

## **Mighty Peak**

### **Vault:**

- Straight jump onto 8-inch mat (2 times)

### **Bars:**

- 3 second L hold or tuck hold (whichever they can do)
- 3 second Chin hold
- Pullover (can be spotted)
- 3 second front support hold
- Cast Off from bar

### **Beam:**

- 4 forward walks
  - Arms to ears
- 4 backward walks
  - Arms to ears
- 4 forward kicks
  - Arms out to the side
- 4 backward kicks
  - Arms out to the side
- Sideways walk to end
  - Hands on hips
- Straight jump dismount
  - Arms to ears

### **Floor:**

- Forward roll
- Candlestick Roll
  - Or Candlestick roll - They roll onto their back with arms to ears and bring their toes up to ceiling. Then roll back into a sitting pike position with arms by ears.
- 3 second bridge (can be spotted)
- Straight jump
- Handstand (can be spotted)
- Cartwheel (can be spotted)
- Finish

## Level 1/2

### Vault:

- Straight jump onto porta pit mat or vault table
- If able, handstand flat back onto porta pit
- (2 straight jumps if unable to do HS flatback)

### Bars:

- Glide swing
- Pullover to front support (can be spotted)
- 3 casts (+ back hip circle if they can naturally do it)
- Cast away dismount

### Beam:

- Straddle mount
  - Jump to a front support and swing one leg over the beam to end in a straddle sit.
- Swing to tuck
  - Swing both legs backwards to get feet onto the beam into a tuck sit/squat.
- Stand up with arms to ears
- Arabesque hold (1 second)
  - Point one toe behind you and lift it to an arabesque shape, hold it for one second and then place back foot back on the beam.
- Straight jump
  - Keeping arms to ears do a straight jump with tight knees and toes.
- Pivot turn
  - Step forward with the pointed back toe and pivot turn with arms to ears.
- 4 Relevae walks
- Teeter totter
  - Start in a standing lunge with arms to ears, reach forward and touch the beam while back leg lifts off the beam. Return to a standing lunge.
- Step
- Side handstand dismount (can be spotted)
  - Standing lunge with arms to ears, then reach into a side handstand dismount.

### Floor:

- Start with feet together and arms low and pressed back (like a gymnast)
  - Feet together, arms pressed back, chin up high.
- Forward Roll
- Backward Roll (or candlestick roll)
  - Or Candlestick roll - They roll onto their back with arms to ears and bring their toes up to ceiling. Then roll back into a sitting pike position with arms by ears.
- Split Jump
- Cartwheel
- Handstand
- Bridge Kickover (can be spotted)
- Running roundoff (or running cartwheel)
- Finish

## Level 3/4

### Vault:

- Handstand to flat back onto porta pit
- Front handspring over table
- Bounders on trampoline

### Bars:

- 3 Glide swings
- Pullover
- Cast back hip circle
- Squat on, tap

### Beam:

- Straddle mount
  - Jump to a front support and swing one leg over the beam to end in a straddle sit.
- Step leap
  - Take the foot that was pointed behind and step forward onto it, lift the other leg after and leap onto it ending in an arabesque shape.
- Arabesque Hold
- Split Jump
- Handstand (as high as they can, can be  $\frac{1}{2}$  or  $\frac{1}{4}$  handstand)
  - Start in a standing lunge with arms to ears, reach forward and handstand on the beam. Return to a standing lunge.
- Pivot turn
- Cartwheel (if they can or can be spotted)
  - Low beam cartwheels if not comfortable with high beam)
- Half turn
- Side handstand dismount with turn
  - Standing lunge with arms to ears, then reach into a side handstand dismount.
- Finish

### Floor:

- Front walkover
- Back walkover
- Handstand Forward Roll
- Chasse step leap + straddle jump
- Running front handspring
- Back Extension Roll
- Handstand into bridge kickover
- Half turn
- Running round off + back handspring if they can or roundoff back extension roll, back walk over
- Finish

## Level 5/6

### Vault:

- Front handspring with a block
- 5 heel drives to handstand
- Front bounders down trampoline

### Bars:

- Glide swing pullover or spotted kip
- Cast double back hip circle
- Squat on, jump to high bar
- High bar tap swings/half turn dismount

### Beam:

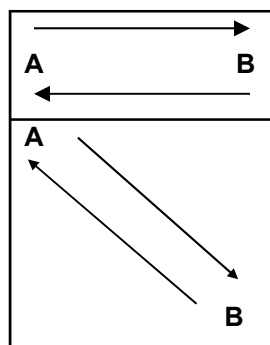
- Straddle mount or switch mount
- Stand up with arms to ears
- Cartwheel (either by themselves or with a spot)
  - Start in a standing lunge with arms to ears, reach forward and cartwheel on the beam and return to a standing lunge.
- Back walkover (either by themselves or with a spot)
- Handstand
- Step leap
- Full turn
- Straight jump, split jump
- Back tuck dismount or pivot turn front tuck dismount

