

Level 5 Testing

Skills Scoring:

0 = Cannot perform skill

1 = Skill attained (not competition ready - e.g. on LB or spot)

2 = Skill competition ready



Vault

Level 5 Front Handspring

Bars

Level 5 Cast ↑ horizontal glide kip

Free hip (↑ horizontal) to kip

Kip to squat on

Baby giant

Level 5 Tap swing fly away tuck

Beam

Level 5 Handstand (2 second hold)

Backwalkover

Split leap (150)

Split jump (150), Sissone

Level 5 1/1 spin

Cartwheel HS (2 sec hold) dmt

Floor

Level 5 Straddle Jump (150), Straight 1/1

Front HS step out, front HS 2 feet

Front tuck

Standing BHS

1/1 Spin

Level 5 Leap Series (150) or switch

Round-off BHS back tuck

Back Extension

Total (/40)

Level 5 Conditioning Testing

	Push ups	V ups	Hst Hold (Floor)	Hst Hold (Beam)	Leg Lifts
Reps	15	15	60	10	20
	Rope Climbs	Candle Stick Roll up (L)	Candle Stick Roll up (R)	Suicides	Levers
Reps	2 (straddle legs in a row) or one to line	3 (w/o other touching)	3	3 within 1.30	6
	Pull ups (strict)	Short Leg Lifts	Press Handstand		
Reps	10	10	5 Drag Press		
	Chin up Pull Overs (to hang)	Casts x5 (45 or above)			
Reps	10	5			