



# MEN—FOUR EVENT COMPETITION FORMAT LEVEL 1-3

## COMPETITION GUIDELINES

<p><b>MISSION</b></p> <ul style="list-style-type: none"> <li>• To introduce Men's Gymnastics using equipment already available to existing women's program with additional purchase of a *Mushroom</li> <li>• Allowing more boys participation in the Men's NGA program, providing a team environment for better retention</li> <li>• <i>Special Pricing on Mushroom for NGA Member Clubs</i></li> </ul>	<p><b>COMPETITION FORMAT</b></p> <ul style="list-style-type: none"> <li>• Participants will compete in up to 4 events</li> <li>• Floor Exercise <ul style="list-style-type: none"> <li>• Routine performed in straight line to allow for possible tumbling strip at competitions</li> </ul> </li> <li>• Mushroom</li> <li>• Vault</li> <li>• Horizontal Bar <ul style="list-style-type: none"> <li>• Performed on one Uneven Bar high or low</li> </ul> </li> <li>• Boys can be inserted into any session of a women's gymnastics competition either in a separate squad of only boys or mixed in within any other squad</li> <li>• Boys can compete as an event specialist or in all 4 events</li> </ul>
<p><b>EQUIPMENT</b></p> <ul style="list-style-type: none"> <li>• Uneven Bar (high or low)</li> <li>• Spring Floor</li> <li>• Mushroom</li> <li>• Compulsory Vaulting mat system <ul style="list-style-type: none"> <li>• Aro-board &amp; springboard</li> </ul> </li> </ul>	
<p><b>WARM UP TIME — MODIFIED CAPITAL CUP</b></p> <ul style="list-style-type: none"> <li>• General Open Stretch = 15-30m</li> <li>• Event Warm up = 30s Level 1, Level 2</li> <li>• Event Warm up = 45s Level 3</li> <li>• Meet directors will need to be mindful of Warm up times when determining which session the boys are to be assigned</li> <li>• When Men's 4X4 competition is held with a women's competition, warmup times should be the same so the competition starts and finishes at the same time</li> </ul>	<p><b>ATTIRE</b></p> <ul style="list-style-type: none"> <li>• Athletic shorts and Team T-shirt or jersey top</li> <li>• Required to wear socks on Single Bar and Mushroom</li> </ul> <p><b>AWARDS</b></p> <ul style="list-style-type: none"> <li>• Boys to be divided into age groups no more than 5 years apart for awards</li> <li>• Awards will be provided in the (4) events plus All Around and Team following the standard NGA guidelines</li> </ul>
<p><b>SCORING</b></p> <ul style="list-style-type: none"> <li>• As per NGA Men's Technical Handbook</li> </ul>	<p><b>JUDGES</b></p> <ul style="list-style-type: none"> <li>• Certified members of (NGJA) or (NAWGJ) are used to officiate at 4 X4 event Xtreme Team NGA gymnastics competition</li> <li>• A judge must be member of NGA with NCSI background check, Abuse and Prevention Course and take the Men's Level 1-3 NGA online Judges exam</li> </ul>

