

Gymnastics Move Up



Requirements

Beginner

Vault: Straight Jump & Handstand Flatback

Bars: Tummy Roll & 3 Cast

Beam: Walks, Mount, & Straight Jump Dismount

Floor: Cartwheel, Forward Roll, Backward Roll, & Push Up
Into Backbend

Intermediate

Vault: Handstand Flatback

Bars: Pullover, Back Hip Circle, 5 Cast & Spotted Squat On

Beam: T-Scale, Side Handstand Dismount, & Pivot Turns

Floor: Roundoff, Handstand, Backbend Kickover, & Fall
Into Backbend

Experienced

Vault: Roundoff On Resi, & Front Handspring

Bars: Squat On, Tap Swings, Glide Swing, & Horizontal Cast

Beam: Forward Handstand, Side Handstand Turn,
Roundoff Dismount, & 1/2 Turn

Floor: Backwalkover, Standing Back Handspring, Leap