



Level 1				
	VAULT	BARS	BEAM	FLOOR
		Low Bar Only - 4 Skills	Max 2 lengths - 4 Skills	45 secs - 4 Skills
Example 1	Run Stretch Jump with focus on: accelerated run board lean angle good landing	Jump to Front support cast back hip circle (2 skills) cast push away to stand	Any mount Pivot turn on 2 feet 1 leg balance - HOLD 2 secs Stretch jump Round off dismount	Tuck Jump rebound 1/2 turn Jump Backward roll to stand Pivot turn on 2 feet Kick towards Handstand (feet must join at / above 45°)
Example 2		Circle up to front support cast back hip circle (2 skills) Straddle Shoot dismount	Any mount Squad turn on 2 feet 1 leg balance - HOLD 2 secs Stretch jump Tuck Jump dismount	Chasse into cat leap Roll to Candlestick (shoulder stand) 1/2 Spin on 1 foot Kick towards Handstand feet must join at / above 45°)

Level 2 / Bronze				
	VAULT	BARS	BEAM	FLOOR
	Sta	Low Bar Only - 5 Skills	Max 2 lengths - 5 Skills	45 secs - 5 Skills
Example 1	Handspring Flat Back with focus on: accelerated run board lean angle Body alignment	Circle up to front support Cast return to the bar Cast back hip circle (2 skills) Squat on jump down to land	Any mount 1/2 Spin on 1 foot Kick towards Handstand Tuck jump Round off dismount	Tuck Jump rebound Split Jump (min 60° split) Kick to Handstand (join feet in HS) no hold required 1/2 Spin on 1 foot Cartwheel
Example 2		Upstart prep swing return to stand Circle up to front support cast back hip circle (2 skills) Straddle Shoot dismount	Any mount 1/2 Spin on 1 foot Kick towards Handstand Cat leap Tuck Jump dismount	Cat leap into Split leap (min 60° split) Kick to Handstand (join feet in HS) no hold required Full spin Cartwheel



Silver				
	VAULT	BARS	BEAM	FLOOR
	On/Over Stack Mats	Low Bar Only - 5 Skills	Max 2 lengths - 5 Skills	Max 1 min - 5 Skills
Example 1	Handspring Flat Back (SV 9.50) with focus on: accelerated run / speed board lean angle Body alignment	Circle up to front support Cast above 45° from bar Cast back hip circle (2 skills) Squat on jump down to land	Any mount 1/2 Spin on 1 foot W Jump Cartwheel Round off dismount	Tuck Jump rebound W Jump Forward roll step out to Cartwheel Full Spin Round Off
Example 2	Handspring (SV 10.00) with focus on: accelerated run / speed board lean angle Body alignment	Upstart prep swing return to stand Circle up to front support cast above 45° from bar into back hip circle (2 skills) Straddle Shoot dismount	Any mount 1/2 Spin on 1 foot Tuck Jump Forward Roll Round off dismount	Cat leap into L Hop (leg above horizontal) Cartwheel to 1-handed cartwheel Full spin Round off

Level 3				
	VAULT	BARS	BEAM	FLOOR
	Over Stack Mats	Low Bar OR both bars 5 Skills	Max 2 lengths - 5 Skills	Max 1 min - 5 Skills
Example 1	Handspring with focus on: accelerated run / speed board lean angle Good landing	Upstart Cast above 45° return to bar Cast into back hip circle (2 skills) Straddle Shoot dismount	Any mount 1/2 Spin on 1 foot Split Jump (min 60° split) Cartwheel Round off dismount	W Jump rebound Split Jump (min 90° split) Round off Backward roll Full Spin Backward Walkover
Example 2	1/2 On with focus on: accelerated run / speed board lean angle Good landing	Upstart prep swing return to stand Circle up to front support Squat on 3/4 circle on HB Straddle shoot with 1/2 turn dismount	Any mount Full Spin Sissone (min 60° split) Kick to Handstand (must achieve vertical) Handspring dismount	Split leap (min 90° split) assemble W Jump Round off Flic Full spin Backward roll to Handstand