## Section 2

# MEN—LEVEL REQUIREMENTS














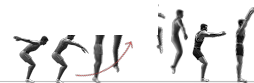






SKILL LEVEL 1N	5 years & up	SKILL LEVEL 3N	7 years & up
<b>FLOOR EXERCISE—Performed in straight line tumbling pattern</b>		<b>FLOOR EXERCISE—Performed in straight line tumbling pattern</b>	
<ol style="list-style-type: none"> <li>1. Minimum (2) Element Groups</li> <li>2. May count (8) NGA Super Skills</li> <li>3. May use FIG 'A' value skills</li> </ol>		<ol style="list-style-type: none"> <li>1. Minimum (4) Element Groups</li> <li>2. May count (8) NGA Super Skills</li> <li>3. May use FIG 'A' value skills</li> </ol>	
<b>MUSHROOM</b>		<b>MUSHROOM</b>	
<ol style="list-style-type: none"> <li>1. Perform ¼ Circle return to start position then</li> <li>2. Perform 3/4 Circle               <ul style="list-style-type: none"> <li>● Evaluate hip roll (Counter to Circle), lean &amp; extension</li> <li>● Finish in/thru fully extended side support</li> </ul> </li> </ol>		<ol style="list-style-type: none"> <li>1. Perform 3 ½ Circle finish thru rear support               <ul style="list-style-type: none"> <li>● Evaluate hip roll (Counter to Circle), lean &amp; extension</li> <li>● Finish in/thru fully extended rear support</li> </ul> </li> </ol>	
<b>VAULT—Stacked mats 16”+</b>		<b>VAULT—Resi/Stacked mats 10’ X 5’X 32”</b>	
<ol style="list-style-type: none"> <li>1. Stretch Jump-under arm reach followed by Under arm reach kick handstand to flat back onto mat stack</li> </ol>		<ol style="list-style-type: none"> <li>1. Under arm reach Handspring over ½ Resi to stand onto landing mat</li> </ol>	
<b>HIGH BAR</b>		<b>HIGH BAR</b>	
<ol style="list-style-type: none"> <li>1. Minimum (2) Element Groups</li> <li>2. May count (8) NGA Super Skills</li> <li>3. May use FIG 'A' value skills</li> </ol>		<ol style="list-style-type: none"> <li>1. Minimum (4) Element Groups</li> <li>2. May count (8) NGA Super Skills</li> <li>3. May use FIG 'A' value skills</li> </ol>	
SKILL LEVEL 2N	6 years & up	COMPETITION GUIDELINES	
<b>FLOOR EXERCISE—Performed in straight line tumbling pattern</b>		<ol style="list-style-type: none"> <li>1. Start Value 10.0</li> <li>2. Routine is composed of 6 skills minimum 8 skills maximum</li> <li>3. NGA Super Skills fulfill Element Group</li> <li>4. Missing element group Element Group -.5</li> <li>5. One skill cannot fulfill more than one Element Group</li> <li>6. Mushroom Bonus 1.0 if performed on the floor mushroom.</li> <li>7. Aro-Board allowed on Vault</li> <li>8. A Vault may be repeated if athlete receives a 0 Vault with a -1.0 deduction</li> </ol>	
<b>MUSHROOM</b>		<b>STICK BONUS</b>	
<ol style="list-style-type: none"> <li>1. Perform 1 ½ Circle finish thru rear support               <ul style="list-style-type: none"> <li>● Evaluate hip roll (Counter to Circle), lean &amp; extension</li> <li>● Finish in/thru fully extended rear support</li> </ul> </li> </ol>		+1 on all apparatus, all Levels, except Mushroom (See VT for some exceptions)	
<b>VAULT—Resi/Stacked mats 10’ X 5’X 32”</b>		<b>ERRORS AND DEDUCTIONS</b>	
<ol style="list-style-type: none"> <li>1. Under arm reach Handspring to flat back</li> </ol>		Small Error -0.10   Medium Error -0.30   Large Error -0.50   Fall -0.50 <ol style="list-style-type: none"> <li>1. Skill performed out of skill difficulty range -0.5</li> <li>2. Missing Element Group (Levels 1N-3N) -0.5</li> <li>3. Repeat skills (Ø repetition deduction - Ø Value Part)</li> <li>4. All other error deductions per FIG Jr. COP</li> </ol>	
<b>HIGH BAR</b>		<b>SHORT ROUTINE</b>	
<ol style="list-style-type: none"> <li>1. Minimum (3) Element Groups</li> <li>2. May count (8) NGA Super Skills</li> <li>3. May use FIG 'A' value skills</li> </ol>		PER JR FIG • No 'short routine' deduction taken if min. six (6) FIG or Super Skills are performed	

# FX—SUPER SKILLS CHART—GRP I

## FLOOR EXERCISE — SUPER SKILLS

All super skills receive the value of A (0.1)









