



Women's Technical Handbook

2021-2022

nationalgym.org

Effective January 27, 2022



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PART A

NGA WOMEN'S PROGRAM

CHAPTER 1—WOMEN'S COMPETITIVE RULES

CHAPTER 2—WOMEN'S EVENTS SKILLS CHARTS



Chapter 1

WOMEN'S COMPETITIVE RULES



COMPETITIVE PROGRAM BY LEVELS

VT DEDUCTIONS

GENERAL & EVENT RULES CLARIFICATIONS

UB DEDUCTIONS

BONUS—ALL EVENTS

BM/FX DEDUCTIONS

UB—CAST, SWING, CIRCLE ANGLES

L10N—COMPOSITION



WOMEN—LEVEL REQUIREMENTS

ALL LEVEL REQUIREMENTS
Missing Elements
Missing: 'A' = 0.1, 'B' = 0.3, 'C' = 0.5 each
Special Requirements (SR)
4 SR per UB, BB, FX
Missing Special Requirement (SR)
Missing SR = -0.50 each
Fulfilling Special Requirement (SR)
Skill cannot fulfill more than one (1) SR
Changes/Clarifications
Noted in highlighted pink
Dates
12/11/2021—Original publication
01/05/2022—Clarify SR #1 UB 6N, 8N
01/05/2022—UB 1-1/2 turns in HS = E (exception Giant 1-1/2)
01/05/2022—BB Acro Series clarified
1/07/2022—Bonus: Corrected math errors (print out only this page if update necessary)
01/22/2022—Courtesy score = 3N, 4N, 6N, 7N explained = 5.0

LEVEL 1N	5 years & up
VP: A = 4, X-Skill = A-VP	SV: 10.0
No 'B' or higher	WU time = 30s each event
VAULT	
Run—Stretch Jump	
<ul style="list-style-type: none"> • Raised surface—Min 8" - Max 24" • Alternate Tramp board allowed • Lack of accelerated run evaluated • Speed thru out evaluated • Board lean evaluated 	
UNEVEN BARS	
No HB	
<ol style="list-style-type: none"> 1. Mount 2. Cast <ul style="list-style-type: none"> • No angle required 3. Circling skill 4. Dismount 	
BALANCE BEAM - Routine time = 30s	
No Acro flight, No 'B' Dance	
<ol style="list-style-type: none"> 1. Pivot <u>OR</u> 1. Squat turn 2. Stretch Jump 3. 1-leg balance—2s hold <ul style="list-style-type: none"> • Free leg position optional 4. Dismount 	
FLOOR EXERCISE - Routine time = 45s	
No Acro flight, No 'B' Dance	
<ol style="list-style-type: none"> 1. 1/2 (180°) turn—1-foot <u>OR</u> 1. Pivot turn 2. BWD roll—Any entry/exit position <u>OR</u> 2. Candlestick—Any entry/exit position <ul style="list-style-type: none"> • Isolated/series 3. Dance combo—Min (2) Leaps/Jumps <ul style="list-style-type: none"> • Direct/Indirect 4. Min 3/4 HS <ul style="list-style-type: none"> • Feet must contact at/above 45° 	

LEVEL 2N	5 years & up
VP: A = 5, X-Skill = A-VP	SV: 10.0
Allowable 'B' = 'A'	WU time = 30s each event
VAULT	
Run—Jump HS—Fall flat back	
<ul style="list-style-type: none"> • Raised surface—Min 16"- Max 48" • Alternative Tramp board allowed • Lack of accelerated run evaluated • Speed thru out evaluated • Board lean evaluated • "Feet first" VOID deduction does NOT apply 	
UNEVEN BARS	
No HB	
<ol style="list-style-type: none"> 1. Pullover—1-2 feet 2. Cast <ul style="list-style-type: none"> • No angle required 3. Circling skill 4. Underswing Dismount <ul style="list-style-type: none"> • Cast Sole Circle—Pike/Straddle 	
BALANCE BEAM - Routine time = 35s	
No Acro 'B' or higher, Yes 'B' Split Leaps/Jumps	
<ol style="list-style-type: none"> 1. 1/2 (180°) turn—1-foot 2. Leap/Jump <ul style="list-style-type: none"> • "B" Leaps/Jumps w split allowed 3. Handstand <ul style="list-style-type: none"> • LEAD leg min. 45° from VER • 2nd leg height optional—Must leave BM for VP 4. Dismount <ul style="list-style-type: none"> • No Saltos/Aerials 	
FLOOR EXERCISE - Routine time = 45s	
Max (1) Acro-Flight, No Salto/Aerial, No 'B' or higher	
<ol style="list-style-type: none"> 1. Min 1/2 (180°) turn—1-foot 2. Handstand—No hold required <ul style="list-style-type: none"> • Between 45°-VER • Mark feet together • Entry/exit positions opt 3. Dance combo—Min (2) Leaps/Jumps <ul style="list-style-type: none"> • (1) min 60° split • Direct/indirect 4. Cartwheel <ul style="list-style-type: none"> • Isolated/Series 	

Section 1

WOMEN—LEVEL REQUIREMENTS



SILVER (SN) – NEW LEVEL 2021-22	5 years & up
VP: A = 5, X-Skill = A-VP	SV: 10.0
<i>Allowable 'B' = 'A'</i>	<i>WU time = 45s each event</i>
VAULT	
Run—Jump HS—Fall flat back <ul style="list-style-type: none"> • Raised surface—Min 16” - Max 48” • Tramp board allowed • Accelerated run evaluated • Speed thru out evaluated • Board lean evaluated • “Feet first” VOID deduction does NOT apply 	
UNEVEN BARS	
Yes-HB, No 'B' or higher	
<ol style="list-style-type: none"> 1. Mount 2. Cast <ul style="list-style-type: none"> • No angle required 3. Circling skill 4. Dismount <ul style="list-style-type: none"> • No saltos 	
BALANCE BEAM - Routine Time = 45s	
No Acro 'B' or higher, Yes 'B' Leaps/Jumps	
<ol style="list-style-type: none"> 1. Min 1/2 (180°) turn 1-foot 2. Leap/Jump <ul style="list-style-type: none"> • 'B' Leaps/Jumps w split allowed 3. Acro skill <ul style="list-style-type: none"> • Any 'A' Acro Non flight • No X-skill lever 4. 'A' Dismount <ul style="list-style-type: none"> • No Jumps 	
FLOOR EXERCISE - Routine Time = 45s	
Max (1) Acro Salto/Aerial, No 'B' or higher skill	
<ol style="list-style-type: none"> 1. 1/1 (360°) turn 2. Acro pass—(2) Acro skills <ul style="list-style-type: none"> • Direct connect 3. Dance combo—Min (2) Leaps/Jumps <ul style="list-style-type: none"> • Direct/Indirect 4. Acro Flight <ul style="list-style-type: none"> • Separate from #2 SR VP • Isolated/Combination 	

LEVEL 3N	6 years & up
VP: A = 5, X-Skill A-VP	SV: 10.0
<i>Allowable 'B' = 'A'</i>	<i>WU time = 45s each event</i>
VAULT	
Run—FHS Run—¼-½ on, Repulsion off <ul style="list-style-type: none"> • Over Resi—Min 24” - Max 48” • Alternative tramp board allowed • Accelerated run evaluated • Speed thru out evaluated • Board lean evaluated • Landing evaluated 	
UNEVEN BARS	
Yes-HB, No 'B' or higher	
<ol style="list-style-type: none"> 1. Mount 2. Cast <ul style="list-style-type: none"> • No angle required 3. Circling skill 4. Dismount 	
BALANCE BEAM - Routine Time = 45s	
No Acro 'B' or higher, Yes 'B' Leaps/Jumps	
<ol style="list-style-type: none"> 1. Min 1/2 (180°) turn 1-foot 2. Leap/Jump—Min. 60° split <ul style="list-style-type: none"> • 'B' Leaps/Jumps w split allowed • Isolated/Series 3. Acro skill—Moves thru/achieves VER <ul style="list-style-type: none"> • If HS—No hold required • Must mark VER w legs joined 4. Dismount <ul style="list-style-type: none"> • No Jumps 	
FLOOR EXERCISE - Routine Time = 45s	
Max (1) Acro Salto/Aerial, No Acro 'B' or higher	
<ol style="list-style-type: none"> 1. 1/1 (360°) turn 2. Acro pass—Min (2) Acro skills <ul style="list-style-type: none"> • (1) must be a Round off 3. Dance combo—Min (2) Leaps/Jumps <ul style="list-style-type: none"> • (1) min 90° split • Direct/Indirect 4. Acro skill—Contain/pass thru Bridge <u>OR</u> 4. BWD Ext.Roll HS thru VER-legs together/straight <ul style="list-style-type: none"> • Entry/exit optional 	

Section 1

WOMEN—LEVEL REQUIREMENTS



LEVEL 4N	6 years & up
VP: A = 5, X-Skill = A-VP (UB only)	SV: 10.0
Allowable 'B' = 'A'	WU time = 1:00m each event
VAULT	
Run—FHS Run—¼-½ on, Repulsion off Run—RO—BHS <ul style="list-style-type: none"> • Over Resi—Min 24” - Max 48” • No alternate tramp board allowed • Speed thru out evaluated • Landing evaluated 	
UNEVEN BARS	
Yes-HB, X-Skill List - 'A' VP	
1. Glide Kip-LB <u>OR</u> 1. Long Hang-HB 2. Cast—BWD Hip Circle <ul style="list-style-type: none"> • Cast min 45° below HOR 3. Tap swing <ul style="list-style-type: none"> • Hips min 45° below HB-both sides 4. 'A' HB Dismount	
BALANCE BEAM - Routine Time = 1:00m	
No Acro Flight, Yes-'B' Dance	
1. Min 1/1 (360°) turn 2. Leap/Jump—Min. 90° split <ul style="list-style-type: none"> • 'B' Leaps/Jumps w split allowed • Isolated/Series 3. Acro skill—Moves thru/Achieves VER <ul style="list-style-type: none"> • If HS = 2s Hold required • Start/finish on BB = 'A' to fulfill requirement 4. 'A' Dismount <ul style="list-style-type: none"> • Yes HS ¼ (90°) turn—receives 'A' VP 	
FLOOR EXERCISE - Routine Time = 1:00m	
No Acro 'B' or higher, Yes 'B' Dance	
1. Min 1/1 (360°) turn 2. Acro pass—Min (2) Acro Flight skills <ul style="list-style-type: none"> • Direct 3. Dance combo—Min (2) Leaps/Jumps <ul style="list-style-type: none"> • (1) min 90° split • Direct/Indirect 4. Additional Acro pass—Min (2) skills <ul style="list-style-type: none"> • Direct Acro-Flight <u>OR</u> Isolated FWD salto 	

GOLD (GN)	6 years & up
VP: A = 6, X-Skill = A-VP (UB only)	SV: 10.0
Allowable 'B' = 'A'	WU time = 1:00m each event
VAULT	
FHS ½ on (¼—¼) on, Repulsion off <ul style="list-style-type: none"> • Over Table • Max 135 cm—Manufacturer setting • 9.5 SV - Using alternate Tramp board • Speed thru out evaluated • Landing evaluated 	
UNEVEN BARS	
Yes-HB, X-Skill List = 'A' VP	
1. Bar change 2. Cast—Min HOR 3. Circling element** 4. 'A' HB Dismount ***"B" In-bar circle (Clear hip/Sole/Stalder) allowed, receive 'A' VP	
BALANCE BEAM - Routine Time = 1:00m	
No Acro Flight, Yes 'B' Dance	
1. Min 1/1 (360°) turn 2. Leap/Jump—Min. 90° split <ul style="list-style-type: none"> • 'B' Leaps/Jumps w split allowed • Isolated/Series 3. (1) Acro skill—Moves thru VER <ul style="list-style-type: none"> • May use 'B' Non-Flight 4. 'A' Dismount	
FLOOR EXERCISE - Routine Time = 1:00m	
No Acro 'B' or higher, Yes 'B' Dance	
1. Min 1/1 (360°) turn 2. Acro pass—Min (2) Acro Flight <ul style="list-style-type: none"> • Direct 3. Dance combo—Min (2) Leaps/Jumps <ul style="list-style-type: none"> • (1) Min 120° split • Direct/Indirect 4. Additional Acro skill <ul style="list-style-type: none"> • Flight/Salto/Aerial • Isolated/Series 	

Section 1

WOMEN—LEVEL REQUIREMENTS



LEVEL 5N	6 years & up
VP: A = 6	SV: 10.0
<i>Allowable 'C' = 'B'</i>	<i>WU time = 1:00m each event</i>
VAULT	
Run—FHS Run—½ on (¼—¼) Run—RO Entry-FF <ul style="list-style-type: none"> • Up to Resi—No Table used—Min 24” - Max 56” • Speed thru out evaluated • Evaluation stops w foot/back contact 	
UNEVEN BARS	
Yes-HB	
1. Clear hip circle** <ul style="list-style-type: none"> • Any angle 2. Cast—HOR <ul style="list-style-type: none"> • HOR achieved = 'A' one time • All other casts not HOR = deduct <u>0.10</u> 3. Long Hang kip 4. 'A' HB Dismount <i>**Circle to HS = 'B' VP</i> <i>May perform (1) tap swing, no penalty, no VP awarded</i>	
BALANCE BEAM - Routine Time = 1:00m	
Yes Acro 'B', Yes 'B' Dance	
1. Min 1/1 (360°) turn 2. Leap/Jump—Min 120° split <ul style="list-style-type: none"> • Isolated/Series 3. BWD Acro skill—No rolls unless thru VER and w/hand support <u>OR</u> 3. Any 'B' Acro skill—No rolls unless thru VER and w/hand support 4. Min 'A' Dismount	
FLOOR EXERCISE - Routine Time = 1:00m	
No-Acro 'B' or higher, Yes 'B' Dance	
1. Min 1/1 (360°) turn 2. Acro Series—Min (3) Acro skills <ul style="list-style-type: none"> • Flight/Salto/Aerial • Direct connect 3. Dance combo—Min (2) Leaps/Jumps <ul style="list-style-type: none"> • (1) min 120° split • Direct/Indirect 4. Salto/Aerial <ul style="list-style-type: none"> • Isolated/Series <i>#2 may not fulfill #4 unless in isolated/different series</i>	

LEVEL 6N	6 years & up
VP: A = 5, B = 1	SV: 10.0
<i>Allowable 'C' = 'B'</i>	<i>WU time = 1:30m each event</i>
VAULT	
FHS ½ on (¼—¼) RO Entry-FF <ul style="list-style-type: none"> • Over table to Mat stack—Min 32” - Max 64” behind table • Max 135 cm—Manufacturer setting • Evaluation stops w foot/back contact • Feet not required to touch prior to landing on back 	
UNEVEN BARS	
Yes-HB	
1. Circling In-bar skill** <ul style="list-style-type: none"> • Clear/Toe on-toe off/Stalder 2. Cast—Above HOR 3. 2nd Circle skill <ul style="list-style-type: none"> • If same as #1, must be different bar or in different connection 4. Min 'A' HB Dismount <i>Long hang pullover to U-swing + (1) tap swing—no extra swing penalty, no VP</i> <i>**Circle to HS = 'B' VP</i>	
BALANCE BEAM - Routine Time = 1:15m	
(1) Dance 'C' = 'B', No Acro 'C' or higher	
1. Min 1/1 (360°) turn 2. Leap/Jump—Min 150° split <ul style="list-style-type: none"> • Isolated/Series 3. Acro Series—(2) Acro Non-Flight—Direct <u>OR</u> 3. (1) Acro-Flight—May be in series 4. Min 'A' Salto/Aerial Dismount	
FLOOR EXERCISE - Routine Time = 1:15m	
Max (1) Dance 'C' = 'B', No Acro 'C' or higher	
1. Min. 1/1 (360°) turn 2. Acro Series—Min (2) Acro-Flight + (1) Salto (3 skills) 3. Dance combo—Min (2) Leaps/Jumps <ul style="list-style-type: none"> • (1) min 150° split • Direct/indirect 4. Additional Min 'A' Salto <ul style="list-style-type: none"> • Isolated/Series 	

Section 1



WOMEN—LEVEL REQUIREMENTS

PLATINUM (PN)	7 years & up
VP: 6 = A, 1 = B	SV: 10.0
<i>Allowable 'C' = 'B'</i>	<i>WU time = 1:30m each event</i>
VAULT	
Platinum VT Chart	
<ul style="list-style-type: none"> No drill-type vaults Max 135 cm—Manufacturer setting 	
UNEVEN BARS	
Yes-HB	
<ol style="list-style-type: none"> Bar change Cast above HOR <ul style="list-style-type: none"> Above HOR achieved, award 'A' VP once Circling In-bar skill <ul style="list-style-type: none"> Clear/Toe on-toe off/Stalder Finish any angle Min 'A' HB Dismount 	
<i>May perform (1) tap swing = no deduction, no VP</i>	
<i>Any cast HOR or below = deduct 0.10</i>	
BALANCE BEAM - Routine Time = 1:15m	
Max (1) Dance 'C' = 'B', No Acro 'C' or higher	
<ol style="list-style-type: none"> Min. 1/1 (360°) turn Leap/Jump—Min 150° split <ul style="list-style-type: none"> Isolated/Series (2) Acro Non-Flight thru VER <u>OR</u> <ul style="list-style-type: none"> Same skill in series or w/different connection—Mixed/Acro (1) Acro-Flight skill <ul style="list-style-type: none"> Isolated/Series Min 'A' Dismount 	
FLOOR EXERCISE - Routine Time = 1:15m	
Max (1) Dance 'C' = 'B', No Acro 'C' or higher	
<ol style="list-style-type: none"> Min 'B' Dance <ul style="list-style-type: none"> Skill Set 1-2 Isolated/Series Dance combo—Min (2) Leaps/Jumps <ul style="list-style-type: none"> (1) min 150° split Direct/Indirect Acro pass—Min (2) Acro Flight Additional Salto—Min 'A' <ul style="list-style-type: none"> Isolated/Pass 	

LEVEL 7N	7 years & up
VP: 5 = A, 2 = B	SV: 10.0
<i>Allowable 'C' = 'B'</i>	<i>WU time = 1:30m each event</i>
VAULT	
FHS	
½ on (¼—¼)	
RO Entry-FF	
<ul style="list-style-type: none"> Over table to Mat stack max 64" behind table Max 135 cm—Manufacturer setting Evaluation stops w foot/back touch on mat stack Feet not required to touch prior to landing on back 	
UNEVEN BARS	
Yes - 'C' Circle HS; HS 1/2	
<ol style="list-style-type: none"> 'B' circling skill Cast—Min 45° above HOR* 2nd Circling skill—Min 'A' 'A' HB Salto Dismount 	
<i>*All casts must be to HS for VP—receive SR if achieving required angle</i>	
BALANCE BEAM - Routine Time = 1:15m	
Max (1) Dance 'C' = 'B', No Acro 'C' or higher	
<ol style="list-style-type: none"> Min 1/1 (360°) turn Leap/Jump—Min 180° split <ul style="list-style-type: none"> Isolated/Series Acro Series—(2) Acro Non-Flight direct and (1) 'B' Acro-Flight <u>OR</u> Acro Series—Min (2) Acro, (1) a 'B' Flight <ul style="list-style-type: none"> Direct Min. 'A' Salto/Aerial Dismount 	
FLOOR EXERCISE - Routine Time = 1:15m	
Max (1) Dance 'C' = 'B', No Acro 'C' or higher	
<ol style="list-style-type: none"> Min 'B' Dance <ul style="list-style-type: none"> Skill Set 1-2 Isolated/Series Acro Series—Min. (3) Acro <ul style="list-style-type: none"> (1) must be BWD LO—2-feet (no twist) Dance combo—Min (2) Leaps/Jumps <ul style="list-style-type: none"> (1) min 180° split Additional Acro pass—Min (2) Acro Flight/Salto <ul style="list-style-type: none"> (1) a FWD salto 	

