



ELITE BADGES

Must complete 8 to pass



Gymnastics

ELITE	1	2	3	4	5	6	7	8	9	10	11
EQUIPMENT	Floor	Floor	Floor	Floor	Bars	Bars	Bars	Vault	Vault	Beam	Beam
BADGE											
1	Handspring	Roundoff strong rebound and land	Front somersault on floor	Chin up circle over	Back hip circle undershoot to 3x swings	5x swings level with the bar	Baby giant from swing	Handspring over block	Roundoff over block	Needle kick	Bridge on beam
2	Handspring to 1	Roundoff rebound backwards into mat	Front somersault straight into rebound jump	Chin up circle over forward circle to hang	Clear hip circle to front support front cast	5x swings to 45	Jump to catch baby giant	Handspring over vault with coach	Roundoff over vault with coach	1/2 handstand	Bridge kick over from higher block
3	Flyspring	Flick down slope	Front somersault into dive roll	Chin up, leg lift, chin circle over forward circle to hang	Clear hip circle to 45	5x swings towards handstand	Circle up jump catch baby giant	Handspring over vault without coach	Roundoff over vault without coach	Split handstand	Bridge kick over
4	Handspring to 1 handspring to 2	Flick on level surface	Front somersault x2	2x chin ups, 2x leg lifts, circle over, forward circle to hang	Clear hip circle to handstand with coach	5 supported 3/4 giant backwards	Circle up, back hip circle, jump to catch, baby giant	Handspring to level	Roundoff to level	Forward walkover on low beam	Back walkover on low beam
5	Handspring flyspring	Roundoff stop flick	Pike front	Tucked backlever	Clear hip to handstand	5 giants supported	Circle up, back hip circle, jump to catch, baby giant, forward circle, drop and land	Handspring dive roll to level	Roundoff to fall onto back	Forward walkover on high beam with mat under	Backward walkover on high beam with mat under
6	Handspring to 1 handspring to 2 flyspring	Roundoff flick	Tuck front into pike front	Tucked front lever	Back Hip circle undershoot to back uprise clear hip to handstand	5 backwards giants	Circle up, back hip circle, jump to catch, baby giant, straddle undershoot land	Handspring dive roll to higher	Roundoff miss feet to back	Forward walkover	Backward walkover

