

MEN'S TECHNICAL HANDBOOK



Effective: July 1, 2024-June 30, 2028

Update: January 2025

NATIONALGYM.ORG

Copyright © 2024 by National Gymnastics Association

All rights reserved.

Use of this publication is expressly subject to the National Gymnastics Association TERMS OF USE, a copy appearing on the National Gymnastics Association website.

No part of this publication may be reproduced, translated, or transmitted in any form or by any means without permission in writing from National Gymnastics Association. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except as permitted by U.S. copyright law. For permission requests, contact NGA at info@nationalgym.org or Masters of Sport at mastersofsport.com.

It is a copyright infringement to obtain either a printed copy or digital copy through any means other than the official sites.

All requests for permission should be made in writing to:

National Gymnastics Association
PO Box 29078
Indianapolis, IN 46229

How to update an Apple Book

MAC Computer—In the Books app on your **Mac**

- 1)—Click your name in the lower-left corner
- 2)—Click Updates
- 3)—Click an update or Update All

iPad—In the Books app on your **iPad**

- 1)—Click your name in the upper-right corner follow
- 2) & 3) above

iPhone—In the Books app on your **iPhone**

- 1)—Click your name in the upper-right corner follow
- 2) & 3) above

How to update a Google eBook

- 1)—Log into Google Play
- 2)—Clear cache—Click “Clear Browsing Data” in Google Chrome Editor
- 3)—Under “Advanced”, check box next to “Cached images and files”, Click “Clear Data”
- 4)—If original eBook was a PDF download, remove the download, re-export by clicking the three (3) dots below the eBook image, select “Export”
- 5)—Re-export the eBook every time a new update is available



TABLE OF CONTENTS

Click white icon – Table of Contents
Click black icon – NGA main web page
Click Section for direct link to topic

PART A – NGA MEN’S PROGRAM

CHAPTER 1 – MEN’S COMPETITIVE PROGRAM

SECTION 1 – COMPETITION GUIDELINES

SECTION 2 – COMPETITION CONCEPTS

SECTION 3 – COMPETITION REQUIREMENTS

SECTION 4 – EVENT EXCEPTIONS

SECTION 5 – COMPETITION STANDARDS

SECTION 6 – COMPETITIVE REQUIREMENTS BY LEVELS

CHAPTER 2 – MEN’S EVENT SKILLS CHARTS

SECTION 1 – FX – SUPER SKILLS CHART

SECTION 2 – PH – W/O POMMEL/MUSHROOM SKILLS CHART

SECTION 4 – PH – SUPER SKILLS CHART

SECTION 5 – SR – SUPER SKILLS CHART

SECTION 6 – VT – REQUIREMENTS CHART – 1N-6N

SECTION 7 – VT – REQUIREMENTS CHART – 7N-10N

SECTION 8 – PB – SUPER SKILLS CHART

SECTION 9 – HB – SUPER SKILLS CHART

CHAPTER 3 – EVENT REQUIREMENTS SUMMARY CHARTS

SECTION 1 – FLOOR EXERCISE

SECTION 2 – MUSHROOM / POMMEL HORSE

SECTION 3 – STILL RINGS

SECTION 4 – VAULT

SECTION 5 – PARALLEL BARS

SECTION 6 – HIGH BAR

PART B – NGA MEN’S PROGRAM

CHAPTER ~~X~~XTREME TEAM 4X4

SECTION 1 – 4-EVENT COMPETITION FORMAT 1N-5N

SECTION 2 – LEVEL REQUIREMENTS

SECTION 3 – FX SUPER SKILLS

SECTION 4 – PH W / O HANDLES & MUSHROOM SKILLS

SECTION 5 – VT SUPER SKILLS

SECTION 6 – HB SUPER SKILLS

PART C – EXTRAS

SECTION 1 – EQUIPMENT REGULATIONS

*Scan for direct link:
NGA National Men’s Director
Mike Naddour*



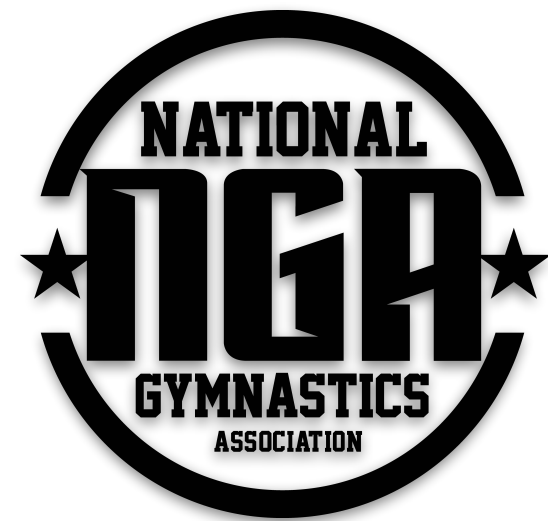
[Link to Junior FIG here](#)

PART A

Chapter 1 – Men’s Competitive Program

Chapter 2 – Men’s Events Skill Chart

Chapter 3 – Men’s Event Summary



Chapter 1

MEN'S COMPETITIVE PROGRAM



SECTION 1—COMPETITION GUIDELINES

SECTION 2—COMPETITION CONCEPTS

SECTION 3—COMPETITION REQUIREMENTS

SECTION 4—EVENT EXCEPTIONS

SECTION 5—COMPETITION STANDARDS

SECTION 6—COMPETITION SPECIAL REQUIREMENTS - BY LEVEL

COMPETITION GUIDELINES—ALL LEVELS

COMPETITION STANDARDS

Goal

- To maintain same “**Team First**” concepts thru each level of competition

Announcer

- Need to have a great announcer to keep the meet exciting!

Awards

- Team Awards—Every athlete receives medal
- Individual Awards—Set by Meet Director

Inclusive

- All athletes eligible to compete all events—everyone can contribute

Meet Format

- Recommended to use Modified Capital Cup format

Team Division

- Team Score = Top three (3) per Event
 - Level 8N/9N/10N = Designate 5, 3 count
 - Level 6N/7N = Designate 5, 3 count
 - Level 4N/5N = Designate 5, 3 count
 - Level 1N/2N/3N = Designate 5, 3 count
 - May combine levels as shown above

Team Score

- Emphasis should be on Team Score
- Using the Score Board, keep a running score of teams thru the 5th rotation
- Use a separate screen, if possible

Sessions and Events

- Determining # of events at a time and/or # of meet sessions—Maximum 10 gymnasts per squad
- Level 1N-5N meets to be short and sweet—pre competition routines should be limited or discouraged

Event Warm-up

- Level 1N-10N—20 min. (open warm-up)
- Level 1N-5N—One Touch
- Level 6N-7N—Two touch
- Level 8N-10N—Three touch
- Modified Capital Cup suggested for Levels 6N-10N

Open Stretch

- Level 1N-10N—20 min.

COACHES RESPONSIBILITIES

- Spotter required—all levels—be in position to safely spot on SR-V-HB
- Spotter allowed—all levels:PB—Additional spotter permitted: SR-VT-PB-HB
- L1N-3N: Spotting allowed—all events—Ø spot deduction, only loss of skill VP
- L1N-3N: Speaking to gymnast during routine allowed w/o deduction
- Video tape review allowed only for difficulty / element groups at Qualification Competitions
- Coaches must have current NCSI Background Check, Abuse Prevention Training Certification, & Concussion Protocol Training

PROFESSIONAL ATTIRE

- Closed toe shoes, shorts, slacks, or warm-up pants and collared team shirt

QUALIFICATION STANDARDS

Qualifying Scores

- To State: 40.00AA / 4X4 28.00 AA
- To Regionals: 42.00AA / 4X4 30.00 AA
- To Nationals: 45.00AA / 4X4 32.00 AA

L1-L5—Athlete Age Mobility

- May only move up one (1) age level per competition season
- Athlete may move up one (1) competition level by scoring a 45.00 AA (6 events) in any sanctioned NGA competition, 30.00 AA in the 4X4 program
- **Example:** 5-year-old L1 scores a 54.00 AA may move up to L2

Level Qualification

- All levels compete at State, Regional Zone and Nationals with an opportunity to qualify onto the Regional Team.
- Level 1 - 10 may qualify onto the National Select Team or the Premier team at Nationals



COMPETITION CONCEPTS—LEVELS 1N-3N

STATE GYMNASTICS TEAM LEAGUE

Level 1N-3N—Purpose

- To develop Team competition that adds to growth of men’s gymnastics in each state
- To encourage participation in competitive gymnastics within each club program
- To develop judges’ assistants who may grow to be Nationally Certified

League Competitions/GYMAct

- Competition Directors hosting local events use the local GYMAct team, if available, to work the meet and assist the judges.
- Host will donate to local GYMAct program based on number of workers needed to run the competition.
- Donations used for competition and scholarship opportunities for athletes competing in local GYMAct collage programs

Sessions and Events

- Determine number of events at a time and/or number of meet sessions— Maximum 10 gymnasts per squad

Event Warm-up

- Level 1N-3N—20 min. (open warm-up)
- Level 1N-3N—One Touch

Overview Level 1N-3N

- Positive and inexpensive introduction to competitive gymnastics
- Athletes not required to do all events
- Gym shorts and T-shirt are acceptable attire

League Overview

- NGA State Men’s Gymnastics League is comprised of many Clubs and Judges from across each State
- Competitions are usually dual in house meets not large invitationals
 - Provides access to competition and learning opportunities to all its members at greatly reduced cost.
 - Encourages participation and increases level of competition
- Developing judges within the organization, ensures quality of judging remains high, and cost to Competition Directors stays affordable



COMPETITION REQUIREMENTS

MEN'S ALL LEVEL REQUIREMENTS

FIG Junior Code of Points Rules (Including FIG Newsletters) will be followed with these exceptions:

| LEVEL | AGE-1st DAY OF COMPETITION <i>∅ max age restrictions at any level</i> | EXERCISE PRESENTATION (EP) | TOTAL SCORE | MAX SCORE | EG REQUIRED | EG FULFILLED | SS ALLOWED | FIG ALLOWED | | | | | |
|-------|--|----------------------------|--------------------------------------|-----------|-------------|------------------------------|------------|-------------|---|---|----|--|--|
| | | | | | | | | A | B | C | D+ | | |
| | Min Age | | | | | 4 EG X 0.5 each = 2.0 | | | | | | | |
| 1N | 5 yrs | 8.0 | SV = EP 8.0 + 'D' + EG + Stick Bonus | 10.0 | 4 EG | 2.0, SS | 8 SS | A | - | - | - | | |
| 2N | 6 yrs | 8.0 | SV = EP 8.0 + 'D' + EG + Stick Bonus | 10.0 | 4 EG | 2.0, SS | 8 SS | A | - | - | - | | |
| 3N | 7 yrs | 8.0 | SV = EP 8.0 + 'D' + EG + Stick Bonus | 10.0 | 4 EG | 2.0, SS | 8 SS | A | - | - | - | | |
| 4N | 8 yrs | 8.0 | SV = EP 8.0 + 'D' + EG + Stick Bonus | 10.0 | 4 EG | 2.0, 1-'A' | 6 SS | A | B | - | - | | |
| 5N | 9 yrs | 8.0 | SV = EP 8.0 + 'D' + EG + Stick Bonus | 10.0 | 4 EG | 2.0, 2-'A' | 5 SS | A | B | - | - | | |
| 6N | 10 yrs | 8.0 | SV = EP 8.0 + 'D' + EG + Stick Bonus | 10.0 | 4 EG | 2.0, 3-'A' | 4 SS | A | B | C | - | | |
| 7N | 11 yrs | 8.0 | SV = EP 8.0 + 'D' + EG + Stick Bonus | 10.0 | 4 EG | 2.0, 4-'A' | 3 SS | A | B | C | - | | |
| 8N | 12 yrs | 8.0 | SV = EP 8.0 + 'D' + EG + Stick Bonus | 10.0 | 4 EG | 2.0, 4-'A' | 2 SS | A | B | C | D | | |
| 9N | 13 yrs | 8.0 | SV = EP 8.0 + 'D' + EG + Stick Bonus | 10.0 | 4 EG | 2.0, 4-'B' | 1 SS | A | B | C | D | | |
| 10N | 14 yrs | 7.5 | SV = EP 7.5 + 'D' + EG + Stick Bonus | 10.0 | 4 EG | 2.0, 4-'C' | 0 SS | A | B | C | D | | |

*NGA SS partially fulfills
 4N-9N EG +0.3
 EG1 is fulfilled w 'A' VP at
 8N-10N*

EVENT EXCEPTIONS

EVENT EXCEPTIONS

FLOOR EXERCISE

- 1N-9N FX • No double salto skill required
 1N-9N FX • Any ½ (180°) twist added to a skill: Considered separate skill in a separate skill box and counted for value

- 1N-9N FX • FIG Tuck and Pike skills are separate VP

- 1N-10N FX • Stick Bonus applies to Dismount Pass only
 1N-10N FX • May use Dismount as Element Group 4

POMMEL HORSE

- 6N PH • “W/O Pommels” skills list applies—Not required to touch three (3) parts of Pommel Horse
 7N PH • “W/O Pommels” skills list applies—Yes required to touch three (3) parts of Pommel Horse /
 8N-9N PH • Feint allowed w / Ø deduction
 1N-10N PH • Circle—flair—HS (only upgrade to ‘C’)
 1N-5N MR • SS 4.1—1/2 Circle to rear support fulfills EG +0.50

VAULT

- 1N-5N VT • Tramp board allowed
 1N-6N VT • Any vault using Resi vault system = 10 SV
Stick Bonus: +0.1 on all apparatus, all Levels, except Mushroom/Pommel Horse (See VT for some exceptions)

EVENT EXCEPTIONS

STILL RINGS

- 1N-5N SR • Allowed up to three (3) basic swings
 1N-9N SR • No swing to HS required
 1N-10N SR • EG II, III awarded one (1) value higher than FIG
 4N-10N SR • Yamawaki, Jonasson awarded one (1) VP higher than FIG

PARALLEL BARS

- 1N-5N PB • Allowed up to three (3) basic swings
 1N-9N PB • 1/2 swing allowed before EG III (under bar elements) skills
 1N-9N PB • Hand-on-hand spot allowed before EG III skills
 1N-10N PB • Change of swing direction allowed
 4N-9N PB • Stutz, Salto BWD, Giant to support-HOR ‘B’ VP, fulfills EG
 6N-9N PB • Allowed one (1) extra swing

HIGH BAR

- 1N-9N HB • Change of directions allowed w/o deduction
 1N-5N HB • Allowed up to three (3) basic swings
 4N-9N HB • Any Jam/Adler at 45° ‘B’ VP, fulfills EG
 1N-5N HB • FIG Element Group III ‘A’ skills only required horizontal finish position for EG credit and no deduction
 6N-9N HB • Allowed one (1) extra swing
 1N-5N HB • Up to five (5) movements allowed, with no deduction, to start routine

Stick Bonus: +0.1 on all apparatus, all Levels, except Mushroom/Pommel Horse (See VT for some exceptions)



COMPETITION STANDARDS

ERRORS AND DEDUCTIONS

| Deduction | Description |
|--|---|
| -0.10 | Small Error |
| -0.20 | Medium Error |
| -0.30 | Large Error |
| -0.20 | 1/2 intermediate swing |
| -0.30 | Full intermediate swing |
| -0.50 | Fall |
| -0.50 | Skill performed out of skill difficulty range |
| Ø VP | Repeat skills (<i>no repetition deduction</i>) L1-L10 |
| <ul style="list-style-type: none"> One skill cannot fulfill more than one (1) Element Group All other error deductions as per FIG Jr COP 1N-3N Spot SS/A-VP to support allowed: yes skill credit/no difficulty credit | |

SUPER SKILLS

1N-6N—Super Skills (SS) have no difficulty but count for a EG value where SS allowed: EG value = +0.50
 4N-9N—Super Skills (SS) have no difficulty but count for partial EG value where SS allowed: Partial EG value = +0.30

FIG SKILLS

Any FIG Skill counts for difficulty and EG value at any level, if allowed

SHORT ROUTINES – PER JR FIG

- No 'short routine' deduction taken if min. six (6) FIG or Super Skills are performed, regardless of whether skills are accounted for value
- NGA levels having FIG 'A' skill requirement and is replaced with a Super Skill, NO 'Short Routine' deduction, only -0.50 for any missing FIG 'A' required skill

EQUIPMENT

- Tramp board allowed 1N-5N VT
- FIG Jr Code requirements except PB & PH—Height may be lowered if needed to adapt to athlete
- As per FIG Jr Code of Points
- Additional matting may be used on SR-VT-PB-HB-all levels for athlete safety
- Panel mats may be used to mount PH & PB
- (1) 4" mat/sting mat may be used on FX for 'C' + VP (landing only)—must remain in place for entire routine

4" = 10 cm
 8" = 20 cm
 16" = 40 cm

UNIFORMS

Levels 1N-5N

- Athletic shorts, Team T-shirt/Jersey top
- Socks required on Mushroom

Levels 6N-10N

- Gymnastics shorts: FX-VT
- Form pants & socks w jersey top:PH-SR-PB-HB

EG FULFILLMENT

- 1N-3N SS value skills fulfill EG
- 4N-7N 'A' value skills fulfill EG
- 8N 'A' value skills fulfill EG
- 9N 'B' value skills fulfill EG
- 10N 'C' value skills fulfill EG
- 7N-10N EG1 is fulfilled w 'A' VP
- EG partially fulfilled = +0.30
- NGA SS partially fulfills EG +0.3 if SS allowed
- L4 = 1 'A' 3 SS
- L5 = 2 'A' 2 SS
- L6 = 3 'A' 1 SS
- L7/8 = 4 'A'
- L9 = 4 'B'
- L10 = 4 'C' 3



