



# NATIONAL GYMNASTICS ASSOCIATION SUPER SKILLS

## Floor Exercise

All super skills receive the value of A (0.1)

### EG I: Non-acrobatic Elements

1.1 Sissone (120° leg split)	1.2 Hitch Kick (both legs above horizontal)	1.3 Swedish fall (90° leg split)	1.4 Press to Headstand	1.5 Handstand (no hold) to roll out	1.6 Bridge (2s)
1.7 Split press / endo roll to stand (straddle or pike)	1.8 Handstand (no hold) to bridge	1.9 Straight jump	1.10 Straddle jump	1.11 Pike jump	1.12 Tuck jump
1.13 Jump 1/2 or 1/1 turn	1.14 Arabesque	1.15 Candlestick	1.16 L-Hold	1.17	1.18
1.19	1.2	1.21	1.22	1.23	1.24

### EG II: Acrobatic elements forward

2.1 Headspring	2.2 Cartwheel step forward or bring the feet together forward	2.3 Cartwheel	2.4 Bent arm tuck forward roll	2.5 Pike forward Roll	2.6 Straddle forward roll
2.7 Candlestick forward roll	2.8	2.9	2.10	2.11	2.12

### EG III: Acrobatic elements backward

3.1 Cartwheel step backward or bring the feet together backward	3.2 Roundoff (with or without rebound)	3.3 Bent arm tuck, pike, or straddle backward roll	3.4 Straight arm backward roll to pike stand or prone	3.5 Backward walkover	3.6
3.7	3.8	3.9	3.10	3.11	3.12

### EG IV: Dismounts (Any EG II or EG III)

Roundoff rebound					
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### Pommel Horse

**All super skills receive the value of A (0.1)**

**\* All may be preformed for credit**

#### EG I: Single leg swings and scissors

1.1 Front support to leg cut	1.2 Rear support to leg cut	1.3 Front support straddle swing to both sides (swing hips to outside of the pommels)	1.4 Rear support straddle swing to both sides (swing hips to outside of the pommels)	1.5 Stride swing to both sides (push off pommel on both sides)	1.6
1.7 Foward false scissor (left side)	1.8 Foward false scissor (right side)	1.9 Reverse false scissor (left side)	1.10 Reverse false scissor (right side)	1.11 Undercut	1.12
1.13 Single leg side travel	1.14 Single leg reverse stockli	1.15 Single leg Kehr	1.16	1.17	1.18
1.19	1.20	1.21	1.22	1.23	1.24

#### EG II: Circle and flairs, with and/or without spindles and handstands, Kehr swings, Russian w., flops and combined elements

2.1 Single leg pick up through rear support to front support	2.2 Single leg pick up through front support to front support	2.3 Single leg circle in front support	2.4 Single leg circle in rear support	2.5 Uphill circle or flair (first 1/4 of circle over the pommel)	2.6 Downhill circle or flair (first 1/4 of circle over the end)
2.70 * Flair in side support, or cross support frontways, or cross support rearways on end	2.80 * Circle or Flair with pommel between hands	2.90	2.10	2.11	2.12

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

3.1	3.2	3.3	3.4	3.5	3.6
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#### EG IV: Dismounts

4.1 Leg cut forward	4.2 Half circle	4.3 180° russian to wende	4.4	4.5	4.6
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**NATIONAL GYMNASTICS ASSOCIATION  
SUPER SKILLS**

**Still Rings**

**All super skills receive the value of A (0.1)**

**EG I: Kip and swing elements & swings through or to handstand**

1.1 Kip with bent arms to support	1.2 Forward giant from shoulder stand to shoulder stand (2s)	1.3 Backward giant from shoulder stand to shoulder stand (2s)	1.4 Full swing (candlestick / reverse candlestick position to 45° on both sides)	1.5	1.6
1.7	1.8	1.9	1.10	1.11	1.12

**EG II: Strength elements and hold elements (2 sec.)**

2.1 Lower to shoulderstand (2s) from handstand	2.2 Muscle up (no hold)	2.3 Straight or Tucked body Support (2s Rings turned out arms straight)	2.4 Press to shoulder stand (2s)	2.5 Bent arm straddle press HS (2s) (feet on inside of cables)	2.6 Handstand (2s)
2.7 Hanging L (2s)	2.8 Pull up to bent arm hang (2s)	2.9 Bent arm L hang (2s)	2.10 Tuck planche (2s)	2.11 Inverted hang (2s)	2.12 Piked inverted hang (2s)
2.13 German hang (2s)	2.14 Hanging V	2.15	2.16	2.17	2.18