### Floor:

- Must have skills:
  - Front tumbling pass (front handspring, front tuck, etc.)
  - Back tumbling pass (roundoff back handspring, back tucks, etc.)
  - Leap/step leap with a jump connected to it (ex: step leap, tuck jump)
  - Full turn (foot in passe and arms in high crown)
  - An obvious finish

# BOYS LEVEL 3 - FLOOR

Stand at point A  
facing Point B  
Pattern:  
A to B  
B to A



A tumbling strip with a minimum area of 6' x 40' is required.

The side or diagonal section of a 40' x 40' (12 m x 12 m) floor exercise area may be used.

Skills	Description
1. Front scale	Show good presentation and posture while lifting arms upward and take one step forward with either leg to front scale with back leg 45° below horizontal
2. Handstand	Bring legs together to a stand, step forward with either leg through the lunge position and kick to handstand
3. Forward roll, Cartwheel, ¼ turn into Cartwheel	Forward roll with straight arms to jump hurdle, cartwheel, cartwheel with ¼ turn to stand
4. Backward roll	Tucked backward roll (coach may assist) to squat and extend to straight body or hollow front support position.
5. Arch support, Straddle stand	Lower to arch support with head up and lift to straddle stand, arms sideward
6. Press headstand or Tri-Pod	Straddled press through headstand and forward roll to or Forward roll from straddle stand to
7. Tuck jump	Tuck jump to stand
8. Cartwheel or Round-off	Run, hurdle, cartwheel with ¼ turn to stand or Run, hurdle, round-off, rebound to stand

## LEVEL 3 – MUSHROOM

Note: The routine can be performed in either direction.

Skills	Description
1. ½ Double leg circle, ½ Double leg circle with ¼ flank turn dismount or ¼ Double leg circle (floor mushroom)	Step to side and jump to one half (½) double leg circle, from front support to extended rear support, stand, turn and jump to ½ circle with ¼ flank turn forward to dismount stand or Step to side and extend to the ¼ straight body position to side on a floor mushroom

## LEVEL 3 – STILL RINGS:

Note: The routine can be performed in either direction.

Skills	Description
1. Pull up	From straight-arm hang, pull-up to flexed arm hang (head between rings) – momentary hold
2. “L” position	Lower to straight arm hang, lift legs to “L” position
3. Swing backward, Swing forward	Shoot legs out, swing backward, swing forward
4. Swing backward, Swing forward	Swing backward. Swing forward
5. Swing backward, Swing forward, Inverted hang	Swing backward, swing forward to inverted hang
6. Piked inverted hang	Lower legs to piked body inverted hang
7. German hang	Lower to German hang (Skin-the-Cat) position
8. Dismount	Drop for dismount to stand

## LEVEL 3 – VAULT: Straight Jump

Components	Description
1. Run	Run from between 20’-60’
2. Hurdle	Circle arms from back to front and lift knees in preparation for the takeoff from the springboard. Feet should contact the springboard in front of the body
3. Straight Jump	Rebound to straight jump lifting arms upward, extending legs straight
4. Landing	Finish with a controlled presentation upon landing

## LEVEL 3 – PARALLEL BARS:

Note: This routine may be performed on spotting blocks or stacked panel mats.

Skills	Description
1. Jump to support, Swing forward, Swing backward	From stand, jump to support and swing forward, swing backward with straight body
2. Swing forward, Straddle support	Swing forward to straddled support on bars
3. Forward straddled "L" sit	Pike, lean back slightly and lift legs into forward straddled "L" sit
4. Move through "L" sit, Cast	Bring legs together through "L" sit and extend forward to straight body
5. Swing backward, Swing forward	Swing backward, swing forward
6. Swing backward, Swing forward	Swing backward. swing forward
7. Swing backward, Dismount over rail or Dismount between mats	Swing backward to dismount over either rail or Swing backward to dismount between the mats if spotting blocks or stacked panel mats are being used

## LEVEL 3 – HORIZONTAL BAR:

Skills	Description
1. Pullover	From stand or hang in over grip, pullover to support (coach may assist)
2. Cast, Undershoot	Cast to Undershoot
3. Swing backward, Tap swing forward	Swing backward, tap swing forward
4. Swing backward, Uprise, Hop	Swing backward and uprise to hop (simultaneous release then re-grasp) with both hands
5. Tap swing forward, Swing backward	Tap swing forward, swing backward
6. Dismount	Lift shoulders to bar level and release, dismounting to stand