

SKILLS SHEET

NAME: _____

AGE: _____

COMPETITION LEVEL THIS PAST SEASON: _____

GYM NAME: _____

***PLEASE CHECK ALL THAT APPLY**

VAULT	BARS	BEAM	FLOOR
Run & Jump off Board	Pullover/ backhip circle	Walk on Beam	Forward/backward roll
Straight jump up to Resi or HS Flat back with spot	Mill circle or front hip circle	Jump, Leap or Pivot turn	Handstand and Cartwheel
Flatback L3 & L4	Glide Kip	Handstand Hold or Side Handstand Dismount	Front or Back Walkover
Spotted or Tramp Board Front Handspring over table	Fly Away	Cartwheel	Standing Back Handspring or Front Handspring
Competed Front Handspring over table	Clear Hip	Front or Back Walkover	Round off + 1 or 2 Back Handsprings
Half-on or Yurchenko Timer on Resi	Kip Cast HS or Clear Hip HS	Round Off or Back Handspring	Round off Back handspring tuck or Front Handspring tuck
Tsukahara or Yurchenko into pit with or w/o spot	Giants in between the bars	Back Walkover + Back Handspring (High Beam)	Round Off Back Handspring Layout
Tsukahara or Yurchenko onto mats (tuck or pike)	Pirouette Element-1/2	Back Handspring + Back Handspring (High Beam)	Round Off Back Handspring Full or Front Layout
Handspring front or Yurchenko Layout or Tsukahara Layout	High to Low Bar Transition (bail, pak, or straddleback)	Series including D Element	Double Twist or Double Back
Twisting flipping vault	Major release skill (D+) or D dismount	D Single Salto	E Pass