

## Maryland State Gym Adult Gymnastics Skill Card

	<i>Beginner</i>	<i>Intermediate</i>	<i>Advanced</i>
<b>Flexibility</b>			
straight legs →	Touch ankles	Touch toes	Nose to knees
	120° straddle	150° straddle	180° straddle
	Bridge with head on floor	Bridge with head off floor	bridge with straight arms/legs
<b>Floor</b>			
	Forward roll	Straddle roll	Pike roll
	Cartwheel/Roundoff	Butterfly	Side aerial
	Back roll	Back roll extension to handstand	Back handspring
Hold 2 sec. →	Tripod	Headstand	Handstand
	Handstand fall flat	Front handspring over barrel	Front handspring
<b>Mini Tramp</b>			
Stick →	Straight jump	½ turn	Full turn
Stick →	Pike jump	Dive roll over barrel	Front tuck
Stick →		Front handspring over barrel	Front layout
<b>Vault</b>			
	Squat on jump off	Squat through	Straddle through
	Squat on forward roll	Dive roll over	Front handspring
			¼ on (roundoff)
<b>Trampoline</b>			
	Swivel hips	5 swivel hips in a row	Turn table
	Back drop	Back ball out	Back handspring
	Stomach drop	Front ball out	Back tuck
	Jump off the trampoline	Full turn off tramp	Front tuck off tramp
<b>Beam</b>			
	Relevé hold	Straight jump	Tuck jump
	Relevé walk	Hops down beam	Relevé hops down beam
	Scale	Scale (hip height)	Scale (hip height, 3 sec.)
	Cartwheel on rubber beam	Cartwheel on low beam	Cartwheel on high beam
<b>Rings</b>			
	Swings	Inverted hang	Skin the cat
	Bent arm hang	Bent arm hang in L-position	Muscle up
		L-seat	Back uprise
<b>Hi-Bar/Bars</b>			
	Swings with hop	Swing half turn	Swing to pullover
	Cast	Pull over from floor	Back hip circle