Level 4				
	VAULT	BARS	BEAM	FLOOR
	Over Stack Mats	Must use both bars - 5 Skills	Max 1 min - 5 Skills	Max 45 secs - 5 Skills
Example 1	Handspring or 1/2 On with focus on: accelerated run / speed board lean angle Good landing	Upstart Cast above 45° into back hip circle Squat on Tap Swing 3/4 circle round HB Undershoot dismount	Any mount 1/2 Spin on 1 foot Split Jump (min 90° split) Cartwheel Round off dismount	W Jump rebound Split Jump (min 90° split) Round off Flic Full Spin Handspring to 1, Handspring to 2
Example 2	Yurchenko (RO BHS) with focus on: accelerated run / speed board lean angle Good landing	Circle up to front support Cast above 45° into back hip circle Squat on Tap Swing Long Upstart Straddle Shoot	Any mount Full Spin Split leap (min 90° split) Backward Walkover Handspring dismount	Sissone (min 90° split) into split leap Round off Flic 1 1/2 Spin Front Somi

Gold				
	VAULT	BARS	BEAM	FLOOR
	Over Table	Must use both bars - 6 Skills	Max 1 min - 6 Skills	Max 1 min - 6 Skills
Example 1	Handspring with focus on: accelerated run / speed board lean angle Good landing	Upstart Cast above horizontal into back hip circle Squat on 3/4 circle round HB Undershoot dismount	Any mount Full Spin Split Jump (min 90° split) Forward roll Walkover Round off dismount	Split Jump (min 120° split) rebound W Jump Round off Flic Full Spin Free Cartwheel
Example 2	1/2 On with focus on: accelerated run / speed board lean angle Good landing	Upstart Cast above horizontal return to bar Cast to pike onto bar Sole circle to catch HB Long Upstart Straddle Shoot	Any mount Full Spin Split leap (min 90° split) into Tuck Jump Cartwheel swing leg through cartwheel Handspring dismount	Sissone (min 120° split) into Cat leap full turn Round off flic Tuck 1 1/2 Spin Front Somi



Level 5				
	VAULT	BARS	BEAM	FLOOR
	Upto Stack mats / Resi	Must use both bars - 6 Skills	Max 1 min - 6 Skills	Max 1 min - 6 Skills
Example 1	Handspring fall to tummy must touch feet	Upstart Cast above horizontal Clear circle to above horizontal Upstart Sole Circle to catch HB Long Upstart Cast to tuck backaway	Any mount Full Spin Split Jump (min 120° split) tuck jump Backward Walkover Handspring dismount	Split Jump (min 120° split) rebound Straddle Jump Round off Flic Tuck Full Spin Free Cartwheel or Free Walkover
Example 2	1/2 On or Yurchenko to stand can miss feet and go to back evaluation stops when feet / back touch mat	Upstart Cast above horizontal Clear circle to above horizontal Upstart Squat on Long Upstart Cast to HS backaway	Any mount Full Spin Sissone (min 120° split) Cat leap Forward Walkover Front somi dismount	Sissone (min 120° split) into Cat leap full turn Round off Flic Tuck 1 1/2 Spin Handspring Front Somi

Level 6				
	VAULT	BARS	BEAM	FLOOR
	Table Vault to Stack mats	Must use both bars - 6 Skills (1xB)	Max 1 min 15 secs - 6 Skills (1xB)	Max 1 min 15 secs - 6 Skills (1xB)
Example 1	Handspring fall to tummy must touch feet	Upstart Cast above horizontal Clear circle to above horizontal Upstart Sole Circle to catch HB Long Upstart Cast to tuck backaway	Any mount Full Spin Split Jump (min 150° split) W jump Flic Free Round off dismount	Cat leap full assemble Split Jump (min 150° split) Round off Flic Straight 1 1/2 Spin Handspring Front Somi
Example 2	1/2 On or Yurchenko to stand can miss feet and go to back evaluation stops when feet / back touch mat	Upstart Cast above horizontal Clear circle to above horizontal Upstart Squat on Long Upstart Cast to HS backaway	Any mount Full Spin Sissone into Split leap (min 1 x 150° split) Forward walkover to cartwheel Front somi dismount	Sissone into Change leg leap (min 1 x 150° split) Round off flic Tuck Double Spin Pike Front



