

Athlete Name:

MOVING TO TRAINING TEAM

Event	✓	Skill			
Vault		Accelerating Run	Elbows at 90 degrees	Speeds Up	Runs straight
		Handstand to Tree Fall	Straight Arms	Chest/Belly In	Lands flat
		Hurdle, punch off board	Long hurdle	Arms down on board	Arms lift into punch
		Straight jump onto 8" mat	No lean on board	Doesn't slow at board	Legs together

Event	✓	Skill			
Bars		3 casts in a row	Straight Arms	Straight Legs	Hollow back
		Two foot pullover	Straight Legs	No jump/kick	
		Chin hang	Chin above bar	Legs straight	Hold 3 sec
		L-hang	Straight legs	Legs at horizontal	Hold 3 sec

Event	✓	Skill			
Beam		Walk on HB alone	Confident	Straight Back	
		Releve Stand on HB	Flat knees	Straight Back	Heels high
		Straight Jump on LB	Push through feet	Chest tall	Arms lift and press
		Pike HS (hands on floor)	Hold 10 s	Ribs in	Head in
		Lever on a line or floor beam	Arms by ears	Straight back leg	Show control
		Pivot turn on low beam	Releve with flat knees	Strong core support	Arms optional

Event	✓	Skill			
Floor		Lunge kick to HS	Attain vertical	Land in a lunge	Straight arms
		Forward and Backward Rolls	Lands on feet	Rounded back	Head protected
		Cartwheel	Passed thru vertical	Straight legs	Lands in a lunge
		Bridge	Head off floor	Arms straight	
		Straight Jump	Push thru feet	Straight legs	Chest tall
		Pivot turn on line	Releve with flat knees	Strong core support	Arms optional

Athlete Name:

MOVING TO AAU LEVEL 2

Event	✓	Skill			
Vault		Accelerating run	Elbows at 90 degrees	Speeds up	Runs straight
		Handstand tree fall	Straight arms	Belly/ Chest in	Land all at once
		Hurdle, punch off board	Long hurdle	Arms down on the board	Arms lift into punch
		Straight jump onto 16" mat	No lean on board	Doesn't slow at board	Legs together in jump

Event	✓	Skill			
Bars		Sole Circle Dismount	Straight arms	Straight legs	Lands upright
		Stride Hold	10 seconds	Straight arms	Straight legs
		Stride Walk	Straight legs	Front leg off the bar	
		Two foot pullover	Straight legs	No jump	Pointed toes
		Back hip circle	Straight legs	Hollow body throughout	
		Spotted backhip-underswing	Head neutral	Belly in	No pike in underswing
		Spotted cast on high bar	Ribs in	Shoulder over the bar	Straight arms
		Hold toes to bars 10 sec	Straight knees	Head in	Pointed toes

Event	✓	Skill			
Beam		90 degree leap on low beam	Hip rise	Straight legs	Lands in arabesque
		Split jump hang from bar	Straight legs	Hips straight	Pointed toes
		Straight jump on high beam	Show push through toes	Chest remains tall	Arms lift and press
		Pike handstand hold low beam	Hold 10 seconds	Ribs in	Arms straight
		Lever on high beam	Arms remain by ears	Support foot flat	Back leg straight
		Pivot turn on high beam	Releve with flat knees	Active core during turn	Arms position optional
		Cartwheel to side HS at wall	Lever into HS	Vertical HS	Lower body to push-up
		Cartwheel side HS off low beam	Head neutral	Lever into skill	Attain vertical

Event	✓	Skill			
Floor		Handstand	Vertical hold 1 sec	Lever into skill	Head neutral
		Pike back roll on incline	Straight arm technique	Hollow ribs throughout	
		Backbend	Arms above head	Straight arms	Shoulders past hands
		Bridge kickover	Straight legs in HS	Lever out	
		Heel snap turn	Arms remain in mid crown	Show high releve	Pointed toe in passé
		90 degree leap from stand	Chest up	Legs straight	Finish in arabesque
		Roundoff from a stand	Long approach	Ribs in	Land upright

Athlete Name:

MOVING TO USA LEVEL 3

Event	✓	Skill			
Vault		Level 3 vault	No lean on board	No Pike	Straight body
		Vault over whale sideways	No pike	Arms straight	Land on feet
		Front LO to back on whale	No pike	Ribs in	Pointed toes
		Front tuck off board to feet	Hips rise	Head neutral	Open before landing
		Bounder on Tumbl-Trak	Feet together	Look at hands throughout	One body length

