



## Floor Awards Challenge 2023

### Basic Guidelines for the GymSTART Challenge

1. Choose a suitable level
2. Choose any 7 skills from the list provided for level 1-5
3. Choose any 8 skills from the list for levels 6-10
4. Perform the skills as a routine, in any order
5. Start and finish with a stretch position/salute (to the assessor)
6. Any or all of the skills, in any of the levels, can be modified and/ or adapted to facilitate gymnasts with a disability. Support can be provided wherever/ whenever necessary to assist gymnasts with a disability to perform their routine
7. Harder versions of any skill, in any level, can be performed by a gymnast, under the advice of the coach.

### Additions for the GymSTART Super Challenge

- **Platinum:** 5 x L10 skills, plus 5 x L9 skills = 10 skills
- **Gold:** 4 x L10 skills, plus 4 x L9 skills, plus 2 x L8 skills = 10 skills
- **Silver:** 4 x L7 skills, plus 4 x L6 skills, plus 2 x L5 skills = 10 skills
- **Bronze:** 4 x L4 skills, plus 4 x L3 skills, plus 2 x L2 skills = 10 skills

### Please note:

- Some skills listed in a few levels may differ slightly from the award scheme to facilitate a smoother routine flow e.g. conditioning skills (e.g. press ups) have been removed, and different developmental gymnastics skills put in their place
- Gymnasts can choose any 7 skills (L1-5) or 8 skills (L6-10), and put them in any order to create a routine that will fit on a 12m flat strip
- Gymnasts can choose to add extra skills to their routine if they wish
- This skills list template (in WORD format) can be adjusted and edited to create the routines each club puts together for their gymnasts

# Skills List

2023

Levels 1-10

### LEVEL 1

SKILLS	'LOOK FOR'
1) Stretch & Hold	<ul style="list-style-type: none"><li>- Standing on the balls of the feet with feet together, arms stretched over head.</li><li>- Hold for 3 secs</li></ul>
2) Soft Steps on Toes e.g. 'Walk like a gymnast!'	<ul style="list-style-type: none"><li>- Perform 4 soft steps in a forward direction</li><li>- Focus on posture &amp; poise.</li><li>- Extended arms, legs &amp; toes throughout</li></ul>
3) Skipping	<ul style="list-style-type: none"><li>- Perform 4 skips in a forward's direction</li><li>- Bend knee on each skip to right angles</li><li>- Arms held out to the side</li></ul>
4) Straight Jump & Land (combine with skill below)	<ul style="list-style-type: none"><li>- From standing, perform a straight jump, arms by ears</li><li>- Show strong landing shape</li></ul>
5) Landing Shape	<ul style="list-style-type: none"><li>- Hold strong, steady landing shape</li><li>- Back straight, knees above toes &amp; arms stretched out</li><li>- This can be combined with skill 6 below</li></ul>
6) Rock & Roll – Shapes	<ul style="list-style-type: none"><li>- Perform 2 rock &amp; rolls - can be performed in tuck, straddle and/or pike shape or combination</li><li>- Start &amp; finish sitting in chosen shape</li></ul>
7) Basic Shapes <ul style="list-style-type: none"><li>- Straight (lying flat)</li><li>- Tuck</li><li>- Star</li></ul>	<ul style="list-style-type: none"><li>- Lying on mats on back, perform each shape, holding each for 1 sec</li></ul>
8) Straddle OR Pike Sit	<ul style="list-style-type: none"><li>- Sit upright in either straddle or pike shape</li><li>- Back straight, arms stretched</li><li>- Back of knees pressed into mat</li><li>- Hold for 3 secs</li></ul>
9) Angry Cat Shape/ Front Support preparation	<ul style="list-style-type: none"><li>- On all fours (hands &amp; knees), round back to strong shape (preparation for front support)</li><li>- Hold for 3 sec</li></ul>
10) One Foot Stand (stork stand)	<ul style="list-style-type: none"><li>- Balance on flat foot or relevé (ball of the foot)</li><li>- Arms held to side or on hips</li><li>- Hold 3 secs</li></ul>

