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| Level 5 USA Gymnastics Junior Olympic Performance Chart Level 5  Gymnastic Skills must be learned before moving to the next level | | | |
| VAULT | UNEVEN BARS | BALANCE BEAM | FLOOR EXERCISE |
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| * Handspring | * Straddle/Pike Glide Kip * Cast to Above Horizontal * Clear Hip  Circle to Above Horizontal or Backward (Sole Circle or Stalder) to clear support * Straddle/Pike Glide Kip * Cast Squat On or Pike On * Jump to Long Hang Kip * Cast to Above Horizontal * Long Hang Pullover * Underswing, 1st Counterswing (minimum of 30 degrees below horizontal) * Tap Swing Forward, 2nd Counterswing (minimum of 30 degrees below horizontal) * Tap Swing Forward to Flyaway (Tuck, Pike, or Stretched ) Dismount | * Leg Swing Mount with ½ (180 degrees) Turn * Back Walkover * Backward Roll to Minimum ¾ Handstand * Flic-Flac Step out * Scale Above Horizontal * Rond de Jambe to Arabesque * Scale * Straight Leg Leap (150 degrees) * Stretch jump * Cros Handstand * Split Jump (150 degrees) * Sissonne * 1/1 (360 degrees) Turn in Forward Passe * Cartwheel to Side Handstand, ¼ (90 degrees) Turn Dismount | * Straddle jump (150 degrees) * Stretch Jump 1/1 (360 degrees) Turn * Front Handspring Step Out * Forward Salto Tucked * Straight Arm Backward Roll to Handstand * Forward Split * Straight Leg leap (150 degrees) * 1/1 (360 degrees) Turn in Forward Passe * Round-off * Flic-Flac * Backward Salto Tucked |
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