





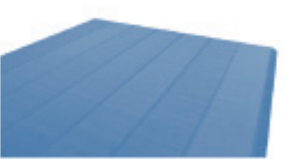
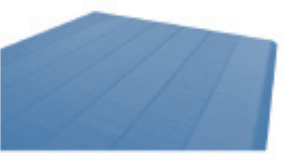






# Novice Gemstone Badges

		Amber (1)	Ruby (2)	Emerald (3)	Topaz (4)	Diamond (5)	Sapphire (6)
<b>VAULT</b> 	1	Squat onto top vault section, walk on toes to the end, stretch jump off	Straddle on to top vault section, tuck jump off	On 2 section of box, longways - straddle through	On block, round-off dismount	Run, hurdle jump, full turn to land on landing mat still	Run, hurdle jump, half turn jump onto red block
<b>VAULT</b> 	2	3 x rebound jumps over small obstacles	From walking, hurdle step onto spring board, stretch jump off	Squat through 3 sections of box to land still	On block with trampette, bounce up towards handstand/flatback	Handstand flat back onto red block	Handspring over the block or vault
<b>BARS</b> 	3	In assisted L - Hang, 5 x Chin ups  5 x Assisted leg lifts	Tuck Hang to L Hang, back to tuck x 3, legs must straighten fully	5 x fish swings with re-grasp + 1 x chin up and 1 x leg lift	3 swings with re-grasp	Chin back circle + 2 x Casts	3 x swings baby giant with support
<b>BARS</b> 	4	Move from side to side along bar	Chin half back circles x 3 with support	From hang 3 x half turns on bars	2 cast, 1 x cast push away	Cast backhip circle on low bar with support	Squat on to low bar jump down with support
<b>BEAM GIRLS ONLY</b> 	5	On high beam, walk on toes and stretch jump off	On high beam half spin followed by half turn	Forward roll to stand on floor beam	Handstand with support on high beam	Cartwheel on middle beam with support	Cartwheel on high beam with support
<b>BEAM GIRLS ONLY</b> 	6	On high beam balance on 1 leg for 5 seconds (both legs)	On high beam small two footed jumps along length of beam	Handstand on floor beam without support	Tuck jump on middle beam	Round-off dismount	W-jump on high beam
<b>FLOOR</b> 	7	Forward roll to stand	Forward roll to stand, full turn jump	Cartwheel with support	Backward and forward rolls to straddle stand	One handed cartwheel without support	Round off into half turn jump into cartwheel
<b>FLOOR</b> 	8	Backwards roll down wedge	Handstand with support	Straight leg head stand against a red block hold 2 secs	Handstand hold for 2 seconds	Bridge kickover	Backwalkover
<b>FAST TRACK TRAMP</b> 	9	Stretch jump/star jump x 3 down the fast track	Straddle jump, ½ turn	Seat drop x 2 immediately followed with 2 swivel hips	Star jump, 1/2 turn, tuck jump, 1/2 turn, straddle jump (in row)	1/1 turn, star jump, 1/2 turn, tuck jump, straddle jump (in row)	1.5 turn jump
<b>FAST TRACK TRAMP</b> 	10	Forward and backward jumps – show half turn jump	Full turn jump	Tight jumps down the tramp to handstand on crash mats	Tight jumps down the tramp to handstand  Flat back on crash mats	Tight jumps down the tramp to dive roll up onto two crash mats	Tight straight jumps into front somi into pit/crashmats
<b>P.BARS, RINGS BOYS ONLY</b> 	11	Hang – Star, tuck and Pike shape, 3 seconds each	Hang – Pike shape 3 seconds, kick into 3 x swings and release at the back (With support)	Above bar – Walk in support from end to end of bars	Above bar – 5 Dips	Above bar – 3 seconds half lever, kick out 5 swings	Above bar – 5 seconds half lever, 3 x unassisted swings into rear flank dismount
<b>P.BARS, RINGS BOYS ONLY</b> 	12	Hang – 5 x swings with support	Hang – Monkey walks forwards and backwards	Above bar – 5 seconds Straight support on bars, 5 seconds tuck shape	Above bar – Half lever 5 seconds	Rings – Support 5 seconds, Tucked support 5 seconds	Rings – Half lever 5 seconds, assisted drop back, basket hang, Fold down into inverted hang

**8 out of 10 elements must be achieved to a high standard**