**\*NOTE: ANY 7 SKILLS CAN BE CHOSEN FROM THIS LEVEL, AND CAN BE PERFORMED IN ANY ORDER**

### Example of a Level 1 Routine

Salute to assessor

1. Stand and Stretch - 3 sec
2. 4 skips (or soft walks) forward
3. Straight jump
4. and Land  
*Bend legs to sit*
5. Perform Rock and Roll x 2 (in tuck, straddle, or pike)  
*Lie down on back*
6. Show tuck, straddle, and straight shape  
*Return to sitting*
7. Show straddle Sit

Stand up, and salute to assessor

### LEVEL 2

SKILLS	'LOOK FOR'
1. Side Skip (side gallop)	<ul style="list-style-type: none"><li>- Perform 3 side skips (gallop steps), joining legs each time</li><li>- Arm action is optional</li><li>- Extended arms, legs &amp; toes throughout</li></ul>
2. Forward Chassé	<ul style="list-style-type: none"><li>- Perform 3 forward chasse steps joining legs each time</li><li>- Arm action is optional</li><li>- Extended arms, legs &amp; toes throughout</li></ul>
3. Jump ¼ turn x 2	<ul style="list-style-type: none"><li>- Starting with feet together jump and perform a ¼ turn x 2</li></ul>
4. Rebound Jumps	<ul style="list-style-type: none"><li>- Perform 3 rebound jumps forward (on feet)</li><li>- Arms ideally overhead, out to the side, or on hips</li><li>- Strong tight shape shown throughout</li></ul>
5. Rock 'N' Roll to Stand	<ul style="list-style-type: none"><li>- Start sitting in tuck shape</li><li>- Rock back, then forwards to stand</li><li>- Ideally do not use the hands to stand up</li></ul>
6. Tucked Side Roll (Egg Roll)	<ul style="list-style-type: none"><li>- Start kneeling upright, with arms stretched out to side</li><li>- Form a tucked shape &amp; roll sideward to finish as started</li><li>- Repeat roll back in opposite direction</li></ul>
7. Seated Balance: Legs in high Straddle <i>*hands used to support</i>	<ul style="list-style-type: none"><li>- Balance on buttocks with legs held in a straddle shape with feet off the mat (toes pointing to ceiling)</li><li>- Back straight, with arms behind (hands on mats), providing support</li><li>- Hold for 3 secs</li></ul>
8. One Foot stand – straight leg	<ul style="list-style-type: none"><li>- Like stork stand, but elevated leg is straight</li><li>- Can be held to side or front</li><li>- Hold for 3 secs</li></ul>
9. Straddle OR Pike Seated Fold	<ul style="list-style-type: none"><li>- Sit upright in straddle or pike shape</li><li>- Bend through hips to reach to ankles (or beyond)</li><li>- Hold 3 secs</li></ul>
10. Bunny Hops/ Jumps	<ul style="list-style-type: none"><li>- Start in squat</li><li>- Perform 3 bunny hops moving in a forward direction</li><li>- Jumping from feet to hands each time, lifting hips and pushing strong through the legs each time</li></ul>

\*NOTE: ANY 7 SKILLS CAN BE CHOSEN FROM THIS LEVEL, AND CAN BE PERFORMED IN ANY ORDER

### Example of a Level 2 Routine

Salute to assessor

1. 3 x Forward chasses (or side skips)
2. Facing forwards with feet together, perform Jump  $\frac{1}{4}$  turn x 2
3. 3 x Rebound jumps