Platinum				
	VAULT	BARS	BEAM	FLOOR
	Table Vault	Must use both bars 7 Skills (1xB)	Max 1 min 30 secs 7 Skills (1xB)	Max 1 min 30 secs 7 Skills (1xB)
Example 1	Any Vault from PN Vault Chart	Upstart Cast above horizontal Clear circle to above horizontal Upstart Squat on Long Upstart Cast HS into Giant Circle Straight backaway	Any mount Full Spin Split Jump into sissone (min 1 x 150° split) Flic Free Round off dismount	Cat leap full assemble Split Jump (min 150° split) Round off Straight W Jump with 1/2 turn Handspring Front Somi
Example 2	Any Vault from PN Vault Chart	Upstart Squat on Long Upstart Cast HS Giant Circle Toe on to HS Straight backaway	Any mount Full wolf Spin Sissone into Split leap (min 1 x 150° split) Forward walkover Cartwheel Tuck back dismount	Sissone into Change leg leap (min 1 x 150° split) Round off Flic Tuck Split Jump 1/2 Handspring Pike Front

Level 7				
	VAULT	BARS	BEAM	FLOOR
	Table Vault to Stack mats	Must use both bars - 7 Skills (2xB)	Max 1 min 15 secs - 7 Skills (2xB)	Max 1 min 30 secs - 7 Skills (2xB)
Example 1	Handspring fall to tummy must touch feet	Upstart Cast above horizontal Clear circle to above horizontal Upstart Sole Circle to catch HB Long Upstart Cast to HS Giant Backaway	Any mount Full Spin Split Jump (min 180° split) into W jump Flic Forward walkover to cartwheel Cartwheel Tuck dismount	Cat leap full assemble Split Jump (min 180° split) Round off Flic Straight Change Leg leap Handspring Front Somi
Example 2	1/2 On or Yurchenko to stand Can miss feet and go to back evaluation stops when feet / back touch mat	Upstart Sole Circle Long Upstart Cast to HS Clear, Stalder or Toe on to HS Giant Backaway	Any mount Full Spin Sissone into Split leap (min 1 x 180° split) Walkover Flic connected Round off Tuck dismount	Change leg leap (min 180° split) into Side leap Round off flic Tuck Double Spin Handspring Straight front



Level 8				
	VAULT	BARS	BEAM	FLOOR
	Table Vault	Must use both bars - 8 Skills (4xB)	Max 1 min 30 secs - 8 Skills (4xB)	Max 1 min 30 secs - 8 Skills (4xB)
Example 1	Any Vault from L8 Vault Chart	Upstart Cast to HS with 1/2 turn Clear to HS Sole Circle Long Upstart Cast to HS Giant Shoot Front Dismount	Any mount Minimum full turn on 1 foot Split Jump (min 180° split) into W jump Walkover Flic Round off Tuck dismount	Change leg Side into Straddle Jump (min 1 x 180° split) Round off Flic Full twist Double Spin OR W Jump full Straight front punch front
Example 2	Any Vault from L8 Vault Chart	Upstart Cast to HS Mo Shoot Upstart Cast to HS Giant Circle Toe On to HS backaway	Any mount Minimum full turn on 1 foot Change leg into sissone (min 1 x 180° split) Flic to 1, Flic to 2 OR Flic Layout Gainer salto dismount (from end of beam)	Change leg into Tour jete 1/2 Round off flic Straight Change leg 1/2 Handspring Straight front full twist

Diamond				
	VAULT	BARS	BEAM	FLOOR
	Table Vault	Must use both bars - 7 Skills (2xB)	Max 1 min 30 secs - 7 Skills (2xB)	Max 1 min 30 secs - 7 Skills (2xB)
Example 1	Any Vault from DN Vault Chart	Upstart Cast above horizontal Clear circle to above horizontal Upstart Squat on Long Upstart Cast HS into Giant Circle Straight backaway	Any mount Minimum full turn on 1 foot Split Jump into sissone (min 1 x 180° split) Flic Tuck Straight front salto	Cat leap full assemble Split Jump (min 180° split) Round off Straight W Jump with 1/2 turn Handspring Straight Front
Example 2	Any Vault from DN Vault Chart	Upstart Squat on Long Upstart Cast HS Giant Circle Toe on to HS Straight backaway	Any mount Minimum full turn on 1 foot Change leg into Sissone (min 1 x 180° split) Walkover Flic Aerial with full twist dismount	Change leg into Tour jete 1/2 Front somi step out to RO Tuck Split Jump 1/2 OR Tuck Jump full RO flic full twist