

# WOMEN'S TECHNICAL HANDBOOK

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# LEGEND—LEVEL REQUIREMENTS

### VP Required

- Each Level is assigned a specific number of VP to perform in their routine
- Silver example needs 5 A VP's performed successfully for full difficulty
- Silver allowed to use X-skills plus A VP to fulfill the requirement of (5) A's

### Acro Non-Flight and Acro Flight

- Each level is allowed to perform specific levels of Acro, both Non-flight and Flight

**VP Allowed**  
Each Level is allowed to perform assigned VP difficulty

BALANCE BEAM					
Allow	VP	W up time = 45s	Routine time = :45s	Rules	
<input checked="" type="checkbox"/>	5	1. Min 1/2 (180°) turn 1-foot		<input checked="" type="checkbox"/>	Yes—X-Skills = A
<input checked="" type="checkbox"/>		2. Leap / Jump—No Min Split required		<input checked="" type="checkbox"/>	Yes—A Acro Non-Flight
<input checked="" type="checkbox"/>		• Isolated / Series		<input checked="" type="checkbox"/>	No—B Acro Non-Flight
<input type="checkbox"/>		3. Acro VP—A Acro Non Flight		<input checked="" type="checkbox"/>	No—Acro Flight
<input type="checkbox"/>		• No X-skill lever		<input checked="" type="checkbox"/>	Yes—B Split Leaps/Jumps = A
<input type="checkbox"/>	4. A Dismount		<input checked="" type="checkbox"/>	Yes—A Salto/Aerial Dismount	
<input type="checkbox"/>		• No Jumps			(allowed, not required)

### Asterisk by VP

- Signifies VP has been given an exception

### B Split Leaps/Jumps = A

- Level does not allow natural B VP, performing one receives = A VP

### Special Requirements (SR)

- Each Level on UB, BM and FX is assigned (4) Special Requirements.
- Complete with special notes or directions for completion

# GLOSSARY

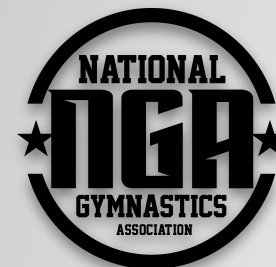
## GLOSSARY OF TERMS

Term	Description
Direct Connect	Skills, Elements or Value Parts (VP) performed with no Skills, Elements or Value Parts (VP) in between
Indirect Connect	Skills, Elements or Value Parts (VP) performed with Skills, Elements or Value Parts executed in between
Series	Two or more Skills, Elements or Value Parts (VP) performed directly connected
Isolated	Skill, Element, Value Part (VP) performed / executed alone and isolated from other similar Skills, Elements, Value Parts (VP)
Min	"Minimum"
Max	"Maximum"
Skill Sets	Skills, Elements, Value Parts (VP) Category
Value Part (VP)	Refers to Skills, Elements as depicted within the Table of Elements
Thru VER	Skill, Element, Value Part (VP) that goes through the vertical (VER) position during its execution
To VER	Skill, Element, Value Part (VP) that goes to vertical (VER), but does not go through vertical (VER) during its execution
Underswing	Refers to swing under bar w/wo support of the feet—Positions considered: Clear / Stalder / Pike or Straddle sole (Toe on) / Inverted Pike (legs inside)
Flight (UB)	Skill, Element, Value Part (VP) on UB with flight from bar to different bar or bar to same bar
Acro Non-Flight (BB, FX)	Acrobatic Skill, Element, Value Part (VP) on BB / FX with no flight from hands to feet or feet to hands
Acro Flight (BB, FX)	Acrobatic Skill, Element, Value Part (VP) on BB / FX with flight from hands to feet or feet to hands
Salto (VT, UB, BB, FX)	Skill, Element, Value Part (VP) w/ no hands in contact w/ surface. Usually feet-to-feet (360° rotation) on UB, BB, FX. VT is from hands-to-feet for 540° rotation
Aerial (UB, BB, FX)	Skill, Element, Value Part (VP) w/ no hands in contact w/ surface.
X-Skill	Former Skills, Elements, Value Parts (VP) no longer offered in the Table of Elements (TOE), but listed within each event as "X-Skills", value = A
Dance Combo	Combination of FX designated Skill, Element or Value Parts (VP) (usually Leaps / Jumps) indirectly or directly connected to fulfill a Special Requirement
Alternate Tramp Board	Piece of equipment used in place of a vaulting board—manufactured by an equipment company
Accelerated run	Vault run displaying a slower run in the beginning and gets faster as athlete approaches the vault board for takeoff
Speed throughout	Vault run displaying adequate speed throughout entire vault
Board lean	Athlete leans forward of vertical on vault board as board is depressed, ready for takeoff from board
Manufacturer's setting	Companies who manufacture gymnastics equipment according to industry standards and approved equipment settings
Table of Elements (TOE)	NGA written, illustrated and described skills, elements, value parts per each event
HOR	"Horizontal"
VER	"Vertical"
FWD	"Forward"
BWD	"Backward"
SWD	"Sideward"
HS	"Handstand"
GK	"Glide kip"
.75 inches	2 centimeters
4 inches	10 centimeters
4.5 inches	12 centimeters
8 inches	20 centimeters
9 inches	24 centimeters

## PART A —WOMEN'S PROGRAM RULES



*Women's  
Program*



COMPETITIVE PROGRAM BY LEVELS

ELEMENT RULES CLARIFICATIONS

EVENT RULES CLARIFICATIONS

LEVEL SPECIAL RULES CLARIFICATIONS

BONUS PRINCIPLES—UB

BONUS PRINCIPLES—BB

BONUS PRINCIPLES—FX

DEDUCTIONS—VT

DEDUCTIONS—UB

DEDUCTIONS—BM/FX

COMBINED DEDUCTIONS

UB—CAST, SWING, CIRCLE, HS ANGLES

BM / FX SPLIT ANGLES, TURN COMPLETION, LANDING PRINCIPLES

L10N—COMPOSITION

## LEVEL REQUIREMENTS—L1N-L2N/BN

### LEVEL 1N

4 years & up

SV: 10.0  
VAULT

Bonus—None

#### Run—Stretch Jump

- Accelerated run evaluated
- Speed thru out evaluated
- Board lean evaluated
- Landing evaluated

- Landing Mat height—  
Min 8in / 20cm - Max 24in / 60cm  
includes CLM—Min 4in / 10cm
- Yes—Alternate Tramp Board

#### UNEVEN BARS

Allow	VP	W up time = 30s	Rules
<input checked="" type="checkbox"/> X	4	1. Mount	<input checked="" type="checkbox"/> No—HB
<input checked="" type="checkbox"/> A		2. Cast	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input type="checkbox"/> B		• No required angle	<input checked="" type="checkbox"/> Yes—A VP
<input type="checkbox"/> C		3. 360° Circle VP	<input checked="" type="checkbox"/> No—B VP
<input type="checkbox"/> D		4. Dismount	<input checked="" type="checkbox"/> No—Salto Dismount
<input type="checkbox"/> E			

#### BALANCE BEAM

Allow	VP	W up time = 30s	Routine time = 30s	Rules
<input checked="" type="checkbox"/> X	4	1. Pivot	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		<b>OR</b>	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input type="checkbox"/> B		1. Squat turn	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		2. Stretch Jump	<input checked="" type="checkbox"/> No—Acro Flight	
<input type="checkbox"/> D		3. 1-leg balance—2s hold required	<input checked="" type="checkbox"/> No—B Dance	
<input type="checkbox"/> E		• Optional free leg position	<input checked="" type="checkbox"/> No—Salto/Aerial Dismount	
		4. Dismount		

#### FLOOR EXERCISE

Allow	VP	W up time = 30s	Routine time = 45s	Rules
<input checked="" type="checkbox"/> X	4	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		• No Min Split required	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input type="checkbox"/> B		• Direct or Indirect	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		2. Acro VP—BWD roll	<input checked="" type="checkbox"/> Yes—(1) A Acro Flight	
<input type="checkbox"/> D		• Isolated or in Series	<input checked="" type="checkbox"/> No—Salto/Aerial	
<input type="checkbox"/> E		<b>OR</b>	<input checked="" type="checkbox"/> No—B Dance	
		2. Acro VP—Candlestick	<input checked="" type="checkbox"/> SR3 separate from SR1	
		• Isolated or in Series	<input checked="" type="checkbox"/> SR4 separate from SR2	
		3. Min 1/2 (180°) turn—1-foot		
		<b>OR</b>		
		3. Pivot turn		
		4. Acro VP—Min 3/4 HS—No hold required		
		• Feet must contact At / Above 45°		

### LEVEL 2N / BRONZE (BN)

4 years & up

SV: 10.0  
VAULT

Bonus—None

#### Run—Jump HS—Fall flat back

- Accelerated run evaluated
- Speed thru out evaluated
- Board lean evaluated
- Landing not evaluated
- “Feet First” VOID deduction does not apply

- Resi-type mat stack height—  
Min 16in / 40cm - Max 48in / 120cm  
includes CLM—Min 4in / 10cm
- Yes—Alternate Tramp Board

#### UNEVEN BARS

Allow	VP	W up time = 30s	Rules
<input checked="" type="checkbox"/> X	5	1. Mount	<input checked="" type="checkbox"/> No—HB
<input checked="" type="checkbox"/> A		2. Cast	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input type="checkbox"/> B		• No required angle	<input checked="" type="checkbox"/> Yes—A VP
<input type="checkbox"/> C		3. 360° Circle VP	<input checked="" type="checkbox"/> No—B VP
<input type="checkbox"/> D		4. Dismount	<input checked="" type="checkbox"/> No—Salto Dismount
<input type="checkbox"/> E			

#### BALANCE BEAM

Allow	VP	W up time = 30s	Routine time = 35s	Rules
<input checked="" type="checkbox"/> X	5	1. 1/2 (180°) turn—1-foot	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		2. Leap / Jump—No Min Split required	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> B*		• Isolated or in Series	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		3. Acro VP—Handstand	<input checked="" type="checkbox"/> No—Acro Flight	
<input type="checkbox"/> D		• LEAD leg Min 45° from VER	<input checked="" type="checkbox"/> Yes—B* Split Jumps / Leaps = A	
<input type="checkbox"/> E		• 2 <sup>nd</sup> leg height optional	<input checked="" type="checkbox"/> No—Salto/Aerial Dismount	
		• Must leave BM for VP		
		4. Dismount		

#### FLOOR EXERCISE

Allow	VP	W up time = 30s	Routine time = 45s	Rules
<input checked="" type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		• (1) Min 60° split	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input type="checkbox"/> B		• Direct or Indirect	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		2. Acro VP—Handstand—No hold required	<input checked="" type="checkbox"/> Yes—(2) A Acro Flight	
<input type="checkbox"/> D		• Between 45°-VER	<input checked="" type="checkbox"/> No—Salto/Aerial	
<input type="checkbox"/> E		• Mark feet together	<input checked="" type="checkbox"/> No—B Dance	
		3. Min 1/2 (180°) turn—1-foot	<input checked="" type="checkbox"/> SR3 separate from SR1	
		4. Acro VP—Cartwheel	<input checked="" type="checkbox"/> SR4 separate from SR2	
		• Isolated or in Series		



# LEVEL REQUIREMENTS—LSN-L3N

## LEVEL SILVER (SN)

5 years & up

SV: 10.0

Bonus—None

### VAULT

**Run—Jump HS—Fall flat back (SV = 9.50)**  
 • “Feet First” VOID deduction does not apply

OR

**Run—FHS**  
**Run—¼ - ½ on, Repulsion off**  
 • Accelerated run evaluated  
 • Speed thru out evaluated  
 • Board lean evaluated  
 • Landing evaluated

- Resi-type mat stack height—  
 Min 24in / 60cm - Max 56in / 140cm  
 includes CLM—Min 4in / 10cm
- Yes—Alternate Tramp Board
- OR
- Resi-type mat stack height—  
 Min 24in / 60cm - Max 56in / 140cm  
 includes CLM—Min 4in / 10cm
- Mat stack width—Max 60in / 150cm
- Yes—Alternate Tramp Board

### UNEVEN BARS

Allow	VP	W up time = 45s	Rules
<input checked="" type="checkbox"/> X	5	1. Mount	<input checked="" type="checkbox"/> Yes—HB
<input checked="" type="checkbox"/> A		2. Cast	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input type="checkbox"/> B		• 45° Min below HOR	<input checked="" type="checkbox"/> Yes—A VP
<input type="checkbox"/> C		3. 360° Circle VP	<input checked="" type="checkbox"/> No—B VP
<input type="checkbox"/> D		4. Dismount	<input checked="" type="checkbox"/> No—Salto Dismount
<input type="checkbox"/> E			

### BALANCE BEAM

Allow	VP	W up time = 45s	Routine time = :45s	Rules
<input checked="" type="checkbox"/> X	5	1. Min 1/2 (180°) turn 1-foot	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		2. Leap / Jump—No Min Split required	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> B*		• Isolated or in Series	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		3. Acro VP—A Acro Non Flight	<input checked="" type="checkbox"/> No—Acro Flight	
<input type="checkbox"/> D		• No X-skill lever	<input checked="" type="checkbox"/> Yes—B* Split Leaps/Jumps = A	
<input type="checkbox"/> E		4. Dismount	<input checked="" type="checkbox"/> Yes—A Salto/Aerial Dismount (Allowed, not required)	
		• No Jumps		

### FLOOR EXERCISE

Allow	VP	W up time = 45s	Routine time = 1:00m	Rules
<input checked="" type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		• No Min Split required	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> B*		• Direct or Indirect	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		2. Acro pass—Min (2) A Acro VP	<input checked="" type="checkbox"/> Yes—A Acro Flight	
<input type="checkbox"/> D		• Direct	<input checked="" type="checkbox"/> No—B Acro Flight	
<input type="checkbox"/> E		3. 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—(1) A Salto/Aerial	
		4. Acro VP—(1) A Acro Flight	<input checked="" type="checkbox"/> Yes—B* Dance = A	
		• Isolated or in Series	<input checked="" type="checkbox"/> SR3 separate from SR1	
			<input checked="" type="checkbox"/> SR4 separate from SR2	

## LEVEL 3N

6 years & up

SV: 10.0

Bonus—None

### VAULT

**Run—FHS**  
**Run—¼ - ½ on, Repulsion off**  
 • Accelerated run evaluated  
 • Speed thru out evaluated  
 • Board lean evaluated  
 • Landing evaluated

- Resi-type mat stack height—  
 Min 24in / 60cm - Max 56in / 140cm  
 includes CLM—Min 4in / 10cm
- Mat stack width—Max 60in / 150cm
- Yes—Alternate Tramp Board

### UNEVEN BARS

Allow	VP	W up time = 45s	Rules
<input checked="" type="checkbox"/> X	5	1. Mount—Glide swing or glide variation	<input checked="" type="checkbox"/> Yes—HB
<input checked="" type="checkbox"/> A		2. Cast	<input checked="" type="checkbox"/> Yes—X-Skills = A
<input type="checkbox"/> B		• 45° Min below HOR	<input checked="" type="checkbox"/> Yes—A VP
<input type="checkbox"/> C		3. 360° Circle VP	<input checked="" type="checkbox"/> No—B VP
<input type="checkbox"/> D		4. Dismount	<input checked="" type="checkbox"/> No—Salto Dismount
<input type="checkbox"/> E			

### BALANCE BEAM

Allow	VP	W up time = 45s	Routine time = 45s	Rules
<input checked="" type="checkbox"/> X	5	1. Min 1/2 (180°) turn 1-foot	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		2. Leap / Jump—Min. 60° split	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> B*		• Isolated or in Series	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		3. Acro VP—Moves Thru / Achieves VER	<input checked="" type="checkbox"/> No—Acro Flight	
<input type="checkbox"/> D		• If HS—No hold required; Must mark VER	<input checked="" type="checkbox"/> Yes—B* Split Leaps/Jumps = A	
<input type="checkbox"/> E		4. Dismount	<input checked="" type="checkbox"/> Yes—A Salto/Aerial Dismount (Allowed, not required)	
		• No Jumps		

### FLOOR EXERCISE

Allow	VP	W up time = 45s	Routine time = 1:00m	Rules
<input checked="" type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—X-Skills = A	
<input checked="" type="checkbox"/> A		• (1) Min 90° split	<input checked="" type="checkbox"/> Yes—A Acro Non-Flight	
<input checked="" type="checkbox"/> B*		• Direct or Indirect	<input checked="" type="checkbox"/> No—B Acro Non-Flight	
<input type="checkbox"/> C		2. Acro pass—Min (2) ‘A’ Acro VP	<input checked="" type="checkbox"/> Yes—A Acro Flight	
<input type="checkbox"/> D		• (1) Must be a Round off	<input checked="" type="checkbox"/> No—B Acro Flight	
<input type="checkbox"/> E		3. 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—(1) A Salto/Aerial	
		4. Acro VP—Contain / Pass thru Bridge	<input checked="" type="checkbox"/> Yes—B* Dance = A	
		OR	<input checked="" type="checkbox"/> SR4 not fulfilled if HS not thru VER	
		4. Acro VP—BWD Ext. Roll HS thru VER	<input checked="" type="checkbox"/> SR3 separate from SR1	
		• Isolated or in Series	<input checked="" type="checkbox"/> SR4 separate from SR2	





# LEVEL REQUIREMENTS—L4N-LGN

## LEVEL 4N

6 years & up	SV: 10.0	Bonus—None
VAULT		

<b>Run—FHS</b>		<input checked="" type="checkbox"/> <i>Resi-type mat stack height—</i>
<b>Run—¼ - ½ on, Repulsion off</b>		<i>Min 24in / 60cm - Max 56in / 140cm</i>
<b>Run—RO—BHS</b>		<input checked="" type="checkbox"/> <i>includes CLM—Min 4in / 10cm</i>
• Speed thru out evaluated		<input checked="" type="checkbox"/> <i>Mat stack width—Max 60in / 150cm</i>
• Landing evaluated		<input checked="" type="checkbox"/> <i>Yes—Alternate Tramp Board</i>

## UNEVEN BARS

Allow VP	W up time = 1:00m	Rules
<input checked="" type="checkbox"/> X	1. Glide Kip-LB	<input checked="" type="checkbox"/> <i>Yes—HB</i>
<input checked="" type="checkbox"/> A	5 <b>OR</b>	<input checked="" type="checkbox"/> <i>Yes—X-Skills = A</i>
<input checked="" type="checkbox"/> B*	1. Long Hang Kip-HB	<input checked="" type="checkbox"/> <i>Yes—A VP</i>
<input type="checkbox"/> C	2. Cast—BWD Hip Circle	<input checked="" type="checkbox"/> <i>No—B VP</i>
<input type="checkbox"/> D	• Cast Min 20° below HOR	<input checked="" type="checkbox"/> <i>Yes—B* In bar Circles = A</i>
<input type="checkbox"/> E	3. Tap swing - Counterswing	<input checked="" type="checkbox"/> <i>Yes—B* Cast HS = A</i>
	• Hips Min 45° below HB-both sides	<input checked="" type="checkbox"/> <i>Yes—A Salto Dismount</i>
	4. HB Dismount	<i>(allowed, not required)</i>

## BALANCE BEAM

Allow VP	W up time = 1:00m	Routine time = 1:00m	Rules
<input checked="" type="checkbox"/> X	5	1. Min 1/2 (180°) turn 1-foot	<input checked="" type="checkbox"/> <i>Yes—X-Skills = A</i>
<input checked="" type="checkbox"/> A		2. Leap / Jump—Min. 90° split	<input checked="" type="checkbox"/> <i>Yes—A Acro Non-Flight</i>
<input checked="" type="checkbox"/> B*		• Isolated or in Series	<input checked="" type="checkbox"/> <i>Yes—B* Acro Non-Flight = A</i>
<input type="checkbox"/> C		3. Acro VP—Move Thru / Achieve VER	<input checked="" type="checkbox"/> <i>No—Acro Flight</i>
<input type="checkbox"/> D		• If HS—No hold required; <b>Must mark VER</b>	<input checked="" type="checkbox"/> <i>Yes—B* Dance = A</i>
<input type="checkbox"/> E		• Exclude Mount / Dismount	<input checked="" type="checkbox"/> <i>Yes—A Salto/Aerial Dismount</i>
		4. Dismount	<i>(Allowed, not required)</i>
		• <b>No Jumps</b>	

## FLOOR EXERCISE

Allow VP	W up time = 1:00m	Routine time = 1:00m	Rules
<input checked="" type="checkbox"/> X	5	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> <i>Yes—X-Skills = A</i>
<input checked="" type="checkbox"/> A		• (1) Min 90° split	<input checked="" type="checkbox"/> <i>Yes—A Acro Non-Flight</i>
<input checked="" type="checkbox"/> B*		• Direct or Indirect	<input checked="" type="checkbox"/> <i>Yes—B* Acro Non-Flight = A</i>
<input type="checkbox"/> C		2. Acro Pass—Min (2) A Acro Flight	<input checked="" type="checkbox"/> <i>Yes—A Acro Flight</i>
<input type="checkbox"/> D		• Direct	<input checked="" type="checkbox"/> <i>Yes—B* Acro Flight = A</i>
<input type="checkbox"/> E		3. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> <i>Yes—A Salto/Aerial</i>
		4. Acro Pass—Min (2) Acro Flight	<input checked="" type="checkbox"/> <i>No—B Salto/Aerial</i>
		• Direct	<input checked="" type="checkbox"/> <i>Yes—B* Dance = A</i>
		<b>OR</b>	<input checked="" type="checkbox"/> <i>SR3 separate from SR1</i>
		4. Isolated FWD Salto	<input checked="" type="checkbox"/> <i>SR4 separate from SR2</i>

## LEVEL GOLD (GN)

6 years & up	SV: 10.0	Bonus
VAULT		

<b>Run—FHS</b>		<input checked="" type="checkbox"/> <i>Table-Max 135 cm—</i>
<b>Run—½ on (¼—¼) on, Repulsion off</b>		<i>Manufacturer setting</i>
• 9.5 SV - Alternate Tramp Board		<input checked="" type="checkbox"/> <i>CLM—Min 4in / 10cm</i>
• Speed thru out evaluated		
• Landing evaluated		

## UNEVEN BARS

Allow VP	W up time = 1:00m	Rules
<input checked="" type="checkbox"/> X	6	1. Squat / Straddle / Stoop on ► Jump to HB
<input checked="" type="checkbox"/> A		<b>OR</b>
<input checked="" type="checkbox"/> B*		1. Squat / Straddle / Stoop Circle ► Jump to HB
<input type="checkbox"/> C		• FWD / BWD
<input type="checkbox"/> D		2. Cast or VP—Min HOR
<input type="checkbox"/> E		3. 360° Circle VP
		4. HB Dismount

## BALANCE BEAM

Allow VP	W up time = 1:00m	Routine time = 1:00m	Rules
<input checked="" type="checkbox"/> X	6	1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> <i>Yes—X-Skills = A</i>
<input checked="" type="checkbox"/> A		2. Leap/Jump—Min 90° split	<input checked="" type="checkbox"/> <i>Yes—A Acro Non-Flight</i>
<input checked="" type="checkbox"/> B*		• Isolated or in Series	<input checked="" type="checkbox"/> <i>Yes—B* Acro Non-Flight = A</i>
<input type="checkbox"/> C		3. Acro VP—(2) Acro—(1) thru VER	<input checked="" type="checkbox"/> <i>Yes—B* Acro Flight = A</i>
<input type="checkbox"/> D		• Isolated or in Series	<input checked="" type="checkbox"/> <i>Yes—B* Dance = A</i>
<input type="checkbox"/> E		4. Dismount	<input checked="" type="checkbox"/> <i>Yes—A Salto/Aerial Dismount</i>
		• <b>No Jumps</b>	<i>(Allowed, not required)</i>

## FLOOR EXERCISE

Allow VP	W up time = 1:00m	Routine time = 1:00m	Rules
<input checked="" type="checkbox"/> X	6	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> <i>Yes—X-Skills = A</i>
<input checked="" type="checkbox"/> A		• (1) Min 120° split	<input checked="" type="checkbox"/> <i>Yes—A Acro Non-Flight</i>
<input checked="" type="checkbox"/> B*		• Direct or Indirect	<input checked="" type="checkbox"/> <i>Yes—B* Acro Non-Flight</i>
<input type="checkbox"/> C		2. Acro pass—Min (2) A Acro Flight	<input checked="" type="checkbox"/> <i>Yes—A Acro Flight</i>
<input type="checkbox"/> D		• Direct	<input checked="" type="checkbox"/> <i>Yes—B* Acro Flight = A</i>
<input type="checkbox"/> E		3. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> <i>Yes—A Salto/Aerial</i>
		4. Acro VP—Flight / Salto / Aerial	<input checked="" type="checkbox"/> <i>Yes—B* Salto, no twist = A</i>
		• Isolated or in Series	<input checked="" type="checkbox"/> <i>Yes—B* Aerial = A</i>
			<input checked="" type="checkbox"/> <i>Yes—B* Dance = A</i>
			<input checked="" type="checkbox"/> <i>SR3 separate from SR1</i>
			<input checked="" type="checkbox"/> <i>SR4 separate from SR2</i>

## LEVEL REQUIREMENTS—L5N-L6N

### LEVEL 5N

6 years & up

SV: 10.0  
VAULT

Bonus—None

- FHS**  
½ on (¼—¼)
- RO Entry-FF**
- Speed thru out evaluated
  - Evaluation stops w foot/back touch (may miss feet and go to back)
  - FHS MUST touch feet first
- Resi type mat stack height—  
Min 24in / 60cm - Max 56in / 140cm  
includes CLM—Min 4in / 10cm
- No—Alternate Tramp Board

### UNEVEN BARS

- Allow VP **W up time = 1:00m** Rules
- X 1. 360° In Bar Circle VP
- A 6 • Clear / Stalder / Pike Sole
- B\* • Finish clear support, any angle
- C\* 2. Cast—Min HOR
- D\* 3. 2<sup>nd</sup> 360° Circle VP
- E OR
3. 2<sup>nd</sup> Cast—Min HOR
4. A HB Salto Dismount
- Yes—HB
- No—X-Skills
- Yes—A VP
- Yes—B\* In-bar circles = A
- Yes—C\* Circle HS = A
- Yes—D\* Stalder HS = A
- Yes—B\* Cast HS = A
- (1) tap swing allowed  
(No penalty, no VP)
- Yes—Salto Dismount

### BALANCE BEAM

- Allow VP **W up time = 1:00m** **Routine time = 1:00m** Rules
- X 1. Min 1/1 (360°) turn 1-foot
- A 6 2. Leap / Jump—Min 120° split
- B\* • Isolated or in Series
- C 3. Acro—BWD Acro VP
- D OR
- E 3. Acro—Any B Acro VP
4. Min A Dismount
- Yes—Acro Non-Flight
- Yes—Acro Flight
- Yes—B\* Dance = A
- SR3 Rolls if thru VER and  
w hand support
- Yes—Salto/Aerial Dis †1/2

### FLOOR EXERCISE

- Allow VP **W up time = 1:00m** **Routine time = 1:00m** Rules
- X 1. Dance Combo—Min (2) Leaps/Jumps
- A 6 • (1) Min 120° split
- B\* • Direct or Indirect
- C 2. Acro Series—Min (3) Acro VP
- D • Flight / Salto / Aerial
- E • Direct
3. Min 1/1 (360°) turn 1-foot
4. Acro VP—Salto / Aerial
- Isolated or in Series
- Yes—Acro Non-Flight
- Yes—A Acro Flight
- Yes—B\* Acro Flight = A
- Yes—A Salto/Aerial
- Yes—B\* Salto, no twist = A
- Yes—B\* Aerial = A
- Yes—B\* Dance = A
- SR3 separate from SR1
- SR4 separate from SR2

### LEVEL 6N

6 years & up

SV: 10.0  
VAULT

Bonus—None

- FHS**  
½ on (¼—¼)
- RO Entry-FF**
- Evaluation stops w foot/back contact
  - Not required to touch feet prior to landing on back
  - FHS MUST touch feet first
- Table-Max 135 cm—  
Manufacturer setting
- Behind table resi-type mat stack  
Min 32in / 80cm - Max 64in / 160cm  
includes CLM—Min 4in / 10cm
- Yes—Pit Pillow top mat allowed

### UNEVEN BARS

- Allow VP **W up time = 1:30m** Rules
- X 1. 360° In Bar Circle VP
- A 5 • Clear / Stalder / Pike Sole
- B 1 • Finish clear support, any angle
- C\* 2. Cast—Above HOR
- D\* 3. 2<sup>nd</sup> 360° Circle VP
- E OR
3. 2<sup>nd</sup> Cast—Above HOR
4. Min A HB Salto Dismount
- Yes—A VP
- Yes—B VP
- Yes—C\* Circle HS = B
- Yes—D\* Stalder HS = B
- Yes—Max B Salto Dismount, †1/1  
twist allowed

### BALANCE BEAM

- Allow VP **W up time = 1:30m** **Routine time = 1:15m** Rules
- X 1. Min 1/1 (360°) turn 1-foot
- A 5 2. Leap / Jump—Min 150° split
- B 1 • Isolated or in Series
- C\* 3. Acro Series—(2) Acro Non-Flight
- D • Direct
- E OR
3. Acro VP—(1) Acro-Flight
- Isolated or in Series
4. Min A Salto / Aerial Dismount
- Yes—Acro Non-Flight
- Yes—Acro Flight
- Yes—B Dance
- Yes—(1)-C\* Dance = B
- Yes—Salto/Aerial Dis †1/1

### FLOOR EXERCISE

- Allow VP **W up time = 1:30m** **Routine time = 1:15m** Rules
- X 1. Dance Combo—Min (2) Leaps / Jumps
- A 5 • (1) Min 150° split
- B 1 • Direct or Indirect
- C\* 2. Acro Series—Min (3) A Acro VP
- D • Min (2) Acro-Flight + (1) Salto
- E • Direct
3. Min 1/1 (360°) turn 1-foot
4. Acro VP—Min A Salto
- Isolated or in Series
- Yes—Acro Non-Flight
- Yes—Acro Flight
- Yes—B Salto
- Yes—B Aerial
- Yes—B Dance
- Yes—(1)-C\* Dance = B
- SR3 separate from SR1
- SR4 separate from SR2





# LEVEL REQUIREMENTS—LPN-L7N

## LEVEL PLATINUM (PN)

6 years & up

SV: 10.0

Bonus—None

### VAULT

PN VT Chart

- Table—Max 135 cm—  
Manufacturer setting
- CLM—Min 4in / 10cm

### UNEVEN BARS

Allow	VP	W up time = 1:30m	Rules
<input type="checkbox"/> X		1. Glide kip or Kip variation—LB or HB	<input checked="" type="checkbox"/> Yes—A VP
<input checked="" type="checkbox"/> A	6	2. Cast above HOR	<input checked="" type="checkbox"/> Yes—B VP
<input checked="" type="checkbox"/> B	1	OR	<input checked="" type="checkbox"/> Yes—C* Circle HS = B
<input checked="" type="checkbox"/> C*		2. Clear support VP above HOR	<input checked="" type="checkbox"/> Yes—D* Stalder HS = B
<input checked="" type="checkbox"/> D*		3. Min B 360° Circle VP	<input checked="" type="checkbox"/> (1) tap swing allowed (No penalty, no VP)
<input type="checkbox"/> E		4. Min A HB Dismount	<input checked="" type="checkbox"/> Yes—Salto dismount (Allowed, not required)

### BALANCE BEAM

Allow	VP	W up time = 1:30m	Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	6	2. Leap / Jump—Min 150° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	1	• Isolated or in Series		<input checked="" type="checkbox"/> No—C Acro
<input checked="" type="checkbox"/> C*		3. Acro—(2) Acro Non-Flight		<input checked="" type="checkbox"/> Yes—C* Dance = B
<input type="checkbox"/> D		• (1) thru VER		<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount
<input type="checkbox"/> E		• Isolated or in Series		
		OR		
		3. Acro VP—(1) B Acro VP		
		• Isolated or in Series		
		4. Min A Dismount		

### FLOOR EXERCISE

Allow	VP	W up time = 1:30m	Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	6	• (1) Min 150° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	1	• Direct or Indirect		<input checked="" type="checkbox"/> Yes—Salto/Aerial
<input checked="" type="checkbox"/> C*		2. Acro pass—Min (2) Acro Flight		<input checked="" type="checkbox"/> No—C Acro
<input type="checkbox"/> D		3. Additional Dance—Min B		<input checked="" type="checkbox"/> Yes—C* Dance = B
<input type="checkbox"/> E		• Isolated or in Series / Mixed Series		<input checked="" type="checkbox"/> SR3 separate from SR1
		4. Acro VP—Min A Salto		<input checked="" type="checkbox"/> SR4 separate from SR2
		• Isolated or in Series		

## LEVEL 7N

7 years & up

SV: 10.0

Bonus—None

### VAULT

FHS

½ on (¼—¼)

RO Entry-FF

- Evaluation stops w foot/back contact
- Feet not required to touch prior to landing on back
- FHS MUST touch feet first

- Table—Max 135 cm—  
Manufacturer setting
- Resi-type mat stack height—  
Min 32in / 80cm - Max 64in / 162cm  
includes CLM—Min 4in / 10cm
- Yes—Pit Pillow top mat allowed

### UNEVEN BARS

Allow	VP	W up time = 1:30m	Rules
<input type="checkbox"/> X		1. B 360° In bar Circle VP	<input checked="" type="checkbox"/> Yes—A VP
<input checked="" type="checkbox"/> A	5	• Clear / Stalder / Pike Sole	<input checked="" type="checkbox"/> Yes—B VP
<input checked="" type="checkbox"/> B	2	2. Cast—Min 45° above HOR*	<input checked="" type="checkbox"/> Yes—C* Circle HS = B
<input checked="" type="checkbox"/> C*		3. 2 <sup>nd</sup> 360° Circle VP—Min B	<input checked="" type="checkbox"/> Yes—C* Cast HS 1/2 = B
<input checked="" type="checkbox"/> D*		4. Min A HB Salto Dismount	<input checked="" type="checkbox"/> Yes—D* Stalder HS = B
<input type="checkbox"/> E			<input checked="" type="checkbox"/> Yes—Salto dismount

### BALANCE BEAM

Allow	VP	W up time = 1:30m	Routine time = 1:15m	Rules
<input type="checkbox"/> X		1. Min 1/1 (360°) turn 1-foot		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	5	2. Leap / Jump—Min. 180° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	2	• Isolated or in Series		<input checked="" type="checkbox"/> No—C* Acro
<input checked="" type="checkbox"/> C*		3. Acro Series—Min (2) Acro Non-Flight		<input checked="" type="checkbox"/> Yes—C* Dance = B
<input type="checkbox"/> D		• Direct		<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount
<input type="checkbox"/> E		AND (1) B Acro Flight		
		OR		
		3. Acro Series—Min (2) Acro VP		
		• (1) a B Acro Flight		
		• Direct		
		4. Min A Salto / Aerial Dismount		

### FLOOR EXERCISE

Allow	VP	W up time = 1:30m	Routine time = 1:30m	Rules
<input type="checkbox"/> X		1. Dance Combo—Min (2) Leaps / Jumps		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/> A	5	• (1) Min 180° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/> B	2	• Direct or Indirect		<input checked="" type="checkbox"/> Yes—Salto/Aerial
<input checked="" type="checkbox"/> C*		2. Acro Series—Min (2) Acro Flight/Salto VP		<input checked="" type="checkbox"/> No—C Acro
<input type="checkbox"/> D		• (1) a BWD/FWD LO 2-feet (No twist)		<input checked="" type="checkbox"/> Yes—C* Dance = B
<input type="checkbox"/> E		3. Additional Dance—Min B		<input checked="" type="checkbox"/> SR3 separate from SR1
		• Isolated or in Series / Mixed Series		<input checked="" type="checkbox"/> SR4 separate from SR2
		4. Acro Series—Min (2) Acro Flight/Salto		
		• (1) Min A Salto		
		• Different direction from SR2 Salto		



# LEVEL REQUIREMENTS—L8N-LDN

## LEVEL 8N

## LEVEL DIAMOND (DN)

7 years & up

8 years & up

SV: 10.0

SV: 10.0

Bonus—None

Bonus—None

### VAULT

### VAULT

#### 8N VT Chart

#### DN VT Chart

- Table-Max 135 cm—  
Manufacturer setting
- CLM—Min 4in / 10cm

- Table-Max 135 cm—  
Manufacturer setting
- CLM—Min 4in / 10cm

### UNEVEN BARS

### UNEVEN BARS

Allow	VP	W up time = 2:00m	Rules
<input type="checkbox"/>	X	1. Min B 360° In-bar Circle VP	<input checked="" type="checkbox"/> Yes—(2) C VP = B
<input checked="" type="checkbox"/>	A	4 • Clear hip / Stalder / Pike Sole	<input checked="" type="checkbox"/> Yes—C* Circle HS = B
<input checked="" type="checkbox"/>	B	4 2. Min B Turn / Flight	<input checked="" type="checkbox"/> Yes—D* Stalder HS = B
<input checked="" type="checkbox"/>	C*	3. 360° Circle to <sup>OR</sup> pass thru HS	<input checked="" type="checkbox"/> Yes—C* Cast/Circle 1/2 pirouette VP's = B
<input checked="" type="checkbox"/>	D*	• Separate from SR #1	(Not counted as part of (2) C VP = B)
<input type="checkbox"/>	E	4. Min A HB Salto Dismount	

Allow	VP	W up time = 2:00m	Rules
<input type="checkbox"/>	X	1. Min B 360° Circle VP	<input checked="" type="checkbox"/> Yes—C* VP = B
<input checked="" type="checkbox"/>	A	5 2. Cast or 360° Circle VP	<input checked="" type="checkbox"/> Yes—(1) D/E* VP = B
<input checked="" type="checkbox"/>	B	2 • Finish Min 45° from VER	<input checked="" type="checkbox"/> Yes—D* Stalder HS = B (Not counted as part of (1) D/E VP = B)
<input checked="" type="checkbox"/>	C*	3. Additional 'B' VP	
<input checked="" type="checkbox"/>	D*	4. Min A HB Salto Dismount	
<input checked="" type="checkbox"/>	E*		

### BALANCE BEAM

### BALANCE BEAM

Allow	VP	W up time = 2:00m	Routine time = 1:30m	Rules
<input type="checkbox"/>	X	1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—Acro Non-Flight	
<input checked="" type="checkbox"/>	A	4 2. Leap / Jump—Min 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight	
<input checked="" type="checkbox"/>	B	4 • Isolated or in Series	<input checked="" type="checkbox"/> Yes—(1) C* Acro VP = B <sup>OR</sup> (1) D* BWD LO-SO = B	
<input checked="" type="checkbox"/>	C*	3. Acro Series—Min (2) Acro Flight	<input checked="" type="checkbox"/> Yes—C* Dance = B	
<input checked="" type="checkbox"/>	D*	• Direct	<input checked="" type="checkbox"/> Yes—C* Dance = B	
<input type="checkbox"/>	E	<sup>OR</sup>	<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount	
		3. Acro Series—Min (1) Acro Non-Flight		
		<sup>AND</sup> (1) B Acro Flight		
		• Direct		
		4. Min A Salto / Aerial Dismount		

