



Men's Technical Handbook 2021-2022

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PART A

NGA MEN'S PROGRAM

CHAPTER 1—MEN'S COMPETITIVE PROGRAM

CHAPTER 2—MEN'S EVENTS SKILL CHART



Chapter 1

MEN'S COMPETITIVE PROGRAM



SECTION 1—COMPETITION GUIDELINES

SECTION 2—COMPETITIVE REQUIREMENTS BY LEVELS

Section 1

MEN—COMPETITION GUIDELINES



MEN'S ALL LEVEL REQUIREMENTS

FIG Junior Code of Points Rules (Including FIG Newsletters)

will be followed with these exceptions:

Start Value (SV)	Age on 1st day of Competition Ø max age restrictions at any level	(6) min. skills / (8) max.			X = Skills NOT allowed				
		Min Age	Level	Req'd # EG	# SS Allowed	A	B	C	D+
Max SV = 10.0	5	1N	2**	8		X	X	X	
Max SV = 10.0	6	2N	3**	8		X	X	X	
Max SV = 10.0	7	3N	3**	8		X	X	X	
Jr FIG include SS	8	4N	4**	6			X	X	
Jr FIG include SS	9	5N	4**	5					X
Jr FIG include SS	10	6N	4**	4					X
Jr FIG include SS	11	7N	4**	3					X
Jr FIG include SS	12	8N	4 (A Dismount)	2					
Jr FIG include SS	13	9N	4 (B Dismount)	1					
Jr FIG	14	10N	4 (C Dismount)	0					

EQUIPMENT

- Tramp board allowed L 1N-3N VT
- FIG Jr Code requirements except PB & PH
- Height may be lowered if needed to adapt to athlete
- As per FIG Jr Code of Points
- Additional matting may be used on SR-VT-PB-HB-all levels for athlete safety
- Panel mats may be used to mount PH & PB
- (1) 4" mat/sting mat may be used on FX for 'C' + VP (landing only)—must remain in place for entire routine

4" = 10 cm
8" = 20 cm
16" = 40 cm

UNIFORMS

- Levels 1N-5N**
- Athletic shorts and team T-shirt or jersey top
- Levels 6N-10N**
- Gymnastics shorts: FX-VT
 - Form pants & socks w jersey top: PH-SR-PB- HB

EVENT EXCEPTIONS

1N-9N	FX	• No double salto skill required
6N-7N	PH	• Ø Pommels/1-Pommel skill lists apply
7N-9N	PH	• Feint allowed w/ Ø deduction
4N-9N	PH	• Circle—flair—HS (only upgrade to 'C')
		• No more than -0.5 (taken in normal increments) plus -0.3 for touching horse w any part of body
1N-9N	SR	• No swing to HS required
1N-9N	PB	• 1/2 swing to HOR allowed before EG III (under bar elements) skills
1N-9N	PB	• Hand-on-hand spot allowed before EG III skills
1N-9N	PB	• Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG
1N-9N	HB	• Change of directions allowed w/o deduction
4N-9N	HB	• Any Jam/Adler at 45° 'B' VP, fulfills EG
1N-9N	HB	• Change of direction + 1/2 swing allowed after EG II skill w/o deduction

Stick Bonus: +0.1 on all apparatus, all Levels, except Mushroom (See VT for some exceptions)

ERRORS AND DEDUCTIONS

Small Error	-0.10
Medium Error	-0.30
Large Error	-0.50
Fall	-0.50
Skill performed out of skill difficulty range	-0.50
Missing EG (Levels 1N-3N) each	-0.50
Missing FIG 'A' skill each	-0.50
Repeat skills (Ø repetition deduction) L1-7	Ø VP
All other error deductions as per FIG Jr COP	

START VALUES

L1N-3N FX-SR-PB-HB	10.0
L1N-3N Mushroom—Floor height	10.0
L1N-3N Mushroom—Full ht	9.5
L4N-10N—By difficulty	
<i>One skill cannot fulfill more than 1-element group</i>	




SHORT ROUTINES — PER JR FIG

- No 'short routie' deduction taken if min. six (6) FIG or Super Skills are performed, regardless of whether skills are accounted for value
- NGA levels having FIG "A" skill requirement and is replaced with a Super Skill, NO 'Short Routine' deduction, only -0.50 for any missing FIG "A" required skill