### ELEMENT GROUP I—NON-ACROBATIC ELEMENTS

1.1	1.2	1.3	1.4	1.5	1.6
Sissone—120° leg split	Hitch Kick—Both legs above HOR	Swedish fall—90° leg split	Press—Headstand	Handstand—No hold—Roll out	Bridge—2s
					
1. From stand 2. Jump straight from 2-feet 3. Separate legs into diagonal split—120° 4. Land 1 or 2 feet, arms optional	1. From run or step 2. Push off 1-foot—Kick 1-leg front HOR 3. Switch legs—Kick 2nd leg in front HOR 4. Arms optional, legs straight in kicks	1. From scale/arabesque stand, 90° split 2. Tilt FWD, maintain split, straight legs 3. Fall onto hands (bend arms to absorb) 4. Maintain bent arms or straight to finish	1. From optional entry 2. Squat or Pike, reach out, place head 3. Form triangle between head-hands 4. Lift legs (optional leg position) to VER	1. From optional entry 2. HS—no hold required 3. Bend/straight arm roll out 4. Optional exit	1. From optional entry 2. From back arch 3. Both feet/hands on FX at same time 4. Feet apart/together
1.7	1.8	1.09	1.10	1.11	1.12
Split press / Endo roll—Stand—Straddle/Pike	Handstand—No hold—Bridge	Endo roll—Handstand—No hold	Straddle jump	Pike jump	Tuck jump
					
1. From optional entry into split 2. Lift hips up, roll FWD, straddle/pike 3. Optional exit position after stand	1. From optional entry into HS 2. No hold HS—Arch over to bridge 3. Feet and hands on FX at same time 4. Optional exit	1. From optional entry 2. Execute FWD Endo roll (legs inside) 3. Press out to HS 4. No hold required	1. From 2-feet 2. Jump straight—Straddle position 3. Upright body or toe touch, optional 4. Land 2-feet	1. From 2-feet 2. Jump straight—Pike position 3. Upright body or toe touch, optional 4. Land 2-feet	1. From 2-feet 2. Jump straight—Tuck position 3. Min 90°/90° hips and knees 4. Land 2-feet
1.13	1.14	1.15	1.16	1.17	1.18
Jump 1/2 (180°) or 1/1 (360°) turn	Arabesque	Candlestick	'L'-Hold	Prone Fall	Straddle Pancake
					
1. From 2-feet 2. Jump straight 3. Execute 1/2 or 1/1 turn, either direction 4. Land 2-feet	1. From optional entry 2. Straight base leg, lift back leg BWD 3. < 90° leg split, torso may lean FWD 4. Optional exit	1. From optional FWD or BWD entry 2. Show hollow position, body VER as much as possible, flat hips 3. Optional exit	1. From optional entry 2. Lift body off surface, legs parallel to FX 3. Legs straight 4. Optional exit	1. From 2-feet 2. Tilt body FWD, falling FWD 3. Body kept straight 4. Catch straight body in push-up position	1. From optional entry 2. Straddle legs 3. Place torso flat on FX between legs 4. Optional exit



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

## ELEMENT GROUP II—ACROBATIC ELEMENTS FORWARD






2.1 Headspring	2.2 Cartwheel step FWD <sup>OR</sup> bring feet together FWD	2.3 Cartwheel	2.4 Bent arm—Tuck FWD roll	2.5 Pike—FWD Roll	2.6 Straddle—FWD Roll
 <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Legs straight/tuck to touch head to FX</li> <li>3. Pike-Open (korbut) action in hips</li> <li>4. Optional together or step out</li> </ol>	 <ol style="list-style-type: none"> <li>1. From optional FWD or SWD entry</li> <li>2. Cartwheel</li> <li>3. 1/4 turn FWD</li> <li>4. Optional step or feet together exit</li> </ol>	 <ol style="list-style-type: none"> <li>1. From optional FWD or SWD entry</li> <li>2. Cartwheel</li> <li>3. Optional FWD or SWD exit</li> </ol>	 <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Squat to hands/bent arms on FX</li> <li>3. FWD Tuck roll</li> <li>4. Optional exit</li> </ol>	 <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Pike to hands/bent/straight arms on FX</li> <li>3. FWD Pike roll</li> <li>4. Optional exit</li> </ol>	 <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Pike to hands/bent/straight arms on FX</li> <li>3. FWD Straddle roll</li> <li>4. Optional exit</li> </ol>
2.7 Candlestick—FWD roll	2.8 Front Handspring				
 <ol style="list-style-type: none"> <li>1. From optional entry into Candlestick</li> <li>2. FWD roll—Tuck/Pike/Straddle</li> <li>3. Optional exit</li> </ol>	 <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Quick reach to FX—both hands</li> <li>3. Heel drive legs, repulse off hands</li> <li>4. Feet together on landing</li> </ol>				