LEVEL REQUIREMENTS—1N, 2N

| ALL LEVEL RULES | LEVEL 1N | 5 years & up | LEVEL 2N | 6 years & up |
|---|--|-------------------|--|-------------------|
| EG Skills - L1N-L10N | FLOOR EXERCISE—EP = 8.0 | Routine Time: 70s | FLOOR EXERCISE—EP = 8.0 | Routine Time: 70s |
| Each fulfilled EG = +0.5 | 1. (4) Required Element Groups (EG) | | 1. (4) Required Element Groups (EG) | |
| Number of Skills | 2. (8) NGA SS allowed | | 2. (8) NGA SS allowed | |
| (6) min. skills / (8) max. | 3. 'A' FIG VP allowed | | 3. 'A' FIG VP allowed | |
| NGA Super Skills vs FIG Skills | ● <i>Stick Bonus +0.10 (Dismount pass only)</i> | | ● <i>Stick Bonus +0.10 (Dismount pass only)</i> | |
| 4N-9N NGA SS partially fulfills EG +0.3 if SS allowed | MUSHROOM—FX level EP = 10.0 / Full height EP = 9.0 | | MUSHROOM—FX level EP = 10.0 / Full height EP = 9.0 | |
| Fulfilling Element Group (EG) | 1. 1/4 Circle through support | | 1. 1-1/2 or more Circles finish thru rear support | |
| One (1) skill cannot fulfill more than (1) element group (EG) | 2. 3/4 Circle through support | | ● <i>Evaluate hip roll (Counter to Circle), lean & extension</i> | |
| | ● <i>Evaluate hip roll (Counter to Circle), lean & extension</i> | | ● <i>Finish in/thru fully extended rear support</i> | |
| | ● <i>Must show both 1/4 & 3/4 positions</i> | | ● <i>Dismount in Rear Support</i> | |
| | ● <i>Landing not evaluated</i> | | STILL RINGS—EP = 8.0 | |
| | STILL RINGS—EP = 8.0 | | 1. (4) Required Element Groups (EG) | |
| | 1. (4) Required Element Groups (EG) | | 2. (8) NGA SS allowed | |
| | 2. (8) NGA SS allowed | | 3. 'A' FIG VP allowed | |
| | 3. 'A' FIG VP allowed | | ● <i>Stick Bonus +0.10</i> | |
| | ● <i>Stick Bonus +0.10</i> | | VAULT—NGA SV = 10.0 | |
| | VAULT—NGA SV = 10.0 | | 1. Handspring—flat back onto Resi | |
| | 1. Stretch Jump—under arm reach—Kick HS—Fall flat back onto Mat Stack/Resi | | ● <i>Yes Tramp Board</i> | |
| | ● <i>Yes Tramp Board</i> | | ● <i>Resi/Stack Mats—10' x 5' x 32"</i> | |
| | ● <i>Resi/Stack Mats—10' x 5' x 32"</i> | | PARALLEL BARS—EP = 8.0 | |
| | PARALLEL BARS—EP = 8.0 | | 1. (4) Required Element Groups (EG) | |
| | 1. (4) Required Element Groups (EG) | | 2. (8) NGA SS allowed | |
| | 2. (8) NGA SS allowed | | 3. 'A' FIG VP allowed | |
| | 3. 'A' FIG VP allowed | | ● <i>Stick Bonus +0.10</i> | |
| | ● <i>Stick Bonus +0.10</i> | | HIGH BAR—EP = 8.0 | |
| | HIGH BAR—EP = 8.0 | | 1. (4) Required Element Groups (EG) | |
| | 1. (4) Required Element Groups (EG) | | 2. (8) NGA SS allowed | |
| | 2. (8) NGA SS allowed | | 3. 'A' FIG VP allowed | |
| | 3. 'A' FIG VP allowed | | ● <i>Stick Bonus +0.10</i> | |
| | ● <i>Stick Bonus +0.10</i> | | ALL events except VT: SV = EP + FIG VP + NGA SS + Stick Bonus | |

LEVEL REQUIREMENTS—3N, 4N

| LEVEL 3N | 7 years & up |
|--|-------------------|
| FLOOR EXERCISE—EP = 8.0 | Routine Time: 70s |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 (Dismount pass only) | |
| MUSHROOM—FX level SV = 10.0 / Full height SV = 9.0 | |
| <ol style="list-style-type: none"> 3-1/2 or more Circles finish thru rear support <ul style="list-style-type: none"> Evaluate hip roll (Counter to Circle), lean & extension Finish in/thru fully extended rear support Dismount in Rear Support | |
| STILL RINGS—EP = 8.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | |
| VAULT—NGA SV = 10.0 | |
| <ol style="list-style-type: none"> Front Handspring over resi to landing mat <ul style="list-style-type: none"> Yes Tramp Board Resi/Stack Mats—10' x 5' x 32" Landing evaluated and Stick Bonus +0.10 | |
| PARALLEL BARS—EP = 8.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | |
| HIGH BAR—EP = 8.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | |
| ALL events except VT: SV = EP + FIG VP + NGA SS + Stick Bonus | |

| LEVEL 4N | 8 years & up |
|---|-------------------|
| FLOOR EXERCISE—EP = 8.0 | Routine Time: 70s |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (1-A / 3-SS) (6) NGA SS allowed 'A'-'B' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 (Dismount pass only) | |
| MUSHROOM—FX level EP = 8.0 / Full height EP = 7.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (1-A / 3-SS) Circles & Flairs plus (1) different FIG VP finish thru Rear Support Circles & Flairs may be repeated for 'A' VP <ul style="list-style-type: none"> Skill and finish must be preceded by circle or flair Dismount in Rear Support or any FIG 'A' or higher VP EG1-Flair, EG2-Circles, EG3-180° Turn, EG4-Dismount | |
| STILL RINGS—EP = 8.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (1-A / 3-SS) (6) NGA SS allowed 'A'-'B' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | |
| VAULT—NGA SV = 10.0 | |
| <ol style="list-style-type: none"> Handspring SW w 1/4 (90°) over Resi to landing mat Front Handspring over Resi to landing mat <ul style="list-style-type: none"> 2 different Vaults required-averaged Yes Tramp Board Resi/Stack Mats—10' x 5' x 32" Landing evaluated and Stick Bonus +0.10 | |
| PARALLEL BARS—EP = 8.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (1-A / 3-SS) (6) NGA SS allowed 'A'-'B' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | |
| HIGH BAR—EP = 8.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (1-A / 3-SS) (6) NGA SS allowed 'A'-'B' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | |
| ALL events except VT: SV = EP + FIG VP + NGA SS + Stick Bonus | |

LEVEL REQUIREMENTS—5N, 6N

| LEVEL 5N | 9 years & up | LEVEL 6N | 10 years & up |
|---|-------------------|--|-------------------|
| FLOOR EXERCISE—EP = 8.0 | Routine Time: 70s | FLOOR EXERCISE—EP = 8.0 | Routine Time: 70s |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (2-A / 2-SS) (5) NGA SS allowed 'A'-'B'-'C' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 (Dismount pass only) | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (3-A / 1-SS) (4) NGA SS allowed 'A'-'B'-'C' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 (Dismount pass only) | |
| MUSHROOM—FX level SV = 8.0 / Full height SV = 7.0 | | POMMEL HORSE—W/O Pommels—EP = 8.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (2-A / 2-SS) Circles, + (3) different FIG VP finish thru Rear Support <ul style="list-style-type: none"> Skill & finish must be preceded by circle or flair Circles & Flairs may repeat for 'A' VP Dismount in Rear Support or any FIG 'A' or higher VP EG1-Flair, EG2-Circles, EG3-180° Turn, EG4-Dismount | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (3-A / 1-SS) (4) NGA SS allowed All FIG VP allowed Minimum (3) FIG 'A' value skills <ul style="list-style-type: none"> Not required to touch (3) parts of Pommel Horse #EG1-Flair | |
| STILL RINGS—EP = 8.0 | | STILL RINGS—EP = 8.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (2-A / 2-SS) (5) NGA SS allowed 'A'-'B'-'C' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (3-A / 1-SS) (4) NGA SS allowed 'A'-'B'-'C' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | |
| VAULT—NGA SV = 10.0 | | VAULT—NGA SV = 10.0 | |
| <ol style="list-style-type: none"> Round off, BHS to stand on Resi Front Handspring to stand on Resi Handspring SW w 1/4 (90°) to stand on Resi <ul style="list-style-type: none"> 2 different Vaults required-averaged Yes Tramp Board Resi—10' x 5' x 32" | | <ol style="list-style-type: none"> Roundoff BHS over Table to stand on Resi Front Handspring over Table to stand on Resi Handspring SW w 1/4 (90°) over Table to stand on Resi <ul style="list-style-type: none"> Landing not evaluated, must land feet 1st 2 different Vaults required-averaged Table + Resi—10' x 5' x 32" | |
| PARALLEL BARS—EP = 8.0 | | PARALLEL BARS—EP = 8.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (2-A / 2-SS) (5) NGA SS allowed 'A'-'B'-'C' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (3-A / 1-SS) (4) NGA SS allowed 'A'-'B'-'C' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | |
| HIGH BAR—EP = 8.0 | | HIGH BAR—EP = 8.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (2-A / 2-SS) (5) NGA SS allowed 'A'-'B'-'C' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (3-A / 1-SS) (4) NGA SS allowed 'A'-'B'-'C' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | |
| ALL events except VT: SV = EP + FIG VP + NGA SS + Stick Bonus | | ALL events except VT: SV = EP + FIG VP + NGA SS + Stick Bonus | |

LEVEL REQUIREMENTS—7N, 8N

| LEVEL 7N | 11 years & up | LEVEL 8N | 12 years & up |
|--|-------------------|---|-------------------|
| FLOOR EXERCISE—EP = 8.0 | Routine Time: 70s | FLOOR EXERCISE—EP = 8.0 | Routine Time: 70s |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-A) (3) NGA SS allowed 'A'-'B'-'C' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 (Dismount pass only) | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-A) (2) NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 (Dismount pass only) | |
| POMMEL HORSE—No Pommels—EP = 8.0 | | POMMEL HORSE—EP = 8.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-A) (3) NGA SS allowed 'A'-'B'-'C' FIG VP allowed <ul style="list-style-type: none"> Yes required to touch (3) parts of Pommel Horse #EG1-Flair | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-A) (2) NGA SS allowed All FIG VP allowed | |
| STILL RINGS—EP = 8.0 | | STILL RINGS—EP = 8.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-A) (3) NGA SS allowed 'A'-'B'-'C' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-A) (2) NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | |
| VAULT—FIG VP 1.6-2.2 + EP = 8.0 | | VAULT—FIG VP 1.6-3.2 + EP = 8.0 | |
| <ol style="list-style-type: none"> Any Vault from 1.6 SV to 2.2 SV <ul style="list-style-type: none"> 2 different EG Vaults required-averaged Stick Bonus +0.10 | | <ol style="list-style-type: none"> Any Vault from 1.6 SV to 3.2 SV <ul style="list-style-type: none"> 2 different EG Vaults required—Averaged Stick Bonus +0.10 | |
| PARALLEL BARS—EP = 8.0 | | PARALLEL BARS—EP = 8.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-A) (3) NGA SS allowed 'A'-'B'-'C' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-A) (2) NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | |
| HIGH BAR—EP = 8.0 | | HIGH BAR—EP = 8.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-A) (3) NGA SS allowed 'A'-'B'-'C' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-A) (2) NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | |
| ALL events: SV = EP + FIG VP + NGA SS + Stick Bonus | | ALL events: SV = EP + FIG VP + NGA SS + Stick Bonus | |



LEVEL REQUIREMENTS—9N, 10N

| LEVEL 9N | 13 years & up | LEVEL 10N | 14 years & up |
|--|-------------------|--|-------------------|
| FLOOR EXERCISE—EP = 8.0 | Routine Time: 70s | FLOOR EXERCISE—EP = 7.5 | Routine Time: 70s |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-B) (1) NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> ● <i>Stick Bonus +0.10 (Dismount pass only)</i> | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-C) (∅) NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> ● <i>Stick Bonus +0.10 (Dismount pass only)</i> | |
| POMMEL HORSE—EP = 8.0 | | POMMEL HORSE—EP = 7.5 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-B) (1) NGA SS allowed All FIG VP allowed | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-C) (∅) NGA SS allowed All FIG VP allowed | |
| STILL RINGS—EP = 8.0 | | STILL RINGS—EP = 7.5 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-B) (1) NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> ● <i>Stick Bonus +0.10</i> | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-C) (∅) NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> ● <i>Stick Bonus +0.10</i> | |
| VAULT—FIG VP 1.6-4.4 + EP = 8.0 | | VAULT—FIG VP 1.6-6.0 + EP = 7.5 | |
| <ol style="list-style-type: none"> Any Vault from 1.6 SV to 4.4 SV <ul style="list-style-type: none"> ● <i>2 different EG Vaults required—Averaged</i> ● <i>Stick Bonus +0.10</i> | | <ol style="list-style-type: none"> Any Vault from 1.6 SV to 6.0 SV <ul style="list-style-type: none"> ● <i>2 different EG Vaults required—Averaged</i> ● <i>Stick Bonus +0.10</i> | |
| PARALLEL BARS—EP = 8.0 | | PARALLEL BARS—EP = 7.5 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-B) (1) NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> ● <i>Stick Bonus +0.10</i> | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-C) (∅) NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> ● <i>Stick Bonus +0.10</i> | |
| HIGH BAR—EP = 8.0 | | HIGH BAR—EP = 7.5 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-B) (1) NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> ● <i>Stick Bonus +0.10</i> | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (4-C) (∅) NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> ● <i>Stick Bonus +0.10</i> | |
| ALL events: SV = EP + FIG VP + NGA SS + Stick Bonus | | ALL events: SV = EP + FIG VP + NGA SS + Stick Bonus | |

inside
Gymnastics[®]
MAGAZINE

Use Code **NGA** for
30% OFF
Your Subscription!



SUBSCRIBE TODAY!
ShopInsideNation.com



Chapter 2

MEN'S EVENT SUPER SKILLS CHARTS



SECTION 1—FX—SUPER SKILLS CHART

SECTION 2—PH—W/O POMMELS & MUSHROOM SKILLS CHART

SECTION 3—PH—SUPER SKILLS CHART

SECTION 4—SR—SUPER SKILLS CHART

SECTION 5—VT—REQUIREMENTS CHART

SECTION 6—PB—SUPER SKILLS CHART

SECTION 7—HB—SUPER SKILLS CHART

FX—SUPER SKILLS CHART—GROUP I

FLOOR EXERCISE — SUPER SKILLS








ELEMENT GROUP I—NON-ACROBATIC ELEMENTS

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

FX—SUPER SKILLS CHART—GROUP II

FLOOR EXERCISE — SUPER SKILLS






ELEMENT GROUP II—ACROBATIC ELEMENTS FORWARD

| | | | | | |
|---|--|--|--|---|---|
| <p>2.1—Headspring</p>  | <p>2.2—Cartwheel step FWD ^{OR} bring feet together FWD</p>  | <p>2.3—Cartwheel—FWD/SWD</p>  | <p>2.4—Bent arm—Tuck FWD roll</p>  | <p>2.5—Pike—FWD Roll</p>  | <p>2.6—Straddle—FWD Roll</p>  |
| <p>1. From optional entry 2. Legs straight/tuck to touch head to FX 3. Pike-Open (korbut) action in hips 4. Optional together or step out</p> | <p>1. From optional FWD or SWD entry 2. Cartwheel 3. 1/4 turn FWD 4. Optional step or feet together exit</p> | <p>1. From optional FWD or SWD entry 2. Cartwheel 3. Optional FWD or SWD exit</p> | <p>1. From optional entry 2. Squat to hands/bent arms on FX 3. FWD Tuck roll 4. Optional exit</p> | <p>1. From optional entry 2. Pike to hands/bent/straight arms on FX 3. FWD Pike roll 4. Optional exit</p> | <p>1. From optional entry 2. Pike to hands/bent/straight arms on FX 3. FWD Straddle roll 4. Optional exit</p> |
| <p>Headspring</p> | <p>Cartwheel Step-out</p> | <p>Cartwheel SWD</p> | <p>FWD Tuck Roll</p> | <p>FWD Pike Toll</p> | <p>FWD Straddle Roll</p> |
| <p>2.7—Candlestick—FWD roll</p>  | | | | | |
| <p>1. From optional entry into Candlestick 2. FWD roll—Tuck/Pike/Straddle 3. Optional exit</p> | | | | | |
| <p>Candlestick FWD Roll</p> | | | | | |




FX—SUPER SKILLS CHART—GROUP III, IV

FLOOR EXERCISE — SUPER SKILLS

ELEMENT GROUP III—ACROBATIC ELEMENTS BWD / FWD

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

ELEMENT GROUP IV—DISMOUNTS

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

PH—W/O POMMELS & MUSHROOM SKILLS CHART—4N-7N

| POMMEL HORSE SKILLS – W / O POMMELS | | | | | | | | |
|---|---|----|-------|---|----|-------|--|----|
| ELEMENT GROUP I—SINGLE-LEG SWINGS AND SCISSORS | | | | | | | | |
| FIG # | DESCRIPTION | VP | FIG # | DESCRIPTION | VP | FIG # | DESCRIPTION | VP |
| | No element skills | | | No element skills | | | No element skills | |
| ELEMENT GROUP II: CIRCLES AND FLAIRS, W/ SPINDLES & HS, KEHRSWINGS, RUSSIAN W, FLOPS, COMBINED ELEMENTS | | | | | | | | |
| FIG # | DESCRIPTION | VP | FIG # | DESCRIPTION | VP | FIG # | DESCRIPTION | VP |
| 1 | Circle in Side Support | A | 26 | Circle with 1/2 spindle (in one circle) | B | 80 | Reverse Stockli | B |
| 1 | *Flair in Side Support (Thomas) | A | 28 | 1/1 spindle in side support within 2 circles | D | 86 | Swiss hop | B |
| 13 | Circle in cross support frontways on end | A | 29 | Any 1/1 spindle w/in 2 circles (From 1-3 E to 3-5 to 1-3) [Eichorn] | E | 91 | Schwabenflank | A |
| 13 | *Flair in cross support frontways on end | A | 34 | 1/1 spindle in cross support within 2 circles | D | 92 | Czechkehr | B |
| 19 | Circle in cross support rearways on end | A | 39 | Flair or Circle to HS, lower to Flair or C Circle [Tippelt] | C | 103 | 180° Russian | A |
| 19 | *Flair in cross support rearways on end | A | 50 | Direct Stockli-A | B | 104 | 360° Russian | B |
| 20 | Circle in cross support between tape (3-3) | B | 61 | Double Rear [Kehr] | A | 105 | 720° Russian | C |
| 25 | Circle with 1/4 spindle | A | 79 | Front out or in | A | 105 | 1080° Russian | D |
| ELEMENT GROUP III—TRAVEL TYPE ELEMENTS, INCLUDING KROLLS, TONG FEI, WU GUONIAN, ROTH AND TRAVELING SPINDLES | | | | | | | | |
| FIG # | DESCRIPTION | VP | FIG # | DESCRIPTION | VP | FIG # | DESCRIPTION | VP |
| 1 | 1/2 FWD side travel | A | 33 | 1/2 Side travel with 1/2 spindle | B | 70 | Kehr - Reverse Stockli – Kehr [Moguilny] | D |
| 2 | 3/3 FWD side travel | B | 35 | 3/3 Cross travel with 1/2 spindle (in one circle) [Nin Reyes] | E | 71 | Reverse Stockli – Kehr – Reverse Stockli [Belenki] | D |
| 13 | 1/2 BWD side travel | A | 44 | 1/2 FWD cross support travel | B | 82 | 3/3 Travel with 180° Russian [Tong Fei] | D |
| 14 | 3/3 BWD side travel | B | 46 | 3/3 FWD cross support travel [Magyar] | D | 88 | 3/3 Travel with 360° Russian [Roth] | D |
| 27 | 1/2 travel w 1/2 spindle (side/cross support) | C | 56 | 1/2 BWD cross support travel | B | 89 | 3/3 Travel with 720° Russian [Wu] | E |
| 29 | 3/3 Side travel with 1/1 spindle | E | 58 | 3/3 BWD cross support travel [Sivado] | D | | | |
| ELEMENT GROUP IV—DISMOUNTS | | | | | | | | |
| FIG # | DESCRIPTION | VP | FIG # | DESCRIPTION | VP | NGA# | DESCRIPTION | VP |
| 1 | Wende | A | 10 | 1080° Russian to wende | D | 4.1 | 4.1—1/2 (180°) circle to rear support MUSHROOM ONLY | SS |
| 4 | Circle / Flair to HS w 3/3 travel & 450° turn | D | 20 | *Circle or flair to HS | C | | | |
| 8 | 360° Russian to wende | B | | (Special VAL for HS with no turn or travel) | | | | |
| 9 | 720° Russian to wende | C | | *See FIG Jr COP for HS turn/travel principles | | | | |

