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| Level 5 USA Gymnastics Junior Olympic Performance Chart Level 5Gymnastic 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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