



Badge Assessment Criteria

Blue

<u>Floor</u>	
Cartwheel on line	
Assisted handstand, held for three seconds	
Forward Roll to Straddle Stand	
Backward roll to Straddle hold	
<u>Vault</u>	
3 Shaped springboard jumps (with run and hurdle step)	
Straddle On	
<u>Beam</u>	
2 x Single leg balances: 'h' balance; straight leg elevated to above 45 degrees	
Chasse Catleap	
<u>Bars</u>	
Monkey grips across the high bar (side and front)	
3 chin ups on low bar in over and under grasp	
<u>Conditioning Elements</u>	
Leapfrog a partner	
Front and back support with feet on bench (held for 5 seconds)	

Red

<u>Floor</u>	
Cartwheel in both directions, on line	
Unassisted handstand, held for three seconds	
Handstand Forward Roll	
Straddle or pike up to straight legged headstand	
<u>Vault</u>	
Squat on, Stretch off	
Straddle Over	
<u>Beam</u>	
Unassisted forward roll, end optional	
½ Spin into ½ turn	
<u>Bars</u>	
5 Piked leg lifts	
Long Swings on top bar with regrasp (at least 5)	
<u>Conditioning Elements</u>	
10 controlled V-Sits	
Controlled Log rolls across floor	

Bronze

<u>Floor</u>	
Two One hand Cartwheels: 1 st on 1 st hand, 2 nd on 2 nd hand	
Round off with rebound jump	
Splits on one leg, in any direction	
Standing Piked Fold with nose on Knees (hands behind the legs)	
<u>Vault</u>	
Squat Through	
Handspring flatback on low box with support	
<u>Beam</u>	
Straddle On	
Arabesque or Y-Balance	
<u>Bars</u>	
Upward Circle	
Layaway to at least 90 degrees	
<u>Conditioning Elements</u>	
Japana: legs no wider than 90 degrees	
Bridge held for three seconds; Kick Over	

Silver

<u>Floor</u>	
Backward and Forward Walkover	
Round Off to Flick	
Chasse Split Leap	
Cartwheel to Splits	
<u>Vault</u>	
Handspring to flatback (uassisted; trampette optional)	
Handspring Flatback with ½ turn in 2 nd flight	
<u>Beam</u>	
Three Linked jumps of Gymnast's choice	
Round Off Dismount	
Full spin to Arabesque	
<u>Bars</u>	
Upward circle; Backward Hip Circle; Layaway Dismount	
Straddle on Undershoot	
<u>Conditioning Elements</u>	
Three unassisted dislocations on Bar	
Donkey Kick to Stand	

Gold

<u>Floor</u>	
Handstand with Full Pirouette	
Round Off to Tucked Back Somersault	
Backward Roll to Handstand with Straight Arms and Legs	
Valdez	
<u>Vault</u>	
Handspring Vault (Unassisted)	
Handspring ½ on to flat front on mat	
<u>Beam</u>	
Cartwheel (unassisted)	
Backward Walkover on Bench	
<u>Bars</u>	
¼ Giant Circle	
Squat On , Catch Top Bar	
<u>Conditioning Elements</u>	
Splits: Three Ways	
5 Tic-Toes with Straight legs	