



**MEN'S GYMNASTICS**



# NATIONAL GYMNASTICS ASSOCIATION

## Pommel Horse Skills with NO Pommels



**Element Group I:** Single Leg Swings and scissors

**NO Element Group I Skills**

**\* NGA exception**

**Element Group II:** Circle and flairs, with and/or without spindles and handstands, Kehrsings, Russian w., flops and combined elements

SKILL	VAL	SKILL	VAL	SKILL	VAL
1. Circle in side support	A	26. Circle with 1/2 spindle (in one circle)	B	80. Reverse Stockli	B
1. *Flair in side support	A	28. 1/1 spindle in side support within 2 circles	D	86. Swiss hop	B
13. Circle in cross support frontways on end	A	29. Any 1/1 spindle within 2 circles (From 1-3 to 3-5 to 1-3) [Eichorn]	E	91. Schwabenflank	A
13. *Flair in cross support frontways on end	A	34. 1/1 spindle in cross support within 2 circles	D	92. Czechkehr ** Turn over the body of the horse – from side support to side support	B
19. Circle in cross support rearways on end	A	39. Flair or Circle to HS and lower to Flair or Circle [Tippelt]	C	103. 180° Russian	A
19. *Flair in cross support rearways on end	A	50. Direct Stockli A ** Turn over the body of the horse-from side support to side support	B	104. 360° Russian	B
20. Circle in cross support between tape (3-3)	B	61. Double Rear [Kehr]	A	105. 720° Russian	C
25. Circle with 1/4 spindle	A	79. Front out or in	A	106. 1080° Russian	D

**Element Group III:** Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles

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

**Element Group IV:** Dismounts

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

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