Section 1

WOMEN—LEVEL REQUIREMENTS



LEVEL 8N	7 years & up
VP: 4 = A, 4 = B	SV: 10.0
<i>Allowable 'C' = 'B'</i>	<i>WU time = 2:00m each event</i>
VAULT	
Level 8 VT Chart <ul style="list-style-type: none"> • Max 135cm—Manufacturer setting • VOID if feet/foot no touch on landing 	
UNEVEN BARS	
Max (2) 'C' = 'B'	
<ol style="list-style-type: none"> (1) In-bar circle, Min 'B' <ul style="list-style-type: none"> • Clear Hip/Toe on-toe off/Stalder Min 'B' turn/flight Circle to/pass thru HS <ul style="list-style-type: none"> • Separate from SR #1 Min 'A' HB Salto Dismount <i>'B' upgrades to 'C' based on performance = 'B' VP</i> <ul style="list-style-type: none"> • Do not count as part of (2) allowed 'C' 	
BALANCE BEAM - Routine Time = 1:30m	
Yes 'C' Dance = 'B', (1) Acro 'C' = 'B', No 'D' (except BWD LO-SO = 'B')	
<ol style="list-style-type: none"> Min 1/1 (360°) turn Leap/Jump—Min 180° split <ul style="list-style-type: none"> • Isolated/Series Acro Series—Min (2) Acro Flight <u>OR</u> Acro Series—Min (1) Acro Non-Flight + (1) Acro-Flight <ul style="list-style-type: none"> • Direct Min 'A' Salto/Aerial Dismount <i>Allow BWD LO-Step Out 'D' = 'B'</i>	
FLOOR EXERCISE - Routine Time = 1:30m	
Yes 'C' Dance = 'B', (1) Acro 'C' = 'B', No 'D' skills	
<ol style="list-style-type: none"> Min 'B' Dance <ul style="list-style-type: none"> • Skill Set 1-2 • Isolated/Series Acro Series—Min. (3) Acro Flight/Salto <ul style="list-style-type: none"> • Min (1) 'A' salto & (2) Min 'A' Flight/Salto Dance combo—Min (2) Leaps/Jumps <ul style="list-style-type: none"> • (1) Min 180° split • Direct/Indirect Additional min 'B' salto <ul style="list-style-type: none"> • Isolated/Series 	

DIAMOND (DN)	8 years & up
VP: 5 = A, 2 = B	SV: 10.0
<i>Allowable 'C/D' = 'B'</i>	<i>WU time = 2:00m each event</i>
VAULT	
Diamond VT Chart <ul style="list-style-type: none"> • Max 135cm—Manufacturer setting • VOID VT if feet/foot do not touch on landing 	
UNEVEN BARS	
Yes Unlimited 'C' = 'B', Max (1) 'D/E' = 'B'	
<ol style="list-style-type: none"> Bar change Min 'B' circling element Additional 'B' element Min 'A' Salto Dismount 	
BALANCE BEAM - Routine Time = 1:30m	
Acro 'C' = 'B', Yes 'D/E' Dance = 'B', Max (1) Acro 'D/E' = 'B'	
<ol style="list-style-type: none"> Min 1/1 (360°) turn Leap/Jump series—Min (2)—(1) Min 180° split <ul style="list-style-type: none"> • Connected Acro Series—(2) Acro Non-Flight direct and (1) 'B' Acro-Flight <u>OR</u> Acro Series—Min (2) Acro, Min (1) 'B' flight <ul style="list-style-type: none"> • Direct Min 'A' Salto/Aerial Dismount 	
FLOOR EXERCISE - Routine Time = 1:30m	
Acro 'C' = 'B', (1) 'D/E' = 'B'	
<ol style="list-style-type: none"> Min 'B' Dance <ul style="list-style-type: none"> • Skill Set 1-2 • Not part of SR #3 • Isolated/Series Acro Pass—Min (2) Acro 'A' Flight <ul style="list-style-type: none"> • (1) a Salto Dance combo—Min (2) Leaps/Jumps <ul style="list-style-type: none"> • (1) Min 180° split • Direct/Indirect Additional Acro Pass—Min (2) Acro-Flight <ul style="list-style-type: none"> • (1) a 'B' salto 	

Section 1



WOMEN—LEVEL REQUIREMENTS

LEVEL 9N	9 years & up
VP: A = 3, B = 4, C = 1	SV: 9.7 + 0.3CV Bonus = 10.0 OR 9.7 + 0.2CV + 0.1DV Bonus = 10.0
<i>Max +0.1 DV Bonus 'D/E' skill Other 'D' = 'C'</i>	<i>WU time = 2.0m BM/FX WU time = 2.5m UB</i>
VAULT	
Level 9 VT Chart	
UNEVEN BARS	
Max (1) 'E' + (1) 'D' OR (2) 'D'	
<ol style="list-style-type: none"> Min 'B' LA turn (2) bar changes Min 'B' In-bar skill <ul style="list-style-type: none"> Skill Set 3-6-7 Min 'B' Salto Dismount 	
BALANCE BEAM - Routine Time = 1:30m	
(1) 'E' + (1) 'D' OR (2) 'D', unlimited 'D' Dance	
<ol style="list-style-type: none"> Min 1/1 (360°) turn Leap/Jump series—Min (2) skills w (1) Min 180° split connected OR Mixed Series—Min (1) Leap/Jump w 180° split + (1) Min 'A' Acro Acro Series—Min (2) 'B' Acro Flight/Salto <ul style="list-style-type: none"> Direct Min 'B' Salto OR Min 'C' Acro direct to 'A' Salto Dismount 	
FLOOR EXERCISE - Routine Time = 1:30m	
(1) 'E' + (1) 'D' OR (2) 'D', unlimited 'D' Dance	
<ol style="list-style-type: none"> Min 'C' Dance <ul style="list-style-type: none"> Skill Set 1-2 Leaps, Jumps, Hops, Turns Not part of SR #3 Isolated/Series Acro Pass—Min (2) Saltos <ul style="list-style-type: none"> Min (1) 'B' Direct/indirect Dance combo—Min (2) Leaps/Jumps <ul style="list-style-type: none"> (1) Min 180° split Direct/Indirect Additional Acro Pass—Min (2) Acro Flight/Salto—(1) Min 'B' salto OR (1) 'C' Salto <ul style="list-style-type: none"> Isolated 	

LEVEL 10N	9 years & up
VP: A = 3, B = 3, C = 2	SV: 9.4 + 0.7 Bonus = 10.1
<i>No difficulty restrictions Max +0.5 DV Bonus / Max +0.5 CV Bonus</i>	<i>WU time = 2.0m BM/FX WU time = 2.5m UB</i>
VAULT	
Level 10 VT Chart	
UNEVEN BARS	
No restrictions	
<ol style="list-style-type: none"> Min (2) Bar changes Min (2) 'C' Flight OR (1) 'B' + (1) 'D' Flight Min 'C' LA turn Min 'C' Dismount 	
<i>May not use dismount to fulfill SR #2, #3</i>	
BALANCE BEAM - Routine Time = 1:30m	
No restrictions	
<ol style="list-style-type: none"> Min 1/1 (360°) turn Dance/Mixed series—Min (2) skills—(1) min 180° split <ul style="list-style-type: none"> Connected Acro Series—Min (2) Acro Flight/Saltos <ul style="list-style-type: none"> (1) Min 'C' May include Mount Min 'C' Salto Dismount OR Min 'D/E' Acro direct to 'B' Salto Dismount 	
FLOOR EXERCISE - Routine Time = 1:30m	
No restrictions	
<ol style="list-style-type: none"> Min 'C' Dance <ul style="list-style-type: none"> Series/Mixed series/Isolated Acro Series—(3) Acro Flight—Min (2) Saltos OR <ul style="list-style-type: none"> (1) Min 'B' Indirect Acro Pass—Min (2) Saltos <ul style="list-style-type: none"> (1) Min 'B' Direct Dance combo—Min (2) Leaps/Jumps <ul style="list-style-type: none"> (1) Min 180° split Direct/Indirect Additional Acro Series—Min (3) Acro <ul style="list-style-type: none"> (1) Min 'C' salto 	



GENERAL & EVENT RULES CLARIFICATIONS

GENERAL RULES CLARIFICATIONS					
X Skill Sets <ul style="list-style-type: none"> • “A” skills. L1N-3N; • 4N/GN may use for UB only • 5N-10N may NOT use 	SR Substitute <ul style="list-style-type: none"> • Specific skills listed for SR requirements MAY NOT be substituted 	“Min” <ul style="list-style-type: none"> • May exceed requirement, may not exceed level allowable 	Salto/Salto Dismount <ul style="list-style-type: none"> • Salto/Salto Dismount fails to land feet first = Ø VP/SR plus deduct <u>0.50</u> fall 	SR Fulfillment <ul style="list-style-type: none"> • Skill cannot fulfill more than (1) SR 	Mount Board/Block <ul style="list-style-type: none"> • Only manufactured mount block/folded panel on 8” skill cushion allowed • Springboards <i>only</i> placed on landing/supplemental mats
Start Value (SV) <ul style="list-style-type: none"> • Must be flashed at all Levels 	Acro No Flight <ul style="list-style-type: none"> • Acro-NF = Skills w hand/foot/body support thru entirety • Dive roll is NOT flight 	Acro Flight <ul style="list-style-type: none"> • Acro-F = Skill w both hands/feet free of support 	Acro Salto <ul style="list-style-type: none"> • Salto skill takes off 2-feet, lands w/o hand support—Salto replaces Acro-Flight If allowable 	Aerial <ul style="list-style-type: none"> • Acro from 1-foot, no hand support. • Aerial replace Acro-Flight if allowable 	Value Part (VP) 2 x <ul style="list-style-type: none"> • Skills receive VP credit 2x’s if skill is isolated or in different connections
Restricted Skill <ul style="list-style-type: none"> • Deduct 0.5 from SV • No VP • No SR fulfilled 	Fall Times—UB/BM <ul style="list-style-type: none"> • 45s to resume routine; *10s warning (UB/BM) • After 45s fall time, routine terminated 	Mount Board/Block <ul style="list-style-type: none"> • Mount springboards/ blocks must be removed immediately following mount—UB/ BM 	D/E <ul style="list-style-type: none"> • D/E performed 2x, DV bonus awarded 1x 	<ul style="list-style-type: none"> • Aerials do not replace saltos 	Score Range <ul style="list-style-type: none"> • 9.5 - 10.0 = 0.20 • 9.0 - 9.475 = 0.50 • 8.0 - 8.975 = 0.70 • Below 8.0 = 1.00 • Min Courtesy Score = 5.00
Skill/VP Credit <ul style="list-style-type: none"> • Skills w/no specific completion or landing requirements given VP credit if more than 1/2 the skill is completed w/o spot before a fall 					
Level Order L1N - L2N - Silver (SN) - L3N - L4N - Gold (GN) - L5N - L6N - Platinum (PN) - L7N - L8N - Diamond (DN) - L9N - L10N					



GENERAL & EVENT RULES CLARIFICATIONS

EVENT RULES CLARIFICATIONS

<p>VT Landing</p> <ul style="list-style-type: none"> • Vaults not landing bottom of feet 1st = VOID—Does not apply to drill-style VT <p>VT One-Arm</p> <ul style="list-style-type: none"> • Vaults w 1-arm = Deduct 1.00 (ea. judge) <i>Handicapped athlete not included</i> <p>VT Zone Mat</p> <ul style="list-style-type: none"> • Required for RO/FHS entry vaults 	<p>UB Mount Skill</p> <ul style="list-style-type: none"> • Skill used as a mount is different than same skill used w/in routine <p>UB Direct Connect/CV</p> <ul style="list-style-type: none"> • Direct connection 'D/E' flight to 'B' flight upgrades 'B' flight to 'C' VP 	<p>UB Cast Amplitude</p> <ul style="list-style-type: none"> • 1N-5N = No amplitude deduction for cast/in-bar circling skills—only execution evaluated <p>UB Release VP/CV</p> <ul style="list-style-type: none"> • Release skills receive VP w hand touch of bar • No CV bonus with fall 	<p>UB In-Bar</p> <ul style="list-style-type: none"> • "In-bar" = Skill included in Skill Sets 3-6-7 <p>UB Same Bar Release</p> <ul style="list-style-type: none"> • Same Bar 'D' release or any 'E' release = additional +0.1 DV bonus (L10N only) 	<p>UB VP/SR w Fall</p> <ul style="list-style-type: none"> • Award VP/SR if completes more than 1/2 of skill unassisted before falling, except skills w specific amplitude requirements 	<p>UB Uncharacteristic Element = 0.30</p> <p>UB Same VP</p> <ul style="list-style-type: none"> • Same skill performed on LB/HB = different
<p>VT Hand Mat</p> <ul style="list-style-type: none"> • Recommended for RO/FHS entry vaults <p>VT Balks</p> <ul style="list-style-type: none"> • Athletes allowed three (3) run attempts • All levels: Vault attempt falls back to board = No score awarded 	<p>BM Mount VP</p> <ul style="list-style-type: none"> • All mounts = 'A' VP if not listed in code <p>BM Matting</p> <ul style="list-style-type: none"> • Max of 8" skill cushion may be used under BM <p>BM Acro Credit</p> <ul style="list-style-type: none"> • Award credit for Acro if at least 1-foot touches beam (<i>Exceptions: Swing down skills or skills to 1-knee</i>) 	<p>BM SR Acro Series Credit</p> <ul style="list-style-type: none"> • Awarded regardless of # of attempts • SR credit if foot touches BM on 2nd skill w/fall • VP not given more than 2x per skill • Execution deductions for skills performed regardless of VP credit 	<p>FX SR Dance Combo</p> <ul style="list-style-type: none"> • Leap/Jump SR fulfilled w (2) Leap skills same or different, (2) Jump skills same or different, or (1) jump + (1) leap—direct/indirect connected <p>FX Additional Matting</p> <ul style="list-style-type: none"> • Additional FX mat must not cover boundary line, and be mark w tape/chalk—Failure = deduct 0.30 (CJ) 	<p>FX Coaches on Mat</p> <ul style="list-style-type: none"> • 8N-10N: Coaches NOT allowed on FX to aid an athlete = deduct 0.50 (CJ) <p>FX Acro Skills</p> <ul style="list-style-type: none"> • SR Skills to start/finish on 1-2 ft—Except: 3N limber 	<p>FX Matting</p> <ul style="list-style-type: none"> • Max two (2) 8" skill cushions used on FX, one (1) per pass <p>FX Stretch Jump</p> <ul style="list-style-type: none"> • Not considered a skill



GENERAL & EVENT RULES CLARIFICATIONS

EXTRA SWING/CAST RULES CLARIFICATIONS

<p>Levels 7N-10N</p> <ul style="list-style-type: none"> • “Extra swings” or “extra casts” are only applicable, universally for 7N-10N <p>EXCEPTIONS</p> <p>Levels 1N-GN</p> <ul style="list-style-type: none"> • Tap swings and casts at any angle considered ‘A’ elements and not considered an “extra” element • Only subject to rhythm deductions, dynamics and execution errors 	<p>Levels 5N / PN</p> <ul style="list-style-type: none"> • Receive (1) ‘A’ VP for achieving the specific cast requirement • No amplitude deductions applied at these levels other than flat <u>0.10</u> <p>Level 5N</p> <ul style="list-style-type: none"> • Subject to deductions for any cast: <ul style="list-style-type: none"> • Execution for body errors, dynamics ↑0.20 • Poor rhythm in elements/connections ↑0.10 • Both Levels allowed (1) tap swing w/o penalty (No VP) • Any other tap swings considered “extra”, receive <u>0.30</u> flat deduction plus general execution deductions— (Max 0.50 each sequence where “extra” occurs) 	<p>Level 6N</p> <ul style="list-style-type: none"> • Cast requirement is > HOR • <i>Recommend for progressive purposes coaches remember Level 7N has a requirement of 45° from VER plus specific amplitude deductions</i> <p>Levels 5N/PN UB Cast/Cast Angles</p> <ul style="list-style-type: none"> • Cast achieves SR but short as ‘B’ cast = ‘A’ VP • Applies only to 1st cast achieving SR • No ‘A’ Cast in code, ‘A’ awarded for achieving casting SR—Cast angle deductions apply 	<p>Level 6N</p> <ul style="list-style-type: none"> • May perform (1) tap swing w/o penalty provided it follows a long hang pullover to under swing (baby giant) • All other swings considered “extra” and receive <u>0.30</u> deduction • Deduct <u>0.30</u> when athletes swings do not result in a skill <p>Example:</p> <ul style="list-style-type: none"> • <i>Leg pump where hips slightly leave the bar after a kip/tap swing is performed after a missed HB skill (used by athletes to get in position to resume a routine)</i> <p>Levels 1N-GN Cast into Dismount</p> <p>Skill X-101RS Cast-Hips leave bar PLUS any allowable dismount = two (2) ‘A’ VP</p>	<p>Levels 7N-10N</p> <ul style="list-style-type: none"> • Refer to specific Level casting amplitude charts for proper deductions <p>NOTE</p> <ul style="list-style-type: none"> • Deduction of 0.30 for lowest possible amplitude error equals same deduction as an “extra” swing—athletes will not be double deducted
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BONUS

BONUS CLARIFICATIONS - BM/FX

UB CLARIFICATIONS & EXCEPTIONS	BM CLARIFICATIONS & EXCEPTIONS	FX CLARIFICATIONS & EXCEPTIONS	
<p>• Same bar 'D' release or any 'E' release = +0.10 DV additional (10N)</p> <p>BM 3-ACRO SERIES EXAMPLES</p> <p>• FF + FF + LO SO → 'BBD' = +0.1 DV, +0.1 CV, +0.1 Extra CV</p> <p>• RO-FF Mt + FF + LO SO → 'CBD' = +0.1 DV, +0.3 CV, +0.1 Extra CV</p> <p>• FF + LO SO + LO SO → 'BDD' = +0.1 DV, +0.3 CV, +0.1 Extra CV</p> <p>• FWD Aerial + FF + FF → 'DBB' = +0.1 DV, +0.1 CV, +0.1 Extra CV</p> <p>• FWD Aerial + FF + LO SO → 'DBD' = +0.2 DV, +0.3 CV, +0.1 Extra CV</p>	<p>• 'BC' Acro Flight = NO CV Bonus Level 10N</p> <p>• (3) Acro flight connection (exclude dmt.) min 1-'C' = +0.1 CV</p> <p>EXCEPTIONS</p> <p>• 'BD' Acro flight-FF+LO—stretch-pike DWN w/2-feet = +0.1</p> <p>• BWD salto LO SO and FWD Aerial = 'D' DV = 'C' - CV bonus in FF series (FF 1-ft + FF 2-ft, Gainer FF or FF swing DWN, any order)</p> <p>BM EXCEPTION EXAMPLES</p> <p>• BHS + LO-SO → 'BD' = +0.1 DV, Ø CV ('BC')</p> <p>• Split jump + LO SO → BD = +0.1 DV, +0.2 CV (not a FF series)</p> <p>• RO + LO SO → 'BD' = +0.1 DV, +0.2 CV (not a FF series)</p> <p>• FWD Aerial + FF → 'DB' = +0.1 DV, Ø CV ('BC')</p> <p>• FWD Aerial + BWD tuck → 'DC' = +0.1 DV, +0.2 CV</p>	<p>• Double BWD Salto OR 'E' Acro—last pass = additional + 0.1 DV (10N)</p> <p>• Turns + jumps/hops (2 or 1-foot take off) used for CV if directly connected—no stop, extra steps, hops, foot repositioning</p> <p>• EXCEPTION—(See Bonus Chart)—Mix series → Acro/ Dance/Acro Direct = Must be Direct Acro connection w min 2 Saltos (1-C) + Dance min 'A', Salto min 'A'</p> <ul style="list-style-type: none"> • 'C'-Acro direct to Dance not required • Bonus is in addition to Tumble CV • Will fulfill SR dismount and composition requirement <p>• FWD 1/1 (C) + FWD LO 1/2 (B) + Ring jump (B) + FWD tuck (A) = +0.1 mixed series connection +0.2 tumbling CV bonus</p> <p>• Fulfills 10N SR #1 and composition dismount requirement</p>	
<p>CONNECTION VALUE BONUS — LEVELS 9N/10N</p> <p>CV bonus awarded only: Flight skills = BM, Saltos/Aerials = FX unless otherwise specified</p>			
	<p>UB</p> <p>+0.1 +0.2 +0.3</p>	<p>BM</p> <p>+0.1 +0.2 +0.3</p>	<p>FX</p> <p>+0.1 +0.2 +0.3</p>
<p>DIRECT <i>1Turn & Flight only</i></p>	<p>CC CC¹ CD+</p>	<p>ACRO INDIRECT</p>	<p>A^SD^S+ A^SA^SC^S B^SD^S+ A^SA^SD^S+ C^SC^S</p>
<p>ACRO DIRECT</p>	<p>²BB-Direct = Saltos (no aerials)</p>	<p>AD+ BC (L9) BBC CC+ BD+ DD+ BCC+ BBD+</p>	<p>A^SC^S B^SB^S A^SD^S+ B^SC^S+ C^SC^S+ See Exception</p>
<p>DANCE/MIXED</p>	<p>No dismounts</p>	<p>AD+ BC BD+ CC CD+ DD+</p>	<p>BD+ CC D^SA^J CD+ DD+</p>
<p>DANCE TURNS</p>	<p>Turns on 1-foot</p>	<p>AC CA</p>	<p>S = Salto/Aerial J = Jump A = Acro D = Dance Di = Dismount</p>
<p>BM DISMOUNT</p>	<p>Flight not required</p>	<p>B^AC^{Di} C^DC^{Di}</p>	<p>VP+ = Bonus applies also to more difficult VP (ex: CC+ = CC / CD / CE)</p>
			<p>FX EXAMPLES</p> <p>• 2/1 turn + Popa → 'CC' = + 0.1 CV</p>