Allow	VP	W up time = 2:00m	Routine time = 1:30m	Rules
<input type="checkbox"/>	X	1. Min 1/1 (360°) turn 1-foot	<input checked="" type="checkbox"/> Yes—Acro Non-Flight	
<input checked="" type="checkbox"/>	A	5 2. Leap / Jump series—Min (2)—Min (1) 180°	<input checked="" type="checkbox"/> Yes—Acro Flight	
<input checked="" type="checkbox"/>	B	2 • Direct	<input checked="" type="checkbox"/> Yes—(1) D/E* Acro = B	
<input checked="" type="checkbox"/>	C*	3. Acro Series—Min (2) Acro Non-Flight	<input checked="" type="checkbox"/> Yes—C* Dance = B	
<input checked="" type="checkbox"/>	D*	• Direct	<input checked="" type="checkbox"/> Yes—D/E* Dance = B	
<input checked="" type="checkbox"/>	E*	<sup>AND</sup> (1) Min B Acro Flight	<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount	
		<sup>OR</sup>		
		3. Acro Series—Min (2) Acro w (1) Min B Acro Flight		
		• Direct		
		4. Min A Salto / Aerial Dismount		

### FLOOR EXERCISE

### FLOOR EXERCISE

Allow	VP	W up time = 2:00m	Routine time = 1:30m	Rules
<input type="checkbox"/>	X	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—Acro Non-Flight	
<input checked="" type="checkbox"/>	A	4 • (1) Min 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight	
<input checked="" type="checkbox"/>	B	4 • Direct or Indirect	<input checked="" type="checkbox"/> Yes—Salto/Aerial	
<input checked="" type="checkbox"/>	C*	2. Acro Series—Min (3) Acro Flight / Salto	<input checked="" type="checkbox"/> Yes—(1) C* Acro = B	
<input type="checkbox"/>	D	• Min (1) A Salto	<input checked="" type="checkbox"/> Yes—C* Dance = B	
<input type="checkbox"/>	E	• Direct	<input checked="" type="checkbox"/> No—D VP	
		3. Additional Dance—Min B	<input checked="" type="checkbox"/> SR3 separate from SR1	
		• Isolated or in Series / Mixed Series	<input checked="" type="checkbox"/> SR4 separate from SR2	
		4. Acro VP—Min B Salto		
		• Isolated or in Series		

Allow	VP	W up time = 2:00m	Routine time = 1:30m	Rules
<input type="checkbox"/>	X	1. Dance Combo—Min (2) Leaps / Jumps	<input checked="" type="checkbox"/> Yes—Acro Non-Flight	
<input checked="" type="checkbox"/>	A	5 • (1) Min 180° split	<input checked="" type="checkbox"/> Yes—Acro Flight	
<input checked="" type="checkbox"/>	B	2 • Direct or Indirect	<input checked="" type="checkbox"/> Yes—Salto/Aerial	
<input checked="" type="checkbox"/>	C*	2. Acro Series—Min (2) Acro A Flight	<input checked="" type="checkbox"/> Yes—(1) D/E Acro = B	
<input checked="" type="checkbox"/>	D*	• (1) a Salto	<input checked="" type="checkbox"/> Yes—C* Dance = B	
<input checked="" type="checkbox"/>	E*	3. Additional Dance—Min B	<input checked="" type="checkbox"/> Yes—D/E* Dance = B	
		• Isolated or in Series / Mixed Series	<input checked="" type="checkbox"/> SR3 separate from SR1	
		4. Acro Series—Min (2) Acro Flight / Salto	<input checked="" type="checkbox"/> SR4 separate from SR2	
		• (1) a B Salto		

# LEVEL REQUIREMENTS—L9N-L10N

## LEVEL 9N

9 years &amp; up

SV: 9.7 + 0.3CV **OR** +0.2CV + 0.1DV

### VAULT

9N VT Chart

- Table-Max 135 cm—  
Manufacturer setting
- CLM—Min 4in / 10cm

### UNEVEN BARS

Allow	VP	W up time = 2:30m	Rules
<input type="checkbox"/>	X	1. Min B 360° In-bar Circle VP	<input checked="" type="checkbox"/> Yes—(1) E* + (1) D* <b>OR</b> (2) D* = C
<input checked="" type="checkbox"/>	A	3 • Clear hip / Stalder / Pike Sole	
<input checked="" type="checkbox"/>	B	4 2. Min B Flight	<input checked="" type="checkbox"/> Yes—D* Stalder HS = C
<input checked="" type="checkbox"/>	C	1 3. Min B LA Turn	(Not counted as part of (2) D = C)
<input checked="" type="checkbox"/>	D*	4. Min B HB Salto Dismount	<input checked="" type="checkbox"/> One (1) VP may fulfill more than one (1) SR unless specified (NCAA)
<input checked="" type="checkbox"/>	E*		

### BALANCE BEAM

Allow	VP	W up time = 2:00m	Routine time = 1:30m	Rules
<input type="checkbox"/>	X	1. Min 1/1 (360°) turn 1-foot		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/>	A	3 2. Leap/Jump Series—Min (2) VP—Min (1) 180° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/>	B	4 • Direct		<input checked="" type="checkbox"/> Yes—(1) E* Acro + (1) D* Acro <b>OR</b> (2) D* Acro = C
<input checked="" type="checkbox"/>	C	1 <b>OR</b>		<input checked="" type="checkbox"/> Yes—D/E* Dance = C
<input checked="" type="checkbox"/>	D*	2. Mixed Series—Min (1) Leap/Jump—Min 180° split <b>AND</b> (1) Min A Acro		<input checked="" type="checkbox"/> Yes—Salto/Aerial Dismount
<input checked="" type="checkbox"/>	E*	• Direct		<input checked="" type="checkbox"/> One (1) VP may fulfill more than one (1) SR unless specified (NCAA)
		3. Acro Series—Min (2) B Acro Flight/Salto • Direct		
		4. Min B Salto / Aerial Dismount <b>OR</b>		
		4. Min C Acro ► Min. A Salto / Aerial Dismount • Direct		

### FLOOR EXERCISE

Allow	VP	W up time = 2:00m	Routine time = 1:30m	Rules
<input type="checkbox"/>	X	1. Dance Combo—Min (2) Leaps / Jumps		<input checked="" type="checkbox"/> Yes—Acro Non-Flight
<input checked="" type="checkbox"/>	A	3 • (1) Min 180° split		<input checked="" type="checkbox"/> Yes—Acro Flight
<input checked="" type="checkbox"/>	B	4 • Direct or Indirect		<input checked="" type="checkbox"/> Yes—Salto/Aerial
<input checked="" type="checkbox"/>	C	1 2. Acro Series—Min (2) Acro Saltos		<input checked="" type="checkbox"/> Yes—(1) E* Acro + (1) D* Acro <b>OR</b> (2) D* Acro = C
<input checked="" type="checkbox"/>	D*	• (1) Min B VP		<input checked="" type="checkbox"/> Yes—D/E* Dance = C
<input checked="" type="checkbox"/>	E*	• Direct or Indirect		<input checked="" type="checkbox"/> SR3 separate from SR1
		• Same / Different		<input checked="" type="checkbox"/> SR4 separate from SR2
		3. Additional Dance—Min C • Isolated or in Series / Mixed Series		<input checked="" type="checkbox"/> One (1) VP may fulfill more than one (1) SR unless specified (NCAA)
		4. Acro Pass—Min (2) Acro Flight / Salto • (1) Min B Salto <b>OR</b>		
		4. Acro VP—(1) Min C Salto • Isolated		

## LEVEL 10N

9 years &amp; up

SV: 9.4 + Max +0.5DV / Max +0.5CV  
E Acro VP (+0.70 Max CV and DV Bonus)

### VAULT

10N VT Chart

- Table-Max 135 cm—  
Manufacturer setting
- CLM—Min 4in / 10cm

### UNEVEN BARS

Allow	VP	W up time = 2:30m	Rules
<input type="checkbox"/>	X	1. Min (2) Bar changes	<input checked="" type="checkbox"/> No Restrictions
<input checked="" type="checkbox"/>	A	3 2. Min (2) C Flight	<input checked="" type="checkbox"/> One (1) VP may fulfill more than one (1) SR unless specified (NCAA)
<input checked="" type="checkbox"/>	B	3 • Different	
<input checked="" type="checkbox"/>	C	2 <b>OR</b>	
<input checked="" type="checkbox"/>	D	2. (1) B Flight + (1) D Flight	
<input checked="" type="checkbox"/>	E	3. Min C LA Turn	
		4. Min C HB Salto Dismount	

### BALANCE BEAM

Allow	VP	W up time = 2:00m	Routine time = 1:30m	Rules
<input type="checkbox"/>	X	1. Min 1/1 (360°) turn 1-foot		<input checked="" type="checkbox"/> No Restrictions
<input checked="" type="checkbox"/>	A	3 2. Leap/Jump series—Min (2) VP—Min (1) 180° split		<input checked="" type="checkbox"/> One (1) VP may fulfill more than one (1) SR unless specified (NCAA)
<input checked="" type="checkbox"/>	B	3 • Direct		
<input checked="" type="checkbox"/>	C	2 <b>OR</b>		
<input checked="" type="checkbox"/>	D	2. Mixed Series—Min (1) Leap/Jump—Min 180° split <b>AND</b> (1) Min A Acro		
<input checked="" type="checkbox"/>	E	• Direct		
		3. Acro Series—(2) Acro Flight / Saltos • (1) Min C VP • May include Mount		
		4. Min C Salto / Aerial Dismount		

### FLOOR EXERCISE

Allow	VP	W up time = 2:00m	Routine time = 1:30m	Rules
<input type="checkbox"/>	X	1. Dance Combo—Min (2) Leaps / Jumps		<input checked="" type="checkbox"/> No Restrictions
<input checked="" type="checkbox"/>	A	3 • (1) Min 180° split		<input checked="" type="checkbox"/> SR3 separate from SR1
<input checked="" type="checkbox"/>	B	3 • Direct or Indirect		<input checked="" type="checkbox"/> SR4 separate from SR2
<input checked="" type="checkbox"/>	C	2 2. Acro Series—Min (2) Saltos		<input checked="" type="checkbox"/> One (1) VP may fulfill more than one (1) SR unless specified (NCAA)
<input checked="" type="checkbox"/>	D	• (1) Min B VP		
<input checked="" type="checkbox"/>	E	• Direct or Indirect		
		• Same / Different		
		3. Additional Dance—Min C • Isolated or in Series / Mixed Series		
		4. Acro VP—(1) Min 'C' Salto		

# ELEMENT RULES CLARIFICATIONS

## ELEMENT RULES CLARIFICATIONS

### ACRO FLIGHT

- Acro-Flight (F) = Skill w both hands/feet free of support at some point during the element

### ACRO NON-FLIGHT

- Acro-Non Flight (NF) = Skill w hand/foot/body support thru entirety
- Dive / Hecht roll = NOT considered flight for fulfilling SR flight requirements (FX only)

### ACRO SALTO

- Salto takes off 2-feet, lands w/o hand support
- Salto replaces Acro-Flight if allowable

### AERIAL

- Acro from 1-foot, no hand support
- Aerial replace Acro-Flight if allowable
- Aerials do not replace Saltos

### ARABIAN SALTO

- Arabian Salto = BWD takeoff, 1/2 (180°) turn, FWD salto, considered FWD salto element

### COURTESY SCORE

- Min Courtesy Score = 5.00

### D / E

- D/E performed 2x = DV bonus awarded 1x

### DIRECT / INDIRECT

- **Direct** = Skill/VP/elements performed w/o:
  - BM/FX: Stop between VP
  - BM/FX: Extra step/non-VP element between VP
  - BM: Foot touching BM between VP
  - BM: Lack of balance between VP
  - BM: Additional/excessive arm swing between VP
- **Indirect Acro—FX only:** Directly connected acro elements (w/wo flight)
  - RO-Whip-FF-FF-BWD Tuck
  - FWD Salto step-out-RO-BWD Salto
- **Indirect Dance—FX only:** (2) or more VP in series connected by non-VP (running, chasse, assemble)
  - Run-Split leap-Chassé-Step-Step-Side leap

### ISOLATED / IN SERIES

- **Isolated** = Skill/VP performed w/o direct/indirect connection to another skill/VP
- **In Series** = Skill/VP performed in connection to one (1) or more skills/VP (See Direct/Indirect connection)

## ELEMENT RULES CLARIFICATIONS

### MIN.. / MAX..

- Min. = May exceed requirement, may not exceed level allowable
- Max. = May not exceed requirement or listed as allowed

### MOUNT BOARD / BLOCK

- Only manufactured mount block/folded panel on 8" skill cushion allowed (LB ONLY)
- Springboards placed *only* on landing/supplemental mats—may not be placed on 8" mat
- Allowable to mount (w/wo board/block) from 4" mat (sting mat on top or under matting)-UB/BM

### MOUNT BOARD / BLOCK REMOVAL

- 5N-10N—Mount springboards/blocks must be removed immediately following mount—UB/BM
- 1N-GN—Athlete may return to board from glide swing—Board must be removed

### PLYWOOD UNDER BOARD

- Plywood allowed under board for UB/BM mounts

### RESTRICTED VP

- Restricted VP considered in chronological order
- Deduct 0.50 from SV—No VP / SR / CV / DV
- -0.30 No Dismount deduction—NOT applied to restricted dismount

### SALTO / SALTO DISMOUNT LANDING

- Salto / Salto Dismount fails to land feet first =  $\emptyset$  VP/ $\emptyset$  SR **plus** deduct 0.50 fall
  - -0.30 'No Dismount' deduction NOT applied:
    - UB/BM Dismount
    - FX Last Salto VP performed in a pass or series

### SAME / DIFFERENT

- **Same** = Elements considered to be 'same' are assigned same number (A—102a and A—102a)
- **Different** = Elements considered to be in the same family, but are different, are assigned a sub number (A-102a and A-102b)
  - 1/4 turn will not change a VP unless it has a different assigned N° in Technical Handbook
  - EX: Pike jump = Pike jump 1/4 (90°) = same VP

## ELEMENT RULES CLARIFICATIONS

### SCORE RANGE

- 9.5 - 10.00 = 0.20
- 9.0 - 9.475 = 0.50
- 8.0 - 8.975 = 0.70
- Below 8.00 = 1.00

### SKILL / VP CREDIT

- Skills w/no specific completion/landing requirements given VP credit if more than 1/2 the skill is completed w/o spot before a fall
  - BM Acro VP Credit—if at least 1-foot touches BM (*Exceptions: Swing down skills/skills to 1-knee*)
  - UB VP Credit—Skills with specific amplitude requirements must achieve the required amplitude to receive VP - (*See Bar Chart p27*)

### START VALUE (SV)

- Must be flashed at all Levels

### SR FULFILLMENT

- Skill cannot fulfill more than (1) SR
- **EXCEPTION:** 9N/10N allowed per NCAA rules—See 9N and 10N Events

### SR SUBSTITUTE

- Specific skills listed for SR requirements MAY NOT be substituted

### VALUE PARTS (VP)

- A = 0.10
- B = 0.30
- C = 0.50

### VALUE PART (VP) 2 x

- VP credit awarded 2x's if skill is in different connection
- May perform an isolated skill 1x + 2nd time in connection

### X SKILLS

- X-Skill = A—Skills used by 1N-GN
- 5N-10N No X-skills



# EVENT RULES CLARIFICATIONS

## VT RULES CLARIFICATIONS

### VT LANDING

- Vault failure to land bottom of feet 1st = -1.00 (includes fall)— Does not apply to drill-style VT

### VT ONE-ARM

- Vaults w/1-arm = Deduct 1.00  
*Athlete with disability not included*

### VT SAFETY ZONE MAT

- Required for RO/FHS entry vaults —Not allowed for any other VT group -0.30 apparatus deduction w/o warning

- Chalk only, no tape allowed

### VT HAND MAT

- Only allowed for RO/FHS entry vaults; -.30 incorrect apparatus deduction if used for other vaults

### VT BALKS

- Athletes allowed three (3) run attempts
- All levels: Vault attempt falls back to board = No score awarded

### VT SCORING

- All vault attempts are scored independently of any other vault performed / attempted

### VT MAT MEASUREMENT

- All vault measurements are from the bare floor to the top of the mat

### VT TABLE MEASUREMENT

- Measurement is from the bare floor to the top of the table

### VT PIT PILLOW

- 6N/7N allowed to use Pit Pillow top mat (4' x 6' x 8") if available

## UB RULES CLARIFICATIONS

### UB MOUNT VP

- VP mount is different than same VP used w/in routine

### UB DIRECT CONNECT CV

- Direct connection D/E flight to B flight upgrades B flight to C VP—10N only

### UB CAST AMPLITUDE

- 1N-GN = No amplitude deduction for cast/in-bar circling VP—only execution evaluation

- 5N = No amplitude deduction for cast skill—only execution evaluation

### UB RELEASE VP / CV / DV

- Release skills = VP w hand touch of bar
- No CV/DV bonus with fall

### UB IN-BAR

- “In-bar” Skill = VP in Skill Sets 3-6-7
  - #3 = Clear/Hip Circles
  - #6 = Stalder Circles
  - #7 = Pike Sole Circles

### UB VP / SR w FALL

- Award VP/SR if completes more than 1/2 of VP unassisted before fall, except VP w specific amplitude requirements

### UB SAME BAR RELEASE

- Same Bar D release or any E release = additional +0.1 DV bonus—L10N only

### UB UNCHARACTERISTIC VP

- Deduction = 0.30

### UB SAME VP

- Same skill performed LB/HB = Different

### UB BROKEN GRIP

- Broken grip = May repeat routine as last competitor in squad
- If not enough recovery time, allotted time increased until athlete is safe (not over 5m)—Common sense to prevail

### UB PADDING

- UB heel padding allowed for warmup, not allowed for competition routines

## BM RULES CLARIFICATIONS

### BM MOUNT VP

- All mounts = A-VP if not listed in Table

### BM X-SKILL SR

- HS (no hold req'd) fulfills SR3 (achieves VER, does not go thru VER)

### BM ACRO CREDIT

- Award credit for Acro if at least 1-foot touches beam (*Exceptions: Swing down skills or skills to 1-knee*)

### BM SR ACRO SERIES CREDIT

- Awarded regardless of # of attempts
- SR credit if foot touches BM on 2nd skill w/fall

- Direct connect two (2) VP = Broken if:
  - Stop between VP, fall, loss of balance, movement of foot (feet), step, pivot of foot in-between

### BM VP DEDUCTIONS

- Execution deductions apply for skills performed regardless of VP credit

### BM / FX DANCE

- “Dance” = Skill sets #1-Leaps/Jumps & #2-Turns
- May perform Isolated, in Series (other Dance), Mixed Series (Dance + Acro)

### BM PADDING

- BB pads allowed during warmup must be removed for competition

### UB / BM PLYWOOD-MOUNT

- Plywood allowed under board for mount

### UB LB ROUTINES

- UB Mount—Max additional mats = 12" +/- 2" (i.e. 8" mat, 4" mat, sting mat (1" or 2"))
- UB Mount-LB Routine—Mount trainer, spotting block, folded panel mat—may be placed on top of additional mats
- UB Dismount-LB Routine—May land on max additional mats = 12" +/- 2"

## FX RULES CLARIFICATIONS

### FX STRETCH JUMP

- Not considered a skill

### FX ADDITIONAL MATTING

- Additional FX mat must not cover boundary line, to be marked w tape/chalk —Failure = deduct 0.10 (CJ)

### FX COACHES ON MAT

- 8N-10N: Coaches NOT allowed on FX to aid an athlete = deduct 0.30 (CJ)

### FX VP ENTRY/EXIT POSITIONS

- Unless otherwise stated, all VP have optional entry and exit positions

### FX SR DANCE COMBO

- Leap/Jump SR fulfilled w:
  - (2) Leap skills, same or different
  - (2) Jump skills same or different
  - (1) Jump + (1) leap—direct/indirect

### FX DIAGONAL MATTING

- Max two (2) mats (sting mat, 4" or 8")
- One (1) mat per tumbling pass—Acceptable to have both mats on opposite ends of diagonal
- Sting mat placed on top of 4" or 8" mat does not count as one of two (2) allowable mats
- Mats may stay or be removed by coach
- No penalty for coach on FX to remove mat

### FX HAND SUPPORT VP

- Acro Flight hand support VP may be used to receive VP / SR credit regardless of the number of times performed
- Acro pass / connection MUST be different to receive SR credit
  - **EXAMPLE:** 1st pass = RO-BHS; 2nd pass = RO-BHS. No VP or SR credit for 2nd pass

# LEVEL SPECIAL RULES CLARIFICATIONS

## LEVEL RULES CLARIFICATIONS

### UB—TAP SWING: 1N-GN

- Tap swings and casts at any angle considered A VP, not considered an “extra” element
- Only subject to rhythm deductions, dynamics and execution errors

### UB—TAP SWING: 5N / PN

- Level allowed (1) tap swing w/o penalty (No VP)
- Other tap swings are “extra” receive 0.30 deduction plus general execution deductions—(Max 0.50 each sequence if “extra” occurs)
- Deduct 0.30 when swing does not result in a skill

### UB—TAP SWING: 6N-10N

- Tap swing - counterswing is not a VP
- Considered an Extra Swing

### UB—GLIDE SWING / GLIDE VARIATION: 3N

- Any X-skill or A VP that contains a glide action

### UB—EXTRA SWING: GN / 5N / 6N / PN / 7N

- Exception to extra swing: Tap swing, counterswing performed prior to salto FWD dismount = no extra swing deduction

### UB—CAST-DISMOUNT: 1N-GN

- UB Skill X-201 Cast-Hips leave bar PLUS any allowable dismount = two (2) A VP

### UB—SWINGS: 5N-10N

- Swings considered “extra” when the swing does not result in a skill = 0.30 deduction

### UB—STRADDLE BACK

- if directly connected to D/E REL (w/o FWD counterswing)
  - **B—503:** 1/2 turn Straddle Back = C VP
  - **B—208b:** Straddle Back = C VP

### UB—IN-BAR CIRCLE / CIRCLE VP

- In-bar circle VP w 1/2 turn on same side of bar, short of upswing HS (HOR—21°) = B VP
- Circle VP w 1/2 turn on short side of bar, (HOR—21°) = A VP

## LEVEL RULES CLARIFICATIONS

### UB—GLIDE KIP / VARIATION: PN

- Any VP initiating a glide swing action ending in front support.
- Run-out Glide does not fulfill this SR

### UB—CAST: 6N / PN / 7N / 8N / DN / 9N / 10N

- Refer to specific [Level Casting Amplitude Charts](#) for level deductions

### UB—CAST BEFORE VP: 8N

- No cast amplitude deductions prior to:
  - **B—705b:** HB Pike Sole 1/2 (180°) turn over LB
  - **B—406:** HB Long swing FWD 1/2 (180°) turn over LB

### UB—CAST BEFORE VP: 7N / PN / 8N

- No cast amplitude deductions prior to:
  - **B—503:** HB Swing 1/2 (180°) flight BWD over LB

### UB—EXTRA CAST BEFORE VP: 5N - 10N

- Momentum stopped—Must beat FWD and BWD to continue or re-start routine, deduct -0.30
  - **EXAMPLE:** BWD Hip Circle—Legs swing FWD/ BWD to initiate a Cast squat on, jump HB

### UB / BM / FX—REPEATED SAME VP CREDIT

- Award up to 2x per same VP—2nd same VP must be in connection/different connection
  - **EXAMPLE:** VP performed isolated and later in a connection; VP performed in combination and then in a different connection

## ALL LEVELS

### FULFILLING SPECIAL REQUIREMENT (SR)

- Skill cannot fulfill more than one (1) SR
- **EXCEPTION:** 9N / 10N

### SPECIAL REQUIREMENTS (SR)

4 Special Requirements (SR)—UB / BM / FX

### MISSING SPECIAL REQUIREMENTS (SR)

Missing SR = -0.50 each

### ALLOWED VP

- A • Within each Level, each event displays A-B-C-D-E VP allowed
- B • Asterisk (\*) allows Level to perform VP based on specific declared criteria
- C\*
- D
- E

### MISSING VP

Missing A = 0.1 each

Missing B = 0.3 each

Missing C = 0.5 each

### LEVEL ORDER

1N / 2N-BN / SN / 3N / 4N / GN / 5N / 6N / PN / 7N / 8N / DN / 9N / 10N

## FALL TIMES —UB/BM

- 45s to resume routine; 10s warning (UB/BM)
- After 45s fall time, routine terminated

### FALL TIME EXCEPTION

- If a potential injury seemingly occurs, and the athlete is on their feet standing, a judge, coach, or medical personnel may request time to assess the possible injury.
- If an athlete is deemed able to resume their routine, the designated fall time clock will begin after the injury assessment has concluded and the coach or medical personnel has communicated the athlete will continue.
- Fall time clock now begins with judge's signal. If fall time clock started prior to the athlete assessment, it stops until after injury assessment has concluded and the judge has communicated to resume the fall time clock.



## UB—BONUS EXAMPLES

### EXAMPLE 1: CCD

Total	DV	CV	XCV
Level 10N			
+0.2	+0.1	+0.1	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CC' = <math>\emptyset</math> (no turn or flight)</li> <li>• 'CD' = +0.1</li> </ul>			
Level 9N			
+0.4	+0.1	+0.3	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CC' = +0.1</li> <li>• 'CD' → 'CC' = +0.2</li> </ul>			

### EXAMPLE 2: DDC

Total	DV	CV	XDV
Level 10N			
+0.5	+0.2	+0.3	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'D' VP = +0.1</li> <li>• 'DD' = +0.2</li> <li>• 'DC' = +0.1</li> </ul>			
Level 9N			
+0.4	+0.1	+0.3	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'D' VP = <math>\emptyset</math> (max 0.1 DV)</li> <li>• 'DD' → 'CC' = +0.1</li> <li>• 'DC' → 'CC' = +0.2</li> </ul>			

### EXAMPLE 3: CD

Total	DV	CV	XDV
Level 10N			
+0.2	+0.1	+0.1	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CD' = +0.1</li> </ul>			
Level 9N			
+0.3	+0.1	+0.2	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CD' → 'CC' = +0.2</li> </ul>			

### EXAMPLE 4: DD (Same)

Total	DV	CV	XDV
Level 10N			
+0.3	+0.1	+0.2	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'D' VP = <math>\emptyset</math> (only once)</li> <li>• 'DD' = +0.2</li> </ul>			
Level 9N			
+0.2	+0.2		
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'D' VP = <math>\emptyset</math> (max 0.1 DV)</li> <li>• 'DD' = +0.2 (exception)</li> </ul>			

### EXAMPLE 5: CD (Turn/Flight in 1-VP)

Total	DV	CV	XDV
Level 10N			
+0.2	+0.1	+0.1	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CD' = +0.1</li> </ul>			
Level 9N			
+0.2	+0.1	+0.1	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CD' → 'CC' = +0.1</li> </ul>			

### EXAMPLE 6: CED (Full difficulty routine)

DV	CV	XDV
Level 10N		
+0.7	+0.4	+0.3 +0.1
<ul style="list-style-type: none"> <li>• 'E' VP = +0.2</li> <li>• 'D' VP = +0.1</li> <li>• 'E' REL* = +0.1</li> <li>• 'CE' = +0.1</li> <li>• 'ED' = +0.2</li> <li>*Eligible for '10+1'</li> </ul>		
Level 9N		
+0.4	+0.1	+0.3
<ul style="list-style-type: none"> <li>• 'E' → 'D' VP = +0.1</li> <li>• 'D' VP = <math>\emptyset</math> (max 0.1 DV)</li> <li>• 'CE' → 'CC' = +0.1</li> <li>• 'ED' → 'CC' = +0.2</li> </ul>		

### EXAMPLE 7: CD ( $\emptyset$ Turn/Flight) (Different)

Total	DV	CV	XDV
Level 10N			
+0.2	+0.1	+0.1	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CD' = +0.1</li> </ul>			
Level 9N			
+0.2	+0.1	+0.1	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CD' → 'CC' = +0.1</li> </ul>			

### EXAMPLE 8: D REL (Same bar)

Total	DV	CV	XDV
Level 10N			
+0.2	+0.2		
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• Same bar 'D' REL = +0.1</li> </ul>			
Level 9N			
+0.1	+0.1		
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>(Not eligible for Same Bar REL)</li> </ul>			





# BM—BONUS PRINCIPLES

## CONNECTION VALUE BONUS — 9N/10N

Award CV bonus to Flight VP (unless otherwise specified)

		+0.1	+0.2	+0.3
<b>ACRO DIRECT</b>	<i>Include mounts</i>	AD+ BC-(L9)	CC+ BD+	DD+
<b>ACRO DIRECT</b>	<i>Include mts/dis</i>	BBC		BCC+ BBD+
<b>DANCE/MIXED DANCE/DANCE</b>	<i>No dismounts</i>	AD+ BC	BD+ CC	CD+ DD+
<b>DANCE TURNS</b>	<i>Turns on 1-foot</i>	AC CA	S = Salto/Aerial J = Jump A = Acro D = Dance Dt = Dismount	
<b>BM DISMOUNT</b>	<i>Flight not required</i>	BAC <sup>Dt</sup> C <sup>Dt</sup> C <sup>Dt</sup>		

VP+ = Bonus applies also to more difficult VP (ex: CC+ = CC / CD / CE)

### BM CV EXCEPTIONS

Total	DV	CV	XCV	9N / 10N
+0.1		+0.1		'BC' Acro Flight Direct = (L9N only)
+0.3	+0.1	+0.2		'BD' Acro Flight Direct: <b>FF + LO—Stretch/Pike DWN 2-ft</b>
+0.1			+0.1	(3) Acro Flight Direct: Min 1-'C' (Ø dismount, yes mount)

### BM FF EXCEPTION

•BWD LO-SO and FWD Aerial = 'D' for DV but 'C' for CV in FF series  
 •FF SO | FF 2-ft | Gainer FF | FF swing DWN; any order

### EXCEPTION EXAMPLES

Total	DV	CV	XCV	9N / 10N
+0.2	+0.1	+0.1		FF + LO-SO → 'BD' Treat as BC (9N)
+0.1	+0.1	Ø		FF + LO-SO → 'BD' Treat as BC (10N)
+0.3	+0.1	+0.2		Split jump + LO-SO → 'BD' No FF series (9N, 10N)
+0.3	+0.1	+0.2		RO + LO-SO → 'BD' No FF series (9N, 10N)
+0.2	+0.1	+0.1		FWD Aerial + FF → 'DB' Treat as CB (9N)
+0.1	+0.1	Ø		FWD Aerial + FF → 'DB' Treat as CB (10N)
+0.3	+0.1	+0.2		FWD Aerial + BWD tuck → 'DC' No FF series (9N, 10N)

### BM 3-ACRO SERIES EXAMPLES

Total	DV	CV	XCV	10N
+0.6	+0.2	+0.3	+0.1	RO-FF Mount + FF + LO-SO → DBD •DBD → DBC = +0.3   D = +0.1   D = +0.1   (3) Acro = +0.1
+0.5	+0.2	+0.2	+0.1	FF + LO-SO + LO-SO → BDD •BDD → BCC = +0.3   D = +0.1   D = Ø   (3) Acro = +0.1
+0.3	+0.1	+0.1	+0.1	FWD Aerial + FF + FF → DBB •DBB → CBB = +0.1   D = +0.1   (3) Acro = +0.1
+0.6	+0.2	+0.3	+0.1	FWD Aerial + FF + LO-SO → DBD •DBD → CBC = +0.3   D = +0.1   D = +0.1   (3) Acro = +0.1

## BONUS — EXPANDED

LEVEL 9N	LEVEL 10N
<b>DV BONUS = Max +0.1</b>	<b>DV BONUS = Max +0.5</b>
+0.1 One 'D' <sup>OR</sup> allowed 'E'	+0.1 Each 'D' VP
+0.2 'E' VP Bonus—Not awarded—10N only	+0.2 Each 'E' VP—10N only
+0.1 Max DV Bonus	+0.5 Max DV Bonus
<b>CV BONUS = Max +0.3</b>	<b>CV BONUS = Max +0.5</b>
<b>Acro Direct</b>	<b>Acro Direct</b>
+0.1 BC = Yes mounts—9N only	+0.1 BC = Yes mounts—9N only
Ø AD+ = Yes mounts → Treat as AC	+0.1 AD+ = Yes mounts
+0.1 BBC = Yes mounts/dismounts	+0.1 BBC = Yes mounts/dismounts
+0.2 CC = Yes mounts	+0.2 CC = Yes mounts
+0.1 BD+ = Yes mounts → Treat as BC	+0.2 BD+ = Yes mounts
+0.2 DD+ = Yes mounts → Treat as CC	+0.3 DD+ = Yes mounts
+0.3 BCC+ = Yes mounts/dismounts	+0.3 BCC+ = Yes mounts/dismounts
+0.1 BBD+ = Yes mounts/dismounts → Treat as BBC	+0.3 BBD+ = Yes mounts/dismounts
<b>Dance/Mix</b>	<b>Dance/Mix</b>
Ø AD+ = No dismounts → Treat as AC	+0.1 AD+ = No dismounts
+0.1 BC+ = No dismounts	+0.1 BC+ = No dismounts
+0.1 BD+ = No dismounts → Treat as BC	+0.2 BD+ = No dismounts
+0.2 CC = No dismounts	+0.2 CC = No dismounts
+0.2 CD+ = No dismounts → Treat as CC	+0.3 CD+ = No dismounts
+0.2 DD+ = No dismounts → Treat as CC	+0.3 DD+ = No dismounts
<b>Dance Turns</b>	<b>Dance Turns</b>
+0.1 AC <sup>OR</sup> CA = 1-foot turns	+0.1 AC <sup>OR</sup> CA = 1-foot turns
<b>BM Dismount</b>	<b>BM Dismount</b>
+0.1 B <sup>A</sup> C <sup>Dt</sup> = Flight not required	+0.1 B <sup>A</sup> C <sup>Dt</sup> - Flight not required
+0.1 C <sup>Dt</sup> C <sup>Dt</sup> = Flight not required	+0.1 C <sup>Dt</sup> C <sup>Dt</sup> - Flight not required
+0.3 Max CV Bonus	+0.5 Max CV Bonus
('D/E' VP = 'C' for CV bonus award rules)	

### GENERAL SV & 'E' BONUS

9.7 Beginning SV (full VP difficulty)	9.4 Beginning SV (full VP difficulty)
+0.3 CV <sup>AND/OR</sup> DV total Bonus award (+0.1 DV and +0.2 CV <sup>OR</sup> +0.3 CV)	+0.6 CV <sup>AND</sup> DV total Bonus award (+0.5 DV max and +0.5 CV max)
10.0 SV including Bonus	10.0 SV including Bonus
10.0 Max SV	10.0 Max SV
+0.2 'E' VP Bonus—Not awarded—10N only	+0.1 Must include: 'E' Acro VP, +0.70 max CV and DV Bonus—10.0 SV required—10N only
10.0 Max SV	10.1 "Bonus SV" (Flash as "10.0 +1")

### BONUS RULES

- VP performed-any order-w/in connection, unless specified
- VP performed in direct connection for CV Bonus
- Award DV for VP regardless of prior VP fall/spot (not awarded DV) on prior eligible VP
- Award DV bonus once per VP, Ø if fall/spot
- Award DV for Dance or Acro 'D' VP only 1x
- Award 2x CV for same VP if performed in different order

# BM—BONUS EXAMPLES

## EXAMPLE 1: BBD (3-Acro)

Total	DV	CV	XCV	FF → 'B' + FF → 'B' + LO-SO → 'D'
Level 10N				
+0.3	+0.1	+0.1	+0.1	
<ul style="list-style-type: none"> <li>•'D' VP = +0.1</li> <li>•'BBD' → 'BBC' = +0.1 (FF series downgrade)</li> <li>•(3) Acro = +0.1</li> </ul>				
Level 9N				
+0.3	+0.1	+0.1	+0.1	
<ul style="list-style-type: none"> <li>•'D' Acro = +0.1</li> <li>•'BBD' → 'BBC' = +0.1</li> <li>•(3) Acro = +0.1</li> </ul>				

## EXAMPLE 2: CBC (3-Acro)

Total	DV	CV	XDV	FF 1-arm → 'C' + Gainer FF → 'B' + Tuck Open Swing down → 'C'
Level 10N				
+0.4		+0.3	+0.1	
<ul style="list-style-type: none"> <li>•'D' VP = ∅</li> <li>•'CBC' = +0.3</li> <li>•(3) Acro = +0.1</li> </ul>				
Level 9N				
+0.4		+0.3	+0.1	
<ul style="list-style-type: none"> <li>•'D' VP = ∅</li> <li>•'CBC' = +0.3</li> <li>•(3) Acro = +0.1</li> </ul>				

## EXAMPLE 3: CA (Turns)

Total	DV	CV	XDV	1/1 'L' Turn → 'C' + 1/1 Turn → 'A'
Level 10N				
+0.1		+0.1		
<ul style="list-style-type: none"> <li>•'D' = ∅</li> <li>•'CA' = +0.1 (T+T)</li> </ul>				
Level 9N				
+0.1		+0.1		
<ul style="list-style-type: none"> <li>•'D' = ∅ (not Acro)</li> <li>•'CA' = +0.1</li> </ul>				

## EXAMPLE 4: BC (Acro + Dismount)

Total	DV	CV	XDV	Valdez → 'B' + BWD Gainer LO 1/1 (360°) → 'C'
Level 10N				
+0.1	∅	+0.1		
<ul style="list-style-type: none"> <li>•'D' VP = ∅</li> <li>•'BC' = +0.1 (A+Dt)</li> </ul>				
Level 9N				
+0.1	∅	+0.1		
<ul style="list-style-type: none"> <li>•'D' VP = ∅</li> <li>•'BC' = +0.1</li> </ul>				

## EXAMPLE #5: DC (Acro + Dismount)

Total	DV	CV	XDV	FWD Aerial → 'D' + FWD Gainer LO 1/1 (360°) → 'C'
Level 10N				
+0.2	+0.1	+0.1		
<ul style="list-style-type: none"> <li>•'D' VP = +0.1</li> <li>•'DC' = +0.1 (A+Dt)</li> </ul>				
Level 9N				
+0.2	+0.1	+0.1		
<ul style="list-style-type: none"> <li>•'D' Acro = +0.1</li> <li>•'DC' → 'CC' = +0.1</li> </ul>				

## EXAMPLE 6: DBB (Mixed)

Total	DV	CV	XDV	Switch leap Mount → 'D' + Split Jump → 'B' + Flyspring SO → 'B'
Level 10N				
+0.3	+0.1	+0.2		
<ul style="list-style-type: none"> <li>•'D' VP = +0.1</li> <li>•'DB' = +0.2 (D+B)</li> <li>•'BB' = ∅ (D+A)</li> </ul>				
Level 9N				
+0.2	+0.1	+0.1		
<ul style="list-style-type: none"> <li>•'D' = +0.1</li> <li>•'DB' → 'CB' = +0.1</li> <li>•'BB' = ∅</li> </ul>				

## EXAMPLE 7: DDE (3-Acro) (Full difficulty routine)

Total	DV	CV	10.1	FWD Aerial → 'D' + SWD Aerial → 'D' + BWD Gainer 2/1 Twist LO → 'E'
Level 10N				
+0.9	+0.4	+0.4	+0.1	
<ul style="list-style-type: none"> <li>•'E' VP = +0.2</li> <li>•'D' VP = +0.1</li> <li>•'D' VP = +0.1</li> <li>•'DD' = +0.3 (A+A)</li> <li>•'DE' = +0.1 (A+Dt)</li> </ul> Eligible for '10+1'				
Level 9N				
+0.3	+0.1	+0.2		
<ul style="list-style-type: none"> <li>•'D' Acro = +0.1</li> <li>•'D' Acro = ∅ (maxed out)</li> <li>•'E' Acro = ∅ (restricted -50)</li> <li>•'DD' → 'CC' = +0.2</li> <li>•'DE' → 'C∅' = ∅</li> </ul>				