**1-3, 3-3, 4-5, etc refer to placement of gymnast's hands

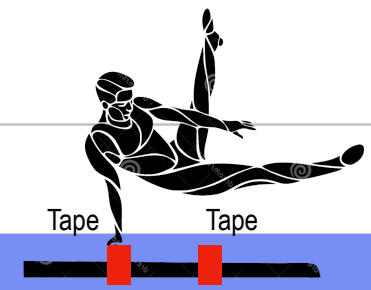
Same skill box number counted as separate skill



1. From Front support
2. 1/2 leg circle
3. Finish Rear Support

1/2 Circle-Rear Support

PH—SUPER SKILLS CHART—GROUP I



POMMEL HORSE — SUPER SKILLS

ELEMENT GROUP I—SINGLE LEG SWINGS AND SCISSORS

| | | | | | |
|--|--|--|--|--|--|
| <p>1.1—Front Support—Leg cut—Stride Support</p> | <p>1.2—Rear Support—Leg cut—Stride Support</p> | <p>1.3—Front Support—Straddle swing—Hips outside pommels—Both sides—Front Support</p> | <p>1.4—Rear Support—Straddle swing—Hips outside pommels—Both sides—Rear Support</p> | <p>1.5—Stride Swing—Push off pommel—Both sides</p> | <p>1.6—FWD False Scissor—L-side</p> |
| <ol style="list-style-type: none"> 1. From Front Support 2. Swing leg outward-upward to side 3. Shift weight to 1-arm 4. Finish 1-leg in Front Stride Support | <ol style="list-style-type: none"> 1. From Rear Support 2. Swing leg outward-upward to side 3. Shift weight to 1-arm 4. Finish 1-leg in Front Stride Support | <ol style="list-style-type: none"> 1. From Front Support 2. Straddle swing—Side to side 3. Shift weight pommel to pommel 4. Hips to be outside pommels | <ol style="list-style-type: none"> 1. From Rear Support 2. Straddle swing—Side to side 3. Shift weight pommel to pommel 4. Hips to be outside pommels | <ol style="list-style-type: none"> 1. From Stride Support 2. Stride swing—Side to side 3. Shift weight—Lift hand off pommels | <ol style="list-style-type: none"> 1. From Front Support—Cut R-leg front 2. Continue swing both legs L 3. R-leg cuts to back—both legs close 4. Finish—Front Support |
| <p><i>FWD Leg Cut-Stride</i> 1.7—FWD False Scissor—R-side</p> | <p><i>BWD Leg Cut-Stride</i> 1.8—REV False Scissor—L-side</p> | <p><i>Front Straddle Swing</i> 1.9—REV False Scissor—R-side</p> | <p><i>Back Straddle Swing</i> 1.10—Single leg—Reverse stockli</p> | <p><i>Side Swing</i> 1.11—Single leg—Kehr</p> | <p><i>False Scissor—L</i></p> |
| <ol style="list-style-type: none"> 1. From Front Support—Cut L-leg front 2. Continue swing both legs R 3. L-leg cuts to back—both legs close 4. Finish—Front Support | <ol style="list-style-type: none"> 1. From Rear Support—Cut R-leg back 2. Continue swing both legs L 3. R-leg cuts to front—both legs close 4. Finish—Rear Support | <ol style="list-style-type: none"> 1. From Rear Support—Cut L-leg back 2. Continue swing both legs R 3. L-leg cuts to front—both legs close 4. Finish—Rear Support | <ol style="list-style-type: none"> 1. From End Planche—Face in 2. Circle both legs—1/2 circle 3. Split legs to Stride—Pass thru 4. 1/2 (180°) turn—Finish Stride support | <ol style="list-style-type: none"> 1. From Straddle rear support 2. LA 1/2 (180°) turn—Keep legs straddle 3. Front leg finishes back—Leg cut 4. Finish in Rear support | |
| <p><i>FWD False Scissor—R</i></p> | <p><i>REV False Scissor—L</i></p> | <p><i>REV False Scissors—R</i></p> | <p><i>1-Leg REV Stockli</i></p> | <p><i>1-Leg Kehr</i></p> | |

PH—SUPER SKILLS CHART—GROUP II, III, IV

POMMEL HORSE — SUPER SKILLS

ELEMENT GROUP II—CIRCLE AND FLAIRS, W W/O SPINDLES & HANDSTAND, KEHR SWINGS, RUSSIAN W, FLOPS AND COMBINED ELEMENTS

2.1—Single leg Pick up—Thru Rear Support—1/2 Circle—Front Support

2.2—Single leg Pick up—Thru Front Support—1/2 Circle—Rear Support



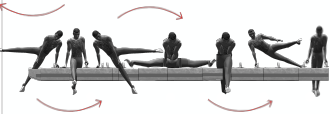
1. From Straddle support
2. Circle back leg FWD
3. Connect w front leg
4. 1/2 circle—Front support

1. From Straddle support
2. Circle front leg BWD
3. Connect w back leg
4. 1/2 circle—Rear support

Leg Pick Up-F Support **Leg Pick up-R Support**

ELEMENT GROUP III—TRAVEL TYPE ELEMENTS, INCL KROLLS, TONG FEI, WU GUONIAN, ROTH & TRAVELING SPINDLES

3.1—Single leg travel



1. From Front position—End
2. Side swing R—Cut R-leg to Front
3. Continue swing—R-leg L to pommel
4. Continue to Front position—2 pommels

Single Leg Travel

ELEMENT GROUP IV—DISMOUNTS

4.1—Leg cut FWD—1/4 (90°) turn—Finish SWD to Horse

90°



1. From Straddle support
2. Swing back leg FWD
3. Connect w/ Front leg—1/4 (90°) turn
4. Finish SWD stand

Leg Cut FWD

4.2—Half—Circle—1/4 (90°) turn

90°



1. From Front support
2. Circle legs FWD
3. 1/4 (90°) turn
4. Finish SWD stand

1/2 Circle

4.3—180° Russian to Wende



1. From Cross support
2. 180° turn—feet together
3. Turn w/ two (2) hand placements
4. Finish SWD stand

180° Russian-Wende

4.1—1/2 (180°) circle to rear support **MUSHROOM ONLY**



1. From Front support
2. 1/2 leg circle
3. Finish Rear Support

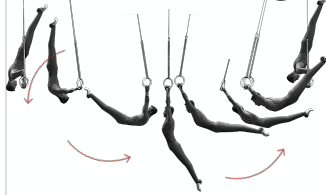
1/2 Circle-Rear Support

SR—SUPER SKILLS CHART—GROUP I

STILL RINGS — SUPER SKILLS

ELEMENT GROUP I—KIP AND SWING ELEMENTS & SWINGS THROUGH OR TO HANDSTAND

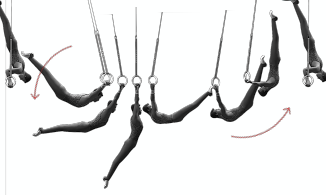
1.1—FWD Giant—SHD stand—
SHD stand—2s



1. From SHD stand
2. Fall FWD
3. Full swing BWD
4. Arrive SHD stand

FWD Giant-SHD Stand

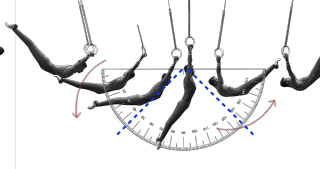
1.2—BWD Giant—SHD stand—
SHD stand—2s



1. From SHD stand
2. Fall BWD
3. Full swing FWD
4. Arrive SHD stand

BWD Giant-SHD Stand

1.3—Full swing—Candlestick/
reverse candlestick position or
Reverse—45° < HOR



1. From optional hang
2. Swing FWD / BWD or
3. Swing BWD / FWD
4. Must achieve 45° < HOR FWD / BWD

Full Swing-Candle

SR—SUPER SKILLS CHART—GROUP II

STILL RINGS — SUPER SKILLS

ELEMENT GROUP II—STRENGTH ELEMENTS AND HOLD ELEMENTS (2 SEC)

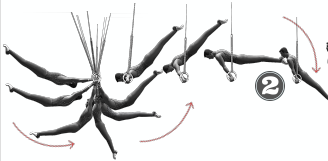
| | | | | | |
|---|--|---|--|---|---|
| <p>2.1—Lower to SHD Stand—From HS—2s</p> <p>1. From HS 2. Lower to SHD stand 3. Hold 2 sec</p> | <p>2.2—Muscle up—No hold</p> <p>1. From straight hang 2. Pull up 3. End Straight support 4. No hold required</p> | <p>2.3—Straight/Tuck Support—2s—Rings turned out—Arms straight</p> <p>1. Straight support / Tuck Support 2. Rings turned out 3. Hold 2 sec</p> | <p>2.4—Press—SHD stand—2s</p> <p>1. Press, straddle/pike 2. Finish SHD stand 3. Hold 2 sec</p> | <p>2.5—Bent arm—Straddle press HS—Feet on inside of cables—No hold</p> <p>1. Press straddle 2. Finish HS 3. Feet may be on inside of cable 4. No hold required</p> | <p>2.6—Handstand—Feet on inside of cables—2s</p> <p>1. Handstand 2. Feet may be on inside of cable 3. Hold 2 sec</p> |
| <p>2.7—Hanging 'L'—2s</p> <p>1. Straight hang 2. Lift toes to HOR 3. Hold 2 sec</p> | <p>2.8—Pull up—Bent arm hang—2s</p> <p>1. From straight hang 2. Pull up 3. Finish bent arm hang 4. Hold 2 sec</p> | <p>2.9—Bent arm—'L' hang—2s</p> <p>1. From bend arm hang 2. Lift toes to HOR 3. Hold 2 sec</p> | <p>2.10—Tuck Planche—2s</p> <p>1. From straight support 2. Tuck planche 3. Hold 2 sec</p> | <p>2.11—INV hang—2s</p> <p>1. Arms straight 2. INV hang 3. Hold 2 sec</p> | <p>2.12—Piked INV hang—2s</p> <p>1. Arms straight 2. INV pike hang 3. Hold 2 sec</p> |
| <p>2.13—German hang—2s</p> <p>1. Finish flat hips 2. Hold 2 sec</p> | <p>2.14—Hanging V—2s</p> <p>1. From straight hang 2. Lift toes to approach VER 3. Hold 2 sec</p> | <p>2.15—Straight Body pull—INV hang</p> <p>1. From straight hang 2. Lift straight body to INV VER 3. No hold required</p> | <p>2.16—Hanging straight arm—Tuck hold—2s</p> <p>1. From straight hang 2. Lift knees to min. HOR 3. Knees min. 90° bend 4. Hold 2 sec</p> | <p>2.17—Bent arm—Tuck hold—2s</p> <p>1. From bend arm hang 2. Lift knees to min. HOR 3. Knees min. 90° bend 4. Hold 2 sec</p> | <p>2.12—Piked INV hang—2s</p> <p>1. Arms straight 2. INV pike hang 3. Hold 2 sec</p> |
| <p>German Hang</p> | <p>Hanging "V"</p> | <p>Straight Pull-INV</p> | <p>Tuck Hold-Hang</p> | <p>Tuck Hold-Bent Arm</p> | |

SR—SUPER SKILLS CHART—GROUP III, IV

STILL RINGS — SUPER SKILLS

ELEMENT GROUP III—SWING TO STRENGTH HOLD ELEMENTS (2 SEC)

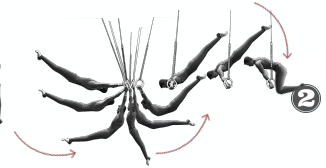
3.1—Back uprise—Straight/Tuck support—2s—Rings turned out—Arms straight



1. Straight arm swing
2. Back leading—Fall to swing BWD
3. BWD Uprise
4. Finish straight/tuck support—hold 2 sec

BWD Uprise-Support

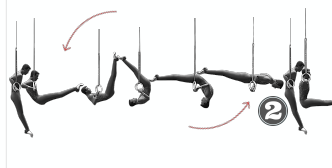
3.2—Back uprise—Tuck Planche —2s



1. Straight arm swing
2. Back leading—Fall to swing BWD
3. BWD Uprise
4. Finish tuck planche—hold 2 sec

BWD Uprise-Tuck Planche

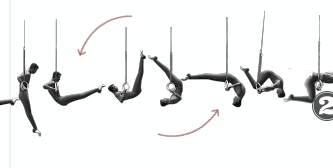
3.3—Felge—Bent arms—'L'—Ø hold



1. From bent arm support—BWD roll
2. Continue thru bent arm support
3. Lift toes to min. HOR
4. Hold 2 sec

Feige-“L”

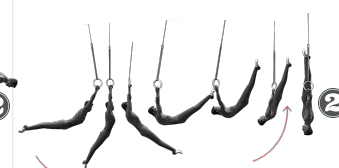
3.4—Felge—Bent arms—Tuck Planche—2s



1. From bent arm support—BWD roll
2. Continue to HOR planche—Tuck
3. Hold 2 sec

Feige-Tuck Planche

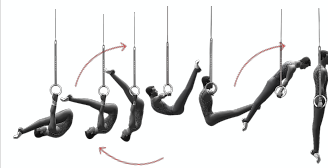
3.5—Swing—Inverted Hang—2s



1. Swing FWD to INV
2. Finish INV straight
3. Hold 2 sec

Swing-INV Hang

3.7—Kip w bent arms to support

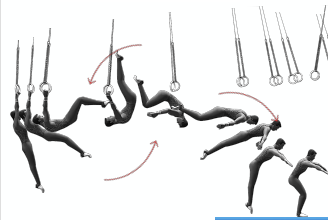


1. From INV pike
2. Open quickly, kip action
3. SHD move FWD
4. Finish bent arms, straight support

Bent Arm Kip

ELEMENT GROUP IV—DISMOUNTS

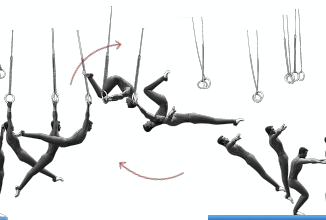
4.1—Salto BWD—Tuck



1. FWD swing
2. Tuck knees up and over—BWD salto
3. Land

BWD Tuck

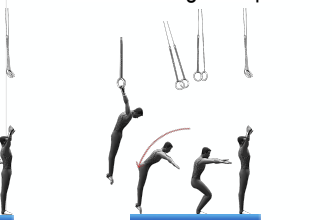
4.2—Salto FWD—Tuck



1. BWD swing
2. Tuck knees over the top—FWD salto
3. Land

FWD Tuck

4.3—German hang—Drop



1. From dislocate position
2. Keep hips flat
3. Release rings
4. Land

German Hang

VT—CHART—1N, 2N, 3N, 4N, 5N, 6N

| VAULT—1N, 2N, 3N, 4N, 5N, 6N | | |
|--|--|---|
| <p>LEVEL 1N SV = 10.0 Stretch Jump—under arm reach —Kick Handstand Flat back onto Resi</p> <ul style="list-style-type: none"> Up to Resi/Stacked Mats—10' x 5' x 32" Not required to salute after jump land, before kick HS Landing not evaluated Tramp board allowed | <p>LEVEL 2N SV = 10.0 Handspring Flat back onto Resi</p> <ul style="list-style-type: none"> Up to Resi/Stacked Mats—10' x 5' x 32" Repulsion required Ø Stick Bonus Tramp board allowed | <p>LEVEL 3N SV = 10.0 Front Handspring over resi to landing mat</p> <ul style="list-style-type: none"> Over Resi/Stacked Mats—10' x 5' x 32" to Landing Mat Landing evaluated Tramp board allowed |
| <p>LEVEL 4N SV = 10.0 Front Handspring over Resi to landing mat</p> <ul style="list-style-type: none"> Over Resi/Stacked Mats—10' x 5' x 32" to Landing Mat Landing evaluated Tramp board allowed | <p>LEVEL 4N SV = 10.0 Handspring SW w 1/4 (90°) over Resi to landing mat</p> <ul style="list-style-type: none"> Over Resi/Stacked Mats—10' x 5' x 32" to Landing Mat Landing evaluated Tramp board allowed | <p>• 4N, 5N, 6N athletes—Required to perform (2) different vaults—Score is average of both vaults</p> <p>• Resi = min 32" high—May use additional matting on resi (2N-6N)</p> <p>• If gymnast receives 'Ø' vault—May repeat the vault with 1.0 deduction from SV</p> |
| <p>LEVEL 5N SV = 10.0 Front Handspring to stand on Resi</p> <ul style="list-style-type: none"> Up to Resi Mat 10' x 5' x Min 32"—No Table used Judging stops w/ foot touch Landing not evaluated—Land bottom of feet first or VOID Ø Stick bonus Tramp board allowed | <p>LEVEL 5N SV = 10.0 Handspring SW with 1/4 (90°) to stand on Resi</p> <ul style="list-style-type: none"> Up to Resi Mat 10' x 5' x Min 32"—No Table used Judging stops w/ foot touch Landing not evaluated—Land feet or back Ø Stick Bonus Tramp board allowed | |
| <p>LEVEL 6N SV = 10.0 Front Handspring over Table to stand on Resi</p> <ul style="list-style-type: none"> Over Table to Resi 10' x 5' x Min 32" Judging stops w/ foot touch Landing not evaluated—Land bottom of feet first or VOID Ø Stick bonus | <p>LEVEL 6N SV = 10.0 Handspring SW w 1/4 (90°) over Table to stand on Resi</p> <ul style="list-style-type: none"> Over Table to Resi 10' x 5' x Min 32" Judging stops w/ foot touch Landing not evaluated—Land feet or back Ø Stick bonus | <p>LEVEL 5N SV = 10.0 Round off, Back Handspring to stand on Resi</p> <ul style="list-style-type: none"> Up to Resi Mat 10' x 5' x Min 32"—No Table used Judging stops w/ foot touch Landing not evaluated—Land feet or back Safety Zone required—Hand mat recommended Ø Stick Bonus |
| | | <p>LEVEL 6N SV = 10.0 Round off, Back Handspring over Table to stand on Resi</p> <ul style="list-style-type: none"> Over Table to Resi 10' x 5' x Min 32" Judging stops w/ foot touch Landing not evaluated—Land feet or back Safety Zone required—Hand mat recommended Ø Stick bonus |

VT—CHART—7N, 8N, 9N, 10N

VAULT—7N, 8N, 9N, 10N

| LEVEL 7N | LEVEL 8N | LEVEL 9N | LEVEL 10N |
|--|--|--|--|
| Any vault SV: 1.6 to 2.2 or any tucked non-twisting salto | Any vault SV: 1.6 to 3.2 or any LO or Pike non-twisting salto | Any vault SV: 1.6 to 4.4 | Any vault SV: 1.6 to 6.0 |
| <input checked="" type="checkbox"/> Table <input checked="" type="checkbox"/> RO vaults required to use board safety collar | <input checked="" type="checkbox"/> Table <input checked="" type="checkbox"/> RO vaults required to use board safety collar | <input checked="" type="checkbox"/> Table <input checked="" type="checkbox"/> RO vaults required to use board safety collar | <input checked="" type="checkbox"/> Table <input checked="" type="checkbox"/> RO vaults required to use board safety collar |
| <ul style="list-style-type: none"> • Level 7N, 8N, 9N, 10N—Required to perform (2) different EG vaults—Score = average of both vaults. If 2nd vault is from same EG, -1.0 deduction is applied • If gymnast receives '0' vault—May repeat vault with 1.0 deduction from SV | | | |