MEN—COMPETITION GUIDELINES

COMPETITION GUIDELINES

<p>Goal</p> <ul style="list-style-type: none"> To maintain same “Team First” concepts thru each level of competition <p>Announcer</p> <ul style="list-style-type: none"> Need to have a great announcer to keep the meet exciting! <p>Awards</p> <ul style="list-style-type: none"> Team Awards—Every athlete receives medal Individual Awards—Top (3) per event/AA 	<p>Bonus Format</p> <p>Judges use flags!</p> <ul style="list-style-type: none">  Stick:Green Flag  Gold Flag—Team Stick (3rd Stick/row)  Blue Flag—Top Score each event <p>Inclusive</p> <ul style="list-style-type: none"> All athletes eligible to compete all events—everyone can contribute 	<p>Team Division</p> <ul style="list-style-type: none"> Team Score = Designate (5)-(3) scores count. Must designate (5) Team Members in advance, prior to competition start <ul style="list-style-type: none"> Level 8N/9N/10N = Designate 5/3 count Level 6N/7N = Designate 5/3 count Level 4N/5N = Designate 5/3 count Level 1N/2N/3N = Designate 5/3 count <p>Qualifying</p> <ul style="list-style-type: none"> Top 3 Club Teams-State Championships qualify to Zones Top 3 Club Teams-Zones qualify to Nat’l Championships Example: L8N/9N/10N Combined Team are top 3—all go as team, including Specialists <ul style="list-style-type: none"> Level 8N/9N/10N = Designate 5/3 count Level 6N/7N = Designate 5/3 count Level 4N/5N = Designate 5/3 count Level 1N/2N/3N = Designate 5/3 count 	<p>Sessions and Events</p> <ul style="list-style-type: none"> Determining # of events at a time and/or # of meet sessions—Maximum 10 gymnasts per squad Level 1N-5N meets to be short and sweet—pre competition routines should be limited or discouraged <p>Event Warm-up</p> <ul style="list-style-type: none"> Level 1N-5N—30 min. (open warm-up) Level 1N-5N—One Touch Level 6N-7N—Two touch Level 8N-10N—Three touch Modified Capital Cup suggested for Levels 6N-10N <p>Level Qualification</p> <ul style="list-style-type: none"> L1N-3N Team—Competes at State Team Championships only L4N-5N Team—Qualifies to Zone Team Championships L6N-7N Team & L8N/9N/10N Team—Qualify to Nat’l Team Champs.
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COACHES RESPONSIBILITIES & PROFESSIONAL ATTIRE

- Closed toe shoes, shorts, slacks, or warm-up pants and collared team shirt
- Spotter required—all levels—be in position to safely spot on SR-V-HB
- Spotter allowed—all levels:PB—Additional spotter permitted: SR-VT-PB-HB
- L1N-3N: Spotting allowed—all events—Ø spot deduction, only loss of skill VP
- L1N-3N: Speaking to gymnast during routine allowed w/o deduction
- Video tape review allowed only for difficulty/element groups at Qualification Competitions
- Coaches must have current NCSI Background Check, Abuse Prevention Training Certification, & Concussion Protocol Training



MEN—COMPETITION GUIDELINES—LEVELS 1N-3N

STATE GYMNASTICS TEAM LEAGUE

<p>Level 1N-3N—Purpose</p> <ul style="list-style-type: none"> • To develop Team competition that adds to growth of men’s gymnastics in each state • To encourage participation in competitive gymnastics within each club program • To develop judges’ assistants who may grow to be Nationally Certified 	<p>League Competitions/GYMAct</p> <ul style="list-style-type: none"> • Competition Directors hosting local events use the local GYMAct team, if available, to work the meet and assist the judges. • Host will donate to local GYMAct program based on number of workers needed to run the competition. • Donations used for competition and scholarship opportunities for athletes competing in local GYMAct collage programs 	<p>Sessions and Events</p> <ul style="list-style-type: none"> • Determine number of events at a time and/ or number of meet sessions—Maximum 10 gymnasts per squad <p>Event Warm-up</p> <ul style="list-style-type: none"> • Level 1N-3N—30 min. (open warm-up) • Level 1N-3N—One Touch <p>Overview Level 1N-3N</p> <ul style="list-style-type: none"> • Positive and inexpensive introduction to competitive gymnastics • Athletes not required to do all events • Gym shorts and T-shirt are acceptable attire 	<p>League Overview</p> <ul style="list-style-type: none"> • NGA State Men’s Gymnastics League is comprised of many Clubs and Judges from across each State • Competitions are usually dual in house meets not large invitationals <ul style="list-style-type: none"> • Provides access to competition and learning opportunities to all its members at greatly reduced cost. • Encourages participation and increases level of competition • Developing judges within the organization, ensures quality of judging remains high, and cost to Competition Directors stays affordable



MEN—LEVEL REQUIREMENTS

SKILL LEVEL 3N

7 years & up

FLOOR EXERCISE

1. Minimum (3) Element Groups
2. May count up to (8) NGA Super Skills
3. May use FIG 'A' value skills

POMMEL HORSE

Floor Mushroom = 10.0 SV

Full Height Mushroom = 9.5 SV

1. 3-1/2 or more Circles finish thru rear support
 - Evaluate hip roll (Counter to Circle), lean & extension
 - Finish in/thru fully extended rear support
 - Landing not evaluated

