

Intermediate boys rec skill list

Floor

- Handstand forward roll
- Straight arm backward roll
- Cartwheel variations
 - Cartwheel to star
 - Cartwheel step in (to 7)
 - 2 or more cartwheels in a row
- Press headstand
- Jump full twist
- Handstand to bridge
- Bridge kick over
- Round off

P-pars

- L-hold
- Straddle hold or V
- Upper arm hold
- Straddle up
- Swing dismount
- Support dips

Rings

- Swing to inverted hang
- Pull-up
- Support hold
- Skin the cat pull through
- Candlestick pulls
- L-hold

H-bar

- Pullovers
- Glide swing to pike hang
- Cast to 45 degrees
- Cast back hip circle
- Chin up L hold
- Leg lifts

Trampoline

- Front flip
- Front pike
- Seat drop half turn
- Seat drop to stomach drop
- Stomach drop
- Back drop
- Back drop pull over