

Intermediate Awards

Girls	1	2	3	4	5	6	7	8	9	10
Vault	Straight Jump onto block with straight legs, tiptoe walk to end, straight Jump off to land still	Squat Through	Straddle Over	Squat on handspring dismount off	Half on to stomach	Handspring Flatback (with flight)	Handspring	Half on to feet	Handspring over Vault table (trampoline)	Half on to feet over Vault table (trampoline)
Bars	1 x chin up + 1 x leg lift	Cast to horizontal straight bodied	Cast back hip circle	Chin back circle from 2 feet	Swing forwards, backwards, forwards, dismount	Cast to squat on jump down with support	Cast to straddle undershoot	forwards roll to chin up (controlled)	2x cast push away to land	Straddle undershoot
Beam	1/2 spin on beam	Forward roll	Round off dismount	Squat on mount	Stretch jump, Tuck jump, connected	Cartwheel	Handstand (legs to join)	Arabesque on high beam (3 second hold, 45 degree min)	Cat leap on high beam	Handspring dismount
Floor	Handstand forward roll	Full spin	Back Walkover	Split leap (135 degrees)	Splits (hold position 135 degrees min)	Hurdle step round off rebound	Cartwheel, 1 handed cartwheel (linked)	Backward roll to front support	Cartwheel, roundoff (linked)	Full turn jump
FT/TR	Dive Cartwheel	Front handspring	Back Handspring with support	Hurdle step round off rebound	Full Turn Jump	Swivel hips/ seat drop 1/2 twist to stand	Pike jump, tuck jump, straddle jump, seat drop 1/2 twist to feet	Front Somersault to land on crash mat	Handstand to knee drop, back to handstand (controlled)	Flyspring

8 OUT OF 10 SKILLS MUST BE COMPLETED TO A HIGH STANDARD, TO PASS AN APPARATUS AWARD.

Intermediate Awards

Boys	1	2	3	4	5	6	7	8	9	10
Vault	Straight Jump onto block with straight legs, tiptoe walk to end, straight Jump off to land still	Squat Through	Straddle Over	Squat on handspring dismount off without support	Half on to stomach	Handspring Flatback (with flight)	Handspring over red block	Half on to feet over red block	Handspring over Vault table (trampette)	Half on to feet over Vault table (trampette)
P-Bars	1x dip (90 degree minimum)	Above bar - Half lever (3 secs)	Above bar - Hand walks from end to end legs together	Swing to rear flank dismount	Float forwards, backwards, forwards, dismount	3 x upper arm swings	3x swings to horizontal	Holding front support, half term on bar	Straddle hold (Legs above bars)	Handstand Hold on floor bars
Rings	Inverted into german hang	Front support hold	Chin up into inverted hang	1 x chin up + 1 x leg lift	3 x swings	Tuck back dismount	Half lever (3sec hold)	Bent legged back lever	from front support, 1x dip	from front support, lower to chin up (controlled)
Floor	Handstand forward roll	Hurdle step round off rebound	Backward roll to front support + 1 press up	Tuck planche (3 sec hold)	Japana Hold	Cartwheel, 1 handed cartwheel (linked)	Headstand with straight legs	Cartwheel, roundoff (linked)	Full Turn Jump	Arabesque hold (3 secs, leg at 45 degrees)
FT/TR	Dive Cartwheel	Front handspring	Back Handspring	Hurdle step round off rebound	Full Turn Jump	Swivel hips/ seat drop 1/2 twist to stand	Pike jump, tuck jump, straddle jump, seat drop 1/2 twist to feet	Front Somersault to land on crash mat	Handstand to knee drop, back to handstand (controlled)	Flyspring

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