# FX—BONUS PRINCIPLES

## CONNECTION VALUE BONUS — 9N/10N

CV bonus awarded only Saltos/Aerials unless otherwise specified

		+0.1	+0.2	+0.3
<b>ACRO INDIRECT</b>	<i>Saltos &amp; Aerials</i>	A <sup>S</sup> C <sup>S</sup> <sub>+</sub> A/B <sup>S</sup> A/B <sup>S</sup> C <sup>S</sup> B <sup>S</sup> C <sup>S</sup>	B <sup>S</sup> D <sup>S</sup> <sub>+</sub> A <sup>S</sup> A <sup>S</sup> D <sup>S</sup> <sub>+</sub> C <sup>S</sup> C <sup>S</sup> A <sup>S</sup> E <sup>S</sup>	C <sup>S</sup> D <sup>S</sup> <sub>+</sub>
<b>ACRO DIRECT</b>	<i>Saltos &amp; Aerials</i>	A <sup>S</sup> C <sup>S</sup> B <sup>S</sup> B <sup>S</sup> A <sup>S</sup> A <sup>S</sup> C <sup>S</sup>	A <sup>S</sup> A <sup>S</sup> D <sup>S</sup> A/B <sup>S</sup> D <sup>S</sup> <sub>+</sub> B <sup>S</sup> C <sup>S</sup> <sub>+</sub>	C <sup>S</sup> C <sup>S</sup> <sub>+</sub>
<b>DANCE/MIXED</b>		BD <sup>+</sup> CC D <sup>S</sup> A <sup>J</sup>	CD <sup>+</sup> DD <sup>+</sup> <i>S = Salto/Aerial J = Jump A = Acro D = Dance</i>	

VP<sub>+</sub> = Bonus applies also to more difficult VP (ex: CC<sub>+</sub> = CC / CD / CE)

## FX CV EXCEPTIONS

Level 9N / 10N

•Direct connect turns + jumps/hops (2<sup>OR</sup> 1-foot take off) receive CV if w/o stop, extra steps, hops, foot repositioning

## BONUS — EXPANDED

LEVEL 9N	LEVEL 10N
<b>DV BONUS = Max +0.1</b>	<b>DV BONUS = Max +0.5</b>
+0.1 One 'D' <sup>OR</sup> allowed 'E' VP	+0.1 Each 'D' VP
+0.2 'E' VP Bonus—Not awarded—10N only	+0.2 Each 'E' VP— 10N only
+0.1 Double salto or 'E' salto in last pass—10N only	+0.1 Double salto in last pass or 'E' salto— 10N only
+0.1 Max DV Bonus (Award DV bonus once per VP, Ø if fall/spot)	+0.5 Max DV Bonus (Award DV bonus once per VP, Ø if fall/spot)
<b>CV BONUS = Max +0.3</b>	<b>CV BONUS = Max +0.5</b>
<b>Acro (saltos) Indirect</b>	<b>Acro (saltos) Indirect</b>
+0.1 A <sup>S</sup> C <sup>S</sup> <sub>+</sub>	+0.1 A <sup>S</sup> D <sup>S</sup> <sub>+</sub>
+0.1 A <sup>S</sup> A <sup>S</sup> C <sup>S</sup>	+0.1 A <sup>S</sup> A <sup>S</sup> C <sup>S</sup>
+0.1 B <sup>S</sup> C <sup>S</sup>	+0.1 B <sup>S</sup> C <sup>S</sup>
+0.1 B <sup>S</sup> D <sup>S</sup> <sub>+</sub> → <i>Treat as BC</i>	+0.2 B <sup>S</sup> D <sup>S</sup> <sub>+</sub>
+0.1 A <sup>S</sup> A <sup>S</sup> D <sup>S</sup> <sub>+</sub> → <i>Treat as AAC</i>	+0.2 A <sup>S</sup> A <sup>S</sup> D <sup>S</sup> <sub>+</sub>
+0.2 C <sup>S</sup> C <sup>S</sup>	+0.2 C <sup>S</sup> C <sup>S</sup>
+0.1 A <sup>S</sup> E <sup>S</sup> → <i>Treat as AC</i>	+0.2 A <sup>S</sup> E <sup>S</sup>
+0.2 C <sup>S</sup> D <sup>S</sup> → <i>Treat as CC</i>	+0.3 C <sup>S</sup> D <sup>S</sup>
<b>Acro (saltos) Direct</b>	<b>Acro (saltos) Direct</b>
+0.1 A <sup>S</sup> C <sup>S</sup>	+0.1 A <sup>S</sup> C <sup>S</sup>
+0.1 B <sup>S</sup> B <sup>S</sup>	+0.1 B <sup>S</sup> B <sup>S</sup>
+0.1 A <sup>S</sup> D <sup>S</sup> <sub>+</sub> → <i>Treat as AC</i>	+0.2 A <sup>S</sup> D <sup>S</sup> <sub>+</sub>
+0.2 B <sup>S</sup> C <sup>S</sup> <sub>+</sub>	+0.2 B <sup>S</sup> C <sup>S</sup> <sub>+</sub>
+0.3 C <sup>S</sup> C <sup>S</sup> <sub>+</sub>	+0.3 C <sup>S</sup> C <sup>S</sup> <sub>+</sub>
<b>Dance/Mix</b>	<b>Dance/Mix</b>
Ø BD <sup>+</sup> → <i>Treat as BC</i>	+0.1 BD <sup>+</sup>
+0.1 CC <sup>+</sup>	+0.1 CC <sup>+</sup>
+0.1 CD <sup>+</sup> → <i>Treat as CC</i>	+0.2 CD <sup>+</sup>
+0.1 DD <sup>+</sup> → <i>Treat as CC</i>	+0.2 DD <sup>+</sup>
Ø D <sup>S</sup> A <sup>J</sup> → <i>Treat as CA</i>	+0.1 D <sup>S</sup> A <sup>J</sup>
+0.3 Max CV Bonus (‘D/E’ VP = ‘C’ for CV bonus award rules)	+0.5 Max CV Bonus
<b>GENERAL SV &amp; ‘E’ BONUS</b>	<b>GENERAL SV &amp; ‘E’ BONUS</b>
9.7 Beginning SV (full VP difficulty)	9.4 Beginning SV (full VP difficulty)
+0.3 CV <sup>AND/OR</sup> DV total Bonus award (+0.1 DV and +0.2 CV <sup>OR</sup> +0.3 CV)	+0.6 CV <sup>AND</sup> DV total Bonus award (+0.5 DV max and +0.5 CV max)
10.0 SV including Bonus	10.0 SV including Bonus
+0.2 ‘E’ VP Bonus—Not awarded—10N only	+0.1 Must include ‘E’ Acro VP, +0.70 max CV and DV Bonus— 10.0 SV required— 10N only
+0.1 Double salto or ‘E’ salto in last pass—10N only	
10.0 Max SV	10.1 “Bonus SV” (Flash as “10.0 +1”)

### BONUS RULES

VP performed in any order w/in connection, unless specified  
 VP performed in direct connection for CV Bonus, unless specified  
 No Bonus if fall/spot  
 Award DV for eligible VP regardless of prior VP fall/spot (but not awarded DV) on prior eligible VP  
 Award 2x CV for same VP if performed in different order  
 Direct connection applied prior to indirect connection principle

## FX—BONUS EXAMPLES

### EXAMPLE 1: CC (Dance)

Total	DV	CV	XCV	2/1 turn → 'C' + Popa → 'C'
Level 10N				
+0.1		+0.1		
•'CC' = +0.1				
Level 9N				
+0.1		+0.1		
•'CC' = +0.1				

(1/4 turn prior to Popa is for display purposes only)

### EXAMPLE 2: CB (Direct)

Total	DV	CV	XDV	BWD LO 1-1/2 (540°) → 'C' + FWD LO → 'B'
Level 10N				
+0.2		+0.2		
•'CB' = +0.2				
Level 9N				
+0.2		+0.2		
•'CB' = +0.2				

### EXAMPLE 3: DD

Total	DV	CV	XDV	Switch leg 1/1 → 'D' + Split jump Ring 1/1 → 'D'
Level 10N				
+0.4	+0.2	+0.2		
•'D' VP = +0.1				
•'D' VP = +0.1				
•'DD' = +0.2				
Level 9N				
+0.2	+0.1	+0.1		
•'D' = +0.1				
•'D' = ∅ (only eligible x 1)				
•'DD' → 'CC' = +0.1				

### EXAMPLE 4: AD (Last Pass)

Total	DV	CV	XDV	FWD Tuck SO → 'A' + 2/1 Tuck → 'D'
Level 10N				
+0.3	+0.2	+0.1		
•'D' = +0.1				
•'AD' = +0.1				
•Last pass Double Salto or 'E' VP = +0.1				
Level 9N				
+0.2	+0.1	+0.1		
•'D' Acro = +0.1				
•'AD' → 'AC' = +0.1				
•Last pass Double Salto or 'E' VP = +0.1				

### EXAMPLE 5: CDB (Dance)

Total	DV	CV	XDV	Switch 1/4 → 'C' + Split Ring 1/1 → 'D' + Straddle 1/2 prone → 'B'
Level 10N				
+0.4	+0.1	+0.3		
•'D' = +0.1				
•'CD' = +0.2				
•'DB' = +0.1				
Level 9N				
+0.2	+0.1	+0.1		
•'D' = +0.1				
•'CD' → 'CC' = +0.1				
•'DB' → 'CB' = ∅				

(1/4 turn prior to Split Ring 1/1 is for display purposes only)

### EXAMPLE 6: AACC

Total	DV	CV	XDV	Whip → 'A' + Whip → 'A' + 1-1/2 → 'C' + FWD LO 1/1 → 'C'
Level 10N				
+0.4	∅	+0.4		
•'D' VP = ∅				
•'AAC' = +0.1				
•'CC' = +0.3				
Level 9N				
+0.4	∅	+0.4		
•'D' VP = ∅				
•'AAC' = +0.1				
•'CC' = +0.3				

# VT DEDUCTIONS

## VAULT DEDUCTIONS

FIRST FLIGHT	SUPPORT/REPULSION	SECOND FLIGHT	LANDING
<b>LEG / FOOT FORM</b>	<b>LEG / FOOT FORM</b>	<b>LEG / FOOT FORM</b>	<b>FEET (CHART p28)</b>
↑0.10 Poor foot form		↑0.10 Poor foot form	0.05 Feet→ Land hip-width or closer—Never join
↑0.10 Crossed legs		↑0.10 Crossed legs	0.10 Feet→ Land more than hip-width apart
↑0.20 Separated legs		↑0.20 Separated legs	↑0.10 Slight hop→ Feet adjust—Feet stagger
↑0.30 Bent knees	↑0.30 Bent knees	↑0.30 Bent knees	0.10 Small step→ Each ( <i>entire foot lifts/slides</i> ) (max 0.40)
<b>BODY POSITION—TECHIQUE</b>	<b>BODY POSITION—TECHIQUE</b>	<b>BODY POSITION—TECHIQUE</b>	↑0.15 Medium step—Each
↑0.10 Neutral head position—Fail to maintain	↑0.10 Neutral head position—Fail to maintain	↑0.10 Neutral head position—Fail to maintain	0.20 Large Step—Jump ( <i>Approximately 3-ft</i> )
↑0.20 Stretch position—Excessive Arch		↑0.30 Stretch position—Hip angle ( <i>136°-179°</i> )	<b>ARMS / TRUNK</b>
↑0.30 Stretch position—Hip angle	↑0.20 Arch	↑0.30 Stretch position—Excessive Arch	↑0.10 Arm swings→ For balance ( <i>stuck landing only</i> )
↑0.30 Incomplete LA turn		↑0.10 Exactness of LA turn	↑0.20 Trunk movements→ For balance
<b>SPECIFIC TO LEVEL</b>		↑0.30 Insufficient Tuck / Pike position	↑0.20 Poor body posture→ On landing
<b>1N-3N</b>	↑0.20 Shoulder Angle	↑0.30 Fail to maintain stretch—Pike down	↑0.30 Squat on landing ( <i>see Chart p28</i> )
↑0.30 Lack of accelerated run	<b>BODY POSITION—TIMING</b>	<b>BODY POSITION—TIMING</b>	<b>PERFORMANCE</b>
↑0.30 Body lean—board contact	↑0.30 Prescribed LA turn begun too early	↑0.30 Late completion of twist—Salto VT	↑0.30 LA Turn incomplete ( <i>see Chart p28</i> )
∅ Height deduction	↑0.30 Early tuck in repulsion—Salto VT	↑0.20 Insufficient / late extension—Tuck / Pike	↑0.30 Deviate from straight direction
<b>1N-5N</b>		0.30 Total absence of extension—Tuck / Pike	↑0.50 Dynamics
↑0.50 Speed thru out	<b>ARMS / HANDS / HEAD</b>	↑0.10 Under rotation—Salto VT	<b>FALLS / TOUCHES</b>
∅ Height deduction	↑0.10 Staggered / Alternate hands—All VT**	<b>ARMS / HANDS / HEAD</b>	↑0.30 Brush / Touch w hand(s)→ No support
<b>2N/BN</b>	↑0.20 Alternate repulsion—All VT**		0.50 Fall / Support on 1 or both hands
↑0.30 Fail→ Finish/show flat-back	0.30 Simultaneous hops w both hands		0.50 Fall against VT table
<b>SN/3N/4N</b>	0.10 Steps/hops w hands each ( <i>max 0.30</i> )		0.50 Fall off / Against Mat stack
1.50 Hit Mat Stack before Landing Mat	↑0.50 Arms bent ( <i>Slight bend lead arm Tsuk VT OK</i> )		1.00 Fail to land bottom of feet first ( <i>when required</i> )
<b>5N-7N</b>	1.00 Touch w/one hand		<b>VOID</b> Land on table top ( <i>in any position</i> )
1.00 Fail to land top of resi	VOID No hand contact on Table		<b>SPOT / COACH</b>
<b>6N-7N</b>	2.00 Head touch-support ( <i>0.5 bent arms included</i> )	0.20 Brush/Hit of body on Table end/mat stack	0.50 Spot assist: 1N-10N→ Landing
↑0.30 Lack of Rotation	** <i>Exception - 3/4 - 1/1 turn on</i>	<b>TECHNICAL EXACTNESS</b>	1.00 Spot assist: 2N-5N→ During VT ( <i>Not incl. landing</i> )
∅ Distance Deduction	<b>TECHNICAL EXACTNESS</b>	↑0.50 Insufficient height	1.00 Spot assist: 6N-7N→ Between board / table
<b>CHIEF JUDGE</b>	↑0.30 Fail to pass thru VER	↑0.30 Insufficient distance	1.00 Spot assist: PN/8N→ Post-flight ( <i>Salto VT only</i> )
VOID No Safety Zone Mat—YUR / FHS	↑0.30 Too long in support ( <i>L8/D/9/10 no salto VT</i> )		0.50 Coach: 8N-10N→ Between board / table
0.30 Incorrect apparatus specs			( <i>Except YU/FH—No Penalty</i> )
0.20 Exceed W-up time ( <i>After warning</i> )	<b>Balk = All levels: Vault attempt falls back to board = No score awarded</b>		<b>VOID</b> Spot assist: DN-10N→ During VT
0.20 Fail to begin w/in 30s of signal	<b>Extra Board Contacts = Additional jumps on board/tramp = -0.30 each</b>		
0.50 Vaults w/o signal—1st VT not judged, apply deduction to 2nd VT			
0.10 Fail to present before/after VT <i>each</i>			
0.20 Incorrect attire/jewelry ( <i>after 1st warning</i> )			
Term Exceed fall time—End VT			

**Courtesy Score 5.0 = 1N -10N vault attains hand support, lands/falls on top of table/mat stack (does not return to board)**  
**VOID VT Score = 5.0 = Vault performed, does not return to board**



# UB DEDUCTIONS

## ALL LEVELS – UNEVEN BAR DEDUCTIONS

### UB TECHNICAL PERFORMANCE

- ↑0.10 Under rotation→ Release/flight elements
- ↑0.10 Precision→ Handstand positions—Thru out
- ↑0.10 Extension→ Glides / swing into Kips
- ↑0.10 Amplitude→ Casts (5N) (see Chart p27)
- ↑0.20 Amplitude→ Elements
- ↑0.20 Angle→ Turns in HS / Turns after HS (Healy) (see Chart p27)
- ↑0.20 Amplitude→ Casts (6N / PN / 7N / DN) (see Chart p27)
- ↑0.30 Height→ Salto dismount
- ↑0.30 Extension (open)→ Tuck / Pike body position—Prior to landing Dismount
- ↑0.30 Amplitude→ Casts (8N / 9N / 10N) (see Chart p27)
- ↑0.30 Amplitude→ In-bar Circles (5N - 10N) (see Chart p27)

### UB ARTISTRY OF PERFORMANCE

- ↑0.10 Poor rhythm→ Elements / Connections
- ↑0.10 Hesitation to HB→ In jump / swing
- ↑0.20 Dynamics
  - Insufficient swingful execution—Thru out
  - Energy not maintained—Thru out
  - Fail to make difficult look effortless

### UB PREPARATION / COMPLETION

- ↑0.10 Touch, brush apparatus / mat→ Foot/feet
- 0.20 Hit apparatus→ Foot/feet
- 0.30 Hit mat→ Foot/feet
- 0.30 Uncharacteristic movement→ To complete VP
- 0.30 Grasp apparatus→ To avoid fall
- 0.30 Intermediate (extra) swing/cast (Max 0.50 per occurrence) (5N - 10N)
- 0.50 Full support on mat→ Foot/feet (During routine)
- 0.50 Spot assist→ Element (No SR/No VP)

### UB SPECIFIC EXECUTION

- 0.10 Dismount→ Land too close to bar
- 0.30 No dismount (Deduct from SV) (Not applied to Restricted VP)

## GENERAL EXECUTION DEDUCTIONS

### ALL GENERAL EXECUTION

- 0.05 Feet→ Flex / Sickle during VP
- ↑0.10 Legs / Knees→ Crossed
- ↑0.20 Legs / Knees→ Separated
- ↑0.20 Body shape exactness→ Tuck / Pike (Stretched - Arch or Hip Angle - 136° - 179°)
- ↑0.20 Body shape exactness→ Stretched (Pike down)
- ↑0.30 Arms→ Bent in support
- ↑0.30 Knees→ Bent (or Fail to Bend Knees 90° in Baby Giant)

### ALL LANDING EXECUTION

#### FEET

- 0.05 Feet→ Hip-width or closer—Never join on dismount (stuck landing only) (see Chart p28)
- 0.10 Feet→ More than hip-width apart (stuck landing only) (see Chart p28)
- ↑0.10 Feet→ Adjust / Staggered—Slight hop (see Chart p28)
- 0.10 Step→ Small—Each (entire foot lifts/slides) (max 0.40) (see Chart p28)
- ↑0.15 Step→ Medium—Each (see Chart p28)
- 0.20 Step→ Large or jump

#### ARMS / TRUNK

- ↑0.10 Arm swings→ For balance (stuck landing only)
- ↑0.20 Trunk movement→ For balance
- ↑0.20 Poor body posture→ On landing
- ↑0.30 Squat→ Upon landing (see Chart p28)

### ALL PERFORMANCE

- ↑0.10 Deviation→ From straight direction
- ↑0.20 Incomplete→ Turn / twist (see Chart p28)

### ALL FALLS / TOUCHES

- ↑0.30 Land→ Brush / touch landing surface w hand(s)
- 0.50 Land→ Spot assist
- 0.50 Fall / Support→ Apparatus / mat w hand(s)
- 0.50 Fail to land bottom of feet first on dismount—Fall (No VP/SR; Do not apply 'No Dismount -0.30')

## CHIEF JUDGE DEDUCTIONS – UB

- |  |                                       |  |   |
|--|---------------------------------------|--|---|
| 0.30 Incorrect apparatus specs                 | 0.50 Starts exercise before signal    | 0.30 Fail to remove board after mount (5N-10N) | 0.20 Warm up on mat after fall (no warning)       |
| 0.30 Use of supplementary mats                 | 0.20 Fail to begin w/in 30s of signal | 0.20 Verbal cues by coach/team (after warning) | 0.20 Incorrect attire/jewelry (after 1st warning) |
| 0.20 Exceeds warm-up time (After warning)      | 0.50 3rd run approach—Mounts          | 0.20 Coach instructs gymnast during routine    | 0.20 Incorrect padding (Heels/hips)               |
| 0.10 Fail to present before/after routine—each | 0.30 Board on unpermitted surface     | Term Exceeds fall time—End exercise            | 1.00 Short routine < 5 elements (L6N-L10N only)   |

# BM / FX DEDUCTIONS

## ALL LEVELS — BM / FX DEDUCTIONS

### BM FX TECHNICAL PERFORMANCE

↑0.10	↑0.10	Body position / alignment—Dance
↑0.20	↑0.20	Legs not parallel to BM/FX in Split/Straddle/Pike
↑0.10	↑0.10	Turn elements not performed in high relevé
↑0.30	↑0.30	Relaxed / incorrect footwork in non-VP—Thru out
↑0.30	↑0.30	Relaxed / Incorrect body alignment / position / posture in non-VP—Thru out
↑0.20	↑0.20	Insufficient split when required—Dance/Acro <i>(by level)</i> (see Chart p28)
↑0.10	↑0.10	Feet apart—Landing Side jumps/Jumps
↑0.20	↑0.20	Height—Leaps/Jumps/Hops
↑0.20	-	Height—Acro Flight/Aerials
↑0.30	↑0.30	Height—Saltos/Dismount
↑0.30	↑0.30	Extension <i>(open)</i> Tuck / Pike body position—Prior to land Acro VP/Dismount

### BM FX ARTISTRY OF PERFORMANCE

↑0.10	↑0.10	Lack of precision—Dance element
-	↑0.10	Rhythm—During direct connection
↑0.20	-	Rhythm—Connections—Dance/Mixed/Acro <i>(not BWD flight)</i>
↑0.20	-	Sureness of performance—Thru out
↑0.20	-	Insufficient variation in rhythm/tempo in non-VP—Thru out
↑0.20	↑0.20	Dynamics
↑0.30	↑0.30	Artistry/presentation—Originality/creativity

### BM FX EXCESSIVE PREPARATION/COMPLETION

<u>0.20</u>	-	Support of 1-leg against side of BM
<u>0.30</u>	-	Grasp apparatus—To avoid a fall
↑0.30	-	Additional movements to maintain balance on beam
↑0.10	-	Hesitation in jump, press, swing to Handstand
<u>0.10</u>	<u>0.10</u>	Concentration pause <i>(2s)</i> → <i>(Each time)</i>
<u>0.20</u>	<u>0.10</u>	Concentration pause <i>(+2s)</i> → <i>(Each time)</i>
<u>0.50</u>	<u>0.50</u>	Spot assist—Element <i>(No SR/No VP)</i>

### BM FX SPECIFIC EXECUTION

<u>0.10</u>	-	Land too close to BM on dismount
↑0.30	-	Direction of gainer dismount off end of BM
-	↑0.30	Poor relationship of music & movement thru out
<u>0.30</u>	-	No dismount <i>(Deduct from SV)</i> <i>(Not applied to Restricted VP)</i>
<u>0.05</u>	-	Fail to hold ending position 1s

## GENERAL EXECUTION DEDUCTIONS

### ALL GENERAL EXECUTION

<u>0.05</u>	Flexed/sickled feet during VP
↑0.10	Legs/knees crossed
↑0.20	Legs/knees separated
↑0.20	Exactness of body shape—Tuck/Pike <i>(Stretched - Arch or Hip angle - 136-179°)</i> (see Chart p28)
↑0.20	Fail to maintain stretched body position <i>(Pike down)</i> (see Chart p28)
↑0.20	Incomplete turn/twist (see Chart p28)
↑0.30	Bent arms in support
↑0.30	Bent legs

### ALL GENERAL LANDING EXECUTION

#### FEET

<u>0.05</u>	Feet land hip-width or closer—Never join heels on dismount <i>(stuck landings only)</i> (see Chart p28)
<u>0.10</u>	Feet land more than hip-width apart <i>(stuck landings only)</i> (see Chart p28)
↑0.10	Slight hop—Feet adjust—Feet staggered (see Chart p28)
<u>0.10</u>	Steps-Each <i>(entire foot lifts/slides)</i> <i>(max 0.40)</i> (see Chart p28)
↑0.15	Medium step—Each (see Chart p28)
<u>0.20</u>	Large step or jump (3 feet+) <i>(Max 0.40)</i>

### ALL ARMS / TRUNK

↑0.10	Arm swings→ For balance <i>(stuck landing only)</i>
↑0.20	Trunk movements→ For balance
↑0.20	Poor / incorrect body posture→ On landing
↑0.30	Squat upon landing (see Chart p28)

### ALL PERFORMANCE

↑0.10	Deviation from straight direction
-------	-----------------------------------

### ALL FALLS / TOUCHES

↑0.30	Brush/touch landing surface/supplemental matting w hand(s) or feet/foot
<u>0.50</u>	Spot assist on landing <i>(No SR/VP/Bonus)</i>
<u>0.50</u>	Fall or support on hand(s) on apparatus or mat
<u>0.50</u>	Fail to land on bottom of feet first on Saltos/Aerials/Dismount - fall <i>(No VP/SR)</i>

## CHIEF JUDGE DEDUCTIONS — BM / FX

BM	FX		BM	FX		BM	FX		BM	FX	
<u>0.30</u>	-	Incorrect apparatus specs	<u>0.20</u>	<u>0.20</u>	Fail to begin w/in 30s of signal	<u>0.20</u>	<u>0.20</u>	Coach instructs gymnast during routine	<u>0.10</u>	-	Fail to mark boundary line on mat
<u>0.30</u>	<u>0.30</u>	Use of supplementary mats	0.50	-	3rd run approach—Mounts	<u>0.20</u>	<u>0.20</u>	Incorrect attire/jewelry <i>(after 1st warning)</i>	<u>0.10</u>	-	Exceeds FX boundary line
<u>0.20</u>	<u>0.20</u>	Exceeds warm-up time <i>(After warning)</i>	<u>0.30</u>	-	Board on unpermitted surface	<u>0.20</u>	<u>0.20</u>	Excessive use of chalk	<u>0.30</u>	-	Coach on FX mat <i>(8N-10N)</i>
<u>0.10</u>	<u>0.10</u>	Fail to present before/after routine— <i>each</i>	<u>0.30</u>	-	Fail to remove board after mount <i>(GN-10N)</i>	<u>0.10</u>	<u>0.10</u>	Overtime	<u>1.00</u>	-	Music with lyrics/words
<u>0.50</u>	<u>0.50</u>	Starts exercise before signal <i>(Repetition)</i>	<u>0.20</u>	<u>0.20</u>	Verbal cues—Coach/team <i>(after warning)</i>	<u>1.00</u>	<u>1.00</u>	Short routine < 5 elements <i>(6N-10N)</i>	<u>1.00</u>	-	Absence of music
			<u>0.20</u>	<u>0.20</u>	Warm up on mat after fall <i>(no warning)</i>	-	<u>Term</u>	Exceeds fall time—End exercise			

# UB / BM / FX “ONE DEDUCTIONS SHEET”

Changes/Adds/Deletes NOT highlighted to keep a deduction sheet clean

## ALL LEVELS – UB / BM / FX DEDUCTIONS

UB	BM	FX	TECHNICAL PERFORMANCE
<b>Rotation &amp; Turn</b>			
↑0.10	-	-	Under rotation→ Release / Flight
↑0.20	-	-	Angle of Turns in HS / Turns after HS (Healy) <i>(VP always awarded) (see Chart p27)</i>
↑0.30	↑0.30	↑0.30	Lack extension ( <i>open</i> ) of Tuck/Pike—Prior to land→ Acro / Dismount
<b>Precision</b>			
-	↑0.10	↑0.10	Not performed in high relevé→ Turn elements <sup>OR</sup> Lack of precision→Dance VP
↑0.10	-	-	Precision→ Handstand positions→Thru out
↑0.10	-	-	Lack Extension→ Glides / swing into Kips
-	↑0.10	↑0.10	Body position / Alignment→ Dance
-	↑0.10	↑0.10	Feet apart→ Landing Side Jumps / Jumps
-	↑0.20	↑0.20	Insufficient required split→ Dance / Acro <i>(see Chart p28)</i>
-	↑0.20	↑0.20	Legs not parallel to BM / FX→ Split / Straddle / Pike
-	↑0.30	↑0.30	Relaxed / Incorrect footwork→ Thru out <i>(Non-VP)</i>
-	↑0.30	↑0.30	Relaxed / Incorrect / Insufficient→ Leg / Body position / Flexibility→ Thru out <i>(Non-VP)</i>
<b>Amplitude</b>			
↑0.10	-	-	Amplitude → Casts <i>(5N)</i>
↑0.20	-	-	Amplitude → Casts <i>(6N / PN / 7N / DN)</i>
↑0.20	↑0.20	↑0.20	Amplitude / Height → Leaps / Jumps / Hops / Acro Flight / Aerials / UB Elements
↑0.30	↑0.30	↑0.30	Amplitude / Height → Saltos / Dismount
↑0.30	-	-	Amplitude → Casts <i>(8N / 9N / 10N)</i>
↑0.30	-	-	Amplitude → In-bar Circles <i>(5N - 10N)</i>
<b>ARTISTRY OF PERFORMANCE</b>			
<b>Rhythm</b>			
-	0.10	0.10	Concentration pause <i>(2s)→ (Each time)</i>
-	0.20	0.10	Concentration pause <i>(+2s)→ (Each time)</i>
↑0.10	-	-	Hesitate → Jump / Press / Swing to Handstand <sup>OR</sup> Hesitate → Jump to HB
↑0.10	-	↑0.10	Rhythm during → Direct connection <sup>OR</sup> Poor rhythm → Elements / Connections
-	↑0.20	-	Rhythm → Connections Dance / Mixed / Acro <i>(not BWD flight)</i>
-	↑0.20	-	Lack of Rhythm / Tempo variation→ Thru out
<b>Sureness / Dynamics / Artistry</b>			
-	↑0.20	-	Sureness of performance → Thru out
↑0.20	↑0.20	↑0.20	Dynamics / Insuff Swingful execution / Energy not maintained / Effortless→ Thru out
-	↑0.30	↑0.30	Artistry / Presentation→ Originality / Creativity
<b>PREPARATION/COMPLETION</b>			
↑0.10	-	-	Touch / Brush apparatus / Mat → w/ Foot / Feet
-	↑0.30	-	Additional movements → Maintain balance
0.20	0.20	-	Support of 1-leg against side of BM <sup>OR</sup> Hit Foot / Feet on apparatus
0.30	0.30	-	Grasp apparatus → To avoid a fall <sup>OR</sup> Hit Foot / Feet → On Mat
0.30	0.30	-	Supplemental support / Uncharacteristic movement → To complete VP
0.30	-	-	Intermediate (extra) Swing / Cast <i>(Max 0.50 per occurrence) (5N-10N)</i>
0.50	-	-	Full support on Foot / Feet on mat→ During routine
<b>SPECIFIC EXECUTION</b>			
-	-	0.05	Fail to hold ending position 1s
0.10	0.10	-	Land too close to BM / UB → Dismount
0.30	0.30	-	No dismount <i>(Deduct from SV) (Not applied to Restricted VP)</i>
-	-	↑0.30	Poor relationship of Music / Movement → Thru out
-	↑0.30	-	Direction of gainer dismount → Off end of BM

## GENERAL EXECUTION DEDUCTIONS

ALL	GENERAL EXECUTION
<b>Legs</b>	
0.05	Flex / Sickle feet→ During VP
↑0.10	Legs / Knees crossed
↑0.20	Legs / Knees separated
↑0.30	Bent legs
<b>Arms</b>	
↑0.30	Bent arms → In support
<b>Torso</b>	
↑0.20	Exactness of body shape→ Tuck / Pike <i>(Stretched - Arch/Hip angle - 136° - 179°) (see Chart p28)</i>
↑0.20	Fail to maintain→ Stretch body position <i>(Pike down)</i>
↑0.20	Incomplete Turn / Twist <i>(see Chart p28)</i>
<b>GENERAL LANDING EXECUTION</b>	
<b>Feet</b>	
0.05	Feet land hip-width or closer → Never join → Dismount <i>(stuck landing only) (see Chart p28)</i>
0.10	Feet land more than hip-width apart (stuck landings only) <i>(see Chart p28)</i>
↑0.10	Slight hop / Feet adjust / Feet staggered <i>(see Chart p28)</i>
0.10	Steps-Each (entire foot lifts/slides) <i>(max 0.40) (see Chart p28)</i>
↑0.15	Medium step—Each <i>(see Chart p28)</i>
0.20	Large Step / Jump <i>(Max 0.40)</i>
<b>Arms / Torso</b>	
↑0.10	Arm swings→ For balance <i>(stuck landing only)</i>
↑0.20	Trunk movements→ For balance
↑0.20	Poor body posture→ On landing
↑0.30	Brush / Touch→ Landing surface with hand(s)
<b>Landing Deviation</b>	
↑0.10	Deviate → From straight direction
↑0.30	Squat → On landing <i>(see Chart p28)</i>
<b>Falls / Spot</b>	
0.50	Fall / Support on hand(s)→ On Apparatus / Mat
0.50	Spot assist→ Landing
0.50	Spot assist→ Element <i>(No SR/No VP)</i>
0.50	Fail to land bottom of feet first→ Saltos / Aerials / Dismount <i>(Fall) (No VP/SR)</i>

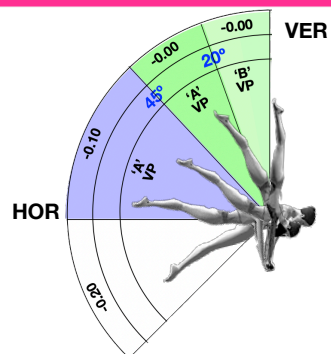
## CHIEF JUDGE DEDUCTIONS – UB / BM / FX

UB	BM	FX	UB	BM	FX
0.30	0.30	-	0.50	0.50	-
0.30	0.30	0.30	0.30	0.30	-
0.20	0.20	0.20	0.30	0.30	-
0.10	0.10	0.10	0.20	0.20	0.20
0.50	0.50	0.50	0.20	0.20	-
0.20	0.20	0.20	0.20	0.20	0.20
-	0.20	0.20	0.20	-	-
-	0.10	0.10	-	-	1.00
-	-	0.10	-	-	1.00
-	-	0.10	1.00	1.00	1.00
-	-	0.30	-	-	-



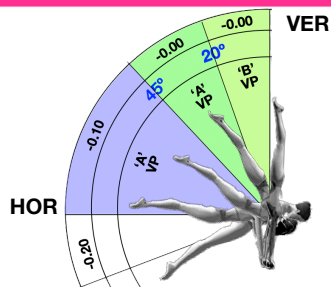
# UB CAST, SWING, CIRCLE ANGLES

## 6N CASTING



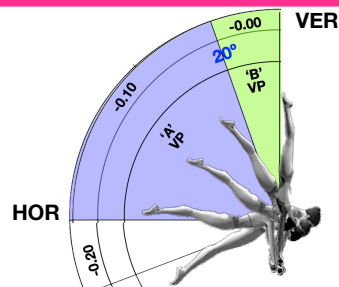
VER-20°	Ø	B VP
21°-45°	Ø	A VP
46°-HOR	-0.1	A VP
Below HOR	-0.2	A VP

## PN, 7N CASTING



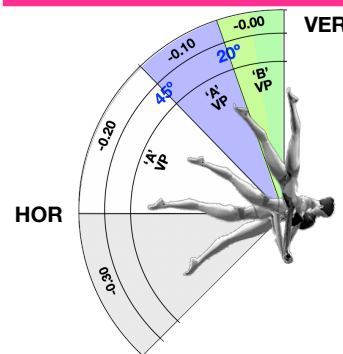
VER-20°	Ø	B VP
21°-45°	Ø	A VP
46°-HOR	-0.1	A VP
Below HOR	-0.2	A VP

## DN CASTING



VER-20°	Ø	B VP
21°-HOR	-0.1	A VP
Below HOR	-0.2	A VP

## 8N, 9N, 10N CASTING



VER-20°	Ø	B VP
21°-45°	-0.1	A VP
46°-HOR	-0.2	A VP
Below HOR	-0.3	A VP

## EXCEPTIONS

No Angle Deductions prior to VP for:

**8N**

- B-705b: HB Pike Sole 1/2 (180°) turn over LB

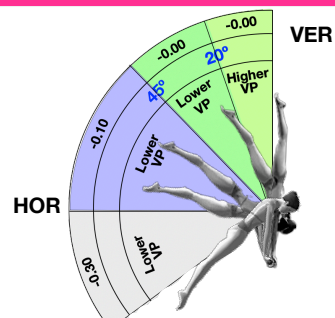
- B-406: HB Long swing FWD 1/2 (180°) turn over LB

**7N/PN/8N**

- B-503: HB Swing 1/2 (180°) flight BWD over LB

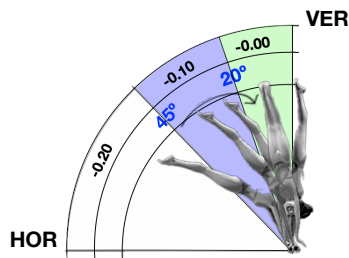
**NOTE:** Levels w cast/circle angle requirements = A VP for any attempt not attaining higher VP

## 5N – 10N CLEAR HIP/PIKE/STALDER CIRCLE



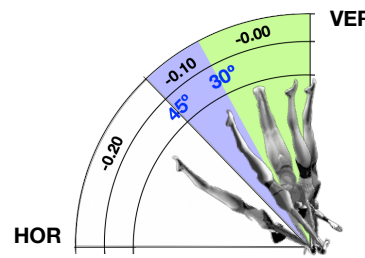
VER-20°	Ø	Higher VP
21°-45°	Ø	Lower VP
46°-HOR	-0.1	Lower VP
Below HOR	-0.2	Lower VP

## TURNS IN HANDSTANDS



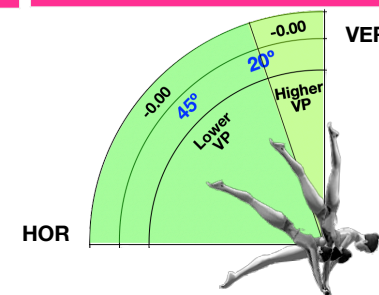
VER-20°	Ø	VP
21°-45°	-0.1	VP
46°-HOR	-0.2	VP
VP always awarded		

## 1/1 TURN AFTER HS (Healy)



VER-30°	Ø	VP
31°-45°	-0.1	VP
46°-HOR	-0.2	VP
VP always awarded		

## FLIGHT TO HS HB > LB



VER-20°	Ø	Higher VP
21°-HOR	Ø	Lower VP

## BAR GRIPS

Most Popular Grips

**Regular/Over**—Both over grip, palms face down

**Reverse/Under**—Both under grip, palms face up

**Mixed**—(1) hand regular (1) hand reverse

**Cross Mixed**—Mixed grip w (1) arm crossed over

**'L' /EI (Eagle)**—360° twist from under, thumbs out

**Mixed 'L'**—(1) hand reverse, (1) hand 'L'

## BAR TURNS

Most Popular Bar Turn techniques

**Regular**—(2) hand changes, (1) before, (1) after HS

**Healy**—360° turn, 1-arm, after HS; finishes Mixed-'L'/'L'; prior skill has (1) hand in under grip

**Higgins**—Leads w back of body; 1-hand does not move; finishes Mixed 'L'/'L'; usually next element is FWD Giant

**Blind**—BWD Giant, 1/2 turn, completes near HS

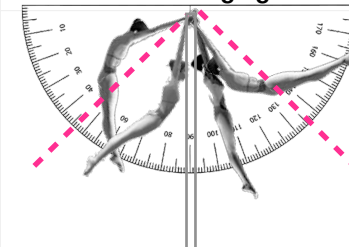
## IN-BAR DROP

Acceptable Arch or "Flair"



## TAP SWING

45° / 45° ↓ Hanging VER



# LEAPS / JUMPS SPLIT, TURN ANGLES

BM – SPLIT JUMP / LEAP VP					
	3N MIN 60°	4N/GN MIN 90°	5N MIN 120°	6N/PN MIN 150°	7N/8N/DN/9N/10N MIN 180°
FX – SPLIT JUMP / LEAP VP					
BM and FX:	3N/4N MIN 60°	GN/5N MIN 90°	6N/PN MIN 150°	7N/8N/DN/9N/10N MIN 180°	
• Insufficient split when required $\uparrow 0.20$					
• Not w/in 45° of required split = Lower VP/Ø SR					
10° from Min = 0.05	50° - 59° = 0.05	80° - 89° = 0.05	110° - 119° = 0.05	140° - 149° = 0.05	170° - 179° = 0.05
20° from Min = 0.10	40° - 49° = 0.10	70° - 79° = 0.10	100° - 109° = 0.10	130° - 139° = 0.10	160° - 169° = 0.10
30° from Min = 0.15	30° - 39° = 0.15	60° - 69° = 0.15	90° - 99° = 0.15	120° - 129° = 0.15	150° - 159° = 0.15
> 30° from Min = 0.20	Below 30° = 0.20	Below 60° = 0.20	Below 90° = 0.20	Below 120° = 0.20	Below 150° = 0.20

TURN VP W / 1/2		LESS THAN 360° TURNING VP				1/1, 2/1, 3/1 TURNING VP			
<i>An element does not change value w addition of 1/4 (90°) turn, unless a VP exists in NGA Technical Handbook</i>									
Ø	0.05 - 0.20	Ø	0.05 - 0.20	Ø	Ø	Ø	0.05 - 0.10	0.15 - 0.20	Ø
Complete 180° 1/2 (180°) VP	Award credit for 1/2 (180°) VP	Complete 270° 3/4 (270°) VP	Award credit for 3/4 (270°) VP	Award credit for 1/2 (180°) VP	Award credit for 1/4 (90°) VP	Complete Higher VP	Short 1° - 44° Higher VP	Short 45° - 89° Higher VP	Short 89° + Lower VP
VP: 1/2, 1-1/2, 2-1/2 Dance turn VP: 1/2, 1-1/2, 2-1/2 Acro w/Twist VP: 1/2, 1-1/2 VT w/wo Salto VP: 1/2, 1-1/2, 2-1/2 Dis w/Twist		VP: 3/4 Dance VP: Jump 3/4 turn				VP: 1/1, 2/1, 3/1 Dance turn VP: 1/1, 2/1, 3/1 Acro w/Twist VP: 1/1, 2/1 VT w/wo Salto VP: 1/1, 2/1, 3/1 Dis w/Twist			

## LANDINGS, BODY POSITIONS

**SQUAT – LANDINGS – ↑0.30**

0.00   -0.10   -0.20   -0.30

Represents lowest part of squat on landing

Safe: Back (spine) & shins (tibia, fibula) should be parallel

**FEET – STUCK LANDINGS**

0.00   -0.05   -0.10   -0.10

Hip width-close   Hip width-no close   Wide-no touch   Staggered-touch

1

2

#2 Allowed, but parallel feet is better to avoid injury

**STEP – LANDINGS**

-0.10   -0.15   -0.20

Small Step   Medium Step   Large Step

**IDEAL BODY POSITIONS**

Tuck	Pike	Layout	Wolf	Straddle/Straddle Pike	Ring Leap/Jump	Sheep Jump	Cat Leap
<b>Ideal Position</b>	<b>Ideal Position</b>	<b>Ideal Position</b>	<b>Ideal Position</b>	<b>Ideal Position</b>	<b>Ideal Position</b>	<b>Ideal Position</b>	<b>Ideal Position</b>
•90° Hip angle •90° Knee bend	•90° Hip angle •0° Knee bend	•0° Hip angle •0° Knee bend	•Extended leg ↑HOR •Bent leg thigh ↑HOR •Knees together	•Legs HOR to surface •180° split	•Head release BWD •BWD foot head height •FWD leg min. 45°	•Head release BWD •Feet head height •Arch	•Thighs HOR •90° Hip angle •Knees bent
<b>Exactness of body shape deduction</b>							
↑0.20	↑0.20	↑0.20	↑0.20	↑0.20	↑0.20	↑0.20	↑0.20
Different element	Different element	Different element	Different element	Different element	Different element	Different element	Different element

# COMPOSITION—LEVEL 10N

## UB—CHOICE OF ELEMENTS

### 0.10 Choice of Elements not up to competitive level

1. Standards: “Up to competitive level”
  - a. Single bar release min D VP  
OR
  - a. Release E VP  
OR
  - a. Min (2) D Release VP  
OR
  - a. Min (2) E VP
2. Exercise must have:
  - a. Min D Dismount  
OR
  - a. C Dismount in bonus combination
3. More than (1) squat/stoop on LB w/wo sole circle to grasp HB = Deduct .10 each time  
**EXCEPTION:** Following UB fall, gymnast allowed to perform cast squat/pike-on to resume routine w/o deduction. Once gymnast performs a planned squat/stoop-on, only additional planned squat/stoop on(s) subject to 0.10 each deduction.

