
5 Levels of Compulsory Exercises. Level 5 is comparable to the current level 6.

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### Overview

<table>
<thead>
<tr>
<th>Current Compulsory Level</th>
<th>2013 Compulsory Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 and 2 combine</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>6</td>
<td>5</td>
</tr>
</tbody>
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### Dates to Learn the New Routines

May 31 – June 2, 2013......... Orlando, Fl  
June 7 – 9, 2013 ................... Reno, NV

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### Starting 2013!

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### Beam

**Level 1**
- Minimum 7 years old
- Mount: Lift swing to cross sit
- Round-off, Switch leap (150°), split leap (180°)
- Backward swing turn (min. of horizontal)

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### Floor

**Level 1**
- Minimum 5 years old
- Round-off, back salto tucked
- 1-3 steps – hurdle, round-off

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### Bars

**Level 1**
- Minimum 4 years old
- Cast

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### Vault

**Level 3**
- Minimum 6 years old
- Hand spring over vault table

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### General Notes

- No specific # of running steps
- Drop jump (120°), Switch leap (150°), split leap (180°)
- Round-off, Switch leap (150°), split leap (180°)
- Backward swing turn (min. of horizontal)

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### Technical Details

- Hand spring over vault table
- No specific # of running steps
- Drop jump (120°), Switch leap (150°), split leap (180°)
- Round-off, Switch leap (150°), split leap (180°)
- Backward swing turn (min. of horizontal)

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### Running Steps

- No specific # of running steps
- Drop jump (120°), Switch leap (150°), split leap (180°)
- Round-off, Switch leap (150°), split leap (180°)
- Backward swing turn (min. of horizontal)

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### Specific Requirements

- No specific # of running steps
- Drop jump (120°), Switch leap (150°), split leap (180°)
- Round-off, Switch leap (150°), split leap (180°)
- Backward swing turn (min. of horizontal)

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### Additional Information

- No specific # of running steps
- Drop jump (120°), Switch leap (150°), split leap (180°)
- Round-off, Switch leap (150°), split leap (180°)
- Backward swing turn (min. of horizontal)