FIG VAULT TABLE

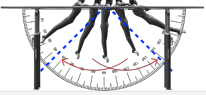


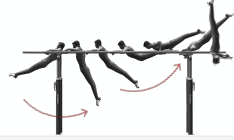




| # | Value | EG | 7 | 8 | 9 | 10 | # | Value | EG | 7 | 8 | 9 | 10 | # | Value | EG | 7 | 8 | 9 | 10 | # | Value | EG | 7 | 8 | 9 | 10 | | | | | | | | |
|-----|-------|---|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-----|-------|---|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-----|-------|---|--|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------|---|--|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-----|---|---|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| 101 | 2.4 | HS Tuck 1/2 (180°) <i>(Cuervo Tuck)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 201 | 1.2 | Handspring | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 301 | 1.2 | HS SWD 1/4 (90°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 401 | 2.4 | Yurchenko Tuck 1/1 (360°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 501 | 1.2 | RO BHS, HS off | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 102 | 2.8 | HS. Tuck 1/1 (360°) <i>(Cuervo Tuck 1/2)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 202 | 1.4 | HS 1/2 (180°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 302 | 1.4 | HS 3/4 (270°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 402 | 2.8 | Yurchenko Tuck 3/2 (540°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 502 | 1.4 | RO BHS 1/2 (180°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 103 | 3.2 | HS Tuck 3/2 (540°) <i>(Kroll)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 203 | 1.6 | HS 1/1 (360°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 303 | 1.6 | HS SWD 5/4 (450°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 403 | 3.2 | Yurchenko Tuck 2/1 (720°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 503 | 1.6 | RO BHS 1/1 (360°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 104 | 3.6 | HS Tuck 2/1 (720°) <i>(Canbas)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 204 | 1.8 | HS 3/2 (540°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 307 | 1.8 | Tsuk Tuck <i>(Tsukahara)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 404 | 3.6 | Yurchenko LO 1/1 (360°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 507 | 1.8 | RO BHS Tuck salto <i>(Yurchenko)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 107 | 2.4 | HS Pike 1/2 (180°) <i>(Cuervo Pike)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 205 | 2.0 | HS 2/1 (720°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 308 | 2.0 | Tsuk Pike | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 405 | 4.0 | Yurchenko LO 3/2 (540°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 508 | 2.0 | Yurchenko Tuck 1/2 (180°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 108 | 3.7 | HS Pike 1/1 (360°) <i>(Cuervo Pike 1/2)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 206 | 2.2 | HS 5/2 (960°) <i>(Tsygnkov)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 309 | 2.0 | Tsuk Tuck 1/2 (180°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 406 | 4.4 | Yurchenko 2/1 (720°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 509 | 2.0 | Yurchenko Pike | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 109 | 3.6 | HS Pike 3/2 (540°) <i>(Cuervo Pike 1/1)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 207 | 2.0 | HS Tuck salto | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 313 | 2.8 | Tsuk LO | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 407 | 4.8 | Yurchenko LO 5/2 (960°) <i>(Shewfelt)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 510 | 2.8 | Yurchenko LO | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 113 | 3.6 | HS LO 1/2 (180°) <i>(Cuervo LO)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 213 | 2.4 | HS Pike salto | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 314 | 3.2 | Tsuk LO 1/2 (180°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 408 | 5.2 | Yurchenko LO 3/1 (1080°) <i>(Shirai-KIM, Hee Hoon)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 511 | 3.2 | Yurchenko LO 1/2 (180°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 114 | 4.0 | HS LO 1/1 (360°) <i>(Cuervo LO 1/2)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 219 | 3.2 | HS LO salto | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 319 | 4.4 | Tsuk 2/1 Tuck salto <i>(Yeo)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 409 | 5.6 | Yurchenko 7/2 (1320°) <i>(Shirai-2)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 513 | 1.4 | RO 1/2 (180°) HS | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 115 | 4.4 | HS LO 3/2 (540°) <i>(Lou Yun)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 225 | 4.8 | HS 2/1 salto <i>(Roche)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 320 | 5.2 | Tsuk 2/1 Pike salto <i>(Lu Yu Fu)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 413 | 2.6 | RO 1/2 (180°) Tuck 1/2 (180°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 514 | 1.6 | RO 1/2 HS 1/2 (180°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 116 | 4.8 | HS LO 2/1 (720°) <i>(Cuervo LO 3/2)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 226 | 5.2 | Roche 1/2 (180°) <i>(Dragulescu)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 321 | 5.6 | Tsuk 2/1 salto 1/1 (360°) <i>(Ri Se Gwang)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 414 | 3.0 | RO 1/2 (180°) Pike 1/2 (180°) <i>(Namov)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 515 | 1.8 | RO 1/2 (180°) HS 1/1 (360°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 117 | 5.2 | HS LO 5/2 (960°) <i>(Yeo 2)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 228 | 5.2 | HS 1/2 (180°) BWD salto <i>(Zimmerman)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | 415 | 3.8 | RO 1/2 (180°) LO 1/2 (180°) <i>(Hutcheon)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 416 | 4.2 | RO 1/2 (180°) LO 1/1 (360°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 516 | 2.2 | RO 1/2 (180°) Tuck | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 118 | 5.6 | HS LO 3/1 (1080°) <i>(Yang Hak Seon)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 231 | 5.2 | HS 2/1 Pike <i>(Blanik)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | 416 | 4.2 | RO 1/2 (180°) LO 1/1 (360°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 417 | 4.6 | RO 1/2 (180°) LO 3/2 (540°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 517 | 2.6 | RO 1/2 (180°) Pike | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 119 | 2.4 | Tsuk Tuck 1/1 (360°) <i>(Kasamatsu)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 232 | 5.6 | Dragulescu Pike <i>(Ri Se Gwang-2)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | 417 | 4.6 | RO 1/2 (180°) LO 3/2 (540°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 419 | 5.0 | RO 1/2 (180°) LO 2/1 (720°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 518 | 3.4 | RO 1/2 (180°) LO | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 120 | 2.8 | Tsuk Tuck 3/2 (540°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | 419 | 5.0 | RO 1/2 (180°) LO 2/1 (720°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 420 | 5.4 | RO 1/2 (180°) LO 5/2 (960°) <i>(Li Xiao Peng)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 519 | 4.8 | Yurchenko 2/1 Tuck salto <i>(Melissanidis)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 121 | 3.2 | Tsuk Tuck 2/1 (720°) <i>(Barbieri)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | 420 | 5.4 | RO 1/2 (180°) LO 5/2 (960°) <i>(Li Xiao Peng)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 520 | 5.2 | Yurchenko 2/1 Pike salto <i>(Yang Wei)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 122 | 3.6 | Tsuk Tuck 5/2 (960°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | 521 | 5.0 | RO 1/2 (180°) 2/1 salto | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 125 | 3.6 | Tsuk LO 1/1 (360°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 126 | 4.0 | Tsuk LO 3/2 (540°) | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 127 | 4.4 | Tsuk LO 2/1 (720°) <i>(Akopian)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 131 | 4.8 | Tsuk LO 5/2 (960°) <i>(Driggs)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 132 | 5.2 | Tsuk LO 3/1 (1080°) <i>(Lopez)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| 133 | 5.6 | Tsuk LO 7/2 (1320°) <i>(Yonekura)</i> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |



PB—SUPER SKILLS CHART—GROUP I

PARALLEL BARS — SUPER SKILLS

ELEMENT GROUP I—ELEMENTS STARTING IN UPPER ARM POSITION

| | | | | | |
|---|---|--|--|--|--|
| <p>1.1—Full Upper Arm Swing— Straight body 45° < HOR— Both sides</p>  <ol style="list-style-type: none"> 1. From Upper arm support 2. Straight body swing FWD/BWD 3. 45° < Horizontal | <p>1.2—Back Uprise—Support</p>  <ol style="list-style-type: none"> 1. From Upper arm support 2. Swing BWD—Straight body 3. Uprise 4. Finish Front Support | <p>1.3—Upper arm Pike—Cast FWD</p>  <ol style="list-style-type: none"> 1. From Upper arm—Pike 2. Cast FWD 3. Finish Upper arm support—Straight body | <p>1.4—Upper arm support—Swing BWD—Shoulder stand—2s</p>  <ol style="list-style-type: none"> 1. From Upper arm support 2. Swing BWD—Shoulder stand—Straight 3. Hold 2 sec | <p>1.5—Upper arm—FWD roll</p>  <ol style="list-style-type: none"> 1. From Upper arm support 2. Swing BWD—Thru Shoulder stand 3. FWD roll 4. Finish Upper arm support | <p>1.6—Upper arm—BWD roll</p>  <ol style="list-style-type: none"> 1. From Upper arm support 2. Swing FWD—Thru Shoulder stand 3. BWD roll 4. Finish Upper arm support |
| <p>Full Upper Arm Swing 1.7—Tuck hold—Upper arm—2s</p>  <ol style="list-style-type: none"> 1. From Upper arm support 2. Tuck hold—Min 90°/90° (knees/hips) 3. Hold 2 sec | <p>BWD Uprise 1.8—Front uprise—Straddle front support hold—Straight legs on bar</p>  <ol style="list-style-type: none"> 1. From Upper arm support 2. Swing FWD 3. Front Uprise 4. Finish Straddle legs support on bar | <p>Upper Arm Cast</p> | <p>Shoulder Stand</p> | <p>FWD Roll</p> | <p>BWD Roll</p> |
| <p>Tuck Hold</p> | <p>FWD Uprise-Straddle</p> | | | | |

PB—SUPER SKILLS CHART—GROUP II

PARALLEL BARS — SUPER SKILLS

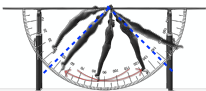
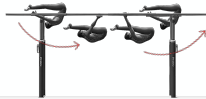

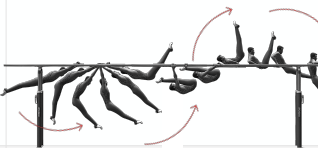
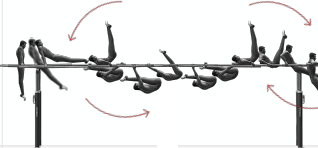
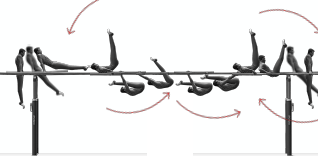
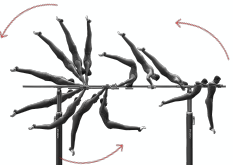



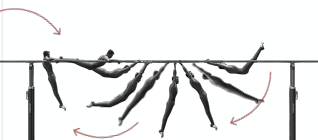
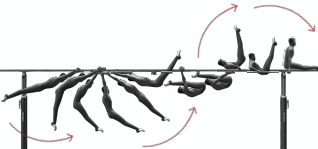
ELEMENT GROUP II—ELEMENTS IN SUPPORT OR THROUGH SUPPORT ON 2 BARS

| | | | | | |
|---|--|--|---|--|---|
| <p>2.1—Full support swing— Straight body—Parallel to bar— Both sides</p> | <p>2.2—Swing—Handstand—No hold</p> | <p>2.3—Shoulder stand—2s</p> | <p>2.4—Handstand—FWD Roll— Upper arm</p> | <p>2.5—Front Toss—Upper arm</p> | <p>2.6—Straddle 'L'—2s</p> |
| <ol style="list-style-type: none"> 1. Front support 2. Straight body 3. Swing FWD / BWD 4. 45° below HOR—Both sides | <ol style="list-style-type: none"> 1. From support 2. Swing BWD—Handstand 3. Straight body 4. Finish HS—No hold | <ol style="list-style-type: none"> 1. Optional entry/exit 2. Shoulder stand—Hold 2 sec 3. Straight body | <ol style="list-style-type: none"> 1. From HS 2. FWD roll 3. Finish upper arm support—Straight body | <ol style="list-style-type: none"> 1. Optional entry—Front support 2. Swing BWD—Thru Shoulder stand 3. Finish upper arm support—Straight body | <ol style="list-style-type: none"> 1. Optional entry 2. Straddle "L" 3. Hold 2 sec |
| <p>Full Support Swing 2.7—Straddle front support hold — Straight legs—2s</p> | <p>Swing HS 2.8—Shoulder stand—FWD roll</p> | <p>Shoulder Stand 2.9—Tuck hold—2s</p> | <p>HS FWD Roll 2.10—Press handstand—No hold</p> | <p>Front Toss-Upper Arms</p> | <p>Straddle "L"</p> |
| <ol style="list-style-type: none"> 1. Optional entry 2. Straddle "L"—Straight legs 3. Hold 2 sec | <ol style="list-style-type: none"> 1. Optional entry to SHD stand 2. Shoulder stand 3. FWD roll 4. Optional exit | <ol style="list-style-type: none"> 1. Optional entry 2. Tuck hold—Min. 90°/90° (knees/hips) 3. Hold 2 sec | <ol style="list-style-type: none"> 1. From Straddle "L" or "L" hold 2. Press up to handstand 3. No hold required | | |
| <p>Straddle Front Support</p> | <p>Shoulder Roll</p> | <p>Tuck Front Support</p> | <p>Press HS</p> | | |

PB—SUPER SKILLS CHART—GROUP III

PARALLEL BARS — SUPER SKILLS

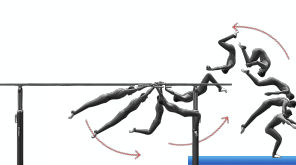



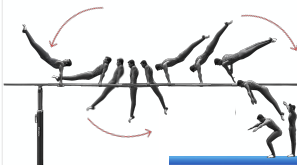

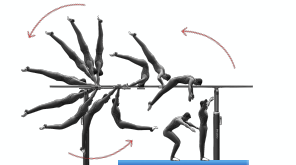
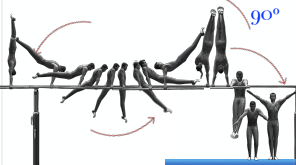

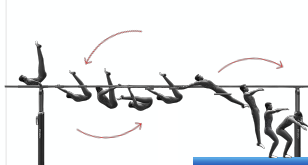
ELEMENT GROUP III—LONG SWINGS IN HANG ON 1 OR 2 BARS AND UNDERSWINGS

| | | | | | |
|--|--|---|---|---|---|
| <p>3.1—Full long hang swing— Straight body—45° < HOR— Both sides</p>  <ol style="list-style-type: none"> 1. Long hang swing FWD 2. Straight body 3. Min. 45° < HOR—Both sides | <p>3.2—Full basket swing—Hips above bars—Both sides</p>  <ol style="list-style-type: none"> 1. From optional entry 2. Inverted Pike Basket swing 3. Hips above bar—Both sides | <p>3.3—Bent leg Moy—Upper arm</p>  <ol style="list-style-type: none"> 1. Handstand start not required 2. Swing FWD—Knees bent at bottom 3. Moy 4. Finish Upper arm support | <p>3.4—Glide kip—Upper arm</p>  <ol style="list-style-type: none"> 1. Optioanl entry 2. Glide FWD—Pike Kip 3. Finish Upper arm support | <p>3.5—Drop kip—Upper arm</p>  <ol style="list-style-type: none"> 1. From Full Support 2. Lift feet upwards—Drop kip 3. Return 4. Finish Upper arm support | <p>3.6—Drop kip—Support</p>  <ol style="list-style-type: none"> 1. From Full Support 2. Lift feet upwards—Drop kip 3. Return 4. Finish Front support |
| <p>Full Long Swing 3.7—Giant—Upper arm</p>  <ol style="list-style-type: none"> 1. Not required to start from HS 2. Full swing FWD 3. Thru VER 4. Finish Upper arm support | <p>Full Basket 3.8—Basket—Upper arm</p>  <ol style="list-style-type: none"> 1. From optional start 2. BWD fal—Basket swing 3. Pullover 4. Finish Upper arm support | <p>Bent Leg Moy 3.9—Straight leg Moy—Upper arm</p>  <ol style="list-style-type: none"> 1. Not required to start in HS 2. Straight or arched fall FWD 3. Swing FWD 4. Finish Upper arm support | <p>Kip 3.10—Long swing FWD— Straight legs—Straddle pull up— Upper arm—Legs straddled on bar</p>  <ol style="list-style-type: none"> 1. Long swing FWD, legs straight 2. Swing to straddled straight legs on bar 3. Pull up—Upper arm support | <p>Drop Kip-Arm 3.11—Long hang swing BWD— Straight legs—Uprise pull up— Upper arm</p>  <ol style="list-style-type: none"> 1. Long swing BWD, legs straight 2. Swing with straight legs 3. Uprise—Upper arm support 4. Finish upper arm hang | <p>Drop Kip-Support 3.12—Glide kip—Straddle sit— Legs on rails</p>  <ol style="list-style-type: none"> 1. Optioanl entry 2. Glide FWD—Pike Kip 3. Finish Straddle sit support, legs on rails |
| <p>Giant</p> | <p>Basket—Upper arm</p> | <p>Straight Leg Moy</p> | <p>Straddle Up</p> | <p>Uprise</p> | <p>Kip-Straddle Sit</p> |

PB—SUPER SKILLS CHART—GROUP IV

PARALLEL BARS — SUPER SKILLS

ELEMENT GROUP IV—DISMOUNTS

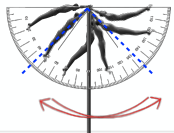
| | | | | | |
|--|--|---|--|---|--|
| <p>4.1—Long hang swing FWD—Salto BWD—Tuck</p>  <ol style="list-style-type: none"> 1. Long hang swing FWD 2. Salto BWD—Tuck 3. End or Middle of PB | <p>4.2—Support swing FWD—Salto BWD—Tuck</p>  <ol style="list-style-type: none"> 1. Not required to start in HS 2. Full Support swing FWD 3. Salto BWD—Tuck 4. End of PB or Side | <p>4.3—Support swing BWD—Salto FWD—Tuck</p>  <ol style="list-style-type: none"> 1. Full Support swing BWD 2. Salto FWD—Tuck 3. End of PB or Side | <p>4.4—Wende—BWD Support swing—Thru HS—1/2 (180°) turn—Over one bar</p>  <ol style="list-style-type: none"> 1. Full Support swing BWD 2. Thru HS 3. 1/2 (180°) turn 4. Land Side | <p>4.5—BWD Support swing—Flank dismount</p>  <ol style="list-style-type: none"> 1. Full Support swing BWD 2. Swing to near HS 3. Land Side | <p>4.6—Stutz dismount—FWD Support swing—1/2 (180°) turn—Over bar</p>  <ol style="list-style-type: none"> 1. Not required to be from HS 2. Full Support swing FWD 3. 1/2 (180°) turn 4. Land Side |
| <p><i>BWD Tuck-End</i> 4.7—Giant swing—Thru support—Push off—No grip change</p>  <ol style="list-style-type: none"> 1. Not required to start from HS 2. Full swing FWD 3. Thru VER 4. End or Side | <p><i>BWD Tuck-Side</i> 4.8—Diamidov—One bar dismount</p>  <ol style="list-style-type: none"> 1. Not required to start from HS 2. Full Support swing FWD 3. Near HS, perform 1/4 (90°) turn 4. Land facing bar on Side | <p><i>FWD Tuck-Side</i> 4.9—Drop—From BWD swing</p>  <ol style="list-style-type: none"> 1. Full Support BWD swing 2. Near HS—Optional 3. Land End or Side | <p><i>Wende</i> 4.10—Drop—From cast to dismount</p>  <ol style="list-style-type: none"> 1. Optional entry 2. Cast (kipping action) 3. Land in between or End of PB | <p><i>Flank</i></p> | <p><i>Stutz 1/2</i></p> |
| <p><i>Giant to Salto</i></p> | <p><i>Diamidov-One Bar</i></p> | <p><i>Drop Swing-End</i></p> | <p><i>Drop Cast-Side</i></p> | | |

