



Level 3 – 6 skills list: BARS

NL 3 Bars	From dish hold, glide swing	Pullover to front support	Cast toes to bar height	Back hip circle	Underswing dismount from hips or feet	Jump from box or coach to grasp HB	3 x long swings	drop off at back of 3rd swing	Coach to stand between bars
Value	L 1.0	f 1.0	d 1.0	O 1.0	f 1.0	not judged	u u 1.0 x 2	u → 1.0	
NL 4 Bars	From dish hold glide swing x 2 (pike or straddle)	Pullover to front support	Cast to horizontal	Back hip circle	Climb to tuck on OR cast to squat on, jump to HB	2 long swings	Long swing pullover on 3rd swing	Underswing dismount from hips or feet	
Value	L L 1.0	f f 1.0	d 1.0	O 1.0	not judged	u u 1.0 x 2	u u 1.0	f f 1.0	
NL 5 Bars	Glide kip	Cast to horizontal	Back hip circle	Cast, squat or pike on, jump to grasp HB	2 long swings		Swing pullover on 3rd swing	Underswing and counter swing to	Swing 1/2 turn & release min 45° below horizontal
Value	L 1.0	d 1.0	O 1.0	v = 0.5	u 0.5	u 0.5	u u 1.0	f u 1.0 x 2	u → 1.0
NL 6 Bars	Glide kip, immediate cast to above horizontal	Clear hip circle min horizontal	Glide kip	Cast, squat or pike on OR Sole circle, jump to grasp HB	Long kip, cast	Long swing pullover	Underswing, long swing	Flyaway dismount – tucked, piked or stretched	OR 9.50 for swing 1/2 turn dismount
Value	L d 1.0 x 2	u 1.0	L 1.0	d = 0.5	f d 1.0	u f 1.0	f u 1.0 x 2	d 1.0	u → 1.0



**Level 3 – 6 skills list: BEAM**










<b>NL 3 Beam</b>	Jump to front support, lift leg over to straddle sit, lift to mark clear straddle position, back to straddle sit, swing legs back to squat and stand	Forward kicks x 2	Backward kicks x 2	Straight jump x 2 in series	Forward entry, kick to "L" handstand, step out to lunge	Passé 1/2 turn on one foot, 1/2 turn on 2 feet in relevé, hold	2 - 3 steps punch straight jump dismount from end of beam	Landing surface to be no more than 60cm below the height of the beam
Value	1.0 & 0.5	0.5 x 2	0.5 x 2	1.0 x 2	1.0	0.5 x 2	1.0	
<b>NL 4 Beam</b>	Jump to front support, lift leg over to straddle sit, lift to hold clear straddle position, back to straddle sit, swing legs back to squat and stand	Leap lead-up drill: lift leg to forward horizontal, vertical hop, leap onto free leg land in demi plié	Straight jump, split jump in series	Passé 1/2 turn on one foot x 2	Kick to handstand, step in	Standing straight jump backwards dismount from end of beam		
Value	1.0 & 0.5	0.5 x 2	1.0 x 2	0.5 x 2	1.0	1.0		
<b>NL 5 Beam</b>	Jump to front support, lift leg over to straddle sit, lift to hold clear straddle position, swing legs back to front support, kneel and stand	Back W'over OR Fwd W'over OR Tic Toc OR C'wheel step in	Passé 1/2 turn on one foot x 2	Kick to handstand, hold 2 seconds, step in	Straight jump split jump min 135° in series or vice versa	Split leap min 135°	Cartwheel on beam immediate straight jump dismount off end OR tuck front salto dismount	
Value	1.0 & 0.5	1.0	0.5 x 2	1.0	1.0 x 2	1.0	0.5, 0.5 or 1.0	
<b>NL 6 Beam</b>	Press to handstand OR tuck through to tuck hold Or straight jump onto the end of the beam	Back W'over OR Fwd W'over OR Tic Toc OR C'wheel OR flic flac	Full turn on one foot	Handstand straight jump in series	Tuck jump split jump min 135° in series	Split leap min 135°	C'wheel/r'off/ flic flac on beam immed. straight jump OR tuck back salto off end OR tuck front salto dismount	
Value	1.0	1.0	1.0	1.0 & 0.5	1.0 x 2	1.0	0.5, 0.5 or 1.0	











Level 3 – 6 skills list: FLOOR

<b>NL 3 Floor</b>	Forward entry cartwheel, cartwheel 1/4 turn to step in	Split jump min 90°	Backward roll to feet	Bridge kick over, forward contraction	Handstand forward roll	Step kick x 2, step hop x 2	Spring steps	1/2 turn on one foot, 1/2 turn on 2 feet
Value	1.0 x 2	1.0	1.0	1.0 & 0.5	1.0	0.5 x 4	0.5 x 2	0.5 x 2
<b>NL 4 Floor</b>	Tuck backward roll x 2 in series	Roundoff rebound	360° pivot	Split leap min 135°	Handspring to 2 feet	Straight jump, split jump min 135° in series	Backward walkover OR Tic toc	
Value	0.5 x 2	1.0	1.0	1.0	1.0	1.0 x 2		1.0
<b>NL 5 Floor</b>	360° pivot	Roundoff flic flac rebound	Backward W'over OR Forward W'over OR Tic Toc	Split leap, split leap both min 135°	Split jump min 135° sissone in series	Tuck front salto	Backward roll to front support	
Value	1.0	0.5 & 1.0	1.0	1.0 x 2	1.0 x 2	1.0		1.0
<b>NL 6 Floor</b>	Backward Walkover OR Forward Walkover OR Tic Toc	R'off flic flac, flic flac rebound OR R'off flic flac tuck back salto	Passage of dance (as per description)	360° pivot	Backward roll to handstand	Jump 1/2 turn immediate split jump min 135° in series	Tuck front salto OR Stretched front salto OR handspring front salto OR Front salto step out immediate r'off	
Value	1.0	0.5, 0.5, 0.5	1.0 x 2	1.0	1.0	0.5 & 1.0		1.0

Handstand	!					
Flic flac	∩					
Backward walkover	∩					
Forward walkover	∩					
Cartwheel	X					
Round off	∧					
Handspring	∩					
Front salto	∩					
Tuck back salto	e					
Back stretched salto	e/					
Split leap	o					
Split jump	o					
Change leg split leap	z					
Jump full (1/1) turn	o					
Straight jump	!					
Wolf jump	o					
Full (1/1) turn,	o					

Forward roll						
Handstand forward roll						
Back roll to handstand						
Press to handstand						
Squat through mount						
Ring leap						
Sheep jump						
Sissone						
Tuck Jump						

Glide kip						
Long kip						
Cast						
Cast tuck on						
Back hip circle						
Clear circle						
Long swing						
Underswing dismount						
Toe shoot dismount	