



Gymnastics Proficiency Awards

Level 13

Minimum pass requirement: 75% completed

1. Round-off, back flick.
2. Straight arms, straight legs backwards roll to handstand ½ pirouette.
3. Punch tuck front somersault.
4. Handstand full pirouette.
5. Cartwheel 1st hand into cartwheel 2nd hand.
6. Barani (front somersault with half twist) from trampette
7. Handspring half off box, broadways from springboard.
8. Half on over box, broadways from trampette.
9. Punch front dismount from beam OR chest roll to handstand.
10. Russian lever.