



Skill Levels 1 -4 & Gold Exception Chart

NOTE: Skill Level 4 & Gold Athletes MAY use X-Skills on Uneven Bars ONLY

X-Skills Bars

Skill Set 1-Dismounts

X-101RD	Underswing
X-102RD	Tap swing 1/2 turn
X-103RD	Cast off to stand
X-104RD	3/4 forward circle to stand
X-105RD	Squat on jump down

Skill Set 2-Bar Skills

X-101RS	Cast with hips leaving bar
X-102RS	Stride circle forward
X-103RS	Stride circle backward
X-104RS	Single leg basket swing to clear support
X-105RS	Cast shoot through
X-106RS	Long hang pullover from swing
X-107RS	Single leg cut forward or backward
X-108RS	Tap swing-counterswing

Skill Set 3-Mounts

X-101RM	Jump to front support
X-102RM	Pullover from 1 or 2 feet, with or without run
X-103RM	Glide swing to stand
X-104RM	Single leg jam from glide or run
X-105RM	Run out glide kip

X Skills Beam

Skill Set 1-Beam Dance

X-101BT	Split jump (minimum 45 degrees)
X-102BT	Straddle jump (minimum 45 degrees)
X-103BT	Pivot turn
X-104BT	1/2 turn on one foot (any technique)
X-105BT	Forward swing turn
X-106BT	Backward swing turn
X-107BT	Squat turn
X-108BT	Arabesque (Skill Levels 1-2 only)

Skill Set 2-Beam Acro

X-101BA	Lever to touch beam
X-102BA	Partial handstand (lead leg must be at least 45 degrees from vertical)
X-103BA	Cross or side handstand to vertical (no hold required)
X-104BA	Shoulder roll
X-105BA	Push to bridge (hold 1 second)
X-106BA	Candlestick roll

Skill Set 3-Beam Dismounts

X-101BD	Cartwheel to partial handstand
X-102BD	Stretch jump
X-103BD	Tuck jump
X-104BD	Straddle jump (minimum 90 degrees)
X-105BD	Handstand 1/4 turn (from any entry)
X-106BD	Any jump with 180 degrees of rotation
X-107BD	Any jump with 360 degrees of rotation
X-109BD	Front handspring

X Skills Floor

Skill Set 1-Floor Dance

X-101FD	1/2 turn (any technique)
X-102FD	Forward swing turn
X-103FD	Backward swing turn
X-104FD	Split leap minimum 60 degrees
X-105FD	Leg swing hop with free leg at any angle

Skill Set 2-Floor Acro

X-101FA	Candlestick
X-102FA	Partial handstand (minimum 45 degrees)
X-103FA	Vertical handstand
X-104FA	Headstand (no hold required)
X-105FA	Backward roll to push up position
X-106FA	Push up to bridge and kick over
X-107FA	Backbend with kick over
X-108FA	Headspring
X-109FA	Front limber
X-110FA	Cartwheel step-in
X-111FA	Side cartwheel