

360 Skills Testing

	Level 4	Level 5	Level 6	Level 7		
FX	1 x Flic Flac - from stand	3 x flic flac -consecutive from stand	5 x flic flac - from stand	4 x flic flac + back salto - from stand		
	Round off FF BWD salto tuck - small run	Round off FF BWD salto layout - small run	Small run round off FF BWD salto 1/2 or more	BWD salto 1/2 or more + fwd salto layout		
				BWD salto 3/2 or more twists		
				Double BWD salto		
	Handspring rebound - Hurdle from BB	Handspring flyspring rebound - from small run				
	Handspring front tuck - from small run	Handspring front layout - from small run	Handspring front layout 1/1 - from small run	front layout 2/1 - any entry		
	FWD salto tuck rebound - from small run	FWD salto tuck x2 rebound - from small run	FWD salto layout + tuck - from small run	FWD salto layout x 2 - from small run		
2 x DLC to front support	3 x DLC to front support	2 circles 1/1 russian or 2 x flairs	2 circles 2/1 russian or 2 x flairs - HST			
Tumble trak	2 x Layout front rebound	2 x layout front with 1/1 twist in second	2 x layout front with 2/1 twist in second	2 x layout front with 5/2 or more in second		
Trampoline	layout BWD (either on or off end to pit mat)	Double BWD (either on or off end to pit mat)	Double BWD 1/1 (either on or off end to pit mat)	Double BWD 2/1 (either on or off end to pit mat)		
PH	5 x circles - fwd / side / outside / side - can stop between - PH no handles	5 x circles - fwd / side / outside / side - can stop once - PH no handles	5 x circles - loops + side + out + side - consecutive PH no handles	5 x circles - loops + side + out + side - consecutive PH with no handles		
	5 x circles - middle of PH cross support - low PH no handles	10 x circles middle pf PH cross support - low PH no handles	5 x circles middle pf PH cross support - low PH with handles	10 x circles middle pf PH cross support - low PH with handles		
	1/2 Magyar + Sivado - low PH no handles	Magyar + Sivado + 1/1 russian + circle - low PH no handles	Magyar + Sivado + 1/1 russian + spindle - low PH no handles	Magyar + Sivado + Wu Guo Ning + 1/1 russian + spindle - low PH no handles		
			FWD travel step up to 1 handle circle - Low PH			
	5 x 1 handle circles - mushroom 20cm	10 x 1 handle circles - mushroom 20cm	10 x 1 handle circles + 2 x stockli (at any point) - mushroom 20cm	10 x 1 handle circles + 2 x stockli (at any point) - low PH with handles		
	5 x pendulum swings FWD + BWD	5 x stride swings - each side	3 x false scissor each side	6 x scissors connected		
	10 x circles in side - low PH with handles	10 x circles + 1 x czech at any point - low PH with handles	10 x circles + 2 x czech at any point - low PH with handles			
SR	5 x swings towards vertical	5 x swings with lift towards vertical	5 x swings towards vertical with shoulders at SR height	5 x swings towards vertical with shoulders above SR height		
	5 x straps swings assisted (coach) towards vertical with shoulders at SR height	5 x straps swings assisted (coach) towards vertical with shoulders above SR height	5 x straps swings assisted (coach) towards vertical with body near handstand	5 x straps swings towards vertical with body near handstand (not assisted)		
	1 x Inlocate no bounce or shape change	3 x Inlocate increasing height	3 x Inlocate increasing height (last one SR height)	3 x Inlocate increasing height (last one above SR height)		
	Handstand bail to mat FWD	Handstand bail to swing FWD	Handstand bail FWD o inlocate above SR height	Giant FWD		
	Handstand bail to mat BWD	Handstand bail to swing BWD	Handstand bail to swing BWD above SR height	Giant BWD		
	Back Tuck	Back Layout	Back double	Double back 1/1 twist		
	10s Handstand hold - feet on wires	5s Handstand hold - no wires	10s Handstand hold - no wires	press to 10s handstand hold - no wires		
VT	Layout front to 30cm	layout front to 100cm				
	Layout front to 100cm	Handspring to stand -mats VT height	Handspring to stomach (or 1/2 turn) - mats VT height	Handspring to stomach (or 1/2 turn) - mats VT height		
			optional VT to pit mat	optional VT to pit mat		
PB	5 x swings to HST - show momentary hold	5 x swings to HST - show 2s hold	10 x swings to HST - show 2s hold for last 5			
	From jump fast entry basket to L	From support fast entry felge with momentary support to stand - no grip change	From support fast entry felge to support	From support fast entry felge to handstand - with or without grip change		
	5 x long hang swings	From support or HST assisted tuck giant to stand on bars	From support or HST tuck giant to stand on bars	Giant with or without grip change		
	2 x FWD turn	2 x REV turn	2 x FWD & REV turn from swing	2 x FWD & REV turn from swing		
	BWD layout to stomach	BWD layout to feet	Double back prep to high mats (land on back)	Double FWD or BWD salto		
		FWD swing 1/2 turn to support 45 deg - bar height mats	FWD swing 1/2 turn to HST - bar height mats	Diamidov or stutz above 60 deg		
			Front uprise swing to horizontal	Front uprise swing to handstand		
HB	5 x swings - grips	5 x giants FWD + BWD	5 x fast BWD giants (good shape)	TAP SET - BWD uprise (yamawaki action), yamawaki, kovacs (fast, bounce, kick) or tkachev (optional entry), Tong Fei dismount tap.		
	5 x BWD giants - grips	swing 1/2 turn to handstand	3 x 1/2 turns to handstand + blind + top change	3 x hop 1/2 turn + blind + top (to come back same way)		
	5 x FWD giants - straps	Stalder - straps	Stoop dislocate + el grip (straps & coach assist)	Stoop dislocate and EI - grips		
	5 x endo stalder swings towards straddle handstand - straps	End - straps	Endo or stalder in grips	any c or greater value		
	Swing flyaway	Giant Flyaway	Double BWD	1/1 double, double layout or greater dismount		