

FLOOR

Age	Level	Skill							
15 & up	HP Senior	E skills							
	National	2/1 twist forward							
	Open	back 2 & 1/2 punch front							
	Elite	double layout							
		1/1 out double back							
		1/1 in double back							
13-14 yrs	HP Junior	back layout 3/1 twist							
13 & up	National Open	double back pike							
		double back tuck							
		front layout, front layout							
		front layout 1 & 1/2 twist							
		back lay 1 & 1/2 punch front							
11-12yrs	National novice	front layout 1/1							
12 & up	Level 5	back layout 2/1 twist							
		back layout 1 & 1/2 twist							
		handspring, flyspring, layout							
		back layout 1/1 twist							
		whip, layout							
		whip series (3-5)							
9-10yrs	Pre-novice	endo roll							
10 & up	Level 4	back extension 1/2 turn							
		front hand front tuck							
		front tuck, front tuck							
		front layout							
		back layout							
7-8yrs	pre-comp 12 hrs	front tuck							
	pre-comp 9 hrs	r-off 3 bhs straight jump							
9 & up	Level 3	front handspring, diveroll							
		front handspring straight jump							
		back handspring straight jump							
5-7 yrs	pre-comp 6hrs	press to handstand hold							
	super girls 3-4hrs	back extension str arms							
8 & up	Level 2	round off							
		cartwheel							
		diveroll							
		rolls fwd, bkwd							