

Level E <i>Advanced - 8 & up</i>								
VAULT								
1. FRONT HANDSPRING over vault mat								
2. HALF ON over half vault mat								
3. Front handspring over table vault								
BARS								
4. KIP , lightly spotted								
5. Back hip circle UNDERSWING								
6. Cast pike SOLE CIRCLE								
DISMOUNT								
7. SQUAT ON from cast								
8. Long hang pullover								
9. BABY GIANT								
BEAM								
10. FULL TURN , passe'								
11. Tuck jump, split jump connected								
12. Wolf jump								
13. HANDSTAND , hold for 3 seconds								
14. Front tuck dismount								
15. Cartwheel on high beam								
16. Back walkover on low beam								
17. LEAP 120*								
FLOOR								
18. FRONT TUCK -springboard to 8" mat								
19. Handstand 1/2 pirouette								
20. BACK EXTENSION ROLL								
21. FRONT WALKOVER , arms by ears								
22. Front handspring step out, front handspring								
23. AERIAL								
24. Round off backhandspring								
25. 1 & 1/2 turn , arms in crown, foot by knee								
TRAMPOLINE & TUMBLE TRACK								
26. Back tuck								
27. Switch split jump								
28. Front tuck 1/2 twist (barani)								
29. Double back handspring								
30. Fly spring								
Total:	/60	/60	/60	/60	/60	/60	/60	/60

Total points after testing. Must have at least 53 points and no more than 3 **X**'s total.

✓: mastered 2pts

✓—: almost 1pts

X: not quite 0pts