

## 2025-2026 CLASS REQUIREMENTS

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### PRE-SCHOOL CLASSES (All Events)

#### Ages: 18 months – 5 years

Tumble Tots (18m-3y)  
Jumping Jacks (3-4y)  
Leap Frogs (4-5y)  
No skill requirements

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### GIRLS GRADE SCHOOL CLASSES (All Events)

#### GRADES K/1 & 2/3

Level 1 & 2 – Beginner / Intermediate - No skill requirements

Level 2 & 3 – Intermediate / High Intermediate

#### Requires at least one Uneven Bar skill AND one Floor skill below:

Bars: Forward roll hang  
Pull over  
Floor: Straight-legged cartwheel  
Bridge hold (one leg up)  
Handstand to bridge  
Bridge kickover on flat ground

#### GRADES 4+

Level 1 & 2 – Beginner / Intermediate - No skill requirements

Level 3 & 4 – High Intermediate / Advanced

#### Requires at least one Uneven Bar skill AND one Floor skill below:

Bars: Pull over  
Back hip circle  
Floor: Bridge kickover on flat ground  
Standing back handspring  
Round off → Back handspring (connected)

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### BOYS GRADE SCHOOL CLASSES (All Events)

Grades: K-2 & 2+ - No skill requirements

Mixed Levels

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### TRAMPOLINE & TUMBLING CLASSES (Floor + Trampoline)

#### Age 6+

Level 1 – Beginner - No skill requirements

#### Age 7+

Level 2 & 3 – Intermediate / Advanced

#### Requires two or more of the following:

Handstand bridge  
Bridge kickover on flat ground  
Round off rebound  
Standing back handspring