NOVICE - JUNIOR GYMNASTICS SKILLS

8 years and younger

VAULT

1. Straddle over block
   OR
2. Squat through (0.5)

BEAM

Start at the wall end, facing wall

1. Sit in straddle, swing legs to crouch
2. Pivot turn
3. 3 × dip kick steps
4. Bunny hop (handstand, 0.3)
5. Straight jump
6. Round-off

BARS

High bar

1. Pull-up (chin above, 0.3)
2. Leg lift (toes to bar, 0.3)
3. Dish hold
4. Arch hold
5. 3 × swings, regrasp
6. Dismount

FLOOR

1. Straddle Jump
2. Arabesque
3. Handstand Forward Roll
4. Bridge Lift one Leg (Bridge Kickover 0.3 or Back Bend Kickover 0.5)
5. One handed Cartwheel