

GYM GEMS: AGE 3-5	BRONZE LEVEL		SILVER LEVEL	
<p><b>VAULT</b></p> <ol style="list-style-type: none"> <li>1 bounce</li> <li>Straight jump onto 8" mat</li> <li>Squat on to knees to trapezoid</li> <li>Jump off block</li> </ol> <p><b>BARS</b></p> <ol style="list-style-type: none"> <li>Hang, touch toes to bar in straddle</li> <li>Jump to Front Support</li> <li>3 Baby Casts</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>Forward walks (4)</li> <li>Sideward walk (4)</li> <li>Kick steps (4)</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>Forward Roll</li> <li>Lever</li> <li>Table Hold Or Bridge</li> </ol>	<p><b>GIRLS VAULT</b></p> <p>5' Run Into</p> <ol style="list-style-type: none"> <li>Straight Jump</li> <li>Tuck Jump</li> <li>Fwd Roll Jump-Stick</li> </ol> <p><b>BARS</b></p> <ol style="list-style-type: none"> <li>Tuck Chin-up Hold 3sec.</li> <li>Partial Pull-Over</li> <li>Jump front support and 3 casts</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>Front support mount to tuck</li> <li>Step Kicks (2) &amp; Passe Hold</li> <li>Straddle jump dismount</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>Cartwheel</li> <li>Handstand</li> <li>Candlestick</li> </ol>	<p><b>BOYS FLOOR</b></p> <ol style="list-style-type: none"> <li>Forward roll</li> <li>Backward Roll</li> <li>Handstand</li> </ol> <p><b>RINGS</b></p> <ol style="list-style-type: none"> <li>Tuck Hold 3 sec</li> <li>3 tap swings</li> <li>Drop to stick</li> </ol> <p><b>HIGH BAR</b></p> <ol style="list-style-type: none"> <li>Jump to support</li> <li>3 casts</li> <li>Push away dismount</li> </ol> <p><b>STRENGTH</b></p> <ol style="list-style-type: none"> <li>5' Rope Climb</li> </ol>	<p><b>GIRLS VAULT</b></p> <ol style="list-style-type: none"> <li>20' Run</li> <li>Straddle Onto 24"</li> <li>Handstand Flat Back</li> </ol> <p><b>BARS</b></p> <ol style="list-style-type: none"> <li>Pull Over</li> <li>1-3 casts back hip circle</li> <li>Cast away dismount</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>Tuck sit, v-sit, stand</li> <li>T-Lever-Lunge</li> <li>Straight jump</li> <li>Round Off Dismount off end</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>Round off Rebound</li> <li>3 sec Handstand</li> <li>Bridge Kick Over Down Wedge</li> </ol>	<p><b>BOYS FLOOR</b></p> <ol style="list-style-type: none"> <li>Side Cartwheel</li> <li>Backward roll to straddle stand</li> <li>Handstand Forward Roll, straight jump</li> </ol> <p><b>RINGS</b></p> <ol style="list-style-type: none"> <li>L hang</li> <li>3 swings</li> <li>Flip a Doodle Dismount</li> </ol> <p><b>HIGH BAR</b></p> <ol style="list-style-type: none"> <li>Tuck Hang</li> <li>3 swings</li> <li>Release on back dismount</li> </ol> <p><b>STRENGTH</b></p> <ol style="list-style-type: none"> <li>10' Rope climb</li> </ol>
GOLD LEVEL		PLATINUM LEVEL		
<p><b>GIRLS VAULT</b></p> <ol style="list-style-type: none"> <li>Handstand Flatback on minimum 16" (2x)</li> </ol> <p><b>BARS</b></p> <ol style="list-style-type: none"> <li>Chin up Pull Over</li> <li>Leg Cut Forward, Hold 1 sec</li> <li>Leg Cut Back</li> <li>Sole Circle or Underswing Dismount</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>Lunge-Level-Lunge</li> <li>Step Lock Pivot, Step Lock Pivot</li> <li>Side handstand dismount</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>Handstand, Bridge Kickover</li> <li>Backward Roll to Pike Stand</li> <li>2- 1/4 Snap turns in Passe'</li> </ol>	<p><b>BOYS FLOOR</b></p> <ol style="list-style-type: none"> <li>Handstand Forward Roll</li> <li>Cartwheel 1/4 turn</li> <li>Roundoff</li> </ol> <p><b>RINGS</b></p> <ol style="list-style-type: none"> <li>"L" Hang Hold 3 sec.</li> <li>3 Swings to inverted hang</li> <li>Flip a Doodle, drop and stick</li> </ol> <p><b>PARALLEL BARS</b></p> <ol style="list-style-type: none"> <li>3 swings, Tuck Hold</li> <li>3 swings</li> <li>Back Drop Dismount</li> </ol> <p><b>HIGH BAR</b></p> <ol style="list-style-type: none"> <li>Pull Over</li> <li>3 Cast Back Hip Circle</li> <li>3 casts sole circle dismount</li> </ol>	<p><b>GIRLS VAULT</b></p> <ol style="list-style-type: none"> <li>20' Run</li> <li>Handstand flatback</li> </ol> <p><b>BARS</b></p> <ol style="list-style-type: none"> <li>Glide Swing, Chin Up Pullover</li> <li>Shoot Through, Front Stride Circle</li> <li>Back Hip, Under swing dismount</li> </ol> <p><b>BEAM</b></p> <ol style="list-style-type: none"> <li>Handstand Hold 1 sec.</li> <li>2 Straight Jumps</li> <li>Heel Snap turn</li> <li>Side Handstand 1/4 Turn Dismount</li> </ol> <p><b>FLOOR</b></p> <ol style="list-style-type: none"> <li>Split Jump / Straight Jump</li> <li>Handstand Fwd Roll, Step Out</li> <li>Backward Roll to push up</li> <li>Round-off Backhandspring</li> </ol>	<p><b>BOYS FLOOR</b></p> <ol style="list-style-type: none"> <li>Handstand Forward Roll</li> <li>Cartwheel, Cartwheel 1/4 turn</li> <li>Backward Roll</li> <li>Run Round Off</li> </ol> <p><b>RINGS</b></p> <ol style="list-style-type: none"> <li>Chin up then Tuck hang hold 3sec</li> <li>3 Swings to inverted hang in pike</li> <li>Basket, Flip a Doodle, Drop Dismount, Stick</li> </ol> <p><b>PBARS</b></p> <ol style="list-style-type: none"> <li>Jump to support</li> <li>3 Swings to Straddle sit</li> <li>3 Swings, flank dismount</li> </ol> <p><b>HIGH BAR</b></p> <ol style="list-style-type: none"> <li>1/2 Turn</li> <li>Pull Over, Cast undershoot</li> <li>6 swings, release in back dismount</li> </ol>	