BONUS CLARIFICATIONS

GENERAL CLARIFICATIONS	DV & CV Clarifications
<p>• 'D'-VP = 0.1 DV</p> <p>• 'E'-VP = 0.2 DV (10N only)</p> <p>• VP in any order w/in connection, unless specified</p> <p>• No Bonus if fall/spot</p> <p>• 9N 'D/E'-VP = 'C' CV bonus</p> <p>• 9N (1) 'D/E' = +0.1 DV bonus</p> <p>• CV bonus = Award 2x for same skills, provided in different order</p>	<p>• 9N max CV Bonus = +0.3</p> <p>• 9N max DV Bonus = +0.1</p> <p>• 10N max CV Bonus = +0.5</p> <p>• 10N max DV Bonus = +0.5</p> <p>• 10N w (1) 'E' Acro = add +0.1 (10.0 SV required = 10.1 SV)</p> <p>• DV bonus for VP only once</p> <p>• Max 10 SV = 10.1</p> <p>• Max 9N SV = 10.0</p>

Section 4



VT DEDUCTIONS

ALL LEVELS — VAULT DEDUCTIONS

FIRST FLIGHT		REPUSION		SECOND FLIGHT		LANDING	
POOR LEG / FOOT FORM		POOR LEG / FOOT FORM		POOR LEG / FOOT FORM		FEET	
Poor foot form	↑0.10			Poor foot form	↑0.10	Feet land hip-width or closer—Never join	0.05
Crossed legs	↑0.10			Crossed legs	↑0.10	Feet land more than hip-width apart	0.10
Separated legs	↑0.20			Separated legs	↑0.20	Slight hop—Feet adjust—Feet stagger	↑0.10
Bent legs	↑0.30	Bent legs—In support	↑0.30	Bent	↑0.30	Steps (<i>max 0.40</i>)	<i>each</i> 0.10
BODY POSITION EXACTNESS		BODY POSITION EXACTNESS		BODY POSITION EXACTNESS		Large Step—Jump (<i>Approximately 3-ft</i>)	
Excessive pike	↑0.20			Stretched position—Hip angle (<i>136°-179°</i>)	↑0.30	ARMS / TRUNK	
Excessive arch	↑0.20	Arch	↑0.20	Stretched position—Arch	↑0.30	Arm swings—For balance	↑0.10
Incomplete LA turn	↑0.30			Exactness of LA turn	↑0.10	Trunk movement—For balance	↑0.20
SPECIFIC TO LEVEL				Insufficient tuck/pike	↑0.30	Poor body posture	↑0.20
		Shoulder Angle	↑0.20	Fail to maintain stretch—Pike down	↑0.30	Squat	↑0.30
LEVELS 1N-3N		BODY POSITION TIMING		BODY POSITION TIMING		PERFORMANCE	
Lack of accelerated run	↑0.30	LA turn begun too early	↑0.30	LA turn started too late	↑0.50	LA Turn incomplete	↑0.30
Body lean—board contact	↑0.30			Late completion of twist—Salto VT	↑0.30	Deviation from straight direction	↑0.30
Height deduction	∅	Early tuck in repulsion—Salto VT	↑.30	Insufficient/late extension—Tuck/pike	↑0.20	Dynamics	↑0.50
LEVELS 1N-5N				Total absence of extension—Tuck/pike	0.30	FALLS / TOUCHES	
Speed thru out	↑0.50	ARMS/HANDS/HEAD EXACTNESS		Under-rotation—Salto VT	0.10	Brush/touch w hand(s)—No support	↑0.30
Height deduction	∅	Staggered/alternate hands—All Vaults**	↑0.10	ARMS/HANDS/HEAD EXACTNESS		Fall or support on 1 or both hands	0.50
LEVELS 2N-SN		Alternate repulsion—All Vaults**	↑0.20			Fall against VT table	0.50
Fail to finish/show flat-back position	↑0.30	Steps/hops on hands	↑0.30			Fall off/against Mat stack	0.50
LEVELS 4N-7N		Arms bent	↑0.50			Fail to land bottom of feet first	VOID
Fail to land top of resi	1.00	(<i>Slight bend lead arm Tsuk entry VT OK</i>)				Land in any position on table top	VOID
LEVELS 6N-7N		No hand contact on Table	VOID			SPOT / COACH	
Lack of Rotation	↑0.30	Head touch-support (<i>0.5 bent arms included</i>)	2.00	Brush/hit of body/head on Table	0.20	LEVELS 1N-10N	
Distance Deduction	∅	** <i>Exception - 3/4 - 1/1 turn on</i>				Spot assist—Landing	0.50
CHIEF JUDGE		TECHNICAL EXACTNESS		TECHNICAL EXACTNESS		LEVELS 2N-5N	
No Safety Zone Mat—YU/FH	VOID			Insufficient height	↑.50	Spot assist—During VT (<i>Not include landing</i>)	1.00
Incorrect apparatus specs	0.30			Insufficient distance	↑.30	LEVELS 6N-7N	
Exceeds W-up time (<i>After warning</i>)	0.20	<i>Courtesy Score 5.0 = L3N, 4N, 6N, 7N vault attains hand support, lands/falls on top of table/mat stack (does not return to board)</i>		Touch only 1-hand (<i>Each judge</i>)	1.00	Spot between board/table	1.00
Failure to begin w/in 30s of signal	0.20					LEVEL PN	
Vaults w/o signal	0.50					Spot assist—Post-flight (<i>PN Salto VT only</i>)	1.00
Fail to present before/after VT—Each	0.10					LEVELS 8N-10N	
Incorrect attire/jewelry (<i>after 1st warning</i>)	0.20					Coach between board/table	0.50
Exceeds fall time	Terminate VT					(<i>Except YU/FH—No Penalty</i>)	
						Spot assist—Post-flight (<i>8N Salto VT only</i>)	1.00
						Spot assist—During VT (<i>DN, 9N, 10N</i>)	VOID

UB DEDUCTIONS



ALL LEVELS — UNEVEN BAR DEDUCTIONS	
TECHNICAL PERFORMANCE	UB
Under rotation—Release/flight elements	↑0.10
Precision of handstand positions—Thru out	↑0.10
Extension of glides/swing into Kips	↑0.10
Amplitude of elements	↑0.20
Amplitude of casts (<i>Levels 6N/7N/8N-10N</i>)	↑0.30
Angle of turn completion	↑0.30
Height of salto dismount	↑0.30
Extention (open) of Tuck/Pike body position—Prior to landing Dismount	↑0.30
ARTISTRY OF PERFORMANCE	UB
Poor rhythm in elements/connections	↑0.10
Hesitation in jump or swing to HB	↑0.10
Dynamics	↑0.20
• <i>Insufficient swingful execution—Thru out</i>	
• <i>Energy not maintained—Thru out</i>	
• <i>Fail to make difficult look effortless</i>	
EXCESSIVE PREPARATION/COMPLETION	UB
Touch, brush apparatus/mat—Foot/feet	↑0.10
Hit apparatus—Foot/feet	0.20
Hit mat—Foot/feet	0.30
Uncharacteristic movement—To complete VP	0.30
Grasp apparatus—To avoid a fall	0.30
Intermediate (extra) swing/cast (<i>Max 0.50 per occurrence</i>) (<i>L5N-10N</i>)	0.30
Full support on mat—Foot/feet (<i>During routine</i>)	0.50
Spotting assist on element (<i>No SR/No VP</i>)	0.50
SPECIFIC EXECUTION	UB
Landing too close to bar on dismount	0.10
Clear hip/Stalders/Toe circles < 45° from VER (<i>Levels 6N/7N-10N</i>)	↑0.40
No dismount (<i>Deduct from SV</i>)	0.30

GENERAL EXECUTION DEDUCTIONS	
GENERAL EXECUTION	ALL
Flexed/sickled feet during VP	0.05
Legs/knees crossed	↑0.10
Legs/knees separated	↑0.20
Exactness of body shape—Tuck/Pike (<i>Stretched - Arch or Hip Angle - 136-179°</i>)	↑0.20
Failure to maintain stretched body position (<i>Pike down</i>)	↑0.20
Bent arms—In support	↑0.30
Bent legs	↑0.30
GENERAL LANDING EXECUTION	ALL
FEET	
Feet land hip-width or closer—Never join on dismount	0.05
Feet land more than hip-width apart	0.10
Slight hop—Feet adjust—Feet stagger	↑0.10
Steps—Each (<i>Max 0.40</i>)	0.10
Large step or jump	0.20
ARMS / TRUNK	
Arm swings—For balance	↑0.10
Trunk movement—For balance	↑0.20
Poor body posture—Landing elements	↑0.20
Squat—Upon landing	↑0.30
PERFORMANCE	
Deviation from straight direction	↑0.10
Incomplete turn/twist	↑0.20
FALLS / TOUCHES	
Brush/touch of landing surface w hand(s)	↑0.30
Spot assist on landing	0.50
Fall or support on apparatus/mat—On hand(s)	0.50
Fails to land bottom of feet first on dismount—Fall (<i>No VP/SR</i>)	0.50

CHIEF JUDGE DEDUCTIONS — UB							
Incorrect apparatus specs	0.30	Starts exercise before signal (<i>Repetition</i>)	0.50	Failure to remove board after mount	0.30	Incorrect attire/jewelry (<i>after 1st warning</i>)	0.20
Use of supplementary mats	0.30	Failure to begin w/in 30s of signal	0.20	Verbal cues by coach/team (<i>after warning</i>)	0.20	Excessive use of chalk	0.20
Exceeds warm-up time (<i>After warning</i>)	0.20	3rd run approach—Mounts	0.50	Coach instructs gymnast during routine	0.20	Incorrect padding (<i>Heels/hips</i>)	0.20
Fail to present before or after routine—Each	0.10	Board on unpermitted surface	0.30	Exceeds fall time		Terminate exercise	

Section 6

BM / FX DEDUCTIONS



ALL LEVELS — BM / FX DEDUCTIONS

TECHNICAL PERFORMANCE	BM	FX
Body position/alignment—Dance	↑0.10	↑0.10
Legs not parallel to BM/FX in Split/Straddle/Pike	↑0.20	↑0.20
Turn elements not performed in high relevé	↑0.10	↑0.10
Relaxed/incorrect footwork in non-VP—Thru out	↑0.20	↑0.20
Relaxed/incorrect/insufficient leg/body position & flexibility non-VP—Thru out	↑0.30	↑0.30
Insufficient split when required—Dance/Acro	↑0.20	↑0.20
Feet apart—Landing Side jumps/Jumps	↑0.10	↑0.10
Height—Leaps/Jumps/Hops	↑0.20	↑0.20
Height—Acro Flight/Aerials	↑0.20	
Height—Saltos/Dismount	↑0.30	↑0.30
Extension (<i>open</i>) of Tuck/Pike body position—Prior to landing Acro VP/Dismount	↑0.30	↑0.30
ARTISTRY OF PERFORMANCE	BM	FX
Lack of precision—Dance element	↑0.10	
Rhythm—During direct connection		↑0.10
Rhythm—Connections—Dance/Mixed/Acro (<i>not BWD flight</i>)	↑0.20	
Sureness of performance—Thru out	↑0.20	
Variation in rhythm/tempo—Thru out	↑0.20	
Dynamics	↑0.20	↑0.20
Artistry/presentation—Originality/creativity	↑0.30	↑0.30
EXCESSIVE PREPARATION/COMPLETION	BM	FX
Support of 1-leg against side of BM	0.20	
Grasp apparatus—To avoid a fall	0.30	
Additional movements to maintain balance on beam	↑0.30	
Hesitation in jump, press, swing to Handstand	↑0.10	
Concentration pause (<i>2s</i>)	each	↑0.10
Spotting assist—Element (<i>No SR/No VP</i>)	0.50	0.50
SPECIFIC EXECUTION	BM	FX
Land too close to BM on dismount	0.10	
Direction of gainer dismount off end of BM	↑0.30	
Poor relationship of music & movement thru out		↑0.20
No dismount (<i>Deduct from SV</i>)	0.30	

GENERAL EXECUTION DEDUCTIONS

GENERAL EXECUTION		ALL
Flexed/sickled feet during VP		0.05
Legs/knees crossed		↑0.10
Legs/knees separated		↑0.20
Exactness of body shape—Tuck/Pike (<i>Stretched - Arch or Hip angle - 136-179°</i>)		↑0.20
Failure to maintain stretched body position (<i>Pike down</i>)		↑0.20
Incomplete turn/twist		↑0.20
Bent arms in support		↑0.30
Bent legs		↑0.30
GENERAL LANDING EXECUTION		ALL
	FEET	
Feet land hip-width or closer—Never join on dismount		0.05
Feet land more than hip-width apart		0.10
Slight hop—Feet adjust—Feet stagger		↑0.10
Steps (<i>Max 0.40</i>)	each	0.10
Large step or jump		0.20
ARMS / TRUNK		
Arm swings—For balance		↑0.10
Trunk movements—For balance		↑0.20
Poor body posture—Landing elements		↑0.20
Squat upon landing		↑0.30
PERFORMANCE		
Deviation from straight direction		↑0.10
FALLS / TOUCHES		
Brush/touch landing surface with hand(s)		↑0.30
Spot assist on landing		0.50
Fail or support on hand(s) on apparatus or mat		↑0.50
Fail to land on bottom of feet first on Saltos/Aerials/Dismount - fall (<i>No VP/SR</i>)		↑0.50

CHIEF JUDGE DEDUCTIONS — BM / FX

	BM	FX		BM	FX		BM	FX	FX	
Incorrect apparatus specs	0.30		Fail to begin w/in 30s of signal	0.20	0.20	Coach instructs gymnast during routine	0.20	0.20	Fail to mark boundary line on mat	0.10
Use of supplementary mats	0.30	0.30	3rd run approach—Mounts	0.50		Incorrect attire/jewelry (<i>after 1st warning</i>)	0.20	0.20	Exceeds FX boundary line	0.10
Exceeds warm-up time (<i>After warning</i>)	0.20	0.20	Board on unpermitted surface	0.30		Excessive use of chalk	0.20	0.20	Coach on FX mat (<i>Levels 8N - 10N</i>)	0.50
Fail to present before/after routine—Each	0.10	0.10	Failure to remove board after mount	0.30		Overtime	0.10	0.10	Music with lyrics/words	1.00
Starts exercise before signal (<i>Repetition</i>)	0.50	0.50	Verbal cues—Coach/team (<i>after warning</i>)	0.20	0.20	Exceeds fall time			Terminate exercise	1.00
									Absence of music	1.00

UB—CAST, SWING, CIRCLE ANGLE CLARIFICATIONS

6N Cast Element					8N -10N Cast & Swing Element				Tap Swing	In-Bar Drop
> 20° ↓ HOR	HOR - 20° ↓ HOR	HOR	↑ HOR	'B' Handstand	45° ↓ VER	45° - 30° ↓ VER	30° - 20° ↓ VER	'B' Handstand	-45° / -45° ↓ Hanging VER	Acceptable Arch or "Flair"
7N Cast Element					Turns in Handstand				Bar Grips	
↓ HOR	HOR - 20° ↑ HOR	20° - 45° ↑ HOR	> 45° ↑ HOR	'B' Handstand	> 40° ↓ VER	40° - 30° ↓ VER	30° - 20° ↓ VER	'C' 1/2 Turn in HS	Most Popular Grips	
									Regular/Over—Both overhand, palms away Reverse/Under—Both underhand, palms face up Mixed—(1) hand regular (1) hand reverse Cross Mixed—Mixed grip w (1) arm crossed over 'L' (Eagle)—360° twist from under, thumbs out Mixed 'L'—(1) hand reverse, (1) hand "L"	
6N & 7N - 10N Circling Element						Flight to Handstand HB-LB			Bar Turns	
> 30° ↓ HOR	20° - 30° ↓ HOR	HOR - 20° ↓ HOR	HOR - 45° ↑ HOR	45° - 20° ↓ VER	'C' Handstand	> 30° ↓ VER	30° - 20° ↓ VER	'C' Handstand	Most Popular Turn Techniques	
									Regular—(2) hand changes, (1) before, (1) after HS Healy—360° turn, 1-arm, after HS; finishes in Mixed 'L'/'L'; prior skill has (1) hand in under grip Higgins—Leads w back of body; one hand does not move; finishes in Mixed 'L'/'L'; usually next element is a FWD Giant Blind—BWD Giant, 1/2 turn, completes near HS	



COMPOSITION—LEVEL 10N

UB Choice of Elements	
Choice of Elements not up to competitive level	0.10
1. Standards of “Up to competitive level”:	
a. Single bar release min ‘D’ VP	
OR	
a. Release “E” VP	
OR	
a. Min (2) ‘D’ Release VP	
OR	
a. Min (2) ‘E’ VP	
2. Exercise must have:	
a. Min ‘D’ Dismount	
OR	
a. ‘C’ Dismount in bonus combination	

BM Choice of Elements	
Choice of Elements not up to competitive level	0.10
1. Standards: “Up to competitive level”:	
a. Flight series performed on BM WITHOUT Connection Value, required to have:	
1) Skills performed and stopped on BM	
2) Additional ‘D/E’ Acro element	
OR	
2) ‘E’ dance element	
Including mounts and dismounts	
b. ‘D/E’ Acro skill directly connected to dismount CANNOT fulfill “Up to level requirement”	
EXAMPLE: <i>Side Aerial—BWD 1/1 (360°) twist dismount—Side Aerial NOT considered UTL if flight series does NOT have CV Bonus</i>	

BM Lack of Variety	
Lack of BWD Acro	0.10
Min ‘A’	
Lack of FWD/SWD Acro	0.10
Min ‘A’	
1. Standards for BWD, FWD/SWD: “Lack of variety in Acro choice”:	
a. Must be from Mounts, Rolls, Walkovers/ Cartwheels, Saltos	
b. Round off = SWD element	
c. Jump BWD-FF w 1/2 (180°) twist—FWD walkover (Arabian) = FWD element	
d. Tic-Toc = FWD or BWD element	

FX Choice of Elements	
Choice of Elements not up to competitive level	0.10
1. <u>Three (3) tumbling passes must include</u>	
a. One (1) ‘E’ Acro/Dance	
OR	
a. Two (2) different ‘D’ VP—One (1) an Acro	
b. One (1) Acro series w ‘C’ salto or higher	
c. Acro dismount, min ‘C’ salto in bonus connection	
OR	
c. Min ‘D’ salto	
2. <u>Two (2) tumbling passes must include</u>	
a. Min ‘D’ in one (1) passes	
b. Min ‘D’	
OR	
b. +0.20 CV in other pass	
Any order	

FX Lack of Variety	
Lack of Dance Bonus Skill Set 1 or 2	0.10
Min +0.1 CV OR +0.10 ‘D/E’ Bonus	
Lack of Variety in Acro VP	0.10
Missing BWD salto, Min ‘A’	
Lack of FWD/SWD Acro Salto	0.10
Min ‘A’	