Event	✓	Skill			
Bars		Glide	Straight arms	Round back throughout	Straight knees
		Kip	Straight legs	Pointed toes	Round back in the glide
		Front hip circle + cast	Straight arms	Finish in pike	Ribs in-cast in
		Cast to horizontal	Rounded back	Straight arm	Shoulders over bar
		Mill circle	Chin up at beginning	Straight legs	Straight arms at end
		Back hip circle-underswing	Head neutral	Straight body	Underswing goes up
		Spotted 2 backhip circles in a row	Head neutral	Straight body	Quick wrist shift
		Cast horizontal- drop to flat lying on a mat	Rounded back	Hips under	Body lands all at once
		Squat on floor bar-jump to low bar	Control in Squat	Hollow on jump	Tight body in swing
		Cast horizontal on HB	Rounded back	Straight arms	Pointed toes
		High bar kip	Straight legs	Legs on bar throughout	Glide out far enough
		Cast back hip on HB	Rounded back	Straight body	Straight arms
		Single tap swings on block	No pike in hollow shape	Full release in middle	Straight arms

Athlete Name:

Event	✓	Skill			
Beam		120 Leap on HB	Hips Rise	Even Legs	Straight Legs
		Switch Jump on Tramp	45 before switch	Straight legs	Hips rise
		Straight jump + Straight jump on HB	Push through toes	Connected	Straight legs
		Vertical HS on HB	Lever in and out	Straight back	Straight knees
		Cartwheel-medium beam	Lever in and out	Straight back	Head correct
		Backwalkover on low beam	Straight legs 150 split	Straight legs	Lever
		½ turn on high beam	High releve	Correct arms	Straight body
		CW step in, rebound on floor line	No pike	Straight legs	Lever in
		Front walkover or limber on floor	Strong needle into skill	Arms by ears	Correct head position
		Tuck jump medium	Hips rise	Pointed feet	Correct arms
		Split jump-sissone on floor	Hips rise	Straight legs	150 degrees

Event	✓	Skill			
Floor		Backroll to push-up	Straight jump	Knees together	No arch
		Back ext roll to HS from panel mat	Straight arms	Ribs in	Lever out
		HS (2sec) forward roll	Straight back	2 seconds	Lever
		RO Backhandspring	Feet together	Turn over the RO	Straight knees in BHS
		RO 2 BHSP on tumbl-trak	Connected	Turn over the RO	Straight knees in BHS
		Back tuck from panel with light spot	No throwing head	Rounded back	Land with chest up
		Front HSP off panel	Extended shoulders	Straight knees	Strong needle
		Handstand, bridge kickover	Straight legs in HS	Shoulders over hands	Straight legs in kickover
		Passe stand to bridge, return to stand	Arms by ears	Open shoulders	Foot pointed
		½ turn	Correct arms (high crown)	High releve	Finish in controlled passé
		Split Leap (90° minimum)	Hips rise	Straight knees	Even arms
		Stretch jump, Split jump	120 degree split	Straight legs	Pointed feet

Athlete Name:

MOVING TO USA LEVEL 4

Event	✓	Skill			
Vault		Front Handspring off table to resi	No lean on board	No Pike	Straight body
		Front Handspring vault	No pike	Arms straight	Land on feet
		CW step-in to panel mat	No pike	Ribs in	Pointed toes
		Yurchenko drill over barrel	Hips rise	Head neutral	Open before landing
		RO onto board, rebound to 24"	Feet together	Look at hands throughout	One body length
		Front layout off board to back	Knees straight	No pike	Hip rise

Event	✓	Skill			
Bars		Kip+ cast horizontal low bar	Straight arms	Straight legs	Shoulders over in cast
		Kip+ cast horizontal on high bar	Straight arms	Straight legs	Shoulders over in cast
		Double back hip circle	Straight arms	No Pike	Head neutral
		Spotted clean hip (strap)	Ribs in	Straight arms	Strong back drop
		Strap giants	Round shape on drop	Full release at bottom	Hollow over the top
		Tap swings from underswing	Round shape	Full release at bottom	Straight knees
		Level 4 high bar dismount	Straight arms	Toes initiate turn	At bar height
		Squat on, jump to HB	Control in squat on	Hollow on jump	Maintain tension
		Spotted flyaways	Single shape in flip	Head neutral	Tension throughout
		Spotted cast HS on high bar	Head in	Straight arms	

Athlete Name:

Event	✓	Skill			
Beam		150 Leap on HB	Hips Rise	Even 150	Straight Legs
		Switch leap on floor	45 before switch	Straight legs	Hips rise
		Split jump+straight jump	120 min	Connection	Straight legs
		2 second HS hold on beam	Lever in and out	Straight back	Straight knees
		Cartwheel on high beam	Lever in and out	Straight back	Head correct
		Backwalkover on medium beam	150 split	Straight legs	Lever
		BHSP step out on floor or TT	Straight legs	Straight arms	Early split
		BWO-BWO on floor	Straight legs	Straight arms	Connected
		1/1 turn on low beam	High releve	Correct arms	Straight body
		CW step in, rebound on low beam	No pike	Straight legs	Lever in
		CW back tuck spotted on the floor	No pike	Strong connection	No head throw
		Front or side aerial spotted off panel	Strong needle into skill	Straight legs	Chest up on landing
		Tuck jump ½ turn on tramp/floor	Hips rise	Pointed feet	No cheating turn
		Split jump-sissone low beam	Hips rise	Straight legs	150 degrees

