



NATIONAL GYMNASTICS ASSOCIATION

SKILL LEVEL REQUIREMENTS

SKILL LEVEL 8 (12 yrs & Up)	SKILL LEVEL 9 (13 yrs & Up)	SKILL LEVEL 10 (14 yrs & Up)
FLOOR EXERCISE 1) Element Group 1 2) Element Group 2 3) Element Group 3 4) Element Group 4 ("A" Value Dismount)	FLOOR EXERCISE 1) Element Group 1 2) Element Group 2 3) Element Group 3 4) Element Group 4 ("B" Value Dismount)	FLOOR EXERCISE 1) Element Group 1 2) Element Group 2 3) Element Group 3 4) Element Group 4 ("C" Value Dismount)
POMMEL HORSE 1) Element Group 1 2) Element Group 2 3) Element Group 3 4) Element Group 4 ("A" Value Dismount)	POMMEL HORSE 1) Element Group 1 2) Element Group 2 3) Element Group 3 4) Element Group 4 ("B" Value Dismount)	POMMEL HORSE 1) Element Group 1 2) Element Group 2 3) Element Group 3 4) Element Group 4 ("C" Value Dismount)
<p align="center">** Note on HS: Circle to flair to HS (only) upgraded to "C" Value. No more than -0.5 (taken in normal increments) plus -0.3 for touching the horse with any part of the body.</p>		
STILL RINGS 1) Element Group 1 2) Element Group 2 3) Element Group 3 4) Element Group 4 ("A" Value Dismount) * Back Uprise to Straddle L fulfills EG-3	STILL RINGS 1) EG 1: Kip & Swing 2) EG 2: Strength Hold 3) EG 3: Swing to Strength 4) Element Group 4 ("B" Value Dismount)	STILL RINGS 1) EG 1: Kip & Swing 2) EG 2: Strength Hold 3) EG 3: Swing to Strength 4) Element Group 4 ("C" Value Dismount)
VAULT (using table) 1) Any Vault from 11.6 SV to A 12.8 SV or any Layout or Pike Salto (non-twisting)	VAULT (using table) 1) Any Vault from 11.6 SV to A 14.4 SV	VAULT (using table) 1) Any Vault from 11.6 SV to A 16.0 SV
PARALLEL BARS 1) Element Group 1 2) Element Group 2 3) Element Group 3 4) Element Group 4 ("A" Value Dismount)	PARALLEL BARS 1) Element Group 1 2) Element Group 2 3) Element Group 3 4) Element Group 4 ("B" Value Dismount)	PARALLEL BARS 1) Element Group 1 2) Element Group 2 3) Element Group 3 4) Element Group 4 ("C" Value Dismount)
HIGH BAR 1) Element Group 1 2) Element Group 2 (flight element tap fulfills EG) Extra 3) Element Group 3 4) Element Group 4 ("A" Value Dismount)	HIGH BAR 1) Element Group 1 2) Element Group 2 3) Element Group 3 4) Element Group 4 ("B" Value Dismount)	HIGH BAR 1) Element Group 1 2) Element Group 2 3) Element Group 3 4) Element Group 4 ("C" Value Dismount)