

Gymnastics Competition Grades 2026

| Level | Tumble | Vault | Trampette |
|-------|---|-------------------------------------|------------------------|
| 1 | Straight Jump, Bunny Hop, Forward Roll to pike sit. (3) | 2 HIGH Squat on, Straight jump off. | Star Jump WITH slope |
| 2 | Straight Jump, forward roll walkout to one leg, cartwheel. (3) | 3 HIGH Squat on, Star jump off | Straddle Jump |
| 3 | Forward roll, Jump ½ turn, backwards roll (3) | 3 HIGH Straddle On | ½ Turn |
| 4 | Handstand forward roll, walk out to one leg cartwheel ¼ turn in, backward roll. (3) | 4 HIGH Squat Through | Full Turn |
| 5 | Handstand forward roll walkout to one leg, cartwheel ¼ turn in, backward walkover (3) | 4 HIGH Squat Through | Dive Roll |
| 6 | Forward walkover, cartwheel ¼ in (ONE HAND), backward walkover. (3) | 4 or 5 HIGH Straddle Over | Front Somersault |
| 7 | Hurdle step, roundoff, back handspring. (2) | 4 or 5 HIGH Handspring | Piked Front Somersault |
| 8 | Hurdle step, roundoff, back handspring, back tucked somersault. (3) | 4 or 5 HIGH Handspring, ½ OFF | Barani (any shape) |