

Boys Level 1-2

The skills below are taught in LEVEL 1-2 and required to advance to Boys LEVEL 2-3

VAULT:

- 2-Step Hurdle
- Stick-Freeze
- Squat on or Straddle On

PARALLEL BARS

- Front Support Hold
- Bear Crawl
- Crabwalk

BARS

- Jump to front support
- Chin hang (5 seconds)
- Safety Forward Roll
- 3 Cast, Push away
- Straddle Hang
- Pullover
- Glide Swings
- Regrip Swings
- Climb-Up, Jump off Low bar

RINGS

- Hold rings and hang for 5 seconds
- Pull up on Rings

FLOOR

- Forward Roll
- Backward Roll
- Bridge
- Candlestick
- Lunge, See-Saw
- Handstand
- Cartwheel
- Straight Jump, Tuck Jump, Straddle Jump, Pike Jump

Boys Level 2-3

The skills below are taught in LEVEL 2-3 and required to advance to Boys LEVEL 3-4

FLOOR:

- Handstand Hold
- Front Limber
- Backbend
- Bridge Kickover (Wedge)
- Backward Roll to Push Up Position
- Roundoff
- Back Handspring over the barrel OR with spot
- Straight-arm backward roll to pushup position

VAULT:

- Handstand Flatback

PARALLEL BARS:

- Front Support Hold
- Support, swing-to straddle

RINGS:

- Skin the Cat
- Candlestick
- Support Hold

Boys Level 3-4

This is the highest boys recreational level.

FLOOR:

- Back Handspring
- Front Handspring

- Handstand Bridge
- Handstand Pirouette
- Front Tuck

VAULT:

- Front Handspring

PARALLEL BARS:

- Front Support Hold Walks
- Dismounts
- Support Swings

RINGS:

- Skin the cat, Pull back through
- Swings
- Front support, L-Hold