

GYM GEMS

Vault

Run, Squat On (trapezoid)
Straight Jump Off

Bars

Straddle Hang
Jump to Front Support
3 Casts

Beam

Forward Walks (4)
Sideways Walks (4)
Kicks (4)

Floor

Forward Roll
Teeter Totter
Table Hold or Bridge

BRONZE

Vault

Run, Straight Jump
Forward Roll

Bars

Chin-Up Hold (3 sec)
Partial Pullover
Jump to Front Support, 3 Casts

Beam

Front Support Mount to Tuck Sit
Kicks (2)
Passe Hold (1 sec)
Straddle Jump Dismount

Floor

Handstand
Cartwheel
Candlestick

SILVER

Vault

Run, Straight Jump (16" mat)
Handstand Flatback

Bars

Pullover
1-3 Cast Back Hip Circle
Cast Push Away Dismount

Beam

Front Support Mount
Squat Stand to Releve Hold
Lever-T
Straight Jump
Side Handstand Dismount

Floor

Handstand Hold
Cartwheel Step In
Backward Roll

GOLD

Vault

Handstand Flatback (min 16" 2x)

Bars

Pullover
1 Cast Back Hip Circle
Leg Cut Forward,
Lift & Hold (1 sec)
Switch Grip, Leg Swing Back
Cast Pike/ Straddle Sole Circle

Beam

Front Support, Swing to Push Up
Lever to Beam
Passe Hold (1 sec)
Step Lock Pivot
Straight Jump
Side Handstand Dismount

Floor

Handstand Hold (1 sec)
Running Round Off Rebound
Backward Roll to Pike Stand
Candlestick to Straight Sit
Bridge Kick Over
Step Lock Pivot Turn (2x)

PLATINUM

Vault

Handstand Flatback (min 32" 2x)

Bars

Glide Swing, Pullover
Shoot Through, Straddle Circle
Leg Cut Back
Cast Back Hip Circle
Underswing Dismount

Beam

Whip Swing to Kneel Stand
Handstand
Step Leap, Straight Jump
1/2 Heel Snap Turn
Fish Pose (1 sec)
Side Handstand 1/4 Turn
Dismount

Floor

Split Jump, Straight Jump
Handstand Bridge Kick Over
Handstand Forward Roll
Step Leap, Step Kick
Straight Arm Backward Roll to Push Up
1/2 Passe Turn
Round Off Back Handspring

DIAMOND

Vault

Front Handspring or Half-On (min 32")

Bars

Kip or Glide Swing Pullover
Cast Horizontal
Back Hip Circle
Squat On, Jump Off

Beam

Whip Swing to Kneel Stand
Cartwheel
Leap, Straight Jump
1/2 Passe Turn
Fish Pose
Side Handstand 1/4 Turn Dismount

Floor

Handstand Forward Roll Step Out
Cartwheel
Back Extension Roll
Round Off 2 Back Handsprings
Chasse Leap, Step Kick, (1/1) Full Turn