



# IGC Level Descriptions

## EARLY LEARNER CERTIFICATE

**Parent & Tot** Parent Assisted class for children ages 2 - 4 years

**Learn & Play** Designed for children ages 3 - 5 years

The main goal of these classes is to introduce these children to moving their bodies and having fun! The Early Learner Certificate is individual to your child and can include things like log rolls, jumping with 2 feet, supporting their weight on their hands and hanging. Children in Learn & Play may move beyond the EL certificate skills and start to work on their Light Blue Level.

## RECREATIONAL GYMNASTICS LEVELS

### Level 1: Light Blue

This level is pre-Xcel Bronze & CCP 1. The skills in this level were developed as foundational progressions towards basic gymnastics skills. This level is designed for Ages 4-6 in Kinder.

VAULT	BARS	BEAM	FLOOR	TRAMPOLINE/TT	CLASS SKILLS
<ul style="list-style-type: none"> <li>Hands &amp; Knees Bouncing on Tumble Track</li> <li>Feet Elevated Holds</li> <li>90° Handstand Hold with Feet at Waist Height</li> <li>Forward &amp; Backward Safety Landings from Knee Height</li> <li>Pencil Jump on Tumble Track</li> <li>Punch Jumps</li> </ul>	<ul style="list-style-type: none"> <li>Hanging in Different Grips</li> <li>Monkey Across Bar</li> <li>Tuck Hang/Tuck Toes-to-Bar</li> <li>Chin-up Hold</li> <li>Front Rollover</li> <li>Swing on Low Bar</li> <li>Cast backwards to Safety Landing</li> </ul>	<ul style="list-style-type: none"> <li>Medium Beam Walks &amp; Kicks Unassisted</li> <li>Sideways Walks on Beam Unassisted</li> <li>Passé &amp; Stork Stand on Beam, Assisted</li> <li>Knee Scale on Beam, Unassisted</li> <li>Straddle Sit to Swing onto Stomach on Beam</li> <li>Sloth Hang to Safety Back Fall From High Beam</li> <li>Standing Up from Knees on Low Beam</li> <li>Climbing Up and Across the Wall Bars</li> </ul>	<ul style="list-style-type: none"> <li>Long Jumps</li> <li>Straight Jumps with Arm Swing</li> <li>Forward Roll Down an Incline</li> <li>Sticky Bug Handstand</li> <li>Straddle Headstand, Feet on Wall</li> <li>Small Jump to Tucked Handstand</li> <li>Roll Backward to Candle</li> </ul>	<ul style="list-style-type: none"> <li>Doggy Drop with Mat</li> <li>Controlled Straight Jumps with Arms Above Head</li> <li>Tuck Jump</li> <li>3 Jumps to a Safety Stop</li> </ul>	<ul style="list-style-type: none"> <li>Staying with the Group</li> <li>Taking Turns</li> <li>Listening to Instructions</li> <li>Following Instructions</li> </ul>

## Level 2: Red

This level is pre-Xcel Bronze & CCP 1. The skills in this level were developed as foundational progressions towards basic gymnastics skills. This level is designed for Ages 5-6 in Kinder.

