



Inland Empire Gymnastics Academy • Intermediate Girls Skill Sequence

Vault

- Run, Straight Jump to 3-8" mats
- Run, Dive Roll to 3-8" mats
- Front Tuck to Pillow Mat from Trapezoid or Box

Uneven Bars

- Pull-Over
- Cast, Back-Hip Circle
- Straddle Shoot Dismount

Balance Beam

Athlete Choice on Floor Beam:
Cartwheel on Floor Beam **OR**
Bridge Kick-Over on Floor Beam

- Mount
- 3 Dip-Kicks
- Tuck Jump
- 3 Relevé Walks Backward
- Open Handstand
- Straight Jump, Straight Jump
- Pivot Turn
- Round Off Dismount

Floor Exercise

- Handstand Forward Roll
- Cartwheel, Step In
- Pivot Turn
- Hurdle, Round-Off
- Back-Bend, Kick Over OR Back-Walkover
- Finish