



TGFC Competitive Level Requirements

Intro

- Recommended all three Beginner Recreation Badges - Burgundy, Red, Tan
- Athlete must have focus, emotional maturity, and coachability for Intro
- At the discretion of coach and head coach

Skills:

- Shoulder Stance
- Lunge Form
- Forward Roll to Stand
- Backward Roll to Stand
- T - Shape Form
- Almost Vertical Cartwheel
- $\frac{3}{4}$ Handstand
- Lunge to Handstand Hold (2s)
- Bridge
- Straight Jump
- Tuck Jump
- Rebounds (tight body)
- Straddle Jump
- Chasse
- Timed skipping
- Toe to Heel Steps

Bar:

- Straight Cast
- Pullover
- Jump to Front Support @ Chest Height

Beam:

- Releve Walk
- Straight Jumps
- Tuck Jump (stationary)
- T-Shape (airplane)
- Pivot Turn
- 5s Stork Stand Hold

Tumbl Trak & Trampoline:

- Rebounds (tight body)
- Straight Jumps
- Tuck Jumps
- Straddle Jumps
- Stop Bounce

Holds:

- 5s Shoulder Stance
- Hollow Body position (arms at sides)
- Arch Body position (arms overhead)
- 10s Hollow Body Hold @ Wall
- 15s Front Support
- 10s Rear Support
- 5s L Hold @ Bars
- 3s Chin to Bar Hold @ Bars



TGFC Competitive Level Requirements

BRONZE

- Intro class or CanGym Intermediate or Tryouts
- Previous Intro Requirements
- Athlete must have focus, emotional maturity, and coachability for BRONZE
- At the discretion of coach and head coach

Skills:

- Lunge Form
- T - Shape Form
- Hurdle
- Vertical Cartwheel
- Almost Vertical Handstand
- Forward Roll to Stand
- Backward Roll to Stand
- Straight Jump Springs
- Straight Jump → Tuck Jump Line
- Bridge (straight arms)
- Bridge Kickover
- Split Jump @ 60°
- Split Leap @ 60°
- Chasse → Split Leap @ 60°
- ½ Turn
- Toe to Heel Walking Steps

Bar:

- Straight Cast (hips off bar)
- Pullover (straight legs)
- Back Hip Circle
- Glide Swing
- Straddle Underswing

Beam:

- Tuck On
- Straddle On
- Stretch Jump Dismount
- Straddle Jump Dismount
- ¾ Handstand
- Pivot Turn
- Forward Roll
- Round Off dismount

- Handstand Dismount
- Split Leap & Jump @ 60°

Vault:

- Handstand onto Mat to Flat Back
- Handstand snap down to Feet (Korbet)
- Grasshoppers

Splits:

- ¾ of Middle, R/L, Pancake

Hold:

- 10s Shoulder Stance
- 10s Hollow Body position
- 15s Arch Body position
- 5s Inverted Hollow Body Hold @ Wall
- 25s Front Support (turtle back)
- 15s Rear Support

Bar Holds:

- 10s L Hold
- 5s Chin to Bar Hold
- 10s Inverted Pike Hold
- 10s Inverted Straddle Hold
- 5s Toes to Bar Hold

Beam Holds:

- 10s Releve Hold
- 5s Arabesque
- 5s T-Shape Form
- 5s Horizontal Leg each



TGFC Competitive Level Requirements

SILVER

- Previous Bronze Level Requirements or Tryouts
- Athlete must have focus, emotional maturity, and coachability for SILVER
- At the discretion of coach and head coach

Skills:

- Lunge Form
 - T - Shape Form
 - Hurdle
 - Round Off
 - Vertical Cartwheel
 - Vertical Handstand
 - Handstand Rollout
 - Backward Roll to Plank
 - Straight Jump Springs
 - Straight Jump → Tuck Jump Line
 - Bridge (straight arms & legs)
 - Limber
 - Back Walkover
 - Front Walkover
 - Split Jump @ 90°
 - Split Leap @ 90°
 - Chasse Split Leap
 - Straddle Jump @ 90°
 - Wolf Jump
 - Various Leaps & Jumps Connections
 - Roundoff + Back Handspring
 - Front Handspring
 - Stretch Jump with ½ Turn
 - Full Turn
- Back Hip Circle
 - Glide Swing to Toes to Bar
 - Mill Circle (forward Stride)
 - Front Hip Circle
 - Beat Swing
 - Tuck On bar
 - Tuck Underswing Dismount
 - Pike Underswing Dismount