# FX—SUPER SKILLS CHART—GRP III, IV




## FLOOR EXERCISE — SUPER SKILLS

All super skills receive the value of A (0.1)

### ELEMENT GROUP III—ACROBATIC ELEMENTS BWD / FWD

<b>3.1</b> Cartwheel step—BWD <sup>OR</sup> Bring feet together—BWD	<b>3.2</b> Roundoff	<b>3.3</b> Bent arm BWD Roll—Tuck/Pike/Straddle	<b>3.4</b> Straight arm BWD Roll—Pike stand <sup>OR</sup> Prone	<b>3.5</b> BWD Walkover	
					
1. From optional entry 2. Cartwheel 3. 1/4 (90°) turn at end 4. Finish feet together or lunge FWD	1. From optional entry 2. Perform RO 3. With/Without rebound 4. Feet together on landing	1. From optional entry 2. Perform bent arm BWD roll—Tuck/Pike/Straddle 3. Optional exit	1. From optional entry 2. Perform straight arm BWD roll—Tuck/Pike 3. Exit to Pike stand or Prone (push-up)	1. From stand on 1-leg 2. Lift leg up and over head while arching upper torso BWD to BWO 3. Optional exit	

### ELEMENT GROUP IV—DISMOUNTS

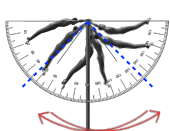


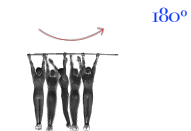

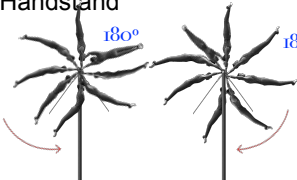
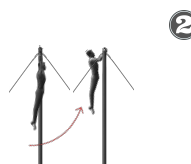
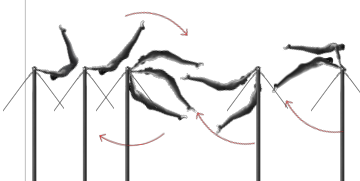
<b>4.1</b> Roundoff—Rebound	<b>4.2</b> Back Handspring—Rebound	<b>4.3</b> Front Handspring—Rebound			
					
1. From optional entry 2. Perform RO 3. With Rebound 4. Feet together on landing	1. From optional entry 2. Jump BWD to hands, jump off hands to feet, rebound 3. Feet together on landing	1. From optional entry 2. Quick reach to FX—both hands 3. Heel drive legs, repulse off hands 4. Feet together on landing, rebound			




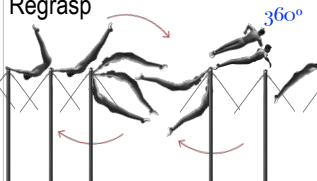
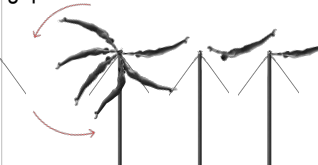

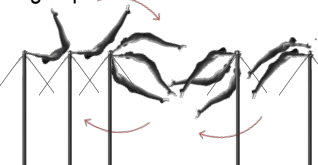
# HB—SUPER SKILLS CHART—GRP I, II

## HORIZONTAL BAR — SUPER SKILLS

All super skills receive the value of A (0.1)  
ELEMENT GROUP I: LONG HANG SWINGS AND TURNS

