

	PURPLE			
	Floor (Floor Strip):	Vault (Block):	Bars (Low Bar):	Beam (Medium Beam):
	Present	Present	Present	Present
	Handstand forward roll	Squat OR straddle through to sit in pike, with arms forward	Leg lift	Basic front supoport mount to swing legs back to put toes on beam
	Chasse cat leap full turn OR Full turning tuck jump	Stand up neatly	From standing on a low platform, circle over with support	Caterpillar walk
	Cartwheel step in feet together	Half turn jump off with 3 second landing shape	3x casts	Straight jump
	Backward roll to front support	Present	Forward circle down from low bar (slow, with control) to standing	Arabesque
	Roll to back support, pike shape, rock back and forward to stand		Present	Pike jump dismount
	Hands together cartwheel (one hand on top of the other)			Present
	Bridge kickover on a raised platform OR Split handstand to bridge on one leg onto floor			
	Invent a neat & tidy way to stand			
	Present			
	PINK			
	Floor (Floor Strip):	Vault (Springboard, 2 Blocks and Mat):	Bars (Low Bar):	Beam (Floor Beam):
	Present	Present	Present	Present
	Double cartwheel	Straight jump from springboard to land on block with straight legs during flight	Float swing with roller	Squat on mount (side of beam)
	1 handed cartwheel (back in other direction)	Step into handstand flatback with flight to land on mat	From standing on a low platform, circle over	Forwards roll OR Kick towards handstand (one leg vertical)
	Split jump/ leap OR Stag jump/ leap to 150	Present	3x casts	Tuck jump
	Stretch to crouch		Forward circle down from low bar to standing	½ spin
	Headstand (3 seconds)		Present	Straddle jump dismount
	Rock back to stand			Present
	Handstand jump			
	Roundoff			
	Present			

RAINBOW				
	Floor (Floor Strip):	Vault (Springboard, 2 Blocks and Mat):	Bars (Low Bar):	Beam (Medium Block Beam):
	Present	Present	Present	Present
	Backwards roll through handstand	Handstand flatback on to block from springboard	Circle over from standing on a low platform	Straddle on mount (no block)
	Headstand press to front support through as close to handstand as possible	Present	3x high casts	Handstand (with block)
	1/2 spin		Supported back-hip circle	Cat leap (with block)
	Roundoff rebound into star jump		Forward circle down from low bar to standing	½ spin (with block)
	Handstand-bridge-stand OR Tictoc OR Handstand forwards roll straight arms		Present	Roundoff dismount
	Cartwheel, 1 handed cartwheel linked			Present
	Split to 180 jump/ leap OR Straddle jump where feet lift to hip height			
	Present			
BRONZE				
	Floor (Floor Strip):	Vault (Block and Springboard):	Bars (Low Bar & Block):	Beam (Medium Block Beam with Springboard):
	Present	Present	Present	Present
	Backwards OR Forwards walkover OR Handstand forwards roll with straight arms	Handspring over block	Circle over	Squat on mount to the end of the beam with a springboard (no blocks)
	Backwards roll to handstand	Present	Backhip circle	Catleap (no blocks)
	Roundoff rebound into half turn jump		Cast to land on block (can hold or release the bar to land)	Cartwheel (with block)
	Handstand-bridge-stand OR Tictoc OR Handstand 180 pirouette		Straddle undershoot from jumping feet on the low bar from the block	½ spin (no blocks)
	Cartwheel, 1 handed cartwheel linked		Present	Run from half way, join feet, and straight jump off
	Split to 180 jump/ leap OR Straddle jump where feet lift to hip height			Present
	Present			

	SILVER			
	Floor (Floor Strip):	Vault (Block):	Bars (Low Bar):	Beam (Medium Beam with Springboard):
	Present	Present	Present	Present
	Handspring OR Roundoff-flick	Handspring over block (no spring board)	Mount - Float swing, release on back swing to land on floor (low platform can be used if required)	Straight jump on to the end of beam with springboard
	Backwards roll to handstand OR Forwards/ backwards walkover	Present	Circle over	Cat leap, straight jump connection OR Straight jump, tuck jump connection
	Roundoff rebound into full turn jump		Backhip circle	Cartwheel
	Handstand-bridge-stand OR Tictoc OR Handstand forwards roll straight arms		Straddle undershoot	½ spin
	Cartwheel, 1 handed cartwheel linked		Present	Handspring dismount
	Split to 180 jump/ leap OR straddle jump where feet lift to hip height			Present
	Present			
	GOLD			
	Floor (Floor Strip):	Vault (Age Height Vault):	Bars (Low bar):	Beam (Medium Block Beam with Springboard):
	Present	Present	Present	Present
	Handspring	Handspring OR 1/2 on OR 1/2 off	Upstart with light support (low platform can be used if required)	Forward roll mount (with blocks and springboard)
	Backwards roll to handstand OR Forwards/ Backwards walkover	Present	3x casts	Full spin (with blocks)
	Roundoff-flick OR Cartwheel-flick		Double back hip circle (light support)	Backward walkover with blocks OR Cartwheel (no blocks)
	Handstand-bridge-stand OR Tictoc OR Handstand forwards roll straight arms		Squat on, straight jump off	Split leap/jump 150 (no blocks) OR Sissone 150 (no blocks)
	Free cartwheel OR Tuck front		Present	Handspring dismount
	Split to 180 jump/ leap OR Straddle jump where feet lift to hip height			Present
	Present			

PLATINUM				
	Floor (Floor Strip):	Vault (Age Height Vault):	Bars (A-Bars):	Beam (High Beam with Springboard):
	Present	Present	Present	Present
	Handspring-tuck front OR Roundoff-tuck back	1/2 on 1/2 off	Upstart (low platform can be used if required)	Forward roll mount
	Backwards roll to handstand OR Forwards/ backwards walkover	Present	Double backhip circle	Split leap OR Split jump OR Sissone
	Roundoff-flick-tuck back		Squat on, catch bar, swing in to circle over	Backward walkover OR Cartwheel
	Handstand-bridge-stand OR Tictoc OR Handstand forwards roll straight arms		Straddle undershoot from the high bar	Full spin
	Free cartwheel OR tuck front from 1 step (no run)		Present	Cartwheel, straight jump dismount
	Split to 180 jump/ leap OR Straddle jump where feet lift to hip height			Present
	Present			
DIAMOND				
	Floor (Floor Strip):	Vault (Age Height Vault):	Bars (A-Bars):	Beam (High Beam with Springboard):
	Present	Present	Present	Present
	Handspring-tuck front	1/2 on full off	Upstart (low platform can be used if required)	Forward roll mount
	Backwards walkover, flick walk out	Present	Clear hip circle into upstart	Split handstand, backward walkover connection OR Flick
	Roundoff-flick-straight back		Sole circle, catch high bar	Split jump, straight jump, sissone connection - land in arabesque
	Handstand 180 pirouette into forwards roll straight arms		Swing to circle over	Full spin
	Free cartwheel - chasse - free cartwheel		Back away tucked	Dismount - Tuck back OR Cartwheel tuck back
	Split to 180 jump/ leap OR Straddle jump where feet lift to hip height		Present	Present
	Present			