General Gymnastics Award Scheme

Gymnasts need to achieve a minimum of 8 to pass.

Level 8	
Flexibility	Gymnasts move as low as they can in japana, holding for 10 seconds
Static	Straddle sit with legs straight, toes pointed and back straight
Static	Standing on one foot for 3 seconds
Elements	Rock forwards and backwards in a tight tuck shape
Elements	Skipping for one length of the mat
Elements	Bunny jumps for one length of the mat
Equipment	Walk along low beam with a star jump to safe landing
Equipment	Show 3 different patterns with a ribbon
S & C	Front support hold for their age
S & C	X5 touch the floor and explosive jumps

Level 7	
Flexibility	Gymnasts reach as low as they can in a pike fold, holding for 10 seconds
Static	One foot stand showing a right angle at the knee, holding for 3 seconds
Static	Right angled handstand, holding for 3 seconds
Elements	Forward roll
Elements	A leap from one leg to the other
Elements	A supported backward roll down an incline
Equipment	Walk along the beam ½ turn in the middle, walk backwards to end
Equipment	Fall to back on a crash mat, showing a tight body position
S & C	10 Shoulder taps in front support
S & C	From laying down, jump up and sprint to the end of the mat

Level 6	
Flexibility	X5 caterpillar walkouts
Static	Show a deep triangle position for a headstand and walk feet in
Static	Right angled handstand with one leg up to the ceiling
Elements	Forward roll without using hands to stand up
Elements	Stage 1 of a cartwheel- showing the same leg and arm to start
Elements	A small kick to handstand moving through a lunge position
Equipment	Bunny jumps along the beam
Equipment	Squat on box and straight jump off
S & C	5 Roll stand up without using hands
S & C	Broad jumps along one length of the mat

Level 5	
Flexibility	Back arch, feet together, hold for 10 seconds
Static	Tucked headstand against a crash mat
Static	Shoulder stand, hands supporting hips, holding for 3 seconds
Element	Forward roll to straddle stand up
Element	Stage 2 of a cartwheel- focusing on jumping legs around
Element	Unsupported backward roll down an incline to land on feet
Equipment	5 straight jumps on the trampette, staying in the middle and showing a tight body shape
Equipment	A run, 2 foot take off to squat on and jump off low box top
S & C	5 Dish to Arch turns
S & C	5 burpees without stopping

Level 4	
Flexibility	Straight armed bridge
Static	Tucked headstand
Static	Arabesque holding for 3 seconds
Elements	2 catleaps, taking off from one leg and the other
Elements	Forward roll to straddle stand up with straight legs
Elements	Supported handstand holding for 3 seconds
Equipment	3 jumps on the trampette with a shaped jump off to land
Equipment	Tuck jump on the beam
S & C	3 press ups
S & C	3 sprints in 30 seconds

Level 3	
Flexibility	Show correct lunge on right leg and left leg
Flexibility	Froggy position in preparation for box splits
Static	Straight legged headstand holding for 1 second
Elements	Level 3 cartwheel- showing straight legs in the middle
Elements	Backward roll to feet
Elements	Unsupported handstand, showing legs joining at the top
Equipment	Leap on low beam, taking weight from one foot to another, cartwheel or forward roll dismount
Equipment	Backwards jump off trampette to flat back
S & C	5 Crunchies
S & C	1 row of wheelbarrow walks

Level 2	
Flexibility	Sliding down as far as you can into a straight split position, holding for 10 seconds
Flexibility	Bridge showing a clear shoulder push for 10 seconds
Static	Straight headstand holding for 3 seconds
Elements	Running cartwheel
Elements	One handed Cartwheel
Elements	Moving towards a handstand forward roll
Equipment	Forward roll on the beam
Equipment	Supported flic off trampette
S & C	Reverse handstand against the wall holding for 10 seconds
S & C	10 jumps on and off box top

Level 1	
Flexibility	1 full split down to floor
Static	Straddle or pike lever holding for 3 seconds
Static	Handstand hold working towards 3 seconds
Traveling	Joining x5 elements together (must link)
Traveling	Round-off
Traveling	Handstand forward roll
Equipment	Handstand flat back from box top to crash mat
Equipment	Cartwheel on beam
S & C	5 rows of bunny jumps
S & C	5 burpee press ups

General Gymnastics Award Scheme Advanced

Bronze- Gymnasts need to achieve one skill out of the flexibility section and 7 other skills to pass.
Silver- Gymnasts need to achieve two skills out of the flexibility section and 7 other skills to pass.
Gold- Gymnasts need to achieve three skills out of the flexibility section and 7 other skills to pass.

Bronze S & C	
Stamina/ Power	2 rows of bunny jumps, 2 rows of broad jumps and 3 sprints
Stamina	2 rows of wheelbarrow walks without stopping
Strength	10 press ups
Static Strength	5 second chin up hold, lower down for 3 seconds
Core & Stomach	30 dish rocks
Core & Legs	Leg lift hold on wall bars for 10 seconds
Core & Back	Arch hold for 30 seconds
Core	Fore-arm support for 30 seconds
Static Strength and shoulder strength	Reverse handstand against wall for 20 seconds
Flexibility	Show one of the following: 1 full split, Bridge with straight arms, straight legs Japana Pike fold

Silver S & C	
Stamina/ Power	3 rows of bunny jumps, 3 rows of broad jumps and 5 sprints
Stamina	2 rows of wheelbarrow walks without stopping including a ½ press up for 10 seconds and 30 shoulder taps
Strength	10 Right angled press ups
Strength	10 assisted chin ups
Core & Stomach	15 V-sits

Core & Legs	30 Leg lift scissor kicks
Core & Back	Arch hold for 30 seconds straight into 20 seconds of arch rocks
Core & stomach	Fore-arm support hold for 45 seconds
Static Strength	Reverse handstand against wall for 30 seconds
Flexibility	Show two of the following: 1 full split, Bridge with straight arms, straight legs Japana Pike fold

Gold S & C	
Stamina/ Power	5 rows of bunny jumps, 5 rows of broad jumps and 5 sprints
Stamina	20 burpee press ups
Power	30 seconds of box jumps, no pauses
Strength	10 headstand press ups
Core & Stomach	30 seconds of dish rocks straight into 20 V-sits
Core & Legs	20 second horizontal leg hold on wall bars
Core & Back	Arch hold for 60 seconds straight into 30 seconds of arch rocks
Core & Stomach	Fore-arm support hold for 60 seconds
Static Strength	Reverse handstand against wall for 60 seconds
Flexibility	Show three of the following: 1 full split, Bridge with straight arms, straight legs Japana Pike fold

Bronze Floor
Handstand hold for 3 seconds
Forward roll to straddle or pike lever for 3 seconds
Bridge kickover with straight legs
Handstand to bridge stand up
Backbend to bridge
Backward roll to front support
Handstand forward roll straight arms
Dive cartwheel off low box
Round off flat back
Supported Flic

Silver Floor
Half a row of handstand walks
Handstand forward roll to straddle or pike lever for 3 seconds
Backward Walkover
Forward Walkover
Chest stand or elbow stand for 3 seconds
Dive forward roll
Handstand 360 pirouette
Dive cartwheel (dive in & out)
Round off supported flic
Supported handspring off low box

Gold Floor
1 row of handstand walks
Handstand forward roll straight arms, straight legs
Backward Walkover to any split
One handed forward walkover
Valdez
Front somersault off springboard
Handstand 540 pirouette
Free cartwheel
Round off flic
Handspring