Composition will reflect changes after NCAA rulings published in fall of each year

## BM—CHOICE OF ELEMENTS

### 0.10 Choice of Elements not up to competitive level

1. Standards: “Up to competitive level”
  - a. Flight series performed on BM w/o CV, required to have: (VP performed & stopped on BM)
    - 1) Additional D/E Acro VP  
OR
    - 1) E Dance VP (Including mounts)
  - b. D/E Acro VP directly connected to dismount CANNOT fulfill “Up to level requirement” (UTL)  
**EXCEPTION:** Acro Series completed but not awarded CV due to FALL, UTL 0.1 deduction is not applied

## BM—LACK OF VARIETY

### 0.10 Lack BWD Acro

- Min A

### 0.10 Lack FWD/SWD Acro

- Min A

1. Standards: BWD, FWD/SWD: “Lack of variety in Acro choice”
  - a. Must be from Mounts, Rolls, Walkovers/ Cartwheels, Saltos
  - b. Round off = SWD element
  - c. Jump BWD-FF w 1/2 (180°) twist—FWD walkover (Arabian) = FWD element
  - d. Tic-Toc = FWD or BWD element
  - e. Jump BWD-FF w 1/4 or 3/4 to HS = BWD element
  - f. Press HS (cross/side) w/wo 1/1 turn—Walkout (Mount included) = FWD element

## BM INSUFFICIENT USE OF ENTIRE BEAM

### 0.05 Each

1. Insufficient level of changes thru out routine
2. Spatially (use entire length of beam)
3. Failure to show movement/choreography in FWD/SWD/BWD

## FX—CHOICE OF ELEMENTS

### 0.10 Choice of Elements not up to competitive level

1. All routines must include
    - a. One (1) E Acro/Dance  
OR
    - a. Two (2) different D VP—One (1) an Acro
    - b. Acro dismount, min C salto in bonus connection  
OR
    - b. Min D salto
  2. Two (2) tumbling passes must include
    - a. Min D in one (1) pass
    - b. Min D  
OR
    - b. +0.20 CV in other pass  
Any order
- EXCEPTION:** One (1) Acro pass routine does not meet UTL requirement

## FX—LACK OF VARIETY

### 0.10 Lack Dance Bonus Skill Set 1 or 2

- Min +0.1 CV OR +0.10 D/E Bonus

### 0.10 Lack Variety in Acro VP

- Missing min A BWD salto

### 0.10 Lack (2) Directions Acro Salto BWD & FWD/SWD

- Min A Salto

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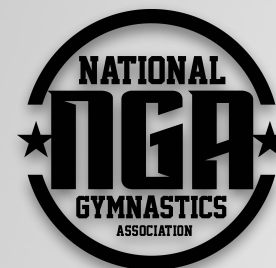




## PART B—TABLE OF ELEMENTS



*Women's  
Program*



### PROLOGUE

### OVERALL EXPECTATIONS

### VAULT EVENT

### VAULT DIRECTIVES

### VAULT — LEVEL 1N - LEVEL 7N

### VAULT — LEVEL PN - LEVEL 10

### NGA VAULT SUMMARY

### UNEVEN BARS EVENT

### UNEVEN BARS DIRECTIVES

### UNEVEN BARS — X-SKILLS

### UNEVEN BARS — ELEMENTS

### BALANCE BEAM EVENT

### BALANCE BEAM DIRECTIVES

### BALANCE BEAM — X-SKILLS

### BALANCE BEAM — ELEMENTS

### FLOOR EXERCISE EVENT

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### EQUIPMENT REGULATIONS

### MAT REGULATIONS



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# PROLOGUE

## NGA TABLE OF ELEMENTS

The Table of Elements was developed for the National Gymnastics Association (NGA). Translation and copying are prohibited without prior written approval by NGA.

In case any statement contained herein conflicts with the Technical Regulations, the Technical Regulations shall take precedence.

## NGA TABLE UPDATES

Each year, the Table of Elements contents are reviewed and changes are made accordingly.

Updates are published with any minor seasonal changes and become effective August 1<sup>st</sup> of each year. A completely new Table of Elements version is published and becomes official every four years.

All Updates will be digitally published and made available upon implementation and changes made to the digital version of the Table of Elements.

All Updates will be published and made available upon implementation and changes made to the printed version of the Table of Elements.

## NGA TABLE ELEMENTS

Each skill, with various sub-elements, has been separated allowing each variation to be assigned its own number or sub-number.

## NGA TABLE ELEMENTS—WORKING DOCUMENT

The Table of Elements is a working document and will be updated regularly. Small errors, punctuation, etc. will not be clarified, but will just occur as needed.

Element symbols will continually be created and added to each element. Updates will not be clarified but added as needed.

Some elements will continue to be separated, such as an element performed in tuck, pike, or layout, which will continue to expand as needed.

Elements from all industry-wide standards have been included in the Table of Elements. If available, multiple names are included for those skills named after an athlete—matching the American and International standards.
















Some elements used by NCAA have a higher ranking; the higher ranking is used.

Any edits are welcome! As a unique-to-the-industry document, we encourage our members to participate in this living document. Click [here](#) for email correspondence regarding any NGA Manual.





# OVERALL EXPECTATIONS

<p><b>ABBREVIATIONS</b></p> <p>VER = Vertical          HOR = Horizontal          FWD = Forward          BWD= Backward          SWD = Sideward          UpWD = Upward          REL = Release          REG = Regular grip          REV = Reverse grip          L = El or dorsal grip          FHS = Front handspring          BHS = Back handspring          RO = Round off          FF = Flic-flac, BWD handspring          LO= Layout          SO = Step out          VT = Vault          UB = Uneven Bars          BM = Balance Beam          FX = Floor Exercise</p>	<p><b>DIFFICULTY VALUES</b></p> <ul style="list-style-type: none"> <li>A = 0.10</li> <li>B = 0.30</li> <li>C = 0.50</li> <li>D = +0.10</li> <li>E = +0.20</li> </ul> <p><b>BODY POSITIONS</b></p> <p> Tuck = &lt; 90° hip angle / &lt; 90° knee angle</p> <p> Pike = &lt; 90° hip angle / Ø knee angle</p> <p> Straight (Stretch/LO) = All body parts in alignment</p>	<p><b>SYMBOLS</b></p> <ul style="list-style-type: none"> <li> Cannot use VP for SR requirement</li> <li> Former B value VP</li> <li> Former C value VP</li> <li> Former D value VP</li> </ul> <p><b>STRADDLE PIKE / SIDE SPLIT = "STRADDLE"</b></p> <ul style="list-style-type: none"> <li>Same Body Shape, element names used interchangeably</li> <li>Straddle Split </li> <li>Straddle Pike </li> </ul>	<p><b>X-SKILLS BY LEVEL</b></p> <ul style="list-style-type: none"> <li>UB, BM, FX X-skills used by 1N, 2N, BN, 3N, SN</li> <li>UB X-skills used by 4N, GN</li> </ul> <p><b>HOLD REQUIREMENTS</b></p> <ul style="list-style-type: none"> <li>Elements marked with this symbol are required to hold 2 seconds </li> <li>Non-turning HS required to hold 2s (unless stated)</li> <li>Turning HS NOT required to be held</li> </ul>	<p><b>ELEMENT CATEGORIES</b></p> <ul style="list-style-type: none"> <li>100 - 400—VT</li> <li>100 - 800—UB</li> <li>100 - 900—BB</li> <li>100 - 800—FX</li> </ul> <p><b>MARK REQUIREMENTS</b></p> <ul style="list-style-type: none"> <li>Elements marked with this symbol are required to mark or stop 1 second </li> </ul>	<p><b>CHANGE/ADD/DELETE</b></p> <ul style="list-style-type: none"> <li>Pink highlighted font depicts a Change/Add/Delete in a VT or UB, BM, FX element or skill</li> <li>Each new season, highlighted changes are now standard and new changes highlighted</li> </ul> <p><b>Safety zone (collar)</b></p> <ul style="list-style-type: none"> <li>Symbol signifies vault is required to use a safety zone (collar) </li> <li>Hand placement mat is optional</li> <li>Safety zone (collar) is NOT required to be used for UB or BM mounts using a board</li> </ul>
<p><b>BODY POSITIONS</b></p> <ul style="list-style-type: none"> <li>All levels must adhere to required body positions as stated in each element description</li> <li>Body position expectations are the same for all levels</li> <li><b>Example:</b> 7N LO, 10N LO position have same straight angle expectation, same deductions if not adhering to straight position</li> </ul>	<p><b>'SAME' ELEMENTS</b></p> <ul style="list-style-type: none"> <li>Table of Elements designates each element with its own identifying number</li> <li>Elements considered to be 'same' are assigned the same number (A—102 and A—102 or A—102a and A—102a)</li> <li>Adding a 1/4 (90°) turn to an element does not make it different</li> </ul>	<p><b>'DIFFERENT' ELEMENTS</b></p> <ul style="list-style-type: none"> <li>Elements considered to be in the same family, but are different, are assigned a sub number (A-102a and A-102b)</li> <li>Example FX:             <ul style="list-style-type: none"> <li>A—501a BWO</li> <li>A—501b BWO 1-arm</li> <li>A—501c BWO, Tinsica</li> </ul> </li> </ul>	<p><b>ISOLATED OR IN SERIES</b></p> <ul style="list-style-type: none"> <li>Isolated—Elements performed separate or 'alone' and not attached to another skill</li> <li>Series—Elements performed within a group of two (2) or more elements, either directly or indirectly connected</li> </ul>	<p><b>DIRECT OR INDIRECT</b></p> <ul style="list-style-type: none"> <li>Direct—Elements performed together, back-to-back, with no other skills in-between</li> <li>Indirect—Elements performed together, not directly, but within same pass or series</li> </ul>	<p><b>TWO HANDS CONTACT REQUIRED</b></p> <ul style="list-style-type: none"> <li>All vaults (requiring repulsion) must be performed with repulsion from two hands off the vault surface</li> </ul>
<p><b>DV VALUES RECOGNITION</b></p> <ul style="list-style-type: none"> <li>To reward DV, element must be performed according to body description stated in Table of Elements</li> <li>Same element to receive DV only one time in an exercise and in chronological order</li> </ul>					<p><b>TWIST COMPLETION</b></p> <ul style="list-style-type: none"> <li>Must be completed as stated, or another vault will be recognized</li> <li>Placement of front foot on landing determines completion of twist</li> </ul>
<p><b>MAIN TABLE OF CONTENTS</b></p> <ul style="list-style-type: none"> <li>Click—Main Table of Contents </li> </ul>	<p><b>EVENT TABLE OF CONTENTS</b></p> <ul style="list-style-type: none"> <li>Click—Event Table of Contents </li> </ul>	<p><b>NGA NATIONAL WEBSITE</b></p> 	<p><b>NGA NATIONAL WOMENS DIRECTOR</b></p> <p>Bryan Neal</p>	<p><b>NGA NATIONAL WOMENS TECHNICAL DIRECTOR</b></p> <p>Donagene Jones</p>	<p><b>NGA NATIONAL WOMENS JUDGING DIRECTOR</b></p> <p>Pat Ertle</p>

# VAULT



## VAULT DIRECTIVES

### LEVEL 1N - LEVEL 7N VAULT ILLUSTRATIONS

### LEVEL PN - LEVEL 10 VAULTS

#### **1—HANDSPRING**

- [101—Handspring Ø Salto - HS on ➤ w/wo Twist off](#)
- [102—Yamashita Ø Salto - HS on ➤ Yami w/wo Twist off](#)
- [103—Handspring Ø Salto - HS w 1/4-1/2 Twist on ➤ w/wo Twist off](#)
- [104—Handspring Ø Salto - HS w 1/1 Twist on ➤ w/wo Twist off](#)
- [105—Handspring W Salto - HS on ➤ FWD Salto w/wo Twist off](#)
- [106—Handspring W Salto - HS on ➤ 1/2 Twist-BWD Salto w/wo Twist off](#)
- [107—Handspring W Salto - HS w 1/1 Twist on ➤ FWD Salto off](#)

#### **2—FWD HANDSPRING TO BOARD**

- [201—FHS-Board - HS on ➤ w/wo Twist off](#)
- [202—FHS-Board - HS on ➤ FWD Salto w/wo Twist off](#)
- [203—FHS-Board - HS on ➤ w 1/2 Twist-BWD Salto off](#)





#### **3—TSUKAHARA**

- [301—Tsukahara - Tsuk on ➤ w/wo BWD Salto w/wo Twist off](#)
- [302—Tsukahara - Tsuk on ➤ 1/2 Twist-FWD Salto w/wo Twist off](#)

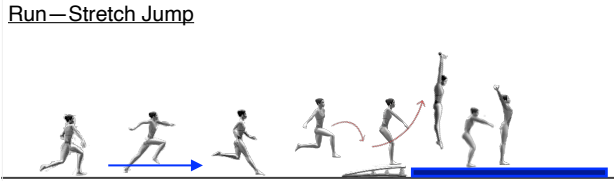
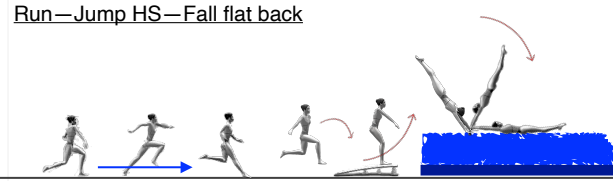
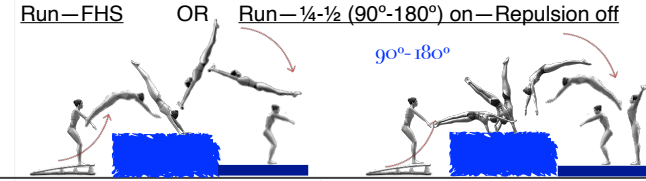
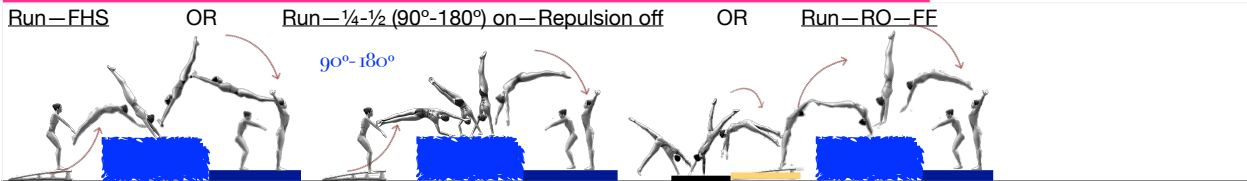
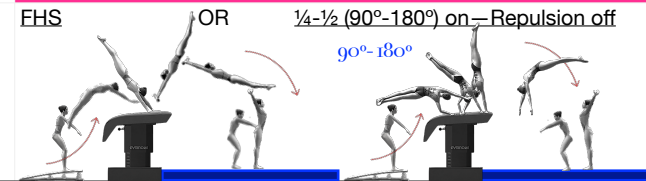
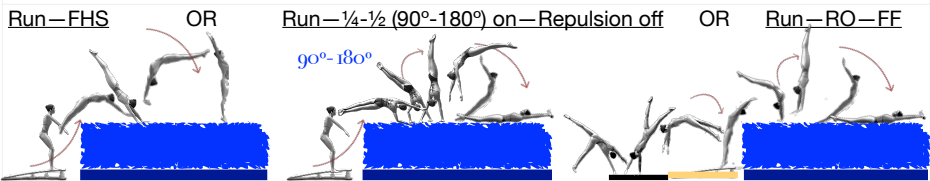
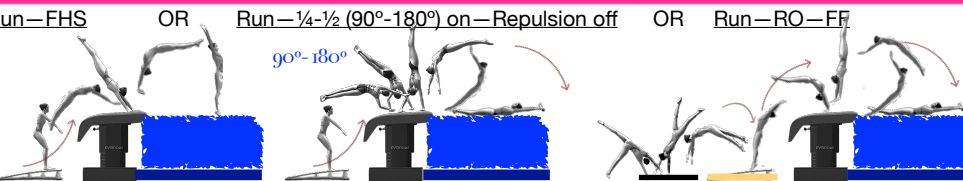
#### **4—YURCHENKO**

- [401—Yurchenko Ø Salto - RO FF on ➤ w/wo Twist off](#)
- [402—Yurchenko Ø Salto - RO FF w 1/2 Twist on ➤ w Twist off](#)
- [403—Yurchenko Ø Salto - RO FF w 1/1 Twist on ➤ w/wo Twist off](#)
- [404—Yurchenko W Salto - RO FF on ➤ BWD Salto w/wo Twist off](#)
- [405—Yurchenko W Salto - RO FF on ➤ 1/2 Twist-FWD Salto w/wo Twist off](#)
- [406—Yurchenko W Salto - RO FF w 1/2 Twist on ➤ FWD Salto w/wo Twist off](#)
- [407—Yurchenko W Salto - RO FF w 1/2 Twist on ➤ 1/2 Twist-BWD Salto off](#)
- [408—Yurchenko W Salto - RO FF w 1/1 Twist on ➤ BWD Salto w/wo Twist off](#)
- [409—Yurchenko W Salto - RO FF w 1/1 Twist on ➤ 1/2 Twist-FWD Salto off](#)

# VAULT DIRECTIVES

<p><b>ABBREVIATIONS</b></p> <p>VER = Vertical          HOR = Horizontal          FWD = Forward          BWD= Backward          UpWD = Upward          FHS = Front handspring          RO = Round off          FF = Flic-flac, BWD handspring          LO= Layout          VT = Balance Beam</p>	<p><b>BODY POSITIONS</b></p> <ul style="list-style-type: none"> <li>All levels must adhere to the required body positions as stated in each vault description</li> <li>Body position expectations are the same for all levels</li> </ul> <p><b>Example:</b> 7N LO, 10N LO position have same straight angle expectation, same deductions when not adhering to LO position</p>		<p><b>SEPARATE VAULT VALUES</b></p> <ul style="list-style-type: none"> <li>Platinum (PN)</li> <li>Level 8N</li> <li>Diamond (DN)</li> <li>Level 9N</li> <li>Level 10N</li> </ul> <p><i>L10N vault values mimic the NCAA Women's collegiate values</i></p>	<p><b>ELEMENT CATEGORIES</b></p> <ul style="list-style-type: none"> <li>101 - 107—HS / Yami</li> <li>201 - 202—FHS-Board</li> <li>301 - 302—Tsukahara</li> <li>401 - 409—Yurchenko</li> </ul>	<p><b>CHANGE / ADD / DELETE</b></p> <ul style="list-style-type: none"> <li>Pink highlighted font depicts a Change/Add/Delete in a vault</li> <li>Each new season, highlighted changes are now standard and new changes highlighted</li> </ul>
	<p><b>BODY POSITIONS</b></p> <div style="display: flex; flex-direction: column; gap: 5px;"> <div style="border: 1px solid red; padding: 2px;">  <p>Tuck = &lt; 90° hip angle / &lt; 90° knee angle</p> </div> <div style="border: 1px solid red; padding: 2px;">  <p>Pike = &lt; 90° hip angle / ∅ knee angle</p> </div> <div style="border: 1px solid red; padding: 2px;">  <p>Straight (Stretch/LO) = All body parts aligned</p> </div> </div> <p><b>NGA EXCLUSIVE</b></p> <ul style="list-style-type: none"> <li>Level 10N Vault values meet or exceed NCAA values</li> </ul>	<p><b>NCAA VAULTS NOT NGA ELIGIBLE</b></p> <p>HS On-3/1 Twist off          1/2 On-2-1/2 Twist off          1/1 On-2/1 Twist off          HS On-FWD LO 2/1 Twist off          HS On-Double FWD Tuck off          FHS/Board-FHS On-2/1 Twist off          FHS/Board-Tsuk On-BWD LO 2-1/2 Twist off          FHS/Board-Tsuk On-Double Tuck off          Tsuk On-BWD LO 2-1/2 Twist off          Tsuk Double BWD Tuck off          Yurchenko 1/1 On-2/1 Twist off          Yurchenko On-BWD LO 2-1/2 Twist off          Yurchenko On-Double Tuck off          Yurchenko 1/2 On-FWD LO 1/1 Twist off          Yurchenko 1/2 On-FWD LO 1-1/2 Twist off          Yurchenko 1-1/2 On-1/1 Twist off</p> <p><i>These vaults represent the extreme in each category and are the most difficult to master and perform safely. It is for this reason, NGA is not offering a SV, and are considered restricted for safety</i></p>	<p><b>+0.1 BONUS</b></p> <ul style="list-style-type: none"> <li>10.0 Vaults eligible for +0.10 Bonus Level 10N only—must be performed successfully, no spot/fall</li> </ul> <div style="text-align: center; color: pink; font-size: 2em;">★</div> <p><b>TWIST COMPLETION</b></p> <ul style="list-style-type: none"> <li>Must be completed as stated, or another vault will be recognized</li> <li>Placement of front foot on landing determines completion of twist</li> </ul>	<p><b>SAFETY ZONE (Collar)</b></p> <ul style="list-style-type: none"> <li>Symbol signifies vault is required to use a safety zone (collar)</li> <li>Hand placement mat is optional; only allowed for FHS/RO entry vaults</li> <li>Safety zone (collar) is NOT required to be used for UB or BM mounts using a board</li> </ul> <p><b>TWO HANDS CONTACT REQUIRED</b></p> <ul style="list-style-type: none"> <li>All vaults (requiring repulsion) must be performed with repulsion from two hands off the vault surface</li> </ul>	
<p><b>MAIN TABLE OF CONTENTS</b></p> <ul style="list-style-type: none"> <li>Click—Main Table of Contents</li> </ul> <div style="text-align: center; color: orange; font-size: 2em;">↪</div>	<p><b>EVENT TABLE OF CONTENTS</b></p> <ul style="list-style-type: none"> <li>Click—Vault Table of Contents</li> </ul> <div style="text-align: center; color: blue; font-size: 2em;">↪</div>	<p><b>NGA NATIONAL WEBSITE</b></p> <div style="text-align: center;">  </div>	<p><b>NGA NATIONAL WOMENS DIRECTOR</b></p> <p>Bryan Neal</p>	<p><b>NGA NATIONAL WOMENS TECHNICAL DIRECTOR</b></p> <p>Donagene Jones</p>	<p><b>NGA NATIONAL WOMENS JUDGING DIRECTOR</b></p>

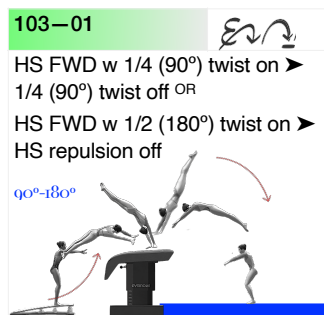
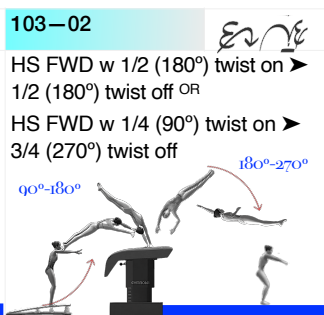
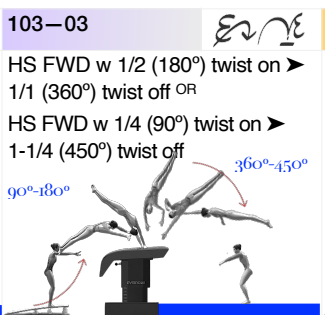
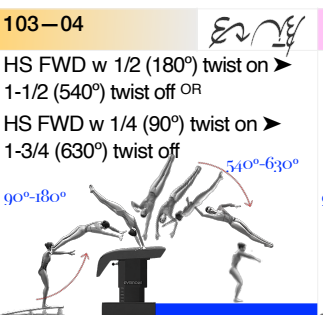
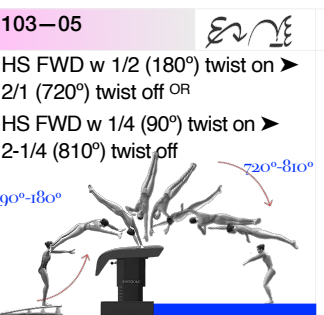
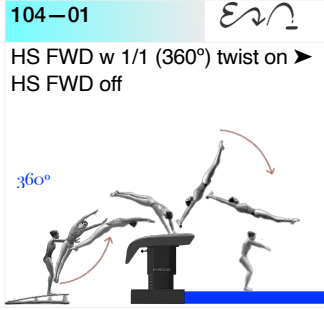
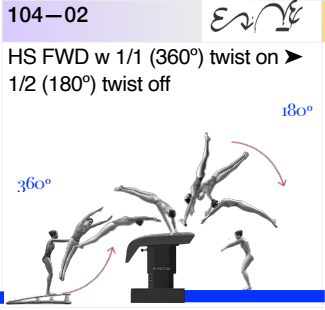
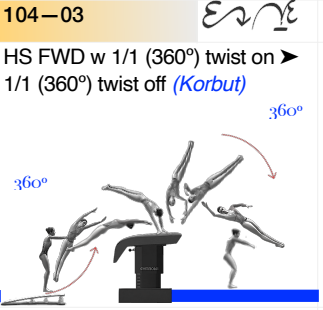
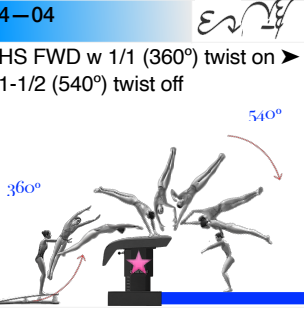
# VAULT — LEVELS 1N, 2N/BN, SN, 3N, 4N, GN, 5N, 6N, 7N

<b>1N—SV = 10.0—WU = :30s or Min 1 VT</b> Run—Stretch Jump  <p><b>Run—Stretch jump</b></p> <ul style="list-style-type: none"> <li>✓ Landing surface—Min 8in / 20cm - Max 24in / 60 cm includes CLM—Min 4in / 10cm</li> <li>✓ Alternate trampoline board allowed</li> <li>✓ Acceleration evaluated</li> <li>✓ Speed evaluated</li> <li>✓ Board lean evaluated</li> <li>✓ Landing evaluated</li> </ul>		<b>2N/BN—SV = 10.0—WU = :30s or Min 1 VT</b> SN—SV = 9.50—WU = :45s or Min 2-VT Run—Jump HS—Fall flat back  <p><b>HS Flat Back Fall</b></p> <ul style="list-style-type: none"> <li>✓ Landing surface—Min 16in / 40cm - Max 48in / 122cm—2N/BN includes CLM—Min 4in / 10cm</li> <li>✓ Alternative trampoline board allowed</li> <li>✓ 'Feet first' VOID deduction does NOT apply</li> <li>✓ Acceleration evaluated</li> <li>✓ Speed evaluated</li> <li>✓ Board lean evaluated</li> <li>✓ Landing not evaluated</li> </ul>		<b>SN—SV = 10.0—WU = :45s or Min 2-VT</b> 3N—SV = 10.0—WU = :45s or Min 2-VT Run—FHS OR Run—¼-½ (90°-180°) on—Repulsion off  <p><b>FHS</b> OR <b>Tsuk Timer</b></p> <ul style="list-style-type: none"> <li>✓ Over Resi—Min 24in / 60cm - Max 56in / 142cm</li> <li>✓ Mat stack width—Max 60in / 150cm</li> <li>✓ Alternative trampoline board allowed</li> <li>✓ Acceleration evaluated</li> <li>✓ Speed evaluated</li> <li>✓ Board lean evaluated</li> <li>✓ Landing evaluated</li> </ul>	
<b>4N—SV = 10.0—WU = 1:00m or Min 2-VT</b> Run—FHS OR Run—¼-½ (90°-180°) on—Repulsion off OR Run—RO—FF  <p><b>FHS</b> OR <b>Tsuk Timer</b> OR <b>Yurchenko Timer</b></p> <ul style="list-style-type: none"> <li>✓ Over Resi—Min 24in / 60cm - Max 56in / 142cm includes CLM—Min 4in / 10cm</li> <li>✓ Mat stack width—Max 60in / 150cm</li> <li>✓ No alternate trampoline board allowed</li> <li>✓ Speed evaluated</li> <li>✓ Landing evaluated</li> </ul>			<b>GN—SV = 10.0—WU = 1:00m or Min 2-VT</b> FHS OR ¼-½ (90°-180°) on—Repulsion off  <p><b>FHS</b> OR <b>Tsuk Timer</b></p> <ul style="list-style-type: none"> <li>✓ Over Table—Max 135 cm—Manufacturer setting</li> <li>✓ 9.5 SV—Using alternate trampoline board</li> <li>✓ Speed evaluated</li> <li>✓ Landing evaluated</li> </ul>		
<b>5N—SV = 10.0—WU = 1:00m or Min 2-VT</b> Run—FHS OR Run—¼-½ (90°-180°) on—Repulsion off OR Run—RO—FF  <p><b>FHS to Stack</b> OR <b>Tsuk Timer to Stack</b> OR <b>Yurchenko Timer to Stack</b></p> <ul style="list-style-type: none"> <li>✓ Up to Resi—Min 24in / 60cm - Max 56in / 142cm includes CLM—Min 4in / 10cm</li> <li>✓ Judging stops w/ foot touch (May miss feet and go to back)</li> <li>✓ Land stand or flat back (FHS MUST touch feet)</li> <li>✓ Speed evaluated</li> </ul>			<b>6N—SV = 10.0—WU = 1:30m or Min 3-VT</b> <b>7N—SV = 10.0—WU = 1:30m or Min 3-VT</b> Run—FHS OR Run—¼-½ (90°-180°) on—Repulsion off OR Run—RO—FF  <p><b>FHS to Stack</b> OR <b>Tsuk Timer to Stack</b> OR <b>Yurchenko Timer to Stack</b></p> <ul style="list-style-type: none"> <li>✓ Hand mat recommended</li> <li>✓ Safety zone (collar) required</li> </ul>		
<ul style="list-style-type: none"> <li>✓ Over table—Mat stack—Max 64in / 162cm behind table includes CLM—Min 4in / 10cm</li> <li>✓ Max 135 cm—Manufacturer setting</li> <li>✓ Judging stops on foot contact</li> <li>✓ Land stand or flat back (FHS MUST touch feet)</li> </ul>			<ul style="list-style-type: none"> <li>✓ Hand mat recommended</li> <li>✓ Safety zone (collar) required</li> <li>✓ Pit Pillow top allowed</li> </ul>		

# 1—HANDSPRING/YAMASHITA Ø SALTO — 101-HS FWD on ► w/wo Twist off — 102-HS FWD on ► Yamashita w/wo Twist off


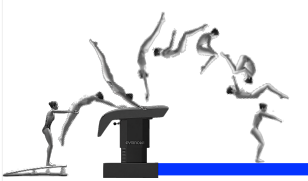



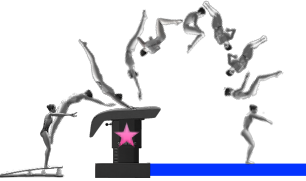

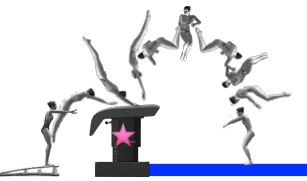

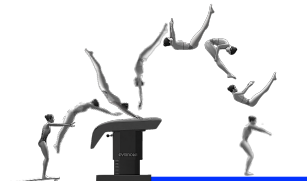

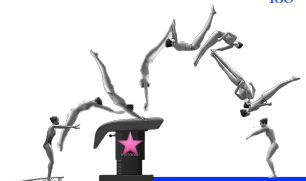










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HS FWD on ► HS repulsion off	HS FWD on ► 1/2 (180°) twist off	HS FWD on ► 1/1 (360°) twist off	HS FWD on ► 1-1/2 (540°) twist off	HS FWD on ► 2/1 (720°) twist off	HS FWD on ► 2-1/2 (900°) twist off																																																												
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**1—HANDSPRING Ø SALTO — 103-HS FWD w 1/4-1/2 twist on ▶ w/wo Twist off— 104-HS FWD w 1/1 on ▶ w/wo Twist off**

<p><b>103—01</b> </p> <p><b>1/2 On</b></p>	<p><b>103—02</b> </p> <p><b>1/2 - 1/2</b></p>	<p><b>103—03</b> </p> <p><b>Kim</b></p>	<p><b>103—04</b> </p> <p><b>1/2 - 1-1/2</b></p>	<p><b>103—05</b> </p> <p><b>Zamolodchikova</b></p>																																																			
<p><input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting</p> <table border="1" data-bbox="304 470 399 592"> <tr><td>PN</td><td>10.0</td></tr> <tr><td>8N</td><td>9.1</td></tr> <tr><td>DN</td><td>9.1</td></tr> <tr><td>9N</td><td>8.8</td></tr> <tr><td>10N</td><td>8.8</td></tr> </table>	PN	10.0	8N	9.1	DN	9.1	9N	8.8	10N	8.8	<p><input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting</p> <table border="1" data-bbox="619 470 714 592"> <tr><td>PN</td><td>10.0</td></tr> <tr><td>8N</td><td>9.4</td></tr> <tr><td>DN</td><td>9.4</td></tr> <tr><td>9N</td><td>9.0</td></tr> <tr><td>10N</td><td>9.0</td></tr> </table>	PN	10.0	8N	9.4	DN	9.4	9N	9.0	10N	9.0	<p><input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting</p> <table border="1" data-bbox="934 470 1029 592"> <tr><td>PN</td><td>10.0</td></tr> <tr><td>8N</td><td>9.6</td></tr> <tr><td>DN</td><td>9.6</td></tr> <tr><td>9N</td><td>9.2</td></tr> <tr><td>10N</td><td>9.2</td></tr> </table>	PN	10.0	8N	9.6	DN	9.6	9N	9.2	10N	9.2	<p><input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting</p> <table border="1" data-bbox="1249 470 1344 592"> <tr><td>PN</td><td>10.0</td></tr> <tr><td>8N</td><td>9.8</td></tr> <tr><td>DN</td><td>9.8</td></tr> <tr><td>9N</td><td>9.5</td></tr> <tr><td>10N</td><td>9.5</td></tr> </table>	PN	10.0	8N	9.8	DN	9.8	9N	9.5	10N	9.5	<p><input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting</p> <table border="1" data-bbox="1564 470 1659 592"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>10.0</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>9.9</td></tr> <tr><td>10N</td><td>9.9</td></tr> </table>	PN	-	8N	10.0	DN	10.0	9N	9.9	10N	9.9	
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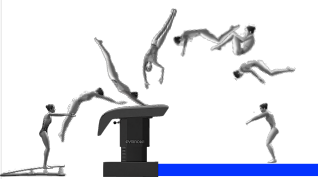
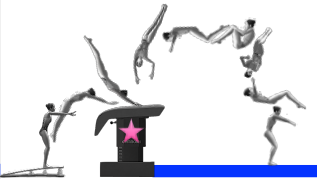
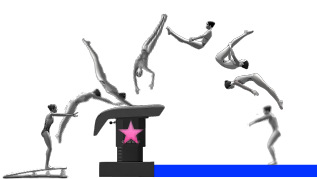
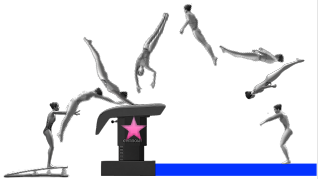