*Smooth transition to ground*

4. Seated balance
5. Pike/ Straddle Fold
6. Rock and Roll to stand
7. One-foot stand

Salute to assessor



### LEVEL 3

SKILLS	'LOOK FOR'
1. Forward Movement Steps	<ul style="list-style-type: none"><li>- Perform 3 side steps/gallops/ skips of your choice</li><li>- Must move in forwards direction</li></ul>
2. Front OR Back Support	<ul style="list-style-type: none"><li>- Lift to front or back support shape</li><li>- Hold for 3 secs</li><li>- Straight arms, shoulders over wrists</li></ul>
3. Tuck OR Star Jump	<ul style="list-style-type: none"><li>- Perform either a tuck or a star jump</li><li>- Start &amp; finish in a stretched position</li></ul>
4. Side Straddle Roll x 2	<ul style="list-style-type: none"><li>- Start kneeling, with one leg stretched to side</li><li>- Roll sideward (away from the straight leg)</li><li>- Finish with opposite leg stretched out to side</li><li>- Repeat in opposite direction</li></ul>
5. Pencil (Log) Roll	<ul style="list-style-type: none"><li>- Start lying on back or front in a stretched, tight position</li><li>- Perform a 360 roll over in either direction</li><li>- Body remains straight throughout the roll</li></ul>
6. Developmental Arabesque (Scale)	<ul style="list-style-type: none"><li>- Balancing on one leg, lift other leg &amp; chest to form a straight line from toe to head</li><li>- Arms held out to the side (optional)</li><li>- Hold for 3 secs</li></ul>
7. Seated Balance: Tuck or Straddle	<ul style="list-style-type: none"><li>- Sit upright, &amp; lift legs to pike or straddle shape (legs as close to body as possible)</li><li>- Arms option, but should be off the ground</li><li>- Hold for 3 secs</li></ul>
8. Low Straddle Stand	<ul style="list-style-type: none"><li>- Stand with straight legs as wide as possible</li><li>- Chest upright or forward</li><li>- Hold for 3 secs</li></ul>
9. Extended Straddle OR Pike Seated Fold	<ul style="list-style-type: none"><li>- Sitting in straddle or pike, bend from the hips, reach to touch the toes or beyond - aiming for chest to floor</li><li>- Knees pressed into the mat</li><li>- Hold for 3 secs</li></ul>
10. Arch Hold	<ul style="list-style-type: none"><li>- Lie on stomach, lift arms &amp; legs into tight arch shape</li><li>- Arms &amp; Legs straight</li><li>- Hold for 3 seconds</li><li>- Only shoulders be raised, the lower back should remain in contact with the mat</li><li>- Reach to knees on each one</li></ul>

\*NOTE: ANY 7 SKILLS CAN BE CHOSEN FROM THIS LEVEL, AND CAN BE PERFORMED IN ANY ORDER

### Example of a Level 3 Routine

Salute to assessor

1. 3 x forward moving steps (your choice)
2. Tuck Jump  
*Step feet apart*
3. Low straddle stand  
*From this shape, place hands on mat, and move to sitting in straddle*
4. Perform extended straddle (or pike) fold
5. Bring legs to tuck, lift feet off mat into tucked seated balance  
*Place feet back on mat, swivel to make a  $\frac{1}{4}$  turn, to lie out flat (width ways on strip)*
6. Perform Pencil roll 360 (full roll) down the length of the mat/ strip  
*Get to standing*
7. Developmental Arabesque

Salute to assessor



### LEVEL 4

SKILLS	'LOOK FOR'
1. Rebound Jumps	<ul style="list-style-type: none"><li>- Perform 4 <u>rebound</u> jumps forward (on feet)</li><li>- Arms ideally overhead, out to the side, or on hips</li><li>- Strong tight shape shown throughout &amp; good height in jumps</li></ul>
1. Squat – Bunny jump to half tucked handstand	<ul style="list-style-type: none"><li>- Starting in tuck/squat shape, place hands on ground and jump legs into tucked half handstand</li><li>- Aim to get hips as high as possible</li><li>- No hold required</li></ul>
2. Jump Half Turn x 2	<ul style="list-style-type: none"><li>- Perform a straight jump with a half turn &amp; repeat in same direction</li><li>- Show a steady, strong landing shape</li></ul>
3. Backward Roll – Slope <i>*Slope provided</i> <i>*Slope does not have to be used</i>	<ul style="list-style-type: none"><li>- Start sitting or standing on or in front of slope</li><li>- Perform a backward roll down the slope, finish standing</li><li>- Straight or bent arms</li><li>- Gymnasts may perform the roll without the slope</li></ul>
4. Forward Roll – Slope <i>*Slope provided</i> <i>*Slope does not have to be used</i>	<ul style="list-style-type: none"><li>- Start standing in front of, or on the slope</li><li>- Perform a backward roll down the slope, finish standing</li><li>- Straight or bent arms</li><li>- Gymnasts may perform the roll without the slope</li></ul>
5. Shoulder stand	<ul style="list-style-type: none"><li>- Entry &amp; exit is optional</li><li>- Arms may support at the hips, or remain on mat</li></ul>
6. Kick to Half handstand (keeping legs open)	<ul style="list-style-type: none"><li>- Start in lunge position, kick to half handstand with top leg reaching handstand, other leg staying closer to the ground (split position)</li><li>- finish back in lunge position</li></ul>
7. Seated Pike Full Fold	<ul style="list-style-type: none"><li>- Sit in pike, fold forward to place chest on legs</li><li>- Arm position optional</li><li>- Backs of knees pressed into the mat</li><li>- Hold 3 secs</li></ul>
8. Cartwheel	<ul style="list-style-type: none"><li>- Perform a cartwheel (front/ back or side/ side)</li><li>- Start &amp; finish stretched</li><li><i>*Module can be used to assist cartwheel shape</i></li><li><i>cartwheel over</i></li></ul>
9. Plank Hold – Elbows	<ul style="list-style-type: none"><li>- Hold a strong plank shape on elbows for 3 secs</li></ul>