VAULT	BARS	BEAM	FLOOR	TRAMPOLINE	CLASS SKILLS
<ul style="list-style-type: none"> <li>Run &amp; 2 foot Jump onto 3 Mats</li> <li>Kick to Handstand &amp; Fall to Flat Back</li> <li>Drop Down to Beat Board with Arm Circle</li> <li>Beginner Handspring Drill (Pac-man)</li> <li>Break Fall</li> <li>Safety Landing from Waist Height</li> <li>Run &amp; 2-Foot Shape Jump</li> </ul>	<ul style="list-style-type: none"> <li>Pullover with Equipment, Assisted</li> <li>Stride Support Hold</li> <li>Cast Hips Off Bar</li> <li>Back hip Circle Drill, Assisted</li> <li>Roll Over to 3 Sec Chin-up Hold</li> <li>Climb Up and Balance on Bar</li> <li>Castaway Dismount</li> <li>Safety Drop on Back Swing</li> </ul>	<ul style="list-style-type: none"> <li>Pivot Turn</li> <li>Walks on High Beam</li> <li>Straight Jump on Beam</li> <li>Shape Jump Dismount</li> <li>Passé in High Relevé</li> <li>Bunny Hops on Low Beam</li> <li>Knee to "T"</li> <li>Straddle on &amp; Roll to Front Balance</li> </ul>	<ul style="list-style-type: none"> <li>Beginner Split Jump</li> <li>Knee to "T" to Lunge</li> <li>Sticky Bug Handstand, Stomach to the Wall</li> <li>Forward Roll to Stand</li> <li>Backward Roll Down an Incline</li> <li>Rock &amp; Roll Candle to Stand</li> <li>Beginner Chassé</li> <li>Bridge with feet raised</li> <li>Beginner Cartwheel</li> </ul>	<ul style="list-style-type: none"> <li>Consecutive Doggy Drops</li> <li>Straddle Jump</li> <li>Seat Drop, Bounce to Feet</li> <li>5 Jumps to Safety Landing</li> </ul>	<ul style="list-style-type: none"> <li>Listening &amp; Participating</li> <li>Be Considerate</li> <li>Cheer for Your Team Mates</li> <li>Resilience</li> <li>Tenacity</li> </ul>

## Level 3: Orange

This level begins to work on Xcel Bronze & CCP 1 skills. The drills in this level were developed to achieve basic gymnastics skills. This level is designed for Ages 6-7 in Beginner Rec.

VAULT	BARS	BEAM	FLOOR	TRAMPOLINE/TT	CLASS SKILLS
<ul style="list-style-type: none"> <li>Vault: Straight Jump, Handstand, Flat Back</li> <li>Blocking Drills</li> <li>Handspring Drill</li> <li>Back-mini Tramp Jumps to Breakfall</li> <li>Backwards Safety Landing from Waist Height</li> <li>Run, 2-Foot Jump to Tucked Handstand</li> </ul>	<ul style="list-style-type: none"> <li>Kicking Pullover Off Block</li> <li>Stride Support Walks</li> <li>Jump to Squat On</li> <li>Assisted Back Hip Circle</li> <li>Glide Swings</li> <li>Beat Swings with Beginner Re-grasp</li> <li>Cast Feet Up Onto Block Below Bar Height</li> <li>Front Support to Under Swing &amp; Drop to Back</li> <li>Beginner Basket Swing</li> </ul>	<ul style="list-style-type: none"> <li>Knee to "T" Dismount on Low Beam with Mat</li> <li>Lever to "T" Lunge</li> <li>Heal Snap 1/2 Turn</li> <li>Walking in Relevé</li> <li>Lay Back on Beam, Roll Forward to Stand Up</li> <li>Extension Kick Walks</li> <li>Beginner Split Jump</li> </ul>	<ul style="list-style-type: none"> <li>Chassé &amp; Extension Hop</li> <li>Knee Kick to Handstand, Stomach to Wall</li> <li>Lever "T" Scissor Handstand</li> <li>Forward Straddle Roll</li> <li>Small Split Leap to Arabesque Hold</li> <li>Equipment Assisted Bridge Kick-over</li> <li>Back Tuck Roll from Panel Mat to Stand</li> <li>Out-curve Rocks</li> <li>Lever Kick to Straddle Handstand, Stomach to Wall</li> </ul>	<ul style="list-style-type: none"> <li>Doggy Drop to Feet</li> <li>Pike Jump</li> <li>Seat Drop to Doggy Drop</li> <li>10 Bounces to a Safety Stop</li> </ul>	<ul style="list-style-type: none"> <li>Listening &amp; Participating</li> <li>Be Considerate</li> <li>Cheer for Your Team Mates</li> <li>Resilience</li> <li>Tenacity</li> </ul>

## Level 4: Yellow

This level begins to work on Xcel Bronze and CCP 1 & 2 skills. The drills in this level were developed to achieve basic gymnastics skills. This level is designed for Ages 6-7 in Beginner Rec.

