Move-Up Requirements

At each level of our program, we use many horizontal progressions and drills. These strengthen and better equip students to achieve the following basic skills required to move to the next level. Skill Evaluations are valid for **90 days** past the eval date if your child is waitlisted or takes a break from gymnastics before enrolling in their new level.

1st-6th Grade Girls Program

Intermediate Skill Evaluation Requirements (Mini Bounder/Bounders to Mini Flip/Flip)

Vault: Good hurdle; forward roll and straddle on.
Bars: Walk up wall, kickover to front support; Jump to sole circle swing w/straight legs; Glide swing with roller; Fwd. roll to tuck hang or 8 sec tuck hang (chin above bar); Jump to front support, 3 casts to front support.
Beam: Lever down & back to lunge; Stretch Jump on low beam; Straight leg walks fwd/bwd; Pivot turn; Front support Safe Mount/Safety fall.
Floor: Cartwheel thru vertical; Handstand Hold against cheese (3 seconds); Bridge kickover off green block; Fwd and bwd roll to feet on floor w/correct technique; Safety fall bwd and fwd shoulder; Back walkover over roller; Stretch Jump.

Intermediate/Advanced Skill Evaluation Requirements (Mini Flip/Flips to Aerials)

Vault: Jumpy Uppy; Jump to straight arm fwd roll.
Bars: Pullover above head; 1 Cast back hip circle; 3sec. L hang on low bar; Jump to straddle sole circle dismount; Front support push to knee hold 3 sec.; Jump to Glide swing (correct form)
Beam: Passe Releve hold 3 sec.; Lever hop to lunge; Releve walks fwd./bwd. w/straight legs; Round off dismount thru vertical; Stretch jump on High beam.
Floor: Straight arm fwd. roll; Vertical HS hold; Handstand fwd. roll; Straddle up to handstand; Bridge kickover on floor; Bwd roll to pike stand; Cartwheel step together thru vertical; Back handspring to handstand over the roller to push-up position.

Advanced Skill Evaluation Requirements (Aerials to Springers)

Vault: Handstand flat fall; Knee drop handstand flatfall on tumble trak; Front tuck off TT.
Bars: Glide swing to pike swing (toes to bar); 1 chin up; 2 straight leg lifts; Cast to Straddle Sole Circle dismount; Press to knees and step up or cast squat on; Chin Up Pullover on High bar.
Beam: ¾ handstand to lunge; Cartwheel to handstand dismount; ½ turn; split jump; 10 sec Pike press
Floor: HS straight arm fwd roll; Round off thru vertical; Backlimber kickover or Back walkover; Straight arm bwd roll to front support on small cheese; Standing Backhandspring on Tumbl Trak; ½ turn; Step, Split Leap.

1st-6th Grade Boys Program

Bumblebees to Mini Eagles

General: Follows directions, stays on task.
Bars: Pullover at chest height to front support; Forward roll to tuck hang.
Floor: Reasonable cartwheel attempt; Handstand to vertical; Reasonable bridge; Fwd and bwd roll; Straddle travels.
Rings: Skin the cat.

Intermediate/Advanced Skill Evaluation Requirements (Min Eagles/Eagles to Falcons)

Bars: Walk up wall pullover; Regrasp swings; Fwd. roll to chin-tuck hang 3 sec.
Floor: Cartwheel with reasonably straight legs; Handstand against wall 10 sec; Bridge kickover off green block; Dive roll over mailbox to cheese; Safety fall bwd and fwd shoulder;
Parallel Bars: 3 swings (rear feet above bar); Front support walks;
Rings: Chin-tuck hang (8 sec); Inverted hang; Skin the cat over and back; Front support hold (8 sec)
Pommel Horse: Leg cuts (sitting after cut is ok)
Mushroom: Quarter jump circles w/ correct technique
Strength: 10 good push-ups; 30 sec V-hold; rope climb ½ way up with legs.
Vault: Good Hurdle; FWD roll

Advanced Skill Evaluation Requirements (Falcons to Hawks)

Bars: Chin up Pullover (from long hang); 5 leg lifts (straight legs); 5 sec L hang
Parallel Bars: 3 swings to rear dismount (feet at bar level)
Pommel Horse: Leg cuts in support; Travel walks along 1 side
Floor: Round off (good form); straight arm FWD roll; bridge kick over (red block); side Cartwheel; Handstand against wall 45 sec; dive roll on floor; Handstand straight arm FWD roll; back handspring to prone fall with roller
Rings: 10 sec chin up pike hold; swing to inverted hang (10 sec hold); Front support tuck hold 15 sec
Strength: 20 good push-ups; 1 min V hold; 25 sit-ups (feet under mat ok); rope climb to top w/ feet
Trampoline: Knee-drop to handstand; jump 1/1 turn; Front tuck at end of TT;
Vault: Jump to handstand flatfall

Tiny Tot Program 4 Years-Kindergarten

Crickets to Bumblebees

General: Follows directions, stays on task

Bars: Walk up wall pullover to front support; Front support fwd. roll on high bar; Turtle hang; Good bell swing.

Beam: Bearwalk on low beam; Walk on high beam and jump to feet dismount; Releve walk on low beam; Safe mount; Safety fall off beam.

Floor: Fwd.roll on floor to feet; Bwd. roll on small wedge to feet; Teeter hop totter to lunge; Safety fall bwd; St. arm bwd. to bear over roller; Bwd to bear off trap (head on floor is okay). Good monkey jump.

Bumblebees to Hummingbirds

General: Follows directions and has a good work ethic.

Bars: Pullover to F. Support; 5sec. turtle hold; Jump to straight leg bell swing; Fwd roll to tuck hang on high bar; 5 sec. L hang.

Beam: Safety fall; Releve walks fwd on high beam; Bwd walks on high beam; Pivot turn; Forward roll to candlestick (w/red mat) on low beam; Lever on low beam.

Floor**:** Cartwheel through vertical; Handstand to vertical; Safety fall bwd; Bwd roll to feet on floor; Bridge with straight arms and flat feet; Run-hurdle-land; Back walkover over roller.