



BEGINNERS BADGES

Must complete 8 to pass

BEGINNERS	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	Tripod base practise	Bunny hops	Rocking in a ball	Top half dish hold 5 sec	10 second bar hang	Over grasp travel	Support hold on bar 5 seconds	Straddle stand	Straight jump	Walking sideways	Stork stand
2	Tucked headstand feet on floor	Straddle 1 leg hops	Sit ups	Bottom half dish hold 5	Hanging tuck hold	Under grasp travel	Support hold on bar 10 seconds	5x straddle bunny hop	Star jump	Walking forwards	Stork stand straight leg
3	Tucked headstand feet on block	Lunge kick up to split	Rock backward and forward and stand up	Dish hold 5	Chin and tuck hold	Mixed grasp travel	Front support hold on low bar 10 seconds	Front support, straddle in, join legs, straight jump	Tuck jump	Walking backwards	Arabesque
4	Tucked headstand 1 leg up on block	Lunge kick and swap legs	Forward roll down slope with support	Top half arch hold 5	Forward circle to chin and tuck hold	Hang and drop landing	Bottom half arch	Straddle on to higher block	Straddle jump	Dip steps	V-sit
5	Straddle headstand on block	Lunge kick and swap legs across	Forward roll tucked down slope	Bottom half arch hold 5	Forward circle	3x low tucked swings with re-grasp	Dolphin kicks x5	Front support straddle off block	Pike jump	Marching	Lay down stand up
6	Pike headstand on block	Lunge kick and swap legs over block	Forward roll straddle down slope	Arch hold 5	Walk up the wall circle over with support	3x high straight swings with re-grasp	Support hold cast with support	Straddle on block, straddle off block	1/2 turn	Marching kicks	No hands lay down stand up



INTERMEDIATE BADGES

Must complete 8 to pass

BEGINNERS	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	Straight handstand hold	Side to side cartwheel	Small roll into large roll	Touch toes standing in straddle	Support hold	Tucked roll over 1/2 on floor bar	Balance on bar 3 seconds	Run jump on to block	Run jump on to block	Hops	Shoulder stand
2	Tuck, straddle and straight headstand holds	Front to back cartwheel	Run jump onto block forwards roll on block/slope	Touch toes standing in pike	Support hold cast back to bar	Tucked hanging 1/2 turn	Front support squat onto floor bar	Handstand on wall	Round off to handstand against wall	Hands and feet walking	Y scale
3	Tucked handstand on block	Cartwheel with left hand	Run jump and forward roll onto slope	Touch toes sitting in straddle	Inbar invert hang	Tucked swing 1/2 turn to mixed	Jump from springboard to touch low bar with hands	Kick to handstand flatback	Kick to round off front lie	Backward hand and feet walking	Bridge
4	Tucked handstand on block 1 leg up	Cartwheel with right hand	Run jump and forward roll onto block	Touch toes sitting in pike	Forward circle, back up to support	Swing 1/2 to mixed	Jump from spring board and catch low bar into mat or block	Jump on block kick to handstand flatback	Jump on block kick to round off front lie	Bunny hops	Split handstand
5	Straddle handstand on block	Cartwheel from 1 knee	Dive roll onto mat with coach support	Japana 45	Support hold, drop to invert hang, round to support with coach	Swing 1/2 to mixed change hand	Jump from springboard and catch low bar into tucked swings	Handstand block against wall and fall on belly	Roundoff over incline springboard	Cat leap	Free forward roll
6	Pike handstand on block	Cartwheel from 1 knee with left hand	Dive roll onto mat	Pike fold 45	Full back hip circle with coach	Swing 1/2 to dismount	Squat on floor bar, jump and catch low bar into tucked swings	Handstand hop	Roundoff front lie over incline springboard	Scissor kick	Needle kick



ADVANCED BADGES

Must complete 8 to pass



ADVANCED	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	Handstand hold on wall	Standing round off to tuck position	5x plyometric jumps knee height	Chin hold 10 seconds under grasp	Backward roll to front support	Arch and dish rocks	Squat on low bar jump off	Run jump on to block	Run jump on to block	Low half turn	Straddle jump dismount
2	Handstand hold with partner	Cartwheel to handstand entry on wall	Tuck Jump landings from higher	5 second negative chin under grasp	Backward roll to feet on block	Rings fish swings	Stand on low bar, jump to catch high bar into block	Kick to handstand flatback	Kick to round off front lie	High half turn	Pike jump dismount
3	Handstand flatback	Roundoff to front lie	Dive roll	3 x 5 second negative chin under grasp	Backward roll to handstand	Fish swings on bar	Squat on low bar, jump and catch high bar with mats	Jump on block kick to handstand flatback	Jump on block kick to round off front lie	1/2 spin	1/1 turn jump dismount
4	Handstand hop	Snap down practise	Front somersault to back	Chin hold under grasp	Double back hip circle with support	Feet pulls to dish	Jump to catch with coach support	Run jump to handstand flatback	Run jump to round off front lie	1/2 spin	Roundoff dismount
5	Handstand block against wall to belly	Roundoff from higher surface	Supported front somersault	Chin hold 10 seconds undergrasp	Cast into back hip circle	Feet pulls to dish let go and swing back	Jump to catch without support	Handstand flatback	Roundoff front lie	1/2 low spin	Handspring dismount
6	Handspring over barrel	Roundoff with support on floor	Front somersault to crash mat	5 second negative chin under grasp	With coach cast into clear hip circle to front support	Stand on blocks swing through shape front swing	Jump to catch into 3 swings dismount	Handspring off high surface	Roundoff off high surface	1/1 low spin	Cartwheel



ELITE BADGES

Must complete 8 to pass

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



DANCE ACRO BADGES

Must complete 4 to pass

DANCE ACRO	1	2	3	4	5	6
EQUIPMENT	Floor	Floor	Floor	Floor	Bars	Bars
BADGE						
1	Tucked handstand on block	Cartwheel with left hand	Run jump and forward roll onto slope	Handstand flatback	Roundoff to front lie	Dive roll
2	Tucked handstand on block 1 leg up	Cartwheel with right hand	Run jump and forward roll onto block	Handstand hop	Snap down practise	Front somersault to back
3	Straddle handstand on block	Cartwheel from 1 knee	Dive roll onto mat with coach support	Handstand block against wall to belly	Roundoff from higher surface	Supported front somersault
4	Pike handstand on block	Cartwheel from 1 knee with left hand	Dive roll onto mat	Handspring over barrel	Roundoff with support on floor	Front somersault to crash mat
5	Pike handstand 1 leg up	Cartwheel from 1 knee with right hand	Developing the dive roll over small obstacles on mats	Handspring from higher surface with/without support	Roundoff push back to back	Tucked front somersault
6	Pike handstand 1 leg up join other leg with coach support	Cartwheel side skip cartwheel	Dive roll	Handspring with support from coach with/without support	Roundoff 1/2 turn roundoff	Piked front somersault