VAULT	BARS	BEAM	FLOOR	TRAMPOLINE/TT	CLASS SKILLS
<ul style="list-style-type: none"> <li>Vault: Straight Jump, Handstand, Flat Back</li> <li>Dive-roll onto Porta-pit</li> <li>Handspring Drill</li> <li>Straight Body Hold Between Boxes</li> <li>Forward Safety Landing from Head Height</li> <li>Donkey-kick's to Tuck Handstand</li> <li>Handstand Hops with Arm Swing</li> </ul>	<ul style="list-style-type: none"> <li>Kick to Pullover</li> <li>Cast to 45° Below Horizontal</li> <li>Assisted Back Hip-circle</li> <li>Basket Swing with Hooked Knee</li> <li>Glide Swings to Extension</li> <li>Jump to Tuck-on on Raised Floor Bar</li> <li>Jump to Low Bar from Floor Bar</li> <li>Beat Swings, Incurve/out-curve Positions</li> <li>Climb on, Straddle Under-shoot Dismount</li> </ul>	<ul style="list-style-type: none"> <li>Straddle swing, Cast to Tuck-up</li> <li>45° Arabesque Hold</li> <li>Lever, "T", Needle Hands on Beam, Lunge</li> <li>Passé Heal Snap 1/2 Turn, Step, Plié, Finish</li> <li>Split Jump on Medium Beam</li> <li>Round-off Dismount on Floor Beam</li> <li>Cartwheel Off Floor Beam onto Panel Mat *</li> <li>Bridge With Feet on a Box and Hands on the Beam</li> </ul>	<ul style="list-style-type: none"> <li>Lever, T, Kick to Handstand Against Wall</li> <li>Lever, T, Cartwheel</li> <li>Backward Tuck Roll to Feet on Floor</li> <li>Split Jump to 30° split</li> <li>1/2 Turn on 1 Foot</li> <li>Beginner Round-off &amp; Hurdle Drills</li> <li>2 Connected Acro skills</li> <li>Bridge Kick-over Off Box</li> <li>Needle Kicks, From Knee to "T", Needle, "T", Lunge, Finish</li> </ul>	<ul style="list-style-type: none"> <li>Doggy Drop to Front Drop</li> <li>Split Jump</li> <li>Doggy Drop to Seat Drop &amp; Stand Up</li> <li>Beginner Back Drop (Dead Bug Bounce)</li> </ul>	<ul style="list-style-type: none"> <li>Listening &amp; Participating</li> <li>Be Considerate</li> <li>Cheer for Your Team Mates</li> <li>Resilience</li> <li>Tenacity</li> </ul>

## Level 5: Green

This level works on Xcel Bronze & Silver and CCP 2 & 3 skills. The drills in this level were developed to build on basic gymnastics skills. This level is designed for Ages 8-9 in Intermediate Rec.

VAULT	BARS	BEAM	FLOOR	TRAMPOLINE/TT	CLASS SKILLS
<ul style="list-style-type: none"> <li>Vault: Jump to Handstand on 2 Mats</li> <li>Dive-roll from Spring Board Onto Porta-pit</li> <li>Superman Wall Block to Stomach</li> <li>Handstand Hop on Track onto Panel Mat</li> <li>Straight Body Holds, Knees on Box and Hands on Wall</li> <li>Back-mini to Handstand, Snap-down to Straight Jump</li> </ul>	<ul style="list-style-type: none"> <li>2x Glide Swing with Extension and Toes-to-bar on Last Glide</li> <li>2-Foot Pullover</li> <li>Jump to Squat on, to Pike Under-swing Dismount</li> <li>Long Hang Swing with Re-grasp</li> <li>Jump to High Bar unassisted From Blocks</li> <li>Cast Feet Up onto Block at Bar Level</li> <li>Front Support to Under-swing &amp; Drop to Back</li> <li>Equipment Assisted Basket Swing</li> </ul>	<ul style="list-style-type: none"> <li>Cast to Front Support on Beam</li> <li>Leg Extension Hop, Leg at 45°</li> <li>Scissor Handstand on Medium Beam</li> <li>High Relevé 1/2 Turn</li> <li>Small Split Jump on High Beam</li> <li>Cartwheel to Handstand Dismount</li> <li>Bridge on Road Beam</li> <li>Cartwheel, Start on Panel Mat, Finish on Floor Beam</li> <li>Full Handstand, Start on Panel Mat, Land on Beam</li> </ul>	<ul style="list-style-type: none"> <li>Dive Roll</li> <li>Beginner Snap Down</li> <li>Beginner Cartwheel, Step-in</li> <li>Handstand Lower to Bridge</li> <li>Round-off</li> <li>Chassé Split Leap: 60°</li> <li>Backward Pike Roll To Stand</li> </ul>	<ul style="list-style-type: none"> <li>Front Drop</li> <li>Back Drop</li> <li>Arm Swings</li> <li>Jump 1/2 Turn</li> </ul>	<ul style="list-style-type: none"> <li>Listening &amp; Participating</li> <li>Be Considerate</li> <li>Cheer for Your Team Mates</li> <li>Resilience</li> <li>Tenacity</li> </ul>

