

## Level 6

### Skills Scoring:

0 = Cannot perform skill

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

2 = Skill competition ready

### Vault

**Level 6** Front Handspring                      Yurchenko to Resi

### Bars

**Level 6** Kip, free hip (above horizontal), kip, squat on                      Cast fly away tuck                      Layout to pit

### Beam

**Level 6** Cartwheel straight jump                      Split leap (180)                      BHS (low beam/no mats)                      Tuck Jump                      Split Jump                      Walkover Series LB

**Level 6** Backwalkover                      1/1 Spin                      Standing Front Tuck                      Standing Back Tuck                      Hst Back Tuck

### Floor

**Level 6** Round-off BHS layout to Pit or Mat                      Standing Back tuck                      Switch Leap (180)                      Front HS Front Tuck                      Front Tuck

**Level 6** 1/1 Spin                      Round-off BHS Back tuck

## Optionals Conditioning Testing

	Short Leg Lifts	Rope	Presses (Beam)	Drag Presses
Reps	20	1 w/ No Legs to 12'	10	5
	Levers (flat hips)	Casts (HS)	Handstand Hold (Beam)	
Reps	10	10	30 Seconds	
	Chin Ups (strict)	Suicides		
Reps	10	5 within 2 minutes		