HB—SUPER SKILLS CHART—GROUP I, II

HORIZONTAL BAR — SUPER SKILLS

ELEMENT GROUP I: LONG HANG SWINGS AND TURNS

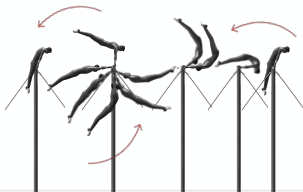
1.1—Full tap swing—Hollow body at 45°—Each side



1. From straight long swing
2. FWD/BWD swing or BWD/FWD swing
3. 45° mark, must show hollow body

Full Tap

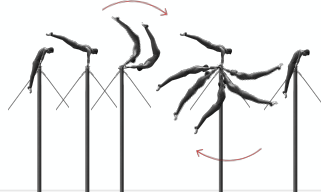
1.2—BWD Baby Giant—Support



1. From optional entry
2. Straight long swing FWD—pullover Baby Giant
3. Finish front support, arms straight

BWD Baby Giant

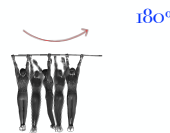
1.3—FWD Baby Giant—Support



1. From optional entry
2. Straight long swing BWD—pullover Baby Giant
3. Finish front support, arms straight

FWD Baby Giant

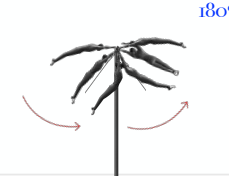
1.4—Hanging 1/2 (180°) turn



1. From straight hang
2. Perform 1/2 (180°) turn, any grip-to-grip

Hang 1/2

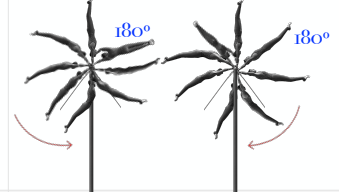
1.5—Swing 1/2 (180°) turn—HOR



1. From straight long swing, any grip
2. Perform 1/2 (180°) turn at HOR
3. Finish any grip

Swing 1/2

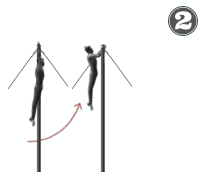
1.6—Swing 1/2 (180°) turn—Handstand



1. From straight long swing FWD or BWD
2. Perform 1/2 (180°) turn
3. Finish in Handstand, any grip

Swing 1/2 HS

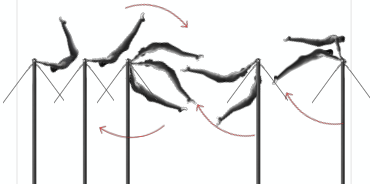
1.7—Pull up—Bent arm hold—2s



1. From straight hang
2. Pull up to approx chin level
3. Hold bent arm hang—2 sec
4. Optional exit

Pull up Hold

1.8—Back Uprise—HOR



1. From long swing, any height, over grip
2. Perform BWD swing to HOR
3. Pull bar in to create SHD angle

BWD Uprise

ELEMENT GROUP II: FLIGHT ELEMENTS

2.1—Straddle cut—Regrasp



1. From straight long swing
2. Perform stoop in, straddle cut legs out
3. Regrasp hands
4. Optional exit

Straddle Cut

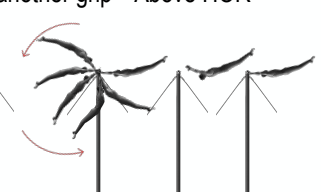
2.2—Back uprise—1/1 (360°) turn—Regrasp



1. From long swing, any height
2. Perform BWD swing to HOR
3. Pull bar in to create SHD angle
4. Perform 1/1 (360°) turn, regrasp bar

BWD Uprise 1/1

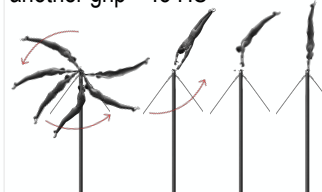
2.3—Hop—From any grip—To another grip—Above HOR



1. From optional entry
2. Swing (or skill) from grip to grip
3. Above HOR

Swing Hop

2.4—Hop—From any grip—To another grip—To HS



1. From optional entry
2. Swing (or skill) from grip to grip
3. To handstand

Swing Hop HS

2.5—Back swing—2-hand REL and Regrasp



1. From optional entry
2. Perform BWD long swing
3. Release 2-hands, regrasp bar
4. From any grip to grip

BWD Swing REL

HB—SUPER SKILLS CHART—GROUP III

HORIZONTAL BAR — SUPER SKILLS

ELEMENT GROUP III: IN BAR AND ADLER ELEMENTS

| | | | | | |
|---|--|---|---|---|---|
| <p>3.1—Cast—HOR</p> | <p>3.2—Cast—Handstand</p> | <p>3.3—Undershoot—Hollow body thru out</p> | <p>3.4—Back hip circle</p> | <p>3.5—Free hip circle—Below HOR to Below HOR</p> | <p>3.6—Toe on / Toe off—Handstand</p> |
| <p>1. From optional entry to Front Support 2. Leg drive BWD to HOR 3. Any grip</p> | <p>1. From optional entry to Front Support 2. Leg drive BWD to Handstand 3. Any grip</p> | <p>1. From optional entry 2. Perform Undershoot—Hollow body 3. Finish optional exit</p> | <p>1. From optional entry 2. Cast (if in Front Support) 3. Perform BWD hip circle 4. Optional exit</p> | <p>1. From optional HOR entry 2. Cast HOR (if in Front Support) 3. Perform BWD Free hip circle 4. Optional HOR exit</p> | <p>1. From optional entry 2. Perform BWD Toe on-Toe off circle 3. Finish in Handstand</p> |
| <p>Cast HOR</p> <p>3.7—Full Endo—Hips or SHD above bar—Both sides</p> | <p>Cast HS</p> <p>3.7—Full Alder—Hips or SHD above bar—Both sides</p> | <p>Undershoot</p> <p>3.7—Full Stalder (Straddle) swing—Hips or SHD above bar—Both sides</p> | <p>Back Hip</p> <p>3.7—Full Stalder (Pike) swing—Hips or SHD above bar—Both sides</p> | <p>Free Hip</p> <p>3.8—Swing FWD—1/2 Endo swing BWD—FWD swing</p> | <p>Sole Circle HS</p> |
| <p>1. From any entry, reverse grip 2. Perform full FWD Endo (straddle) 3. Hips or SHD above bar, both sides</p> | <p>1. From any entry, reverse grip 2. Perform full FWD Alder (pike) 3. Hips or SHD above bar, both sides</p> | <p>1. From any entry, over grip 2. Perform full BWD Stalder (straddle) 3. Hips or SHD above bar, both sides</p> | <p>1. From any entry, over grip 2. Perform full BWD Stalder (pike) 3. Hips or SHD above bar, both sides</p> | <p>1. From any entry, over grip 2. Long swing FWD, 1/2 Endo (straddle) swing BWD 3. Long swing FWD 4. No swing height requirements</p> | |
| <p>Full Endo</p> <p>3.8— Swing FWD—1/2 Alder swing BWD—FWD swing</p> | <p>Full Alder</p> | <p>Straddle Stalder Circle</p> <p>3.9—Swing BWD—1/2 Stalder (Straddle) swing FWD—BWD swing</p> | <p>Pike Stalder Circle</p> | <p>Swing-1/2 Endo-Swing</p> <p>3.9—Swing BWD—1/2 Stalder (Pike) swing FWD—BWD swing</p> | |
| <p>1. From any entry, over grip 2. Long swing FWD, 1/2 Alder (pike) swing BWD 3. Long swing FWD 4. No swing height requirements</p> <p>Swing-1/2 Alder-Swing</p> | | <p>1. From any entry, reverse grip 2. Long swing BWD, 1/2 Stalder (straddle) swing FWD 3. Long swing BWD 4. No swing height requirements</p> <p>Swing-1/2 Straddle Stalder-Swing</p> | | <p>1. From any entry, reverse grip 2. Long swing BWD, 1/2 Stalder (pike) swing FWD 3. Long swing BWD 4. No swing height requirements</p> <p>Swing-1/2 Pike Stalder-Swing</p> | |

HB—SUPER SKILLS CHART—GROUP III (CONTINUED)

HORIZONTAL BAR — SUPER SKILLS

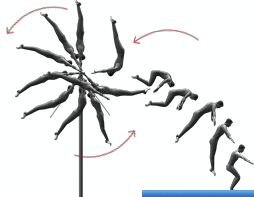
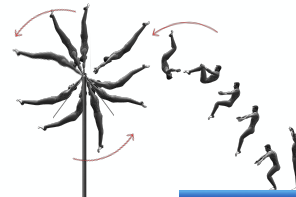
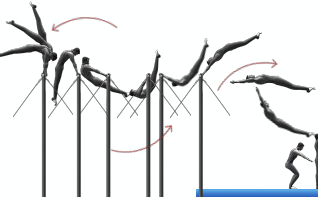

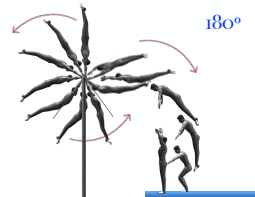
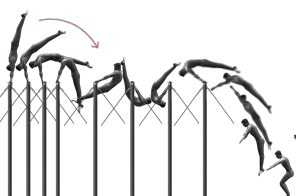
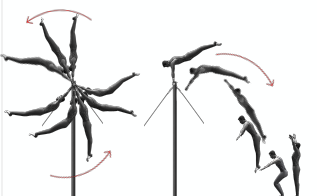
ELEMENT GROUP III: IN BAR AND ADLER ELEMENTS

| 3.10—Kip—Support—Stop allowed | 3.11—Stalder (Straddle) circle—Support to support | 3.12— Stalder (Pike) circle—Support to support | 3.13—Pullover—Support—Stop allowed | 3.14—From hang—Stalder (Straddle) toes to bar—2s Hold QR 2 small swings | 3.15—From hang—Stalder (Pike) toes to bar—2s Hold QR 2 small swings |
|---|--|--|--|---|--|
| | | | | | |
| <ol style="list-style-type: none"> 1. From straight long swing 2. Perform kip 3. Finish Front Support 4. Stop allowed | <ol style="list-style-type: none"> 1. From Stalder (straddle) sit—Top of bar 2. Over grip 3. Circle BWD 360° 4. Finish in start position | <ol style="list-style-type: none"> 1. From Stalder (pike) sit—Top of bar 2. Over grip 3. Circle BWD 360° 4. Finish in start position | <ol style="list-style-type: none"> 1. From straight hang 2. Pull up—BWD Pullover 3. End Straight Front Support 4. Stop allowed | <ol style="list-style-type: none"> 1. From straight hang 2. Lift straight legs—Toes on bar—Straddle 3. Hold 2 sec QR 4. Perform (2) small straddle-piked swings | <ol style="list-style-type: none"> 1. From straight hang 2. Lift straight legs—Toes on bar—Pike 3. Hold 2 sec QR 4. Perform (2) small piked swings |
| <i>Kip</i> | <i>Stalder Straddle Circle</i> | <i>Stalder Pike Circle</i> | <i>Pullover</i> | <i>Straddle Toe Swing</i> | <i>Pike Toe Swing</i> |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

HB—SUPER SKILLS CHART—GROUP IV

HORIZONTAL BAR — SUPER SKILLS

ELEMENT GROUP IV—DISMOUNTS

| | | | | | |
|--|---|---|---|--|--|
| <p>4.1—BWD Salto—Tuck</p>  <ol style="list-style-type: none"> 1. From long swing FWD, over grip 2. Release bar—Perform BWD Tuck Salto 3. Land | <p>4.2—FWD Salto—Tuck</p>  <ol style="list-style-type: none"> 1. From long swing BWD, under grip 2. Release bar—Perform FWD Tuck Salto 3. Land | <p>4.3—Undershoot—Stand</p>  <ol style="list-style-type: none"> 1. From long swing, over grip, any height 2. Perform hollow Undershoot 3. Pull bar overhead—Straight SHD angle 4. Land | <p>4.4—Toe on shoot—Stand</p>  <ol style="list-style-type: none"> 1. From long swing, over grip, any height 2. Perform Toe on Shoot 3. Pull bar overhead—Straight SHD angle 4. Land | <p>4.5—Front Swing—1/2 (180°) Turn</p>  <ol style="list-style-type: none"> 1. From long swing, over grip, any height 2. Swing FWD—1/2 (180°) turn 3. Any grip allowed prior to release 4. Land | |
| <p><i>Flyaway BWD Tuck</i></p> <p>4.7—Free hip—Push off</p>  <ol style="list-style-type: none"> 1. From any angle 2. Perform BWD Free hip circle 3. Continue circle to push off bar 4. Land | <p><i>Flyaway FWD Tuck</i></p> <p>4.8—Drop—From Back swing</p>  <ol style="list-style-type: none"> 1. From straight long swing, any height, reverse grip 2. Swing BWD, release bar to drop 3. Land | <p><i>Undershoot</i></p> | <p><i>Toe Shoot</i></p> | <p><i>Front Swing 1/2</i></p> | |
| <p><i>Free Hip Push Off</i></p> | <p><i>Back Swing Drop</i></p> | | | | |

Chapter 3

MEN'S EVENT SUMMARY



SECTION 1—FLOOR EXERCISE

SECTION 2—MUSHROOM / POMMEL HORSE

SECTION 3—STILL RINGS

SECTION 4—VAULT

SECTION 5—PARALLEL BARS

SECTION 6—HIGH BAR



SUMMARY—FLOOR EXERCISE

| LEVEL 1N | LEVEL 2N | LEVEL 3N | LEVEL 4N | LEVEL 5N |
|--|---|---|---|--|
| 1. (4) Required EG 2. (8) Maximum NGA SS allowed 3. 'A' FIG VP allowed ● May use Dismount as EG4 ● 1/2 twist added to VP = Separate VP ● FIG Tuck and Pike skills are separate VP <input checked="" type="checkbox"/> 5 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Routine time = :70s <input checked="" type="checkbox"/> Stick Bonus: +0.1 (Dismount) | 1. (4) Required EG 2. (8) Maximum NGA SS allowed 3. 'A' FIG VP allowed ● May use Dismount as EG4 ● 1/2 twist added to VP = Separate VP ● FIG Tuck and Pike skills are separate VP <input checked="" type="checkbox"/> 6 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Routine time = :70s <input checked="" type="checkbox"/> Stick Bonus: +0.1 (Dismount) | 1. (4) Required EG 2. (8) Maximum NGA SS allowed 3. 'A' FIG VP allowed ● May use Dismount as EG4 ● 1/2 twist added to VP = Separate VP ● FIG Tuck and Pike skills are separate VP <input checked="" type="checkbox"/> 7 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Routine time = :70s <input checked="" type="checkbox"/> Stick Bonus: +0.1 (Dismount) | 1. (4) Required EG (1-A/3-SS) 2. (6) Maximum NGA SS allowed 3. 'A'-'B' FIG VP allowed ● May use Dismount as EG4 ● 1/2 twist added to VP = Separate VP ● FIG Tuck and Pike skills are separate VP <input checked="" type="checkbox"/> 8 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Routine time = :70s <input checked="" type="checkbox"/> Stick Bonus: +0.1 (Dismount) | 1. (4) Required EG (2-A/2-SS) 2. (5) Maximum NGA SS allowed 3. 'A'-'B'-'C' FIG VP allowed ● May use Dismount as EG4 ● 1/2 twist added to VP = Separate VP ● FIG Tuck and Pike skills are separate VP <input checked="" type="checkbox"/> 9 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Routine time = :70s <input checked="" type="checkbox"/> Stick Bonus: +0.1 (Dismount) |
| LEVEL 6N | LEVEL 7N | LEVEL 8N | LEVEL 9N | LEVEL 10N |
| 1. (4) Required EG (3-A/1-SS) 2. (4) Maximum NGA SS allowed 3. 'A'-'B'-'C' FIG VP allowed ● May use Dismount as EG4 ● 1/2 twist added to VP = Separate VP ● No Double salto req'd ● FIG Tuck and Pike skills are separate VP <input checked="" type="checkbox"/> 10 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Routine time = :70s <input checked="" type="checkbox"/> Stick Bonus: +0.1 (Dismount) | 1. (4) Required EG (4-A) 2. (3) Maximum NGA SS allowed 3. 'A'-'B'-'C' FIG VP allowed ● May use Dismount as EG4 ● 1/2 twist added to VP = Separate VP ● No Double salto req'd ● FIG Tuck and Pike skills are separate VP <input checked="" type="checkbox"/> 11 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Routine time = :70s <input checked="" type="checkbox"/> Stick Bonus: +0.1 (Dismount) | 1. (4) Required EG (4-A) 2. (2) Maximum NGA SS allowed 3. All FIG VP allowed ● May use Dismount as EG4 ● 1/2 twist added to VP = Separate VP ● No Double salto req'd ● FIG Tuck and Pike skills are separate VP <input checked="" type="checkbox"/> 12 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Routine time = :70s <input checked="" type="checkbox"/> Stick Bonus: +0.1 (Dismount) | 1. (4) Required EG (4-B) 2. (1) Maximum NGA SS allowed 3. All FIG VP allowed ● May use Dismount as EG4 ● 1/2 twist added to VP = Separate VP ● No Double salto req'd ● FIG Tuck and Pike skills are separate VP <input checked="" type="checkbox"/> 13 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Routine time = :70s <input checked="" type="checkbox"/> Stick Bonus: +0.1 (Dismount) | 1. (4) Required EG (4-C) 2. (Ø) NGA SS allowed 3. All FIG VP allowed <input checked="" type="checkbox"/> 14 years & up <input checked="" type="checkbox"/> EP = 7.5 <input checked="" type="checkbox"/> Routine time = :70s <input checked="" type="checkbox"/> Stick Bonus: +0.1 (Dismount) |