Beam:

- Form - Tight Body & Arm Positions
- Swing Straddle Mount
- Handstand
- ½ Turn
- Backward Roll
- Cartwheel (low beam)
- Handstand ¼ Turn Dismount
- Split Leap & Jump @ 90°

Vault:

- Handspring over Mat stack
- Handstand Hops
- Snap Downs from Mat (Korbet)

Bar:

- Straight Cast (hips @ 45°)
- Pullover (straight legs)

Splits:

- 7/8s of Middle, R/L, Pancake

Holds:

- 20s Shoulder Stance
- 25s Hollow Body position
- 25s Arch Body position
- 15s Inverted Hollow Body Hold @ Wall
- 40s Front Support (turtle back)
- 40s Rear Support
- 5s Free Handstand Hold

Bar Holds:

- 15s L Hold
- 15s Chin to Bar Hold
- 8s Toes to Bar Hold
- 10s Hips to Bar Hold

Beam Holds:

- 20s Releve Hold
- 10s Arabesque
- 10s T-Shape Form
- 8s Horizontal Leg each
- 10s L Hold @ Beam or Parallettes
- 10s Straddle Hold @ Beam



TGFC Competitive Level Requirements

GOLD

- Previous Bronze & Silver Level Requirements
- Athlete must have focus, emotional maturity, and coachability for GOLD
- At the discretion of coach and head coach

Skills:

- Straight Arm Backward Roll to Handstand
- Straight Jump Springs - Endurance
- Handstand Walk
- Split Jump @ 120°
- Split Leap @ 120°
- Sissone
- Scissor Leap
- Switch Leap
- Various Leaps
- Straddle Jump @ 120°
- Various Leaps & Jumps Connections
- Roundoff + Back Handspring
- Front Handspring
- Various Tumble Lines
- Stretch Jump with ½ Turn
- Stretch Dive Roll
- Full Turn
- Cast to Handstand (floor)
- Aerial
- Front Tuck (Salto)
- Back Tuck (Salto)

Bar:

- Straight Cast (hips @ horizontal)
- Pullover (straight legs)
- Squat On
- Long Hang Pullover
- Kip (preferred)

- Back Hip Circle
- Sole Circle
- Tap Swing (opt. ½ turn)
- Partial Cast to Handstand
- Press to Handstand (parelletes)

Beam:

- Form - Tight Body & Arm Positions
- Handstand (vertical, feet together)
- Full Turn
- Split mount
- Cartwheel (high beam)
- Handstand ½ Turn Dismount
- Split Leap & Jump @ 120°
- Various Mounts & Dismounts
- Front Tuck Dismount
- Back Tuck Dismount (opt)
- Arched Stretch Jump
- Jump ½ turn
- Chasse Split Leap

Vault:

- Handspring over Vault
- Handspring ½ twist or 1/1 twist
- Handstand Hops up mats
- Snap Downs from Mat (Korbet) + Rebound

Splits:

- 7/8s of Middle, R/L, Pancake

Holds:

- 30s Shoulder Stance
- 30s Hollow Body position
- 30s Arch Body position
- 30s Inverted Hollow Body Hold @ Wall
- 60s Front Support (turtle back)
- 60s Rear Support
- 20s L Hold @ Beam/Paralletes
- 25s Straddle Hold @ Beam
- 10s Free Handstand Hold

Bar Holds:

- 20s L Hold
- 20s Chin to Bar Hold
- 20s Toes to Bar Hold
- 20s Hips to Bar Hold

Beam Holds:

- 30s Releve Hold
- 15s Arabesque
- 15s T-Shape Form
- 10s Horizontal Leg each