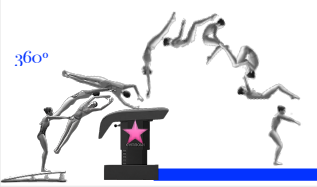
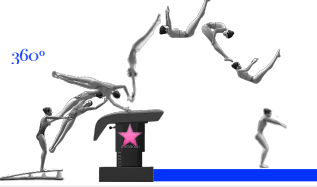
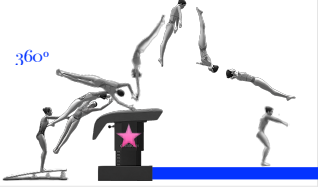


# 1—HANDSPRING W SALTO — 105-HS FWD on ► FWD Salto w/wo Twist off

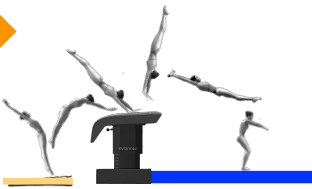
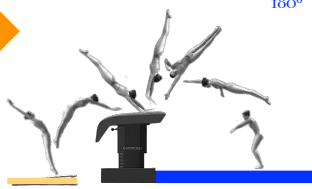
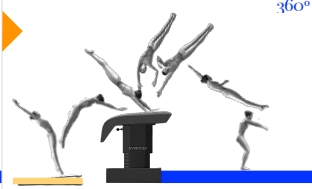

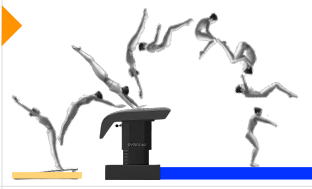
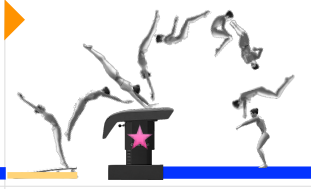
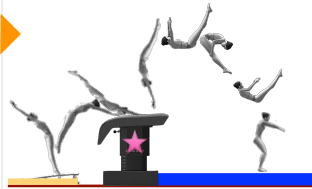
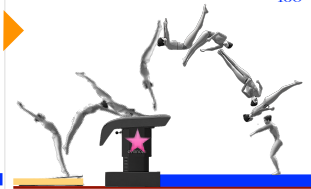
<p><b>105-01</b> </p> <p>HS FWD on ► FWD Tuck salto off</p>  <p><b>HS FWD Tuck</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Tuck = 90° hips / 90° knees</li> <li>May grab knees</li> </ul> <table border="1" data-bbox="304 479 399 592"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>10.0</td></tr> <tr><td>10N</td><td>9.8</td></tr> </table>	PN	-	8N	-	DN	10.0	9N	10.0	10N	9.8	<p><b>105-02</b> </p> <p>HS FWD on ► FWD Tuck salto w 1/2 (180°) twist off</p>  <p><b>HS FWD Tuck 1/2</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Tuck = 90° hips / 90° knees</li> <li>May grab knees</li> </ul> <table border="1" data-bbox="619 479 714 592"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>10.0</td></tr> <tr><td>10N</td><td>9.9</td></tr> </table>	PN	-	8N	-	DN	10.0	9N	10.0	10N	9.9	<p><b>105-03</b> </p> <p>HS FWD on ► FWD Tuck salto w 1/1 (360°) twist off</p>  <p><b>HS FWD Tuck 1/1</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Tuck = 90° hips / 90° knees</li> <li>May grab knees</li> </ul> <table border="1" data-bbox="934 479 1029 592"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	10.0	9N	-	10N	10.0	<p><b>105-04</b> </p> <p>HS FWD on ► FWD Tuck salto w 1-1/2 (540°) twist off</p>  <p><b>HS FWD Tuck 1-1/2</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Tuck = 90° hips / 90° knees</li> <li>May grab knees</li> </ul> <table border="1" data-bbox="1249 479 1344 592"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0		
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	<p><b>105-06</b> </p> <p>HS FWD on ► FWD Pike salto off</p>  <p><b>HS FWD Pike</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Blind landing</li> <li>Should have min. 90° hips</li> </ul> <table border="1" data-bbox="619 950 714 1063"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>10.0</td></tr> <tr><td>10N</td><td>9.9</td></tr> </table>	PN	-	8N	-	DN	10.0	9N	10.0	10N	9.9	<p><b>105-07</b> </p> <p>HS FWD on ► FWD Pike salto w 1/2 (180°) twist off</p>  <p><b>HS FWD Pike 1/2</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>1/2 turn resembles a tramp swivel hips</li> </ul> <table border="1" data-bbox="934 950 1029 1063"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p><b>105-08</b> </p> <p>HS FWD on ► FWD Pike salto w 1/1 (360°) twist off</p>  <p><b>Chusovitina Pike 1/1</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Difficult to turn w 90° hips</li> <li>Head focus delayed will look back over shoulder until late</li> </ul> <table border="1" data-bbox="1249 950 1344 1063"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0												
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		<p><b>105-09</b> </p> <p>HS FWD on ► FWD LO salto off</p>  <p><b>Ewdokimova</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Blind landing, but easier than FWD pike</li> </ul> <table border="1" data-bbox="934 1421 1029 1534"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>10.0</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	10.0	10N	10.0	<p><b>105-10</b> </p> <p>HS FWD on ► FWD LO salto w 1/2 (180°) twist off</p>  <p><b>Wang</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Considered a late twist</li> </ul> <table border="1" data-bbox="1249 1421 1344 1534"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p><b>105-11</b> </p> <p>HS FWD on ► FWD LO salto w 1/1 (360°) twist off</p>  <p><b>HS FWD LO 1/1</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Head/eye focus is delayed—will look back over shoulder until last minute</li> </ul> <table border="1" data-bbox="1564 1421 1659 1534"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p><b>105-12</b> </p> <p>HS FWD on ► FWD LO salto w 1-1/2 (540°) twist off</p>  <p><b>Chusovitina LO 1-1/2</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Twist arm pattern will vary</li> <li>Will spot landing</li> </ul> <table border="1" data-bbox="1879 1421 1974 1534"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0
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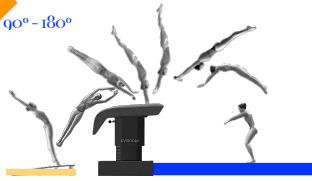
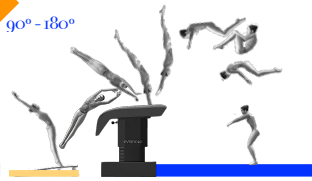
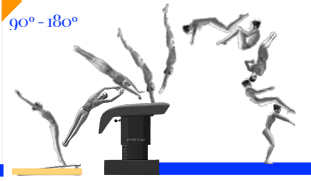
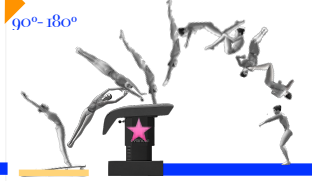
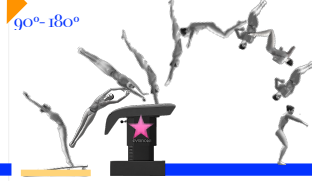

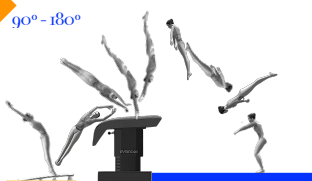




1—HANDSPRING W SALTO—106-HS FWD on ▶ 1/2 BWD Salto w/wo Twist off — 107-HS FWD w 1/1 on ▶ FWD Salto off

	106—01 	106—02 	106—03 	106—04 																																									
	<p>HS FWD on ▶ 1/2 (180°) twist BWD Tuck salto off</p> <p>180°</p> 	<p>HS FWD on ▶ 1/2 (180°) twist BWD Tuck salto w 1/2 (180°) twist off</p> <p>180° 180°</p> 	<p>HS FWD on ▶ 1/2 (180°) twist BWD Pike salto off</p> <p>180°</p> 	<p>HS FWD on ▶ 1/2 (180°) twist BWD LO salto off</p> <p>180°</p> 																																									
	<p><b>Cuervo Tuck</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Most common twist method is 1-arm drop to shorten body on one side—initiates turn</li> </ul> <table border="1" data-bbox="630 479 714 592"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>9.9</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	9.9	<p><b>Cuervo Tuck 1/2</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Will have head delay due to spotting the blind landing</li> </ul> <table border="1" data-bbox="945 479 1029 592"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p><b>Cuervo Pike</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Most common twist method is 1-arm drop to shorten body on one side—initiates turn</li> </ul> <table border="1" data-bbox="1260 479 1344 592"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p><b>Cuervo LO</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Most common twist method is 1-arm drop to shorten body on one side—initiates turn</li> </ul> <table border="1" data-bbox="1575 479 1659 592"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	
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		<p>HS FWD w 1/1 (360°) twist on ▶ HS FWD Tuck salto off</p> <p>360°</p> 	<p>HS FWD w 1/1 (360°) twist on ▶ HS FWD Pike salto off</p> <p>360°</p> 	<p>HS FWD w 1/1 (360°) twist on ▶ HS FWD LO salto off</p> <p>360°</p> 																																									
		<p><b>Davydova Tuck</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> </ul> <table border="1" data-bbox="945 950 1029 1063"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p><b>Davydova Pike</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Difficult to block a twisting pre-flight VT</li> <li>Do not expect same salto height as other VT's</li> </ul> <table border="1" data-bbox="1260 950 1344 1063"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p><b>Davydova LO</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Difficult to block a twisting pre-flight VT</li> <li>Do not expect same salto height as other VT's</li> </ul> <table border="1" data-bbox="1575 950 1659 1063"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0											
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## 2—FHS-BOARD HS—201-FHS board-HS FWD on►HS FWD w/wo Twist off—202-FHS board-HS FWD on►FWD Salto w/wo Twist off

201—01	201—02	201—03	201—04																																											
<p>FHS-Board-HS FWD on ► Repulsion off</p>  <p><b>FHS - FHS</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>9.1</td></tr> <tr><td>DN</td><td>9.1</td></tr> <tr><td>9N</td><td>9.1</td></tr> <tr><td>10N</td><td>8.9</td></tr> </table>	PN	-	8N	9.1	DN	9.1	9N	9.1	10N	8.9	<p>FHS-Board-HS FWD on ► 1/2 (180°) twist off</p>  <p><b>FHS - FHS - 1/2</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>9.3</td></tr> <tr><td>DN</td><td>9.3</td></tr> <tr><td>9N</td><td>9.1</td></tr> <tr><td>10N</td><td>9.1</td></tr> </table>	PN	-	8N	9.3	DN	9.3	9N	9.1	10N	9.1	<p>FHS-Board-HS FWD on ► 1/1 (360°) twist off</p>  <p><b>FHS - FHS - 1/1</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>9.6</td></tr> <tr><td>DN</td><td>9.6</td></tr> <tr><td>9N</td><td>9.3</td></tr> <tr><td>10N</td><td>9.3</td></tr> </table>	PN	-	8N	9.6	DN	9.6	9N	9.3	10N	9.3	<p>FHS-Board-HS FWD on ► 1-1/2 (540°) twist off</p>  <p><b>FHS - FHS - 1-1/2</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>10.0</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>9.6</td></tr> <tr><td>10N</td><td>9.6</td></tr> </table>	PN	-	8N	10.0	DN	10.0	9N	9.6	10N	9.6			
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		<p>202—01</p>  <p><b>Ing</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>10.0</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>10.0</td></tr> <tr><td>10N</td><td>9.9</td></tr> </table>	PN	-	8N	10.0	DN	10.0	9N	10.0	10N	9.9	<p>202—02</p>  <p><b>Mantle</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>10.0</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>10.0</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	10.0	DN	10.0	9N	10.0	10N	10.0																							
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		<p>202—03</p>  <p><b>Garbarino</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>10.0</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	10.0	9N	10.0	10N	10.0	<p>202—04</p>  <p><b>Whitman</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <p>☑Pike 1/2 resembles and feels like swivel hips</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0																							
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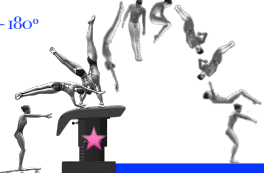





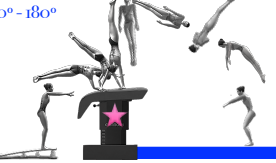
## 2—FHS-BOARD HANDSPRING — 203-HS ▶ w 1/2 Twist-BWD Salto

203—01	203—02	203—03	203—04	203—05																																																				
<p>FHS-Board-Tsukahara on ▶ Repulsion off</p>  <p>90°-180°</p>	<p>FHS-Board-Tsukahara on ▶ BWD Tuck salto off</p>  <p>90°-180°</p>	<p>FHS-Board-Tsukahara on ▶ BWD Tuck salto w 1/2 (180°) twist off</p>  <p>180° 90°-180°</p>	<p>FHS-Board-Tsukahara on ▶ BWD Tuck salto w 1/1 (360°) twist off</p>  <p>360° 90°-180°</p>	<p>FHS-Board-Tsukahara on ▶ BWD Tuck salto w 1-1/2 (540°) twist off</p>  <p>540° 90°-180°</p>																																																				
<p><b>FHS - Tsuk Timer</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>9.1</td></tr> <tr><td>DN</td><td>9.1</td></tr> <tr><td>9N</td><td>9.1</td></tr> <tr><td>10N</td><td>8.9</td></tr> </table>	PN	-	8N	9.1	DN	9.1	9N	9.1	10N	8.9	<p><b>FHS - Tsuk BWD Tuck</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>10.0</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>10.0</td></tr> <tr><td>10N</td><td>9.9</td></tr> </table>	PN	-	8N	10.0	DN	10.0	9N	10.0	10N	9.9	<p><b>Zuhilke Tuck 1/2</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>9.9</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	9.9	<p><b>Zuhilke Tuck 1/1</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p><b>Zuhilke Tuck 1-1/2</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0		
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		<p>203—06</p> <p>FHS-Board-Tsukahara on— ▶ BWD Pike salto off</p>  <p>90°-180°</p> <p><b>Zuhilke</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>9.8</td></tr> <tr><td>10N</td><td>9.7</td></tr> </table>	PN	-	8N	-	DN	10.0	9N	9.8	10N	9.7																																												
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	<p>203—07</p> <p>FHS-Board-Tsukahara on ▶ BWD LO salto off</p>  <p>90°-180°</p> <p><b>FHS - Tsuk BWD LO</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>10.0</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	10.0	9N	10.0	10N	10.0	<p>203—08</p> <p>FHS-Board-Tsukahara on ▶ BWD LO salto w 1/2 (180°) twist off</p>  <p>180° 90°-180°</p> <p><b>FHS - Tsuk BWD LO 1/2</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p>203—09</p> <p>FHS-Board-Tsukahara on ▶ BWD LO salto w 1/1 (360°) twist off</p>  <p>360° 90°-180°</p> <p><b>FHS - Tsuk BWD LO 1/1</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p>203—10</p> <p>FHS-Board-Tsukahara on ▶ BWD LO salto w 1-1/2 (540°) twist off</p>  <p>540° 90°-180°</p> <p><b>FHS - Tsuk BWD LO 1-1/2</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p>203—11</p> <p>FHS-Board-Tsukahara on ▶ BWD LO salto w 2/1 (720°) twist off</p>  <p>720° 540°</p> <p><b>FHS - Tsuk BWD LO 2/1</b></p> <p>☑Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	
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### 3—TSUKAHARA — 301-Tsuk on ▶ w/wo BWD Salto w/wo Twist off

301—01		301—02		301—03		301—04		301—05																																																					
Tsukahara on ▶ Repulsion off		Tsukahara on ▶ BWD Tuck salto off		Tsukahara on ▶ BWD Tuck salto w 1/2 (180°) twist off		Tsukahara on ▶ BWD Tuck salto w 1/1 (360°) twist off		Tsukahara on ▶ BWD Tuck salto w 1-1/2 (540°) twist off																																																					
<b>Tsuk Timer</b>		<b>Tourischeva</b>		<b>Tsuk - BWD Tuck 1/2</b>		<b>Kim</b>		<b>Tsuk - BWD Tuck 1-1/2</b>																																																					
<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting <table border="1" data-bbox="310 483 394 597"> <tr><td>PN</td><td>10.0</td></tr> <tr><td>8N</td><td>9.1</td></tr> <tr><td>DN</td><td>9.1</td></tr> <tr><td>9N</td><td>8.8</td></tr> <tr><td>10N</td><td>8.8</td></tr> </table> See 103-01 1/4-1/2 on, Repulsion off		PN	10.0	8N	9.1	DN	9.1	9N	8.8	10N	8.8	<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting <table border="1" data-bbox="625 483 709 597"> <tr><td>PN</td><td>10.0</td></tr> <tr><td>8N</td><td>10.0</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>9.6</td></tr> <tr><td>10N</td><td>9.5</td></tr> </table>		PN	10.0	8N	10.0	DN	10.0	9N	9.6	10N	9.5	<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting <input checked="" type="checkbox"/> 1/2 turn will be delayed <table border="1" data-bbox="940 483 1024 597"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>10.0</td></tr> <tr><td>10N</td><td>9.8</td></tr> </table>		PN	-	8N	-	DN	10.0	9N	10.0	10N	9.8	<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting <table border="1" data-bbox="1266 483 1350 597"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>10.0</td></tr> <tr><td>10N</td><td>9.9</td></tr> </table>		PN	-	8N	-	DN	-	9N	10.0	10N	9.9	<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting <table border="1" data-bbox="1581 483 1665 597"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>		PN	-	8N	-	DN	-	9N	-	10N	10.0		
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		Tsukahara—BWD LO		Tsukahara—BWD LO 1/2 (180°) twist		Tsukahara—BWD LO 1/1 (360°) twist		Tsukahara—BWD LO 1-1/2 (540°) twist		Tsukahara—BWD LO 2/1 (720°) twist																																																			
		<b>Tsuk - BWD LO</b>		<b>Tsuk - BWD LO 1/2</b>		<b>Kim</b>		<b>Tsuk - BWD LO 1-1/2</b>		<b>Tsuk - BWD LO 2/1</b>																																																			
		<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting <table border="1" data-bbox="625 1417 709 1531"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>10.0</td></tr> <tr><td>10N</td><td>9.8</td></tr> </table>		PN	-	8N	-	DN	10.0	9N	10.0	10N	9.8	<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting <table border="1" data-bbox="940 1417 1024 1531"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>		PN	-	8N	-	DN	-	9N	-	10N	10.0	<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting <table border="1" data-bbox="1266 1417 1350 1531"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>		PN	-	8N	-	DN	-	9N	-	10N	10.0	<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting <table border="1" data-bbox="1581 1417 1665 1531"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>		PN	-	8N	-	DN	-	9N	-	10N	10.0	<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting <table border="1" data-bbox="1896 1417 1980 1531"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>		PN	-	8N	-	DN	-	9N	-	10N	10.0
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### 3—TSUKAHARA — 302-Tsuk on ▶ 1/2 Twist-FWD Salto w/wo Twist




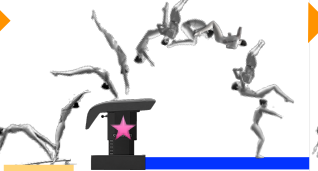

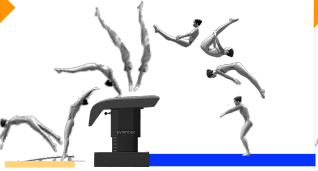

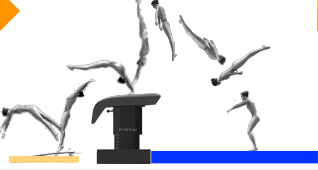
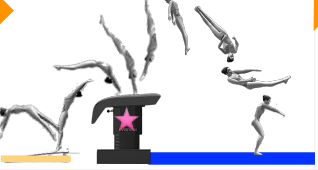
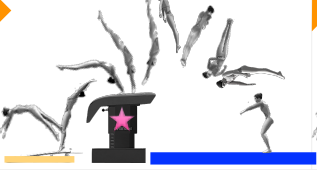


			<p>302—01 <i>エフエ</i></p>	<p>302—02 <i>エフエ</i></p>	<p>302—03 <i>エフエ</i></p>	<p>302—04 <i>エフエ</i></p>																																								
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4—YURCHENKO Ø SALTO W/WO TWIST — 401-RO-FF on ► — 402-RO-FF w 1/2 Twist on ► — 403-RO-FF w 1/1 Twist on ►

<p><b>401—01</b> </p> <p>RO-FF on ► Repulsion off</p> <p><b>Yurchenko - Timer</b></p> <p>☑ Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>10.0</td></tr> <tr><td>8N</td><td>9.1</td></tr> <tr><td>DN</td><td>9.1</td></tr> <tr><td>9N</td><td>8.8</td></tr> <tr><td>10</td><td>8.8</td></tr> </table>	PN	10.0	8N	9.1	DN	9.1	9N	8.8	10	8.8	<p><b>401—02</b> </p> <p>RO-FF on ► 1/2 (180°) twist off</p> <p>180°</p> <p><b>Yurchenko - 1/2</b></p> <p>☑ Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>10.0</td></tr> <tr><td>8N</td><td>9.5</td></tr> <tr><td>DN</td><td>9.5</td></tr> <tr><td>9N</td><td>9.0</td></tr> <tr><td>10N</td><td>9.0</td></tr> </table>	PN	10.0	8N	9.5	DN	9.5	9N	9.0	10N	9.0	<p><b>401—03</b> </p> <p>RO-FF on ► 1/1 (360°) twist off</p> <p>360°</p> <p><b>Yurchenko - 1/1</b></p> <p>☑ Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>10.0</td></tr> <tr><td>8N</td><td>9.7</td></tr> <tr><td>DN</td><td>9.7</td></tr> <tr><td>9N</td><td>9.2</td></tr> <tr><td>10N</td><td>9.2</td></tr> </table>	PN	10.0	8N	9.7	DN	9.7	9N	9.2	10N	9.2	<p><b>401—04</b> </p> <p>RO-FF on ► 1-1/2 (540°) twist off</p> <p>540°</p> <p><b>Allen</b></p> <p>☑ Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>10.0</td></tr> <tr><td>8N</td><td>10.0</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>9.5</td></tr> <tr><td>10N</td><td>9.5</td></tr> </table>	PN	10.0	8N	10.0	DN	10.0	9N	9.5	10N	9.5	<p><b>401—05</b> </p> <p>RO-FF on ► 2/1 (720°) twist off</p> <p>720°</p> <p><b>Allen 2/1</b></p> <p>☑ Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>10.0</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>9.9</td></tr> <tr><td>10N</td><td>9.9</td></tr> </table>	PN	-	8N	10.0	DN	10.0	9N	9.9	10N	9.9
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	<p><b>403—01</b> </p> <p>RO-FF w 1/1 (360°) twist on ► Repulsion off</p> <p>360°</p> <p><b>Yurchenko 1/1 - Timer</b></p> <p>☑ Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>10.0</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>9.3</td></tr> <tr><td>10N</td><td>9.3</td></tr> </table>	PN	-	8N	10.0	DN	10.0	9N	9.3	10N	9.3	<p><b>403—02</b> </p> <p>RO-FF w 1/1 (360°) twist on ► 1/2 (180°) twist off</p> <p>360°</p> <p><b>Yurchenko 1/1 - 1/2</b></p> <p>☑ Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>10.0</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>9.5</td></tr> <tr><td>10N</td><td>9.5</td></tr> </table>	PN	-	8N	10.0	DN	10.0	9N	9.5	10N	9.5	<p><b>403—03</b> </p> <p>RO-FF w 1/1 (360°) twist on ► 1/1 (360°) twist off</p> <p>360°</p> <p><b>Yurchenko 1/1 - 1/1</b></p> <p>☑ Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>10.0</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>9.7</td></tr> <tr><td>10N</td><td>9.7</td></tr> </table>	PN	-	8N	10.0	DN	10.0	9N	9.7	10N	9.7	<p><b>403—04</b> </p> <p>RO-FF w 1/1 (360°) twist on ► 1-1/2 (540°) twist off</p> <p>360°</p> <p><b>Yurchenko 1/1 - 1-1/2</b></p> <p>☑ Max 135 cm— Manufacturer setting</p> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>10.0</td></tr> <tr><td>DN</td><td>10.0</td></tr> <tr><td>9N</td><td>10.0</td></tr> <tr><td>10N</td><td>9.9</td></tr> </table>	PN	-	8N	10.0	DN	10.0	9N	10.0	10N	9.9										
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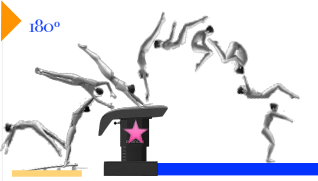
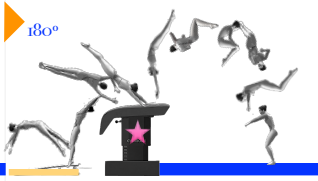
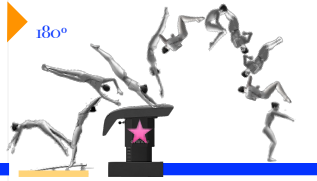
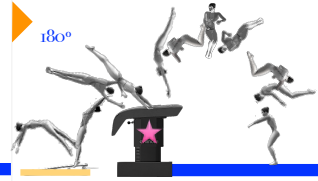
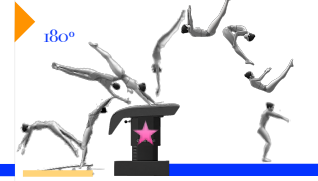
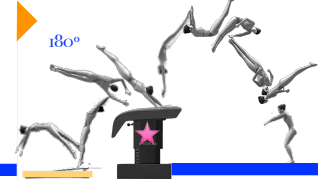
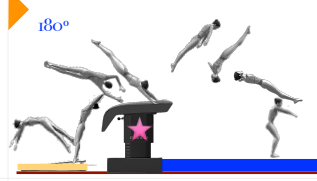
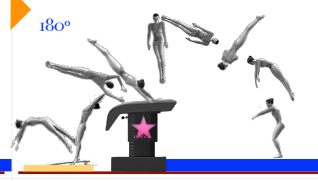
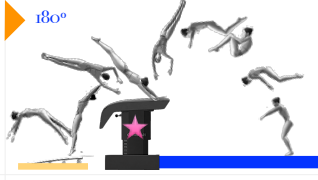
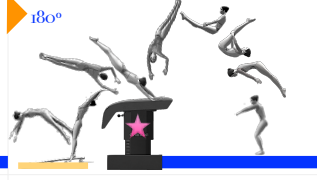
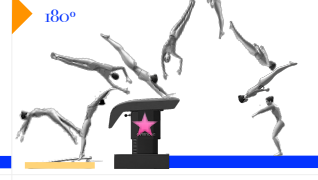
#### 4—YURCHENKO W SALTO — 404-RO-FF on ► BWD w/wo Twist off

	404—01 <i>we</i>	404—02 <i>we</i>	404—03 <i>we</i>	404—04 <i>we</i>	404—05 <i>we</i>
	RO-FF on ► BWD Tuck salto off	RO-FF on ► BWD Tuck salto w 1/2 (180°) twist off	RO-FF on ► BWD Tuck salto w 1/1 (360°) twist off	RO-FF on ► BWD Tuck salto w 1-1/2 (540°) twist off	RO-FF on ► BWD Tuck salto w 2/1 (720°) twist off
					
	<b>Yurchenko BWD Tuck</b>	<b>Yurchenko - BWD Tuck 1/2</b>	<b>Yurchenko - BWD Tuck 1/1</b>	<b>Yurchenko - BWD Tuck 1-1/2</b>	<b>Dangelova</b>
	☑Max 135 cm— Manufacturer setting	☑Max 135 cm— Manufacturer setting	☑Max 135 cm— Manufacturer setting	☑Max 135 cm— Manufacturer setting	☑Max 135 cm— Manufacturer setting
	PN 10.0 8N 10.0 DN 10.0 9N 9.6 10 9.5	PN - 8N - DN 10.0 9N 10.0 10 9.8	PN - 8N - DN 10.0 9N 10.0 10 9.9	PN - 8N - DN - 9N - 10 10.0	PN - 8N - DN - 9N - 10 10.0
		404—06 <i>we</i>	404—07 <i>we</i>		
		RO-FF on ► BWD Pike salto off	RO-FF on ► BWD Pike salto w 1/2 (180°) twist off		
					
		<b>Yurchenko - BWD Pike</b>	<b>Yurchenko - BWD Pike 1/2</b>		
		☑Max 135 cm— Manufacturer setting	☑Max 135 cm— Manufacturer setting		
		PN 10.0 8N 10.0 DN 10.0 9N 9.7 10 9.6	PN - 8N - DN 10.0 9N 10.0 10 9.9		
	404—08 <i>we</i>	404—09 <i>we</i>	404—10 <i>we</i>	404—11 <i>we</i>	404—12 <i>we</i>
	RO-FF on ► BWD LO salto off	RO-FF on ► BWD LO salto w 1/2 (180°) twist off	RO-FF on ► BWD LO salto w 1/1 (360°) twist off	RO-FF on ► BWD LO salto w 1-1/2 (540°) twist off	RO-FF on—BWD LO salto w 2/1 (720°) twist off
					
	<b>Yurchenko - BWD LO</b>	<b>Yurchenko - BWD LO 1/2</b>	<b>Yurchenko - BWD LO 1/1</b>	<b>Yurchenko - BWD LO 1-1/2</b>	<b>Baitova</b>
	☑Max 135 cm— Manufacturer setting	☑Max 135 cm— Manufacturer setting	☑Max 135 cm— Manufacturer setting	☑Max 135 cm— Manufacturer setting	☑Max 135 cm— Manufacturer setting
	PN - 8N - DN 10.0 9N 10.0 10N 9.8	PN - 8N - DN - 9N 10.0 10N 10.0	PN - 8N - DN - 9N - 10N 10.0	PN - 8N - DN - 9N - 10N 10.0	PN - 8N - DN - 9N - 10N 10.0

#### 4—YURCHENKO W SALTO — 405-RO-FF on ▶ 1/2 FWD Salto w/wo Twist off

405—01	405—02	405—03	405—04	405—05	405—06																																																												
RO-FF on ▶ 1/2 (180°) twist- FWD Tuck salto off <small>180°</small>	RO-FF on ▶ 1/2 (180°) twist- FWD Tuck salto w 1/2 (180°) twist off <small>180°</small> <small>180°</small>	RO-FF on ▶ 1/2 (180°) twist- FWD Pike salto off <small>180°</small>	RO-FF on ▶ 1/2 (180°) twist- FWD Pike salto w 1/2 (180°) twist off <small>180°</small> <small>180°</small>	RO-FF on ▶ 1/2 (180°) twist- FWD LO salto off <small>180°</small>	RO-FF on ▶ 1/2 (180°) twist- FWD LO salto w 1/2 (180°) twist off <small>180°</small> <small>180°</small>																																																												
																																																																	
<b>Yurchenko - 1/2 FWD Tuck</b>	<b>Beckman</b>	<b>Yurchenko - 1/2 FWD Pike</b>	<b>Pike Beckman</b>	<b>Hristakieva</b>	<b>Layout Beckman</b>																																																												
<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting	<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting	<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting	<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting	<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting	<input checked="" type="checkbox"/> Max 135 cm— Manufacturer setting																																																												
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## 4—YURCHENKO W SALTO — 406-RO FF w 1/2 on ► FWD Salto w/wo Twist off — 407-RO FF w 1/2 on ► 1/2 Twist-BWD Salto off

406—01	406—02	406—03	406—04	406—05	406—06																																																												
<p>RO FF w 1/2 (180°) twist on ► FWD Tuck salto off</p>  <p style="text-align: center;"><b>Ivantcheva</b></p> <p>☑ Max 135 cm—Manufacturer setting</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>10.0</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	10.0	10N	10.0	<p>RO FF w 1/2 (180°) twist on ► FWD Tuck salto w 1/2 (180°) twist off</p>  <p style="text-align: center;"><b>Servante</b></p> <p>☑ Max 135 cm—Manufacturer setting</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p>RO FF w 1/2 (180°) twist on ► FWD Tuck salto w 1/1 (360°) twist off</p>  <p style="text-align: center;"><b>Yurchenko 1/2 - FWD Tuck 1/1</b></p> <p>☑ Max 135 cm—Manufacturer setting</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p>RO FF w 1/2 (180°) twist on ► FWD Tuck salto w 1-1/2 (540°) twist off</p>  <p style="text-align: center;"><b>Khorkina</b></p> <p>☑ Max 135 cm—Manufacturer setting</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p>RO FF w 1/2 (180°) twist on— FWD Pike salto off</p>  <p style="text-align: center;"><b>Omelianchik</b></p> <p>☑ Max 135 cm—Manufacturer setting</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p>RO FF w 1/2 (180°) twist on ► FWD Pike salto w 1/2 (180°) twist off</p>  <p style="text-align: center;"><b>Podkopayeva</b></p> <p>☑ Max 135 cm—Manufacturer setting</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0
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		<p>406—07</p> <p>RO FF w 1/2 (180°) twist on ► FWD LO salto off</p>  <p style="text-align: center;"><b>Hristakieva</b></p> <p>☑ Max 135 cm—Manufacturer setting</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p>406—08</p> <p>RO FF w 1/2 (180°) twist on ► FWD LO salto w 1/2 (180°) twist off</p>  <p style="text-align: center;"><b>Lopez</b></p> <p>☑ Max 135 cm—Manufacturer setting</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0																																										
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4—YURCHENKO W SALTO — 408-RO FF w 1/1 on ► BWD Salto w/wo Twist off — 409-RO FF w 1/1 Twist on ► 1/2 FWD Salto off

<p>408—01 <i>NESE</i></p> <p>RO FF w 1/1 (360°) twist on ► BWD Tuck salto off</p>  <p><b>Luconi</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Salto may not be as dynamic as a Tsuk due to pre-flight twist</li> </ul> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p>408—02 <i>NESE</i></p> <p>RO FF w 1/1 (360°) twist on ► BWD Tuck salto w 1/2 (180°) twist off</p>  <p><b>Yurchenko 1/1 - BWD Tuck 1/2</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Salto may not be as dynamic as a Tsuk due to pre-flight twist</li> </ul> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p>408—03 <i>NESE</i></p> <p>RO FF w 1/1 (360°) twist on ► BWD Tuck salto w 1/1 (360°) twist off</p>  <p><b>Yurchenko 1/1 - BWD Tuck 1/1</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Salto may not be as dynamic as a Tsuk due to pre-flight twist</li> </ul> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p>408—04 <i>NESE</i></p> <p>RO FF w 1/1 (360°) twist on ► BWD Pike salto off</p>  <p><b>Yurchenko 1/1 - BWD Pike</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Salto may not be as dynamic as a Tsuk due to pre-flight twist</li> </ul> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p>408—05 <i>NESE</i></p> <p>RO FF w 1/1 (360°) twist on ► BWD LO salto off</p>  <p><b>Yurchenko 1/1 - BWD LO</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Salto may not be as dynamic as a Tsuk due to pre-flight twist</li> </ul> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0	<p>408—06 <i>NESE</i></p> <p>RO FF w 1/1 (360°) twist on ► BWD LO salto w 1/2 (180°) twist off</p>  <p><b>Yurchenko 1/1 - BWD LO 1/2</b></p> <ul style="list-style-type: none"> <li>Max 135 cm—Manufacturer setting</li> <li>Salto may not be as dynamic as a Tsuk due to pre-flight twist</li> </ul> <table border="1"> <tr><td>PN</td><td>-</td></tr> <tr><td>8N</td><td>-</td></tr> <tr><td>DN</td><td>-</td></tr> <tr><td>9N</td><td>-</td></tr> <tr><td>10N</td><td>10.0</td></tr> </table>	PN	-	8N	-	DN	-	9N	-	10N	10.0
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**NGA PROUDLY SUPPORTS  
NCAA MEN AND WOMEN'S  
COACHES ASSOCIATIONS**

# UNEVEN BARS



## UNEVEN BARS—DIRECTIVES

### UNEVEN BARS—ELEMENTS

#### X—X-SKILLS

##### 1—MOUNTS

- Glide Kips
- FWD Board Approach
- RO Approach

##### 2—CASTS, SWINGS, UPRISES, COUNTERSWINGS

- Casts
- Uprise
- Counterswings

##### 3—HIP CIRCLES

- BWD Hip Circles
- FWD Hip Circles

##### 4—BWD GIANTS

##### 5—FWD GIANTS

##### 6—STALDERS

- BWD Stalders
- FWD Stalders

##### 7—PIKE CIRCLES

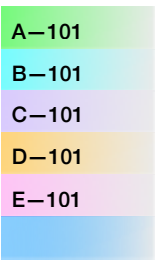


- BWD Sole Circles
- FWD Sole Circles
- BWD Pike Seat Circle
- FWD Pike Seat Circle

##### 8—DISMOUNTS

- BWD U-Swings to Stand
- BWD U-Swings FWD Salto
- BWD U-Swings 1/2 Turn BWD Salto
- FWD Long swing Single Salto w/wo Twist (Flyaway)
- FWD Long swing Double Salto w/wo Twist
- BWD Long swing Single Salto w/wo Twist (Flyaway)
- BWD Long swing Double Salto w/wo Twist
- BWD Giants Salto over HB
- BWD Uprise Straddle Cut
- BWD U-Swings to Salto
- BWD Hip Circle Hecht