Chapter 2

WOMEN'S EVENTS SKILLS CHARTS



**Women's
Program**



SECTION 1—X SKILL SETS

SECTION 5-12—UB SKILLS CHART

SECTION 2—VT CHART—HANDSPRING

SECTION 13-19—BM SKILLS CHART

SECTION 3—VT CHART—FHS-BOARD, TSUKAHARA

SECTION 20-23—FX SKILLS CHART

SECTION 4—VT CHART—YURCHENKO

VT Level 10N = Signifies NCAA Value Guidelines

Highlighted element number signifies NCAA value also used for NGA

X SKILL CHART

LEVELS 1N-4N / GN — X SKILL CHART

4N & GN MAY USE SKILLS ON UB ONLY

UB—SKILL SET #1—MOUNTS	BM—SKILL SET #1—DANCE	FX—SKILL SET #1—DANCE
X-101RM Jump—Front support X-102RM Pullover—1 - 2 feet—W/w/o run X-103RM Glide swing—Stand X-104RM Single-leg jam—From glide/run X-105RM Run out—Glide kip	X-101BJ Split jump—Min 45° X-102BJ Straddle jump—Min 45° X-103BT Pivot turn X-104BT 1/2 turn—1-foot—Any technique X-105BT FWD—Swing turn X-106BT BWD—Swing turn X-107BT Squat turn X-108BH Arabesque (Levels 1N-2N only)	X-101FD 1/2 turn—Any technique X-102FD FWD—Swing turn X-103FD BWD—Swing turn X-104FD Split leap—Min 60° X-105FD Leg swing hop—Free leg any angle
UB—SKILL SET #2—BAR SKILLS	BM—SKILL SET #2—ACRO	FX—SKILL SET #2—ACRO
X-101RS Cast—Hips leave bar X-102RS FWD—Stride circle X-103RS BWD—Stride circle X-104RS Single-leg basket swing—Clear support X-105RS Cast—Shoot through X-106RS Long hang pullover—From swing X-107RS FWD/BWD Single-leg cut X-108RS Tap swing—Counterswing	X-101BA Lever—Touch beam X-102BA Partial HS—Lead leg min 45° from VER X-103BA Cross/side HS—VER—No hold required X-104BA Shoulder roll X-105BA Push—Bridge—Hold 1s X-106BA Candlestick roll	X-101FA Candlestick X-102FA Partial HS—Min 45° X-103FA VER HS X-104FA Headstand—No hold required X-105FA BWD roll—Push up position X-106FA Push up—Bridge—Kick over X-107FA Backbend—Kick over X-108FA Headspring X-109FA FWD limber X-110FA Cartwheel—Step-in X-111FA Side cartwheel
UB—SKILL SET #3—DISMOUNTS	BM—SKILL SET #3—DISMOUNTS	
X-101RD Underswing X-102RD Tap swing—1/2 (180°) turn X-103RD Cast off—Stand X-104RD 3/4 FWD circle—Stand X-105RD Squat on—Jump down	X-101BD Cartwheel—Partial handstand X-102BD Stretch jump X-103BD Tuck jump X-104BD Straddle jump—Min 90° X-105BD Handstand—1/4 (90°) turn—Any entry X-106BD Any jump—180° turn X-107BD Any jump—360° turn X-109BD FWD handspring	

Section 2



VT CHART—HANDSPRINGS

1HS HANDSPRING W/W/O LA TURN				PN	8N	9N	10
					DN		
1.HS1	Handspring			10.0	9.0	8.8	8.8
1.HS2	Handspring	1/2 twist off		10.0	9.0	9.0	9.0
1.HS3	Handspring	1/1 twist off		10.0	9.5	9.2	9.2
1.HS4	Handspring	1-1/2 twist off	(Kim)	10.0	9.7	9.5	9.5
1.HS5	★ Handspring	2/1 twist off		-	-	10.0	10.0
1.HS6	★ Handspring	2-1/2 twist off		-	-	10.0	10.0
1.HS7	1/2 twist on	Repulsion off		10.0	9.0	8.8	8.8
1.HS8	1/2 twist on	1/2 twist off		10.0	9.2	9.0	9.0
1.HS8	1/4 twist on	3/4 twist off		10.0	9.2	9.0	9.0
1.HS9	1/2 twist on	1/1 twist off	(Kim)	10.0	9.4	9.2	9.2
1.HS9	1/4 twist on	1-1/4 twist off		10.0	9.4	9.2	9.2
1.HS10	1/2 twist on	1-1/2 twist off		10.0	9.6	9.5	9.5
1.HS10	1/4 twist on	1-3/4 twist off		10.0	9.6	9.5	9.5
1.HS11	1/2 twist on	2/1 twist off	(Zamolodchikova)	-	-	9.9	9.9
1.HS11	1/4 twist on	2-1/4 twist off		-	-	9.9	9.9
1.HS12	1/1 twist on	Handspring off		10.0	10.0	9.6	9.6
1.HS13	1/1 twist on	1/2 twist off		10.0	10.0	9.6	9.6
1.HS14	1/1 twist on	1/1 twist off	(Korbut)	-	-	9.8	9.8
1.HS15	★ 1/1 twist on	1-1/2 twist off		-	-	10.0	10.0

2HS HANDSPRING W/WO TWIST - SALTO FWD/BWD				PN	8N	9N	10
					DN		
2.HS1	Handspring	FWD Tuck		-	-	10.0	9.8
2.HS2	Handspring	FWD Tuck 1/2 twist		-	-	10.0	9.9
2.HS3	★ Handspring	FWD Tuck 1/1 twist		-	-	-	10.0
2.HS4	★ Handspring	FWD Tuck 1-1/2 twist		-	-	-	10.0
2.HS5	Handspring	FWD Pike		-	-	10.0	9.9
2.HS6	★ Handspring	FWD Pike 1/2 twist		-	-	-	10.0
2.HS7	★ Handspring	FWD Pike 1/1 twist	(Chusovitina)	-	-	-	10.0
2.HS8	★ Handspring	FWD LO	(Evdokimova)	-	-	-	10.0
2.HS9	★ Handspring	FWD LO 1/2 twist	(Wang)	-	-	-	10.0
2.HS10	★ Handspring	FWD LO 1/1 twist		-	-	-	10.0
2.HS11	★ Handspring	FWD LO 1-1/2 twist	(Chusovitina)	-	-	-	10.0
2.HS12	Handspring	1/2—BWD Tuck		-	-	-	9.9
2.HS13	★ Handspring	1/2—BWD Tuck 1/2 twist		-	-	-	10.0
2.HS14	★ Handspring	1/2—BWD Pike		-	-	-	10.0
2.HS15	★ 1/1 twist on	FWD Tuck	(Davydova)	-	-	-	10.0
2.HS16	★ 1/1 twist on	FWD Pike		-	-	-	10.0

★ 10.0 Vaults eligible for +0.10 Bonus
Level 10N only—must be performed
successfully, no spot/fall

NGA EXCLUSIVE
Level 10N Vault
values meet or
exceed NCAA values

Section 3



VT CHART—FHS-BOARD, TSUKAHARA

3FH FHS-BOARD HANDSPRING WW/O TWIST - SALTO FWD/BWD				PN	8N	9N	10
					DN		
3.FH1	FHS—board—HS	Handspring Repulsion		-	-	8.8	8.8
3.FH2	FHS—board—HS	FWD Tuck	(Ing)	-	-	10.0	9.9
3.FH3	★ FHS—board—HS	FWD Tuck 1/2 twist	(Mantle)	-	-	-	10.0
3.FH4	★ FHS—board—HS	FWD Pike	(Garbarino)	-	-	10.0	10.0
3.FH5	★ FHS—board—HS	FWD Pike 1/2 twist	(Whitman)	-	-	-	10.0
3.FH6	FHS—board—Tsuk	Repulsion off		-	-	9.1	8.9
3.FH7	FHS—board—Tsuk	BWD Pike	(Zuhilke)	-	-	9.8	9.7
3.FH8	★ FHS—board—Tsuk	BWD Tuck 1/1 twist	(Zuhilke)	-	-	-	10.0
3.FH9	★ FHS—board—Tsuk	BWD LO		-	-	-	10.0

1TS TSUKAHARA (90°-180° LA TURN IN 1st FLIGHT)				PN	8N	9N	10
					DN		
1.TS1	Tsuk	Repulsion off		10.0	9.0	8.8	8.8
1.TS2	Tsuk	BWD Tuck	(Tourischeva)	10.0	10.0	9.6	9.5
1.TS3	Tsuk	BWD Tuck 1/2 twist		-	-	10.0	9.8
1.TS4	Tsuk	BWD Tuck 1/1 twist	(Kim)	-	-	10.0	9.9
1.TS5	★ Tsuk	BWD Tuck 1-1/2 twist		-	-	-	10.0
1.TS6	Tsuk	BWD Pike		10.0	10.0	9.7	9.6
1.TS7	Tsuk	BWD LO		-	-	10.0	9.8
1.TS8	★ Tsuk	BWD LO 1/2 twist		-	-	-	10.0
1.TS9	★ Tsuk	BWD LO 1/1 twist	(Kim)	-	-	-	10.0
1.TS10	★ Tsuk	BWD LO 1-1/2 twist		-	-	-	10.0
1.TS11	Tsuk	1/2—FWD Tuck		-	-	10.0	9.8
1.TS12	★ Tsuk	1/2—FWD Tuck 1/2 twist	(Shible)	-	-	-	10.0
1.TS13	★ Tsuk	1/2—FWD Tuck 1/1 twist		-	-	-	10.0
1.TS14	★ 1/4 twist on	1/4—FWD Tuck 1-1/2 twist	(Carey)	-	-	-	10.0
1.TS15	Tsuk	1/2—FWD Pike		-	-	10.0	9.9
1.TS16	★ 1/2 twist on	1/2—FWD LO	(Phelps)	-	-	-	10.0
1.TS17	★ 1/4 twist on	1/4—FWD LO (land face out)		-	-	-	10.0
1.TS18	★ Tsuk	1/2—FWD LO 1/2 twist	(House)	-	-	-	10.0

'Tsuk' entry = Refers to preflight between 1/4 (90°) and 1/2 (180°)

★ 10.0 Vaults eligible for +0.10 Bonus Level 10N only—must be performed successfully, no spot/fall

NGA EXCLUSIVE
Level 10N Vault values meet or exceed NCAA values

Section 4



VT CHART—YURCHENKO

1YU YURCHENKO—RO-FF ENTRY

				PN	8N	9N	10
					DN		
1.YU1	RO-FF	Repulsion to feet		10.0	9.0	8.8	8.8
1.YU2	RO-FF	Repulsion 1/2 twist		10.0	9.2	9.0	9.0
1.YU3	RO-FF	Repulsion 1/1 twist		10.0	9.4	9.2	9.2
1.YU4	RO-FF	Repulsion 1-1/2 twist	(Allen)	10.0	9.8	9.5	9.5
1.YU5	RO-FF	Repulsion 2/1 twist	(Allen)	-	10.0	9.9	9.9
1.YU6	RO-FF	BWD Tuck	(Yurchenko)	10.0	10.0	9.6	9.5
1.YU7	RO-FF	BWD Tuck 1/2 twist		-	-	10.0	9.8
1.YU8	RO-FF	BWD Tuck 1/1 twist		-	-	10.0	9.9
1.YU9	★ RO-FF	BWD Tuck 1-1/2 twist		-	-	-	10.0
1.YU10	★ RO-FF	BWD Tuck 2/1 twist	(Dungelova)	-	-	-	10.0
1.YU11	RO-FF	BWD Pike		10.0	10.0	9.7	9.6
1.YU12	RO-FF	BWD LO		-	-	10.0	9.75
1.YU13	★ RO-FF	BWD LO 1/2 twist		-	-	-	10.0
1.YU14	★ RO-FF	BWD LO 1/1 twist		-	-	-	10.0
1.YU15	★ RO-FF	BWD LO 1-1/2 twist		-	-	-	10.0
1.YU16	★ RO-FF	BWD LO 2/1 twist	(Baitova)	-	-	-	10.0
1.YU17	★ RO-FF	BWD LO 2-1/2 twist	(Amanar)	-	-	-	10.0
1.YU18	RO-FF	1/2—FWD Tuck		-	-	10.0	9.8
1.YU19	RO-FF	1/2—FWD Pike		-	-	10.0	9.9
1.YU20	★ RO-FF	1/2—FWD Pike 1/2 twist		-	-	-	10.0
1.YU21	★ RO-FF	1/2—FWD LO		-	-	-	10.0

★ 10.0 Vaults eligible for +0.10 Bonus Level 10N only—must be performed successfully, no spot/fall

2YU YURCHENKO—RO-FF W/LA TURN ENTRY - SALTO FWD/BWD

				PN	8N	9N	10
					DN		
2.YU1	RO-FF 1/2	Handspring off		10.0	9.2	8.9	8.9
2.YU2	RO-FF 1/2	1/2 twist		10.0	9.4	9.1	9.1
2.YU3	RO-FF 1/2	1/1 twist		10.0	9.6	9.3	9.3
2.YU4	RO-FF 1/2	1-1/2 twist		10.0	9.8	9.5	9.5
2.YU5	★ RO-FF 1/2	2/1 twist		10.0	10.0	10.0	10.0
2.YU6	RO-FF 1/1	Repulsion off		-	9.6	9.3	9.3
2.YU7	RO-FF 1/1	1/2 twist		-	9.8	9.5	9.5
2.YU8	RO-FF 1/1	1/1 twist		-	10.0	9.7	9.7
2.YU9	★ RO-FF 1/2	FWD Tuck	(Ivancheva)	-	-	10.0	10.0
2.YU10	★ RO-FF 1/2	FWD Tuck 1/2 twist	(Servante)	-	-	-	10.0
2.YU11	★ RO-FF 1/2	FWD Tuck 1/1 twist		-	-	-	10.0
2.YU12	★ RO-FF 1/2	FWD Tuck 1-1/2 twist	(Khorkina)	-	-	-	10.0
2.YU13	★ RO-FF 1/2	FWD Pike	(Omelianchik)	-	-	-	10.0
2.YU14	★ RO-FF 1/2	FWD Pike 1/2 twist	(Podkopayeva)	-	-	-	10.0
2.YU15	★ RO-FF 1/2	FWD LO	(Hristakieva)	-	-	-	10.0
2.YU16	★ RO-FF 1/2	FWD LO 1/2 twist	(Lopez)	-	-	-	10.0
2.YU17	★ RO-FF 1/2	1/2—BWD Tuck	(Mroz)	-	-	-	10.0
2.YU18	★ RO-FF 1/2	1/2—BWD Pike	(Khorkina)	-	-	-	10.0
2.YU19	★ RO-FF 1/2	1/2—BWD LO		-	-	-	10.0
2.YU20	★ RO-FF 1/1	BWD Tuck	(Luconi)	-	-	-	10.0
2.YU21	★ RO-FF 1/1	BWD Tuck 1/1 twist		-	-	-	10.0
2.YU22	★ RO-FF 1/1	BWD Pike		-	-	-	10.0
2.YU23	★ RO-FF 1/1	BWD LO		-	-	-	10.0
2.YU24	★ RO-FF 1/1	BWD LO 1/1 twist	(Tankousheva)	-	-	-	10.0
2.YU25	★ RO-FF 1/1	1/2—FWD Tuck		-	-	-	10.0

NGA EXCLUSIVE
Level 10N Vault values meet or exceed NCAA values

UB SKILLS CHART



#1 UB—MOUNTS

#1 UB—MOUNTS	
A—MOUNTS	
A-101RM	Jump clear support LB—Immediate BWD hip circle
A-102RM	Glide kip—Support LB; also REV grip
A-103RM	Glide—1/2 turn—Glide Kip—Support—LB
A-104RM	Jump 1/2 turn—Glide Kip—Support LB
A-105RM	Glide LB ^{QB} Swing FWD HB—Stoop thru—Back kip up—Brief rear support
A-105RM	Glide LB ^{QB} Swing FWD HB—Stoop thru—Back kip up—Brief rear support—Grip change—Hang HB
A-105RM	Glide LB ^{QB} Swing FWD HB—Stoop thru—Back kip up—Brief rear support—Grip change—1/2 turn—Hang HB
A-106RM	Jump brief hang HB—Kip to support
A-106RM	Jump brief hang HB—REV grip—Kip to support
A-106RM	Jump brief hang HB—Grip change to LB—Kip to support (or similar)
A-107RM	Jump 1/2 or 1/1 turn—Hang HB
A-108RM	Tuck/Straddle jump—Over LB—Hand support—Hang HB
B—MOUNTS	
B-101RM	Glide kip LB—Grip change—Hang HB
B-101RM	Glide kip LB—Grip change—1/2 turn—Hang HB
B-102RM	Jump 1/2 turn—Glide kip LB w/o 1/2 turn—Grip change—Hang HB
B-103RM	Jump 1/1 turn—Glide kip—Front support LB
B-104RM	Glide LB—Stoop thru—Back kip up—Clear rear support—Grip change—Hang HB
B-104RM	Glide LB—Stoop thru—Back kip up—Clear rear support—Grip change—1/2 turn—Hang HB
B-105RM	Glide LB—Stoop thru—Back kip up—Straddle cut BWD—Hang LB
B-106RM	REV kip from glide FWD LB ^{QB} Swing FWD HB—Stoop thru—Kip hang—Back kip swing ^{QB} Seat circle BWD—Rear support
B-106RM	REV kip from glide FWD LB ^{QB} Swing FWD HB—Stoop thru—Kip hang—Seat circle BWD—Rear support
B-106RM	REV kip from glide FWD LB ^{QB} Swing FWD HB—Stoop thru—Kip hang—Back kip swing ^{QB} Seat circle BWD—Rear support—Grip change—Hang HB
B-106RM	REV kip from glide FWD LB ^{QB} Swing FWD HB—Stoop thru—Kip hang—Seat circle BWD—Rear support—Grip change—Hang HB
B-107RM	Face HB—Jump 1/2 turn—Kip HB
B-108RM	Free Tuck/Straddle jump—Over LB—Hang HB
B-109RM	Hecht jump (legs together)—Hand repulsion—Over LB—Hang HB
B-110RM	RO-LB—Flight BWD straddle—Thru brief clear straddle support LB
B-111RM	Jump HS-LB—Hips bent-extended
B-112RM	Jump hang HB—U-swing 1/2 turn—Flight over LB—Glide

#1 UB—MOUNTS

#1 UB—MOUNTS	
C—MOUNTS	
C-101RM	Glide kip LB—1/1 turn—Grip change—Hang HB
C-102RM	Jump 1/2 turn—Glide kip LB—1/1 turn—Grip change—Hang HB
C-103RM	Jump 1/1 turn—Kip LB—Grip change—Hang HB
C-104RM	Glide LB—Stoop thru—Back kip up—Straddle cut BWD—Hang HB
C-105RM	Glide LB—Stoop thru—Back kip up—Over LB—1/1 turn—Grip change—Hang HB
C-106RM	Jump 1/2 turn—Over LB—Kip—Support HB
C-107RM	Face HB—FWD salto—Brief hang HB
C-108RM	Jump brief hang HB—BWD salto roll—Tuck/straddle—Grip change—Hang LB
C-109RM	Free Straddle Jump—Over LB—1/2 turn catch HB—“L” grip (1/2 turn must be free)
C-110RM	Free stretch jump over LB—Hang HB (Makhautsova)
C-111RM	FWD salto—Tuck/pike/straddle—LB—Brief sit LB
C-111RM	Free FWD salto—Tuck/pike/straddle—Over LB—L hang
C-112RM	Jump brief clear support HB—REV/mix/regular grip—Clear hip circle—HS-HB
C-113RM	RO front of LB—Free BWD flight—Over LB—Legs together/straddle—Hang HB
C-114RM	Jump HS-LB—Hips bent-extended—1/2 turn in HS
D—MOUNTS	
D-101RM	Free FWD salto—Tuck/pike—Over LB—Hang HB
D-102RM	Free FWD salto—Tuck—Over LB—1/2 turn—Grasp LB
D-103RM	RO front of LB—BWD flight—Over LB—1/1 turn—Hang HB
D-104RM	RO front of LB—BWD salto—Tuck—Over LB—Hang LB (Jentsch)
D-105RM	RO front of LB—Flic Flac—Thru HS-LB (Gonzalez)
D-106RM	RO front of LB—SWD Arabian salto—Tuck/pike—Over LB—Momentary sit LB
D-107RM	Jump HS-LB—Hips bent-extended—1/1 turn in HS
D-108RM	Jump—Extend body—HS-LB
D-108RM	Jump—Extend body—1/1 turn in HS-LB (Maaranen)
D-109RM	Jump—1/2 turn—Extend body—HS-LB
D-110RM	Jump brief clear support HB—REV/mix/regular grip—Clear hip circle HS—1/2 turn in HS-HB (McNamara)
D-111RM	Jump brief clear support LB—REV grip—FWD clear hip circle HS—1/2 turn in HS
D-112RM	Hecht jump—Legs together—Hand repulsion—1/1 turn—Over LB—Hang HB (Gebeshian)
E—MOUNTS	
E-101RM	RO front of LB—Free SWD Arabian salto—Tuck/pike—Over LB—Hang HB
E-102RM	RO front of LB—Flic-Flac—1/1 twist—Clear support LB
E-102RM	RO front of LB—Flic-Flac—1/1 twist—thru HS-LB (Grove)

UB SKILLS CHART

#2 UB—CASTS & SWINGS

A—CASTS & SWINGS

A-101RC	Cast—21° - 45° from VER—1/2 turn
A-102RC	Cast—Squat/Pike/Straddle LB
A-102RC	Cast—Squat/Pike/Straddle LB—Grip change—Hang HB