STILL RINGS

1. Minimum (3) Element Groups
2. May count up to 8 NGA Super Skills
3. May use FIG 'A' value skills

VAULT—Resi/Stacked Mats—5' x 32"

1. Front Handspring over resi to landing mat
 - Landing evaluated

PARALLEL BARS

1. Minimum (3) Element Groups
2. May count up to (8) NGA Super Skills
3. May use FIG 'A' value skills

HIGH BAR

1. Minimum of (3) Element Groups
2. May count up to (8) NGA Super Skills
3. May use FIG 'A' value skills

SKILL LEVEL 4N

8 years & up

FLOOR EXERCISE

1. Minimum (4) Element Groups
2. May count up to (6) NGA Super Skills
3. May use FIG 'A' & 'B' value skills
4. Minimum of (1) FIG 'A' value skill

POMMEL HORSE

Floor Mushroom = 10.0 SV

Full Height Mushroom = 9.5 SV

1. (3)+ Circles, plus (1) different skill finish thru Rear Support or HS
 - Skill and finish must be preceded by circle or flair
 - May count NGA Super Skills or FIG skills
 - Landing not evaluated

STILL RINGS

1. Minimum (4) Element Groups
2. May count up to (6) NGA Super Skills
3. May use FIG 'A' & 'B' value skills
4. Minimum (1) FIG 'A' value skill

VAULT—Resi/Stacked Mats—5' x 32"

1. Handspring SW w 1/4 (90°) over Resi to landing mat
2. Front Handspring over Resi to landing mat
 - Landing evaluated

PARALLEL BARS

1. Minimum (4) Element Groups
2. May count up to (6) NGA Super Skills
3. May use FIG 'A' & 'B' value skills
4. Minimum (1) FIG "A" value skill

HIGH BAR

1. Minimum (4) Element Groups
2. May count up to (6) NGA Super Skills
3. May use FIG 'A' & 'B' value skills
4. Minimum (1) FIG 'A' value skill

Section 2

MEN—LEVEL REQUIREMENTS



SKILL LEVEL 5N

9 years & up

FLOOR EXERCISE

1. Minimum (4) Element Groups
2. May count up to (5) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum (2) FIG 'A' value skills

POMMEL HORSE

Floor Mushroom = 10.0 SV

Full Height Mushroom = 9.5 SV

1. (3)+ Circles, plus (3) different skill finish thru R. Support or HS
 - Skill and finish must be preceded by circle or flair
 - May count NGA Super Skills or FIG skills
 - Landing not evaluated

STILL RINGS

1. Minimum (4) Element Groups
2. May count up to (5) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum (2) FIG 'A' value skills

VAULT—Resi—10' x 5' x 32"

1. Round off, Back Handspring to stand on Resi
2. Front Handspring to stand on Resi
3. Handspring SW with 1/4 (90°) to stand on Resi

PARALLEL BARS

1. Minimum (4) Element Groups
2. May count up to (5) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum of (2) FIG 'A' value skills

HIGH BAR

1. Minimum (4) Element Groups
2. May count up to (5) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum (2) FIG 'A' value skills required

SKILL LEVEL 6N

10 years & up

FLOOR EXERCISE

1. Minimum (4) Element Groups
2. May count up to (4) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum (3) FIG 'A' value skills

POMMEL HORSE

1. Minimum (3) Element Groups
2. May count up to (4) NGA Super Skills
3. May use all FIG value skills
4. Minimum (3) FIG 'A' value skills
 - NO POMMELS—Ø Pommels skills
 - Czechkehr & Stockli-A, circle/flair to HS (only) = 'C' Max 0.50 + 0.30 if touch horse w/any body part

STILL RINGS

1. Minimum (4) Element Groups
2. May count up to (4) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum (3) FIG 'A' value skills

VAULT—Table + Resi—10' x 5' x 32"

1. Roundoff BHS over Table to stand on Resi
2. Front Handspring over Table to stand on Resi
3. Handspring SW w 1/4 (90°) over Table to stand on Resi
 - Ø Stick Bonus, Land not evaluated, must land feet 1st

PARALLEL BARS

1. Minimum (4) Element Groups
2. May count up to (4) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum (3) FIG 'A' value skills

HIGH BAR

1. Minimum (4) Element Groups
2. May count up to (4) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum (3) FIG 'A' value skills

Section 2

MEN—LEVEL REQUIREMENTS



SKILL LEVEL 7N

11 years & up

FLOOR EXERCISE

1. Minimum (4) Element Groups
2. May count up to (3) NGA Super Skills
3. May use FIG 'A' & 'B' & 'C' value skills
4. Minimum (4) FIG 'A' value skills