- Show a strong, tight shape

\*NOTE: ANY 7 SKILLS CAN BE CHOSEN FROM THIS LEVEL, AND CAN BE PERFORMED IN ANY ORDER

### Example of a Level 4 Routine

Salute to assessor

1. 4 x rebound jumps (forward)
2. Jump  $\frac{1}{2}$  turn x 2
3. Bunny jump to tuck handstand OR  $\frac{1}{2}$  kick to handstand  
*Move to sitting on mat*
4. Shoulder stand
5. Front pike fold (or roll over and show plank hold)  
*Move to standing*
6. Cartwheel (any shape or type)
7. Roll down slope

Salut to assessor

### LEVEL 5

SKILLS	'LOOK FOR'
1. Roll to Cancel stick	<ul style="list-style-type: none"><li>- Start standing/ sitting</li><li>- Roll back to candle stick shape, with arms overhead</li><li>- Show straight shape x 2"</li><li>- Exit type optional</li></ul>
2. Jump Full Turn	<ul style="list-style-type: none"><li>- Arm position optional</li><li>- Hold a strong, steady landing shape</li><li>- Entry optional</li></ul>
3. Cat Leap	<ul style="list-style-type: none"><li>- Perform a forward chasse into the cat leap</li><li>- Take off from one foot, with legs switching in air</li><li>- Arm position optional</li></ul>
4. Backward Roll	<ul style="list-style-type: none"><li>- Start &amp; finish standing</li><li>- Straight or bent arms</li></ul>
5. Forward Roll	<ul style="list-style-type: none"><li>- Start &amp; finish standing</li><li>- Straight or bent arms</li></ul>
6. Kick to momentary Handstand <i>*does not have to reach full vertical</i>	<ul style="list-style-type: none"><li>- Start in lunge position</li><li>- Kick to momentary handstand with legs together</li><li>- Body does not have to reach full vertical handstand</li><li>- Ideally finish in lunge</li></ul>
7. Arabesque	<ul style="list-style-type: none"><li>- Form gentle curve from foot to head (boys may keep back straight)</li><li>- Hold 3 secs</li><li>- Arms optional</li></ul>
8. Bridge	<ul style="list-style-type: none"><li>- Aim for shoulders above wrists</li><li>- Legs can be apart, but ideally straight</li></ul>
9. Cartwheel x 2	<ul style="list-style-type: none"><li>- Start &amp; finish stretched</li><li>- Front/ back or side/side cartwheel can be performed</li><li>- Aim for both cartwheels to be continuous and link smoothly</li></ul>
10. Front Support 3" & Back Support 3"	<ul style="list-style-type: none"><li>- Start in either front or back support</li><li>- Hold this shape for 3"</li><li>- Without losing shape, move to other support position</li><li>- Hold for 3"</li></ul>

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\*NOTE: ANY 7 SKILLS CAN BE CHOSEN FROM THIS LEVEL, AND CAN BE PERFORMED IN ANY ORDER

### Example of a Level 5 Routine

Salute to assessor

1. Forwards chase into cat leap, or Jump full turn
2. Forward roll to stand  
*Bend legs, put hands on ground and jump/move legs out to front support*
3. Front Support hold, move to back support hold  
*Sit on mat, then lie*
4. Bridge  
*Come to sitting on mat*
5. Roll back to candle stick  
*Rock forward to stand (any technique)*
6. Two cartwheels
7. Arabesque

