



**NATIONAL GYMNASTICS ASSOCIATION
SUPER SKILLS**

Floor Exercise

All super skills receive the value of A (0.1)

EG I: Non-acrobatic Elements

1.1 Sissone (120° leg split)	1.2 Hitch Kick (both legs above horizontal)	1.3 Swedish fall (90° leg split)	1.4 Press to Headstand	1.5 Handstand (no hold) to roll out	1.6 Bridge (2s)
1.7 Split press / endo roll to stand (straddle or pike)	1.8 Handstand (no hold) to bridge	1.9 Straight jump	1.10 Straddle jump	1.11 Pike jump	1.12 Tuck jump
1.13 Jump 1/2 or 1/1 turn	1.14 Arabesque	1.15 Candlestick	1.16 L-Hold	1.17	1.18
1.19	1.2	1.21	1.22	1.23	1.24

EG II: Acrobatic elements forward

2.1 Headspring	2.2 Cartwheel step forward or bring the feet together forward	2.3 Cartwheel	2.4 Bent arm tuck forward roll	2.5 Pike forward Roll	2.6 Straddle forward roll
2.7 Candlestick forward roll	2.8	2.9	2.10	2.11	2.12

EG III: Acrobatic elements backward

3.1 Cartwheel step backward or bring the feet together backward	3.2 Roundoff (with or without rebound)	3.3 Bent arm tuck, pike, or straddle backward roll	3.4 Straight arm backward roll to pike stand or prone	3.5 Backward walkover	3.6
3.7	3.8	3.9	3.10	3.11	3.12

EG IV: Dismounts (Any EG II or EG III)

Roundoff rebound					
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