SUMMARY—MUSHROOM / POMMEL HORSE

| LEVEL 1N | LEVEL 2N | LEVEL 3N | LEVEL 4N | LEVEL 5N |
|---|---|---|--|---|
| <p>Mushroom</p> <p>Top on FX EP = 10.0 Full height EP = 9.0</p> <ol style="list-style-type: none"> 1/4 Circle thru support 3/4 Circle thru support <ul style="list-style-type: none"> ● Evaluate hip roll (Counter to Circle), lean & extension ● Must show both 1/4 & 3/4 positions ● Landing not evaluated ● SS 4.1 fulfills EG +0.5 <p><input checked="" type="checkbox"/> 5 years & up <input checked="" type="checkbox"/> EP = 10.0 / 9.0 <input checked="" type="checkbox"/> Stick Bonus: No</p> | <p>Mushroom</p> <p>Top on FX EP = 10.0 Full height EP = 9.0</p> <ol style="list-style-type: none"> 1-1/2 or more Circles finish thru Rear support <ul style="list-style-type: none"> ● Evaluate hip roll (Counter to Circle), lean & extension ● Finish in/thru fully extended rear support ● Landing not evaluated ● SS 4.1 fulfills EG +0.5 <p><input checked="" type="checkbox"/> 6 years & up <input checked="" type="checkbox"/> EP = 10.0 / 9.0 <input checked="" type="checkbox"/> Stick Bonus: No</p> | <p>Mushroom</p> <p>Top on FX EP = 10.0 Full height EP = 9.0</p> <ol style="list-style-type: none"> 3-1/2 or more Circles finish thru Rear support <ul style="list-style-type: none"> ● Evaluate hip roll (Counter to Circle), lean & extension ● Finish in/thru fully extended rear support ● Landing not evaluated ● SS 4.1 fulfills EG +0.5 <p><input checked="" type="checkbox"/> 7 years & up <input checked="" type="checkbox"/> EP = 10.0 / 9.0 <input checked="" type="checkbox"/> Stick Bonus: No</p> | <p>Mushroom</p> <p>Top on FX EP = 8.0 Full height EP = 7.0</p> <ol style="list-style-type: none"> (4) Required EG (1-A/3-SS) Circles & Flairs plus (1) different skill finish thru Rear support Circles/Flairs may repeat = 'A' VP <ul style="list-style-type: none"> ● Skill and finish must be preceded by circle or flair ● Landing not evaluated ● Circle-Flair-HS (only upgrade to "C") ● SS 4.1 fulfills EG +0.5 ● EG1-Flair, EG2-Circles, EG3-180° Turn, EG4-Dismount <p><input checked="" type="checkbox"/> 8 years & up <input checked="" type="checkbox"/> EP = 8.0 / 7.0 <input checked="" type="checkbox"/> Stick Bonus: No</p> | <p>Mushroom</p> <p>Top on FX EP = 8.0 Full height EP = 7.0</p> <ol style="list-style-type: none"> (4) Required EG (2-A/2-SS) Circles plus (3) different skill finish thru Rear support <ul style="list-style-type: none"> ● Skill and finish must be preceded by circle or flair ● Landing not evaluated ● Circle-Flair-HS (only upgrade to "C") ● SS 4.1 fulfills EG +0.5 ● EG1-Flair, EG2-Circles, EG3-180° Turn, EG4-Dismount <p><input checked="" type="checkbox"/> 9 years & up <input checked="" type="checkbox"/> EP = 8.0 / 7.0 <input checked="" type="checkbox"/> Stick Bonus: No</p> |
| LEVEL 6N | LEVEL 7N | LEVEL 8N | LEVEL 9N | LEVEL 10N |
| <p>No Pommels</p> <ol style="list-style-type: none"> (4) Required EG (3-A/1-SS) (4) Maximum NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> ● W/o Pommels skills apply ● No-Required to touch (3) parts of PH ● Circle-Flair-HS (only upgrade to "C") <p><input checked="" type="checkbox"/> 10 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: No</p> | <p>No Pommels</p> <ol style="list-style-type: none"> (4) Required EG (4-A) (3) Maximum NGA SS allowed 'A'-'B'-'C' FIG VP allowed <ul style="list-style-type: none"> ● W/o Pommels skills apply ● Yes-Req'd to touch (3) parts of PH ● Circle-Flair-HS (only upgrade to "C") <p><input checked="" type="checkbox"/> 11 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: No</p> | <p>Pommel Horse</p> <ol style="list-style-type: none"> (4) Required EG (4-A) (2) Maximum NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> ● Circle-Flair-HS (only upgrade to "C") ● Feint allowed w/ ∅ deduction <p><input checked="" type="checkbox"/> 12 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: No</p> | <p>Pommel Horse</p> <ol style="list-style-type: none"> (4) Required EG (4-B) (1) Maximum NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> ● Circle-Flair-HS (only upgrade to "C") ● Feint allowed w/ ∅ deduction <p><input checked="" type="checkbox"/> 13 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: No</p> | <p>Pommel Horse</p> <ol style="list-style-type: none"> (4) Required EG (4-C) (∅) NGA SS allowed All FIG VP allowed <ul style="list-style-type: none"> ● Circle-Flair-HS (only upgrade to "C") <p><input checked="" type="checkbox"/> 14 years & up <input checked="" type="checkbox"/> EP = 7.5 <input checked="" type="checkbox"/> Stick Bonus: No</p> |



SUMMARY—STILL RINGS

| LEVEL 1N | LEVEL 2N | LEVEL 3N | LEVEL 4N | LEVEL 5N |
|--|---|---|--|---|
| 1. (4) Required EG 2. (8) Maximum NGA SS allowed 3. 'A' FIG VP allowed ● No swing to HS required ● EG I, III award (1) VP higher than FIG <input checked="" type="checkbox"/> 5 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG 2. (8) Maximum NGA SS allowed 3. 'A' FIG VP allowed ● No swing to HS required ● EG I, III award (1) VP higher than FIG <input checked="" type="checkbox"/> 6 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG 2. (8) Maximum NGA SS allowed 3. 'A' FIG VP allowed ● No swing to HS required ● EG I, III award (1) VP higher than FIG <input checked="" type="checkbox"/> 7 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (1-A/3-SS) 2. (6) Maximum NGA SS allowed 3. 'A'-'B' FIG VP allowed ● Yamawaki, Jonasson awarded one (1) VP higher than FIG ● No swing to HS required ● EG I, III award (1) VP higher than FIG <input checked="" type="checkbox"/> 8 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (2-A/2-SS) 2. (5) Maximum NGA SS allowed 3. 'A'-'B'-'C' FIG VP allowed ● Yamasaki, Johnson awarded one (1) VP higher than FIG ● No swing to HS required ● EG I, III award (1) VP higher than FIG <input checked="" type="checkbox"/> 9 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 |
| LEVEL 6N | LEVEL 7N | LEVEL 8N | LEVEL 9N | LEVEL 10N |
| 1. (4) Required EG (3-A/1-SS) 2. (4) Maximum NGA SS allowed 3. 'A'-'B'-'C' FIG VP allowed ● Yamasaki, Johnson awarded one (1) VP higher than FIG ● No swing to HS required ● EG I, III award (1) VP higher than FIG <input checked="" type="checkbox"/> 10 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (4-A) 2. (3) Maximum NGA SS allowed 3. 'A'-'B'-'C' FIG VP allowed ● Yamasaki, Johnson awarded one (1) VP higher than FIG ● No swing to HS required ● EG I, III award (1) VP higher than FIG <input checked="" type="checkbox"/> 11 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (4-A) 2. (2) Maximum NGA SS allowed 3. All FIG VP allowed ● Yamasaki, Johnson awarded one (1) VP higher than FIG ● No swing to HS required ● EG I, III award (1) VP higher than FIG <input checked="" type="checkbox"/> 12 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (4-B) 2. (1) Maximum NGA SS allowed 3. All FIG VP allowed ● Yamasaki, Johnson awarded one (1) VP higher than FIG ● No swing to HS required ● EG I, III award (1) VP higher than FIG <input checked="" type="checkbox"/> 13 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (4-C) 2. (Ø) NGA SS allowed 3. All FIG VP allowed ● Yamasaki, Johnson awarded one (1) VP higher than FIG ● EG I, III award (1) VP higher than FIG <input checked="" type="checkbox"/> 14 years & up <input checked="" type="checkbox"/> EP = 7.5 <input checked="" type="checkbox"/> Stick Bonus: +0.1 |



SUMMARY—VAULT

| LEVEL 1N | LEVEL 2N | LEVEL 3N | LEVEL 4N | LEVEL 5N |
|---|---|--|---|--|
| <p>1. Stretch Jump—under arm reach —Kick HS—Flat back to 32" resi</p> <ul style="list-style-type: none"> ● Landing not evaluated ● Tramp Board allowed ● Resi Mat VT's = SV 10.0 ☑ 5 years & up ☑ SV = 10.0 ☑ Stick Bonus: No | <p>1. FHS—Flat back onto 32" resi</p> <ul style="list-style-type: none"> ● Landing not evaluated ● Tramp Board allowed ● Resi Mat VT's = SV 10.0 ☑ 6 years & up ☑ SV = 10.0 ☑ Stick Bonus: No | <p>1. FHS over 32" Resi to landing mat</p> <ul style="list-style-type: none"> ● Landing evaluated ● Tramp Board allowed ● Resi Mat VT's = SV 10.0 ☑ 7 years & up ☑ SV = 10.0 ☑ Stick Bonus: +0.1 | <p>1. HS SW w 1/4 over Resi to landing mat 2. FHS over Resi to landing mat</p> <ul style="list-style-type: none"> ● (2) Different VT's req'd-averaged ● Landing evaluated ● Tramp Board allowed ● Resi Mat VT's = SV 10.0 ☑ 8 years & up ☑ SV = 10.0 ☑ Stick Bonus: +0.1 | <p>1. RO-BHS to stand/back on Resi 2. FHS to stand on Resi 3. HS SW w 1/4 to stand/back on Resi</p> <ul style="list-style-type: none"> ● Must land feet 1st ● (2) Different VT's req'd-averaged ● Landing not evaluated ● Tramp Board allowed ● Resi Mat VT's = SV 10.0 ☑ 9 years & up ☑ SV = 10.0 ☑ Stick Bonus: No |
| LEVEL 6N | LEVEL 7N | LEVEL 8N | LEVEL 9N | LEVEL 10N |
| <p>1. RO-BHS over table—Stand/back Resi 2. FHS over Table—Stand Resi 3. HS SW w 1/4 over Table—Stand/back Resi</p> <ul style="list-style-type: none"> ● Must land feet 1st ● (2) Different VT's req'd-averaged ● Landing not evaluated ● Resi Mat VT's = SV 10.0 ☑ 10 years & up ☑ SV = 10.0 ☑ Stick Bonus: No | <p>1. Any Vault from 1.6 SV - 2.2 SV</p> <ul style="list-style-type: none"> ● (2) Different VT's req'd-averaged ● Landing evaluated ☑ 11 years & up ☑ SV = 1.6 to 2.2 ☑ Stick Bonus: +0.1 | <p>1. Any Vault from 1.6 SV - 2.2 SV</p> <ul style="list-style-type: none"> ● (2) Different VT's req'd-averaged ● Landing evaluated ☑ 12 years & up ☑ SV = 1.6 to 3.2 ☑ Stick Bonus: +0.1 | <p>1. Any Vault from 1.6 SV - 4.4 SV</p> <ul style="list-style-type: none"> ● (2) Different VT's req'd-averaged ● Landing evaluated ☑ 13 years & up ☑ SV = 1.6 to 4.4 ☑ Stick Bonus: +0.1 | <p>1. Any Vault from 1.6 SV - 6.0 SV</p> <ul style="list-style-type: none"> ● (2) Different VT's req'd-averaged ● Landing evaluated ☑ 14 years & up ☑ SV = 1.6 to 6.0 ☑ Stick Bonus: +0.1 |



SUMMARY – PARALLEL BARS

| LEVEL 1N | LEVEL 2N | LEVEL 3N | LEVEL 4N | LEVEL 5N |
|--|---|---|--|--|
| 1. (4) Required EG 2. (8) Maximum NGA SS allowed 3. 'A' FIG VP allowed ● Three (3) extra swings allowed ● Change of swing direction allowed ● 1/2 swing to HOR allowed before EG III (under bar elements) skills ● Hand-on-hand spot allowed before EG III skills <input checked="" type="checkbox"/> 5 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG 2. (8) Maximum NGA SS allowed 3. 'A' FIG VP allowed ● Three (3) extra swings allowed ● Change of swing direction allowed ● 1/2 swing to HOR allowed before EG III (under bar elements) skills ● Hand-on-hand spot allowed before EG III skills <input checked="" type="checkbox"/> 6 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG 2. (8) Maximum NGA SS allowed 3. 'A' FIG VP allowed ● Three (3) extra swings allowed ● Change of swing direction allowed ● 1/2 swing to HOR allowed before EG III (under bar elements) skills ● Hand-on-hand spot allowed before EG III skills <input checked="" type="checkbox"/> 7 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (1-A/3-SS) 2. (6) Maximum NGA SS allowed 3. 'A'-'B' FIG VP allowed ● Three (3) extra swings allowed ● Change of swing direction allowed ● 1/2 swing to HOR allowed before EG III (under bar elements) skills ● Hand-on-hand spot allowed before EG III skills ● Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG <input checked="" type="checkbox"/> 8 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (2-A/2-SS) 2. (5) Maximum NGA SS allowed 3. 'A'-'B'-'C' FIG VP allowed ● Three (3) extra swings allowed ● Change of swing direction allowed ● 1/2 swing to HOR allowed before EG III (under bar elements) skills ● Hand-on-hand spot allowed before EG III skills ● Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG <input checked="" type="checkbox"/> 9 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 |
| LEVEL 6N | LEVEL 7N | LEVEL 8N | LEVEL 9N | LEVEL 10N |
| 1. (4) Required EG (3-A/1-SS) 2. (4) Maximum NGA SS allowed 3. 'A'-'B'-'C' FIG VP allowed ● One (1) extra swing allowed ● Change of swing direction allowed ● 1/2 swing to HOR allowed before EG III (under bar elements) skills ● Hand-on-hand spot allowed before EG III skills ● Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG <input checked="" type="checkbox"/> 10 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (4-A) 2. (3) Maximum NGA SS allowed 3. 'A'-'B'-'C' FIG VP allowed ● One (1) extra swing allowed ● Change of swing direction allowed ● 1/2 swing to HOR allowed before EG III (under bar elements) skills ● Hand-on-hand spot allowed before EG III skills ● Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG <input checked="" type="checkbox"/> 11 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (4-A) 2. (2) Maximum NGA SS allowed 3. All FIG VP allowed ● One (1) extra swing allowed ● Change of swing direction allowed ● 1/2 swing to HOR allowed before EG III (under bar elements) skills ● Hand-on-hand spot allowed before EG III skills ● Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG <input checked="" type="checkbox"/> 12 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (4-B) 2. (1) Maximum NGA SS allowed 3. All FIG VP allowed ● One (1) extra swing allowed ● Change of swing direction allowed ● 1/2 swing to HOR allowed before EG III (under bar elements) skills ● Hand-on-hand spot allowed before EG III skills ● Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG <input checked="" type="checkbox"/> 13 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (4-C) 2. (Ø) NGA SS allowed 3. All FIG VP allowed ● Change of swing direction allowed <input checked="" type="checkbox"/> 14 years & up <input checked="" type="checkbox"/> EP = 7.5 <input checked="" type="checkbox"/> Stick Bonus: +0.1 |

SUMMARY—HIGH BAR

| LEVEL 1N | LEVEL 2N | LEVEL 3N | LEVEL 4N | LEVEL 5N |
|--|--|--|--|--|
| 1. (4) Required EG 2. (8) Maximum NGA SS allowed 3. 'A' FIG VP allowed ● Three (3) extra swings allowed ● Change of direction allowed—∅ deduction ● Up to five (5) movements allowed to start routine—∅ deduction ● FIG EG III 'A' skills only req'd HOR finish for EG credit + ∅ deduction <input checked="" type="checkbox"/> 5 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG 2. (8) Maximum NGA SS allowed 3. 'A' FIG VP allowed ● Three (3) extra swings allowed ● Change of direction allowed—∅ deduction ● Up to five (5) movements allowed to start routine—∅ deduction ● FIG EG III 'A' skills only req'd HOR finish for EG credit + ∅ deduction <input checked="" type="checkbox"/> 6 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG 2. (8) Maximum NGA SS allowed 3. 'A' FIG VP allowed ● Three (3) extra swings allowed ● Change of direction allowed—∅ deduction ● Up to five (5) movements allowed to start routine—∅ deduction ● FIG EG III 'A' skills only req'd HOR finish for EG credit + ∅ deduction <input checked="" type="checkbox"/> 7 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (1-A/3-SS) 2. (6) Maximum NGA SS allowed 3. 'A'-'B' FIG VP allowed ● Three (3) extra swings allowed ● Change of direction allowed—∅ deduction ● Up to five (5) movements allowed to start routine—∅ deduction ● Any Jam/Adler at 45° B-VP fulfills EG ● FIG EG III 'A' skills only req'd HOR finish for EG credit + ∅ deduction <input checked="" type="checkbox"/> 8 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (2-A/2-SS) 2. (5) Maximum NGA SS allowed 3. 'A'-'B'-'C' FIG VP allowed ● Three (3) extra swings allowed ● Change of direction allowed—∅ deduction ● Up to five (5) movements allowed to start routine—∅ deduction ● Any Jam/Adler at 45° B-VP fulfills EG ● FIG EG III 'A' skills only req'd HOR finish for EG credit + ∅ deduction <input checked="" type="checkbox"/> 9 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 |
| LEVEL 6N | LEVEL 7N | LEVEL 8N | LEVEL 9N | LEVEL 10N |
| 1. (4) Required EG (3-A/1-SS) 2. (4) Maximum NGA SS allowed 3. 'A'-'B'-'C' FIG VP allowed ● One (1) extra swing allowed ● Change of direction allowed—∅ deduction ● Change of direction + 1/2 swing allowed after EG II skill—∅ deduction ● Any Jam/Adler at 45° B-VP fulfills EG <input checked="" type="checkbox"/> 10 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (4-A) 2. (3) Maximum NGA SS allowed 3. 'A'-'B'-'C' FIG VP allowed ● One (1) extra swing allowed ● Change of direction allowed—∅ deduction ● Change of direction + 1/2 swing allowed after EG II skill—∅ deduction ● Any Jam/Adler at 45° B-VP fulfills EG <input checked="" type="checkbox"/> 11 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (4-A) 2. (2) Maximum NGA SS allowed 3. All FIG VP allowed ● One (1) extra swing allowed ● Change of direction allowed—∅ deduction ● Change of direction + 1/2 swing allowed after EG II skill—∅ deduction ● Any Jam/Adler at 45° B-VP fulfills EG <input checked="" type="checkbox"/> 12 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (4-B) 2. (1) Maximum NGA SS allowed 3. All FIG VP allowed ● One (1) extra swing allowed ● Change of direction allowed—∅ deduction ● Change of direction + 1/2 swing allowed after EG II skill—∅ deduction ● Any Jam/Adler at 45° B-VP fulfills EG <input checked="" type="checkbox"/> 13 years & up <input checked="" type="checkbox"/> EP = 8.0 <input checked="" type="checkbox"/> Stick Bonus: +0.1 | 1. (4) Required EG (4-C) 2. (∅) NGA SS allowed 3. All FIG VP allowed <input checked="" type="checkbox"/> 14 years & up <input checked="" type="checkbox"/> EP = 7.5 <input checked="" type="checkbox"/> Stick Bonus: +0.1 |

PART B

NGA MEN'S 4X4 PROGRAM

CHAPTER 1 – MEN'S 4X4 PROGRAM





MEN'S GYMNASTICS PROGRAM

4-EVENT COMPETITION FORMAT LEVEL 1-5

COMPETITION GUIDELINES

MISSION

- To introduce Men's Gymnastics using equipment already available to existing women's program with additional purchase of a *Mushroom
- Allowing more boys participation in the Men's NGA program, providing a team environment for better retention

EQUIPMENT

- Uneven Bar (high or low)
- Spring Floor
- Mushroom
- Compulsory Vaulting mat system
 - Acro-board & springboard