## Level 6: Blue

This level continues to work on Xcel Bronze & Silver and CCP 2 & 3 skills. The drills in this level were developed to further build on basic gymnastics skills. This level is designed for Ages 8-9 in Intermediate Rec.

VAULT	BARS	BEAM	FLOOR	TRAMPOLINE/TT	STRENGTH
<ul style="list-style-type: none"> <li>Vault: Jump to Handstand &amp; Pop to Flat-back on Porta-pit</li> <li>Front Handspring over Vault Trainer from Mini-tramp</li> <li>Front Handspring, Hands Off Springboard to Incurve on Porta-pit</li> <li>Handstand Hop over a Line on the Floor</li> <li>45° Handstand Hold Against the Vault</li> <li>Back-mini to Handstand, Snap-down Jump up to Candle on Wedge on top of Porta-pit (up-tuck station)</li> </ul>	<ul style="list-style-type: none"> <li>Stem Rise Straight Arm Pull Off Block</li> <li>2-Foot Pullover From Floor</li> <li>Cast to Straddle Under-swing Dismount</li> <li>Beat Swing to Long Hang Swing with Re-grasp</li> <li>Jump to High Bar Assisted</li> <li>3x Cast Feet Up Onto Block at Bar Height</li> <li>to Back Hip Circle</li> <li>Cast Under-swing Dismount</li> </ul>	<ul style="list-style-type: none"> <li>Straddle Swing to Tuck-on</li> <li>Split Leap 45°</li> <li>Handstand on Medium Beam</li> <li>Scissor Handstand on High Beam</li> <li>High Relevé 1/2 Turn, into Pivot Turn</li> <li>Split Jump, Straight Jump on High Beam</li> <li>Handstand, half turn to Dismount</li> <li>Bridge on Floor Beam</li> <li>Cartwheel on Low Beam</li> </ul>	<ul style="list-style-type: none"> <li>Front Tuck off Mini-tramp onto Porta-pit</li> <li>Snap-down off Box</li> <li>Cartwheel, Step-in</li> <li>Handstand Straight Arm Forward Roll</li> <li>Power Hurdle Round-off</li> <li>Chassé Split Leap 90°</li> <li>Straight Arm Back roll to Front Support</li> <li>Back Handspring, Equipment Assisted and Spotted.</li> </ul>	<ul style="list-style-type: none"> <li>Front Snowball</li> <li>Airplane to Back on Pit Mat</li> <li>Seat Drop, 1/2 Turn, Seat Drop</li> <li>Jump 1/1 Turn</li> </ul>	<ul style="list-style-type: none"> <li>Incurve 'Levitare' Hold for 15 seconds</li> <li>Climbing the Rope half way to top</li> <li>10 legs lifts to the bar</li> <li>5x sprinting jump-ups on Vault</li> </ul>

## Level 7: Purple

This level works on Xcel Silver and CCP 3 skills. The drills in this level were developed to build on basics towards achieving advanced gymnastics skills. This level is designed for Ages 9+.

