NOVICE - SENIOR GYMNASTICS SKILLS

9 years and older

VAULT

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

BEAM

1. Any mount
2. Half spin
3. 3 × dip kick steps
4. Handstand (cartwheel, 0.3)
5. Straight jump
6. Round-off (handspring, 0.3)

BARS

1. Float swing
2. Upward circle
3. Cast above horizontal
4. Back hip circle
5. Straddle / pike undershoot (squat on, 0.5)

FLOOR

1. Cartwheel linked to W jump
2. Full Spin
3. Handstand forward roll
4. Bridge Lift one Leg (Bridge Kickover 0.3 or Back Bend Kickover 0.5)
5. Roundoff
6. Splits