POMMEL HORSE

1. Minimum (3) Element Groups
 2. May count up to (3) NGA Super Skills
 3. May use all FIG value skills
 4. Minimum (4) FIG 'A' value skills
- (1) PH w/ Ø pommel skills + 1 pommel skills
 - Czechkehr & Stockli-A, circle/flair to HS (only) = 'C' Max 0.50 + 0.30 if touch horse w/any body part

STILL RINGS

1. Minimum (4) Element Groups
2. May count up to (3) NGA Super Skills
3. May use FIG 'A' & 'B' & 'C' value skills
4. Minimum (4) FIG 'A' value skills

VAULT—Table

1. Any Vault from 11.6 SV to 12.2 SV or
 2. Tucked Salto (non-twisting)
- 2 different EG Vaults averaged, receive **+1.0 bonus**

PARALLEL BARS

1. Minimum (4) Element Groups
2. May count up to (3) NGA Super Skills
3. May use FIG 'A' & 'B' & 'C' value skills
4. Minimum (4) FIG 'A' value skills

HIGH BAR

1. Minimum (4) Element Groups
2. May count up to (3) NGA Super Skills
3. May use FIG 'A' & 'B' & 'C' value skills
4. Minimum (4) FIG 'A' value skills

SKILL LEVEL 8N

12 years & up

FLOOR EXERCISE

1. Minimum (4) Element Groups
2. May count up to (2) NGA Super Skills
3. May use all FIG value skills
4. Minimum (5) FIG 'A' value skills

POMMEL HORSE

1. Minimum (4) Element Groups
 2. May count up to (2) NGA Super Skills
 3. May use all FIG value skills
 4. Minimum (5) FIG 'A' value skills
- Czechkehr & Stockli-A, circle/flair to HS (only) = 'C' Max 0.50 + 0.30 if touch horse w/any body part

STILL RINGS

1. Minimum (4) Element Groups
2. May count up to (2) NGA Super Skills
3. May use all FIG value skills
4. Minimum (5) FIG 'A' value skills

VAULT—Table

1. Any Vault from 11.6 SV - 13.2 SV or any Layout
 2. Pike Salto (non-twisting)
- 2 different EG Vaults averaged, receive **+1.0 bonus**

PARALLEL BARS

1. Minimum (4) Element Groups
2. May count up to (2) NGA Super Skills
3. May use all FIG value skills
4. Minimum (5) FIG 'A' value skills

HIGH BAR

1. Minimum (4) Element Groups
2. May count up to (2) NGA Super Skills
3. May use all FIG value skills
4. Minimum (5) FIG 'A' value skills

MEN—LEVEL REQUIREMENTS

SKILL LEVEL 9N

13 years & up

FLOOR EXERCISE

1. Minimum (4) Element Groups
2. May count up to (1) NGA Super Skills
3. May use all FIG value skills
4. Minimum (6) FIG 'A' value skills

POMMEL HORSE

1. Minimum (4) Element Groups
 2. May count up to (1) NGA Super Skills
 3. May use all FIG value skills
 4. Minimum (6) FIG 'A' value skills
- *Czechkehr & Stockli-A, circle/flair to HS (only) = 'C' Max 0.50 + 0.30 if touch horse w/any body part*

STILL RINGS

1. Minimum (4) Element Groups
2. May count up to (1) NGA Super Skills
3. May use all FIG value skills
4. Minimum (6) FIG 'A' value skills

VAULT—Table

1. Any Vault from 11.6 SV to a 14.4 SV
- *2 different EG Vaults averaged, receive +1.0 bonus*

PARALLEL BARS

1. Minimum (4) Element Groups
2. May count up to (1) NGA Super Skills
3. May use all FIG value skills
4. Minimum (6) FIG 'A' value skills

HIGH BAR

1. Minimum (4) Element Groups
2. May count up to (1) NGA Super Skills
3. May use all FIG value skills
4. Minimum (6) FIG 'A' value skills

SKILL LEVEL 10N

14 years & up

FLOOR EXERCISE

1. Minimum (4) Element Groups
2. Ø NGA Super Skills allowed
3. May use all FIG value skills
4. Minimum (7) FIG 'A' value skills

POMMEL HORSE

1. Minimum (4) Element Groups
2. Ø NGA Super Skills allowed
3. May use all FIG value skills
4. Minimum (7) FIG 'A' value skills

STILL RINGS

1. Minimum (4) Element Groups
2. Ø NGA Super Skills allowed
3. May use all FIG value skills
4. Minimum (7) FIG 'A' value skills