## UNEVEN BARS—DIRECTIVES

ABBREVIATIONS	DIFFICULTY VALUES	SYMBOLS	X-SKILLS BY LEVEL	ELEMENT CATEGORIES	CHANGE / ADD / DELETE
<p>VER = Vertical HOR = Horizontal FWD = Forward BWD= Backward UpWD = Upward REL = Release REG = Regular grip REV = Reverse grip L = El or dorsal grip RO = Round off FF = Flic-flac, BWD handspring LO= Layout UB = Uneven Bars</p>	<p><b>DIFFICULTY VALUES</b></p> <ul style="list-style-type: none"> <li>A = 0.10</li> <li>B = 0.30</li> <li>C = 0.50</li> <li>D = +0.10</li> <li>E = +0.20</li> </ul> 	<p><b>SYMBOLS</b></p> <ul style="list-style-type: none"> <li>Cannot use VP for SR requirement</li> <li>Former B VP</li> <li>Former C VP</li> <li>Former D VP</li> <li>Conditional VP raised due to directed circumstances</li> </ul>	<p><b>X-SKILLS BY LEVEL</b></p> <ul style="list-style-type: none"> <li>UB X-skills used by 1N, 2N, BN, 3N, SN 4N, GN</li> <li>All X-skills = A VP</li> </ul>	<p><b>ELEMENT CATEGORIES</b></p> <ul style="list-style-type: none"> <li>101 - 114 —Mounts</li> <li>201 - 210—Cast, Swings</li> <li>301 - 309—Hip Circles</li> <li>401 - 409—BWD Giants</li> <li>501 - 509—FWD Giants</li> <li>601 - 610—Stalders</li> <li>701 - 718—Pike Circles</li> <li>801 - 825—Dismounts</li> </ul>	<p><b>CHANGE / ADD / DELETE</b></p> <ul style="list-style-type: none"> <li>Pink highlighted font depicts a Change/Add/Delete in a UB element or skill</li> <li>Each new season, highlighted changes are now standard and new changes highlighted</li> </ul>
<p><b>REGULAR / OVER (REG) GRIP</b></p> <ul style="list-style-type: none"> <li>Most common grip used</li> <li>Thumbs face inward</li> <li>Thumbs on top or bottom personal choice</li> <li>Knuckles face up</li> <li>Palms face down</li> <li>Elbow creases face in</li> </ul> <p>1. Most common elements are BWD circling skills, Glide kips, Swings FWD</p> <p>2. Usually used as 1st grip if in a series of grip changes</p>	<p><b>REVERSE / UNDER (REV) GRIP</b></p> <ul style="list-style-type: none"> <li>2nd most common grip used</li> <li>Thumbs face outward</li> <li>Thumbs on top or bottom, personal choice</li> <li>Knuckles face down</li> <li>Palms face up</li> <li>Elbow creases face FWD- direction of movement</li> </ul> <p>1. Most common elements are FWD circle skills</p> <p>2. Usually attained by "hop" or hand "change-change" method</p>	<p><b>MIX GRIP</b></p> <ul style="list-style-type: none"> <li>One hand in REG grip, other hand in REV grip</li> <li>Used as transition into or from another skill</li> <li>Not usually used to execute a complete skill</li> </ul> <p>1. Most common element is Giant blind change</p>	<p><b>L / EL / EAGLE GRIP</b></p> <ul style="list-style-type: none"> <li>REV grip with extra twist of arm/wrist</li> <li>Thumbs face outward</li> <li>Elbow creases face FWD</li> <li>Requires shoulder flexibility</li> <li>Wider grip than normal</li> </ul> <p>1. Commonly referred to as a Dorsal grip</p>	<p><b>CROSS GRIP</b></p> <ul style="list-style-type: none"> <li>Arms crossed at forearms</li> <li>REG grip and REG grip</li> <li>Usually results in a 1/2 turn at bottom of the swing</li> </ul> <p>1. Most commonly used to transfer a FWD Long Swing start to an element to a BWD Long Swing</p>	<p><b>CROSS MIX GRIP</b></p> <ul style="list-style-type: none"> <li>Arms crossed at forearms</li> <li>REV grip and REG grip</li> <li>Usually results in a 1/2 turn at bottom of the swing</li> </ul> <p>1. Most commonly used to transfer a FWD Long Swing start to an element to a BWD Long Swing</p> <p>2. Is an easier turn than just a Cross Grip, but have to "fight" to keep from turning too early</p>
<p><b>1/2 (180°) TURN—REV ► REG</b></p> <ul style="list-style-type: none"> <li>Turn R on L arm</li> <li>Turn w back</li> <li>Pivot arm remains on bar</li> </ul> <p><b>1/2 (180°) TURN—REG ► REV</b></p> <ul style="list-style-type: none"> <li>Turn L on R arm</li> <li>Turn w stomach</li> <li>Pivot arm remains on bar</li> </ul> <p>1. Most common is transfer from one direction of Long Swing to another, i.e., BWD Giant 1/2 (REG grip) turn in HS to FWD Giant (REV grip)</p>	<p><b>HOP REV ► REG GRIP</b></p> <ul style="list-style-type: none"> <li>Easiest from a circle element</li> <li>Use shoulders and bar bend</li> <li>Thumbs out to thumbs in</li> <li>Palms up to palms down</li> </ul> <p><b>HOP REG ► REV GRIP</b></p> <ul style="list-style-type: none"> <li>Easiest from a circle element</li> <li>Use shoulders and bar bend</li> <li>Thumbs in to thumbs out</li> <li>Palms down to palms up</li> </ul> <p>1. Most common is upgrade grip change VP with Hop to another grip</p>	<p><b>HIGGINS ROLL TECHNIQUE</b></p> <ul style="list-style-type: none"> <li>Execute 1/2 turn upon leaving HS position</li> <li>If L hand remains on bar, turn is to R</li> <li>L hand is now in L grip, R hand finishes L grip or mix L grip</li> </ul> <p>1. Resembles 1/2 pirouette, except base hand does not move</p> <p>2. Front giant type skill usually follows Higgins roll</p>	<p><b>HEALY TURN TECHNIQUE</b></p> <ul style="list-style-type: none"> <li>Execute 1/1 turn on 1-arm after HS position</li> <li>Starts like Higgins, but continues pivoting on 1-arm</li> </ul> <p>1. If prior skill finishes in REV grip, no need to change hand prior to starting Healy</p> <p>2. Should be completed w/in 30°</p>	<p><b>HIP CIRCLE / HECHTS</b></p> <ul style="list-style-type: none"> <li>Hip circle <ul style="list-style-type: none"> <li>BWD, FWD with hip support</li> </ul> </li> <li>Hip circle hecht <ul style="list-style-type: none"> <li>BWD hip circle with hecht-action 'pop' from pike to straight by using opening of body and quick push of hips from the bar</li> </ul> </li> <li>Free Hip circle hecht <ul style="list-style-type: none"> <li>BWD hip circle with no-hands at the end prior to 'pop' off bar</li> </ul> </li> </ul>	<p><b>LARGE CIRCLE ELEMENTS</b></p> <ul style="list-style-type: none"> <li>BWD Giants <ul style="list-style-type: none"> <li>W/wo reaching HS</li> </ul> </li> <li>FWD Giants <ul style="list-style-type: none"> <li>W/wo reaching HS</li> </ul> </li> </ul> <p><b>IN-BAR CIRCLE ELEMENTS</b></p> <ul style="list-style-type: none"> <li>Clear hip circle</li> <li>Stalder circle</li> <li>Clear Pike Seat circle</li> <li>Pike Sole circle</li> </ul> <p>1. With or without reaching handstand</p>
<p><b>1/2 (180°) TURN—CHANGE-CHANGE</b></p> <ul style="list-style-type: none"> <li>Turn L</li> <li>Change L REG to REV</li> <li>Post on L arm</li> <li>Pivot 1/2 turn on L arm</li> <li>Regrasp R REG grip</li> </ul>	<p><b>1-1/2 (540°) TURN—CHANGE-CHANGE</b></p> <ul style="list-style-type: none"> <li>Turn L</li> <li>Change L REG to REV</li> <li>Post on L arm</li> <li>Pivot 1/2 turn on L arm</li> <li>Regrasp R REG grip</li> <li>1st turn normally on way up to HS</li> </ul>	<p><b>LEG SWING MOVEMENTS</b></p> <ul style="list-style-type: none"> <li>Squat, Straddle, Stoop on</li> <li>Squat, Straddle, Stoop thru</li> <li>Leg cut FWD</li> <li>Leg cut BWD</li> </ul>	<p><b>GRIP CHANGE / REGRASP</b></p> <ul style="list-style-type: none"> <li>With small flight phase</li> <li>With large flight phase (LB-HB)</li> <li>With hop (usually to REV grip)</li> <li>REV grip (when necessary)</li> <li>To L-grip/Mix L-grip</li> </ul>	<p><b>CASTS</b></p> <ul style="list-style-type: none"> <li>Cast BWD w/wo end in HS</li> <li>Cast HS <ul style="list-style-type: none"> <li>REL hop change to REV grip in HS</li> <li>REV grip REL, hop to L-grip in HS</li> </ul> </li> <li>Uprise to support or HS</li> </ul>	
<p><b>MAIN TABLE OF CONTENTS</b></p> <ul style="list-style-type: none"> <li>Click to return to Main Table of Contents</li> </ul> 	<p><b>EVENT TABLE OF CONTENTS</b></p> <ul style="list-style-type: none"> <li>Click to return to Uneven Bars Table of Contents</li> </ul> 	<p><b>NGA NATIONAL WEBSITE</b></p> 	<p><b>NGA NATIONAL WOMENS DIRECTOR</b></p> <p>Bryan Neal</p>	<p><b>NGA NATIONAL WOMENS TECHNICAL DIRECTOR</b></p> <p>Donagene Jones</p>	<p><b>NGA NATIONAL WOMENS JUDGING DIRECTOR</b></p> <p>Pat Ergle</p>

# UNEVEN BARS X SKILLS



## 1—MOUNTS

- 101—Jump—Front support
- 102—Pullover—1-2 feet; also w run
- 103—Glide Swing—Stand
- 104—Single-leg jam—From glide/run
- 105—Run out—Glide kip

## 2—CASTS, SWINGS, UPRISES, COUNTER SWINGS

- 201—Cast—Hips leave bar
- 202—Long hang pullover—From swing
- 203—Tap swing—Counterswing
- 204—Cast—Shoot through
- 205—FWD Single-leg cut
- 206—BWD Single-leg cut

## 3—HIP CIRCLES

- 301—FWD Hip circle—Bent knees

## 4—BWD GIANTS

- 401—LB—BWD Baby Giant—Pullover

## 7—PIKE CIRCLES

701—FWD—Stride circle

702—BWD—Stride circle

703—Single-leg—BWD basket swing—Clear support

704—Single leg—Bent—Knee swing

705—BWD Pike Seat drop (Peach)

## 8—DISMOUNTS

801a—LB—Clear hip Underswing

801b—Pike sole Underswing

801c—Stalder Underswing

802—Tap swing—1/2 turn

803—Cast off—Stand

804—3/4 FWD circle—Stand

805—Squat on—Jump down



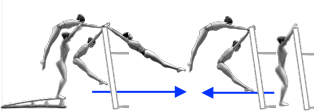


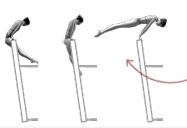
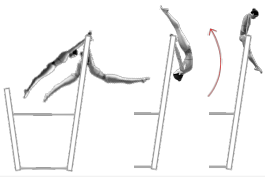
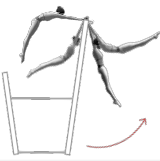

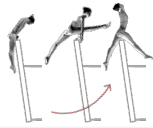
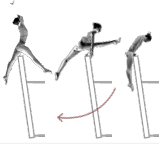
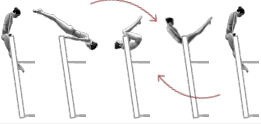
806—3/4 BWD Seat circle—Stand



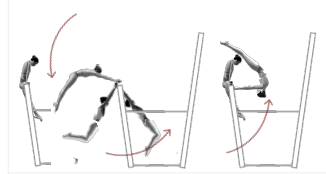
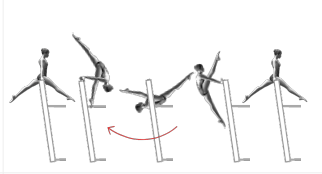
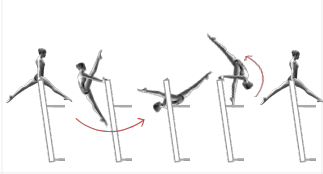
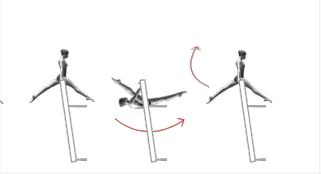
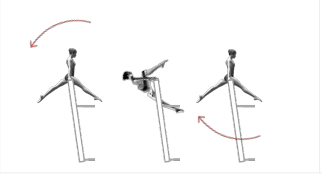
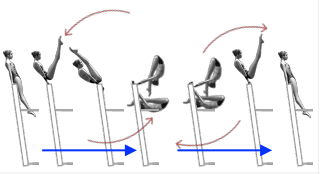
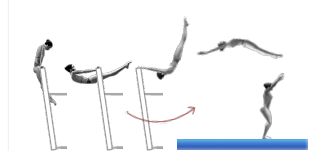
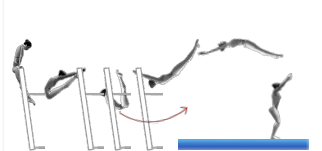
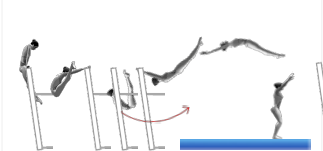
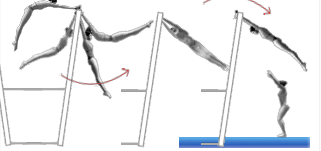

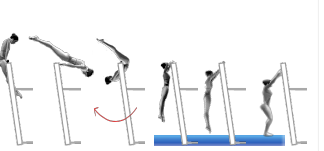
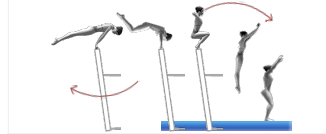

X	X-SKILLS
1	<b><u>MOUNTS</u></b>
2	<b><u>CASTS, SWINGS, UPRISES, COUNTERSWINGS</u></b>
3	<b><u>HIP CIRCLES</u></b>
4	<b><u>BWD GIANTS</u></b>
5	<b><u>FWD GIANTS</u></b>
6	<b><u>STALDERS</u></b>
7	<b><u>PIKE CIRCLES</u></b>
8	<b><u>DISMOUNTS</u></b>



## UNEVEN BARS X-SKILLS

<p><b>X-101</b></p>	<p><b>X-102</b></p>	<p><b>X-103</b></p>	<p><b>X-104</b></p>	<p><b>X-105</b></p>	
<p>Jump—Front support</p> 	<p>Pullover— 1 - 2 feet; also w run</p> 	<p>Glide swing—Stand</p> 	<p>Single-leg jam— From glide/run</p> 	<p>Run out—Glide kip</p> 	
<p><b>Front support</b></p> <ol style="list-style-type: none"> <li>1. From stand—grasp LB</li> <li>2. Jump—Front support w straight arms</li> <li>3. NO double jump off board/mount apparatus</li> <li>4. Board must be removed after mounted</li> </ol>	<p><b>Pullover</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Jump / Lift feet off surface</li> <li>3. Chin up (no resting on bar)</li> <li>4. Pull feet to inverted, legs straight</li> <li>5. Thru inverted to front support</li> <li>6. Board must be removed after mounted</li> </ol>	<p><b>Glide swing</b></p> <ol style="list-style-type: none"> <li>1. From hollow hang LB</li> <li>2. Glide FWD—Full extension</li> <li>3. Glide BWD to return to mat surface</li> <li>4. Board must be removed immediately upon leaving surface</li> </ol>	<p><b>Single leg jam</b></p> <ol style="list-style-type: none"> <li>1. From hollow hang LB</li> <li>2. Glide FWD—Full extension</li> <li>3. Bring both feet to bar, deep pike</li> <li>4. One leg jams between arms</li> <li>5. Kip up in split position</li> <li>6. Finish in stride support</li> </ol>	<p><b>Run out kip</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Hollow hang LB</li> <li>3. Glide run FWD</li> <li>4. Quick feet to bar</li> <li>5. Pull bar DWN legs—Sit up</li> <li>6. Finish feet in front—Lean for cast</li> </ol>	
<p><b>X-201</b></p>	<p><b>X-202</b></p>	<p><b>X-203</b></p>	<p><b>X-204</b></p>	<p><b>X-205</b></p>	<p><b>X-206</b></p>
<p>Cast—Hips leave bar</p> 	<p>Long hang pullover—From swing</p> 	<p>Tap swing—Counterswing</p> 	<p>Cast—Single-leg shoot through</p> 	<p>FWD Single-leg cut</p> 	<p>BWD Single-leg cut</p> 
<p><b>Cast</b></p> <ol style="list-style-type: none"> <li>1. From front support</li> <li>2. Lean—Swing legs in front—Pike</li> <li>3. Quickly kick legs/heels BWD</li> <li>4. Push DWN on bar, arms straight</li> <li>5. Hips leave bar</li> <li>6. Body in hollow at top of BWD swing</li> </ol>	<p><b>Swing—Long hang pullover</b></p> <ol style="list-style-type: none"> <li>1. Back to LB</li> <li>2. Swing FWD, tap swing FWD</li> <li>3. Pull toes to inverted position</li> <li>4. Continue circle toes over bar</li> <li>5. Arrive in front support</li> </ol>	<p><b>Tap swing</b></p> <ol style="list-style-type: none"> <li>1. From hollow hang HB</li> <li>2. Swing FWD DWN between bars</li> <li>3. Tap swing—toes FWD driving</li> <li>4. Hollow-Arch-Hollow swing action</li> </ol>	<p><b>Cast—Shoot thru</b></p> <ol style="list-style-type: none"> <li>1. From front support</li> <li>2. Cast, legs straight</li> <li>3. Push bar DWN</li> <li>4. Tuck one leg to chest, shoot thru</li> <li>5. Arrive in wide clear stride position</li> </ol>	<p><b>Single leg cut</b></p> <ol style="list-style-type: none"> <li>1. From front support</li> <li>2. Keep tension in back of body</li> <li>3. Lean weight over one (1) hand</li> <li>4. Lift other hand—Cut leg FWD/BWD</li> <li>5. Arrive in clear stride (FWD cut)</li> <li>6. Arrive front support (BWD cut)</li> </ol>	<p><b>Single leg cut</b></p> <ol style="list-style-type: none"> <li>1. From front support</li> <li>2. Keep tension in back of body</li> <li>3. Lean weight over one (1) hand</li> <li>4. Lift other hand—Cut leg FWD/BWD</li> <li>5. Arrive in clear stride (FWD cut)</li> <li>6. Arrive front support (BWD cut)</li> </ol>
<p><b>X-301</b></p>					
<p>FWD Hip circle—Bent knees</p> 					
<p><b>FWD Hip circle —bent legs</b></p> <ol style="list-style-type: none"> <li>1. From Front support—REG grip</li> <li>2. Fall straight body past HOR</li> <li>3. Bend knees to shorten radius</li> <li>4. Open to pike position</li> <li>5. Finish Front support</li> </ol>					

# UNEVEN BARS X-SKILLS

<p><b>X—401</b></p>	<p><b>X—701</b></p>	<p><b>X—702</b></p>	<p><b>X—703</b></p>	<p><b>X—704</b></p>	<p><b>X—705</b></p>
<p>LB—BWD Baby Giant—Pullover</p>	<p>FWD—Stride circle</p>	<p>BWD—Stride Circle</p>	<p>Single-leg—BWD basket swing—Clear support</p>	<p>Single leg—Bent—Knee swing</p>	<p>BWD Pike Seat drop (Peach)</p>
					
<p><b>Baby Giant</b></p> <ol style="list-style-type: none"> <li>1. From hang LB—REG grip</li> <li>2. Giant bent-leg circle swing under LB</li> <li>3. Continue circle up &amp; over LB</li> <li>4. Finish Front support</li> </ol>	<p><b>FWD Stride circle</b></p> <ol style="list-style-type: none"> <li>1. From stride position, under grip</li> <li>2. Lift up off bar to wide split</li> <li>3. Step FWD, drive back heel over head</li> <li>4. Keep split thru bottom</li> <li>5. Shift hands late</li> <li>6. Arrive on top of bar in clear stride</li> </ol>	<p><b>BWD Stride circle</b></p> <ol style="list-style-type: none"> <li>1. From stride position, over grip</li> <li>2. Lift up off bar to wide split</li> <li>3. Drive shoulder BWD (not head)</li> <li>4. Keep split thru bottom</li> <li>5. Shift hands late</li> <li>6. Arrive on top of bar in clear stride</li> </ol>	<p><b>1-Leg Basket swing</b></p> <ol style="list-style-type: none"> <li>1. From stride position, over grip</li> <li>2. Lift up off bar to wide split</li> <li>3. Drop shoulders BWD</li> <li>4. Pull bar down back of front leg</li> <li>5. Swing back up, pull bar back up leg</li> <li>6. Arrive on top of bar in clear stride</li> </ol>	<p><b>Knee swing</b></p> <ol style="list-style-type: none"> <li>1. From Stride position—REG grip</li> <li>2. Fall back</li> <li>3. Simultaneously bend front leg</li> <li>4. Swing BWD</li> <li>5. Reverse, swing FWD</li> <li>6. Finish Stride position</li> </ol>	<p><b>Peach basket</b></p> <ol style="list-style-type: none"> <li>1. From rear support—REG grip</li> <li>2. Lift toes to V-sit</li> <li>3. Fall back into compressed pike</li> <li>4. Swing BWD</li> <li>5. Reverse swing FWD thru V-sit</li> <li>6. Finish Rear support</li> </ol>
<p><b>X—801a</b></p>	<p><b>X—801b</b></p>	<p><b>X—801c</b></p>	<p><b>X—802</b></p>	<p><b>X—803</b></p>	<p><b>X—804</b></p>
<p>LB—Clear Hip underswing BWD—End facing out/in</p>	<p>LB—Pike Sole underswing BWD—End facing out/in (Together/Straddle)</p>	<p>LB—Stalder underswing BWD—End facing out/in— (Pike/Straddle)</p>	<p>FWD Tap swing—1/2 turn—End facing HB</p>	<p>Cast off—Stand—End facing LB</p>	<p>3/4 FWD Hip circle—Stand—End facing LB</p>
					
<p><b>BWD Clear hip U-swing</b></p> <ol style="list-style-type: none"> <li>1. Body/hips off bar—REG grip</li> <li>2. Execute BWD Clear Hip underswing</li> <li>3. Release bar</li> <li>4. Arrive in stand</li> </ol> <p><i>Cast before not required</i></p>	<p><b>BWD Pike sole U-swing</b></p> <ol style="list-style-type: none"> <li>1. Feet on bar—REG grip</li> <li>2. Execute BWD Pike Sole underswing</li> <li>3. Release bar</li> <li>4. Arrive in stand</li> </ol> <p><i>Cast before not required</i></p>	<p><b>BWD Stalder U-swing</b></p> <ol style="list-style-type: none"> <li>1. Feet off bar—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Release bar</li> <li>4. Arrive in stand</li> </ol> <p><i>Cast before not required</i></p>	<p><b>Tap swing—1/2</b></p> <ol style="list-style-type: none"> <li>1. From hollow hang HB</li> <li>2. Tap swing FWD</li> <li>3. At top of swing, turn feet first</li> <li>4. Simultaneously, release one (1) hand</li> <li>5. Complete 1/2 turn, touch/grasp bar</li> <li>6. Release bar—Drop to stand</li> </ol>	<p><b>Cast off</b></p> <ol style="list-style-type: none"> <li>1. From front support LB</li> <li>2. Cast—Push bar away</li> <li>3. Release bar after height is reached</li> <li>4. Arrive in stand</li> </ol>	<p><b>3/4 FWD Hip circle</b></p> <ol style="list-style-type: none"> <li>1. From front support LB, over grip</li> <li>2. Fall FWD w straight line—Past 45°</li> <li>3. Drive shoulders under bar—Small pike</li> <li>4. Shoulders to bar level—Body close</li> <li>5. Push VER body away from bar—</li> <li>6. Drop to stand</li> </ol>
<p><b>X—805</b></p>	<p><b>X—806</b></p>				
<p>Squat on—Jump down—End facing out</p>	<p>LB—Straddle/Pike sit—Lift legs off bar—3/4 BWD Seat circle—REL to stand</p>				
					
<p><b>Squat on—Jump down</b></p> <ol style="list-style-type: none"> <li>1. From clear position</li> <li>2. Push bar DWN</li> <li>3. Tuck knees to chest</li> <li>4. Squat on bar</li> <li>5. Jump DWN off bar to stand</li> </ol>	<p><b>3/4 BWD Seat circle to stand</b></p> <ol style="list-style-type: none"> <li>1. From straddle/pike seat position—LB</li> <li>2. Lift legs off bar</li> <li>3. Rotate 3/4 BWD</li> <li>4. Release bar to stand</li> </ol> <p><i>*1N, 2N restricted element</i></p>				

# UNEVEN BARS



## 1 – MOUNTS

### Glide Kips

- [101 – Glide Kip w/wo Turn](#)
- [102 – Glide Kip Stoop in](#)
- [103 – 1/2 Turn Glide Kip LB ➤ HB](#)
- [104 – Glide Kip w REV Back Kip](#)
- [105 – Glide Kip LB ➤ HB w/wo Turn](#)
- [106 – Glide Kip Stoop in LB ➤ HB w/wo Turn](#)

### FWD Board Approach


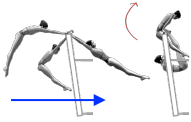

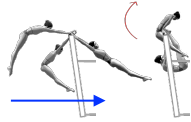

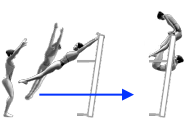

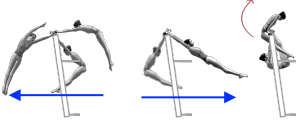

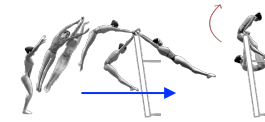





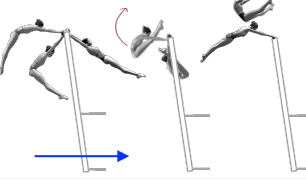
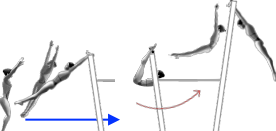
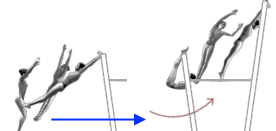
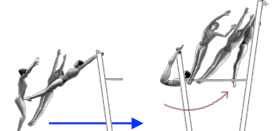
- [107 – Board Jump ➤ HB](#)
- [108 – Board Jump over LB ➤ HB](#)
- [109 – Board Jump FWD Saltos](#)
- [110 – Board Jump Bent Hip HS ➤ LB](#)
- [111 – Board Jump EXT Body HS ➤ LB](#)
- [112 – Board Jump ➤ Hang HB](#)

### RO Approach

- [113 – RO Board ➤ LB](#)
- [114 – RO Board over LB](#)

<b>X</b>	<b>X-SKILLS</b>
<b>1</b>	<b>MOUNTS</b>
<b>2</b>	<b>CASTS, SWINGS, UPRISES, COUNTERSWINGS</b>
<b>3</b>	<b>HIP CIRCLES</b>
<b>4</b>	<b>BWD GIANTS</b>
<b>5</b>	<b>FWD GIANTS</b>
<b>6</b>	<b>STALDERS</b>
<b>7</b>	<b>PIKE CIRCLES</b>
<b>8</b>	<b>DISMOUNTS</b>

# UB—1-MOUNTS — 101-Glide Kip w/wo Turn — 102-Glide Kip Stoop In — 103-1/2 turn Glide Kip LB ► HB


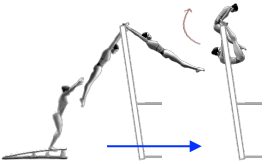

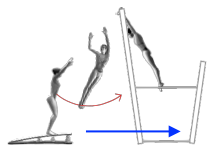

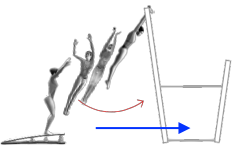

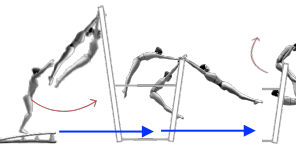

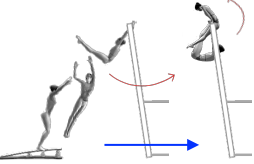

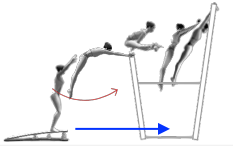

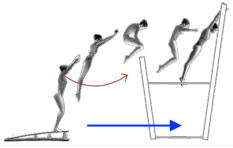

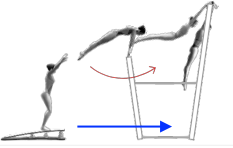

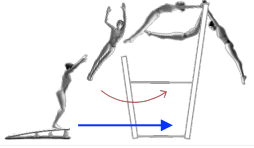
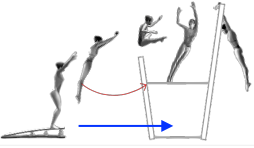

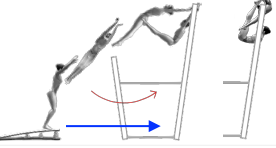
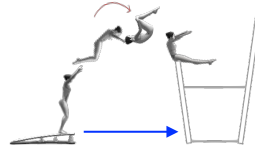
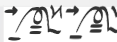
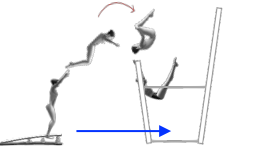

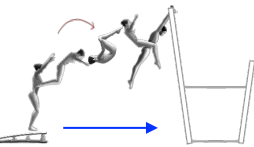

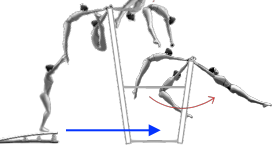

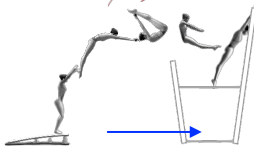
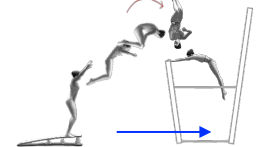
<p><b>A—101a</b> </p> <p>Glide kip LB—Front support LB—REG grip</p>  <p><b>Glide kip in REG grip</b></p> <ol style="list-style-type: none"> <li>1. From hang LB</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Quick feet to bar—Pull bar DWN legs</li> <li>4. End feet in front—Lean FWD</li> <li>5. Finish Front support</li> </ol>	<p><b>A—101c</b> </p> <p>Glide kip LB—Front support LB—REV grip</p>  <p><b>Glide kip in REV grip</b></p> <ol style="list-style-type: none"> <li>1. From hang LB</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Quick feet to bar—Pull bar DWN legs</li> <li>4. End feet in front—Lean FWD</li> <li>5. Finish Front support</li> </ol>	<p><b>A—101c</b> </p> <p>Jump 1/2 turn LB—Kip—Front support LB</p> <p>180°</p>  <p><b>1/2—Glide kip</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Jump 1/2 turn</li> <li>3. Hollow hang LB</li> <li>4. Quick feet to bar</li> <li>5. End feet in front—Lean FWD</li> <li>6. Finish Front support</li> </ol>	<p><b>A—101d</b> </p> <p>Glide LB—1/2 turn—Glide Kip—Front support LB</p> <p>180°</p>  <p><b>Glide—1/2—Glide kip</b></p> <ol style="list-style-type: none"> <li>1. From hang</li> <li>2. Glide FWD—Swing 1/2 turn</li> <li>3. Glide FWD—Straddle/Pike—Stretch</li> <li>4. Quick feet to bar</li> <li>5. End feet in front—Lean FWD</li> <li>6. Finish Front support</li> </ol>	<p><b>B—101</b> </p> <p>Jump 1/1 turn LB—Kip—Front support LB</p> <p>360°</p>  <p><b>1/1—Glide kip</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Jump 1/1 turn</li> <li>3. Glide FWD—Straddle/Pike—Stretch</li> <li>4. Quick feet to bar</li> <li>5. End feet in front—Lean FWD</li> <li>6. Finish Front support</li> </ol>	
<p><b>A—102</b> </p> <p>Glide LB <sup>OR</sup> Swing FWD HB—Stoop thru—BWD kip—Rear support same bar</p>  <p><b>Glide Stoop thru</b></p> <ol style="list-style-type: none"> <li>1. From hang LB <sup>OR</sup> Swing FWD HB</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Quick feet to bar—Stoop thru</li> <li>4. Pull bar DWN back of legs (back kip)</li> <li>5. Finish Rear support</li> </ol>	<p><b>B—102a</b> </p> <p>Jump 1/2 turn—Stoop thru—BWD kip—Rear support LB—(on thighs)</p> <p>180°</p>  <p><b>1/2—Glide Stoop thru</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Jump 1/2 turn</li> <li>3. Grasp LB</li> <li>4. Quick feet to bar—Stoop thru</li> <li>5. Pull bar DWN back of legs (back kip)</li> <li>6. Finish hang HB</li> </ol>	<p><b>B—102b</b> <sup>RELEASE Bar-Bar</sup> </p> <p>Glide LB <sup>OR</sup> Swing FWD HB—Stoop thru—BWD kip—Straddle Cut—Hang same bar</p>  <p><b>Straddle cut</b></p> <ol style="list-style-type: none"> <li>1. From hang</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Quick feet to bar—Stoop thru</li> <li>4. Straddle cut legs outwards</li> <li>5. Regrasp bar</li> <li>6. Hang same bar</li> </ol>			
<p><b>B—103a</b></p> <p>Jump 1/2 turn LB—Kip—Grip change—Hang HB</p> <p>180°</p>  <p><b>1/2—Glide kip—Catch</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Jump 1/2 turn</li> <li>3. Hollow hang LB</li> <li>4. Quick feet to bar—Pull bar DWN legs</li> <li>5. Grip change to HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>B—103b</b></p> <p>Jump 1/2 turn LB—Kip—Grip change—1/2 turn—Hang HB</p> <p>180° 180°</p>  <p><b>1/2—Glide kip—1/2 Catch</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Jump 1/2 turn</li> <li>3. Hollow hang LB</li> <li>4. Quick feet to bar—Pull bar DWN legs</li> <li>5. Grip change 1/2 turn to HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>C—103</b> <sup>FLIGHT LB-HB</sup></p> <p>Jump 1/2 turn LB—Glide kip—Grip change—1/1 turn—Hang HB</p> <p>180° 360°</p>  <p><b>1/2—Glide kip—1/1 Catch</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Jump 1/2 turn—legs together</li> <li>3. Hollow hang LB</li> <li>4. Quick feet to bar—Pull bar DWN legs</li> <li>5. Grip change 1/1 turn to HB</li> <li>6. Finish hang HB</li> </ol>			

**UB—1-MOUNTS — 104-Glide Kip w REV Back Kip — 105-Glide Kip LB ► HB w/wo Turn — 106-Glide Kip Stoop in LB ► HB**


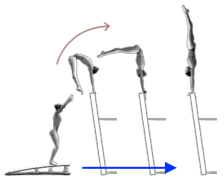

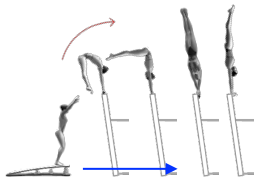

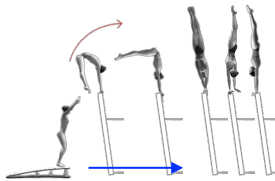

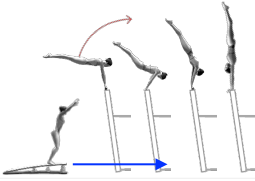
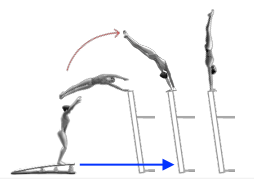

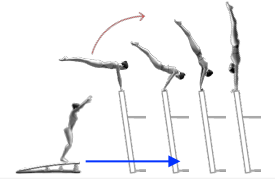

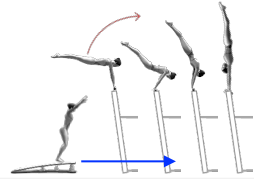
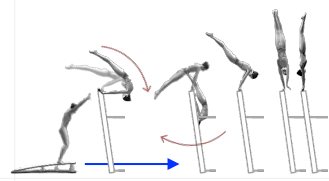

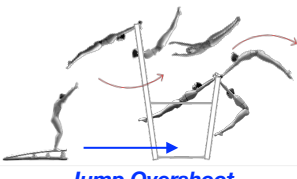



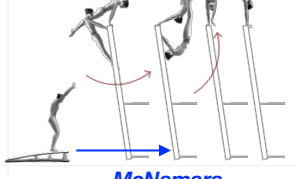
<p><b>B—104a</b> </p> <p>Glide LB <sup>OR</sup> Swing FWD HB— Stoop thru—REV back kip (BWD Pike Seat circle)—Rear support</p>  <p><b>Glide—REV kip</b></p> <ol style="list-style-type: none"> <li>1. From hang</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Quick feet to bar—Stoop thru</li> <li>4. Reverse back kip up</li> <li>5. BWD Pike Seat circle</li> <li>6. Finish Rear support</li> </ol>	<p><b>B—104b</b> </p> <p>Glide LB—Stoop thru—REV back kip—BWD pike seat swing —Grip change—Hang HB</p>  <p><b>Glide—REV kip—Catch</b></p> <ol style="list-style-type: none"> <li>1. From hang LB</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Stoop thru—Reverse back kip up</li> <li>4. BWD Pike Seat swing</li> <li>5. Grip change to HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>C—104</b> <small>FLIGHT LB-HB</small></p> <p>HB—Glide LB <sup>OR</sup> Swing FWD— Stoop thru—REV back kip— BWD Pike seat swing—Grip change—1/1 turn—Hang HB</p>  <p><b>Glide—REV kip—1/1 Catch</b></p> <ol style="list-style-type: none"> <li>1. From hang LB</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Stoop thru—Reverse back kip up</li> <li>4. BWD Pike Seat swing</li> <li>5. Grip change 1/1 turn to HB</li> <li>6. Finish hang HB</li> </ol>			
<p><b>B—105a</b> <small>FLIGHT LB-HB</small></p> <p>Glide kip LB—Grip change— Hang HB</p>  <p><b>Glide kip—Catch</b></p> <ol style="list-style-type: none"> <li>1. From hang LB</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Quick feet to bar—Pull bar DWN leg</li> <li>4. Grip change to HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>B—105b</b> <small>FLIGHT LB-HB</small></p> <p>Glide kip LB—Grip change—1/2 turn—Hang HB</p>  <p><b>Glide kip—1/2 Catch</b></p> <ol style="list-style-type: none"> <li>1. From hang LB</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Quick feet to bar—Pull bar DWN leg</li> <li>4. Grip change 1/2 turn to HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>C—105a</b> <small>RELEASE LB-HB</small></p> <p>Glide kip LB—Grip change—1/1 turn—Hang HB</p>  <p><b>Glide kip—1/1 Catch</b></p> <ol style="list-style-type: none"> <li>1. From hang LB</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Quick feet to bar—Pull bar DWN leg</li> <li>4. Grip change 1/1 turn to HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>C—105b</b> <small>RELEASE LB-HB</small></p> <p>Jump 1/1 turn LB—Kip—Grip change—Hang HB</p>  <p><b>1/1—Kip—Catch</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Jump 1/1 turn—Hollow hang LB</li> <li>3. Glide FWD—Straddle/Pike—Stretch</li> <li>4. Quick feet to bar—Pull bar DWN legs</li> <li>5. Grip change to HB</li> <li>6. Finish hang HB</li> </ol>		
<p><b>A—106a</b> </p> <p>Glide LB—Stoop thru—BWD kip —Brief sit HB</p>  <p><b>Glide—Stoop thru</b></p> <ol style="list-style-type: none"> <li>1. From hang LB</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Quick feet to bar—Stoop thru</li> <li>4. Pull bar DWN back of legs (back kip)</li> <li>5. Grip change to HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>A—106b</b></p> <p>Glide LB—Stoop thru—BWD kip —Grip change—Hang HB</p>  <p><b>Glide—Stoop thru—Catch</b></p> <ol style="list-style-type: none"> <li>1. From hang LB</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Quick feet to bar—Stoop thru</li> <li>4. Pull bar DWN back of legs (back kip)</li> <li>5. Grip change to HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>A—106c</b></p> <p>Glide LB—Stoop thru—BWD kip —Grip change—1/2 turn—Hang HB</p>  <p><b>Glide—Stoop thru—1/2 Catch</b></p> <ol style="list-style-type: none"> <li>1. From hang LB</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Quick feet to bar—Stoop thru</li> <li>4. Pull bar DWN back of legs (back kip)</li> <li>5. Grip change 1/2 turn to HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>B—106</b> <small>FLIGHT LB-HB</small></p> <p>Glide LB—Stoop thru—BWD kip —Thru Clear Rear support— Grip change—1/2 turn—Hang HB</p>  <p><b>Glide—Clear Stoop—1/2 Catch</b></p> <ol style="list-style-type: none"> <li>1. From hang LB</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Quick feet to bar—Stoop thru</li> <li>4. Clear rear support</li> <li>5. Grip change 1/2 turn to HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>C—106a</b></p> <p>Glide LB—Stoop thru—BWD kip —Over bar—Grip change—1/1 turn—Hang HB</p>  <p><b>Glide—Stoop—1/1 Catch</b></p> <ol style="list-style-type: none"> <li>1. From hang HB</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Quick feet to bar—Stoop thru</li> <li>4. Over bar</li> <li>5. 1/1 (360°) turn—Grip change to HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>C—106b</b> <small>FLIGHT LB-HB</small></p> <p>Glide LB—Stoop thru—BWD kip —Straddle Cut—Grip change— Hang HB</p>  <p><b>Glide—Stoop—Cut</b></p> <ol style="list-style-type: none"> <li>1. From hang HB</li> <li>2. Glide FWD—Straddle/Pike—Stretch</li> <li>3. Quick feet to bar—Stoop thru</li> <li>4. Straddle cut legs outwards</li> <li>5. Grip change to HB</li> <li>6. Finish hang HB</li> </ol>