B—CASTS & SWINGS

B-101RC	Cast HS—20° of VER—Straddle
B-101RC	Cast HS—20° of VER—Hips bent
B-101RC	Cast HS—20° of VER—Straight
B-102RC	Front support LB—Squat/straddle/stoop—Feet/legs free of LB—Grip change—HS-HB
B-103RC	Front support HB—Stoop—Flight/free straddle FWD over HB—1/2 turn—Hang HB
B-104RC	Hang HB—BWD Uprise—Clear support HB
B-104RC	HS HB—BWD Uprise—Clear support HB
B-105RC	Giant swing BWD—1/2 turn—Uprise BWD—Clear support HB (Turning uprise)
B-106RC	Hang HB—BWD Swing—Release—1/1 turn—Hang HB
B-107RC	Hang HB—Counterswing BWD straddle/pike—Flight over LB—Hang LB (Straddle back)

C—CASTS & SWINGS

C-101RC	Cast HS—Hop—REV grip in HS
C-102RC	Cast HS—1/2 turn in HS
C-103RC	Cast HS—1/2 turn—L/Mixed-L grip
C-104RC	Cast HS—1/1 turn—1-arm after HS—L/Mixed-L grip
C-104RC	Cast HS—Hop—REV grip
C-105RC	Hang HB—BWD Uprise—Straddle flight over HB—L-hang/hang
C-105RC	Hang HB—BWD Uprise—Rear vault flight over HB—L-hang/hang
C-106RC	Hang HB—BWD Uprise—HS-HB
C-107RC	Hang HB—BWD Uprise—HS-HB—1/1 turn 1-arm after HS—L/Mixed-L grip
C-108RC	Front support HB—BWD Swing—Release—1/1 turn—Hang HB (<i>Caslavska</i>)
C-109RC	Hang HB—BWD Counterswing—Straddle/pike—Flight—HS-LB
C-109RC	Hang HB—BWD Counterswing—Straddle/pike—Flight—1/2 turn in HS-LB
C-110RC	HB—Counterswing to FWD salto—Pike/straddle—1/2 turn—Catch LB

#2 UB—CASTS & SWINGS

D—CASTS & SWINGS

D-101RC	Cast HS—1/1 turn—In HS (<i>Pacheco</i>) (<i>Miller</i>)
D-102RC	Cast HS—Hop—L-grip—In HS
D-103RC	Cast HS—1-1/2 turn—L/Mixed-L grip
D-104RC	Outer front support LB—Cast—FWD salto roll—Hang HB
D-104RC	Inner front support LB—Cast—FWD salto roll—Hang HB (<i>Radochla</i>)
D-105RC	HS-HB—Giant BWD—1/2 turn—Uprise BWD—Rear vault flight—Over HB—Hang HB
D-106RC	Hang HB—BWD Uprise—HS-HB—1/2 turn
D-106RC	Hang HB—BWD Uprise—HS-HB—1/1 turn—In HS
D-107RC	Hang HB—BWD Uprise—Hop REV grip—In HS
D-107RC	Hang HB—BWD Uprise—1/1 turn 1-arm—After HS—L/Mixed-L grip
D-108RC	Cast HB—Giant swing BWD—Turning uprise—Straddle FWD—Over HB—1/2 turn—Regrasp HB
D-109RC	BWD uprise—Release—1/2 turn—Straddle flight BWD—Over HB
D-110RC	Hang HB—BWD Counterswing—Straddle/pike—1/2 turn—In flight—HS-LB
D-111RC	On HB—Counterswing—FWD salto—Stretch—1/2 turn—Catch LB
D-112RC	On HB—Counterswing—FWD salto—Straddle—Catch same bar
D-113RC	On HB—Counterswing—FWD salto—Between bars—Catch LB—REV grip

E—CASTS & SWINGS

E-101RC	Cast HS—1-1/2 turn—In HS (<i>Reeder</i>)
E-102RC	Inner front support LB— <i>Radochla</i> roll—1/1 turn—Hang HB (<i>Radachla</i>)
E-103RC	Front support HB—Cast—FWD salto—Straddle—Hang HB (<i>Comaneci</i>)
E-104RC	Hang HB—BWD Uprise—HS-HB—1-1/2 turn—In HS
E-104RC	Hang HB—BWD Uprise—HS-HB—1-1/2 turn—L/Mixed-L grip

UB SKILLS CHART



#3 UB—UNDERSWINGS / CLEAR HIPS

A—UNDERSWINGS/CLEAR HIPS

- A-101RU U-swing HB—1/2 turn ≥ HB height—Hang HB
 A-102RU U-swing BWD—Inverted pike swing—Dislocate ([Schleudem](#))—Hang HB

B—UNDERSWINGS/CLEAR HIPS

- B-101RU U-swing LB—1/2 turn—Grip change—Hang HB
 B-102RU Face outward—U-swing HB—1/2 turn—Side flair arms—In flight—Hang same bar
 B-103RU U-swing—1/2 turn—Clear support—Same bar
 B-104RU U-swing (toe on)—1/2 turn—Flight—Over LB—Hang LB
 B-105RU Clear hip circle—Clear support
 B-106RU Clear hip circle FWD—Clear support
 B-106RU Clear hip circle FWD—Clear support—Legs straddle on upswing

C—UNDERSWINGS/CLEAR HIPS

- C-101RU Clear U-swing LB—Release—Counter move FWD—In flight—Hang HB
 C-101RU Clear U-swing LB—Release—Counter move FWD—In flight—1/2 turn—Hang HB—Mix grip
 C-102RU U-swing—1-1/2 turn—Hang
 C-103RU HS-HB—U-swing—Toe on—1/2 turn—Flight—Over LB—Hang LB
 C-104RU Clear hip circle—HS
 C-105RU Clear hip circle—HS—1/2 turn—In HS
 C-105RU Clear hip circle—HS—1/2 turn—In HS—To L-grip
 C-106RU Clear hip circle—HS—1/1 turn 1-arm—After HS—L/Mixed-L grip
 C-107RU U-swing BWD—Inverted pike swing HB—Dislocate ([Schleudem](#)) near HS—Hop-change—Reg. grip HB
 C-108RU Hang HB back to LB—Stoop thru—U-swing BWD—Inverted pike swing—Dislocate—Flight over LB—Hang LB
 C-108RU Rear support HB back to LB—Stoop thru—U-swing BWD—Inverted pike swing—Dislocate—Flight over LB—Hang LB
 C-109RU Hang HB face LB—Swing FWD—Stoop thru—Dislocate—U-swing 1/2 turn—Flight over LB—Hang LB

#3 UB—UNDERSWINGS / CLEAR HIPS

D—UNDERSWINGS/CLEAR HIPS

- D-101RU Inner front support LB—Clear hip circle—Thru HS—Flight—Hang HB ([Shaposhnikova](#))
 D-102RU HB—U-swing (toe on)—1/2 turn—Flight—Over LB—HS-LB
 D-103RU Clear hip circle to HS—Hop—Change grip—In HS
 D-104RU Clear hip circle to HS—1/1 turn—In HS—Regular grip ([Ma](#))
 D-105RU Hang HB—Stoop thru—U-swing BWD—Inverted pike swing HB—Dislocate w flight—HS LB ([Zuchold-Schleudem](#))
 D-105RU Rear support HB—Stoop thru—U-swing BWD—Inverted pike swing HB—Dislocate w flight—HS LB
 D-106RU Clear hip circle FWD—HS ([Weiler-kip](#))
 D-106RU Clear hip circle FWD—HS—Legs straddle—Hips bent on upswing ([Weiler-kip](#))
 D-106RU Clear hip circle FWD—HS—1/2 turn—In HS ([Weiler-kip](#))
 D-106RU Clear hip circle FWD—HS—1/1 turn on 1-arm—After HS—L/Mixed-L grip ([McAllister](#))
 D-107RU LB facing HB—Clear hip circle FWD—Immediate FWD salto—Over LB—Catch HB ([Pelaez](#))

E—UNDERSWINGS/CLEAR HIPS

- E-101RU Inner front support LB—Clear hip—Thru HS—1/2 turn—In flight—Hang HB ([Shaposhnikova](#))
 E-102RU Clear hip circle HB—Thru HS—Counter straddle—Over HB—Hang HB ([Hindorff](#))
 E-102RU Clear hip circle HB—Thru HS—1/2 turn—Counter straddle—Over HB—Hang HB ([Khorkina](#))
 E-102RU Clear hip circle HB—Thru HS—Counter pike—Over HB—Hang HB ([Shang](#)) ([Jones](#))
 E-103RU HS-HB face LB—U-swing—1-1/2 turn—Flight—Over LB—Hang LB ([Strong](#))
 E-104RU Clear hip circle—To HS—1-1/2 turn—In HS
 E-105RU HB—Clear hip circle FWD—Immediate straddle FWD salto—Catch HB hang ([Sims](#))

UB SKILLS CHART



#4 UB—BACKWARD GIANTS

A—BACKWARD GIANTS

- A-101RB HS-HB—Giant swing BWD—1/2 turn—HOR to 45° from VER
 A-102RB Front support HB—Cast—Long hang pullover—Front support
 A-103RB LB—Giant BWD HS (either side)—Legs tuck bottom of circle

B—BACKWARD GIANTS

- B-101RB HS-HB—Giant swing BWD—1/2 turn—21° - 44° from VER
 B-101RB HS-HB—Giant swing BWD—1/1 turn—L-hang HB height
 B-102RB HS-HB—Giant BWD HS—Regular/cross grip—or Bend hip joint in upper VER
 B-102RB HS-HB—Giant BWD HS—Regular/cross grip—or Bend hip joint in upper VER
 B-102RB HS-HB—Giant BWD HS—1-arm—Regular grip—or Bend hip joint in upper VER
 B-103RB LB—Giant BWD—1/2 turn—Handstand (either side)
 B-104RB Hang HB—Long swing FWD—1/2 turn—Flight—Over LB—Hang LB

C—BACKWARD GIANTS

- C-101RB HS-HB—Giant swing BWD—1-1/2 turn—45° from VER—Hang HB
 C-102RB HS-HB—Giant BWD HS—Hop-change grip—In HS
 C-103RB HS-HB—Giant BWD HS—1/2 turn
 C-103RB HS-HB—Giant BWD HS—Hop 1/2 turn—REV grip
 C-103RB HS-HB—Giant BWD HS—1/2 turn—L/Mixed-L grip
 C-104RB HS-HB—Giant BWD HS—1/2-1/2 turn (different direction)—In HS
 C-104RB HS-HB—Giant BWD HS—1/2-1/2 turn (different direction)—In HS— Legs straddle 2nd 1/2 turn
 C-105RB HS-HB—Giant BWD HS—Hop REV grip
 C-105RB HS-HB—Giant BWD HS—1/1 turn—1-arm—L/Mixed-L grip
 C-106RB LB—Giant BWD—1/1 turn—In HS (legs tuck bottom of circle)
 C-107RB HS-HB—Long swing FWD—1/2 turn—Flight over LB—Hang LB (Bail/Overshoot)
 C-108RB Hang HB face LB—Swing FWD—Salto roll BWD (tuck/straddle)—Hang/clear straddle support LB
 C-109RB Hang HB face LB—Swing FWD—BWD salto—Tuck—1/2 turn between bars—Catch LB—Mix grip
 C-110RB LB face HB—3/4 Giant swing BWD—Release—1/2 turn—Tuck—Flight—Catch HB—Face LB
 C-111RB LB—3/4 Giant swing BWD—Release—Swing FWD—BWD salto—1/2 turn—Tuck

#4 UB—BACKWARD GIANTS

D—BACKWARD GIANTS

- D-101RB HS-HB—Giant BWD—Hop regular grip—L-grip—In HS
 D-102RB HS-HB—Giant BWD—HS—1/1 turn—In HS
 D-103RB HS-HB—Giant BWD—1/1 turn—In HS—Hop on 1st turn (turns same direction)
 D-104RB HS-HB—Giant BWD—HS—1-1/2 turn—In HS—L/Mixed-L grip (Chusovitina)
 D-14RB HS-HB—Giant BWD—HS—1-1/2 turn—1-arm—After HS—L/Mixed-L grip (Chusovitina)
 D-105RB HS/hang HB—Long swing FWD—1/2 turn—Flight—To HS-LB (Bail HS/Overshoot HS)
 D-106RB HB—Giant BWD—Counter reverse hecht—Straddle—Over HB—Hang HB (Tkatchev—Davydova)
 D-107RB Hang HB face LB—Swing FWD—BWD salto—Stretch—Between bars—Clear support—Regular/cross grip LB (Pak)
 D-108RB HB—Giant swing BWD—1/2 turn—FWD salto—Tuck/straddle (Delchev)
 D-109RB HB—Giant swing BWD—1/2 turn—Pike vault—Over HB—Hang HB (Monckton)
 D-109RB HB—Giant swing BWD—Salto BWD pike—1/2 turn—Catch HB (Gienger)
 D-109RB HB—Giant swing—Salto BWD pike—1/2 turn—Catch HB—Mixed grip—Plus 1/2 turn after catch (O'Neal)

E—BACKWARD GIANTS

- E-101RB HS-HB—Giant BWD—HS—Hop 1/1 turn—Regular grip—In HS
 E-102RB HS-HB—Giant BWD—HS—2/1 turn—In HS
 E-103RB Hang HB—Long swing FWD—1-1/2 turn—Flight—Over LB—Hang LB (Strong)
 E-104RB Hang HB—Long swing FWD—Counter-reverse hecht—Pike vault—Over HB—Hang HB
 E-105RB HS-HB—Giant BWD—1/2 turn—1/2 turn—Counter straddle—In flight—Over HB—Hang HB (Tkatchev 1/1—Shushunova)
 E-106RB HS-HB—Giant BWD—Counter straddle—In flight—1/1 turn—Over HB—Hang HB
 E-107RB Face outward—U-swing BWD HB—Support feet/swing FWD HB—Counter FWD salto—Straddle—Hang HB—REV grip
 E-108RB Hang HB face LB—Swing FWD—BWD salto—Tuck/stretch—1/1 turn between bars—Clear support—Hang LB (Bhardwaj)
 E-109RB HB—Giant swing BWD—BWD salto—Stretch—1/2 turn—Hang HB
 E-110RB HB—Giant swing BWD—BWD salto—Stretch—1-1/2 turn—Hang HB (Hristakieva)
 E-111RB HB—Giant swing BWD—1/2 turn—FWD salto—Pike

UB SKILLS CHART



#5 UB—FORWARD GIANTS

A—FORWARD GIANTS

No Giant FWD swings

B—FORWARD GIANTS

B-101RF HS-HB—Giant swing FWD—Between bars—Swing BWD—1/1 turn—Height of HB

B-102RF HS-LB—Giant FWD—REV grip—Legs tuck bottom of circle

B-102RF HS-LB—Giant FWD—1/2 turn in HS (start/finish in HS)—Legs tuck bottom of circle

C—FORWARD GIANTS

C-101RF HS-HB—Giant FWD—REV grip—HS

C-101RF HS-HB—Giant FWD—REV grip—HS—Legs straddle/hips bent in upswing

C-101RF HS-HB—Giant FWD—REV grip—HS—1/2 turn in HS

C-101RF HS-HB—Giant FWD—Hop grip to regular grip

C-101RF HS-HB—Giant FWD—REV grip—HS—1/1 turn

C-101RF HS-HB—Giant FWD—REV grip—HS—1-arm after HS—L Mixed-L grip

C-102RF HS-LB—Giant FWD—REV grip to HS—1/1 turn in HS—Legs tuck bottom of circle

C-103RF HS-HB—Giant swing FWD—Back to LB—Regular/REV grip—Straddle flight BWD over LB—Hang LB

C-104RF HS-HB—Giant swing FWD—Grip change—Cross grip—1/2 turn from hang—Swing UpWD—HS-HB

C-105RF Face out LB—Giant FWD—FWD salto—Catch HB

C-106RF HS-HB—Circle swing FWD—REV grip—Free stoop/straddle VT—1/2 turn over HB—Hang

#5 UB—FORWARD GIANTS

D—FORWARD GIANTS

D-101RF HS-HB—Giant FWD—Regular grip—HS

D-102RF HS-HB—Giant FWD—REV grip—HS 1/1 turn in HS

D-103RF Giant FWD—REV grip—Hop—L-grip in HS (hands release simultaneously)

D-104RF HS-HB—Giant swing FWD—Back to LB—Regular/REV grip—Straddle flight BWD—HS-LB

D-105RF HS-HB—Giant swing FWD—Back to LB—REV grip—BWD swing—Release—1/2—In flight between bars—Catch LB—In hang

D-106RF HS-HB—Giant swing FWD—1/2 turn—Thru brief hang—Cross grip/change to regular grip—Swing BWD—FWD salto—Straddle/tuck—Hang HB

D-107RF HS-HB—Giant swing FWD—REV grip/L grip—Swing BWD—FWD salto—Tuck/straddle—Hang HB

D-108RF Reverse grip HS-LB—3/4 Giant FWD—Release—FWD salto—Tuck—1/1 turn—Catch HB—Regular grip

D-109RF HS-HB—Circle swing FWD—REV grip—1/2 turn—Straddle flight—Over HB—Hang HB

D-110RF HS-HB—Giant FWD—L-grip—To HS—Pike/stretch body—Thru HS; also 1/2 turn in HS—Regular grip

D-110RF HS-HB—Giant FWD—Regular grip—To HS—Pike/stretch body—1/2 turn—In HS

E—FORWARD GIANTS

E-101RF Giant FWD—REV grip—1/1 turn—Initiation on 1-arm—Before HS

E-102RF Giant FWD—REV grip—1-1/2 turn—HS

E-103RF HS-HB—Giant swing FWD—1/2 turn—Thru brief hang—Cross grip/change—To regular grip—Swing BWD—FWD salto—Pike—Hang HB

E-104RF HS-HB—Giant swing FWD—REV grip/L-grip—Swing BWD—FWD salto—Pike/LO—Hang HB

E-105RF HS-HB—Giant swing FWD—L grip—FWD salto—Tuck—Over HB—Hang HB—REV grip

E-106RF Jaeger salto—1/2 turn

E-107RF HS-HB—Giant FWD—L grip—Stretch body—Hop-change—REV grip—Initiates 1/1 turn—Complete—In HS—L/Mixed-L grip

E-108RF HS-HB—Giant FWD—L grip—Stretch body—HS—1/1 turn—In HS—L-grip on 1-arm—Side flair of free arm—REV grip

E-109RF Giant FWD—L grip—HS—1-1/2 - 2/1 turn

UB SKILLS CHART

#6 UB—STALDER CIRCLES

A—STALDER CIRCLES

- A-101RS Clear straddle circle FWD—LB/HB—Clear straddle “L” support
 A-102RS Clear straddle circle BWD—LB/HB—Clear straddle “L” support

B—STALDER CIRCLES

- B-101RS Stalder FWD—Clear support
 B-102RS Clear straddle circle BWD—HB—Grip change—Hang LB
 B-103RS HS-HB—Clear straddle circle BWD—HB—1/2 turn—Hang HB
 B-104RS Stalder circle BWD—Clear support

C—STALDER CIRCLES

- C-101RS Long kip HB—Pass thru clear straddle support—Swing/press HS
 C-101RS Long kip HB—Pass thru clear straddle support—Swing/press HS—1/2 turn—In HS
 C-102RS Clear straddle circle FWD—HB—Flight BWD—Over LB—Hang LB
 C-103RS Stalder FWD—L-grip—Clear support
 C-104RS Face inward—Stalder BWD—Release—Counter movement FWD—In flight—Hang HB
 C-105RS Face inward—Stalder BWD—Release—Hecht—Hang HB

#6 UB—STALDER CIRCLES

D—STALDER CIRCLES

- D-101RS Stalder FWD HS
 D-101RS Stalder FWD—1/2 turn—In HS
 D-102RS Stalder FWD—Regular grip
 D-103RS Clear straddle circle FWD/BWD—HB—Flight—To HS-LB
 D-104RS Face outward LB—Stalder FWD—FWD salto—Catch HB
 D-105RS Stalder FWD—L grip—HS
 D-105RS Stalder FWD—L grip—1/2 turn—In HS
 D-106RS Stalder BWD—HS—Hop—Change grip—In HS
 D-107RS Stalder BWD—HS—Hop—Change grip—In HS—1/1 turn—1-arm—After HS—L/Mixed-L grip
 D-108RS Face outward—Stalder BWD—Flight—Hang HB
 D-109RS Stalder BWD—HS
 D-110RS Stalder BWD—HS—1/2 turn—In HS
 D-110RS Stalder BWD—HS—1/2 turn—L/Mixed-L grip—In HS

