



Gymnastics Proficiency Awards

Level 14

Minimum pass requirement: 75% completed

1. Round off, two back flicks.
2. Round off, tucked back somersault.
3. Free walkover OR flyspring.
4. Handstand double full pirouette.
5. Free cartwheel.
6. Layout (straight) front somersault from trampette.
7. Handspring full off from springboard.
8. Half on over box broadways from springboard.
9. Backward walkover on beam OR double legged circle on floor.
10. Elephant lift.