



EXTENSION CLASS ENTRY CRITERIA

TUMBLING ENTRY CRITERIA

Introductory	6+ yrs: Open to all participants Prerequisites - Connected tumble passes as below:		
	Pass One: Spring	Pass Two: Rotation	Pass Three: Combination
	1. Stretch Jump	1. Forward roll	1. Forward roll
	2. Forward roll	2. Jump 1/2 turn	2. Forward roll
	3. Tuck Jump	3. Backward roll	3. Stretched jump
	4. Forward roll	4. Jump 1/2 turn	4. Forward roll
	5. Jump 1/2 turn to land	5. Forward roll to stand	5. Jump full turn to land
Advanced	9+ yrs: By trial or invitation Prerequisites - Connected tumble passes as below:		
	Pass One	Pass Two	Pass Three
	1. Round-off	1. From run Dive Roll	1. Round-off
	2. Jump 1/2 turn step out	2. Stretch jump step out	2. Flick Flack
	3. Cartwheel	3. Cartwheel	3. Jump 1/2 turn step out
	4. Round-off	4. Round-off	4. Cartwheel
	5. Stretched jump to land	5. Jump 1/2 turn to land	5. Round-off stretch jump to land



EXTENSION CLASS ENTRY CRITERIA

TEAMGYM ENTRY CRITERIA

Novice & Junior	<p>6+ yrs: By trial or invitation</p> <p>Prerequisites:</p> <ol style="list-style-type: none"> 1. Two terms of GFA Artistic or Tumbling Class 2. Basic skill level (as below) 3. Transfer from another Novice /Junior TeamGym Programme 		
	Floor	Mini Tramp	Tumble Track
	1. Forward roll	1. Stretched jump	1. Round-off
	2. Cartwheel	2. Tuck Jump	2. Jump 1/2 turn step out
	3. Handstand	3. Straddle Jump	3. Cartwheel
	4. Chassé jump 1/2 turn	4. Dive roll	4. Round-off rebound to land
Intermediate	<p>9+ yrs: By trial or invitation</p> <p>Prerequisites:</p> <ol style="list-style-type: none"> 1. One season of TeamGym, GFA Artistic or Tumbling Class 2. Higher Skill Level (as below) 3. Transfer from another Intermediate TeamGym Programme 		
	Floor	Mini Tramp	Tumble Track
	1. Handstand Forward Roll	1. Cossack	1. Round-off
	2. Walkover (forward & Back)	2. Stretched Dive roll	2. Flick Flack
	3. Backward Roll to Support	3. Barani	3. Jump 1/2 turn step out
	4. Chassé to Cat Leap	4. Tucked Front Salto	4. Flick Flack rebound to land
Senior	<p>10+ yrs: By trial or invitation</p> <p>Prerequisites:</p> <ol style="list-style-type: none"> 1. One season of TeamGym, GFA Artistic or Tumbling Class 2. Advanced skill level (as below) 3. Transfer from another Senior TeamGym Programme 		
	Floor	Mini Tramp	Tumble Track
	1. Handstand Forward Roll	1. Cossack	1. Font Tuck Salto Step Out
	2. Walkover (forward & Back)	2. Hecht Dive Roll	2. Round-off
	3. Backward Roll to Handstand	3. Barani	3. Flick Flack
	4. Chassé Split Leap	4. Stretched Front Salto	4. Stretched Back Salto rebound to land



EXTENSION CLASS ENTRY CRITERIA

WAG ENTRY CRITERIA

Pre-comp to Step 1

7+ yrs: Open to all participants

Prerequisites in order to be invited to progress into Cambridge Competitive Squads:

1. One season GFA Artistic or Tumbling Classes
2. Basic skill level (as below)
3. Transfer from another WAG Programme

Floor	Bar	Beam
1. Handstand Forward Roll	1. Beat Swing	1. Confident high toe walk on beam
2. Backward Roll to Front Support	2. Chin circle over	2. Basic Straddle sit mount
3. Chassé to leap	3. Cast to Horizontal	3. Scale Balance
4. Cartwheel	4. Glide Swing	4. Cat Leap
5. Bridge	Vault	5. Stretched Jump
6. Splits	1. Stretched jump to 60cm mat	6. Cartwheel or round-off dismount

MAG ENTRY CRITERIA

Pre-comp to Level 1

7+ yrs: Open to all participants

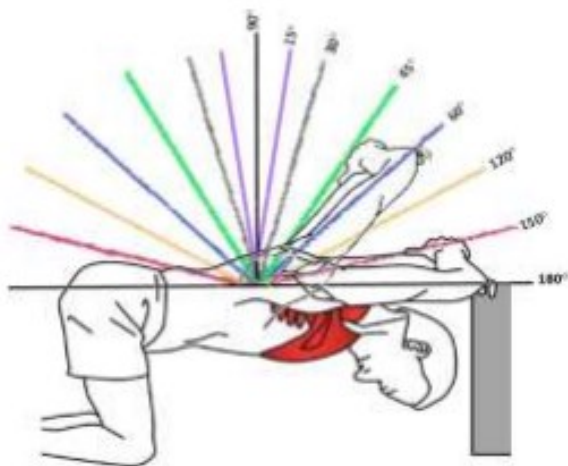
Prerequisites in order to be invited to progress into Cambridge Competitive Squads:

1. One season GFA Artistic or Tumbling Classes
2. Basic skill level (as below)
3. Transfer from another MAG Programme

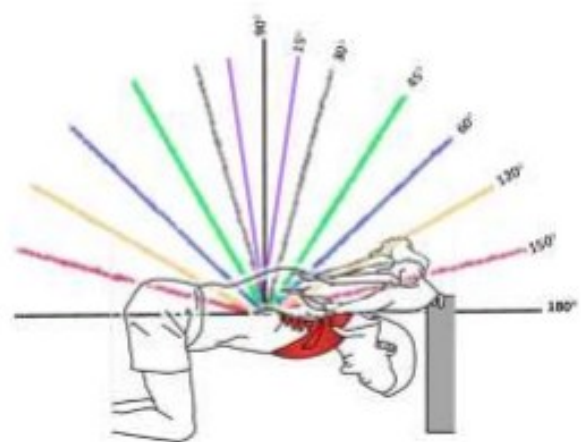
Floor	Bar	P Bar
1. Handstand Forward Roll	1. Beat swing	1. Support swing to Horizontal
2. Backward roll to Front Support	2. Chin circle over	2. L sit
3. Tuck Jump to Handstand	3. Cast to Horizontal	Pommel
4. Cartwheel	Rings	1. 1/2 circle on Floor mushroom
5. Bridge	1. Chin to Inverted hold	Vault
6. Splits	2. Pike inverted Roll to L	1. Stretched jump to 60cm mat.

Optimal and minimum ranges of movement in shoulder and hip joints for an Artistic Gymnast:

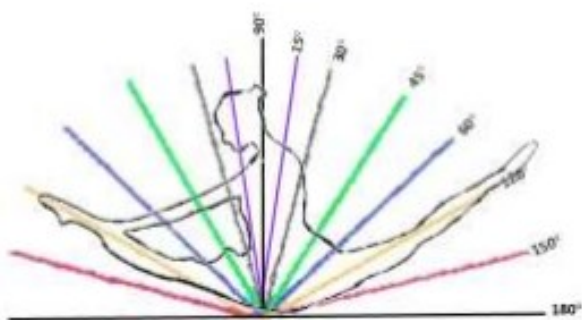
Shoulder: Optimal 45°



Minimum 120°



Hip: Optimal 120°



Minimum 180°

