined block without support	Hurdle handspring off a low platform without support	Handspring on vault
Skill 9	Hurdle step round off	Forward walkover	Half on vault on vault
Skill 10	Full spin, full turn jump on floor	Handstand pirouette 180 degrees	Cast to straddle undershoot on bars