VAULT—Table

1. Any Vault from 11.6 SV to a 16.0 SV
- *2 different EG Vaults averaged, receive +1.0 bonus*

PARALLEL BARS

1. Minimum (4) Element Groups
2. Ø NGA Super Skills allowed
3. May use all FIG value skills
4. Minimum (7) FIG 'A' value skills

HIGH BAR

1. Minimum (4) Element Groups
2. Ø NGA Super Skills allowed
3. May use all FIG value skills
4. Minimum (7) FIG 'A' value skills

Chapter 2

MEN'S EVENT SKILLS CHARTS



*Men's
Program*



SECTION 1—FX—SUPER SKILLS CHART

SECTION 2—PH—NO POMMELS SKILLS CHART

SECTION 3—PH—ONE POMMEL SKILLS CHART

SECTION 4—PH—SUPER SKILLS CHART

SECTION 5—SR—SUPER SKILLS CHART

SECTION 6—VT—REQUIREMENTS CHART

SECTION 7—PB—SUPER SKILLS CHART

SECTION 8—HB—SUPER SKILLS CHART



FX—SUPER SKILLS CHART

FLOOR EXERCISE — SUPER SKILLS

All super skills receive the value of A (0.1)

ELEMENT GROUP 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/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 Prone Fall	1.18 Straddle Pancake

ELEMENT GROUP II: ACROBATIC ELEMENTS FORWARD

2.1 Headspring	2.2 Cartwheel step FWD or bring feet together FWD	2.3 Cartwheel	2.4 Bent arm tuck FWD roll	2.5 Pike FWD Roll	2.6 Straddle forward roll
2.7 Candlestick FWD roll					

ELEMENT GROUP III: ACROBATIC ELEMENTS BACKWARD

3.1 Cartwheel step BWD or bring feet together BWD	3.2 Roundoff (w w/o rebound)	3.3 Bent arm tuck/pike/straddle BWD roll	3.4 Straight arm BWD roll to pike stand or prone	3.5 BWD walkover	
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ELEMENT GROUP IV: DISMOUNTS

4.1 Roundoff (w rebound)	4.2 Back Handspring (w rebound)	4.3 Front Handspring (w rebound)			
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Section 2

PH—NO POMMELS SKILLS CHART

Pommel Horse Part Numbers



POMMEL HORSE SKILLS — NO POMMELS

ELEMENT GROUP I: SINGLE-LEG SWINGS AND SCISSORS

Tape Tape

No element skills

ELEMENT GROUP II: CIRCLES AND FLAIRS, W/ SPINDLES & HS, KEHRSWINGS, RUSSIAN W, FLOPS, COMBINED ELEMENTS

1	Circle in Side Support	A	26	Circle with 1/2 spindle (in one circle)	B	80	Reverse Stockli	B
1	*Flair in Side Support	A	28	1/1 spindle in side support within 2 circles	D	86	Swiss hop	B
13	Circle in cross support frontways on end	A	29	Any 1/1 spindle w/in 2 circles (From 1-3 E to 3-5 to 1-3) [Eichorn]	E	91	Schwabenflank	A
13	*Flair in cross support frontways on end	A	34	1/1 spindle in cross support within 2 circles	D	92	Czechkehr	B
19	Circle in cross support rearways on end	A	39	Flair or Circle to HS, lower to Flair or C Circle [Tippelt]	C	103	180° Russian	A
19	*Flair in cross support rearways on end	A	50	Direct Stockli-A	B	104	360° Russian	B
20	Circle in cross support between tape (3-3)	B	61	Double Rear [Kehr]	A	105	720° Russian	C
25	Circle with 1/4 spindle	A	79	Front out or in	A	105	1080° Russian	D

ELEMENT GROUP III: TRAVEL TYPE ELEMENTS, INCLUDING KROLLS, TONG FEI, WU GUONIAN, ROTH AND TRAVELING SPINDLES

1	1/2 FWD side travel	A	33	1/2 Side travel with 1/2 spindle	B	70	Kehr - Reverse Stockli – Kehr [Moguilny]	D
2	3/3 FWD side travel	B	35	3/3 Cross travel with 1/2 spindle (in one circle) [Nin Reyes]	E	71	Reverse Stockli – Kehr – Reverse Stockli [Belenki]	D
13	1/2 BWD side travel	A	44	1/2 FWD cross support travel	B	82	3/3 Travel with 180° Russian [Tong Fei]	D
14	3/3 BWD side travel	B	46	3/3 FWD cross support travel [Magyar]	D	88	3/3 Travel with 360° Russian [Roth]	D
27	1/2 travel with 1/2 spindle (side or cross support)	C	56	1/2 BWD cross support travel	B	89	3/3 Travel with 720° Russian [Wu]	E
29	3/3 Side travel with 1/1 spindle	E	58	3/3 BWD cross support travel [Sivado]	D			

