

Grade 1 (Introduction)

Age Groups		Exercise 1	D		Exercise 2	D		Exercise 3	D
Under 13yrs Over 13yrs	1	From Standing Tucked Forward Roll To Stand	0.1	1	Any Cartwheel	0.1	1	From Squat, Jump to Tucked handstand	0.1
	2	Two Forward Steps	0.1	2	Hold Standing Still for 2 seconds.	0.1	2	Snap down, immediately Jump to Dish on mat	0.1
	3	Straight Jump on the spot, hold for 1 second.	0.1	3	Any Cartwheel	0.1	3	Hold for 2 seconds.	0.1
	4	From Standing, Tucked Forward Roll to Stand.	0.1	4	Hold Standing Still for 2 seconds.	0.1			
	5	Two Forward Steps.	0.1						
	6	Star Jump on the spot, hold landing (1 second)	0.1						
			0.6			0.4			0.3

Grade 2 (Intermediate)

Age Groups		Exercise 1	D		Exercise 2	D		Exercise 3	D
Under 13yrs Over 13yrs	1	Forward Roll	0.1	1	From Standing Start, Stretch Jump, Forward Roll, Walk out.	0.1	1	Straight Jump Forwards (Walk out, from a standing start on floor)	0.1
	2	Any Cartwheel	0.1	2	Cartwheel ¼ turn to join feet.	0.1	2	Cartwheel ¼ turn to join feet.	0.1
	3	Hold Landing for 1 second.	0.1	3	Fall to Dish on Mat	0.1	3	Fall to Dish on Mat	0.1
	4	Forward Roll	0.1	4	Hold Dish (2 Seconds)	0.1	4	Hold Dish (2 Seconds)	0.1
	5	Any Cartwheel	0.1						
	6	Hold Landing (1 second)	0.1						
			0.6			0.4			0.4

Grade 3 (Advanced)

Age Groups		Exercise 1	D		Exercise 2	D		Exercise 3	D
Under 13yrs Over 13yrs	1	Forward Chasse,(from a standing start on floor}	0.1	1	Straight Jump (Walk out, from a standing start on floor}	0.1	1	Straight Jump (Walk out, from a standing start on floor}	0.1
	2	Side Cartwheel	0.1	2	Round Off	0.1	2	Round Off	0.1
	3	Forward Chasse,(from a standing start on floor)	0.1	3	Stretch Jump rebound	0.1	3	Jump to Dish onto a mat (Hold for 2 secs)	0.1
	4	Side Cartwheel	0.1	4	Tucked entry, backward roll to front support(press-up)	0.1			
	5	Forward Chasse,(from a standing start on floor)	0.1	5	Hold for 5 seconds	0.1			
	6	Side Cartwheel, finish sideways	0.1						
			0.6			0.5			0.3

Bronze Level

Age Groups		Exercise 1	D		Exercise 2	D		Exercise 3	D
Under 13yrs Over 13yrs	1	From a short run(up to 5M) Round Off	0.1	1	6 Skills free exercise		1	6 Skills free exercise	
	2	Flick	0.1		Minimum difficulty over two free exercises.	1.2		Minimum difficulty over two free exercises.	1.2
	3	Jump 1/2 Turn to hold for 1 sec.	0.1		Maximum difficulty over two free exercises.	2.0		Maximum difficulty over two free exercises.	2.0
	4	From Stand, stretch jump forwards walkout.	0.1		Non FIG tariffed skills	0.1		Non FIG tariffed skills will be valued	0.1
	5	Round Off	0.1		No penalties for repeated skills			No penalties for repeated skills	
	6	Star Jump, hold landing for 2 secs.	0.1						
			0.6						

Silver Level

Age Groups		Exercise 1	D		Exercise 2	D		Exercise 3	D
Under 13yrs Over 13yrs	1	From a short run(up to 5M) Round Off	0.1	1	6 Skills free exercise		1	6 Skills free exercise	
	2	Flick	0.1		Minimum difficulty over two free exercises.	2.0		Minimum difficulty over two free exercises.	2.0
	3	Flick	0.1		Maximum difficulty over two free exercises.	3.0		Maximum difficulty over two free exercises.	3.0
	4	Flick			Non FIG tariffed skills	0.1		Non FIG tariffed skills	0.1
	5	Flick			No penalties for repeated skills			No penalties for repeated skills	
	6	Stretch Rebound Jump, (hold landing for 2 secs)	0.1						
			0.6						

Gold Level

Age Groups		Exercise 1	D		Exercise 2	D		Exercise 3	D
Under 13yrs Over 13yrs	1	From a short run(up to 5M) Round Off	0.1	1	6 Skills free exercise		1	6 Skills free exercise	
	2	Flick	0.1	2	Minimum difficulty over two free exercises.	3.0		Minimum difficulty over two free exercises.	3.0
	3	Flick	0.1	3	Maximum difficulty over two free exercises.	OPEN		Maximum difficulty over two free exercises.	OPEN
	4	Flick	0.1	4	Non FIG tariffed skills	0.1		Non FIG tariffed skills	0.1
	5	Flick	0.1		No penalties for repeated skills			No penalties for repeated skills	
		Stretch Rebound Jump, (hold landing for 2 secs)	0.1						
			0.6						