<b>1.1</b> Full tap swing—Hollow body at 45°—Each side  <ol style="list-style-type: none"> <li>From straight long swing</li> <li>FWD/BWD swing or BWD/FWD swing</li> <li>45° mark, must show hollow body</li> </ol>	<b>1.2</b> BWD Baby Giant—Support  <ol style="list-style-type: none"> <li>From optional entry</li> <li>Straight long swing FWD—pullover Body Giant</li> <li>Finish front support, arms straight</li> </ol>	<b>1.3</b> FWD Baby Giant—Support  <ol style="list-style-type: none"> <li>From optional entry</li> <li>Straight long swing BWD—pullover Body Giant</li> <li>Finish front support, arms straight</li> </ol>	<b>1.4</b> Hanging 1/2 (180°) turn  <ol style="list-style-type: none"> <li>From straight hang</li> <li>Perform 1/2 (180°) turn, any grip-to-grip</li> </ol>	<b>1.5</b> Swing 1/2 (180°) turn—HOR  <ol style="list-style-type: none"> <li>From straight long swing, any grip</li> <li>Perform 1/2 (180°) turn at HOR</li> <li>Finish any grip</li> </ol>	<b>1.6</b> Swing 1/2 (180°) turn—Handstand  <ol style="list-style-type: none"> <li>From straight long swing FWD or BWD</li> <li>Perform 1/2 (180°) turn</li> <li>Finish in Handstand, any grip</li> </ol>
<b>1.7</b> Pull up—Bent arm hold—2s  <ol style="list-style-type: none"> <li>From straight hang</li> <li>Pull up to approx chin level</li> <li>Hold bent arm hang—2 sec</li> <li>Optional exit</li> </ol>	<b>1.8</b> Back Uprise—HOR  <ol style="list-style-type: none"> <li>From long swing, any height, over grip</li> <li>Perform BWD swing to HOR</li> <li>Pull bar in to create SHD angle</li> </ol>				


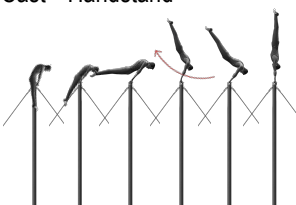



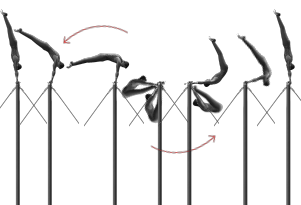

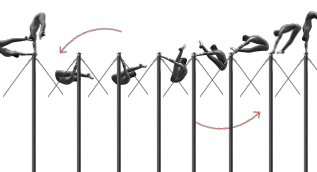
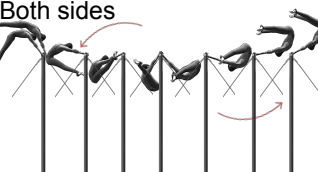
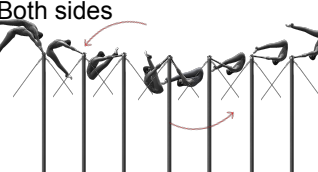
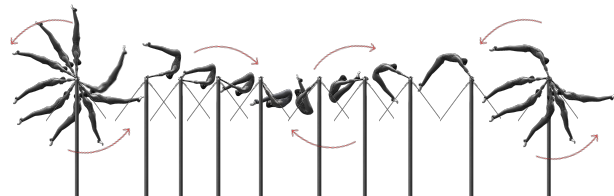
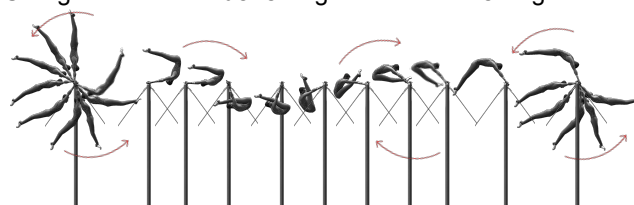
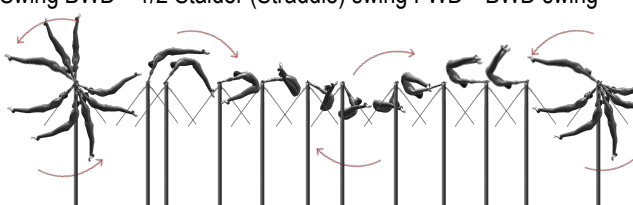

