



Gymnastics Proficiency Awards Level 14

Minimum pass requirement: 75% completed

- ⇒ Round off, two back flicks.
- ⇒ Round off, tucked back somersault.
- ⇒ Free walkover OR flyspring.
- ⇒ Handstand double full pirouette.
- ⇒ Free cartwheel.
- ⇒ Layout (straight) front somersault from trampette.
- ⇒ Half on over box, broadways from springboard.
- ⇒ Half on, half off over box broadways from trampette.
- ⇒ Backward walkover on beam OR double legged circle on floor.
- ⇒ Elephant lift.