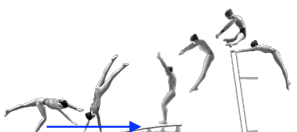
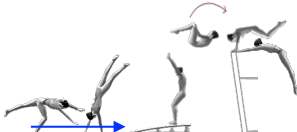


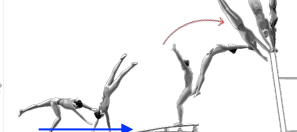




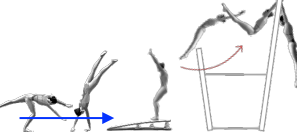
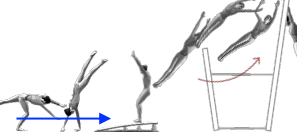

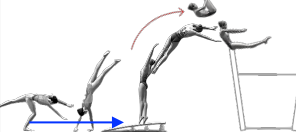
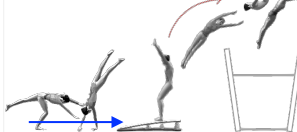
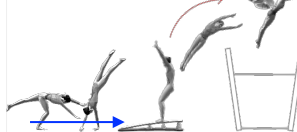
**UB-1-MOUNTS — 107-FWD Board Jump ▶ Hang HB — 108-FWD Board Jump Over LB ▶ HB — 109-FWD Board Saltos**

<p><b>A-107a</b> </p> <p>Jump brief hang HB—Glide kip —Front support HB—REG <sup>OR</sup> REV grip</p>  <p><b>HB Kip</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Hollow hang HB</li> <li>3. Glide FWD—Straddle/Pike—Stretch</li> <li>4. Quick feet to bar—Pull bar DWN leg</li> <li>5. End feet in front—Lean FWD</li> <li>6. Finish Front support</li> </ol>	<p><b>A-107b</b> </p> <p>Jump 1/2 turn HB—Hang HB</p>  <p><b>1/2—HB hang</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Execute 1/2 turn—Legs together</li> <li>3. Grasp HB</li> <li>4. Finish hang HB</li> </ol>	<p><b>A-107c</b> </p> <p>Jump 1/1 turn HB—Hang HB</p>  <p><b>1/1—HB hang</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Execute 1/1 turn—Legs together</li> <li>3. Grasp HB</li> <li>4. Finish hang HB</li> </ol>	<p><b>A-107d</b> </p> <p>Jump brief hang HB—Grip change—Hang LB—Glide kip—Front support LB</p>  <p><b>HB—Drop LB kip</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Hang HB—Immediate grip change LB</li> <li>3. Glide FWD—Straddle/Pike—Stretch</li> <li>4. Quick feet to bar—Pull bar DWN leg</li> <li>5. End feet in front—Lean FWD</li> <li>6. Finish Front support</li> </ol>	<p><b>B-107</b> </p> <p>Jump 1/2 turn HB—Kip—Front support HB</p>  <p><b>1/2—HB kip</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Execute 1/2 turn—Hollow hang HB</li> <li>3. Quick feet to bar—Pull bar DWN leg</li> <li>4. End feet in front—Lean FWD</li> <li>5. Finish Front support</li> </ol>	
<p><b>A-108</b> </p> <p>Tuck/Straddle jump—Over LB—Hand repulsion—Hang HB</p>  <p><b>Jump over LB</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Hand repulsion</li> <li>3. Execute Tuck/straddle vault over LB</li> <li>4. Grasp HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>B-108a</b> </p> <p>Free Tuck/Straddle jump—Over LB—Hang HB</p>  <p><b>Free jump over LB</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. No hand repulsion</li> <li>3. Execute Free Tuck vault over LB</li> <li>4. Grasp HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>B-108b</b> </p> <p>Hecht jump—Over LB—Hand repulsion—Hang HB</p>  <p><b>Hecht over LB</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. No hand repulsion</li> <li>3. Execute Hecht Straight jump</li> <li>4. Legs together</li> <li>5. Grip change to HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>B-108c</b> </p> <p>Free jump—1/2 turn—Over LB—Hang HB</p>  <p><b>Free 1/2 over LB—Hang</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. No hand repulsion</li> <li>3. Execute 1/2 turn over LB</li> <li>4. Grasp HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>C-108a</b></p> <p>Free Straddle jump—Over LB—1/2 turn—Hang HB—L-grip</p>  <p><b>Free Straddle 1/2 over LB</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. No hand repulsion</li> <li>3. Execute Free Straddle vault over LB</li> <li>4. Free 1/2 turn</li> <li>5. Grasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>C-108b</b> </p> <p>Free jump—1/2 turn—Over LB—Kip HB</p>  <p><b>Free 1/2 over LB—Kip</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Execute 1/2 turn over LB</li> <li>3. Grasp HB</li> <li>4. Quick feet to bar—Pull bar DWN leg</li> <li>5. End feet in front—Lean FWD</li> <li>6. Finish Front support</li> </ol>
<p><b>C-109a</b></p> <p>Salto FWD—Tuck/Pike/Straddle—To LB—Brief sit LB</p>  <p><b>FWD Salto sit LB</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Execute Salto FWD tuck</li> <li>3. To LB sit</li> <li>4. Finish sit LB</li> </ol>	<p><b>C-109b</b> </p> <p>Salto FWD—Tuck/Pike/Straddle—Over LB—L-hang LB</p>  <p><b>FWD Salto over LB—'L' hang</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. No hand repulsion</li> <li>3. Execute Salto FWD tuck</li> <li>4. Over LB</li> <li>5. Grasp LB REV/Mix grip</li> <li>6. Finish 'L' hang LB</li> </ol>	<p><b>C-109c</b> </p> <p>Face HB—FWD Salto—Tuck—Hang HB</p>  <p><b>FWD Salto—Hang HB</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Execute FWD Salto tuck</li> <li>3. Grasp HB</li> <li>4. Finish hang HB</li> </ol>	<p><b>C-109d</b> </p> <p>Jump brief hang HB—BWD salto roll—Straddle/Tuck—Grip change—Hang LB</p>  <p><b>Salto roll HB—LB</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Grasp HB—Swing FWD</li> <li>3. Execute Salto straddle roll</li> <li>4. Release HB—Grasp LB</li> <li>5. Finish hang LB</li> </ol>	<p><b>D-109a</b> </p> <p>Salto FWD—Free Tuck/Pike—Over LB—Hang HB (no touching LB)</p>  <p><b>FWD Salto over LB</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. No hand repulsion</li> <li>3. Execute Free Salto FWD tuck/pike over LB</li> <li>4. Grasp HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>D-109b</b></p> <p>Salto FWD—Tuck 1/2 turn—Over LB—Hang LB</p>  <p><b>FWD Salto 1/2 over LB</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. No hand repulsion</li> <li>3. Execute Salto FWD tuck 1/2 turn over LB</li> <li>4. Grasp LB</li> <li>5. Finish hang LB</li> </ol>

**UB—1-BOARD MOUNTS — 110-Bent HS ▶ LB — 111-EXT Body-HS ▶ LB — 112-HB ▶ Clear support**

<p><b>B—110</b> </p> <p>Jump HS LB—Hips bent-EXT</p>  <p><b>Jump bent hip HS</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Grasp LB</li> <li>3. Execute HS on LB</li> <li>4. Hips bent—extended</li> <li>5. Finish HS LB</li> </ol>	<p><b>C—110</b> </p> <p>Jump HS LB—Hips bent-EXT— 1/2 turn—In HS <span style="color: blue;">180°</span></p>  <p><b>Jump bent hip HS 1/2</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Grasp LB</li> <li>3. Execute HS on LB</li> <li>4. Hips bent—extended</li> <li>5. 1/2 turn in HS</li> <li>6. Finish HS LB</li> </ol>	<p><b>D—110</b> </p> <p>Jump HS LB—Hips bent- Straddle—1/1 turn—In HS <span style="color: blue;">360°</span></p>  <p><b>Jump bent hip HS 1/1</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Grasp LB</li> <li>3. Execute HS on LB</li> <li>4. Hips bent—extended</li> <li>5. 1/1 turn in HS</li> <li>6. Finish HS LB</li> </ol>				
<p><b>D—111a</b> </p> <p>Jump—EXT body—HS LB</p>  <p><b>Jump straight HS</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Grasp LB</li> <li>3. Execute HS on LB</li> <li>4. Hips extended</li> <li>5. Finish HS LB</li> </ol> <p>Note: Shoulder angle allowed</p>	<p><b>D—111b</b></p> <p>Jump—1/2 turn—EXT body— HS LB <span style="color: blue;">180°</span></p>  <p><b>Jump 1/2 straight HS</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Grasp LB</li> <li>3. Execute 1/2 turn to LB HS</li> <li>4. Hips extended</li> <li>5. Finish HS LB</li> </ol>	<p><b>D—111c</b> </p> <p>Jump—EXT body—HS LB—1/2 turn—In HS <span style="color: blue;">180°</span></p>  <p><b>Jump straight HS 1/2</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Grasp LB</li> <li>3. Execute HS on LB</li> <li>4. Hips extended</li> <li>5. Finish HS LB</li> </ol> <p>Note: Shoulder angle allowed</p>	<p><b>D—111d</b> </p> <p>Jump—EXT body—HS LB—1/1 turn in HS</p>  <p><b>Jump straight HS 1/1</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Grasp LB</li> <li>3. Execute HS on LB</li> <li>4. Hips extended</li> <li>5. Finish HS LB</li> </ol> <p>Note: Shoulder angle allowed</p>	<p><b>D—111e</b></p> <p>Jump clear support LB—REV grip—FWD Clear hip circle—HS —1/2 turn—In HS (Gamer) <span style="color: blue;">180°</span></p>  <p><b>Weiler kip HS 1/2</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Grasp LB—REV grip—Clear support</li> <li>3. Execute FWD Clear hip circle (Weiler kip)</li> <li>4. Execute 1/2 turn in HS</li> <li>5. Finish HS LB</li> </ol>		
<p><b>B—112</b> </p> <p>Jump hang HB—U-swing 1/2 turn—Flight—Over LB—Glide LB <span style="color: blue;">180°</span></p>  <p><b>Jump Overshoot</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Grasp HB in hang</li> <li>3. Execute U-swing</li> <li>4. Release HB</li> <li>5. Execute 1/2 turn—Flight over LB</li> <li>6. Finish Glide LB</li> </ol>	<p><b>C—112</b> </p> <p>Jump clear support HB—REV/ REG/Mix grip—BWD Clear hip circle—HS HB <span style="color: blue;">180°</span></p>  <p><b>Jump Clear hip HS</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Grasp HB—Clear support</li> <li>3. Any grip</li> <li>4. Execute Clear hip circle—HS</li> <li>5. Finish HS HB</li> </ol>	<p><b>D—112</b> </p> <p>Jump clear support HB—REV/ REG/Mix grip—BWD Clear hip circle—1/2 turn—In HS HB <span style="color: blue;">180°</span> (McNamara)</p>  <p><b>McNamara</b></p> <ol style="list-style-type: none"> <li>1. Jump from board</li> <li>2. Grasp HB—Clear support</li> <li>3. Any grip</li> <li>4. Execute Clear hip circle—HS</li> <li>5. Execute 1/2 turn in HS</li> <li>6. Finish HS HB</li> </ol>				

**UB—1-MOUNTS — 113-RO ▶ LB — 114-RO over LB**

<p><b>B—113</b> </p>	<p><b>D—113a</b> </p>	<p><b>D—113b</b> </p>	<p><b>E—113a</b> </p>	<p><b>E—113b</b></p>	
<p>RO—Flight BWD—Straddle—Over LB—Clear Straddle Hang LB</p>	<p>RO—Salto BWD—Tuck—Over LB—Hang LB</p>	<p>RO—FF—Thru HS LB (Gonzalez)</p>	<p>RO—FF—1/1 twist—Clear support LB</p>	<p>RO—FF—1/1 twist—Thru HS LB</p>	
					
<p><b>RO—Straddle over &gt; LB</b></p> <ol style="list-style-type: none"> <li>1. From RO off board</li> <li>2. Flight BWD over LB</li> <li>3. Legs Straddle</li> <li>4. Grasp LB</li> <li>5. Finish Clear straddle support hang</li> </ol>	<p><b>RO—BWD Tuck over LB</b></p> <ol style="list-style-type: none"> <li>1. From RO off board</li> <li>2. Execute Salto BWD tuck—Over LB</li> <li>3. Grasp LB</li> <li>4. Finish hang LB</li> </ol>	<p><b>RO—FF HS</b></p> <ol style="list-style-type: none"> <li>1. From RO off board</li> <li>2. Execute FF</li> <li>3. Thru HS</li> <li>4. Finish Clear support LB</li> </ol>	<p><b>RO—FF 1/1—Clear support</b></p> <ol style="list-style-type: none"> <li>1. From RO off board</li> <li>2. Execute FF</li> <li>3. 1/1 twist thru HS</li> <li>4. Finish Clear support LB</li> </ol>	<p><b>RO—FF 1/1 HS</b></p> <ol style="list-style-type: none"> <li>1. From RO off board</li> <li>2. Execute FF</li> <li>3. 1/1 twist in HS</li> <li>4. Finish HS LB</li> </ol>	
<p><b>C—114</b> </p>	<p><b>D—114a</b> </p>	<p><b>D—114b</b></p>	<p><b>D—114c</b></p>	<p><b>E—114a</b> </p>	<p><b>E—114b</b> </p>
<p>RO—Flight —Straddle/Together—Over LB—Hang HB</p>	<p>RO—Flight BWD—Over LB—1/1 turn—Hang HB</p>	<p>RO—ARB Salto—Tuck—Brief sit LB</p>	<p>RO—ARB Salto—Pike—Brief sit LB</p>	<p>RO—ARB Salto—Tuck—Over LB—Hang HB</p>	<p>RO—ARB Salto—Pike—Over LB—Hang HB</p>
					
<p><b>RO—Straddle over to HB</b></p> <ol style="list-style-type: none"> <li>1. From RO off board</li> <li>2. Flight BWD over LB</li> <li>3. Legs Straddle/Together</li> <li>4. Grasp HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>RO—1/1 over to HB</b></p> <ol style="list-style-type: none"> <li>1. From RO off board</li> <li>2. Flight BWD over LB</li> <li>3. Execute 1/1 turn—Body Straight</li> <li>4. Grasp HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>RO—Tuck Arabian sit LB</b></p> <ol style="list-style-type: none"> <li>1. From RO off board</li> <li>2. Execute Arabian Salto tuck</li> <li>3. Brief sit LB—May grasp LB on sit</li> <li>4. Finish sit LB</li> </ol>	<p><b>RO—Pike Arabian sit LB</b></p> <ol style="list-style-type: none"> <li>1. From RO off board</li> <li>2. Execute Arabian Salto tuck</li> <li>3. Brief sit LB—May grasp LB on sit</li> <li>4. Finish sit LB</li> </ol>	<p><b>RO—Arabian Tuck over LB</b></p> <ol style="list-style-type: none"> <li>1. From RO off board</li> <li>2. Execute Arabian Salto tuck</li> <li>3. Over LB</li> <li>4. Grasp HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>RO—Arabian Pike over LB</b></p> <ol style="list-style-type: none"> <li>1. From RO off board</li> <li>2. Execute Arabian Salto pike</li> <li>3. Over LB</li> <li>4. Grasp HB</li> <li>5. Finish hang HB</li> </ol>

# UNEVEN BARS



## 2—CASTS, SWINGS, UPRISES, COUNTERSWINGS

### Casts

[201—Cast, Cast HS](#)

[202—Cast HS w Turn](#)

[203—Cast HS Turn ▶ L or Mix L-grip](#)

[204—Cast to Feet or Over Bar](#)

[205—Cast Release w/wo FWD Salto](#)

### Uprises

[206—FWD Long Swing 1/2 Turn Uprise](#)

[207—FWD Long Swing Uprise HS w/wo Turn](#)

### Counterswings

[208—BWD Counterswing Release Ø Salto](#)

[209—BWD Counterswing Release FWD Salto](#)


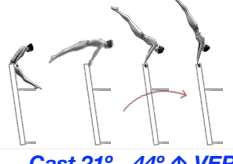
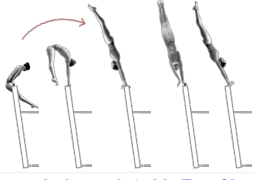
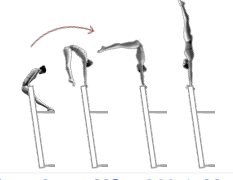
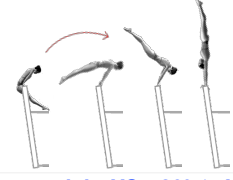
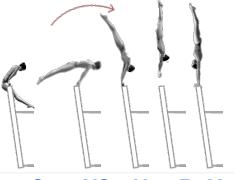

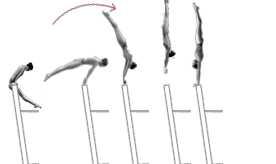
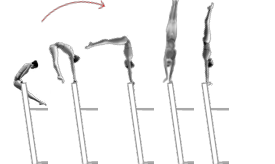
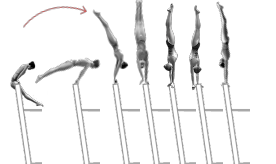
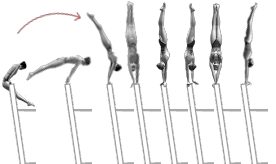

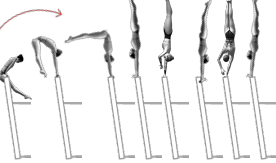
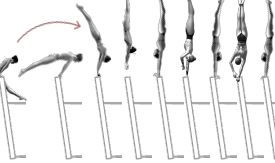
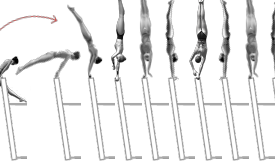
[210—FWD Swing ▶ BWD Uprise](#)



B—208b—Straddle Back = C if followed by D/F RFI


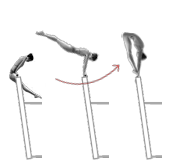


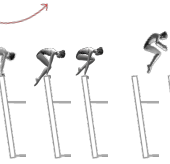
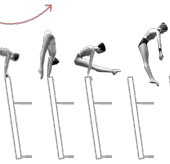

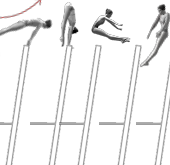

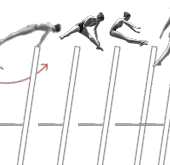





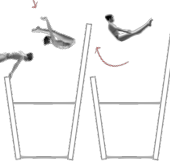

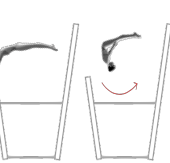


<b>X</b>	<b><u>X-SKILLS</u></b>
<b>1</b>	<b><u>MOUNTS</u></b>
<b>2</b>	<b>CASTS, SWINGS, UPRISES, COUNTERSWINGS</b>
<b>3</b>	<b><u>HIP CIRCLES</u></b>
<b>4</b>	<b><u>BWD GIANTS</u></b>
<b>5</b>	<b><u>FWD GIANTS</u></b>
<b>6</b>	<b><u>STALDERS</u></b>
<b>7</b>	<b><u>PIKE CIRCLES</u></b>
<b>8</b>	<b><u>DISMOUNTS</u></b>

# UB—2-CASTS & SWINGS — 201-Cast, Cast HS — 202-Cast HS w Turn — 203-Cast HS Turn ▶ L or Mix L-grip

<p><b>A—201a</b></p> <p>Cast—0° - 45° above HOR</p>  <p><b>Cast 0°—45° ↑ HOR</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast 0° - 45° ▶ HOR</li> <li>3. Legs straddle/together</li> <li>4. Hips bent/extended</li> <li>5. Finish 0°-45° above HOR, any grip</li> </ol>	<p><b>A—201b</b></p> <p>Cast—21° - 44° from VER</p>  <p><b>Cast 21°—44° ↑ VER</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast 21° - 44° from VER</li> <li>3. Legs straddle/together</li> <li>4. Hips bent/extended</li> <li>5. Finish 21°-44° from VER, any grip</li> </ol>	<p><b>A—201c</b></p> <p>Cast—21° - 45° from VER—1/2 turn—Same side of bar (Higgins roll)</p>  <p><b>Cast 21°—45° ↑ VER, 1/2 turn</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast 21-45° ▶ VER—Hips bent-EXT</li> <li>3. Initiate 1/2 turn prior to VER finish</li> <li>4. Finish 21°- 45° of VER in Mix/L grip</li> </ol> <p>NOTE: Front giant type skill will follow</p>	<p><b>B—201a</b></p> <p>Cast HS—20° of VER—Hips Bent/EXT (Straddle/Together)</p>  <p><b>Cast bent HS—20° ↑ VER</b></p> <ol style="list-style-type: none"> <li>1. Front support—Any grip</li> <li>2. Cast 20° ▶ VER—Hips bent-EXT</li> <li>3. Legs straddle/together</li> <li>4. Finish HS any grip</li> </ol>	<p><b>B—201a</b></p> <p>Cast HS—20° of VER—Hips EXT</p>  <p><b>Cast straight HS—20° ↑ VER</b></p> <ol style="list-style-type: none"> <li>1. Front support—Any grip</li> <li>2. Cast 20° ▶ VER—Hips straight</li> <li>3. Legs together</li> <li>4. Finish HS any grip</li> </ol>	<p><b>C—201a</b></p> <p>Cast HS—Hop—REV grip—In HS</p>  <p><b>Cast HS—Hop REV</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast HS—Hips bent-EXT/Straight</li> <li>3. Legs straddle/together</li> <li>4. Hop to REV grip as achieving VER</li> <li>5. Finish HS REV grip</li> </ol>
<p><b>C—201b</b></p> <p>Cast HS—Hop—REV-grip—In HS—1/2 turn after hop</p>  <p><b>Cast HS—Hop REV—1/2</b></p> <ol style="list-style-type: none"> <li>1. Front support—Any grip</li> <li>2. Cast HS—Hips bent-EXT/Straight</li> <li>3. Legs straddle/together</li> <li>4. Hop to L-grip as achieving VER—1/2 turn</li> <li>5. Finish HS L-grip</li> </ol>	<p><b>D—201</b></p> <p>Cast HS—Hop—L-grip—In HS</p>  <p><b>Cast HS—Hop 'L'</b></p> <ol style="list-style-type: none"> <li>1. Front support—Any grip</li> <li>2. Cast HS—Hips bent-EXT/Straight</li> <li>3. Legs straddle/together</li> <li>4. Hop to L-grip as achieving VER</li> <li>5. Finish HS L-grip</li> </ol>		<p><b>C—202</b></p> <p>Cast HS—1/2 turn—In HS</p>  <p><b>Cast HS—1/2 in HS</b></p> <ol style="list-style-type: none"> <li>1. Front support—Any grip</li> <li>2. Cast HS—Hips bent-EXT/Straight</li> <li>3. Legs straddle/together</li> <li>4. Execute 1/2 turn in HS</li> <li>5. Finish HS any grip</li> </ol>	<p><b>D—202</b></p> <p>Cast HS—1/1 turn—In HS (Pacheco)</p>  <p><b>Cast HS—1/1 in HS</b></p> <ol style="list-style-type: none"> <li>1. Front support—Any grip</li> <li>2. Cast HS—Hips bent-EXT/Straight</li> <li>3. Legs straddle/together</li> <li>4. Execute 1/1 turn in HS</li> <li>5. Finish HS any grip</li> </ol>	<p><b>E—202</b></p> <p>Cast HS—1-1/2 turn—In HS (Miller)</p>  <p><b>Cast HS—1-1/2 in HS</b></p> <ol style="list-style-type: none"> <li>1. Front support—Any grip</li> <li>2. Cast HS—Hips bent-EXT/Straight</li> <li>3. Legs straddle/together</li> <li>4. Execute 1-1/2 turn in HS</li> <li>5. Finish HS any grip</li> </ol>
<p><b>C—203a</b></p> <p>Cast HS—1/2 turn—L/Mix L-grip (Higgins technique)</p>  <p><b>Cast HS—1/2 Higgins</b></p> <ol style="list-style-type: none"> <li>1. Front support—Any grip</li> <li>2. Cast HS—Hips bent-EXT/Straight</li> <li>3. Legs straddle/together</li> <li>4. Execute 1/2 turn—Higgins technique</li> <li>5. Finish HS L/Mix grip</li> </ol>	<p><b>C—203b</b></p> <p>Cast HS—1/1 turn—1-arm after HS—L/Mix L-grip (Healy technique)</p>  <p><b>Cast HS—1/1 Healy</b></p> <ol style="list-style-type: none"> <li>1. Front support—Any grip</li> <li>2. Cast HS—Hips bent-EXT/Straight</li> <li>3. Legs straddle/together</li> <li>4. Execute 1/1 turn 1-arm—Healy technique</li> <li>5. Finish HS L/Mix grip</li> </ol>	<p><b>C—203c</b></p> <p>Cast HS—Hop—REV grip—1/1 turn—1-arm after HS—L/Mix L-grip (Healy technique)</p>  <p><b>Cast HS—Hop—1/1 Healy</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast HS—Hips bent-EXT/Straight</li> <li>3. Hop to REV grip</li> <li>4. Execute 1/1 turn 1-arm—Healy technique</li> <li>5. Finish HS L/Mix grip</li> </ol>	<p><b>D—203</b></p> <p>Cast HS—1-1/2 turn—L/Mix L-grip (Healy technique)</p>  <p><b>Cast HS—1-1/2 Healy</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast HS—Hips bent-EXT/Straight</li> <li>3. Legs straddle/together</li> <li>4. Execute 1-1/2 turn—Healy technique</li> <li>5. Finish HS L/Mix grip</li> </ol>		



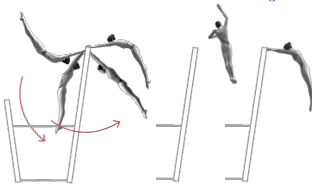
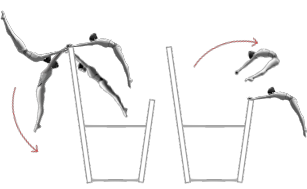
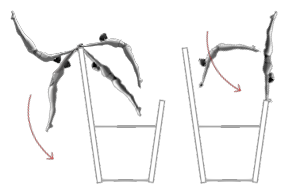
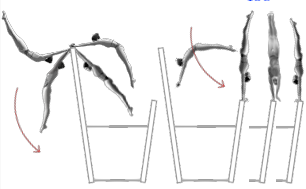
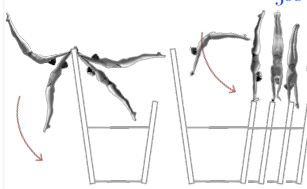
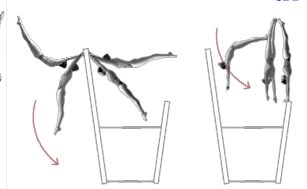
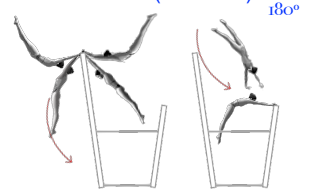
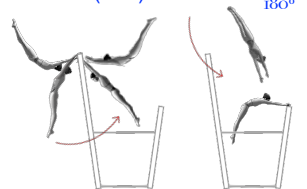
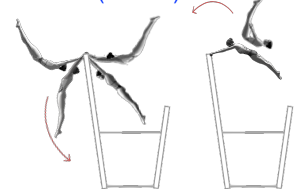
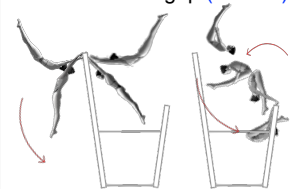
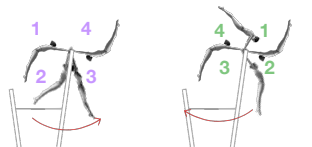
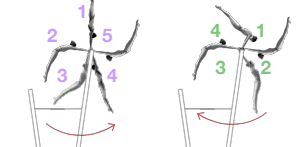
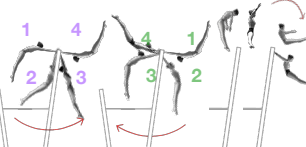
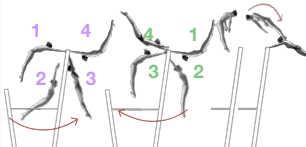

## UB—2-CASTS & SWINGS — 204-Cast to Feet or Over Bar — 205-Cast Release w/wo FWD Salto

<p><b>A—204a</b></p> <p>Support—Cast—Squat LB</p>  <p><b>Cast Squat on LB</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast—Legs straight</li> <li>3. Squat on</li> <li>4. Finish stand</li> </ol> <p>NOTE: Used as entry to another skill</p>	<p><b>A—204a</b></p> <p>Support—Cast—Stoop/Straddle LB</p>  <p><b>Cast Stoop/Straddle on LB</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast—Legs straight</li> <li>3. Stoop/straddle on</li> <li>4. Finish stand</li> </ol> <p>NOTE: Used as entry to another skill</p>	<p><b>A—204a</b></p> <p>Support LB—Cast—Squat LB—Grip change—Hang HB</p>  <p><b>Cast Squat LB to HB</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast—Legs straight</li> <li>3. Squat on</li> <li>4. Jump to HB</li> <li>5. Finish hang HB—REG grip</li> </ol>	<p><b>A—204a</b></p> <p>Support LB—Cast—Stoop/Straddle LB—Grip change—Hang HB</p>  <p><b>Cast Stoop/Straddle LB to HB</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast—Legs straight</li> <li>3. Stoop/Straddle on</li> <li>4. Jump to HB</li> <li>5. Finish hang HB—REG grip</li> </ol>	<p><b>B—204a</b> <small>RELEASE LB-HB</small></p> <p>Support LB—Cast—Free Squat—Over LB—Grip change—Hang HB</p>  <p><b>Free Squat over LB</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast—Legs straight</li> <li>3. Free Squat over LB</li> <li>4. Grip change—Regrasp HB</li> <li>5. Finish hang HB—REG grip</li> </ol>	<p><b>B—204a</b> <small>RELEASE LB-HB</small></p> <p>Support LB—Cast—Free Straddle/Stoop—Over LB—Grip change—Hang HB</p>  <p><b>Free Stoop/Straddle over LB</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast—Legs straight</li> <li>3. Free Stoop/Straddle over LB</li> <li>4. Grip change—Regrasp HB</li> <li>5. Finish hang HB—REG grip</li> </ol>
<p><b>B—204b</b> <small>RELEASE HB-HB</small> </p> <p>Support HB—Cast—Stoop—Flight—F/LBWD—Over HB/LB—1/2 turn—Hang HB/LB <math>180^\circ</math></p>  <p><b>Cast Stoop over bar 1/2</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast—Legs straight</li> <li>3. Stoop FWD flight over HB/LB</li> <li>4. Execute 1/2 turn—Regrasp HB?LB</li> <li>5. Finish hang HB?LB—REG grip</li> </ol>	<p><b>B—204b</b> <small>RELEASE HB-HB</small> </p> <p>Support HB/LB—Cast—Straddle—Flight—FWD—Over HB/LB—1/2 turn—Hang HB/LB <math>180^\circ</math></p>  <p><b>Cast Straddle over bar 1/2</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast—Legs straight</li> <li>3. Straddle FWD flight over HB/LB</li> <li>4. Execute 1/2 turn—Regrasp HB?LB</li> <li>5. Finish hang HB?LB—REG grip</li> </ol>	<p><b>E—204</b> <small>RELEASE HB-HB</small> </p> <p>Support HB—Cast—FWD salto—Straddle—Hang HB (Comaneci)</p>  <p><b>Cast Comaneci salto</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast—Legs straight</li> <li>3. Execute FWD straddle salto</li> <li>4. Stay on same side of bar</li> <li>5. Regrasp HB—REG grip</li> <li>6. Finish hang HB—REG grip</li> </ol>			
<p><b>C—205</b> <small>RELEASE HB-HB</small> </p> <p>Support HB—BWD Swing—REL—1/1 turn—Hang HB (Caslavka) <math>360^\circ</math></p>  <p><b>Cast Push away 1/1</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast—Legs straight</li> <li>3. Execute 1/1 turn—Same side of bar</li> <li>4. Regrasp HB</li> <li>5. Finish hang HB—REG grip</li> </ol>	<p><b>D—205a</b> <small>RELEASE LB-HB</small> </p> <p>Inner Support LB—Cast—FWD salto roll—Hang HB (Radochla)</p>  <p><b>Cast Radochla salto</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast—Legs straight</li> <li>3. Execute traveling FWD salto roll</li> <li>4. Regrasp HB</li> <li>5. Finish hang HB—REG grip</li> </ol>	<p><b>D—205b</b> <small>RELEASE LB-HB</small> </p> <p>Outer Support LB—Cast—FWD salto roll—Hang HB (Brause)</p>  <p><b>Cast Brause salto</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast—Legs straight</li> <li>3. Execute back traveling FWD salto roll</li> <li>4. Regrasp HB</li> <li>5. Finish hang HB—REG grip</li> </ol>	<p><b>E—205</b> <small>RELEASE LB-HB</small> </p> <p>Outer Support LB—Radochla roll—1/1 turn—Hang HB (Brause 1/1) <math>360^\circ</math></p>  <p><b>Cast Brause 1/1 salto</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast—Legs straight—Deep push BWD</li> <li>3. Execute back traveling FWD salto roll w 1/1 twist</li> <li>4. Regrasp HB</li> <li>5. Finish hang HB—REG grip</li> </ol>		

## UB—2-BWD UPRISE — 206-FWD Long Swing 1/2 Turn Uprise — 207-FWD Long Swing Uprise HS w/wo Turn

<p><b>B—206</b></p> <p>HB—Long swing FWD—1/2 turn—Uprise BWD—Clear support HB (Turning uprise)</p> <p style="text-align: center;"><b>Uprise 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REG grip</li> <li>2. Execute Giant BWD 1-2-3-4-5</li> <li>3. 1/2 turn—BWD Uprise</li> <li>4. Finish Clear support HB</li> </ol>	<p><b>D—206a</b> <small>RELEASE HB-HB</small></p> <p>HB—Long swing FWD—1/2 turn Uprise—REL—Straddle FWD—Over HB—1/2 turn—Regrasp HB (Wilson) 180°</p> <p style="text-align: center;"><b>Uprise—Straddle over 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REG grip</li> <li>2. Execute Giant BWD 1-2-3-4-5</li> <li>3. 1/2 turn—BWD Uprise</li> <li>4. Release—FWD Straddle—Over HB</li> <li>5. 1/2 turn (after clearing HB)</li> <li>6. Regrasp HB—Hang</li> </ol>	<p><b>D—206b</b> <small>RELEASE HB-HB</small></p> <p>HB—Long swing FWD—1/2 turn—Uprise—REL—1/2 turn—Straddle flight BWD—Over HB (Fransella) 180°</p> <p style="text-align: center;"><b>Uprise—1/2 Straddle over</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REG grip</li> <li>2. Execute Giant BWD 1-2-3-4-5</li> <li>3. 1/2 turn—BWD Uprise</li> <li>4. Release—1/2 turn</li> <li>5. Straddle BWD—Over HB</li> <li>6. Regrasp HB—Hang</li> </ol>				
<p><b>C—207a</b></p> <p>Hang HB—Long swing FWD—BWD Uprise—HS-HB</p> <p style="text-align: center;"><b>Uprise HS</b></p> <ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute Long swing FWD 1-2-3-4</li> <li>3. Execute BWD Uprise 1-2-3-4</li> <li>4. Finish HS HB</li> </ol>	<p><b>C—207b</b></p> <p>Hang HB—Long swing FWD—BWD Uprise—HS-HB—1/1 turn—1-arm—After HS—L/Mix-L grip 360°</p> <p style="text-align: center;"><b>Uprise HS—1/1 Healy</b></p> <ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD Uprise to HS-HB 1-2-3-4</li> <li>3. Execute 1/1 turn on 1-arm</li> <li>4. After HS</li> <li>5. Finish L/Mix-L grip</li> </ol>	<p><b>D—207a</b></p> <p>Hang HB—Long swing FWD—BWD Uprise—HS-HB—1/2 turn—In HS 180°</p> <p style="text-align: center;"><b>Uprise HS—1/2 in HS</b></p> <ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD Uprise to HS-HB 1-2-3-4</li> <li>3. Execute 1/2 turn</li> <li>4. In HS</li> <li>5. Finish HS HB</li> </ol>	<p><b>D—207b</b></p> <p>Hang HB—Long swing FWD—BWD Uprise—HS-HB—1/1 turn—In HS 360°</p> <p style="text-align: center;"><b>Uprise HS—1/1 in HS</b></p> <ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD Uprise to HS-HB 1-2-3-4</li> <li>3. Execute 1/1 turn</li> <li>4. In HS</li> <li>5. Finish HS HB</li> </ol>	<p><b>D—207c</b></p> <p>Hang HB—Long swing FWD—BWD Uprise—Hop REV grip—In HS (McCalla) 360°</p> <p style="text-align: center;"><b>Uprise HS—Hop in HS</b></p> <ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD Uprise to HS-HB 1-2-3-4</li> <li>3. Execute Hop to REV grip</li> <li>4. In HS</li> <li>5. Finish HS HB</li> </ol>	<p><b>D—207d</b></p> <p>Hang HB—Long swing FWD—BWD Uprise—Hop REV grip—1/1 turn—1-arm—After HS—L/Mix-L grip 360°</p> <p style="text-align: center;"><b>Uprise HS—Hop HS 1/1 Healy</b></p> <ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD Uprise to HS-HB 1-2-3-4</li> <li>3. Execute Hop to REV grip</li> <li>4. Immediate 1/1 turn 1-arm</li> <li>5. Finish L/Mix-L grip</li> </ol>	
<p><b>E—207a</b></p> <p>Hang HB—Long swing B\FWD—BWD Uprise—HS-HB—1-1/2 turn—In HS (Reeder) 540°</p> <p style="text-align: center;"><b>Uprise HS—1-1/2 in HS</b></p> <ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD Uprise to HS-HB 1-2-3-4</li> <li>3. Execute 1-1/2 turn</li> <li>4. In HS</li> <li>5. Finish HS HB—Any grip</li> </ol>	<p><b>E—207a</b></p> <p>Hang HB—Long swing FWD—BWD Uprise—HS-HB—1-1/2 turn—L/Mix-L grip 540°</p> <p style="text-align: center;"><b>Uprise HS—1-1/2 in HS—Mix</b></p> <ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD Uprise to HS-HB 1-2-3-4</li> <li>3. Immediate 1-1/2 turn</li> <li>4. Finish HB L/Mix-L grip</li> </ol>					

