



# NATIONAL GYMNASTICS ASSOCIATION

## SKILL LEVEL REQUIREMENTS

SKILL LEVEL 6 (10 yrs & Up)	SKILL LEVEL 7 (11 yrs & Up)
<b>FLOOR EXERCISE</b> 1) Element Group 1 2) Front Flip 3) Back with 1/2 Twist (Late 1/2 Twist) 4) Salto	<b>FLOOR EXERCISE</b> 1) Element Group 1 2) Front/Front w/ 2nd Front Being Higher 3) Back with 1/1 4) "A" Value Dismount
<b>POMMEL HORSE</b> 1) Forward Turn / Stockli A 2) Backward Turn / Czechkehr 3) 3 Flairs or 1/2 Spindle in one circle 4) 180 deg Russian (Forward) * *** NO POMMELS. Pommel Horse Skills without Pommels * Czechkehr & Stockli-A; to be done from side support over the body of the horse	<b>POMMEL HORSE</b> 1) Travel; Side/Cross or Turning) 2) 1/2 Turn fwd or bwd; Czechkehr or Stokli A 3) 1/2 Spindle (Flaired or Circles) w/in 1 Circle 4) 180 Russian (Fwd.); Hand placement * *** NO POMMELS. Pommel Horse Skills without Pommels * Czechkehr & Stockli-A; to be done from side support over the body of the horse
<b>** Note on HS: Circle to flair to HS (only) = "C" Value. No more than -0.5 (taken in normal increments) plus -0.3 for touching the horse with any part of the body.</b>	
<b>RINGS</b> 1) Inlocate/Dislocate (show rise) 2) Strength Support (Must show ring turn out in support) 3) Press Handstand; Lower to Shoulder Stand (Balance feet inside straps allowed) 4) Back Layout/Front Pike (show rise)	<b>STILL RINGS</b> 1) Bail Shoulder Stand to Shoulder Stand (Show Turnover) 2) Support Strength From Shoulder Stand (Must show ring turn out in support) 3) Press Handstand Lower to Shoulder Stand (Balance feet inside straps allowed) 4) Back Layout 1/2; Front Pike 1/2 (show rise)
<b>VAULT</b> 1) Roundoff Back Handspring Over Table to Stand onto Resi (12'x5'x32") 2) Front Handspring Over Table to Stand onto Resi (12'x5'x32") 3) Handspring SW with 1/4 Over Table to Stand onto Resi (12'x5'x32") 4) Front Layout Over Table to Stand on Resi (Value 1.6)	<b>VAULT</b> 1) Any Vault from 11.6 SV to 12.0 SV or (Tucked) Salto non-twisting)
<b>* Two Different EG Vaults will be averaged and then receive a Bonus of 1.0 / ** Resi minimum of 32" High (May use additional matting on Resi)</b>	
<b>PARALLEL BARS</b> 1) Pirouette 2) Front Uprise 3) Moy/Giant/Peach to Support w/assistance (giant/peach may finish w/feet on bars)  4) 3/4 Diam Above Horizontal (dismount either side of bar)	<b>PARALLEL BARS</b> 1) Swing Pirouette 2) Front Uprise Swing HS 3) Peach Support or Giant to Support  4) "A" Value Dismount
<b>HIGH BAR</b> 1) Giant (front or back) 2) In Bar Skill Above Horizontal 3) 1/2 Turn Above Horizontal (from over grip) 4) "A" Value Dismount	<b>HIGH BAR</b> 1) Back Giant 1/2 Turn (45 degrees above horizontal) 2) In Bar Skill to 45 Degrees Above Horizontal 3) Front Giant Pirouette 4) "A" Value Dismount