



Gymnastic Skills must be learned before moving to the next level

Level 5 USA Gymnastics Junior Olympic Performance Chart Level 5

VAULT	UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE
<ul style="list-style-type: none"> - Handspring 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - Leg Swing Mount with $\frac{1}{2}$ (180 degrees) Turn - Back Walkover - Backward Roll to Minimum $\frac{3}{4}$ Handstand - Flic-Flac Step out - Scale Above Horizontal - Rond de Jambe to Arabesque - Scale - Straight Leg Leap (150 degrees) - Stretch jump 	<ul style="list-style-type: none"> - 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

	<ul style="list-style-type: none"> - 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 - 	<ul style="list-style-type: none"> - Cros Handstand - Split Jump (150 degrees) - Sissonne - 1/1 (360 degrees) Turn in Forward Passe - Cartwheel to Side Handstand, ¼ (90 degrees) Turn Dismount - 	