## ELEMENT GROUP II: FLIGHT ELEMENTS

<b>2.1</b> Straddle cut—Regrasp  <ol style="list-style-type: none"> <li>From straight long swing</li> <li>Perform stoop in, straddle cut legs out</li> <li>Regrasp hands</li> <li>Optional exit</li> </ol>	<b>2.2</b> Back uprise—1/1 (360°) turn—Regrasp  <ol style="list-style-type: none"> <li>From long swing, any height</li> <li>Perform BWD swing to HOR</li> <li>Pull bar in to create SHD angle</li> <li>Perform 1/1 (360°) turn, regrasp bar</li> </ol>	<b>2.3</b> Hop—From any grip—To another grip—Above HOR  <ol style="list-style-type: none"> <li>From optional entry</li> <li>Swing (or skill) from grip to grip</li> <li>Above HOR</li> </ol>	<b>2.4</b> Hop—From any grip—To another grip—To Handstand  <ol style="list-style-type: none"> <li>From optional entry</li> <li>Swing (or skill) from grip to grip</li> <li>To handstand</li> </ol>	<b>2.5</b> Back swing—2-hand REL and Regrasp  <ol style="list-style-type: none"> <li>From optional entry</li> <li>Perform BWD long swing</li> <li>Release 2-hands, regrasp bar</li> <li>From any grip to grip</li> </ol>
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# HB—SUPER SKILLS CHART—GRP III

## HORIZONTAL BAR — SUPER SKILLS





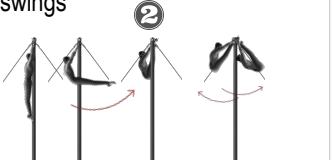
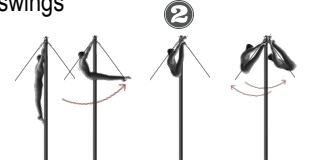

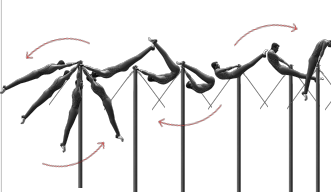
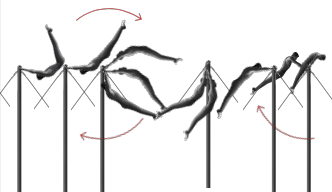
All super skills receive the value of A (0.1)  
ELEMENT GROUP III: IN BAR AND ADLER ELEMENTS

