

Diamond Badge – What This Badge Shows

The Diamond Badge represents a high level of technical ability, strength, and confidence. Children achieving this badge are performing advanced gymnastics skills with control, precision, and strong body awareness.

Vault

Your child can:

- Perform a handspring over the vault at 90cm
- Perform a half-on vault and land safely in a tight body shape
- Perform a handspring over a full vault table at 100cm
- Perform a half-on over the vault with control

Bars

Your child can:

- Squat on and jump to a safe landing
- Perform three swings leading into a supported three-quarter giant on the high bar
- Perform a back hip circle without support
- Squat on to catch the high bar confidently

Beam

Your child can:

- Perform a full spin on one leg
- Perform a backward walkover on the floor beam
- Perform a chassé into a cat leap with control
- Perform a handspring dismount from the beam

Floor

Your child can:

- Perform a forward or backward walkover
- Perform a back roll to handstand
- Perform a flick over a roller
- Perform a handstand with a half turn

Rebound

Your child can:

- Perform a three-quarter front somersault to tuck shape onto a block
- Jump to shoulder stand on a sloped block and perform a backward roll
- Perform a front somersault to land with support
- Perform a flyspring with control

Strength & Conditioning

Your child can:

- Hold a tucked Russian lever
- Perform five chin-ups
- Perform an elephant lift from the floor without jumping
- Perform seven straight-leg leg lifts with control

Badges are awarded when a child consistently demonstrates these skills with confidence, control, and safe technique.