ELEMENT GROUP IV: DISMOUNTS

1	Wende	A	8	360° Russian to wende	B	10	1080° Russian to wende	D
4	Circle or flair to HS with 3/3 travel and 450 deg turn	D	9	720° Russian to wende	C	20	*Circle or flair to HS (Special VAL for HS with no turn or travel)	C

**1-3, 3-3, 4-5, etc refer to placement of gymnast's hands (see figure above)

*See FIG Jr COP for HS turn/travel principles

Same skill box number counted as separate skill

Section 3

PH—ONE POMMEL SKILLS CHART

Pommel Horse Part Numbers



POMMEL HORSE SKILLS — ONE POMMEL

Pommel Tape

ELEMENT GROUP I: SINGLE-LEG SWINGS AND SCISSORS

1	Scissor FWD	A	13	Scissor BWD	A	21	Scissor BWD to HS	C
4	Scissor FWD to HS	D	14	Double scissor (1/4 turn - 1/4 turn)	B	28	Scissor BWD w hop sideways (also w 1/2 turn)	B
7	Scissor FWD w 1/2 turn	A	15	Double scissor (1/4 turn - 1/4 turn) w travel	C	32	Double scissor BWD (1/4 turn - 1/4 turn)	B
8	Scissor FWD w hop SWD (also w 1/2 turn)	B	19	Scissor BWD w 1/2 turn	A			

ELEMENT GROUP II: CIRCLES AND FLAIRS, W/ SPINDLES & HS, KEHRSWINGS, RUSSIAN W, FLOPS, COMBINED ELEMENTS

1	*Uphill circle in side support (first 1/4 circle over pommel)	A	2	Circle in side support on pommel	B	56	Direct Stockli B using pommel	B
1	*Uphill flair in side support (first 1/4 circle over pommel)	A	14	Circle in cross support on 1-pommel (w or w/o 1/4 turn)	B	92	Czechkehr using pommel	B
1	*Downhill circle in side support (first 1/4 of circle over end)	A	14	*Flair in cross support on 1-pommel (w or w/o 1/4 turn)	B	110	180° Russian on the pommel	B
1	*Downhill flair in side support (first 1/4 of circle over end)	A	20	Circle in cross support (3-3)	B	111	360° Russian on the pommel	C
1	*Circle w pommel between hands	A	20	Flair in cross support (3-3)	B	112	720° Russian on the pommel	D
1	*Flair w pommel between hands	A	50	Direct Stockli A using pommel	B	113	1080° Russian on the pommel	E

ELEMENT GROUP III: TRAVEL TYPE ELEMENTS, INCLUDING KROLLS, TONG FEI, WU GUONIAN, ROTH AND TRAVELING SPINDLES

-	*1/3 Fwd cross support travel to pommel	B	-	*1/2 Bwd cross support travel over pommel	B	70	Kehr - Reverse Stockli – Kehr [Moguilny]	D
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ELEMENT GROUP IV: DISMOUNTS

	No element skills						(Special VAL for HS with no turn or travel)	
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****1-3, 3-3, 4-5, etc refer to placement of gymnast's hands (see figure above)**

***See FIG Jr COP for HS turn/travel principles**

Same skill box number counted as separate skill

Section 4

PH—SUPER SKILLS CHART

POMMEL HORSE — SUPER SKILLS					
All super skills receive the value of A (0.1)					
ELEMENT GROUP I: SINGLE LEG SWINGS AND SCISSORS					
1.1 Front support to leg cut	1.2 Rear support to leg cut	1.3 Front support straddle swing to both sides (swing hips to outside of pommels)	1.4 Rear support straddle swing to both sides (swing hips to outside of pommels)	1.5 Stride swing to both sides (push off pommel on both sides)	1.6
1.7 Foward false scissor (left side)	1.8 Foward false scissor (right side)	1.9 Reverse false scissor (left side)	1.10 Reverse false scissor (right side)	1.11 Undercut	1.12
1.13 Single leg side travel	1.14 Single leg reverse stockli	1.15 Single leg Kehr	1.16	1.17	1.18
ELEMENT GROUP II: CIRCLE AND FLAIRS, W W/O SPINDLES & HANDSTAND, KEHR SWINGS, RUSSIAN W, FLOPS AND COMBINED ELEMENTS					
2.1 Single leg pick up thru rear support to front support	2.2 Single leg pick up thru front support to front support	2.3 Single leg circle in front support	2.4 Single leg circle in rear support	2.5 Uphill circle or flair (first 1/4 of circle over pommel)	2.6 Downhill circle or flair (first 1/4 of circle over end)
2.7 * Flair in side support, or cross support front ways, or cross support rear ways on end	2.8 * Circle or Flair w pommel between hands				
ELEMENT GROUP III: TRAVEL TYPE ELEMENTS, INCLUDING KROLLS, TONG FEI, WU GUONIAN, ROTH & TRAVELING SPINDLES					
NO SKILLS					
ELEMENT GROUP IV: DISMOUNTS					
4.1 Leg cut FWD	4.2 Half circle	4.3 180° Russian to Wende			