Salute to assessor

### LEVEL 6

SKILLS	'LOOK FOR'
1. Jump Full Turn, plus 180 in opposite direction	- Perform a jump with a full turn in one direction, then a jump 180 in opposite direction (not linked)
2. Star Jump – Tuck Jump	- Perform <u>both</u> jumps in succession, in either order - Knees high in tuck jump - Strong rebound between jumps
3. Cat Leap with 360 (full) turn	- Perform a full turn during the cat leap - Entry & exit optional
4. Turning Side Roll (teddy Bear Roll)	- Starting seated in straddle, transfer weight sideward & perform the turning roll to finish a 180 turn - Repeat, going back in opposite direction - Aim to use hands as little as possible to assist legs around
5. Forward Roll into forward roll to Straddle Stand, (can be performed backwards)	- Start with feet together - Perform a forward roll to tuck squat - Then perform a forward roll to straddle stand – show 1" (chest forward or upright) - There will be NO raised mat to assist with this skill (as per awards)
6. Kick to momentary Handstand	- Aim to reach full handstand shape for 1" - Finish in lunge
7. 'Skin the Cat' <i>*please bring rope/ stick</i>	- Holding a stick/rope in front of the body, bring arms upwards & over to back - Arms should remain straight (can be as wide as needed) - Body should remain tight & strong throughout
8. Splits x 1 leg	- Left, right or box (middle) - Shoulders & hips square - Hold 3 secs
9. Cartwheel, into Cartwheel One to Two, OR one arm cartwheel	- Perform a cartwheel, smoothly linking into next cartwheel Second cartwheel brings feet done one at a time to land with feet together (facing the direction the skill started)

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|--|---|
|  | - Show nice tight shape at finish on toes (if possible) - balance for 1 sec   |
| 10. Arch Hold - Dish Hold 3" each (or dish - arch) | - Show strong arch shape for 3" with arms & legs clear of the floor x 3"<br>- Roll smoothly over to dish hold x 3"<br>- Can do in reverse order |

**\*NOTE: ANY 8 SKILLS CAN BE CHOSEN FROM THIS LEVEL, AND CAN BE PERFORMED IN ANY ORDER**

### Example of a Level 6 Routine

Salute to assessor

1. Skin the cat (put away rope)
2. Kick to momentary handstand
3. Chasse into cat leap 360
4. Star Jump, tuck jump
5. Forward roll to forward roll straddle stand
6. Slide out to splits (forward or side)  
*Transition to lie back onto mat*
7. Lift to dish 3" hold, then roll over to arch 3" hold  
*Transition to standing*
8. One arm cartwheel

Salute to assessor



### LEVEL 7

SKILLS	'LOOK FOR'
1. Full Spin	<ul style="list-style-type: none"><li>- Perform on either foot</li><li>- Position of arms &amp; raised leg optional</li></ul>
2. Rebound Jumps: Straight- Star - Tuck	<ul style="list-style-type: none"><li>- Perform the three jumps in succession with strong rebound</li><li>- May be performed in any order</li><li>- Chasse may be performed into the jumps</li></ul>
3. Forward Roll – Forward Straddle <u>low</u> straddle stand	<ul style="list-style-type: none"><li>- Aim to push to straight legs for first roll</li><li>- Flow from one roll to other</li><li>- May be performed with backward roll</li><li>- Get straddle stand as low as possible</li></ul>
4. Dish Roll 360°	<ul style="list-style-type: none"><li>- Start in dish shape (on back) &amp; perform a 360 roll keeping legs &amp; arms off mat throughout</li><li>- Show dish shape to finish</li></ul>
5. Kick to Handstand	<ul style="list-style-type: none"><li>- Show straight shape, with legs together</li><li>- Momentary hold</li></ul>
6. Y-stand (wine glass)	<ul style="list-style-type: none"><li>- Entry &amp; exit is optional</li><li>- Hold 3 secs</li></ul>
7. Bridge Kick over	<ul style="list-style-type: none"><li>- Show a bridge, move foot &amp; perform kick over</li></ul>
8. Step Round off, Fall-back <i>*Landing pad will be provided</i>	<ul style="list-style-type: none"><li>- Long step into round off</li><li>- Land &amp; fall in tight straight shape onto landing pad</li></ul>
9. Cartwheel, into One Handed Cartwheel	<ul style="list-style-type: none"><li>- Smooth transition from one to other</li><li>- Perform one handed cartwheel on either hand</li></ul>
10. Plank Hold, lift to Front Support Hold	<ul style="list-style-type: none"><li>- 3 sec each shape</li><li>- Smooth transition from one to the other</li></ul>