<b>3.1</b> Cast—HOR  <ol style="list-style-type: none"><li>1. From optional entry to Front Support</li><li>2. Leg drive BWD to HOR</li><li>3. Any grip</li></ol>	<b>3.2</b> Cast—Handstand  <ol style="list-style-type: none"><li>1. From optional entry to Front Support</li><li>2. Leg drive BWD to Handstand</li><li>3. Any grip</li></ol>	<b>3.3</b> Undershoot—Hollow body thru out  <ol style="list-style-type: none"><li>1. From optional entry</li><li>2. Perform Undershoot—Hollow body</li><li>3. Finish optional exit</li></ol>	<b>3.4</b> Back hip circle  <ol style="list-style-type: none"><li>1. From optional entry</li><li>2. Cast (if in Front Support)</li><li>3. Perform BWD hip circle</li><li>4. Optional exit</li></ol>	<b>3.5</b> Free hip circle—HOR to HOR  <ol style="list-style-type: none"><li>1. From optional HOR entry</li><li>2. Cast HOR (if in Front Support)</li><li>3. Perform BWD Free hip circle</li><li>4. Optional HOR exit</li></ol>	<b>3.6</b> Toe on / Toe off—Handstand  <ol style="list-style-type: none"><li>1. From optional entry</li><li>2. Perform BWD Toe on-Toe off circle</li><li>3. Finish in Handstand</li></ol>
<b>3.7</b> Full Endo—Hips or SHD above bar—Both sides  <ol style="list-style-type: none"><li>1. From any entry, reverse grip</li><li>2. Perform full FWD Endo (straddle)</li><li>3. Hips or SHD above bar, both sides</li></ol>	<b>3.7</b> Full Alder—Hips or SHD above bar—Both sides  <ol style="list-style-type: none"><li>1. From any entry, reverse grip</li><li>2. Perform full FWD Alder (pike)</li><li>3. Hips or SHD above bar, both sides</li></ol>	<b>3.7</b> Full Stalder (Straddle) swing—Hips or SHD above bar—Both sides  <ol style="list-style-type: none"><li>1. From any entry, over grip</li><li>2. Perform full BWD Stalder (straddle)</li><li>3. Hips or SHD above bar, both sides</li></ol>	<b>3.7</b> Full Stalder (Pike) swing—Hips or SHD above bar—Both sides  <ol style="list-style-type: none"><li>1. From any entry, over grip</li><li>2. Perform full BWD Stalder (pike)</li><li>3. Hips or SHD above bar, both sides</li></ol>	<b>3.8</b> Swing FWD—1/2 Endo swing BWD—FWD swing  <ol style="list-style-type: none"><li>1. From any entry, over grip</li><li>2. Long swing FWD, 1/2 Endo (straddle) swing BWD</li><li>3. Long swing FWD</li><li>4. No swing height requirements</li></ol>	
<b>3.8</b> Swing FWD—1/2 Alder swing BWD—FWD swing  <ol style="list-style-type: none"><li>1. From any entry, over grip</li><li>2. Long swing FWD, 1/2 Alder (pike) swing BWD</li><li>3. Long swing FWD</li><li>4. No swing height requirements</li></ol>		<b>3.9</b> Swing BWD—1/2 Stalder (Straddle) swing FWD—BWD swing  <ol style="list-style-type: none"><li>1. From any entry, reverse grip</li><li>2. Long swing BWD, 1/2 Stalder (straddle) swing FWD</li><li>3. Long swing BWD</li><li>4. No swing height requirements</li></ol>		<b>3.9</b> Swing BWD—1/2 Stalder (Pike) swing FWD—BWD swing  <ol style="list-style-type: none"><li>1. From any entry, reverse grip</li><li>2. Long swing BWD, 1/2 Stalder (pike) swing FWD</li><li>3. Long swing BWD</li><li>4. No swing height requirements</li></ol>	

# HB—SUPER SKILLS CHART

## HORIZONTAL BAR — SUPER SKILLS

All super skills receive the value of A (0.1)  
ELEMENT GROUP III: IN BAR AND ADLER ELEMENTS


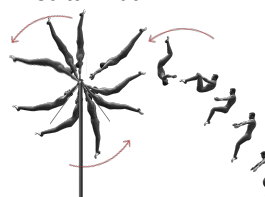

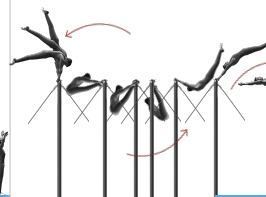
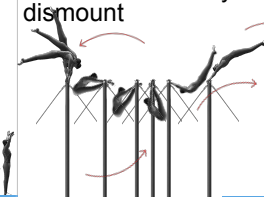
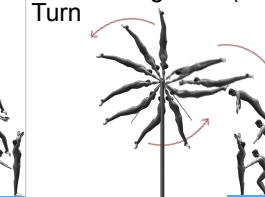

