



Category	Experienced			Rookie Master
	Must get 7 ticks out of 8			Run
	Level 1	Level 2	Level 3	
Rolls	Safety roll from standing	Safety roll from a 20 inch block	Backwards roll down an incline	20-45 seconds
Bars	Jump to lache	Cast	Lache pre	Has to include a beginner /intermediate skill on bars
Vault	Kong up	Lazy vault	Kong	Has to include either a lazy vault or kong
Conditioning	Walk the length of the bar with hands	x1 pull up	x10 tucked leg lifts	Has to include a jump or wall element
Tricking	Round off	Front flip (can be from trampette / springboard)	Frisbee	No more than 3 second pause inbetween movements
Jumps	Strides	Standing pre	Running pre	The rest is free choice
Wall	Cat	Splat back	Wall run	3 attempts to pass
Balance	Standing pre to floor beam	Stanidng pre to floor rail	Running pre to floor beam	