| Level 1 | ✓ Complete a jogging grass vault  
✓ Pick up the pole and carry it correctly  
✓ Complete a walking 3 left pole plant: 1–2–3–shoulder–head–up  
✓ Complete a jogging 3 left pole plant into a grass vault holding at least 6 inches above standing grip |
|---|---|
| Level 2 | ✓ Complete a walking 6 left pole plant: 1–2–3–shoulder–head–up  
✓ Complete a jogging 6 left pole plant  
✓ Complete a running 3 left pole plant: 1–2–3–shoulder–head–up  
✓ Complete a running 3 left take–off into the sand pit holding 1 foot above your standing grip |
| Level 3 | ✓ Complete a running 3 left take–off into the sand pit, holding at least 1.5 feet above your standing grip  
✓ Complete a running 3 left take–off into the sand pit with a turn, finishing with hands at hip, facing the runway  
✓ Girls: Complete a running 3 left vault into the sand pit over a 4 foot bungee with a turn  
✓ Guys: Complete a running 3 left vault into the sand pit over a 6 foot bungee with a turn |
| Level 4 | ✓ Complete a running 6 left pole plant  
✓ Complete a 3 left take–off, holding at least 2 feet above your standing grip  
✓ Complete a 3 left swing–up, holding 6–8 inches lower than your highest take–off grip height  
✓ Complete a 3 left long swing to the stomach, holding 6–8 inches lower than your highest take–off grip height |
| Level 5 | ✓ Complete all 3 left warm–up drills, holding at least 2.5 feet above your standing grip  
✓ Complete all warm–up drills from 6 lefts, holding a fist higher than your highest take–off grip height  
✓ Girls: Complete a full vault from 6 lefts over a 5 foot bungee on a pole over your body weight  
✓ Guys: Complete a full vault from 6 lefts over an 7 foot bungee on a pole over your body weight |
| Level 6 | ✓ Hold a handstand (with a partner) for 30 seconds  
✓ Complete 3 sets of 12 continuous med ball v–ups without letting your feet or the ball touch the ground  
✓ Long jump over 12 feet for the girls and 14 feet for guys  
✓ Complete all 3 left warm–up drills holding at least 3 feet above your standing grip  
✓ Complete a full vault from 6 lefts, over a 6 (girls)/8 (guys) foot bar, in a meet, on a pole over your body weight |
| Level 7 | ✓ Hold a handstand (with a partner) for 60 seconds  
✓ Complete 3 sets of 20 continuous med ball v–ups without letting your feet or the ball touch the ground  
✓ Long jump over 13 feet for the girls and 15 feet for guys  
✓ Complete all 3 left warm–up drills holding at least 3.5 feet above your standing grip  
✓ Complete a full vault from 6 lefts, over a 7/9 foot bar, in a meet, on a pole over your body weight |
| Level 8 | ✗ Hold a handstand (with a partner) for 90 seconds  
                      ✗ Complete 3 sets of 30 continuous med ball v-ups without letting your feet or the ball touch the ground  
                      ✗ Long jump over 14 feet for the girls and 16 feet for guys  
                      ✗ Complete all 3 left warm-up drills holding at least 4 feet above your standing grip  
                      ✗ Complete a full vault from 6 lefts, over an 8/10 foot bar, in a meet, on a pole over your body weight |
| Level 9 | ✗ Hold a handstand (without a partner) for 10 seconds or walk 10 yards  
                      ✗ Complete 10 Bubkas on the high bar with a spot  
                      ✗ Complete a back-extension roll of and onto the pit  
                      ✗ Long jump over 15 feet for the girls and 17 feet for guys  
                      ✗ Complete all 3 left warm-up drills holding at least 4.5 feet above your standing grip  
                      ✗ Complete a full vault from 6–7 lefts, over a 9/11 foot bar, in a meet, on a pole over your body weight |
| Level 10 | ✗ Hold a handstand (without a partner) for 30 seconds or handstand walk 30 yards  
                      ✗ Complete 10 Bubkas on the high bar without a spot  
                      ✗ Long jump over 16 feet for the girls and 18 feet for guys  
                      ✗ Complete all 3 left warm-up drills holding at least 5 feet above your standing grip  
                      ✗ Complete a full vault from 6–7 lefts, over a 10/12 foot bar, in a meet, on a pole over your body weight |
| Level 11 | ✗ Hold a handstand (without a partner) for 40 seconds or handstand walk 40 yards  
                      ✗ Complete 2 sets of 10 Bubkas on the high bar  
                      ✗ Long jump over 17 feet for the girls and 19 feet for guys  
                      ✗ Complete all 3 left warm-up drills holding at least 5.25 feet above your standing grip  
                      ✗ Complete a full vault from 7–8 lefts, over an 11/13 foot bar, in a meet, on a pole over your body weight |
| Level 12 | ✗ Hold a handstand (without a partner) for 50 seconds or handstand walk 50 yards  
                      ✗ Complete 3 sets of 10 Bubkas on the high bar  
                      ✗ Long jump over 18 feet for the girls and 20 feet for guys  
                      ✗ Complete all 3 left warm-up drills holding at least 5.5 feet above your standing grip  
                      ✗ Complete a full vault from 7–8 lefts, over a 12/14 foot bar, in a meet, on a pole over your body weight |

*The top 3 girls and top 3 guys (determined by PR) are automatically considered varsity regardless of their skill level.*