VAULT	BARS	BEAM	FLOOR	TRAMPOLINE/TT	STRENGTH
<ul style="list-style-type: none"> <li>Vault: Half-on over Porta-pit</li> <li>Half-on Over Vault using Tramp Board</li> <li>Round-off, Hands off Springboard to Knees on Porta-pit</li> <li>Handstand Hop from Floor onto Panel Mat</li> <li>Knee Drop Round-off on Track or Tramp</li> <li>Back-mini to Handstand, to Up-tuck Roll Down the Wedge on Top of Porta-pit</li> </ul>	<ul style="list-style-type: none"> <li>Glide Swing With Extension to Assisted Jam-kip</li> <li>Glide Swing, Jump to 2-foot Pullover</li> <li>Cast to Tuck-on</li> <li>Long Hang Tap Swing to 45° Below Bar</li> <li>Jump to High Bar Unassisted</li> <li>Cast Onto Blocks, Drop Into Back Hip-circle</li> <li>Cast to Double Back Hip-circle in Straps</li> <li>Cast Back-hip Circle to Under-swing Dismount</li> </ul>	<ul style="list-style-type: none"> <li>Mount: Scissor Leg Swing with Half Turn</li> <li>Split Leap to 60°, Step Together &amp; Straight Jump</li> <li>Handstand on High Beam</li> <li>1/1 Turn on Floor Beam</li> <li>Split Jump to Beat Jump on High Beam</li> <li>Dismount: Round-off</li> <li>Bridge Kick-over on Road Beam</li> <li>Cartwheel on Medium Beam</li> </ul>	<ul style="list-style-type: none"> <li>Front Tuck from Springboard onto Porta-pit</li> <li>Snap-down, Rebound Onto Box</li> <li>Dive Cartwheel</li> <li>Handstand Lower to Bridge &amp; Kick-over</li> <li>Power Hurdle to Round-off Rebound</li> <li>Beginner Front Handspring</li> <li>Sissonne, Chasse Split Leap</li> <li>Beginner Back Extension Rolls</li> <li>Back Handspring, Equipment assisted</li> <li>Handstand Hold Drills</li> </ul>	<ul style="list-style-type: none"> <li>Backwards Snowball</li> <li>Switch Split Jump</li> <li>Hip-swivels</li> <li>5 level One Skills In Combination</li> </ul>	<ul style="list-style-type: none"> <li>Outcurve 'Superman' Hold for 15 Seconds</li> <li>10 Second L Hold on Wall Bars</li> <li>4 Pull-ups</li> <li>5x Through Box Punch Jumps on the Tumble Track or Floor to Dive Roll</li> </ul>

## Level 8: Violet

This level works on Xcel Silver & Gold and CCP 3 & 4 skills. The drills in this level were developed to build on basics towards achieving advanced gymnastics skills. This level is designed for Ages 9+.

