

Bar Values NCAA adopted by NGA

Number	Technique Clarification	Value
D-207a	Uprise backward to handstand on HB with 1/2 turn	D
E-202	1 1/2 pirouette (turn is in handstand, not a Healy)	E
D-305	From LB facing outward, Clear Hip Circle thru HS w/ flight to HB (Shaposhnikova)	E
D-604	From LB facing outward, Stalder backward thru HS w/ flight to HB (Chow)	E
D-805b	From HB, Toe on Front Tuck 1/2 Twist (USAG/NCAA = C)	D
D-805c	From HB, Toe on Front Pike 1/2 Twist	D
D-806b	From HB, Back Stalder Front Tuck or Pike 1/2 Twist	D
D-806c		
D-804a	From HB, Clear Support Front Tuck or Pike 1/2 Twist	D
D-804c		
D-811	Flyaway Double Full Twist	D
D-815	Front Flyaway 1 1/2 Twist (Tuck or LO)	D
D-816		
E-815a	Front Flyaway 2/1 Twist (Tuck or LO)	E
E-816a		
E-812a	Double Tuck Flyaway 1/2 Twist	E
D-601a (Bkwd)	Stalder (forward or backward), straddled, to handstand with or without 1/2 turn	D
D-607a (Fwd)		
D-601b (Bkwd)		
D-607c (Fwd)		
E-607	Stalder (forward), straddled, to handstand with a 1/1 turn	E

Beam Values NCAA adopted by NGA

Number	Technique Clarification	Value
C-211a	Straddle pike or straddle split jump performed with a 1/4 turn	C
D-204	Ring or Stag-ring leap or jump (rear leg at head height)	D
D-201		

E-217a	Tour jete with 1/4 turn	E
E-205a	Switch side Leap with 1/4 turn	E
E-301a	Double turn on one foot	E
E-308a	Double Wolf turn (Humphrey)	E
D-801c D-802	Salto forward take off from one or two legs to a sit (Puolin/Portocarrero)	D
D-811b	Salto backward stretched with step-out	D
D-811c	Salto backward stretched through vertical and then pike down with legs together	D
D-904 D-906	Salto forward tucked or stretched with a 1 1/2 twist (off two feet) (Rudi)	D
D-918	Double Full Dismount	D
D-909 D-910	Gainer salto tucked or stretched with 1 1/2 Twist to side of beam	D
D-912	Gainer salto tucked with 1/1 twist off end of beam	D
E-906	Salto forward stretched with 2/1 twist (off two feet)	E
E-910a E-910b	Gainer salto backward stretched with 2/1 or 2 1/2 (Khorkina) twist to side of beam	E

FX Values NCAA adopted by NGA

D-108b/ D-107 Ring jump or stag-ring jump with 1/1 turn (360) = D

D-105a Switch Side 1/2 = D