

Gold Requirements

- **Vault** – front handspring over vault table or round off over the table
- **Bars** – Cast to horizontal above the bar, Squat on, jump to high bar, dismount from high bar with tap swings
- **Beam** – 2 acrobatic elements (handstand/cartwheel/walkovers), Split jump approaching 180 degrees, full turn, Flipping dismount preferred
- **Floor** – Round off to 2 back handsprings, front tuck, handspring step out to round off.