SR—SUPER SKILLS CHART

STILL RINGS — SUPER SKILLS

All super skills receive the value of A (0.1)

ELEMENT GROUP I: KIP AND SWEING ELEMENTS & SWINGS THROUGH OR TO HANDSTAND

1.1 Kip w bent arms to support	1.2 FWD giant from shoulder stand to shoulder stand (2s)	1.3 BWD giant from shoulder stand to shoulder stand (2s)	1.4 Full swing (candlestick / reverse candlestick position to 45° on both sides)	1.5 Kip w coach assistance	1.6
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ELEMENT GROUP II: STRENGTH ELEMENTS AND HOLD ELEMENTS (2 SEC)

2.1 Lower to shoulder stand (2s) from handstand	2.2 Muscle up (no hold)	2.3 Straight or Tucked body Support (2s Rings turned out arms straight)	2.4 Press to shoulder stand (2s)	2.5 Bent arm straddle press HS (2s) (feet on inside of cables)	2.6 Handstand (2s)
2.7 Hanging L (2s)	2.8 Pull up to bent arm hang (2s)	2.9 Bent arm L hang (2s)	2.10 Tuck planche (2s)	2.11 Inverted hang (2s)	2.12 Piked inverted hang (2s)
2.13 German hang (2s)	2.14 Hanging V	2.15 Straight-Body pull to inverted hang	2.16 Hanging straight arm tuck hold (2s)	2.17 Bent arm tuck hold 2s.	

ELEMENT GROUP III: SWING TO STRENGTH HOLD ELEMENTS (2 SEC)

3.1 Back uprise to Straight or Tucked support (2s) - Rings turned out and arms straight	3.2 Back uprise to tucked planche (2s)	3.3 Felge with bent arms to L (2s)	3.4 Felge with bent arms to tucked planche (2s)	3.5 Swing to Inverted Hang	3.6 Back uprise with coaches assistance
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ELEMENT GROUP IV: DISMOUNTS

4.1 Salto BWD tucked	4.2 Salto FWD tucked	4.3 German hang to drop			
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VT—REQUIREMENTS CHART

MEN'S VAULT REQUIREMENTS		
LEVEL — START VALUE (SV) — OPTIONS	MAT / RESI SIZE	LANDING CLARIFICATIONS
LEVEL 1 — SV = 10.0		
Option #1 Stretch Jump "possible stick bonus" followed by Under Arm reach Kick to handstand		
LEVEL 2 — SV = 10.0		
Option #1 Handspring flat back on resi	10' X 5' X 32"	
LEVEL 3 — SV = 10.0		
Option #1 Front Handspring over resi to landing mat	5' X 32"	
LEVEL 4 — SV = 11.6		
Option #1 Handspring sideways w1/4 turn over resi to landing mat	5' X 32"	
Option #2 Front Handspring over resi to landing mat	5' X 32"	
LEVEL 5 — SV = 11.6		
Option #1 Round off Back Handspring to stand on resi	10' X 5' X 32"	Landing not evaluated-must land bottom of feet first or vault is void
Option #2 Front Handspring to stand onto resi	10' X 5' X 32"	Landing not evaluated-must land bottom of feet first or vault is void
Option #3 Handspring sideways with 1/4 turn to stand onto resi	10' X 5' X 32"	Landing not evaluated-must land bottom of feet first or vault is void
LEVEL 6 — SV = 11.6		
Option #1 Round off Back Handspring over table to stand on Resi	10' X 5' X 32"	Landing not evaluated-must land bottom of feet first or vault is void
Option #2 Front Handspring over table to stand on resi	10' X 5' X 32"	Landing not evaluated-must land bottom of feet first or vault is void
Option #3 Handspring sideways with 1/4 over table to stand on resi	10' X 5' X 32"	Landing not evaluated-must land bottom of feet first or vault is void
LEVEL 7 — SV = Difficulty Determined		
Option #1 Any vault from 11.6 start value to 12.2 start value or any (tucked) non-twisting salto		
LEVEL 8 — SV = Difficulty Determined		
Option #1 Any vault From 11.6 start value to 13.2 start value or any layout or pike non-twisting salto		
LEVEL 9 — SV = Difficulty Determined		
Option #1 Any vault from 11.6 start value to 14.4 start value		
LEVEL 10 — SV = Difficulty Determined		
Option #1 Any vault from 11.6 start value to 16.0 start value		
<i>If two different EG Vaults are preformed, the scores will be averaged and then receive a bonus of 1.0 (Levels 4-10)</i>		
<i>Resi is minimum of 32" high. May use additional matting on resi (Levels 2-6)</i>		
<i>No Stick Bonus for Level 2, 5 & 6</i>		
<i>Level 5 & 6 Landing not evaluated must land on bottom of feet first or vault is void</i>		
<i>If the gymnast receives a '0' vault—May repeat the vault with 1.0 deduction from start value</i>		