WARM UP TIME – MODIFIED CAPITAL CUP

- General Open Stretch = 15-30m
- Event Warm up = 30s = 1N, 2N
- Event Warm up = 45s = 3N, 4N, 5N
- Meet Directors need to be mindful of Warm up times when determining which session the boys are to be assigned
- When Men's 4X4 competition is held with a women's competition, warmup times will be the same so the competition starts and finishes at the same time

SCORING

As per NGA Men's Technical Handbook

1. SV-VT = 10.0
2. Routine is composed of (6) skills minimum (8) skills maximum
3. 1N-3N: NGA SS fulfills EG +0.5
4. 4N-5N: NGA SS partially fulfills EG +0.3
5. EG1 is fulfilled w 'SS or 'A' VP
6. Acro (Tramp) Board allowed on Vault
7. A Vault may be repeated if athlete receives a \emptyset Vault with -1.0 deduction
8. 1N-3N Spot SS/A-VP to support allowed: YES skill credit/NO difficulty credit

STICK BONUS

+1.0 on all apparatus, all Levels, except Mushroom (See VT for some exceptions)

COMPETITION GUIDELINES

COMPETITION FORMAT

- Participants will compete in up to 4 events
- Floor Exercise: 1N-5N EP = 8.0
 - Routine performed in straight line to allow for possible tumbling strip at competitions
- Mushroom: 1N-3N EP: FX level = 10.0 / Full height = 9.0 EP
- Mushroom: 4N-5N EP: FX level = 8.0 / Full height = 7.0 EP
- Vault: 10.0 SV
- Horizontal Bar: 1N-5N EP = 8.0
 - Performed on one (1) Uneven Bar high or low
- 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
- Boys can compete as an event specialist or in all 4 events

ATTIRE

- Athletic shorts and Team T-shirt or jersey top
- Required to wear socks on Single Bar and Mushroom

AWARDS

- Boys to be divided into age groups no more than 5 years apart for awards
- Awards will be provided in the (4) events plus All Around and Team following the standard NGA guidelines

JUDGES

- Certified members of (NGJA) or (NAWGJ) are used to officiate at 4 X4 event Xtreme Team NGA gymnastics competition
- A judge must be member of NGA with NCSI background check, Abuse and Prevention Course and take the Men's Level 1-5 NGA online Judges exam

ERRORS & DEDUCTIONS

- Small Error -0.10 | Medium Error -0.20 | Large Error -0.30 | Fall -0.50
1. Skill performed out of skill difficulty range -0.5
 2. Repeat skills (\emptyset repetition deduction - \emptyset Value Part)
 3. All other error deductions per FIG Jr. COP

SHORT ROUTINE

- PER JR FIG • No 'short routine' deduction taken if min. six (6) FIG or Super Skills are performed



LEVEL REQUIREMENTS 1N, 2N, 3N

| LEVEL 1N | 5 years & up | LEVEL 2N | 6 years & up | LEVEL 3N | 7 years & up |
|---|--------------|---|--------------|---|--------------|
| FLOOR EXERCISE—EP = 8.5 | | FLOOR EXERCISE—EP = 8.5 | | FLOOR EXERCISE—EP = 8.5 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Perform in straight line tumble pass Stick Bonus +0.10 (Dismount pass only) | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Perform in straight line tumble pass Stick Bonus +0.10 (Dismount pass only) | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Perform in straight line tumble pass Stick Bonus +0.10 (Dismount pass only) | |
| MUSHROOM—FX level EP = 10.0/Full height EP = 9.0 | | MUSHROOM—FX level EP = 10.0/Full height EP = 9.0 | | MUSHROOM—FX level EP = 10.0/Full height EP = 9.0 | |
| <ol style="list-style-type: none"> 1/4 Circle through support 3/4 Circle through support <ul style="list-style-type: none"> Evaluate hip roll (Counter to Circle), lean & extension Must show both 1/4 & 3/4 positions Landing not evaluated | | <ol style="list-style-type: none"> 1-1/2 or more Circles finish thru rear support <ul style="list-style-type: none"> Evaluate hip roll (Counter to Circle), lean, extension Finish in/thru fully extended rear support Dismount in Rear Support | | <ol style="list-style-type: none"> 3-1/2 or more Circles finish thru rear support <ul style="list-style-type: none"> Evaluate hip roll (Counter to Circle), lean, extension Finish in/thru fully extended rear support Dismount in Rear Support | |
| VAULT—SV = 10.0 | | VAULT—SV = 10.0 | | VAULT—SV = 10.0 | |
| <ol style="list-style-type: none"> Stretch Jump—Kick HS—Fall flat back to Stack/Resi <ul style="list-style-type: none"> Yes Tramp Board Resi/Stack Mats—10' x 5' x 32" | | <ol style="list-style-type: none"> Handspring—flat back onto Resi <ul style="list-style-type: none"> Yes Tramp Board Resi/Stack Mats—10' x 5' x 32" | | <ol style="list-style-type: none"> Front Handspring over resi to landing mat <ul style="list-style-type: none"> Landing evaluated Yes Tramp Board Stick Bonus +0.10 Resi/Stacked Mats—5' x 32" | |
| HIGH BAR—EP = 8.0 | | HIGH BAR—EP = 8.0 | | HIGH BAR—EP = 8.0 | |
| <ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | | <ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 | |
| ALL events except VT: SV = EP + FIG VP + NGA SS + Stick Bonus | | ALL events except VT: SV = EP + FIG VP + NGA SS + Stick Bonus | | ALL events except VT: SV = EP + FIG VP + NGA SS + Stick Bonus | |

LEVEL REQUIREMENTS—4N, 5N







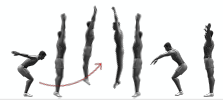











| LEVEL 4N | 8 years & up |
|--|--------------|
| FLOOR EXERCISE—EP = 8.0 | |
| 1. (4) Required Element Groups (EG) (1-A/3-SS) 2. (6) NGA SS allowed 3. 'A'-'B' FIG VP allowed ● <i>Stick Bonus +0.10 (Dismount pass only)</i> | |
| MUSHROOM—FX level EP = 8.0 / Full height EP = 7.0 | |
| 1. (4) Required Element Groups (EG) (1-A/3-SS) 2. Circles & Flairs plus (1) different FIG VP finish thru Rear Support 3. Circles & Flairs may be repeated for 'A' VP ● <i>Skill and finish must be preceded by circle or flair</i> ● <i>Dismount in Rear Support or any FIG 'A' or higher VP</i> ● <i>EG1-Flair, EG2-Circles, EG3-180° Turn, EG4-Dismount</i> | |
| VAULT—SV = 10.0 | |
| 1. Handspring SW w 1/4 (90°) over Resi to landing mat 2. Front Handspring over Resi to landing mat ● <i>2 different Vaults required-averaged</i> ● <i>Yes Tramp Board</i> ● <i>Resi/Stack Mats—10' x 5' x 32"</i> ● <i>Landing evaluated and Stick Bonus +0.10</i> ● <i>Stick Bonus +0.10</i> | |
| HIGH BAR—EP = 8.0 | |
| 1. (4) Required Element Groups (EG) (1-A/3-SS) 2. (6) NGA SS allowed 3. 'A'-'B' FIG VP allowed ● <i>Stick Bonus +0.10</i> | |
| ALL events except VT: SV = EP + FIG VP + NGA SS + Stick Bonus | |

| LEVEL 5N | 9 years & up |
|---|--------------|
| FLOOR EXERCISE—EP = 8.0 | |
| 1. (4) Required Element Groups (EG) (2-A/2-SS) 2. (5) NGA SS allowed 3. 'A'-'B'-'C' FIG VP allowed ● <i>Stick Bonus +0.10 (Dismount pass only)</i> | |
| MUSHROOM—FX level EP = 8.0 / Full height EP = 7.0 | |
| 1. (4) Required Element Groups (EG) (2-A/2-SS) 2. Circles, plus (3) different FIG VP finish thru Rear Support ● <i>Skill and finish must be preceded by circle or flair</i> ● <i>Circles & Flairs may repeat for 'A' VP</i> ● <i>Dismount in Rear Support or any FIG 'A' or higher VP</i> ● <i>EG1-Flair, EG2-Circles, EG3-180° Turn, EG4-Dismount</i> | |
| VAULT—SV = 10.0 | |
| 1. Round off, BHS to stand on Resi 2. Front Handspring to stand on Resi 3. Handspring SW w 1/4 (90°) to stand on Resi ● <i>2 different Vaults required-averaged</i> ● <i>Yes Tramp Board</i> ● <i>Resi—10' x 5' x 32"</i> | |
| HIGH BAR—EP = 8.0 | |
| 1. (4) Required Element Groups (EG) (2-A/2-SS) 2. (5) NGA SS allowed 3. 'A'-'B'-'C' FIG VP allowed ● <i>Stick Bonus +0.10</i> | |
| ALL events except VT: SV = EP + FIG VP + NGA SS + Stick Bonus | |

FX—SUPER SKILLS CHART—GROUP I

FLOOR EXERCISE — SUPER SKILLS









ELEMENT GROUP I—NON-ACROBATIC ELEMENTS

| | | | | | |
|---|---|---|---|--|---|
| <p>1.1—Arabesque</p>  <ol style="list-style-type: none"> 1. From optional entry 2. Straight base leg, lift back leg BWD 3. < 90° leg split, torso may lean FWD 4. Optional exit | <p>1.2—Candlestick</p>  <ol style="list-style-type: none"> 1. From optional FWD or BWD entry 2. Show hollow position, body VER as much as possible, flat hips 3. Optional exit | <p>1.3—'L'-Hold</p>  <ol style="list-style-type: none"> 1. From optional entry 2. Lift body off surface, legs parallel to FX 3. Legs straight 4. Optional exit | <p>1.4—Straddle Pancake</p>  <ol style="list-style-type: none"> 1. From optional entry 2. Straddle legs 3. Place torso flat on FX between legs 4. Optional exit | <p>1.5—Swedish fall—90° leg split</p>  <ol style="list-style-type: none"> 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 | <p>1.6—Prone Fall</p>  <ol style="list-style-type: none"> 1. From 2-feet 2. Tilt body FWD, falling FWD 3. Body kept straight 4. Catch straight body in push-up position |
| <p>1.7—Jump 1/2 (180°) or 1/1 (360°) turn</p> <p>180° / 360°</p>  <ol style="list-style-type: none"> 1. From 2-feet 2. Jump straight 3. Execute 1/2 or 1/1 turn, either direction 4. Land 2-feet | <p>1.8—Tuck jump</p>  <ol style="list-style-type: none"> 1. From 2-feet 2. Jump straight—Tuck position 3. Min 90°/90° hips and knees 4. Land 2-feet | <p>1.09—Straddle jump</p>  <ol style="list-style-type: none"> 1. From 2-feet 2. Jump straight—Straddle position 3. Upright body or toe touch, optional 4. Land 2-feet | <p>1.10—Pike jump</p>  <ol style="list-style-type: none"> 1. From 2-feet 2. Jump straight—Pike position 3. Upright body or toe touch, optional 4. Land 2-feet | <p>1.11—Sissone—120° leg split</p>  <ol style="list-style-type: none"> 1. From stand 2. Jump straight from 2-feet 3. Separate legs into diagonal split—120° 4. Land 1 or 2 feet, arms optional | <p>1.12—Hitch Kick—Both legs above HOR</p>  <ol style="list-style-type: none"> 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 |
| <p>1.13—Press—Headstand</p>  <ol style="list-style-type: none"> 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 | <p>1.14—Bridge—2s</p>  <ol style="list-style-type: none"> 1. From optional entry 2. From back arch 3. Both feet/hands on FX at same time 4. Feet apart/together | <p>1.15—Handstand—No hold—Bridge</p>  <ol style="list-style-type: none"> 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 | <p>1.16—Handstand—No hold—Roll out</p>  <ol style="list-style-type: none"> 1. From optional entry 2. HS—no hold required 3. Bend/straight arm roll out 4. Optional exit | <p>1.17—Endo roll—Handstand—No hold</p>  <ol style="list-style-type: none"> 1. From optional entry 2. Execute FWD Endo roll (legs inside) 3. Press out to HS 4. No hold required | <p>1.18—Split press / Endo roll—Stand—Straddle/Pike</p>  <ol style="list-style-type: none"> 1. From optional entry into split 2. Lift hips up, roll FWD, straddle/pike 3. Optional exit position after stand |
| <p>Press Headstand</p> | <p>Bridge</p> | <p>HS Bridge</p> | <p>HS Roll Ø Hold</p> | <p>Endo Roll - HS</p> | <p>Split - Endo Roll</p> |

FX—SUPER SKILLS CHART—GROUP II

FLOOR EXERCISE — SUPER SKILLS






ELEMENT GROUP II—ACROBATIC ELEMENTS FORWARD

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




FX—SUPER SKILLS CHART—GROUP III, IV

FLOOR EXERCISE — SUPER SKILLS

ELEMENT GROUP III—ACROBATIC ELEMENTS BWD / FWD

| | | | | | |
|--|---|--|--|---|--|
| <p>3.1—Cartwheel step—BWD ^{OR} Bring feet together—BWD</p>  <ol style="list-style-type: none"> From optional entry Cartwheel 1/4 (90°) turn at end Finish feet together or lunge FWD <p>Cartwheel 1/2 BWD</p> | <p>3.2—Roundoff</p>  <ol style="list-style-type: none"> From optional entry Perform RO With/Without rebound Feet together on landing <p>RO</p> | <p>3.3—Bent arm BWD Roll—Tuck/ Pike/Straddle</p>  <ol style="list-style-type: none"> From optional entry Perform bent arm BWD roll—Tuck/ Pike/Straddle Optional exit <p>BWD Roll-Bent Arm</p> | <p>3.4—Straight arm BWD Roll— Pike stand ^{OR} Prone</p>  <ol style="list-style-type: none"> From optional entry Perform straight arm BWD roll—Tuck/ Pike Exit to Pike stand or Prone (push-up) <p>BWD Roll-Straight Arm</p> | <p>3.5—BWD Walkover</p>  <ol style="list-style-type: none"> From stand on 1-leg Lift leg up and over head while arching upper torso BWD to BWO Optional exit <p>BWO</p> | |
|--|---|--|--|---|--|

ELEMENT GROUP IV—DISMOUNTS

| | | | | | |
|---|---|--|--|--|--|
| <p>4.1—Roundoff—Rebound</p>  <ol style="list-style-type: none"> From optional entry Perform RO With Rebound Feet together on landing <p>RO Rebound</p> | <p>4.2—Back Handspring— Rebound</p>  <ol style="list-style-type: none"> From optional entry Jump BWD to hands, jump off hands to feet, rebound Feet together on landing <p>BHS</p> | <p>4.3—Front Handspring— Rebound</p>  <ol style="list-style-type: none"> From optional entry Quick reach to FX—both hands Heel drive legs, repulse off hands Feet together on landing, rebound <p>FHS Rebound</p> | | | |
|---|---|--|--|--|--|

PH—NO POMMELS & MUSHROOM SKILLS CHART—1N-5N

POMMEL HORSE SKILLS – W / O POMMELS

ELEMENT GROUP I—SINGLE-LEG SWINGS AND SCISSORS

| FIG # | DESCRIPTION | VP | FIG # | DESCRIPTION | VP | FIG # | DESCRIPTION | VP |
|-------|-------------------|----|-------|-------------------|----|-------|-------------------|----|
| | No element skills | | | No element skills | | | No element skills | |

ELEMENT GROUP II: CIRCLES AND FLAIRS, W/ SPINDLES & HS, KEHRSWINGS, RUSSIAN W, FLOPS, COMBINED ELEMENTS

| FIG # | DESCRIPTION | VP | FIG # | DESCRIPTION | VP | FIG # | DESCRIPTION | VP |
|-------|--|----|-------|---|----|-------|-----------------|----|
| 1 | Circle in Side Support | A | 26 | Circle with 1/2 spindle (in one circle) | B | 80 | Reverse Stockli | B |
| 1 | *Flair in Side Support (Thomas) | A | 28 | 1/1 spindle in side support within 2 circles | D | 86 | Swiss hop | B |
| 13 | Circle in cross support frontways on end | A | 29 | Any 1/1 spindle w/in 2 circles (From 1-3 E to 3-5 to 1-3) [Eichorn] | E | 91 | Schwabenflank | A |
| 13 | *Flair in cross support frontways on end | A | 34 | 1/1 spindle in cross support within 2 circles | D | 92 | Czechkehr | B |
| 19 | Circle in cross support rearways on end | A | 39 | Flair or Circle to HS, lower to Flair or C Circle [Tippelt] | C | 103 | 180° Russian | A |
| 19 | *Flair in cross support rearways on end | A | 50 | Direct Stockli-A | B | 104 | 360° Russian | B |
| 20 | Circle in cross support between tape (3-3) | B | 61 | Double Rear [Kehr] | A | 105 | 720° Russian | C |
| 25 | Circle with 1/4 spindle | A | 79 | Front out or in | A | 105 | 1080° Russian | D |

ELEMENT GROUP III—TRAVEL TYPE ELEMENTS, INCLUDING KROLLS, TONG FEI, WU GUONIAN, ROTH AND TRAVELING SPINDLES

| FIG # | DESCRIPTION | VP | FIG # | DESCRIPTION | VP | FIG # | DESCRIPTION | VP |
|-------|---|----|-------|---|----|-------|--|----|
| 1 | 1/2 FWD side travel | A | 33 | 1/2 Side travel with 1/2 spindle | B | 70 | Kehr - Reverse Stockli – Kehr [Moguilny] | D |
| 2 | 3/3 FWD side travel | B | 35 | 3/3 Cross travel with 1/2 spindle (in one circle) [Nin Reyes] | E | 71 | Reverse Stockli – Kehr – Reverse Stockli [Belenki] | D |
| 13 | 1/2 BWD side travel | A | 44 | 1/2 FWD cross support travel | B | 82 | 3/3 Travel with 180° Russian [Tong Fei] | D |
| 14 | 3/3 BWD side travel | B | 46 | 3/3 FWD cross support travel [Magyar] | D | 88 | 3/3 Travel with 360° Russian [Roth] | D |
| 27 | 1/2 travel w 1/2 spindle (side/cross support) | C | 56 | 1/2 BWD cross support travel | B | 89 | 3/3 Travel with 720° Russian [Wu] | E |
| 29 | 3/3 Side travel with 1/1 spindle | E | 58 | 3/3 BWD cross support travel [Sivado] | D | | | |





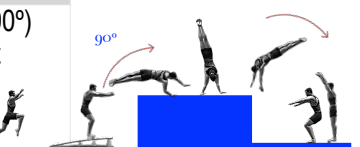

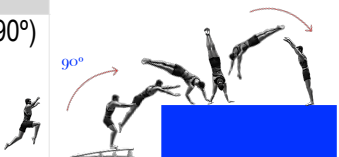

ELEMENT GROUP IV—DISMOUNTS

| FIG # | DESCRIPTION | VP | FIG # | DESCRIPTION | VP | NGA# | DESCRIPTION | VP |
|-------|---|----|-------|--|----|------|---|----|
| 1 | Wende | A | 10 | 1080° Russian to wende | D | 4.1 | <p>4.1—1/2 (180°) circle to rear support MUSHROOM ONLY</p> <p>1. From Front support 2. 1/2 leg circle 3. Finish Rear Support</p> <p>1/2 Circle-Rear Support</p> | SS |
| 4 | Circle / Flair to HS w 3/3 travel & 450° turn | D | 20 | *Circle or flair to HS | C | | | |
| 8 | 360° Russian to wende | B | | (Special VAL for HS with no turn or travel) | | | | |
| 9 | 720° Russian to wende | C | | *See FIG Jr COP for HS turn/travel principles | | | | |

