

PARKLAND GYMNASTICS - LEVEL 1A RIBBON BOARD

VAULT

HANDSTAND FLAT BACK

Gymnasts must jump to a vertical handstand on the mat stack and fall flat to their backs.

VAULT

DIVE ROLL

Gymnasts must jump to a dive roll onto the large vault mat stack then roll immediately to their feet.

BARS

PULL OVER

Gymnasts must first pull their chin to the bar then pull their hips to the bar and over the top to finish in a front support.

BARS

CAST

Gymnasts must start in a front support before swinging legs forward and backward high enough to lift their hips off the bar then return to a front support.

BARS

GLIDE

Gymnasts must start in a pike stand then swing 2 straight legs in front to an extended body before returning back to a pike stand. Arms must stay straight.

BEAM

WALK OUT MOUNT

Gymnasts must start sitting on the beam then stand up one foot at a time without using their hands.

BEAM

DISMOUNT

Gymnasts must kick to a vertical, side handstand (cartwheel entry) then land on 2 feet next to the high beam.

BEAM

STRAIGHT JUMP

Gymnasts must jump off 2 feet and show a straight body before landing back on the beam on 2 feet.

BEAM

LEVER

Gymnasts must stand on 1 leg and lean forward to a horizontal, flat back position then return to a stretch position on the high beam. The lever should be held for 3 seconds.

FLOOR

BACKWARD ROLL

Gymnasts must do a backward tuck roll and land on their feet without using their knees. The skill should be done quickly.

FLOOR

CARTWHEEL

Gymnasts must invert their bodies and show support sideways on their hands then land one foot at a time. Cartwheels should be done in a straight line.

FLOOR

HANDSTAND

Gymnasts must show support on their hands only while reaching a vertical, inverted position before landing one foot at a time.

TRAMPOLINE

KNEE DROP

Gymnasts must land on 2 knees (tall) and immediately bounce back to their feet without sitting or use of the hands.

TRAMPOLINE

BACK DROP

Gymnasts must jump to a flat back position with feet in the hard then immediately bounce back to their feet without the use of hands.