



Gymnastics Proficiency Awards Level 13

Minimum pass requirement: 75% completed

- ⇒ Round-off, back flick.
- ⇒ Straight arms, straight legs backwards roll to handstand ½ pirouette.
- ⇒ Punch tuck front somersault.
- ⇒ Handstand full pirouette.
- ⇒ Cartwheel 1st hand into cartwheel 2nd hand.
- ⇒ Barani (front somersault with half twist) from trampette
- ⇒ Handspring half off box, broadways from springboard.
- ⇒ Half on over box, broadways from trampette.
- ⇒ Punch front dismount from beam OR chest roll to handstand.
- ⇒ Straddle lever or box splits.