**EG III: Swing to Strength hold elements (2 sec.)**

3.1 Back uprise to Straight or Tucked support (2s) - Rings turned out and arms straight	3.2 Back uprise to tucked planche (2s)	3.3 Felge with bent arms to L (2s)	3.4 Felge with bent arms to tucked planche (2s)	3.5	3.6
3.7	3.8	3.9	3.10	3.11	3.12

**EG IV: Dismounts**

4.1 Salto backward tucked	4.2 Salto forward tucked	4.3 German hang to drop	4.4	4.5	4.6
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## SUPER SKILLS

### Parallel Bars

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#### EG I: Elements in support or through support on 2 bars

1.1 Full support swing (straight body horizontal on both sides)	1.2 Swing to Handstand (no hold required)	1.3 Shoulder stand (2s)	1.4 Handstand, forward roll to upper arm	1.5 Front toss to upper arm	1.6 Straddle L (2s)
1.7 Press Handstand from Straddle L	1.8 Shoulder stand to forward roll	1.9 Tucked hold (2s)	1.10 Tucked Planch (2s)	1.11	1.12

#### EG II: Elements starting in upper arm position

2.1 Full upper arm swing (straight body horizontal on both sides)	2.2 Back uprise to support	2.3 Upper arm pike to cast forward	2.4 Upper arm swing backward to shoulder stand (2s)	2.5 Upper arm forward roll	2.6 Upper arm backward roll
2.7 Front uprise finish with straddled legs support on bars	2.8	2.9	2.10	2.11	2.12

#### EG III: Long swings in hang en 1 or 2 bars and Underswings

3.1 Full long hang swing (straight body horizontal on both sides)	3.2 Full basket swing (hips above bars on both sides)	3.3 Bent leg Moy to upper arm	3.4 Glide kip to upper arm	3.5 Drop kip to upper arm	3.6 Drop kip to support
3.7 Giant to upper arm	3.8 Basket to upper arm	3.9 Straight leg Moy to upper arm	3.10	3.11	3.12

#### EG IV: Dismounts

4.1 Long hang swing to Salto backward tucked	4.2 Support swing to Salto backward tucked	4.3 Support swing to Salto forward tucked	4.4 Wende	4.5 Backward swing to flank dismount	4.6 Stutz dismount
4.7 Giant swing through support to pushoff (no grip change)	4.8 Diamidov to one bar dismount	4.9	4.10	4.11	4.12



**NATIONAL GYMNASTICS ASSOCIATION  
SUPER SKILLS  
Horizontal Bar**

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**EG I: Long hang swings and turns**

1.1 Full tap swing (hollow body at 45° on each side)	1.2 Backward baby giant to support	1.3 Forward baby giant to support	1.4 Hanging 1/2 turn	1.5 Swing half turn to horizontal	1.6 Swing 1/2 turn to Handstand
1.7	1.8	1.9	1.10	1.11	1.12

**EG II: Flight elements**

2.1 Straddle cut to regrasp	2.2 Back uprise 1/1 turn to regrasp	2.3 Hop from any grip to another (above horizontal)	2.4 Hop from any grip to another (to Handstand)	2.5 Hop Swing with no grip change above horizontal	2.6
2.7	2.8	2.9	2.10	2.11	2.12

**EG III: In bar and Adler elements**

3.1 Cast (to horizontal)	3.2 Cast (to handstand)	3.3 Undershoot (hollow body throughout)	3.4 Back hip circle	3.5 Free hip circle (from horizontal to horizontal)	3.6 Toe on / toe off to Handstand
3.7 Full endo / stalder swing (hips or shoulders above the bar on both sides)	3.8 Swing forward to 1/2 endo swing backward to forward swing	3.9 Swing backward to 1/2 stalder swing forward to backward swing	3.1 Kip to support (stop allowed)	3.11 Stalder, endo, or toe on circle (support to support)	3.12 Pullover to support (Stop allowed)
3.13	3.14	3.15	3.16	3.17	3.18

**EG IV: Dismounts**

4.1 Backward salto tucked	4.2 Forward salto tucked	4.3 Undershoot to stand	4.4 Toe on shoot to stand	4.5 Toe on shoot to any Salto dismount	4.6 Front Swing 1/2 Turn at Horizontal
4.7 Free hip to push off	4.8	4.9	4.10	4.11	4.12