



Inland Empire Gymnastics Academy • Intermediate Boys Skill Sequence

**Vault**

Run, Hurdle, Straight Jump  
Run, Hurdle Dive Roll  
Run, Hurdle Front Tuck

**High Bar**

Pull-Over  
Back-Hip Circle  
Underswing  
  
3 Swings to Long Hang Pull-Over on  
HB, swing  $\frac{1}{2}$  turn

**Boys Events**

**Rings**

Ring Routine w/option to flip

**Mushroom**

Bucket Circle

**Parallel Bars**

Swings to Front Straddle, Swings to  
Straddle Stand, Dismount or Flank

**Floor Exercise**

Handstand Forward Roll  
Run, Cartwheel or Round-Off  
Back Handspring over boulder  
  
Front Tuck or Fly Spring on Tumble  
Trak