

NOVICE AWARDS		Amber (1)	Ruby (2)	Emerald (3)	Topaz (4)	Diamond (5)	Sapphire (6)
Vault	1	Step off block to 2 feet jump on springboard to land	Run, hurdle step onto spring board, stretch jump off	Run, hurdle step, Squat on tuck jump off	Run, hurdle step, straddle on, straddle jump off	Run, hurdle step, handstand flatback on safety mat	Run, hurdle step, handstand flatback on block
Vault	2	3 x rebound jumps over small obstacles	From standing Squat onto block, Stretch jump off	From standing straddle onto block	Kick to Handstand Flatback on safety mat	Run, hurdle step, squat on, round off dismount	Run, hurdle step, squat on, handspring dismount off
Bar	3	Front Support hold	Forward circle down (controlled)	Cast return to bar x 2	Cast push away to land	Straddle on bar, fall back to straddle sit onto mat	1 foot on bar, jump 2 feet on, straddle undershoot to land.
Bar	4	From hang, hold tuck, hold star (3 secs each)	From hang, hold pike, hold straddle (3 secs each)	From hang half turn on bars x 2	Chin back circle with support/ block assist	Chin back circle	3 x swings with re-grasp
Beam	5	Walk on toes to end and stretch jump off	Half turn on toes	Crouch half turn on toes	Forward roll to stand on gymnova beam	Handstand with both feet leaving beam	Forward roll on beam
Beam	6	Arabesque hold for 3 secs (leg straight no min angle)	Stretch jump on beam	Jump to front support leg over to sit on beam feet behind to stand	Cat leap on beam	Cartwheel on floor beam	Straddle jump dismount
Floor	7	Forward roll to stand (no hands)	Kick towards handstand	Backward roll and forward roll to straddle stand	Cartwheel	Hurdle step Round off	1 handed cartwheel
Floor	8	Backward roll down wedge to feet	Bridge	Cartwheel over block	Full turn jump	Handstand hold	Bridge kickover
Fast track / tramp	9	Forwards and backwards stretch jumps	1/2 turn jump	Straddle jump	Pike jump	Run, hurdle, tuck jump with arm swing onto safety mat (tuck prep)	Tuck jump, pike jump, half turn, straddle jump, seat drop to stand (in row)
Fast track / tramp	10	Stretch jump then star jump (immediately)	controlled tuck jumps down length	Full turn jump	Seat drop to stand (straight legs)	Star jump, half turn, tuck jump, straddle jump (in row)	Handspring flatback, with second flight
P-Bars / Rings	11	Hang - Star and tuck hold (3 secs each)	Front support hold above bars	Above bar - 3 swings with support	Above Bar - Tuck hold (3 secs)	1 x Dip	Above bar - 3 x swings + between bar dismount
P-Bars / Rings	12	Hang - 3 swings with support	Hang - Pike Hold	Basket Hang	X 4 hand walks above bar	Inverted Hang (hold 3 secs)	1 x Chin up on Rings

8 OUT OF 10 SKILLS MUST BE COMPLETED TO A HIGH STANDARD, TO PASS A GEMSTONE.