\*NOTE: ANY 8 SKILLS CAN BE CHOSEN FROM THIS LEVEL, AND CAN BE PERFORMED IN ANY ORDER

### Example of a Level 7 Routine

Salute to assessor

1. Step into Full Spin
2. Chasse into rebound jumps – straight, tuck, star
3. Kick to momentary handstand
4. Forward roll, to forward roll to low straddle stand  
*Transition to lie on stomach on mat*
5. Lift to plank hold – move to front support hold  
*Jump feet onto tucked squat, turn & lie on mat width ways*
6. Dish roll 360  
*Swivel back to lying length ways on mat*
7. Push to bridge kick over
8. R/off fall back to flat back (on safety mat)

Salute to assessor

### LEVEL 8

SKILLS	'LOOK FOR'
1. Split Leap (or jump 1 ½ turns)	<ul style="list-style-type: none"><li>- Perform on either leg</li><li>- Entry &amp; exit optional</li><li>- Alternatively, a Jump 540° may be performed</li></ul>
2. Handstand Forward Roll	<ul style="list-style-type: none"><li>- Kick to handstand, momentary hold</li><li>- Bent or straight arms into roll to standing</li><li>- Finish with a balance on toes x 2"</li></ul>
3. Dive Roll – Raised Mats	<ul style="list-style-type: none"><li>- Spring will be set up with raised safety mats (approx. 15 inches in height)</li><li>- Jump from springboard &amp; perform dive roll to finish sitting or standing on mats</li></ul>
4. Kick (or jump) to Free Handstand Hold	<ul style="list-style-type: none"><li>- Show straight shape, with legs together</li><li>- 2-3 second hold</li><li>- Any shape may be used (straight or straddle is most progressive)</li><li>- May be combined with Skill no.2</li></ul>
5. Headstand	<ul style="list-style-type: none"><li>- Arms may be bent or straight providing support</li><li>- Body forms a straight line</li><li>- Leg shape optional</li></ul>
6. Full Straddle Fold (chest to floor).	<ul style="list-style-type: none"><li>- Sit in straddle, bend forward at hips to place chest on the mat</li><li>- Knees ideally should face upwards</li><li>- Hold 3 sec</li></ul>
7. Two splits	<ul style="list-style-type: none"><li>- Right, Left or Box (middle splits)</li><li>- Hold each for 2 secs</li></ul>
8. Handstand pops (hops)	<ul style="list-style-type: none"><li>- Using under arm swing, gymnasts reaches forward with energy to enter handstand shape and perform a "pop" or "hop" from hands to hands</li><li>- Shoulders should be used, rather than over bending of arms</li></ul>
9. Round Off Jump to Flat-back	<ul style="list-style-type: none"><li>- Entry optional into round off</li><li>- After landing round off, immediate jump back on landing pad</li></ul>

*\*Landing pad will be provided*

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|------------------------|--|
| 10. Dish - Arch - Dish | <ul style="list-style-type: none"><li>- Hold each shape for 3"</li><li>- Aim for arms to be held up by ears</li><li>- Lower back must be pushed into mats for dish</li><li>- Can go from dish, roll to arch then roll back to dish (to stay on mats)</li></ul> |
|------------------------|--|

**\*NOTE: ANY 8 SKILLS CAN BE CHOSEN FROM THIS LEVEL, AND CAN BE PERFORMED IN ANY ORDER**

### Example of a Level 8 Routine

Salute to assessor

1. Chasse split leap
  2. Handstand forward roll  
*Transition to kneel on mat*
  3. Slide out to splits, change to middle or other splits  
*Transition to lying on mat*
  4. Dish 3" - arch 3" - dish 3"  
*Transition to kneeling*
  5. Headstand  
*Transition to standing*
  6. Handstand
  7. Handstand pop/hop
  8. Dive roll (to raised mats)
- Salute to assessor

