



NATIONAL GYMNASTICS ASSOCIATION

Pommel Horse Skills without Pommels

Element Group I: Single Leg Swings and scissors

NO EG 1 Skills



All skills from the FIG Code of Points
(January 2018 version)

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

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

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

SKILL	VALUE	SKILL	VALUE
1. 1/2 Fwd side travel (1-2 to 2-4 or 2-4 to 4-5) (1-1 to 3-3 or 3-3 to 5-5)	A	56. 1/2 Bwd cross support travel	B
2. 3/3 Fwd side travel	B	58. 3/3 Bwd cross support travel [Sivado]	D
13. 1/2 Bwd side travel (1-2 to 2-4 or 2-4 to 4-5) (1-1 to 3-3 or 3-3 to 5-5)	A	70. Kehr – Reverse Stockli – Kehr [Moguilny]	D
14. 3/3 Bwd side travel	B	71. Reverse Stockli – Kehr – Reverse Stockli [Belenki]	D
27. 1/2 travel with 1/2 spindle (side or cross support)	C	82. 3/3 Travel with 180 deg russian [Tong Fei]	D
29. 3/3 travel with 1/1 spindle	E	88. 3/3 Travel with 360 deg russian [Roth]	D
44. 1/2 Fwd cross support travel	B	89. 3/3 Travel with 720 deg Russian [Wu]	E
46. 3/3 Fwd cross support travel [Magyar]	D		

Element Group IV: Dismounts

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