



# PROFICIENCY AWARDS



**1. Base standing supports Top in handstand**  
Straight extended handstand with minimal support.



**2. Base in straddle supports Top in handstand**  
Arms of Base and Top should be straight.  
Top in balanced Handstand.



**3. Base standing supports Top in stag position**  
Show a good distance between Top and Base and a good line.



**4. Base lying supports Top in inverted position**  
Handstand position should be well extended.  
Arms of both must be straight.



**5. Base kneeling supports Top standing on knees in balance or counter balance**



**6. Base stands with bent knees. Top stands on knees**  
Base with straight back, bent knees, arms straight.  
Top stands well away in balance or counter balance.



**7. Base lying supports Top on knees**  
Top on straight arms supports self on knees. Base supports partners legs.



**8. One partner leapfrogs over the other**  
Top jumping places hands lightly on Base's back, legs well stretched in jump.



**9. Top rolls followed by assisted jump**  
Top rolls forward. Base leans to receive Top and assist high jump.



**10. Tank roll**  
Top rolls forward pulling the Base into the start position of the next part of the tank roll.

## Pairs

# BRITISH GYMNASTICS BRONZE BRITISH GYMNASTICS

It should be noted that the figurines on the award scheme wall charts do not show mats. Users of the award scheme should check with the appropriate authorities for policies on the use of mats and equipment.