



Gymnastics Proficiency Awards

Level 15

Minimum pass requirement: 75% completed

1. Round off, back flick, tucked back somersault.
2. Arabian somersault.
3. Punch front somersault into walkout, into round off, back flick.
4. Handspring, punch front somersault.
5. Full twisting dive roll.
6. Full twisting straight somersault from trampette.
7. Half on, half off over box from springboard.
8. Tsukahara or Yurchenko.
9. Back flick on beam OR standing back somersault on floor.
10. Elephant lift from straddle lever.