

COMPETITIVE ENTRY LEVELS

FOND DU LAC FAMILY YMCA

LEVEL 1:

Approximate ages: 4-6
2 hours/week
Compulsory routines

VAULT:

- Straight jump onto 8" mat, kick to handstand, fall flat to back

BARS:

- Pullover
- Cast
- Back hip circle
- Straddle sole circle dismount OR underswing dismount

BEAM:

- Jump to front support
- Arabesque
- Lever
- Relevé lock stand
- Straight jump
- $\frac{3}{4}$ Side handstand dismount

FLOOR:

- $\frac{3}{4}$ Handstand
- Cartwheel
- Backward roll
- Forward roll
- Straight jump

LEVEL 2:

Approximate ages: 6-9
3 hours/week
Compulsory routines

VAULT:

- Jump to handstand on resi-pit (32") and fall to flat back

BARS:

- Glide swing
- Pullover
- Cast
- Back hip circle
- Underswing dismount

BEAM:

- Jump to front support
- Transition from seated position to squat position with no hands
- Arabesque
- Lever hop
- Horizontal kicks
- Pivot turn
- Straight jump
- Side handstand dismount

FLOOR:

- Handstand
- Cartwheel step-in
- Backward roll to pushup position
- Bridge kickover
- Straight jump
- Split leap
- Split jump
- 180° Heel snap turn

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LEVEL 3:

Approximate ages: 6-11
4.5 hours/week
Compulsory routines

VAULT:

- Front handspring over sideways resi-pit

BARS:

- Glide swing, pullover
- Double back hip circle
- Front hip circle
- Squat on, straight jump dismount

BEAM:

- Vertical handstand
- Split leap
- 180° Heel snap turn
- Straight jump connection
- Pivot turn
- Side handstand, ¼ turn dismount

FLOOR:

- Handstand forward roll
- Handstand bridge kickover
- Backward roll to ¾ handstand, landed in pushup position
- Straight jump, split jump
- Split leap
- Passe 180° turn
- Round-off back handspring

VAULT:

- Vault over sideways mat stack (24" minimum)
> Front handspring > ½ On > ¼ On

BARS:

- Mount
- Cast
- Circling skill
- Dismount

BEAM:

- Non flight acro skill
- Split leap/jump
- 180° Turn
- Dismount

FLOOR:

- 2 connected acro elements, 1 with flight
- 2 connected acro elements without flight
- 1 isolated acro flight element
- Split leap, jump connection
- 360° turn

XCEL SILVER:

Approximate ages: 9+
4.5 hours/week
Optional routines