

Sapphire Skills Set

Beam

- Swing leg mount
- Step $\frac{1}{2}$ turn
- Cartwheel
- Jumps medium to superior level
- Side handstand dismount

Floor

- Jumps (pike, straddle, tuck, wolf)
- Round off back handspring
- Front or back walk over

Bars

- Pullover
- Glide
- Front or back hip circle
- Cast to stand or crawl to jump to high bar
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Vault

- Proper use of springboard
- Handstand flat back
- Handspring over vault with little or no spot