

## Level 5 Requirements

- **Vault** – front handspring over vault table
- **Will be working** – mat stack drills (front handspring, ½ on, yurchenko)
  
- **Bars** – glide kip into cast above horizontal, clear hip above horizontal, cast squat on, long hang kip, baby giant, double tap swing, fly away dismount
- **Will be working** – cast handstand, giant swings, clear hip to handstand, soul circle
  
- **Beam** – 180 full turn, 180 split jump into scissone' landing in arabesque, 180 split leap, arabesque hold, 2 second handstand hold, back walk over, side handstand ½ dismount
- **Will be working** – flights (back handspring step out, round off), Salto dismounting, switch leaps, jump series
  
- **Floor** – straddle jump/straight jump with full twist, chase' 180 leap or switch leap, 180 full turn, back extension roll to handstand planche down, front handspring step out/front handspring, punch front tuck, round off into back handspring back tuck
- **Will be working** – back layout, front handspring into front tuck, front layout, new dance and jump passes, 1.5 turn