

BEAM

| Age | Level | Skill | | | | | | | |
|-----------|--------------------|---------------------------------|--|--|--|--|--|--|--|
| 15 & up | HP Senior | r-off full in dismount | | | | | | | |
| | National | r-off 2&1/2 or 3/1 twist | | | | | | | |
| | Open | arabian | | | | | | | |
| | Elite | back 1/1 to feet | | | | | | | |
| | | front pike | | | | | | | |
| | | side sommie | | | | | | | |
| 13-14 yrs | HP Junior | r-off, 2/1 twist or double back | | | | | | | |
| 13 & up | National Open | bhs 1/4 to handstand | | | | | | | |
| | | 1/1 twisting chest roll | | | | | | | |
| | | front aerial | | | | | | | |
| | | bhs, layout, layout | | | | | | | |
| 11-12yrs | National novice | r-off, 1/1 or 1 & 1/2 twist | | | | | | | |
| 12 & up | Level 5 | front tuck | | | | | | | |
| | | back pike | | | | | | | |
| | | 1 arm bhs | | | | | | | |
| | | aerial (side) | | | | | | | |
| | | bhs, layout step out | | | | | | | |
| | | back hand, back hand | | | | | | | |
| 9-10yrs | Pre-novice | r-off, tuck or layout dismount | | | | | | | |
| 10 & up | Level 4 | back tuck | | | | | | | |
| | | bhs chest roll | | | | | | | |
| | | back walkover, bhs step out | | | | | | | |
| 7-8yrs | pre-comp 12 hrs | cartwheel back tuck dismount | | | | | | | |
| | pre-comp 9 hrs | front tuck dismount | | | | | | | |
| 9 & up | Level 3 | roundoff straight jump | | | | | | | |
| | | backhandspring | | | | | | | |
| | | tick-tock | | | | | | | |
| | | front walkover | | | | | | | |
| | | back walkover | | | | | | | |
| | | press to handstand 10 sec hold | | | | | | | |
| 5-7 yrs | pre-comp 6hrs | cartwheel to handstand hold | | | | | | | |
| | super girls 3-4hrs | cartwheel | | | | | | | |
| 8 & up | Level 2 | handstand hold stepdown | | | | | | | |
| | | forward roll | | | | | | | |