

## Gymnastics Levels and Skills - Sports Club of Novi

Level	Vault	Bars	Beam	Floor	Trampoline
<b>Tumble Stars (Parent/Child age 2)</b>	Running, Jumping, Landing	Assisted: Hanging, Swinging, Front Supports, Climbing	Assisted Basic Walks and Balancing	Rolling on inclines, Drills for Hanstands and Cartwheels	Basic Bouncing
<b>FutureStars (age 3&amp;4)</b>	Large Motor Skills, Landing	Hanging, Swinging, Front Supports, Climbing, Strengthening	Basic Walks and Balancing	Rolling on inclines, Drills for Hanstands and Cartwheels	Basic Jumps: Tuck, Straddle, Half
<b>Super Stars (age 5&amp;6)</b>	Large Motor Skills, Sping Board Drills, Squat Ons	Chin Up Pull over drills, Forward Roll Dismount	Walks and Balancing	Rolling, Hanstand Drills, Cartwheels, Bridges, Back Bend Drills, Bridge Kickover Drills	Basic Jumps: Tuck, Straddle, Half, Seat Drop
<b>Red Stars (age 7+)</b>	Squat On, Straddle On, Spring Board Drills, Bounce to Handstand Drills	Pull Over, Front Support, Casting, Forward Roll Dismount, Candle Stick on Rings, Sole Circle Drills	Basic Beam Complex, Basic Jumps, Arabesque and Scale, Lunge Lever Lunge, Releve Holds	Bridge Kick Over Down Incline, Cartwheel, Forward Roll, Backward Roll Down Incline, Handstand, Lunge Lever Lunge	Basic Jumps: Tuck, Straddle, Half, Seat Drop, Pike Jump
<b>White Stars (age 7+)</b>	Spring Board Drills with Arm Circle, Hanstand Flatbacks	Back Hip Circle Drills, Forward Cut, Backward Cut, Stride Hold, Sole Circle Dismount	Basic Beam Complex on Releve, Intermediate Jumps, Handstands on Low Beam	Bridge Kick Over, Back Bend, Handstand to Bridge, Bridge Stand Up, Standing Round Off	Basic Jumps, Split Jumps, Back Handspring Drills
<b>Blue Stars (age 7+)</b>	Handstand Flat Back onto stacked mats, Blocking Drills	Stride Circle, Cast to Horizontal, Squat On, Glide, Back Hip Circle, Pike Sole Circle Dismount, Shoot Through	Handstand on High Beam, Cartwheel on Low Beam, Half Turn, Leaps, Side Handstands, Advanced Jumps	Back Walkover, Front Walkover, Back Handspring, Leaps, Jumps, Turns	Back Handsprings
<b>Gold Stars (age 7+)</b>	Front Handsprings	Drop Kip, Glide, Cast Above Horizontal, Squat On, Front Hip, Underswing Dismount,	Cartwheel, Back Walkover, Full Turn, Leap/Jump Combinations	Round Off Back Handspring, Tucks, Connection tumbling, Ariels, Front Handspring	Tucks and Layouts
<b>Tumbling (Beginner)</b>				Bridge Kick Over, Cartwheel, Forward Roll, Backward Roll Down Incline, Handstand, Back Bend	Basic Jumps, Split Jumps, Back Handspring Drills
<b>Tumbling (Intermediate)</b>				Round Off, Front Walkover, Back Walkover, Back Handspring	Back Handsprings
<b>Tumbling (Advanced)</b>				Round Off Back Handspring, Tucks, Connection tumbling, Ariels, Front Handspring	Tucks and Layouts