E—CASTS & SWINGS

- E-101RS Stalder FWD HS—1/1 turn—In HS
 E-101RS Stalder FWD—L grip—HS—1/1 turn—In HS
 E-102RS Stalder FWD HS—1/1 turn—1-arm—After HS—L/Mixed-L grip
 E-102RS Stalder BWD—HS—1-1/2 turn—In HS—L/Mixed-L grip
 E-103RS Stalder BWD—HB—Thru HS—Counter straddle—Hang HB
 E-104RS Face outward—Stalder BWD—Flight—1/2 turn—Hang HB
 E-104RS Outside—Stalder BWD—Flight—1/2 turn—Hang HB
 E-105RS Stalder BWD—HS—1/1 turn—1-arm—After HS—L/Mixed L grip
 E-105RS Stalder BWD—HS—1/1 turn—In HS

UB SKILLS CHART

#7 UB—HECHT/CIRCLE SWINGS

A—HECHT / CIRCLE SWINGS

A-101RH	Hip circle BWD—LB/HB—Support
A-102RH	Hip circle FWD—LB/HB—Support
A-103RH	Cast LB—Free hip circle BWD—Hip repulsion—Flight—Regrasp LB—Glide
A-104RH	Sole circle FWD/BWD—Tuck/pike—LB/HB—Stand
A-104RH	Sole circle FWD/BWD—Tuck/pike—LB/HB—Stand—Grip change—Hang HB
A-105RH	Rear support LB/HB—FWD seat circle—Pike—Thru clear rear support
A-105RH	Rear support LB/HB—FWD seat circle—Pike—Thru clear rear support—Grip change—Hang HB
A-106RH	Rear support LB/HB—BWD seat circle—Rear support
A-106RH	Rear support LB/HB—BWD seat circle—Rear support—Grip change—Hang HB

B—HECHT / CIRCLE SWINGS

B-101RH	Cast LB—Free hip circle BWD—Hip repulsion—Free straddle FWD—Over LB—Rear support
B-102RH	Sole circle BWD—Pike—Flight HB—Stand LB
B-103RH	Rear support LB—FWD seat circle—Thru clear rear support—1/2 turn—Hang HB
B-104RH	HS-HB—Stoop in—FWD seat circle—Thru clear support (beat lower legs HB)—Salto FWD—Catch reverse grip—Hang HB
B-105RH	Hang/rear support HB—Stoop thru—BWD kip/seat circle FWD—Thru clear rear support—1/2 turn—Hang HB
B-106RH	Rear support LB/HB—FWD seat circle—Straddle cut BWD—Hang same bar
B-107RH	Rear support LB—BWD seat circle—1/2 turn—Grip change—Hang HB
B-108RH	Inner rear support HB—BWD seat circle—Release—Stand LB
B-108RH	Inner rear support HB—BWD seat circle—Release—Stand LB—Grip change—Hang LB
B-109RH	BWD sole circle—Pike (toe on/off)—Clear support
B-110RH	BWD clear circle—Pike—Arrive clear pike support

#7 UB—HECHT/CIRCLE SWINGS

C—HECHT / CIRCLE SWINGS

C-101RH	Outer front support—BWD clear hip circle LB—Hecht—Hang HB
C-101RH	Outer front support—BWD clear hip circle LB—Hecht—1/2 turn—Hang HB
C-102RH	Outer rear support HB—Fall BWD—FWD inverted swing/seat circle—Pike—Straddle cut BWD—Flight over LB—Hang
C-103RH	Rear support LB—FWD seat circle—Straddle cut BWD—Grip change—Hang HB
C-104RH	Clear rear support HB—Pike—BWD full circle swing—Finish clear rear support HB
C-105RH	FWD sole circle—Pike—HS
C-105RH	FWD sole circle—Pike—HS—1/2 turn—In HS
C-106RH	FWD sole circle—Pike—1/1 turn—1-arm—After HS—L/Mixed-L grip
C-107RH	BWD sole circle—Pike—HS
C-108RH	BWD sole circle—Pike—HS—1/2 turn—In HS
C-108RH	BWD sole circle—Pike—HS—1/2 turn—In HS—L/Mixed-L grip
C-109RH	BWD sole circle—Pike—HS—1/1 turn—1-arm—After HS—L/Mixed-L grip

UB SKILLS CHART

#7 UB—HECHT/CIRCLE SWINGS

D—HECHT / CIRCLE SWINGS

D-101RH	Clear hip circle BWD—LB—Hecht flight—1/2 turn—Pass over bar—Hang same bar;
D-101RH	Clear hip circle BWD—HB—Hecht flight—1/2 turn—Pass over bar—Hang same bar
D-102RH	Clear rear support HB—BWD Full circle swing—Thru BWD clear rear support—Pike—Over HB—Into hang
D-102RH	Clear rear support HB—BWD Full circle swing—BWD salto—LO/pike—Between bars—Clear support LB
D-102RH	Clear rear support HB—BWD Full circle swing—1/2 turn—Flight—To HS-LB
D-102RH	Clear rear support HB—BWD Full circle swing—Pike—Rear inverted support—Pike
D-103RH	Clear rear support HB—BWD Full circle swing—Pike—Counter flight BWD straddle/stoop out BWD—Hang HB
D-104RH	FWD sole circle—Pike—L grip HS
D-104RH	FWD sole circle—Pike—L grip HS—1/2 turn
D-105RH	FWD sole circle—Pike—1/1 turn—In HS
D-106RH	BWD sole circle—Pike—Hop-change—REV grip—In HS
D-107RH	BWD sole circle—Pike—HS—1/1 turn—In HS
D-108RH	Inner front support LB—BWD sole circle—Pike—Thru HS—Flight—Hang HB
D-109RH	U-swing LB—Release—Counter flight FWD—1/1—Hang HB
D-110RH	FWD clear circle—Pike—HS; also 1/2 turn—In HS
D-111RH	BWD clear circle—Pike—HS; also 1/2 turn—In HS

#7 UB—HECHT/CIRCLE SWINGS

E—HECHT / CIRCLE SWINGS

E-101RH	HB Stoop in/from rear support—FWD Adler seat circle—Thru clear extended support—L grip—Finish w/in 30° of VER
E-101RH	HB Stoop in/from rear support—FWD Adler seat circle—Thru clear extended support—L grip—Finish w/in 30° of VER—1/2 turn
E-102RH	FWD sole circle—Pike—L grip—HS—1/1 turn
E-103RH	BWD sole circle—Pike—HS—1-1/2 turn
E-103RH	BWD sole circle—Pike—HS—1-1/2 turn—L/Mixed-L grip
E-104RH	BWD LB sole circle—Pike—Thru HS—Flight—1/2 turn—Catch HB (either direction)
E-104RH	BWD LB sole circle—Pike—Thru HS—Flight—1/1 turn—Catch HB (either direction)
E-105RH	HS-HB-BWD sole circle—Pike—Counter straddle/pike Reverse hecht—Over HB—Hang
E-105RH	HS-HB-BWD sole circle—Pike—Counter straddle Reverse hecht—Over HB—1/2 turn—Hang
E-106RH	BWD clear circle—Pike—1/1 turn—In HS

UB SKILLS CHART

#8 UB—DISMOUNTS

A—DISMOUNTS

A-101RD	HB—U-swing—Toe on/clear—Stand
A-101RD	HB—U-swing—Toe on/clear—1/2 or 1/1 twist—Stand—Both sides
A-102RD	HB—Giant swing BWD—BWD salto—Tuck/pike/LO (Flyaway)
A-103RD	HB—Giant swing FWD—REV grip—FWD salto—Tuck/pike/LO (Flyaway)
A-103RD	HB—Counterswing—REV grip—FWD salto—Tuck/pike/LO (Flyaway)
A-104RD	HB—Giant swing BWD—Regular grip—Grip change—Cross grip—1/2 turn—Swing BWD—UpWD—FWD salto—Tuck/pike/LO (Flyaway)

B—DISMOUNTS

B-101RD	HB—U-swing—Toe on/clear or Stalder—1-1/2 or 2/1 twist
B-102RD	HB—Giant swing BWD—BWD salto—Tuck/pike/LO—1/2 or 1/1 twist (Flyaway)
B-103RD	HB—Stalder swing FWD—REV grip—FWD salto—Tuck
B-103RD	HB—Giant swing FWD—REV grip—FWD salto—Tuck/pike/LO—1/2 or 1/1 twist
B-104RD	LB/HB—BWD hip circle (or clear)—Hecht
B-105RD	HB—Outer front support—Cast—Near HS—Inward FWD salto—Tuck
B-106RD	HB—Cast—Uprise/back swing—Straddle cut—BWD salto—Tuck/pike/LO—LB/HB

#8 UB—DISMOUNTS

C—DISMOUNTS

C-101RD	HB—U-swing—Toe on/clear or Stalder—FWD salto—Tuck/pike
C-101RD	HB—U-swing—Toe on/clear or Stalder—FWD salto—Tuck/pike—1/2 twist (Celestine)
C-102RD	HB—U-swing—Toe on/clear—1/2 twist—BWD salto—Tuck/pike (Comanечи)
C-103RD	HB—Giant swing BWD—BWD salto—LO—1-1/2 twist (Flyaway)
C-104RD	HB—Giant swing BWD—BWD Double salto—Tuck/pike
C-105RD	LB/HB—BWD Hip circle (or clear)—Hecht—1/1 twist
C-106RD	HB—Outer front support—Cast near HS—Inward FWD salto—Pike
C-106RD	HB—Outer front support—Cast near HS—Cast BWD salto—Tuck/pike
C-107RD	HB—Outer front support—Clear hip circle—Thru HS—BWD salto—Tuck/Pike
C-108RD	HB—Giant swing BWD (face LB)—BWD salto—Tuck—Over HB (Gonzalez)
C-108RD	HB—Giant swing BWD (face HB)—1/2 twist—BWD salto—Tuck—Over HB
C-109RD	LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—Tuck/LO—1/1 or 1-1/2 twist (Tanac)

UB SKILLS CHART



#8 UB—DISMOUNTS

D—DISMOUNTS

D-101RD	HB—U-swing—Toe on/clear—FWD salto—Tuck/pike—1/1 twist
D-102RD	HB—U-swing—Toe on/clear—FWD salto—LO (Kennedy)
D-102RD	HB—U-swing—Toe on/clear—FWD salto—LO—1/2 twist
D-103RD	HB—U-swing—Toe on/clear—1/2 twist—BWD salto—LO (clear Okino)
D-104RD	HB—U-swing—Toe on/clear—1/2 twist—BWD salto—Tuck—1/2 twist (Haba)
D-105RD	LB/HB—BWD hip circle (or clear)—Hecht—BWD salto—Tuck (Muchina)
D-106RD	HB—Giant swing BWD—BWD salto—LO—2/1 twist (Flyaway)
D-106RD	HB—Giant swing BWD—BWD salto—LO—2-1/2 twist (Flyaway)
D-107RD	HB—Giant swing BWD—BWD Double salto—Tuck—1/2 twist in 2nd salto (Elmore)
D-108RD	HB—Giant swing BWD—BWD Double salto—LO/pike or Pike/LO
D-109RD	HB—Giant swing FWD—REV grip—FWD salto—Tuck/LO—1-1/2
D-110RD	HB—Giant swing FWD—1/2 turn—BWD Double salto—Tuck/pike (Goerlitz)
D-111RD	HB—Outer front support—BWD Hip circle (also clear)—Hecht—BWD salto—Tuck (Muchina)
D-112RD	HB—Stalder BWD—Thru HS—BWD salto—Tuck/pike
D-113RD	LB/HB—Cast—Uprise/Back swing—Straddle cut—BWD salto—Tuck/LO—2/1+ twist (Bronson)
D-114RD	HB—Giant swing BWD (face LB)—BWD salto—Tuck—Over HB—1/1 twist (Harriman)

#8 UB—DISMOUNTS

E—DISMOUNTS

E-101RD	HB—U-swing—Toe on/clear—FWD salto—Tuck/pike—1-1/2 twist
E-102RD	HB—U-swing—Toe on/clear—1/2 twist—BWD salto—Tuck—1/1 twist (Kraeker)
E-103RD	HB—Giant swing BWD—BWD salto—LO—3/1 twist
E-104RD	HB—Giant swing BWD—BWD Double salto—Tuck—1/1 twist in 1st/2nd salto (Morio/Chousovitina)
E-105RD	HB—Giant swing BWD—BWD salto—LO—1/2 twist—FWD salto—Pike—1/2 twist (Varga)
E-106RD	HB—Giant swing BWD—BWD Double salto—Tuck—2/1 twist (Fabrichnova)
E-107RD	HB—Giant swing BWD—BWD Triple salto—Tuck (Magana)
E-108RD	HB—Giant swing BWD—BWD Double salto—LO
E-108RD	HB—Giant swing BWD—BWD Double salto—LO—1/2 twist (Peele)
E-108RD	HB—Giant swing BWD—BWD Double salto—LO—Scissor split legs to close (Rickett)
E-108RD	HB—Giant swing BWD—BWD Double salto—LO—1/1 to 2/1 twist in 1st or 2nd salto (Ray)
E-109RD	HB—Giant swing BWD—BWD salto—Tuck—1/2 twist—FWD salto—Tuck (Fontaine)
E-109RD	HB—Giant swing BWD—BWD salto—Tuck—1/2 twist—FWD salto—Tuck—1/2 twist (Beckman)
E-109RD	HB—Giant swing BWD—BWD salto—Tuck—1/2 twist—FWD salto—LO (Blanco)
E-110RD	HB—Giant swing BWD—1/2 twist—FWD Double salto—Tuck
E-111RD	HB—Giant swing FWD—REV grip—FWD salto—Tuck/LO—2/1 twist (Pechstein)
E-111RD	HB—Giant swing FWD—REV grip—FWD salto—Tuck/pike/LO—2-1/2 twist
E-112RD	HB—Giant swing FWD—REV/L grip—FWD Double salto—Tuck
E-112RD	HB—Giant swing FWD—REV/L grip—FWD Double salto—Tuck—1/2 twist
E-112RD	HB—Giant swing FWD—REV/L grip—FWD salto—Tuck—1/2 twist—BWD salto—Tuck
E-113RD	LB/HB—BWD hip circle (also clear)—Hecht—1/2 twist—FWD salto
E-114RD	LB/HB—BWD hip circle (also clear)—Hecht—BWD salto—1/1 twist
E-115RD	HB—Stalder swing FWD—REV grip—FWD salto—Tuck/pike/LO—2-1/2 twist

BM SKILLS CHART

#1 BM—MOUNTS

A—MOUNTS

A-101BM	Free leap/jump—Take off 1 - 2-feet—Middle/end/diagonal to BM
A-102BM	Free leap—Take off 1-foot—Lower to scale—End/diagonal to BM
A-103BM	Scissors leap—Cross sit—L/R thigh—Diagonal to BM
A-104BM	Leg swing 1/4-1/4 turn (total 180°)—Take off 1-foot—Front support—90° to BM
A-105BM	Scissors leg swing—1/2 turn—Cross straddle sit
A-106BM	Flank over/straddle cut FWD—Side stand front ways—Rear support
A-107BM	Jump w/w/o hand support—Side straddle stand/split sit—Side stand face BM
A-107BM	Jump w/ hand support—1/4 turn—Cross split sit—Side stand face BM
A-108BM	Leap—Cross split sit—Take off 1-foot—Diagonal to BM—Support 1-hand permitted
A-109BM	Split leap FWD—Leg change—Straddle split sit SWD—Support 1-hand
A-110BM	Jump—Tuck stand—Squat/stoop thru—Rear support—Side stand front ways
A-111BM	Jump—FWD roll—End/middle of BM
A-111BM	Clear straddle support—Swing BWD—FWD Roll—End of BM
A-112BM	Chest/headstand
A-113BM	Back hip pullover—Front support—Take off 1 - 2-legs—Side stand front ways
A-114BM	FWD walkover—Hands on springboard—Rear support—Sit on BM

B—MOUNTS

B-101BM	Free jump—1/2 turn in flight—Tuck/straight stand—End/diagonal to BM
B-101BM	Free straddle 180°—jump—1/2 turn in flight—Tuck/straight stand—End of BM
B-102BM	Thief vault—Free leap over BM—Take off 1-leg, 2nd leg—Rear support—90° to BM
B-103BM	Double leg swing—1/2 turn—Side stand front ways—Rear support
B-104BM	Jump—1/2 turn—Clear straddle support—90° to BM
B-105BM	Squat/stoop thru—Clear pike support—Side stand—Hold 2 sec
B-106BM	Free FWD roll—End of BM
B-107BM	Jump—Chest stand—1/2 turn—Over shoulder—Shoulder stand
B-108BM	Jump—1/2 turn—Chest stand—Side stand—Face away
B-109BM	Head kip—Cross stand—Face end
B-110BM	Jump/press/swing—Side/cross HS—Lower to touch BM/clear straddle support
B-110BM	Clear straddle/pike support—Side/cross HS—Lower to touch BM/clear straddle support
B-111BM	Jump—Side planche—Clear front support above HOR—Hold 2 sec
B-112BM	Press—Side HS—Bend-stretch legs—1/4 turn—Land cross HS—(Lori-hop)
B-113BM	Jump—Extend hips—Cartwheel—1-2 arms/cross HS—Lower—Stand/end touch end BM
B-114BM	Jump—Round-off—End of BM

#1 BM—MOUNTS

B—MOUNTS (continued)

B-115BM	FWD handspring—Hand repulsion from springboard—Rear support
B-115BM	FWD handspring—Hand repulsion—1/4 turn—Cross sit R/L thigh—90° to BM
B-116BM	FWD walkover—Rear support
B-116BM	FWD walkover—1/4 turn—Cross sit R/L thigh—90° to BM

C—MOUNTS

C-101BM	Split leap FWD—Leg change—180°—End of BM
C-102BM	Two flank circles—Followed by leg flair (Baitova)
C-103BM	RO—BWD Straddle jump—Pike—Over BM—Immediate BWD hip circle—90° to BM
C-104BM	Free jump—Cross split sit—Take off 2-feet—Diagonal to BM
C-105BM	Free jump—1/2 turn—Cross split sit—Take off 2-feet—Diagonal to BM
C-106BM	Hecht roll—Extend hip angle flight phase—End/diagonal to BM
C-107BM	Jump—Chest stand—1/1 turn—Over shoulder—Chest stand (Silivas)
C-108BM	Jump HS—Hip angle (pike)—Handspring FWD—Step-out—Cross stand—Face end
C-109BM	Jump/press/swing—Side/cross HS—1/1 - 2/1 turn—Lower to touch BM/clear straddle support
C-110BM	Jump—Side planche (Schuschunova); also Jump/press/swing—Cross/side HS—Lower to planche (clear front support HOR)/clear pike support—Hold 2 sec
C-111BM	Jump/press HS—Shift weight—1-arm HS—Hold 2 sec—Lower—Optional end position
C-112BM	Jump—Extended hips—1/4 turn—Thru momentary HS—1-arm—Immediate 1/4 turn—Support 2nd arm—Side HS—90° to beam
C-113BM	RO—Jump—1/2 turn—Near side HS—90° to BM (Gurova)
C-114BM	FWD salto—Tuck—Cross sit R/L—Take off 2-legs—Hand support behind hips—End/diagonal to BM (Poulin)
C-114BM	FWD salto—Tuck—Cross sit R/L—Take off 2-legs—Land 1-leg extend-tuck cross sit—Hand support behind hips—End/diagonal to BM (Poulin)
C-115BM	RO—FF—Thru HS support—1 - 2-arms—Cross stand on BM
C-115BM	RO—FF—Thru HS support—1 - 2-arms—Swing down—Cross straddle sit
C-115BM	RO—FF—Thru HS support—2-arms—Tuck-stretch legs—Swing down—Cross straddle sit