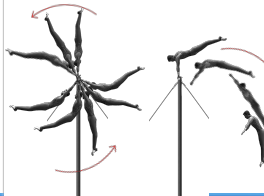
<b>3.10</b> Kip—Support—Stop allowed  <ol style="list-style-type: none"> <li>1. From straight long swing</li> <li>2. Perform kip</li> <li>3. Finish Front Support</li> <li>4. Stop allowed</li> </ol>	<b>3.11</b> Stalder (Straddle) circle—Support to support  <ol style="list-style-type: none"> <li>1. From Stalder (straddle) sit—Top of bar</li> <li>2. Over grip</li> <li>3. Circle BWD 360°</li> <li>4. Finish in start position</li> </ol>	<b>3.11</b> Stalder (Pike) circle—Support to support  <ol style="list-style-type: none"> <li>1. From Stalder (pike) sit—Top of bar</li> <li>2. Over grip</li> <li>3. Circle BWD 360°</li> <li>4. Finish in start position</li> </ol>	<b>3.12</b> Pullover—Support—Stop allowed  <ol style="list-style-type: none"> <li>1. From straight hang</li> <li>2. Pull up—BWD Pullover</li> <li>3. End Straight Front Support</li> <li>4. Stop allowed</li> </ol>	<b>3.13</b> From hang—Stalder (Straddle) toes to bar—2s Hold OR 2 small swings  <ol style="list-style-type: none"> <li>1. From straight hang</li> <li>2. Lift straight legs—Toes on bar—Straddle</li> <li>3. Hold 2 sec OR</li> <li>4. Perform (2) small straddle-piked swings</li> </ol>	<b>3.13</b> From hang—Stalder (Pike) toes to bar—2s Hold OR 2 small swings  <ol style="list-style-type: none"> <li>1. From straight hang</li> <li>2. Lift straight legs—Toes on bar—Pike</li> <li>3. Hold 2 sec OR</li> <li>4. Perform (2) small piked swings</li> </ol>
<b>3.14</b> Pullover—Coach assist  <ol style="list-style-type: none"> <li>1. From straight hang</li> <li>2. Pull up—BWD Pullover</li> <li>3. End Straight Front Support</li> <li>4. Coach assist</li> </ol>	<b>3.14</b> Kip—Coach assist  <ol style="list-style-type: none"> <li>1. From straight long swing</li> <li>2. Perform kip</li> <li>3. Finish Front Support</li> <li>4. Coach assist</li> </ol>	<b>3.14</b> Back Uprise—Coach assist  <ol style="list-style-type: none"> <li>1. From long swing, any height, over grip</li> <li>2. Perform BWD swing</li> <li>3. Pull bar in to create SHD angle</li> <li>4. Coach assist</li> </ol>			

# HB—SUPER SKILLS CHART—GRP IV

## HORIZONTAL BAR — SUPER SKILLS

All super skills receive the value of A (0.1)

### ELEMENT GROUP IV—DISMOUNTS

<b>4.1</b> <b>BWD Salto—Tuck</b>  1. From long swing FWD, over grip 2. Release bar—Perform BWD Tuck Salto 3. Land	<b>4.2</b> <b>FWD Salto—Tuck</b>  1. From long swing BWD, under grip 2. Release bar—Perform FWD Tuck Salto 3. Land	<b>4.3</b> <b>Undershoot—Stand</b>  1. From long swing, over grip, any height 2. Perform hollow Undershoot 3. Pull bar overhead—Straight SHD angle 4. Land	<b>4.4</b> <b>Toe on shoot—Stand</b>  1. From long swing, over grip, any height 2. Perform Toe on Shoot 3. Pull bar overhead—Straight SHD angle 4. Land	<b>4.5</b> <b>Toe on shoot—Any Salto</b> <b>dismount</b>  1. From long swing, over grip, any height 2. Perform Toe on Shoot w/Salto—Any body position 3. Land	<b>4.6</b> <b>Front Swing—1/2 (180°)</b> <b>Turn</b>  1. From long swing, over grip, any height 2. Swing FWD—1/2 (180°) turn 3. Any grip allowed prior to release 4. Land
<b>4.7</b> <b>Free hip—Push off</b>  1. From any angle 2. Perform BWD Free hip circle 3. Continue circle to push off bar 4. Land	<b>4.8</b> <b>Drop—From Back swing</b>  1. From straight long swing, any height, reverse grip 2. Swing BWD, release bar to drop 3. Land				





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