

Parallel Bars - Common Skills				
A (.1)	B (.2)	C (.3)	D (.4)	E (.5)
Group I - Upper Arm - All Levels - A or higher = .5				
Front Uprise	Front Uprise Reverse Cut HS			Front Uprise Stutz
			Front Uprise 1/2 Salto to UA (Harada)	Front Uprise 1/2 Salto to hang (Dalton)
	Back Uprise HS	Back Uprise Hop 1/2 to HS	Back Uprise Piked Front Salto	Front Uprise Makuts to UA
Back Uprise Straddle Cut Bent Arms	Back Uprise Straddle Cut St Arms			Front Uprise Diamidov
	Back Uprise Back Stutz			Back Uprise Straddle Front to UA
Group II - Support - L10, FIG - D or higher = .5, A/B/C = .3 L9, NCAA - C or higher = .5, A/B = .3 L7 - A or higher = .5				
Swing HS (2 sec)	Stutz Support (L7,8,9)	Stutz HS (1 or 2 bars)	Stutz/Back Toss 1/4 (1 rail)	
L (2sec)	Back Toss Support (L7,8,9)	Back Toss HS (1 or 2 bars)	Back Toss HS 1 Bar (conn to Healy)	
Straddle cut Support or L (2 sec)	Reverse Cut HS	Diamidov 1/2 to UA		5/4 Straddle Front to Glide
Rev Straddle Cut Support	Back Stutz	Diamidov HS	Diamidov 1/4 or 1/2	Makuts
	Healy to UA	Healy		Healy (following 1 Bar Swing B or higher)
1/2 Pirouette	1/2 or 3/4 Pirouette (1 to 2 bars)	Hop Pirouette	3/4 Hop Pirouette	1/1 Hop Pirouette (Gatson 1)
	1/1 Pirouette	Front Salto to support	5/4 Front Salto Straddled to UA	
	Press HS (2 sec)		3/2 Salto 1/2 to UA (Suarez)	
	1 Rail HS 1/2 or 3/4 Turn			
Group III - Long Hang/Basket - L10, FIG - D or higher = .5, A/B/C = .3 L9, NCAA - C or higher = .5, A/B = .3 L7 - A or higher = .5				
Glide Kip	Glide Kip Reverse Cut HS		Tippelt	Bhavsar
	Tuck Moy	Straight Moy	1 Bar Free Hip 1/4 to HS	
Cast to Upper Arm	Cast Support	Giant to 1 or 2 Bars	Giant HS 1 Bar (conn to Healy)	Giant Diamidov
	1 Bar Glide Kip Straddle L HS	1 Bar Glide Kip Stoop HS	Peach HS (also 1/4 and 1 Bar)	Giant 1/2 Salto to hang
Peach Glide	Peach Support	Peach Straddle Cut	Giant 1/2 Salto to UA	Peach 1/2 or 3/4 HS
	Giant through HS			Peach HS 1 Bar (conn to Healy)
Group IV - Dismount - L8, L9, L10, NCAA, FIG - Dismount value = EG value, Stick Bonus +.1 for C or higher L7 - A or higher = .5, No Bonus				
Front Salto Pike or Stretch (also 1/2)	(L9) Front Salto Pike or Str 1/2	Front Salto Pike or Stretch 3/2		Double Front Tuck also 1/2
	Front Salto Pike or Stretch 1/1			
Back Salto Pike or Stretch (also 1/2)	(L9) Back Salto 1/2 Stretch	Back Salto Pike or Str 1/1 or 3/2		Double Front Pike also 1/2 (F)
	Double Back Tuck from End	Double Back Tuck	Double Back Pike	Double Back 1/1 (G)
Back Layout off End		Giant Double Back Tuck off End		
Jr FIG D Panel:			JO A Skills	
<ul style="list-style-type: none"> Count dismount first then 7 highest skills No dismount = Count 7 total skills, No EG IV L7 Count 6 skills/3 EG L7 1/2 Empty swing allowed before any skill L8, 9 1/2 Empty swing allowed before EG III skill 			V or Manna	Drop Kip
			Moy Upper Arm	Back Uprise Support
			Flank/Stutz/WendyDsmt	Shoulder Stand
			Front or Back Salto Tuck Dsmt	Forward Roll

- 4 skills allowed from Groups I - III
- Max 2 Giant skills
- Max 2 Peach skills
- Max 2 Front Uprise HS skills
- Prohibited for Juniors