PB—SUPER SKILLS CHART

PARALLEL BARS — SUPER SKILLS

All super skills receive the value of A (0.1)

ELEMENT GROUP I: ELEMENTS IN SUPPORT OR THROUGH SUPPORT ON 2 BARS

1.1 Full support swing (straight body horizontal on both sides)	1.2 Swing to handstand (no hold required)	1.3 Shoulder stand (2s)	1.4 Handstand, FWD roll to upper arm	1.5 Front toss to upper arm	1.6 Straddle L (2s)
1.7 Straddle front support hold w straight legs on bar (2s)	1.8 Shoulder stand to FWD roll	1.9 Tucked hold (2s)			

ELEMENT GROUP II: ELEMENTS STARTING IN UPPER ARM POSITION

2.1 Full upper arm swing (straight body horizontal on both sides)	2.2 Back uprise to support	2.3 Upper arm pike to cast FWD	2.4 Upper arm swing BWD to shoulder stand (2s)	2.5 Upper arm FWD roll	2.6 Upper arm BWD roll
2.7 Tuck hold in upper arm (2s)					

ELEMENT GROUP III: LONG SWINGS IN HANG ON 1 OR 2 BARS AND UNDERSWINGS

3.1 Full long hang swing (straight body horizontal on both sides)	3.2 Full basket swing (hips above bars on both sides)	3.3 Bent leg Moy to upper arm	3.4 Glide kip to upper arm	3.5 Drop kip to upper arm	3.6 Drop kip to support
3.7 Giant to upper arm	3.8 Basket to upper arm	3.9 Straight leg Moy to upper arm	3.10 Long hang swing FWD straight leg straddle pull up to upper arm		

ELEMENT GROUP IV: DISMOUNTS

4.1 Long hang swing to Salto BWD tucked	4.2 Support swing to Salto BWD tucked	4.3 Support swing to Salto FWD tucked	4.4 Wende	4.5 BWD swing to flank dismount	4.6 Stutz dismount
4.7 Giant swing through support to push off (no grip change)	4.8 Diamidov to one bar dismount	4.10 Drop from a back swing			

HB—SUPER SKILLS CHART

HORIZONTAL BAR — SUPER SKILLS

All super skills receive the value of A (0.1)

ELEMENT GROUP I: LONG HAND SWINGS AND TURNS

1.1 Full tap swing (hollow body at 45° on each side)	1.2 BWD baby giant to support	1.3 FWD baby giant to support	1.4 Hanging 1/2 turn	1.5 Swing half turn to horizontal	1.6 Swing 1/2 turn to Handstand
1.7 Pull up bent arm hold (2s)					

ELEMENT GROUP II: FLIGHT ELEMENTS

2.1 Straddle cut to regrasp	2.2 Back uprise 1/1 turn to regrasp	2.3 Hop from any grip to another (above horizontal)	2.4 Hop from any grip to another (to Handstand)	2.5 Back swing to 2-hand release and regrasp	
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ELEMENT GROUP III: IN BAR AND ADLER ELEMENTS

3.1 Cast (to horizontal)	3.2 Cast (to handstand)	3.3 Undershoot (hollow body throughout)	3.4 Back hip circle	3.5 Free hip circle (from horizontal to horizontal)	3.6 Toe on / toe off to Handstand
3.7 Full Endo / Stalder swing (hips or shoulders above the bar on both sides)	3.8 Swing forward to 1/2 Endo swing BWD to FWD swing	3.9 Swing BWD to 1/2 Stalder swing FWD to BWD swing	3.10 Kip to support (stop allowed)	3.11 Stalder, Endo, or toe on circle (support to support)	3.12 Pullover to support (Stop allowed)
3.13 From hang Stalder toes to bar (2s) Hold or 2 small swings	3.14 Pull over, kip or back uprise w coach assistance				

ELEMENT GROUP IV: DISMOUNTS

4.1 BWD salto tucked	4.2 FWD salto tucked	4.3 Undershoot to stand	4.4 Toe on shoot to stand	4.5 Toe on shoot to any Salto dismount	4.6 Front Swing 1/2 Turn
4.7 Free hip to push off	4.8 Drop from back swing				