

Ruby Badge – What This Badge Shows

When a child achieves their Ruby Badge, they have demonstrated strong technical foundations, increased strength, and the ability to link skills together with control across all apparatus.

Vault

Your child can:

- Squat through or straddle over the vault with control
- Perform a straight jump onto a raised block, kick to handstand and land safely to a flat back
- Jump to handstand and fall to flat back on a 90cm block with good shape
- Perform a handspring action off blocks and land safely on a mat

Bars

Your child can:

- Perform three casts, jumping to a controlled landing
- Perform three swings with a regrip
- Perform a supported back hip circle
- Show a controlled float swing on the bar

Beam

Your child can:

- Hold an L-shape handstand on a bench or beam
- Perform a cartwheel on the beam or bench and show a controlled landing
- Link a half turn on one leg directly into a half turn on two feet
- Perform a wolf jump or sissone on the beam with control

Floor

Your child can:

- Perform a round-off rebound
- Perform a tick-tock skill (handstand to bridge, kick over) maintaining a split position
- Perform a handstand forward roll
- Perform a backward roll to front support with feet on a block

Rebound

Your child can:

- Perform straddle, pike, or wolf jumps from the springboard
- Perform a tuck jump with a half turn and show a clear landing shape
- Perform a full turn jump with control
- Perform a series of five different jumps connected together

Strength & Conditioning

Your child can:

- Move smoothly between dish to tuck, dish to V, and dish to straddle V, three times each without stopping
- Perform five elbows-in push-ups
- Lower from handstand to straddle or pike stand (using the wall if needed), five times
- Perform back support dips on a bench

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