BM SKILLS CHART

#1 BM—MOUNTS

D—MOUNTS

D-101BM	Free jump—1/1 turn—In flight—Tuck/straight stand—Take off 2-legs—End/diagonal to BM
D-102BM	Three flying flairs (Homma)
D-103BM	Split leap FWD—Leg change—180° split—Cross split—No hand support—Diagonal to BM (Whitney)
D-104BM	FWD handspring/flyspring—Hecht (extend hip angle)—Before/after hand support on BM—End/diagonal to BM
D-105BM	Jump—FWD handspring—Hip angle—Pike—Land 2-feet (Flyspring) (McCool)
D-106BM	RO—FF—1/2 turn—FWD Walkover—End of BM (Dunn)
D-107BM	Jump/press/swing—Cross/side HS—1/1-2/1 turn—In HS—Lower—Planche/clear pike support—Hold 2 sec
D-108BM	Jump/press—1-arm—HS—Hold 2 sec (Rankin)
D-109BM	Jump/press/swing—Cross/side HS—Shift weight—To 1-arm—Hold 2 sec—Lower—1-arm Clear straddle support (Rankin , Loving)
D-110BM	Jump—Extended hips—1/2 turn—In flight—Side HS—90° to BM
D-111BM	Rear stand—Back to BM—FF over beam—Candle position—End front support w/w/o BWD hip circle
D-112BM	FWD salto—Tuck/pike—Rear support—Land salto before simultaneously grasp hands/rear support—90° to BM
D-113BM	FWD Salto—Tuck—Land cross/side stand—End of BM
D-114BM	FWD Aerial—Cross stand—End of BM
D-115BM	FWD handspring—FWD salto—Tuck—Stand—End of BM
D-116BM	RO-FF—1/1 twist—Cross stand on BM (Luconi)
D-116BM	RO-FF—1/1 twist—Cross straddle sit—End of BM (Tsavdaridou)
D-117BM	RO salto BWD—Tuck/pike/stretch—Step-out—Cross stand on BM—End of BM

E—MOUNTS

E-101BM	RO-FF—1/1 twist—BWD Hip circle—90° to BM (Zamolodchikova)
E-102BM	FWD salto—Pike—To stand—End of BM
E-103BM	FWD salto FWD—Tuck—1/2 turn—Stand—End of BM
E-104BM	RO—SWD Arabian salto—Stand—End of BM
E-105BM	RO—BWD salto—Stretch—Cross stand—End of BM
E-106BM	RO—BWD salto—Stretch—1/1 twist—Cross stand—End of BM (Garrison)

BM SKILLS CHART



#2 BM—LEAPS & JUMPS

A—LEAPS & JUMPS

A-101BL	Stag leap/stag split leap FWD—Take off 1-leg
A-102BL	Stag leap FWD—1/4 turn—1-leg
A-103BL	Stag/double stag jump—In place—Cross position—Take off 2-legs
A-103BL	Stag/double stag jump—In place—1/4 turn—Cross position—Take off 2-legs
A-104BL	Hop—Free leg extended—Above HOR
A-105BL	Stag leap FWD—Leg change
A-106BL	Stride leap FWD—Leg change—Wolf position
A-107BL	Sissone—Legs diagonal—180° leg split—Take off 2-legs—Land 1-leg—Front leg min 45°
A-108BL	Stretched (straight)/arch jump
A-109BL	Stretched jump—1/2 turn
A-110BL	Flutter jump (Changement)
A-111BL	Cat leap/Hitch kick
A-112BL	Cabriole—Front/back
A-113BL	Tuck hop/jump
A-114BL	Wolf jump/hop

B—LEAPS & JUMPS

B-101BL	Split leap FWD—Straight leg entry—No stag—Take-off 1-leg
B-102BL	Split/stag split leap FWD—1/4 turn—Take-off 1-leg
B-103BL	Split jump—Cross position
B-104BL	Split jump—1/4 turn—Cross position
B-105BL	Split jump—1/4 turn—Side position
B-106BL	Stag jump/leap—1/2 turn
B-107BL	Straddle jump—Cross position
B-108BL	Straddle jump—Hand support—Swing down—Cross straddle sit
B-109BL	Pike jump—Cross position—Hips < 90°
B-110BL	Stretch jump—3/4 turn—Cross/side
B-111BL	Cat leap—1/2 turn
B-112BL	Tuck jump/hop—1/2 turn
B-113BL	Wolf jump/hop—1/2 turn

#2 BM—LEAPS & JUMPS

C—LEAPS & JUMPS

C-101BL	Split/stag split leap/jump—1/2 turn
C-102BL	Split jump—Side position—2-legs straight/rear leg UpWD—BWD (Heinri)
C-103BL	Switch split jump (Sweetin)
C-104BL	Leap FWD—Min. 135° leg split—Land 1-leg—Grasp rear leg—Prior to land—Free leg held VER 180° split—Hand above head—Free hand optional (Dillman)
C-105BL	Straddle jump—Side position
C-106BL	Straddle jump—Side or Cross—1/4 turn
C-107BL	Straddle jump—1/4 turn—Hand support—Swing down—Cross straddle sit/land front side support
C-108BL	Straddle jump—Land front side support/hip circle BWD—From side stand (Furnon)
C-109BL	Hop—1/2 turn—Free leg extend—Above HOR
C-110BL	Fouette hop—1/2 turn—Free leg above HOR—Land in scale
C-111BL	Split leap FWD—Leg change—180° split—After leg change
C-111BL	Split leap FWD—Leg change—180° split—After leg change—To Scale FWD—Hold 2 sec
C-112BL	Split leap FWD—Leg change—1/4 turn—Front support
C-112BL	Split leap FWD—Leg change—1/4 turn—Front support—Hip circle BWD
C-113BL	Split leap FWD—Leg change—Straddle—Take off/finish cross position (Clauson)
C-114BL	Pike jump—Side position—Hip angle < 90°
C-115BL	Pike jump—Cross position—Hip angle < 90°—1/2 turn (Sekerova)
C-116BL	Stretched jump FWD—1/1 - 1-1/4 turn
C-117BL	Cat leap—1/1 turn
C-118BL	Tuck jump/hop—3/4 turn
C-119BL	Wolf jump/hop—3/4 turn

D—LEAPS & JUMPS (continued on next page)

D-101BL	Split jump—3/4 turn—Cross/side position
D-102BL	Split jump—1/2 turn—Side position—Finish side position
D-103BL	Straddle pike jump/side split jump—1/2 turn (Borden)
D-103BL	Straddle pike jump/side split jump—3/4 turn Cross/side position—180° leg separation
D-104BL	Straddle jump—1/2 - 3/4 turn—Hand support w swing down—Cross straddle sit
D-105BL	Straddle jump—1/2 - 3/4 turn—Front side support (Companioni)
D-105BL	Straddle jump—1/2 - 3/4 turn—Front side support—Hip circle BWD
D-106BL	Tour jete—180° leg separation—Land 1 - 2-feet
D-106BL	Tour jete—180° leg separation—Additional 1/4 turn—Land 1 - 2-feet

BM SKILLS CHART



#2 BM—LEAPS & JUMPS

D—LEAPS & JUMPS - (continued)

D-107BL	Switch side leap
D-107BL	Switch side leap—1/4 turn
D-108BL	Side stand—Take off 1-foot—Swing free leg FWD—Min. 45°—Swing leg BWD—180° leg split in air—Switch leg—Land 1 - 2-feet (Concannon)
D-109BL	Pike jump—Side position—1/2 or 3/4 turn
D-110BL	Sheep jump
D-111BL	Switch ring leap—Stag entry
D-112BL	Stretch jump—1-1/2 turn
D-113BL	Cat leap—1-1/2 turn
D-114BL	Tuck jump/hop—1/1 turn
D-115BL	Wolf jump/hop—1/1 turn
D-116BL	Ring/Stag-ring leap/jump—Rear leg head height

E—LEAPS & JUMPS

E-101BL	Cross stand—Jump cross split—Split over 180°—BWD arch bend of upper body (Yang Bo)
E-102BL	Side stand—Jump cross split—Split over 180°—BWD arch bend of upper body (Teza)
E-103BL	Split jump—1/1 turn
E-104BL	Straddle—1/1 turn (Popa)
E-105BL	Straddle—1/1 turn—Hand support—Swing down—Cross straddle sit
E-106BL	Side stand—Straddle jump—1/1 turn—Front side support
E-106BL	Side stand—Straddle jump—1/1 turn—Front side support—Hip circle BWD
E-107BL	Tour jete—1/2 turn (Strug)
E-108BL	Switch leap—1/2 turn (or more)
E-109BL	Switch side—1/2 turn or 3/4 turn
E-110BL	Split leap FWD—Leg change—BWD arch bend of upper body—Head release (Switch leg Yang Bo) (Courville)
E-111BL	Pike jump—1/1 turn
E-112BL	Switch ring leap
E-113BL	Side stand—Swing free leg FWD—Min. 45°—Swing leg BWD—180° leg separation—Double stag ring position in air (Switch leg)—Take off 1-foot—Land 1 - 2-feet (Concannon)
E-114BL	Tuck jump/hop—1-1/2 turn (Barclay, Rosette)
E-115BL	Wolf jump/hop—1-1/2 turn (Vituj)

#3 BM—TURNS

A—TURNS

A-101BT	1/1 turn—1-leg—Free leg optional
A-102BT	1/1 turn—Knee scale—Alternate hand support
A-103BT	1/2 turn—Prone position—Alternate hand support

B—TURNS

B-101BT	1-1/2 turn—1-leg—Free leg optional
B-102BT	1/1 turn—Free leg thigh BWD attitude—Below HOR—Min. 45° thru out
B-103BT	1/1 turn—Free leg heel FWD attitude— < HOR—Min. 45° thru out—FWD leg extend/bent
B-104BT	1/1 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 1/1 turn
B-105BT	1-1/2 turn—Knee scale—Alternate hand support
B-106BT	1/1 or 1-1/2 turn—Prone—Alternate hand support
B-107BT	1/1 turn—Flank circle—Legs together
B-108BT	1/1 turn—Free leg heel FWD—Hand hold leg—HOR - 45° above HOR

C—TURNS

C-101BT	1/1 turn—Free leg thigh BWD attitude— ≥ HOR thru out
C-102BT	1/1 turn—Free leg heel FWD attitude— ≥ HOR thru out—FWD leg extend/bent—∅ leg hold
C-103BT	1/1 turn—Arabesque—Free leg ≥ HOR thru out
C-104BT	1/2 illusion turn—Thru standing split—Free leg ∅ touching BM—Brief BM touch 1-hand
C-105BT	1-1/2 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 1-1/2 turn
C-106BT	1-3/4 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 1-3/4 turn (Ferguson)
C-107BT	2/1 turn—Knee scale—1/1 turn to be free
C-108BT	1-1/4 turn—Supine—Hip angle closed— >90°
C-109BT	1-leg “flair” circle—Legs separated (Talavera)
C-110BT	1/1 turn—Free leg min. 45° > HOR—1 - 2 hands

D—TURNS

D-101BT	1-1/2 turn—Free leg thigh BWD attitude— ≥ HOR thru out
D-102BT	1-1/2 turn—Free leg heel FWD attitude ≥ HOR—Thru out—FWD leg extend/bent
D-103BT	1-1/2 turn—Arabesque—Free leg ≥ HOR—Thru out

E—TURNS

E-101BT	2/1 turn—1-leg—Free leg optional
E-101BT	3/1 turn—1-leg—Free leg optional (Okino)
E-102BT	1/1 illusion turn—Brief touch; also Finish scale—Leg ≥ HOR—2 sec hold (Medvitz)
E-103BT	2/1 or 2-1/2 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 2/1 turn (Humphrey)
E-103BT	2/1 or 2-1/2 turn—Tuck stand 1-leg—Free leg FWD HOR—Rise to finish turn—End in stand (Swartzentruber)
E-104BT	3/1 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 2-3/4 turn (George)

BM SKILLS CHART

#4 BM—BODY WAVES / STAND-HOLDS

A—BODY WAVES

A-101BW Body wave—SWD—Balance stand—2-legs—2s—Balance stand must be on relevé

B—BODY WAVES

B-101BW Body wave—SWD—Balance stand—1-leg—2s—Balance stand must be on relevé

B-102BW Body wave—Kneel sit position—Rise UpWD—Thru toe-balance stand (Toe rise)—Ø hold

C—BODY WAVES

D—BODY WAVES

E—BODY WAVES

A—STANDS / HOLDS

A-101BH Free leg—FWD/SWD hold > 90°—2s—Stand—1-leg (whole foot)

A-101BH Hold free leg—FWD/SWD hold > 90°—2s—Stand—1-leg (whole foot)

A-102BH Free lying—Large leg amplitude/torso position—End/side of BM—Hold 2s—Ø acro skill

A-103BH Planche—Support 1 - 2-arms—2s hold—Ø acro skill

A-104BH Cross/side HS—2s hold; also 1/2 turn—Ø hold required on turning HS

A-105BH BWD scale—Leg HOR or >

B—STANDS / HOLDS

B-101BH Free leg SWD UpWD hold > 140°—Hold 2s—Balance stand—1-foot; also Hold free leg

B-102BH Clear pike/straddle 'V' support—Hold 2s—Ø acro skill

B-103BH Cast HS/kick-up HS—Side front support—Large arch span—Cross/side position—Hold 2s

B-103BH Cast HS/kick-up HS—Side front support—Pike 1-leg VER—Other leg bent—Cross/side position—Hold 2s

B-104BH Kick—Cross HS—Various leg positions—1/1 turn—Ø hold required—End position optional

B-105BH Jump—Cross/side HS—Hold 2s

C—STANDS / HOLDS

C-101BH HS—Any entry—Lower to cross/side planche—Hold 2s

C-102BH Cross/side HS—HOR leg hold—Reverse planche—Different variations—Hold 2s

C-103BH BWD walkover—Cross position—HS 1-arm—Hold 2s

C-104BH Side HS—Hold 2 sec—Release 1-hand—Swing down SWD (flank)—Side sit back lying; also Other end position ([Hand-Li](#))

C-105BH 1-arm HS—Cross/side—Hold 2s

C-106BH Side stand—Jump 1/2 turn—Arrive in chest stand—Legs straddle—Side position ([Kmieciak](#))

D—STANDS / HOLDS

D-101BH BWD Walkover—Side position to HS—Shift weight—HS 1-arm—Hold 2s ([Shaposhnikova](#))

D-101BH BWD Walkover—Side position to HS—Shift weight—Planche 1-arm—Hold 2s

E—STAND / HOLDS

#5 BM—ROLLS

A—ROLLS

A101BR FWD roll—Start/finish positions optional

A102BR FWD roll—BWD swing—Whip FWD roll

A103BR FWD Shoulder roll—Hand support

A104BR BWD roll—Start/finish positions optional

A105BR BWD Shoulder roll—Hand support

B—ROLLS

B101BR FWD Dive roll

B102BR FWD Shoulder roll—Hand support—Extend body thru VER—Arrive tuck stand/stand ([Garrison](#) roll w hand support)

B103BR FWD roll—W/o hand support

B104BR Kick/swing—Cross HS—FWD roll—W/w/o hand support

B105BR BWD extension roll

B106BR SWD roll—Tuck/stretch

B107BR SWD roll—Stretch thru neck stand

B107BR SWD roll—Stretch thru neck stand—1/2 turn over shoulder

B108BR SWD roll—Stretch—Legs together/separated—End position optional

C—ROLLS

C101BR FWD Free shoulder roll—Straightening—Tuck stand—W/o hand support ([Garrison](#))

C102BR BWD Free shoulder roll ([BWD Garrison roll](#)) ([Kreifels](#))

C103BR Neck roll stretch—1/1 turn or 1-1/2 turn

D—ROLLS

E—ROLLS

BM SKILLS CHART

#6 BM—CARTWHEELS / WALKOVERS

A—CARTWHEELS / WALKOVERS

A-101BC	FWD walkover—Bridge 1/1 turn 1-foot—1-hand support—To sit
A-102BC	Cartwheel
A-102BC	Cartwheel—1-arm
A-102BC	Cartwheel—Bent arms—Pass thru chest support
A-103BC	BWD walkover
A-103BC	BWD walkover—1-arm
A-103BC	BWD walkover—Alternate hand support (Tinsica)
A-104BC	BWD walkover—Bridge 1/1 turn 1-foot—1-hand support to sit
A-105BC	Tic Toc
A-106BC	Back lying position—Push up bridge—Support on head/hands—Kick over BWD
A-107BC	BWD walkover—1/2 turn in HS

B—CARTWHEELS / WALKOVERS

B-101BC	Clear straddle support—Swing BWD to HS—Walkover FWD
B-102BC	FWD walkover
B-103BC	FWD walkover—1-arm
B-104BC	FWD walkover—Alternate hand support (Tinsica)
B-105BC	FWD Handspring—Flight before/after hand support
B-105BC	FWD Handspring—Flight before/after alternate hand support (Tinaica spring)
B-106BC	Round off
B-107BC	BWD walkover—Lower to clear straddle support
B-108BC	Valdez—BWD walkover—Extended tuck sit;
B-108BC	Valdez—BWD walkover—Extended tuck sit—Support on 1-arm
B-109BC	Valdez—1/2 turn in HS
B-110BC	FWD/BWD walkover—1/2 turn in HS—Continue movement—Walkover FWD
B-110BC	FWD/BWD walkover—1/2 turn in HS—Continue movement—FWD roll
B-111BC	BWD handspring—Step out
B-112BC	BWD handspring—2-foot landing
B-113BC	Gainer BWD handspring
B-114BC	BWD handspring variations—High flight phase—Swing down to cross straddle sit (Korbut)
B-115BC	Clear straddle support—Swing BWD to HS—Walkover FWD

#6 BM—CARTWHEELS / WALKOVERS

C—CARTWHEELS / WALKOVERS

C-101BC	FWD walkover—Side position—Side stand
C-102BC	FWD handspring—Leg change—In flight
C-103BC	FWD handspring—Support 1-arm
C-104BC	BWD walkover—Side position to stand
C-105BC	BWD walkover—Stoop thru of 1-leg—Cross split sit
C-106BC	BWD walkover—Extended tuck sit—1/1 turn - 1/2 turn in HS—1-arm—2nd 1/2 turn w late support of 2nd arm (Diamidov)
C-107BC	Valdez swing over BWD—Extended tuck sit—Thru HOR plane—Support 1-arm (Garrison)
C-108BC	FWD/BWD walkovers/cartwheels—1/1 turn to 2/1 turn in HS
C-109BC	BWD handspring—Step out—Support 1-arm
C-109BC	BWD handspring—Step out—Support 1-arm—1/2 turn after hand support
C-110BC	BWD handspring—Side position—Front support
C-110BC	BWD handspring—Side position—Front support—Hip circle BWD
C-111BC	BWD handspring—Support 1-arm—Legs together—Land both legs in stand
C-112BC	BWD handspring—1/4 twist—Side HS—Ø hold required
C-113BC	Gainer BWD handspring—Support 1-arm
C-114BC	BWD handspring—Tuck/stretch hips in flight—Swing down—Cross straddle sit (Chen Flic)
C-115BC	BWD handspring—Pike/stretch hips in flight—Swing down—Cross straddle sit (Rueda)
C-116BC	Gainer BWD handspring—Pike/stretch hips in flight—Swing down—Cross straddle sit

BM SKILLS CHART



#6 BM—CARTWHEELS / WALKOVERS

D—CARTWHEELS / WALKOVERS

D-101BC	FWD Aerial
D-102BC	Stand 1-leg—Swing free leg thru—Aerial FWD walkover (George)
D-102BC	Stand 1-leg—Swing free leg thru—Aerial FWD walkover—Land sit/kneel (Stevens)
D-103BC	Aerial cartwheel
D-103BC	Aerial cartwheel—From stand 1-leg—Swing free leg thru BWD
D-104BC	Aerial cartwheel—Land side position
D-105BC	Aerial cartwheel—Additional 1/4 turn out (Perry)
D-106BC	Aerial cartwheel—Kneeling position (Clore)
D-107BC	Aerial cartwheel—Stand 1-leg—Swing free leg FWD—UpWD—Leg hand held > 140° (Marinez)
D-108BC	Aerial RO—Land 2-legs
D-108BC	Aerial RO—Swing free leg thru BWD—Land 2-legs (Burgess)
D-109BC	Press side HS—FWD walkover—Side stand 2-legs
D-110BC	BWD handspring—Step-out—Side position (Tousek)
D-111BC	Jump—Side position—1/2 twist—Side HS (Kolesnikova)
D-112BC	BWD handspring—3/4 twist—Side HS—Immediate 1/1 pirouette—Must be continuous—Lower to front support; also optional end position (Fortunato)

E—CARTWHEELS / WALKOVERS

E-101BC	Jump BWD (BWD handspring take off)—1/2 twist—FWD walkover (Onodi)
E-102BC	FWD Aerial—Pass free leg BWD—Finish in scale—Hold 2s—Leg HOR or above
E-103BC	FWD Aerial—Land 2-feet (Davidson)
E-104BC	Butterfly
E-105BC	SWD Aerial—Across width of BM
E-106BC	SWD Aerial—Switch legs—Take off/land same leg (Baudhuin)
E-107BC	SWD Aerial—Immediate scale—Back leg maintained min. HOR—2 sec (Peko)
E-108BC	BWD handspring—Side position—1/1 twist—Hip circle BWD (Teza)
E-109BC	Gainer BWD handspring—1/1 twist before hand support (Khorkina)
E-110BC	BWD handspring—1/1 twist—swing down—Cross straddle sit (Rulfova-flic)

