

Pommel Horse - Common Skills				
A (.1)	B (.2)	C (.3)	D (.4)	E (.5)
Group I - Leg Swings/Scissors - All Levels - A or higher = .5				
Ft Scissor	Ft Double Scissor (1/4, 1/4)	Ft Double Scissor w/travel	Ft Scissor HS (also w1/4)	
Ft Scissor 1/2	Ft Scissor Hop (and w1/2)	Ft Scissor Hop 3/3 travel	Mikulak (Ft Dbl Scissor 3/3 travel)	
Bk Scissor	Bk Double Scissor (1/4, 1/4)	Bk Scissor Hop 3/3 travel		
Bk Scissor 1/2	Bk Scissor Hop (and w1/2)	Bk Scissor HS (also w1/4)		
Group II - Circles/Keres/Russians/Flops - L10, FIG - D or higher = .5, A/B/C = .3 L9, NCAA - C or higher = .5, A/B = .3 L7 - A or higher = .5				
Circle or Flair	Circle outside or between pommels	Tippelt (Circle HS Circle)	1/1 Spin/2 cir w/pom btw hands	Eichorn (Flair travel and return/2 cir)
Ft Loop	Pommel Loop (1/4 in or out)		Tippelt Hop (Circle HS Circle)	Berki (1/1 spin on pommels/2 cir)
Bk Loop	Loop btw pommels		Magyar (1/1 spin/2 cir on end)	1/1 Spindle btw pommels (F)
any 1/4 Spindle on end	any 1/2 Spindle on end			
	Stockli A			1/1 Spindle pommels btw hands (F)
	Stockli B		Flop (3 Stockli/Loop/Russian combo)	Flop (4 Stockli/Loop/Russian combo)
	Reverse Stockli (also 270 turn)			Buezugo (R Stockli 1/1 on 1 pommel)
Kehr Out	Kehr 270	Kehr 270 on 1 pommel	Sohn (Kehr 1/1 on 1 pommel)	Busnari (F)
Wendy (Circle 1/2 out)	Direct Tramlot (Travel down Kehr in)			
Schwabenflank	Czechkehre (Moore)		Pinheiro (Czech outside pommels)	
Russian 180 (pommels) L8B				
Russian 360 (pommels) L8C	Russian 720 (pommels) L8D	Russian 1080 (pommels) L8E		
Russian 180 (end)				
Russian 360 (end) L8B	Russian 720 (end) L8C	Russian 1080 (end) L8D		
	Russian 180 (1 pommel/between)	Russian 360 (1 pommel/between)	Russian 720 (1 pommel/between)	Russian 1080 (1 pommel/between)
Group III - Travels - L10, FIG - D or higher = .5, A/B/C = .3 L9, NCAA - C or higher = .5, A/B = .3 L7 - A or higher = .5				
1/3 Side Travel	3/3 Side Travel	3/3 Side Travel btw pommels	3/3 Side Travel over pommels	
		All Side Travels 1/2 Spindle		
	1/3 Bk Travel w 1/2 Spindle	1/3 or 1/2 Bk Travel w 1/2 Spindle		3/3 Travel w/1/1 Spindle (Urzica)
	1/3 Fwd Travel w 1/4 Spindle	Bilozerchev (LPPL w 1/4 turn)		
	1/2 or 2/3 Fwd Travel	Magyar (LPPL)	Magyar (3/3 Fwd Travel)	
1/3 Back Travel	1/2 or 2/3 Bk Travel	Sivado (LPPL)	Sivado (3/3 Bk Travel)	
		Urzica (Kehre in Bk Stockli no pommels)	Moguily (Kehre, Bk Stockli, Kehre)	
		2/3 Tong Fei (Pommel to Leather)	Tong Fei (Russian 3/3 no pommels)	
		Kroll (Tong Fe pommel btw hands)	Roth	Wu
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				
Wende	Chagunian	(L7/8/9) Circle HS (also w 3/4 turn)		
Russian 360 L8B	Russian 720 L8C	Russian 1080 L8D		
		Stockli or Pommel Loop to HS	Stockli or PL w/270 and 3/3 travel	Stockli or PL w/450 and 3/3 travel
	Circle HS (also w 3/4 turn) L7-9C	Circle HS w/270 and 3/3 travel	Circle HS w/450 and 3/3 travel	
Jr FIG D Panel:			JO A Skills	
- Count dismount first then 7 highest skills - No dismount = Count 7 total skills, No EG IV - Can repeat dismount (large deduction increases to 1.0) 4 skills allowed from Groups I - III - L7,8,9,10 Circle deductions by skill, not section - L8 All skills come from pommel-less JDP list			False Scissor	Loop 1/4 Turn to Leg Cut
			Single Leg Travel	Any Flair
			Single Leg Stockli	Any Flank Dismount
			- Max 2 Bezugo/Sohn elements - Max 4 Flair elements	- Max 2 1/1 Spindle elements - Max 2 HS skills (not inc dismount)
- Max 2 Flop elements - Max 2 Russian elements - Max 2 3/3 Cross Travels - Max 2 3/3 Russian Travels - Max 2 3/3 Spindle Travels - Max 1 same type element (Wu/Roth, Tong Fei, Nin Reyes)				