

Youth Trapeze	Youth Silks	Youth Tumbling		
Level 2	Level 2	Level 2		
Climb to standing on top of the trapeze without a spot	Climb to top of silks confidently, with controlled descent	Forward roll with chin tucked in, stand up without using hands		
Upside-down straddle under the bar	Upside-down straddle from floor, flat back, controlled descent	Cartwheel with vertical legs, solid landing (fully straight legs not necessary)		
Catchers hang from straddle up	Baby star (diaper)	Handstand (on or off wall) - strong upper body, near vertical (fully straight legs not necessary)		
Sky diver (bird's nest)	Single fig. 8 foot-lock from the floor	Tripod balance		
Level 3 (in addition to the above)	Level 3 (in addition to the above)	Level 3 (in addition to the above)		
Straddle-up on the ropes	Russian climb to top and controlled descent	Hurdle into cartwheel with straight, vertical legs		
Inside-out or Crescent with a strong line	Double fig. 8 foot-locks in the air	Back bridge with straight arms		
Pull-over into catcher's hang (using ropes ok)	invert in the air (using legs ok)	Headstand with vertical balance		
Back star (butthang)	Hip key from russian climb	Handstand flatback onto mat		
Level 4 (in addition to the above)	Level 4 (in addition to the above)	Level 4 (in addition to the above)		
Straddle invert under bar with no jump	Catchers, inverting from the ground	Round off rebound		
Pullover to 10 second front balance (no feet, no hands)	Cross back straddle w/ dancer footlocks (must invert)	Handstand – 30 sec. against the wall with good form		
Ankle hang with good technique	Fan kick hip key from ground	Handstand into bridge		
Swan rolls	2 consecutive french climbs, without touching ground	Backbend (bridge from standing)		
Egg roll, forward and back (flip to sit, flip to stand) (pike to sit, pike to stand)	Sequence (no breaks): climb (any) halfway up, aerial invert, single footlock devils stag, candycane			
Level 5 (in addition to the above)	Level 5 (in addition to the above)	Level 5 (in addition to above)		
1 forward or backward hip circle	2 consecutive windmills (with control, but straight legs not required)	Front or back walkover or limber		
Single knee hang switches	Salto	Dive cartwheel		
Dancing star	3 consecutive French climbs to top without touching ground	Back handspring over octagon mat		
Handstand from fishhook or iron cross from standing	Front and back balance (ball)			
	Sequence (no breaks): climb (any) halfway up, rebecca split or stag, fan kick hip key in air, catchers			