**1-3, 3-3, 4-5, etc refer to placement of gymnast's hands

Same skill box number counted as separate skill

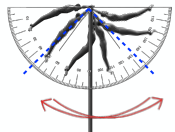
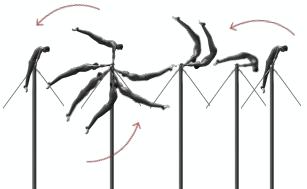



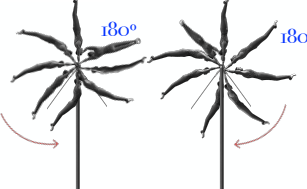

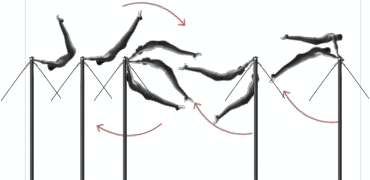
VT—REQUIREMENTS CHART—1N, 2N, 3N, 4N, 5N

| VAULT—1N, 2N, 3N, 4N, 5N, 6N | | |
|---|--|---|
| <p>LEVEL 1N SV = 10.0 Stretch Jump—under arm reach—Kick Handstand Flat back onto Resi</p>  <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Up to Resi/Stacked Mats—10' x 5' x 32" <input checked="" type="checkbox"/> Not required to salute after jump land, before kick HS <input checked="" type="checkbox"/> Landing not evaluated <input checked="" type="checkbox"/> Tramp board allowed | <p>LEVEL 2N SV = 10.0 Handspring Flat back onto Resi</p>  <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Up to Resi/Stacked Mats—10' x 5' x 32" <input checked="" type="checkbox"/> Repulsion required <input checked="" type="checkbox"/> Ø Stick Bonus <input checked="" type="checkbox"/> Tramp board allowed | <p>LEVEL 3N SV = 10.0 Front Handspring over resi to landing mat</p>  <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Over Resi/Stacked Mats—10' x 5' x 32" to Landing Mat <input checked="" type="checkbox"/> Landing evaluated <input checked="" type="checkbox"/> Tramp board allowed <input checked="" type="checkbox"/> Stick Bonus +0.10 |
| <p>LEVEL 4N SV = 10.0 Front Handspring over Resi to landing mat</p>  <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Over Resi/Stacked Mats—10' x 5' x 32" to Landing Mat <input checked="" type="checkbox"/> Landing evaluated <input checked="" type="checkbox"/> Tramp board allowed <input checked="" type="checkbox"/> Stick Bonus +0.10 | <p>LEVEL 4N SV = 10.0 Handspring SW w 1/4 (90°) over Resi to landing mat</p>  <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Over Resi/Stacked Mats—10' x 5' x 32" to Landing Mat <input checked="" type="checkbox"/> Landing evaluated <input checked="" type="checkbox"/> Tramp board allowed <input checked="" type="checkbox"/> Stick Bonus +0.10 | <ul style="list-style-type: none"> • 4N, 5N, 6N athletes—Required to perform (2) different vaults—Score is average of both vaults • Resi = min 32" high—May use additional matting on resi (2N-6N) • If gymnast receives 'Ø' vault—May repeat the vault with 1.0 deduction from SV |
| <p>LEVEL 5N SV = 10.0 Front Handspring to stand on Resi</p>  <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Up to Resi Mat 10' x 5' x Min 32"—No Table used <input checked="" type="checkbox"/> Judging stops w/ foot touch <input checked="" type="checkbox"/> Landing not evaluated—Land bottom of feet first or VOID <input checked="" type="checkbox"/> Ø Stick bonus <input checked="" type="checkbox"/> Tramp board allowed | <p>LEVEL 5N SV = 10.0 Handspring SW with 1/4 (90°) to stand on Resi</p>  <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Up to Resi Mat 10' x 5' x Min 32"—No Table used <input checked="" type="checkbox"/> Judging stops w/ foot touch <input checked="" type="checkbox"/> Landing not evaluated—Land feet or back <input checked="" type="checkbox"/> Ø Stick Bonus <input checked="" type="checkbox"/> Tramp board allowed | <p>LEVEL 5N SV = 10.0 Round off, Back Handspring to stand on Resi</p>  <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Up to Resi Mat 10' x 5' x Min 32"—No Table used <input checked="" type="checkbox"/> Judging stops w/ foot touch <input checked="" type="checkbox"/> Landing not evaluated—Land feet or back <input checked="" type="checkbox"/> Safety Zone required—Hand mat recommended <input checked="" type="checkbox"/> Ø Stick Bonus |

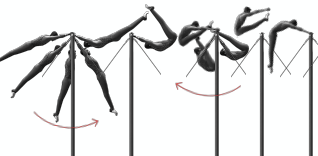
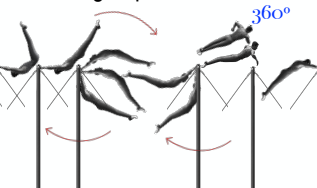
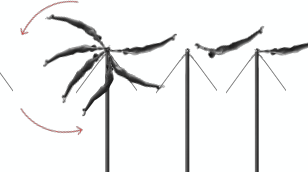
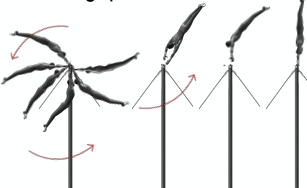

HB—SUPER SKILLS CHART—GROUP I, II

HORIZONTAL BAR — SUPER SKILLS

ELEMENT GROUP I: LONG HANG SWINGS AND TURNS

| | | | | | |
|---|--|---|--|--|---|
| <p>1.1—Full tap swing—Hollow body at 45°—Each side</p>  <ol style="list-style-type: none"> 1. From straight long swing 2. FWD/BWD swing or BWD/FWD swing 3. 45° mark, must show hollow body <p>Full Tap</p> | <p>1.2—BWD Baby Giant—Support</p>  <ol style="list-style-type: none"> 1. From optional entry 2. Straight long swing FWD—pullover Baby Giant 3. Finish front support, arms straight <p>BWD Baby Giant</p> | <p>1.3—FWD Baby Giant—Support</p>  <ol style="list-style-type: none"> 1. From optional entry 2. Straight long swing BWD—pullover Baby Giant 3. Finish front support, arms straight <p>FWD Baby Giant</p> | <p>1.4—Hanging 1/2 (180°) turn</p>  <ol style="list-style-type: none"> 1. From straight hang 2. Perform 1/2 (180°) turn, any grip-to-grip <p>Hang 1/2</p> | <p>1.5—Swing 1/2 (180°) turn—HOR</p>  <ol style="list-style-type: none"> 1. From straight long swing, any grip 2. Perform 1/2 (180°) turn at HOR 3. Finish any grip <p>Swing 1/2</p> | <p>1.6—Swing 1/2 (180°) turn—Handstand</p>  <ol style="list-style-type: none"> 1. From straight long swing FWD or BWD 2. Perform 1/2 (180°) turn 3. Finish in Handstand, any grip <p>Swing 1/2 HS</p> |
| <p>1.7—Pull up—Bent arm hold—2s</p>  <ol style="list-style-type: none"> 1. From straight hang 2. Pull up to approx chin level 3. Hold bent arm hang—2 sec 4. Optional exit <p>Pull up Hold</p> | <p>1.8—Back Uprise—HOR</p>  <ol style="list-style-type: none"> 1. From long swing, any height, over grip 2. Perform BWD swing to HOR 3. Pull bar in to create SHD angle <p>BWD Uprise</p> | | | | |

ELEMENT GROUP II: FLIGHT ELEMENTS

| | | | | |
|--|---|--|--|--|
| <p>2.1—Straddle cut—Regrasp</p>  <ol style="list-style-type: none"> 1. From straight long swing 2. Perform stoop in, straddle cut legs out 3. Regrasp hands 4. Optional exit <p>Straddle Cut</p> | <p>2.2—Back uprise—1/1 (360°) turn—Regrasp</p>  <ol style="list-style-type: none"> 1. From long swing, any height 2. Perform BWD swing to HOR 3. Pull bar in to create SHD angle 4. Perform 1/1 (360°) turn, regrasp bar <p>BWD Uprise 1/1</p> | <p>2.3—Hop—From any grip—To another grip—Above HOR</p>  <ol style="list-style-type: none"> 1. From optional entry 2. Swing (or skill) from grip to grip 3. Above HOR <p>Swing Hop</p> | <p>2.4—Hop—From any grip—To another grip—To Handstand</p>  <ol style="list-style-type: none"> 1. From optional entry 2. Swing (or skill) from grip to grip 3. To handstand <p>Swing Hop HS</p> | <p>2.5—Back swing—2-hand REL and Regrasp</p>  <ol style="list-style-type: none"> 1. From optional entry 2. Perform BWD long swing 3. Release 2-hands, regrasp bar 4. From any grip to grip <p>BWD Swing REL</p> |
|--|---|--|--|--|

HB—SUPER SKILLS CHART—GROUP III

HORIZONTAL BAR — SUPER SKILLS



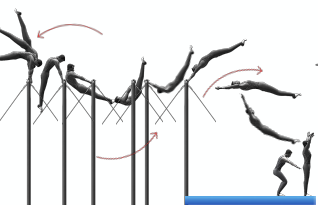
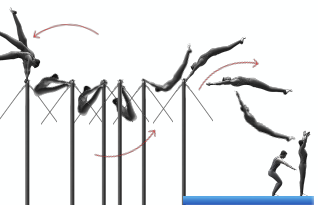
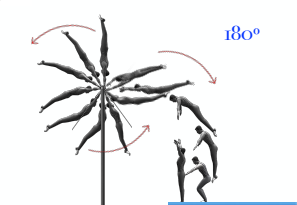

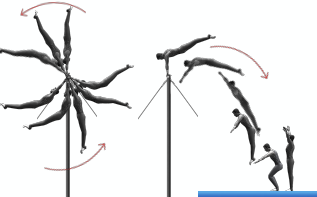
ELEMENT GROUP III: IN BAR AND ADLER ELEMENTS

| | | | | | |
|---|--|---|---|---|---|
| <p>3.1—Cast—HOR</p> | <p>3.2—Cast—Handstand</p> | <p>3.3—Undershoot—Hollow body thru out</p> | <p>3.4—Back hip circle</p> | <p>3.5—Free hip circle—Below HOR to Below HOR</p> | <p>3.6—Toe on / Toe off—Handstand</p> |
| <p>1. From optional entry to Front Support 2. Leg drive BWD to HOR 3. Any grip</p> | <p>1. From optional entry to Front Support 2. Leg drive BWD to Handstand 3. Any grip</p> | <p>1. From optional entry 2. Perform Undershoot—Hollow body 3. Finish optional exit</p> | <p>1. From optional entry 2. Cast (if in Front Support) 3. Perform BWD hip circle 4. Optional exit</p> | <p>1. From optional HOR entry 2. Cast HOR (if in Front Support) 3. Perform BWD Free hip circle 4. Optional HOR exit</p> | <p>1. From optional entry 2. Perform BWD Toe on-Toe off circle 3. Finish in Handstand</p> |
| <p>Cast HOR 3.7—Full Endo—Hips or SHD above bar—Both sides</p> | <p>Cast HS 3.7—Full Alder—Hips or SHD above bar—Both sides</p> | <p>Undershoot 3.7—Full Stalder (Straddle) swing—Hips or SHD above bar—Both sides</p> | <p>Back Hip 3.7—Full Stalder (Pike) swing—Hips or SHD above bar—Both sides</p> | <p>Free Hip 3.8—Swing FWD—1/2 Endo swing BWD—FWD swing</p> | <p>Sole Circle HS</p> |
| <p>1. From any entry, reverse grip 2. Perform full FWD Endo (straddle) 3. Hips or SHD above bar, both sides</p> | <p>1. From any entry, reverse grip 2. Perform full FWD Alder (pike) 3. Hips or SHD above bar, both sides</p> | <p>1. From any entry, over grip 2. Perform full BWD Stalder (straddle) 3. Hips or SHD above bar, both sides</p> | <p>1. From any entry, over grip 2. Perform full BWD Stalder (pike) 3. Hips or SHD above bar, both sides</p> | <p>1. From any entry, over grip 2. Long swing FWD, 1/2 Endo (straddle) swing BWD 3. Long swing FWD 4. No swing height requirements</p> | |
| <p>Full Endo 3.8—Swing FWD—1/2 Alder swing BWD—FWD swing</p> | <p>Full Alder</p> | <p>Full Straddle Stalder 3.9—Swing BWD—1/2 Stalder (Straddle) swing FWD—BWD swing</p> | <p>Full Pike Stalder</p> | <p>Swing-1/2 Endo-Swing 3.9—Swing BWD—1/2 Stalder (Pike) swing FWD—BWD swing</p> | |
| <p>1. From any entry, over grip 2. Long swing FWD, 1/2 Alder (pike) swing BWD 3. Long swing FWD 4. No swing height requirements</p> <p>Swing-1/2 Alder-Swing</p> | | <p>1. From any entry, reverse grip 2. Long swing BWD, 1/2 Stalder (straddle) swing FWD 3. Long swing BWD 4. No swing height requirements</p> <p>Swing-1/2 Straddle Stalder-Swing</p> | | <p>1. From any entry, reverse grip 2. Long swing BWD, 1/2 Stalder (pike) swing FWD 3. Long swing BWD 4. No swing height requirements</p> <p>Swing-1/2 Pike Stalder-Swing</p> | |

HB—SUPER SKILLS CHART—GROUP IV

HORIZONTAL BAR — SUPER SKILLS

ELEMENT GROUP IV—DISMOUNTS

| | | | | | |
|--|---|---|---|--|--|
| <p>4.1—BWD Salto—Tuck</p>  <ol style="list-style-type: none"> 1. From long swing FWD, over grip 2. Release bar —Perform BWD Tuck Salto 3. Land | <p>4.2—FWD Salto—Tuck</p>  <ol style="list-style-type: none"> 1. From long swing BWD, under grip 2. Release bar —Perform FWD Tuck Salto 3. Land | <p>4.3—Undershoot—Stand</p>  <ol style="list-style-type: none"> 1. From long swing, over grip, any height 2. Perform hollow Undershoot 3. Pull bar overhead—Straight SHD angle 4. Land | <p>4.4—Toe on shoot—Stand</p>  <ol style="list-style-type: none"> 1. From long swing, over grip, any height 2. Perform Toe on Shoot 3. Pull bar overhead—Straight SHD angle 4. Land | <p>4.5—Front Swing—1/2 (180°) Turn</p>  <ol style="list-style-type: none"> 1. From long swing, over grip, any height 2. Swing FWD—1/2 (180°) turn 3. Any grip allowed prior to release 4. Land | |
| <p><i>Flyaway BWD Tuck</i></p> <p>4.7—Free hip—Push off</p>  <ol style="list-style-type: none"> 1. From any angle 2. Perform BWD Free hip circle 3. Continue circle to push off bar 4. Land | <p><i>Flyaway FWD Tuck</i></p> <p>4.8—Drop—From Back swing</p>  <ol style="list-style-type: none"> 1. From straight long swing, any height, reverse grip 2. Swing BWD, release bar to drop 3. Land | <p><i>Undershoot</i></p> | <p><i>Toe Shoot</i></p> | <p><i>Front Swing 1/2</i></p> | |
| <p><i>Free Hip Push Off</i></p> | <p><i>Back Swing Drop</i></p> | | | | |

PART C

EXTRAS

APPENDIX 1 – EQUIPMENT SPECIFICATIONS





MEN'S EQUIPMENT REQUIREMENTS

| VAULT REGULATIONS | GENERAL REGULATIONS | EVENT MATTING REGULATIONS |
|---|---|--|
| MATTING AS PER FIG JR CODE OF POINTS | GENERAL EQUIPMENT | MATTING AS PER FIG JR CODE OF POINTS |
| RUNWAY / SAFETY ZONE / HAND MAT | FALL TIME = 30s | FX MATTING SPECIFICATIONS |
| <ul style="list-style-type: none"> • Runway thickness: 3/4" - 1-3/8" • Runway width: 3" • Max runway length: 80' <i>Measure from front of VT Table or Resi</i> • Runway length: 25 meters • Safety Zone: <i>Mandatory for all RO & HS to board entry vaults</i> • Hand Mat: <i>Recommended for RO VT</i> | <ul style="list-style-type: none"> • Equipment FIG Junior Code requirements except PB and PH Height may be lowered if needed to adapt to athlete • Timing starts when gymnast is on his feet after the fall | <ul style="list-style-type: none"> • Max (1) 4" mat or sting mat allowed for "C" VP landings |
| VT MAT / TABLE HEIGHT | MEASUREMENTS | PH MATTING SPECIFICATIONS |
| <ul style="list-style-type: none"> • 1N: Mat stack/Resi—Min 10' x 5' x 32" • 2N: Mat stack/Resi—Min 10' x 5' x 32" • 3N: Mat stack/Resi—Min 10' x 5' x 32" + Landing Mat • 4N: Mat stack/Resi—Min 10' x 5' x 32" + Landing Mat • 5N: Mat stack/Resi—Min 10' x 5' x 32" • 6N: Table height—Min 110 cm to Mat stack/Resi Min 10' x 5' x 32" • 7N: Table height— Min 110 cm • 8N/9N/10N: Table height— Min 110 cm • <i>Additional matting may be used at all levels for safety of the athlete</i> | <ul style="list-style-type: none"> 4 inch = 10 cm 8 inch = 20 cm 16 inch = 40 cm | <ul style="list-style-type: none"> • Panel mat may be used to mount |
| | HB GRIP FAILURE | SR MATTING SPECIFICATIONS |
| | <ul style="list-style-type: none"> • Athlete given choice to repeat exercise | <ul style="list-style-type: none"> • Same as per FIG • Additional matting may be used at all levels for the safety of the athlete |
| | EVENT REGULATIONS | VT LANDING MAT DIMENSIONS |
| | FX MATTING SPECIFICATIONS | PB MATTING SPECIFICATIONS |
| | <ul style="list-style-type: none"> • Max (1) 4" mat or sting mat allowed for "C" VP landings—must remain in place for entire routine | <ul style="list-style-type: none"> • Panel mat may be used to mount • Additional matting may be used at all levels for the safety of the athlete |
| | PH MATTING SPECIFICATIONS | HB MATTING SPECIFICATIONS |
| | <ul style="list-style-type: none"> • Panel mat may be used to mount | <ul style="list-style-type: none"> • Additional matting may be used at all levels for the safety of the athlete |
| | SR MATTING SPECIFICATIONS | |
| | <ul style="list-style-type: none"> • Same as per FIG | |
| | VT LANDING MAT DIMENSIONS | |
| | <ul style="list-style-type: none"> • <i>See VT/Mat Table Height</i> | |
| | PB SPECIFICATIONS | |
| | <ul style="list-style-type: none"> • PB may be set at max 2 notches above FIG to accommodate tall gymnast if while hanging knees touch floor | |
| | HB SPECIFICATIONS | |
| | <ul style="list-style-type: none"> • Additional matting may be used at all levels for the safety of the athlete | |

[Chere Hoffman](#)
stargym@aol.com

COMPETE ON SPIETH AMERICA



Book your event today!

800.331.8068

spiethamerica.com