VAULT	BARS	BEAM	FLOOR	TRAMPOLINE	STRENGTH
<ul style="list-style-type: none"> <li>• Vault: Front Handspring Over Vault</li> <li>• 2 Handstand Hops in a Row on Track (Swing, pop, pop)</li> <li>• 2-foot Round-offs on Track or Tramp</li> <li>• Back-mini to Handstand, Snap Down to Spotted Back Tuck onto Porta-pit</li> <li>• Running &amp; Hurdle Drills</li> </ul>	<ul style="list-style-type: none"> <li>• Running Kip in Straps</li> <li>• Glide swing, jump to 2-foot pullover, Cast to Back Hip-circle</li> <li>• Cast to Tuck-on &amp; Balance for 5 seconds</li> <li>• CCP 4 Dismount</li> <li>• Jump to High Bar, Swing to Rear Dismount</li> <li>• Cast to Horizontal into a Back Hip-circle</li> <li>• Sole Circle Swings in Straps</li> <li>• A 5 Skill Routine on Low Bar: Glide swing, Pullover, Cast, Back Hip-circle &amp; Dismount</li> </ul>	<ul style="list-style-type: none"> <li>• Mount: Straddle on Mount</li> <li>• Split Leap to 100", Step Together &amp; Straight Jump on High Beam</li> <li>• Side Handstand Step-in on High Beam</li> <li>• Split Handstand Hold</li> <li>• 1/1 Turn on Medium Beam</li> <li>• Split Jump 100" to Beat Jump on High Beam</li> <li>• Dismount: Front Handspring</li> <li>• Cartwheel Step-in to Straight Jump off Low Beam</li> </ul>	<ul style="list-style-type: none"> <li>• Front Tuck from Springboard onto 20cm Mat</li> <li>• Equipment Assisted Aerials</li> <li>• Back Walkover</li> <li>• Power Hurdle to Front Handspring Step-out</li> <li>• Sissonne, Chasse Split leap to 135"</li> <li>• Handstand, Straddle Through to Back Roll</li> <li>• Spotted Back Handspring on Floor</li> <li>• Handstand Walking</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Connected Front Snowballs</li> <li>• Straddle Jump to 130"</li> <li>• Back Handspring</li> <li>• Rebounding Back Drops</li> </ul>	<ul style="list-style-type: none"> <li>• 15 V-snaps</li> <li>• 5x front support, lift to pike &amp; fall over bar</li> <li>• Climb the rope to top</li> <li>• 8x Sprinting Jump-ups on Vault</li> </ul>

## Level 9: Pink

This level works on Xcel Gold and CCP 3 & 4 skills. The drills in this level were developed to build on basics towards achieving advanced gymnastics skills. This level is designed for Ages 9+.

VAULT	BARS	BEAM	FLOOR	TRAMPOLINE/TT	STRENGTH
<ul style="list-style-type: none"> <li>• 1/2 On Vault to Feet</li> <li>• Handstand Hop to Flat-back onto Two Mats</li> <li>• Yurchenko Round-off Entry onto Springboard</li> <li>• Back-mini to Back Tuck onto Porta-pit</li> <li>• Running &amp; Hurdle Drills</li> </ul>	<ul style="list-style-type: none"> <li>• Running Kip Assisted on Low Bar</li> <li>• Back Hip-circle then Cast to Tuck-on</li> <li>• Cast to Tuck-on &amp; Jump to High Bar</li> <li>• Tap Swing to Long Hang Pull-over</li> <li>• Jump to High Bar, 3 Long Hang Swings.</li> <li>• Cast to Beginner Free-hip in Straps</li> <li>• Assisted Sole Circle in Straps</li> <li>• 5 Skill Routine Dismounting from High Bar: Running Kip, Cast to Back-hip Circle, Cast on, Jump to High Bar, CCP 4 Dismount.</li> </ul>	<ul style="list-style-type: none"> <li>• Split Leap 135"</li> <li>• Cartwheel on High Beam</li> <li>• 1 second Handstand on High Beam</li> <li>• 1/1 Turn on High Beam</li> <li>• Full Split Jump 180"</li> <li>• Front Tuck Dismount</li> <li>• Back Walkover on Line</li> <li>• Round-off on Road Beam</li> </ul>	<ul style="list-style-type: none"> <li>• Front Tuck off Floor onto Mat</li> <li>• Snap-down Back Handspring to Stomach on Mat, Assisted</li> <li>• Beginner Front Walkover</li> <li>• Handstand Pirouette</li> <li>• Power Hurdle Front Handspring to 2-Foot</li> <li>• Straddle Jump</li> <li>• Straight Arm Back Extension Roll</li> <li>• Back Handspring</li> <li>• 1/1 Turn to 1/2 turn.</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Consecutive Back Snowballs</li> <li>• Assisted Back Tuck</li> <li>• Roller: Back Drop Full Twist to Back Again</li> </ul>	<ul style="list-style-type: none"> <li>• 1 min plank hold</li> <li>• 10 second pike hang on wall bars</li> <li>• 8 pull-ups</li> <li>• 8x through box punches on tumble track</li> </ul>