Event	✓	Skill			
Floor		Back Extension Roll to HS	Straight arms	Ribs in	Lever out
		RO 2 Backhandspring	Feet together	Turned over RO	Straight knees in BSHP
		RO BHSP Back tuck off TT to 2-8" mats	Hips rise in tuck	Head neutral	Chest up on landing
		Spotted layout or layout drills	No throwing head	No pike down	Feet together
		FHSP rebound	Extended shoulders	Straight knees	Strong needle
		FHSP step out, FHSP rebound on TT	Strong connection	Drive leg underneath	Arms by ears
		FHSP front tuck on TT	Finish front handspring	Straight knees	Hips rise into tuck
		Front tuck on TT	Hips rise	One shape	Head in
		Leap pass (sissone to leap)	No see-saw action	Hips rise	Straight legs
		Switch leap off the spring board	Arms mid-crown-press	Straight legs	Pointed toes
		1/1 turn	Arms high crown	High releve	Foot pointed
		Backwalkover	Pointed feet	Straight legs	Lever out
		Straddle jump (120) + ½ turn	Hips rise	Two straight legs	Pointed feet

Athlete Name:

MOVING TO USA LEVEL 5

Event	✓	Skill			
		Front Handspring vault	No forward lean	No pike	Hip rise
		Yurchenko onto resi mat	Head in	Turned over Ro	Straight arms
		Roundoff rebound onto panel mat	Hands in line	No pike	Head in

Event	✓	Skill			
Bars		Kip+ cast above horizontal	Straight arms	Straight legs	Shoulders over in cast
		Kip+ cast above horizontal on high bar	Straight arms	Straight legs	Shoulders over in cast
		Clear hip to horizontal	Straight arms	Ribs in	Head in
		Long hang pullover	Ribs in on drop	Strong tap	Straight arms
		¾ giant spotted	Round shape drop	Full release at bottom	Hollow over the top
		Tap swings at Level 5 height	Round shape	Full release at bottom	Straight knees
		Flyaway	Single shape in flip	Head Neutral	Tension throughout
		Cast straddle –miss feet- land on back	Straight arms	Feet pointed	Round back
		Straddle press on wall	Round back	Head neutral	Ribs in
		Second circle on strap to clear support	Head neutral	Straight arms	Ribs in
		Light spot to cast HS on high bar	Head in	Straight arms	Body tension

Athlete Name:

Event	✓	Skill			
Beam		180 Leap on HB	Hips Rise	True 180	Straight Legs
		Switch leap on low beam	45 before switch	Straight legs	Hips rise
		Split leap ½ turn on floor	Straight legs	Hip rise	Correct Arms
		BWO on high beam	Straight legs	150 split	Straight knees
		BHSP on low beam	Straight legs	Straight arms	Early split
		BWO-BHSP on floor	Straight legs	Connected	Early split
		1/1 turn on high beam	High releve	Correct arms	Straight body
		1/1 turn diff leg position	Pointed foot	Distinct arms	High releve
		CW-rebound high beam	No pike	Straight legs	Lever in
		CW back tuck spotted low beam	No pike	Strong connection	No head throw
		Front or side aerial off panel	Strong needle into skill	Straight legs	Chest up on landing
		Hurdle-cartwheel step in low beam	Narrow arms	Lever in	Chest up on close
		Tuck jump ½ turn on low beam	Hips rise	Pointed feet	No cheating turn
		Split jump-sissone high beam	Hips rise	Straight legs	150 degrees

Event	✓	Skill			
Floor		RO BHSP tuck onto 12" mats	Hips rise on tuck	Head neutral	Chest up on landing
		RO BHSP layout into pit or spotted	No head throw	No pike down	Feet together
		Twisting drills	Heels together	Feet pointed	Head neutral
		FHSP rebound into HS on red mat	Strong needle	No pike	No arch
		FHSP front tuck	Finish the FHSP	Land with chest up	Hip rise
		FHSP step out, FHSP rebound	Strong connection	Drive leg underneath	Arms by ears
		Hollow front layout to back	No pike	Head neutral	Hips rise
		Leap pass (sissone to switch leap)	No see-saw action	Hips rise	Straight legs
		Front tuck onto 16" mat	Hips rise	Chest up on landing	Head in
		Popa on TT	Hips rise	Two straight legs	Pointed feet
		Sissone onto panel mat	Hips rise	Two straight legs	Pointed feet
		Straddle jumpat 150	Hips rise	Two straight legs	Pointed feet
		1/1 turn	Foot pointed	High releve	Controlled exit