### LEVEL 9

SKILLS	'LOOK FOR'
1. Tuck Jump with Full Turn	- Perform a tuck jump with a full turn
2. High Pike or Straddle or Wolf (cossack) jump	- Any entry can be used - Ideally legs to horizontal
3. Unsupported Handstand or Handstand ½ pirouette	- Hold for 5 secs - Straight back, but any leg shape is acceptable
4. Lever <i>*paralettes or blocks may be used - club to provide</i>	- Straddle, pike, or tuck lever - Perform on floor or handstand blocks or paralettes (clubs to provide their own)
5. Full Pike Fold, into Full straddle Fold	- From sitting in pike, fold forward into full pike fold - Without sitting up, open legs to the side and show full pancake/straddle fold (chest on ground) - 2 "second hold for each
6. Walkover	- Forward or backward - Alternate flexibility skill may be used e.g. ticktock - Boys may substitute a more suitable skill here if required
7. Front Tuck Salto to Platform <i>*springboard &amp; mats provided</i>	- Using a springboard, perform a front tuck salto to finishing sitting (or standing) on safety mat platform (approx. 20 inches) - Coach to support/spot if needed
8. Backflip (flic) - slope <i>*slope provided</i>	- Padded slope will be available - Coach to support/spot if needed
9. Handspring to two (or handspring to one)	- Entry optional
10. Dish-Crunch to Dish - 360 dish Roll	- Start in dish, perform a crunch by bringing knees to chest & back to dish, then perform a 360° dish roll - Repeat 2 times (one in each direction)

\*NOTE: ANY 8 SKILLS CAN BE CHOSEN FROM THIS LEVEL, AND CAN BE PERFORMED IN ANY ORDER

### Example of a Level 9 Routine

Salute to assessor

1. Chasse into Tuck jump full turn
2. Chasse into Wolf jump
3. Handstand 180°

*Transition to the mat*

4. Lever
5. Dish- crunch- dish x 2

*Transition to stand*

6. Walkover
7. Handspring
8. Front tuck (to safety mats)

Salute to assessor



### LEVEL 10

SKILLS	'LOOK FOR'
1. Wolf/ Cossack Jump	<ul style="list-style-type: none"><li>- Pike jump with one leg bent</li><li>- Entry optional</li></ul>
2. Two Split Leaps OR High Pike Jump	<ul style="list-style-type: none"><li>- Same or alternate legs</li><li>- Entry optional</li></ul>
3. Backward Roll to Handstand	<ul style="list-style-type: none"><li>- Straight or bent legs rolling into handstand</li><li>- Straight or bent arms, pushing to straight arms in the handstand</li></ul>
4. Straddle Stand press OR straddle Jump to handstand	<ul style="list-style-type: none"><li>- From straddle stand, place hands on floor &amp; press to handstand</li><li>- Hold handstand x 2-3"</li><li>- There will be no raised surface for this skill</li></ul>
5. 5 Walking Steps or Unsupported Handstand	<ul style="list-style-type: none"><li>- Gymnasts aim to perform 5 walking steps in handstand down the mats OR</li><li>- Hold a handstand for 4-5 sec</li><li>- Straight back, any leg shape</li></ul>
6. Tick Tock	<ul style="list-style-type: none"><li>- Forward walkover to one foot bridge, pause, then reverse &amp; kick back to stand</li><li>- Boys may use an alternate skill if required</li></ul>
7. Front Tuck Salto <i>*landing pad provided</i>	<ul style="list-style-type: none"><li>- Springboard &amp; single landing pad provided</li><li>- Coach may support/spot if required</li></ul>
8. Backflip (Flic/Back handspring)	<ul style="list-style-type: none"><li>- This can be performed from a round off, a cartwheel or from standing etc.</li><li>- Coach may support/ spot if required</li></ul>
9. V-Sit (2 legs)	<ul style="list-style-type: none"><li>- Any technique can be used</li><li>- Perform 3 in a row</li></ul>
10. Front support (3") - Side support (3")- Back support 3" - Side support (3") - Front support (3")	<ul style="list-style-type: none"><li>- Show strong shape in each hold</li><li>- Aim to not</li></ul>

\*NOTE: ANY 8 SKILLS CAN BE CHOSEN FROM THIS LEVEL, AND CAN BE PERFORMED IN ANY ORDER

### Example of a level 10 Routine

Salute to assessor

1. Chasse Wolf Jump
2. Split leap x 2
3. Backward roll to handstand
4. 5 x walking steps in handstand

*Transition to floor*

5. V-ups x 3
6. Support holds

*Transition to stand*

7. Ticktock
8. R/off flic

Salute to assessor