#7 BM—SALTOS

A—SALTOS**B—SALTOS****C—SALTOS**

C-101BS	Straddle sit—Cast—Whip FWD salto—Straddle position—Land 2-hands—Cross straddle sit (Kivisto)
C-102BS	BWD salto—Tuck—Stand
C-102BS	BWD salto—Tuck—Stand—Scale FWD—2s hold
C-103BS	BWD salto—Tuck—Step-out—1/4 turn—Land side stand (DeVries)
C-104BS	BWD salto—Pike—Step out
C-105BS	BWD salto—LO—Swing down—Cross straddle sit—Arms set for BWD salto—Pull-front of thighs—Return-high position—Reach for BM—Swing down phase (Pearce)
C-106BS	Gainer BWD salto—Tuck/pike

D—SALTOS

D-101BS	FWD salto—Tuck—Take-off 1-foot—Stand/land 1-knee/1-foot simultaneously (Hawthorne)
D-101BS	FWD salto—Stand 1-leg—Swing free leg thru BWD—FWD salto—Tuck (Rowe)
D-102BS	SWD salto—Tuck/pike—Take off FWD/SWD 1-foot—Side stand
D-102BS	SWD salto—Stand 1-leg—Swing free leg thru—SWD salto—Tuck/pike (George)
D-103BS	BWD salto—Tuck—Side position
D-104BS	BWD salto—Tuck—Cross stand—1/4 turn—Land SWD on BM (Rosette)
D-105BS	BWD salto—LO—SO—Stand 2-feet—Finish scale—Leg held HOR or > —2s (Edlin)
D-106BS	Gainer BWD salto—LO—SO
D-106BS	Gainer BWD salto—LO—SO—Leg change in flight
D-107BS	FWD salto—Take off 1 - 2-feet—Tuck—Extended tuck sit—W/w/o hand support (Puolin)
D-108BS	BWD Salto—LO—SO
D-109BS	BWD Salto—LO—Thru VER—Pike down—Legs together

E—SALTOS

E-101BS	FWD salto—Tuck—Take-off 1-leg—Pass leg BWD—Finish scale—Leg HOR or > —2s hold
E-101BS	FWD salto—Tuck—Take-off 2-legs—Tuck—Land 2-feet ONLY
E-102BS	FWD salto—Pike—Take off 1 - 2-feet—Cross or side stand
E-103BS	FWD salto—Tuck—1/2—Take off 2-feet (Grigoras)
E-104BS	Arabian salto—Tuck
E-105BS	FWD salto—Pike—Take off 1-foot—1/4 turn—Land side stand—2-feet (Oswalt)
E-106BS	BWD salto—Layout—Legs together
E-107BS	1/1 twist BWD salto—Tuck—Stand (Schischova)
E-108BS	1/1 twist BWD salto—Layout—Stand
E-109BS	Jump FWD—1/2 twist—BWD salto—Pike (Prodnova)

BM SKILLS CHART



#8 BM—DISMOUNTS

A—DISMOUNTS

A-101BD	FWD handspring
A-101BD	FWD handspring—1/2 twist—After hand support
A-102BD	Aerial FWD walkover
A-102BD	Aerial FWD walkover—1/2 twist—Side/end of BM
A-103BD	Aerial round off
A-104BD	Cartwheel—1/4 twist after hand support—Cross stand—End of BM
A-105BD	Cartwheel—3/4 twist after hand support—Cross stand—End of BM
A-106BD	FWD salto—Tuck/pike
A-106BD	FWD salto—Tuck/pike—1/2 twist
A-107BD	1-leg stand—Swing leg FWD—BWD salto—Tuck/pike/LO
A-107BD	2-leg stand—BWD salto—Tuck/pike/LO
A-108BD	1-leg stand—Swing leg FWD—Gainer BWD salto—Tuck/pike/LO—Side of BM
A-108BD	1-leg stand—Swing leg FWD—Gainer BWD salto—Tuck/pike/LO—Side of BM—1/2 twist

B—DISMOUNTS

B-101BD	FWD handspring—1/1 twist—After hand support
B-102BD	Aerial FWD walkover—1/1 twist—End of BM
B-103BD	1-leg stand—Swing leg BWD—FWD salto—Tuck—1/1 twist—Side/end of BM
B-104BD	Cartwheel—1-1/4 twist—After hand support—Cross stand—End of BM
B-105BD	Cartwheel—1-3/4 twist—After hand support—Cross stand—End of BM
B-106BD	FWD salto—LO—Side/end of BM
B-106BD	FWD salto—LO—1/2 twist—Side/end of BM
B-107BD	1-leg stand—Swing leg BWD—FWD salto LO—1/2 twist—Side of BM
B-108BD	Arabian salto—Tuck/pike—Jump BWD—1/2 twist—Salto FWD
B-109BD	BWD salto—Tuck/pike/LO—1/2 or 1/1 twist
B-110BD	Gainer BWD salto—LO—1/2 twist—Side of BM
B-111BD	Gainer BWD salto—Tuck—1/1—Side of BM
B-112BD	Gainer BWD salto—Tuck—End of BM
B-113BD	Stretch jump FWD—1/2 twist—BWD salto—Tuck/pike

C—DISMOUNTS

C-101BD	FWD handspring—1-1/2 twist—After hand support
C-102BD	Aerial FWD walkover—1-1/2 twist—Side/end of BM
C-103BD	1-leg stand—Swing leg BWD—FWD salto—Tuck—1-1/2 twist—Side of BM (Jawarowicz)
C-103BD	1-leg stand—Swing leg BWD—FWD salto—LO—1/1 twist—Side of BM (Mabrey)

#8 BM—DISMOUNTS

C—DISMOUNTS (continued)

C-104BD	Cartwheel—1/4 turn on hands—Repulsion to BWD salto—Tuck (Lawson)—End of BM (Tsukahara)
C-104BD	Cartwheel—1/4 turn on hands—Repulsion to BWD salto—Pike (Keck)—End of BM (Tsukahara)
C-105BD	FWD salto—Take off only from 2-legs—Tuck/LO—1/1 twist
C-106BD	BWD salto—Tuck/pike/LO—1-1/2 - 2/1 twist
C-107BD	Gainer BWD salto—LO—1/1 twist—Side of BM
C-108BD	Gainer BWD salto—Pike—End of BM
C-109BD	Stretched jump FWD—Take off 2-legs—1/2 twist—BWD salto—LO

D—DISMOUNTS

D-101BD	Aerial FWD walkover—2/1 twist—Side/end of BM (Muhr)
D-102BD	Stretched jump FWD—1/1 twist—FWD salto—Tuck/pike/layout
D-103BD	Gainer BWD salto—LO—2/1 twist—Side of BM
D-103BD	Gainer BWD salto—Tuck/LO—1-1/2 twist—Side of BM
D-104BD	Gainer BWD salto—LO—2-1/2 twist—Side of BM (Khorkina)
D-105BD	Gainer BWD salto—LO—Legs together—End of BM
D-106BD	Gainer BWD salto—Pike—1/1—End of BM—Face out (Rinaldo)
D-107BD	FWD salto—Take off 2-feet—Tuck/LO—1-1/2 twist
D-108BD	Gainer BWD salto—Tuck—1/1 twist—End of BM

E—DISMOUNTS

E-101BD	Aerial FWD walkover—2/1 twist—Side/end of BM (Muhr)
E-102BD	FWD Double salto—Tuck
E-103BD	Arabian Double salto—Tuck (Patterson)
E-104BD	BWD salto—LO—2-1/2 twist
E-105BD	BWD salto—LO—3/1 twist
E-106BD	BWD Double salto—Tuck/pike
E-107BD	BWD Double salto—1/1 in—Tuck
E-108BD	Gainer BWD salto—LO—2/1 twist—Side of BM
E-108BD	Gainer BWD salto—LO—2-1/2 or 3/1 twist—Side of BM
E-109BD	Gainer BWD salto—LO—1/1 twist—End of BM
E-110BD	Gainer BWD salto—Tuck—2/1 twist—End of BM (Wolf)
E-111BD	FWD salto—Take off 2-feet—LO—2/1 twist (Araujo)
E-112BD	BWD salto—LO—2-1/2 twist

FX SKILLS CHART

#1 FX—JUMPS / LEAPS

A—JUMPS / LEAPS

A-101FL	Split leap—Stag/straight leg entry
A-102FL	Switch wolf
A-103FL	Switch leg leap—Stag entry
A-104FL	Hitch kick
A-105FL	BWD cabriole
A-105FL	FWD cabriole
A-106FL	Sissone
A-107FL	Stretched/arch jump—1/2 or 1/1 turn
A-107FL	Chassé—1/1 turn—Take off 2-legs
A-108FL	Cat leap
A-109FL	"L" hop—1/2 turn
A-110FL	Tuck hop/jump—w/w/o 1/2 turn
A-111FL	Wolf jump/hop

#1 FX—JUMPS / LEAPS

B—JUMPS / LEAPS

B-101FL	Tuck jump—Leg change—Split prior to landing
B-102FL	Jump/leap—Double stag—1/1 turn
B-103FL	Split leap FWD—1/4 or 1/2 turn
B-103FL	Split jump—1/2 turn
B-104FL	Jeté en tournant—1/4 to 1/2 turn—Take off 1-leg into split leap
B-105FL	Switch leg leap
B-106FL	Pike jump
B-107FL	Straddle jump
B-108FL	Straddle jump—1/2 turn
B-109FL	Schuschunova
B-109FL	Schuschunova—1/2 turn
B-110FL	Scissor leap FWD—Stretched legs—1/4 - 1/4 turn
B-111FL	Fouetté hop—Kick back leg FWD—Show split prior to landing (Tour jeté)
B-112FL	Ring leap
B-112FL	Stag ring leap
B-112FL	Ring jump
B-113FL	Sheep jump
B-114FL	Switch leg leap—Stag ring leap
B-115FL	Stretch jump—1-1/2 turn
B-116FL	Cat leap—1/1 turn
B-117FL	Fouette hop—Land in scale (Fouetté)
B-118FL	Hop—1/1 turn—Free leg extended > HOR
B-119FL	Tuck jump/hop—1/1 turn
B-120FL	Wolf jump/hop—1/2 turn
B-121FL	Tuck jump—Leg change—Split prior to landing

FX SKILLS CHART

#1 FX—JUMPS / LEAPS

C—JUMPS / LEAPS

C-101FL	Split leap—1/1 turn
C-102FL	Switch leg leap—1/2 turn
C-103FL	Switch leg leap—Rond-de-jambe (Plataroti)
C-103FL	Switch leg leap—Rond-de-jambe—1/2 turn
C-104FL	Switch side leap
C-104FL	Switch side leap—To Prone
C-105FL	Switch side leap—1/2 or 3/4 turn
C-106FL	Switch side leap—1/2 turn—Land front lying support (Kosowski)
C-107FL	Pike jump—1/1 turn—Min. 90° hip angle
C-108FL	Straddle jump—1/1 turn (Popa)
C-109FL	Split jump—1/1 turn
C-110FL	Straddle jump—1/1—Front lying support (Schuschunova)
C-111FL	Split leap—1-1/2 turn—HOR—Legs together—Land lying support (Khorkina)
C-112FL	Tour jeté—1/2 (Strug)
C-112FL	Tour jeté—1/2—Land split-sit position (Prodnova)
C-113FL	Tour jeté—Ring leg
C-114FL	Switch leap—Ring leg
C-115FL	Sheep jump—1/1 turn
C-116FL	Stretch jump—2/1 turn
C-116FL	Stretch jump—2-1/2 turn
C-117FL	Cat leap—1-1/2 turn (Garrison)
C-118FL	Hop—1-1/2 turn—Free leg extended > HOR—Take off 1-leg
C-119FL	Tuck jump/hop—1-1/2 turn
C-120FL	Wolf jump/hop—1/1 turn
C-121FL	Wolf jump/hop—1/1—Land FWD lying support

#1 FX—JUMPS / LEAPS

D—JUMPS / LEAPS

D-101FL	Split leap—1-1/2 turn
D-102FL	Switch leg leap—1/1 turn (Frolova)
D-103FL	Straddle jump—1-1/2 turn
D-104FL	Leap—2-1/2 turn—HOR—Legs together—Land FWD lying support—Take off 1-leg (Toussaint)
D-105FL	Tour jeté—1/1 turn (Gogean)
D-106FL	Tour jeté—Ring leg—1/2 turn
D-107FL	Ring leg jump—1/1 turn (Johnson)
D-108FL	Stag ring leap—1/1 turn
D-109FL	Switch leap—1/2 turn—Ring leap (Trevor)
D-110FL	Stretch jump—3/1 turn
D-111FL	Cat leap—2/1 turn (Benton)
D-112FL	Hop—2/1 turn—Free leg extended > HOR—Take off 1-leg
D-113FL	Tuck jump/hop—2/1 turn; also to lying
D-113FL	Tuck jump/hop—2/1 turn—To lying (Ziganshiva)
D-114FL	Wolf jump/hop—1-1/2 turn

E—JUMPS / LEAPS

E-101FL	Wolf jump/hop—2/1 turn
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FX SKILLS CHART

#2 FX—TURNS

A—TURNS	
A-101FT	1/1 turn—Optional leg position
A-102FT	1/1 illusion—Hand touch allowed
B—TURNS	
B-101FT	1-1/2 turn—Free leg optional
B-102FT	1/1 turn—"L" leg
B-103FT	1/1 turn—Land scale > HOR—Hold 2s
B-104FT	1/1 turn—In scale > HOR
B-105FT	1/1 illusion—Hand touch NOT permitted
B-106FT	1/1 turn—Tuck stand
B-107FT	2/1 spin or more on back—In kip position
B-108FT	1/1 turn—Leg held—In 180° split
C—TURNS	
C-101FT	2/1 turn—Free leg optional
C-102FT	1 1/2 turn—"L" leg
C-103FT	1 1/2 turn—Land scale > HOR
C-104FT	1 1/2 turn—In scale > HOR
C-105FT	1 1/2 turn—Tuck stand
C-106FT	2/1 turn—Flair (Homma)
C-107FT	1-1/2 turn—Leg held—In 180° split
D—TURNS	
D-101FT	3/1 turn—Free leg optional
D-102FT	2/1 turn—"L" leg
D-102FT	2-1/2 turn—"L" leg
D-103FT	2/1 turn—Land scale > HOR—Hold 2s
D-104FT	2/1 turn—In scale > HOR
D-105FT	2/1 illusion—Hand touch NOT permitted
D-106FT	2/1 turn—Tuck stand
D-107FT	2/1 turn—Leg held 180° split (Mommel)
E—TURNS	
E-101FT	4/1 turn—Free leg optional (Gomez)
E-102FT	3/1 turn—Tuck stand

#3 FX—HANDSTANDS

A—HANDSTANDS	
A-101FH	Handstand—1/2 - 1/1 pirouette—Any entry
B—HANDSTANDS	
B-101FH	Handstand—1-1/2 or more pirouette—Any entry
C—HANDSTANDS	
D—HANDSTANDS	
E—HANDSTANDS	

#4 FX—ROLLS

A—ROLLS	
A-101FR	FWD roll
A-101FR	Handstand FWD roll
A-101FR	FWD Hecht roll
A-102FR	BWD roll—Tuck/pike
A-103FR	BWD extension roll
A-103FR	BWD extension roll—1/2 turn
B—ROLLS	
B-101FR	BWD take off—Stretched jump—1/2 twist—Hecht roll
B-102FR	Stretch jump—1/1 twist—Hecht roll
B-103FR	BWD extension roll—1/1 turn or more—In handstand
C—ROLLS	
D—ROLLS	
E—ROLLS	

FX SKILLS CHART

#5 FX—WALKOVERS / CARTWHEELS

A—WALKOVERS / CARTWHEELS

A-101FW	BWD walkovers—All variations
A-101FW	FWD walkovers—All variations
A-102FW	FWD handspring—Take off 1-leg—Land optional
A-102FW	FWD handspring—Take off 1-leg— 1/2 twist—Land optional
A-103FW	FWD Flyspring—Take off 1 - 2-legs—W/wo hecht phase before hand support—Land 1-foot
A-104FW	FWD Aerial walkover
A-104FW	FWD Aerial walkover—Tucked position (kick over front)—2-foot land or kneel position <i>Kick over front NOT considered a "salto" for SR purposes</i>
A-105FW	Cartwheel
A-105FW	SWD aerial cartwheel
A-106FW	One butterfly—FWD
A-106FW	One butterfly—BWD
A-107FW	Round-off
A-107FW	Aerial round-off (Brani)
A-108FW	Flic Flac—All variations
A-108FW	Gainer Flic Flac—All variations
A-108FW	Flic Flac—1-arm
A-109FW	Head kips—All variations
A-109FW	Neck kips—All variations

B—WALKOVERS / CARTWHEELS

B-101FW	BWD walkover—1/1 turn in handstand—All variations
B-102FW	Jump BWD—1/2 twist—FWD Handspring
B-103FW	FWD Flyspring—Land 2-feet
B-104FW	BWD handspring—1/1 twist before hand support

C—WALKOVERS / CARTWHEELS

C-101FW	FWD Handspring—1/1 twist/before hand support (Mostepanova)
C-101FW	FWD Handspring—1/1 twist after hand support (Mostepanova)
C-102FW	FWD Aerial walkover—1/1 twist

D—WALKOVERS / CARTWHEELS

E—WALKOVERS / CARTWHEELS

FX SKILLS CHART

#6 FX—FORWARD SALTOS

A—FORWARD SALTOS

A-101FF FWD salto—Tuck

B—FORWARD SALTOS

B-101FF FWD salto—Tuck—1/2 twist

B-102FF FWD salto—Pike/LO

B-102FF FWD salto—Pike/LO—1/2 twist

C—FORWARD SALTOS

C-101FF FWD salto—Tuck/pike/LO—1/1 twist

D—FORWARD SALTOS

D-101FF FWD salto—Tuck/pike/LO—1-1/2 twist (Rudi)

E—FORWARD SALTOS

E-101FF FWD salto—Tuck/pike/LO—2/1 twist (Tarasevich)

E-102FF FWD Double salto—Tuck/pike

E-102FF FWD Double salto—Tuck/pike—1/2 twist

#7 FX—SIDEWARD SALTOS

A—SIDEWARD SALTOS / ARABIANS

A-101FA FWD take-off—1 - 2-legs—SWD salto—Tuck/pike/LO

B—SIDEWARD SALTOS / ARABIANS

B-101FA BWD take off—SWD salto—LO

B-102FA SWD Arabian salto—Tuck/pike/LO

C—SIDEWARD SALTOS / ARABIANS

D—SIDEWARD SALTOS / ARABIANS

E—SIDEWARD SALTOS / ARABIANS

E-102FA SWD Arabian Double salto

E-102FA SWD Arabian Double salto—1/2 twist (Andreasen)

#8 FX—BACKWARD SALTOS

A—BACKWARD SALTOS

A-101FB BWD salto—Tuck/pike/LO

A-102FB BWD salto—Tuck/pike/LO—Step-out

A-103FB Whip back

A-104FB Gainer salto—Tuck/pike/LO

B—BACKWARD SALTOS

B-101FB BWD salto—Tuck/pike/LO—1/2 twist

B-101FB BWD salto—Tuck/pike/LO—1/1 twist

B-102FB Whip back—1/2 twist

B-102FB Whip back—1/1 twist

B-103FB Gainer BWD salto—Tuck—1/1 twist

B-104FB Jump FWD—1/2 twist—BWD salto—Tuck/pike

C—BACKWARD SALTOS

C-101FB BWD salto—Tuck/pike/LO—1-1/2 twist

C-101FB BWD salto—Tuck/pike/LO—2/1 twist

C-102FB Jump FWD—1/2 twist—BWD salto—LO

D—BACKWARD SALTOS

D-101FB BWD salto—Tuck/pike/LO—2-1/2 twist

D-102FB BWD Double salto—Tuck

D-103FB BWD Double salto—Pike

E—BACKWARD SALTOS

E-101FB BWD salto—Tuck/pike/LO—3/1 twist

E-102FB BWD Double salto—Tuck/pike—1/1 twist in

E-102FB BWD Double salto—Tuck/pike—1/1 twist out (Muchina)

E-103FB BWD Double salto—Tuck—1-1/2 twist

E-104FB BWD Double salto—LO

E-105FB BWD Double salto—LO—1/1 twist in

E-105FB BWD Double salto—LO—1/1 twist out

E-106FB BWD Double salto—Tuck/LO—2/1 twists