## UB—2-BWD LONG SWINGS — 208-Release Ø Salto — 209-Release FWD Salto — 210-FWD Swing to BWD Uprise

B—208a	B—208b	C—208a	C—208b	D—209a	D—209b
RELEASE HB-HB	RELEASE HB-LB	RELEASE HB-LB	RELEASE HB-LB	RELEASE HB-LB	RELEASE HB-LB
<p>Hang HB—Long swing BWD—Release—1/1 turn—Hang HB</p>  <p style="text-align: right; color: blue;">360°</p>	<p>Hang HB—Long swing BWD—Straddle/pike—Flight—Over LB—Hang LB</p> 	<p>Hang HB—Long swing BWD—Straddle/pike—Flight—HS LB</p> 	<p>Hang HB—Long swing BWD—Straddle/pike—Flight—1/2 turn—In HS LB</p>  <p style="text-align: right; color: blue;">180°</p>	<p>Hang HB—BWD Counterswing—Straddle/pike—Flight—HS-LB—1/1 turn—In HS</p>  <p style="text-align: right; color: blue;">360°</p>	<p>Hang HB—Long swing BWD—Straddle/pike—1/2 turn—In flight—HS LB</p>  <p style="text-align: right; color: blue;">180°</p>
<b>BWD swing 1/1</b>	<b>Straddle back</b>	<b>Straddle back HS</b>	<b>Straddle back HS 1/2</b>	<b>Straddle back HS 1/1</b>	<b>Straddle back 1/2 to HS</b>
<ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD counterswing</li> <li>3. Push DWN on bar—Release bar</li> <li>4. Execute 1/1 turn</li> <li>5. Finish hang HB</li> </ol>	<ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD counterswing</li> <li>3. Release bar</li> <li>4. Execute Straddle/pike flight over LB</li> <li>5. Finish hang LB</li> </ol> <p style="color: blue; font-size: small;">Direct to D/E REL (Ø FWD c-swing) = C</p>	<ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD counterswing</li> <li>3. Release bar</li> <li>4. Execute Straddle/pike flight to LB</li> <li>5. Finish HS LB</li> </ol>	<ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD counterswing</li> <li>3. Release bar</li> <li>4. Execute Straddle/pike flight to LB</li> <li>5. Execute 1/2 turn in HS LB</li> <li>6. Finish HS LB</li> </ol>	<ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD counterswing</li> <li>3. Release bar</li> <li>4. Execute Straddle/pike flight to LB</li> <li>5. Execute 1/1 turn in HS</li> <li>6. Finish HS LB</li> </ol>	<ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD counterswing</li> <li>3. Release bar</li> <li>4. Execute Straddle/pike flight 1/2 turn to LB</li> <li>5. Finish HS LB</li> </ol>
C—209	D—209a	D—209b	D—209c		
RELEASE HB-LB	RELEASE HB-LB	RELEASE HB-HB	RELEASE HB-LB		
<p>Hang HB—Long swing BWD—FWD salto—Pike/straddle—1/2 turn—Catch LB (Pritchard)</p>  <p style="text-align: right; color: blue;">180°</p>	<p>Hang HB—Long swing BWD—FWD salto—Stretch—1/2 turn—Catch LB (Cox)</p>  <p style="text-align: right; color: blue;">180°</p>	<p>Hang HB—Long swing BWD—FWD salto—Straddle—Catch same bar (Bullock)</p> 	<p>Hang HB—Long swing BWD—FWD salto—Between bars—Catch LB—REV grip (Montell)</p> 		
<b>Pritchard</b>	<b>Pritchard LO (Cox)</b>	<b>Jaeger between bars (Bullock)</b>	<b>Jaeger between bars to LB</b>		
<ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD Counterswing</li> <li>3. Release bar</li> <li>4. Execute FWD Straddle/pike salto 1/2 turn to LB</li> <li>5. Finish hang LB</li> </ol>	<ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD Counterswing</li> <li>3. Release bar</li> <li>4. Execute FWD Stretch salto 1/2 turn to LB</li> <li>5. Finish hang LB</li> </ol>	<ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD Counterswing</li> <li>3. Release bar</li> <li>4. Execute FWD salto—Straddle to HB (same bar)</li> <li>5. Finish hang HB</li> </ol>	<ol style="list-style-type: none"> <li>1. From hang HB—Any grip</li> <li>2. Execute BWD Counterswing</li> <li>3. Release bar</li> <li>4. Execute FWD salto—Straddle to LB</li> <li>5. Finish hang LB</li> </ol>		
B—210a	B—210a	C—210a	C—210b	D—210	
RELEASE HB-HB	RELEASE HB-HB	RELEASE HB-HB	RELEASE HB-HB	RELEASE HB-HB	
<p>Hang HB—Long swing FWD—BWD swing Uprise—Clear support HB</p> 	<p>HS-HB—Long swing FWD—BWD swing Uprise—Clear support HB</p> 	<p>Hang HB—Long swing FWD—BWD swing Uprise—REL—Straddle flight—Over HB—L-hang/Hang (Schier straddle)</p> 	<p>Hang HB—Long swing FWD—BWD swing Uprise—REL—Rear vault 1/2—Over HB—L-hang/Hang (Schier Kehre)</p>  <p style="text-align: right; color: blue;">180°</p>	<p>HS-HB—Long swing FWD—1/2 turn—BWD swing Uprise—REL—Rear vault 1/2—Over HB—Hang/L-hang HB (Janz Kehre)</p>  <p style="text-align: right; color: blue;">180°</p>	
<b>Swing Uprise</b>	<b>HS Swing Uprise</b>	<b>Uprise straddle over HB</b>	<b>Uprise vault 1/2 over HB</b>	<b>Uprise 1/2 vault 1/2 over HB</b>	
<ol style="list-style-type: none"> <li>1. From hang HB</li> <li>2. Execute Tap swing FWD 1-2-3-4</li> <li>3. Execute BWD Uprise 1-2-3-4</li> <li>4. Finish Clear support HB</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute Tap swing FWD 1-2-3-4-5</li> <li>3. Execute BWD Uprise 1-2-3-4</li> <li>4. Finish Clear support HB</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute Tap swing FWD 1-2-3-4</li> <li>3. Execute BWD Uprise 1-2-3-4</li> <li>4. Straddle flight FWD over HB</li> <li>5. Regrasp HB L-hang/hang</li> <li>6. Finish L-hang/hang HB</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute Tap swing FWD 1-2-3-4</li> <li>3. Execute BWD Uprise 1-2-3-4</li> <li>4. Rear vault 1/2 turn flight over HB</li> <li>5. Regrasp HB L-hang/hang</li> <li>6. Finish L-hang/hang HB</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute Tap swing FWD 1-2-3-4</li> <li>3. Execute 1/2 turn BWD Uprise</li> <li>4. Rear vault 1/2 turn flight over HB</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	

# UNEVEN BARS



## 3—HIP CIRCLES

### BWD Hip Circles

[301—BWD Clear Hip w/wo HS](#)

[302—BWD Clear Hip HS w Turns](#)

[303—BWD Clear Hip w Hop](#)

[304—BWD Clear Hip Counter Flight REL](#)

[305—BWD Clear Hip REL LB ► HB](#)

[306—BWD Clear Hip Hecht REL](#)

[307—BWD Free Hip Hecht REL](#)

### FWD Hip Circles

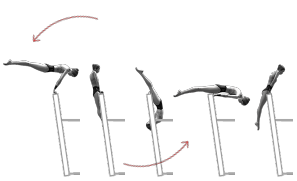
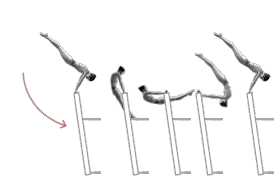

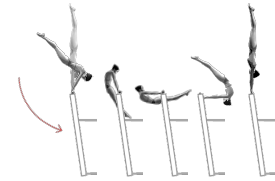

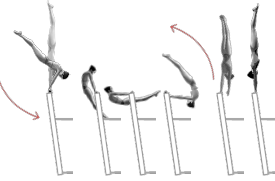

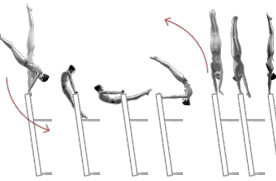

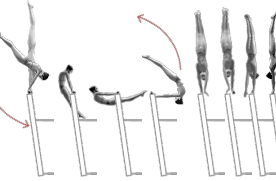
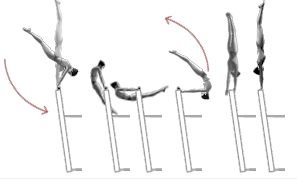
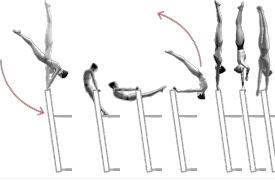
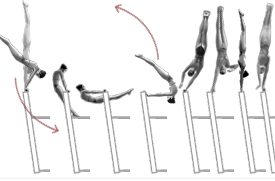

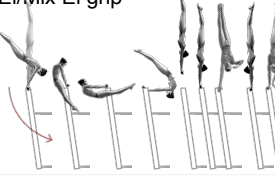
[308—FWD Clear Hip w Flight](#)

[309—FWD Clear Hip Hecht](#)

[310—FWD Clear Hip w REL](#)

<b>X</b>	<b><u>X-SKILLS</u></b>
<b>1</b>	<b><u>MOUNTS</u></b>
<b>2</b>	<b><u>CASTS, SWINGS, UPRISES, COUNTERSWINGS</u></b>
<b>3</b>	<b><u>HIP CIRCLES</u></b>
<b>4</b>	<b><u>BWD GIANTS</u></b>
<b>5</b>	<b><u>FWD GIANTS</u></b>
<b>6</b>	<b><u>STALDERS</u></b>
<b>7</b>	<b><u>PIKE CIRCLES</u></b>
<b>8</b>	<b><u>DISMOUNTS</u></b>

**UB—3-BWD CLEAR HIP CIRCLE — 301-Clear Hip HS w/wo Turn — 302-Clear Hip HS w/wo Turn Grip Change — 303-Clear Hip Hop**


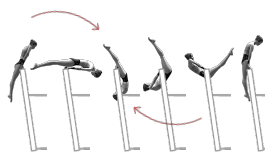
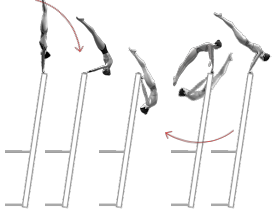


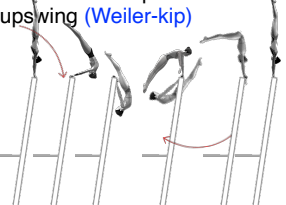




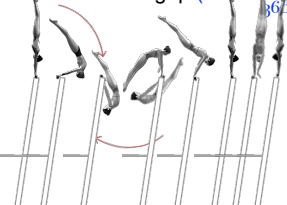
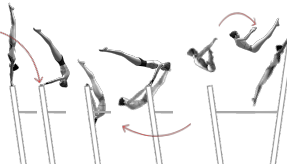

<p><b>A—301</b> ○</p> <p>HB/LB— Hip circle BWD—REG grip—Front support</p>  <p><b>BWD Hip circle</b></p> <ol style="list-style-type: none"> <li>1. Front support—REG grip</li> <li>2. Cast</li> <li>3. Shoulders fall back—head neutral</li> <li>4. Body remains straight or hollow</li> <li>5. Hands slide around bar</li> <li>6. Finish front support</li> </ol>	<p><b>B—301</b></p> <p>HB/LB—Clear hip circle BWD—REG grip—Clear support</p>  <p><b>Clear hip circle</b></p> <ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Clear hip circle</li> <li>3. Maintain no hip contact</li> <li>4. Finish Clear support</li> </ol>	<p><b>C—301a</b> </p> <p>HB/LB—Clear hip circle BWD—REG grip—HS</p>  <p><b>Clear hip HS</b></p> <ol style="list-style-type: none"> <li>1. From Clear support/HS—REG grip</li> <li>2. Execute BWD Clear hip circle</li> <li>3. Finish HS</li> </ol>	<p><b>C—302b</b> </p> <p>HB/LB—Clear hip circle BWD—REG grip—HS—1/2 turn—In HS <sup>180°</sup></p>  <p><b>Clear hip HS 1/2</b></p> <ol style="list-style-type: none"> <li>1. From Clear support/HS—REG grip</li> <li>2. Execute BWD Clear hip circle to HS</li> <li>3. Execute 1/2 turn in HS</li> <li>4. Finish HS</li> </ol>	<p><b>E—302a</b> </p> <p>HB/LB—Clear hip circle BWD—HS—1/1 turn—In HS—REG grip <sup>360°</sup> (Ma)</p>  <p><b>Clear hip HS 1/1</b></p> <ol style="list-style-type: none"> <li>1. From Clear support/HS—REG grip</li> <li>2. Execute BWD Clear hip circle to HS</li> <li>3. Execute 1/1 turn in HS</li> <li>4. Finish HS—REG grip</li> </ol>	<p><b>E—302b</b> </p> <p>HB/LB—Clear hip circle BWD—HS—1-1/2 turn—In HS—REG grip <sup>540°</sup></p>  <p><b>Clear hip HS 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. From Clear support/HS—REG grip</li> <li>2. Execute BWD Clear hip circle to HS</li> <li>3. Execute 1-1/2 turn in HS</li> <li>4. Finish HS—REG grip</li> </ol>
<p><b>D—302</b></p> <p>HB/LB—HS—Clear hip circle BWD—HS—1/2 turn—In HS—REV or EI or Mix-EI grip <sup>180°</sup> (Higgins)</p>  <p><b>Clear hip HS 1/2 to 'L'</b></p> <ol style="list-style-type: none"> <li>1. From Clear support/HS—REG grip</li> <li>2. Execute BWD Clear hip circle to HS</li> <li>3. Execute 1/2 turn in HS</li> <li>4. Finish HS—REV/EI/Mix EI-grip</li> </ol>	<p><b>C—302</b></p> <p>HB/LB—Clear hip circle BWD—HS—1/1 turn 1-arm—After HS—REV or EI or Mix-EI grip <sup>360°</sup></p>  <p><b>Clear hip HS 1/1 Healy</b></p> <ol style="list-style-type: none"> <li>1. From Clear support/HS—REG grip</li> <li>2. Execute BWD Clear hip circle to HS</li> <li>3. Execute 1/1 turn 1-arm—After HS</li> <li>4. Finish REV/EI/Mix EI-grip</li> </ol>	<p><b>E—302</b></p> <p>HB/LB—Clear hip circle BWD—HS—1-1/2 turn—In HS—REV or EI or Mix-EI grip <sup>540°</sup></p>  <p><b>Clear hip HS 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. From Clear support/HS—REG grip</li> <li>2. Execute BWD Clear hip circle to HS</li> <li>3. Execute 1-1/2 turn—In HS</li> <li>4. Finish REV/EI/Mix EI-grip</li> </ol>			
<p><b>D—303a</b> <small>RELEASE Bar-Bar</small></p> <p>HB/LB—Clear hip circle BWD—HS—Hop—Change grip—In HS</p>  <p><b>Clear hip HS hop</b></p> <ol style="list-style-type: none"> <li>1. From Clear support/HS—REG grip</li> <li>2. Execute BWD Clear hip circle to HS</li> <li>3. Hop—Change grip (REV/Mix)</li> <li>4. Finish HS</li> </ol>	<p><b>D—303b</b> <small>RELEASE Bar-Bar</small></p> <p>HB/LB—Clear hip circle BWD—HS—Hop—Change grip—In HS—1/1 turn—1-arm—After HS—EI/Mix EI grip <sup>360°</sup></p>  <p><b>Clear hip HS hop Healy 1/1</b></p> <ol style="list-style-type: none"> <li>1. From Clear support/HS—REG grip</li> <li>2. Execute BWD Clear hip circle to HS</li> <li>3. Hop—Change grip (REV/Mix)</li> <li>4. Finish HS</li> </ol>				



**UB—3-BWD CLEAR HIP UNDERSWINGS — 304-Counter REL — 305-Flight LB ▶ HB — 306-Hecht — 307 Free Hip Hecht**

<p><b>C—304a</b> <small>RELEASE LB-HB</small> </p> <p>LB—Clear Underswing BWD—Release—Counter move FWD—In flight—Hang HB</p> <p><b>Clear counter hecht to HB</b></p> <ol style="list-style-type: none"> <li>1. From LB—REG grip</li> <li>2. Execute BWD U-swing</li> <li>3. Release bar</li> <li>4. Execute Counter move FWD</li> <li>5. Flight to HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>C—304b</b> <small>RELEASE LB-HB</small> </p> <p>LB—Clear Underswing BWD—Release—Counter move FWD—In flight—1/2 turn—Hang HB—Mix grip</p> <p><b>Clear counter hecht 1/2 to HB</b></p> <ol style="list-style-type: none"> <li>1. From LB—REG grip</li> <li>2. Execute BWD U-swing</li> <li>3. Release bar</li> <li>4. Execute Counter move FWD</li> <li>5. Flight to HB w 1/2 turn</li> <li>6. Finish hang HB—Mix grip</li> </ol>	<p><b>E—304a</b> <small>RELEASE HB-HB</small> </p> <p>HB—Clear hip circle BWD—Thru HS—Counter Straddle—Over HB—Hang HB (Hindorff)</p> <p><b>Hindorff</b></p> <ol style="list-style-type: none"> <li>1. From HB—REG grip</li> <li>2. Execute Clear hip circle BWD</li> <li>3. Thru HS</li> <li>4. Execute Counter Straddle</li> <li>5. Over HB—Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>E—304b</b> <small>RELEASE HB-HB</small> </p> <p>HB—Clear hip circle BWD—Thru HS—Counter Pike—Over HB—Hang HB (Jones) (Shang)</p> <p><b>Jones/ Shang</b></p> <ol style="list-style-type: none"> <li>1. From HB—REG grip</li> <li>2. Execute Clear hip circle BWD</li> <li>3. Thru HS</li> <li>4. Execute Counter Pike</li> <li>5. Over HB—Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>E—304c</b> <small>RELEASE HB-HB</small> </p> <p>HB—Clear hip circle BWD—Thru HS—Counter straddle—Over HB—1/2 turn—Hang HB</p> <p><b>Martins</b></p> <ol style="list-style-type: none"> <li>1. From HB—REG grip</li> <li>2. Execute Clear hip circle BWD</li> <li>3. Thru HS</li> <li>4. Execute Counter straddle—1/2 turn</li> <li>5. Over HB—Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	
<p><b>D—305</b> <small>RELEASE LB-HB</small> </p> <p>LB—Clear hip circle BWD—Thru HS—Flight—Hang HB (Shaposhnikova)</p> <p><b>Shaposhnikova</b></p> <ol style="list-style-type: none"> <li>1. From LB—REG grip</li> <li>2. Execute Clear hip circle BWD</li> <li>3. Thru HS</li> <li>4. Flight to HB</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>E—305</b> <small>RELEASE LB-HB</small> </p> <p>LB—Clear hip circle BWD—Thru HS—1/2 turn—In flight—Hang HB (Khorkina)</p> <p><b>Khorkina</b></p> <ol style="list-style-type: none"> <li>1. From LB—REG grip</li> <li>2. Execute Clear hip circle BWD</li> <li>3. Thru HS</li> <li>4. 1/2 turn Flight to HB</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>				
<p><b>C—306a</b> <small>RELEASE LB-HB</small> </p> <p>LB—Clear hip circle BWD—Hecht—Over LB—Hang HB</p> <p><b>Hecht LB to HB</b></p> <ol style="list-style-type: none"> <li>1. From LB—REG grip</li> <li>2. Execute BWD Clear hip circle</li> <li>3. Hecht action over LB</li> <li>4. Flight to HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>C—306b</b> <small>RELEASE LB-HB</small> </p> <p>LB—Clear hip circle BWD—Hecht—Over LB—1/2 turn—Hang HB</p> <p><b>Hecht 1/2 LB to HB</b></p> <ol style="list-style-type: none"> <li>1. From LB—REG grip</li> <li>2. Execute BWD Clear hip circle</li> <li>3. Hecht action over bar—1/2 turn</li> <li>4. Regrasp HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>D—306</b> <small>RELEASE Bar-Bar</small> </p> <p>Clear hip circle BWD—Hecht flight—1/2 turn—Over bar—Hang same bar</p> <p><b>Hecht 1/2 over bar</b></p> <ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Clear hip circle</li> <li>3. Hecht action—1/2 turn over bar</li> <li>4. Regrasp same bar</li> <li>5. Finish hang same bar</li> </ol>	<p><b>A—307</b> <small>RELEASE Bar-Bar</small> </p> <p>Clear hip circle/Hip circle BWD—Hip repulsion—Flight—Regrasp bar—Glide same bar</p> <p><b>Hip circle hecht</b></p> <ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD hip circle</li> <li>3. Execute hip repulsion</li> <li>4. Catch bar</li> <li>5. Finish Glide same bar</li> </ol>	<p><b>B—307</b> <small>RELEASE Bar-Bar</small> </p> <p>Clear hip circle/Hip circle BWD—Hip repulsion—FWD Free straddle—Over LB—Rear support (Korbut)</p> <p><b>Hip circle hecht—Straddle sit</b></p> <ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD hip circle</li> <li>3. Execute Straddle cut over bar</li> <li>4. Sit Rear seat</li> <li>5. Finish Rear support same bar</li> </ol>	<p><b>D—307</b> <small>RELEASE Bar-Bar</small> </p> <p>Hip circle BWD—Hecht flight—1/2 turn—Pass over bar—Hang same bar</p> <p><b>Hip circle hecht—Flight 1/2</b></p> <ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Free hip circle</li> <li>3. Execute Hecht flight 1/2 turn over bar</li> <li>4. Finish hang same bar</li> </ol>

**UB—3-FWD CLEAR HIP CIRCLE — 308-Clear Hip Circle Ø HS — 309-Clear Hip Circle HS w w/o Turn — 310-Clear Hip Circle REL**

<p><b>A—308</b> </p> <p>HB/LB—Hip circle FWD—Front support</p>  <p><b>FWD hip circle</b></p> <ol style="list-style-type: none"> <li>1. From Front support—REG grip</li> <li>2. Push bar down—elevate shoulders</li> <li>3. Fall straight with heel drive</li> <li>4. Rotate hands around bar</li> <li>5. Lean FWD—Feet front of bar</li> <li>6. Finish front support</li> </ol>	<p><b>B—308a</b></p> <p>HB/LB—Clear hip circle FWD—Clear support (Weiler-type kip)</p>  <p><b>Weiler kip to support</b></p> <ol style="list-style-type: none"> <li>1. From Clear support—REV grip</li> <li>2. Execute FWD Clear hip circle</li> <li>3. Finish Clear support</li> </ol>	<p><b>B—308a</b></p> <p>HB/LB—Clear hip circle FWD—Clear support—Straddle—Upswing (Weiler-type kip)</p>  <p><b>Weiler kip Straddle up</b></p> <ol style="list-style-type: none"> <li>1. From Clear support—REV grip</li> <li>2. Execute FWD Clear hip circle</li> <li>3. Straddle on up swing</li> <li>4. Finish Clear support</li> </ol>			
<p><b>D—309a</b> </p> <p>HS—Clear hip circle FWD—HS (Weiler-kip)</p>  <p><b>Weiler kip straight HS</b></p> <ol style="list-style-type: none"> <li>1. From HS—REV grip</li> <li>2. Execute FWD Clear hip circle</li> <li>3. Legs together—Hips extended</li> <li>4. Finish HS</li> </ol>	<p><b>D—309a</b></p> <p>HS—Clear hip circle FWD—HS—Straddle—Hips bent on upswing (Weiler-kip)</p>  <p><b>Weiler kip straddle/bent HS</b></p> <ol style="list-style-type: none"> <li>1. From HS—REV grip</li> <li>2. Execute FWD Clear hip circle</li> <li>3. Legs straddle—Hips bent</li> <li>4. Finish HS</li> </ol>	<p><b>D—309b</b> </p> <p>HS—Clear hip circle FWD—HS—1/2 turn—In HS (Weiler-kip)</p>  <p><b>Weiler kip HS 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS—REV grip</li> <li>2. Execute FWD Clear hip circle</li> <li>3. Legs together—Hips extended</li> <li>4. Execute 1/2 turn in HS</li> <li>5. Finish HS</li> </ol>	<p><b>D—309c</b> </p> <p>HS—Clear hip circle FWD—HS—1/1 turn—1-arm—After HS—L/Mix L-grip (McAllister)</p>  <p><b>Weiler kip HS 1/1 Healy</b></p> <ol style="list-style-type: none"> <li>1. From HS—REV grip</li> <li>2. Execute FWD Clear hip circle</li> <li>3. Legs together—Hips extended</li> <li>4. Execute 1-arm 1/1 turn—After HS</li> <li>5. Finish after HS</li> </ol>	<p><b>D—309d</b></p> <p>HS—Clear hip circle FWD—HS—1/2 turn—Mix-grip (Weiler-kip)</p>  <p><b>Weiler kip HS 1/2 to Mix</b></p> <ol style="list-style-type: none"> <li>1. From HS—REV grip</li> <li>2. Execute FWD Clear hip circle</li> <li>3. Legs together—Hips extended</li> <li>4. Execute 1-arm 1/1 turn—After HS</li> <li>5. Finish after HS</li> </ol>	
<p><b>D—310</b> <small>RELEASE LB-HB</small></p> <p>LB—Clear hip circle FWD—FWD salto—Over LB—Catch HB hang (Pelaez)</p>  <p><b>Weiler kip salto LB to HB</b></p> <ol style="list-style-type: none"> <li>1. From HS—REV grip</li> <li>2. Execute FWD Clear hip circle</li> <li>3. Immediate FWD salto over LB</li> <li>4. Regrasp HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>E—310</b> <small>RELEASE HB-HB</small></p> <p>HB—Clear hip circle FWD—Straddle FWD salto—Catch HB hang (Sims)</p>  <p><b>Weiler kip salto HB to HB</b></p> <ol style="list-style-type: none"> <li>1. From HS—REV grip</li> <li>2. Execute FWD Clear hip circle</li> <li>3. Immediate FWD salto—Straddle</li> <li>4. Regrasp HB</li> <li>5. Finish hang HB</li> </ol>				

# UNEVEN BARS



## 4—BWD GIANTS

[401—BWD LB Giants](#)

[402—BWD Giants Swing Turn Ø HS](#)

[403—BWD Giant HS Ø Turn](#)

[404—BWD Giant HS w Turn](#)

[405—BWD Giants w Hop](#)

[406—BWD Giant REL HB ► LB Ø Salto \(Overshoot\)](#)

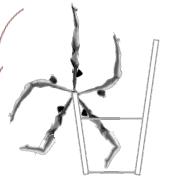
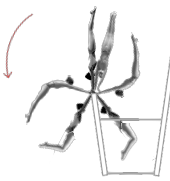

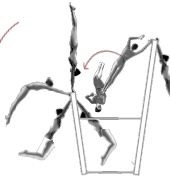


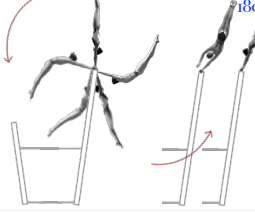
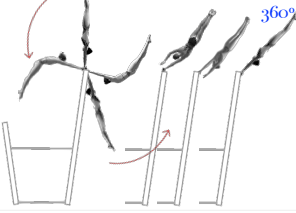
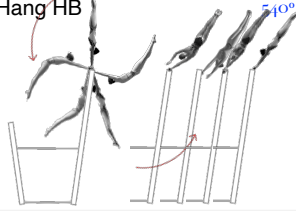

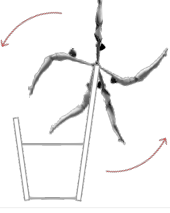


[407—BWD Giant REL HB ► LB w Salto](#)

[408—BWD Giant REL HB ► HB \(Counter Hecht\)](#)

[409—BWD Giant REL HB ► LB w Salto](#)

<b>X</b>	<b><u>X-SKILLS</u></b>
<b>1</b>	<b><u>MOUNTS</u></b>
<b>2</b>	<b><u>CASTS, SWINGS, UPRISES, COUNTERSWINGS</u></b>
<b>3</b>	<b><u>HIP CIRCLES</u></b>
<b>4</b>	<b><u>BWD GIANTS</u></b>
<b>5</b>	<b><u>FWD GIANTS</u></b>
<b>6</b>	<b><u>STALDERS</u></b>
<b>7</b>	<b><u>PIKE CIRCLES</u></b>
<b>8</b>	<b><u>DISMOUNTS</u></b>

**UB—4-LONG SWING FWD — 401-LB Giants — 402-Giant Swing Turn Ø HS — 403-Giant HS w Ø Turn**

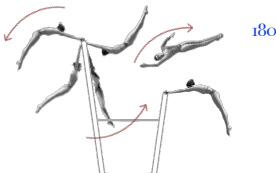
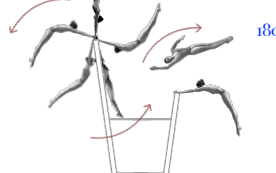
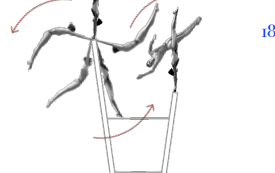

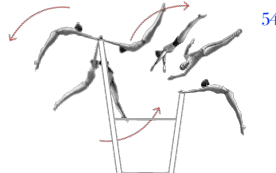
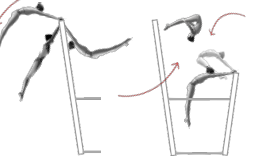
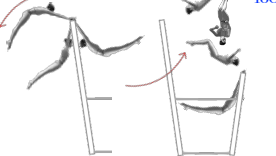
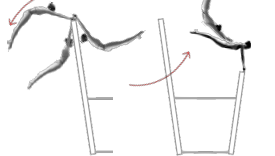
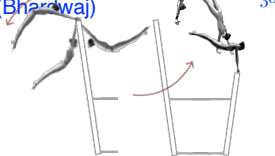
<p><b>A—401</b></p> <p>LB—Giant BWD HS—Tuck at bottom (either side)</p> 	<p><b>B—401</b></p> <p>LB—Giant BWD—1/2 turn—HS—Tuck at bottom (either side)</p> 	<p><b>C—401a</b></p> <p>LB—Giant BWD—1/1 turn—In HS—Tuck at bottom (either side)</p> 	<p><b>C—401b</b> <small>RELEASE LB-HB</small></p> <p>Face in—3/4 Giant swing BWD—Release—1/2 turn—Tuck—Flight—Catch HB—Face LB</p> 	<p><b>C—401c</b> <small>RELEASE LB-LB</small></p> <p>Face in—3/4 Giant swing BWD—Release—Swing FWD—BWD salto—1/2 turn—Tuck (LB Gienger) (Turchi)</p> 	
<p><b>LB BWD Giant</b></p> <ol style="list-style-type: none"> <li>1. From HS LB</li> <li>2. Execute BWD Giant</li> <li>3. Bend knees at circle bottom</li> <li>4. Finish HS LB</li> </ol>	<p><b>LB BWD Giant 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS LB</li> <li>2. Execute BWD Giant</li> <li>3. Bend knees at circle bottom</li> <li>4. Execute 1/2 turn—In HS</li> <li>5. Finish HS LB</li> </ol>	<p><b>LB BWD Giant 1/1</b></p> <ol style="list-style-type: none"> <li>1. From HS LB</li> <li>2. Execute BWD Giant</li> <li>3. Bend knees at circle bottom</li> <li>4. Execute 1/1 turn—In HS</li> <li>5. Finish HS LB</li> </ol>	<p><b>LB BWD Giant REL HB</b></p> <ol style="list-style-type: none"> <li>1. From HS/hang LB</li> <li>2. Execute BWD Giant</li> <li>3. Bend knees at circle bottom</li> <li>4. Release LB—Tuck flight 1/2 turn</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>LB BWD Giant REL LB</b></p> <ol style="list-style-type: none"> <li>1. From HS/hang LB</li> <li>2. Execute BWD Giant</li> <li>3. Bend knees at circle bottom</li> <li>4. Release LB—Tuck salto 1/2 turn</li> <li>5. Regrasp LB</li> <li>6. Finish hang LB</li> </ol>	
<p><b>A—402</b></p> <p>HS-HB—Long swing FWD—1/2 turn—HOR -45° from VER</p> 	<p><b>B—402a</b></p> <p>HS-HB—Long swing FWD—1/2 turn—21° - 44° from VER</p> 	<p><b>B—402b</b></p> <p>HS-HB—Long swing FWD—1/1 turn—L-hang—HB height</p> 	<p><b>C—402</b></p> <p>HS-HB—Long swing FWD—1-1/2 turn—45° from VER—Hang HB</p> 		
<p><b>BWD Giant Swing 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Execute 1/2 turn HOR - 45° &gt; VER</li> <li>4. Finish hang HB</li> </ol>	<p><b>BWD Giant Swing Blind</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Execute 1/2 turn 21° - 44° &gt; VER</li> <li>4. Finish hang HB</li> </ol>	<p><b>BWD Giant Swing 1/1</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Execute 1/1 turn HOR - 45° &gt; VER</li> <li>4. Finish L-hang HB</li> </ol>	<p><b>BWD Giant Swing 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Execute 1-1/2 turn 45° &gt; VER</li> <li>4. Finish hang HB</li> </ol>		
<p><b>A—403</b></p> <p>Face out—Front support HB/LB—Cast—Long swing FWD—Long hang pullover—Front support</p> 	<p><b>B—403a</b></p> <p>HS-HB—Giant BWD HS—REG/cross grip (Dussier)</p> 	<p><b>B—403a</b></p> <p>HS-HB—Giant BWD HS—REG/cross grip—Bend hip joint—Upper VER</p> 	<p><b>B—403b</b></p> <p>HS-HB—Giant BWD HS—1-arm—REG grip (Liu)</p> 		
<p><b>Long Hang Pullover</b></p> <ol style="list-style-type: none"> <li>1. From support HB?LB</li> <li>2. Cast—Tap swing FWD</li> <li>3. Execute Long hang pullover</li> <li>4. Finish Front support HB/LB</li> </ol>	<p><b>BWD Giant</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. REG or Cross grip</li> <li>4. Hips straight or bend-EXT in upper VER</li> <li>5. Finish HS HB</li> </ol>	<p><b>BWD Speed Giant</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. REG or Cross grip</li> <li>4. Hips bend in upper VER</li> <li>5. Finish HS HB</li> </ol>	<p><b>BWD 1-Arm Giant</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute 1-arm BWD Giant</li> <li>3. REG grip</li> <li>4. Hips straight or bend-EXT in upper VER</li> <li>5. Finish HS HB</li> </ol>		

# UB—4-GIANT SWING BWD — 404 Giant HS w/Turn — 405-Giants w Hop

<p><b>C—404a</b> </p> <p><b>BWD Giant 1/2 (Blind)</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Execute 1/2 turn—In HS</li> <li>4. Finish HS HB</li> </ol>	<p><b>C—404b</b> </p> <p><b>BWD Giant 1/2, 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Execute 1/2 turn in HS</li> <li>4. Execute 1/2 turn—different direction</li> <li>5. Finish HS HB</li> </ol>	<p><b>C—404b</b> </p> <p><b>BWD Giant 1/2, Straddle 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Execute 1/2 turn in HS</li> <li>4. Execute 1/2 turn—different direction—Straddle</li> <li>5. Finish HS HB</li> </ol>	<p><b>D—404a</b> </p> <p><b>BWD Giant 1/1</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Execute 1/1 turn in HS</li> <li>4. Finish HS HB</li> </ol>	<p><b>D—404b</b> </p> <p><b>BWD Giant 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Execute 1-1/2 turn in HS to L/Mix-L grip</li> <li>4. Finish HS HB L/Mix-L grip</li> </ol>	<p><b>E—404</b> </p> <p><b>BWD Giant 2/1</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Execute 2/1 turn—In HS</li> <li>4. Finish HS HB</li> </ol>
<p><b>C—405a</b> </p> <p><b>BWD Giant Hop</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Release bar just prior to VER</li> <li>4. Execute Hop to change grip</li> <li>5. Finish HS HB</li> </ol>	<p><b>C—405b</b> </p> <p><b>BWD Giant Hop 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Release bar just prior to VER</li> <li>4. Execute Hop 1/2 turn to REV grip</li> <li>5. Finish HS HB</li> </ol>	<p><b>C—405c</b> </p> <p><b>BWD Giant Hop, Healy 1/1</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Release bar just prior to VER</li> <li>4. Execute Hop to REV grip</li> <li>5. Execute 1-arm 1/1 turn to L/Mix L-grip</li> <li>6. Finish L/Mix L-grip</li> </ol>	<p><b>D—405a</b> </p> <p><b>BWD Giant Hop 'L'</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Release bar just prior to VER</li> <li>4. Execute Hop REG to L-grip—In HS</li> <li>5. Finish HS HB</li> </ol>	<p><b>D—405b</b> </p> <p><b>BWD Giant 1/2 Hop 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Release bar just prior to VER</li> <li>4. Execute Hop 1/2</li> <li>5. Execute 1/2 turn—same direction</li> <li>6. Finish HS HB</li> </ol>	<p><b>E—405</b> </p> <p><b>BWD Giant Hop 1/1</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Release bar just prior to VER</li> <li>4. Execute Hop 1/1 turn</li> <li>5. Finish REG grip HS HB</li> </ol>



**UB—4-LONG SWING FWD — 406-Release HB ▶ LB Ø Salto — 407-Release HB ▶ LB w Salto**

B—406 RELEASE HB-LB	C—406 RELEASE HB-LB	D—406 RELEASE HB-LB	E—406a RELEASE HB-LB	E—406b RELEASE HB-LB
<p>Hang HB—Face in—Long swing FWD—1/2 turn—Flight—Over LB—Hang LB</p>  <p>180°</p>	<p>HS-HB—Long swing FWD—1/2 turn—Flight—Over LB—Hang LB (Bail/Overshoot)</p>  <p>180°</p>	<p>HS/hang HB—Long swing FWD—1/2 turn—Flight—To HS LB (Bail HS/Overshoot HS)</p>  <p>180°</p>	<p>HS/hang HB—Long swing FWD—1/2 turn—Flight—To HS LB (Bail HS/Overshoot HS-1/2 HS)</p>  <p>180°</p>	<p>Hang HB—Long swing FWD—1-1/2 turn—Flight—Over LB—Hang LB (Strong)</p>  <p>540°</p>
<p><b>Swing Overshoot</b></p> <ol style="list-style-type: none"> <li>1. From hang HB</li> <li>2. Tap swing FWD</li> <li>3. Execute 1/2 turn flight over LB</li> <li>4. Regrasp LB</li> <li>5. Finish hang LB</li> </ol>	<p><b>HS Overshoot</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Tap swing FWD</li> <li>3. Execute 1/2 turn flight over LB</li> <li>4. Regrasp LB</li> <li>5. Finish hang LB</li> </ol>	<p><b>Bail HS</b></p> <ol style="list-style-type: none"> <li>1. From HS or Hang HB</li> <li>2. Tap swing FWD</li> <li>3. Execute 1/2 turn flight to LB</li> <li>4. Finish HS LB</li> </ol>	<p><b>HS Bail HS 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Tap swing FWD</li> <li>3. Execute 1/2 turn flight to LB HS—1/2 turn in HS</li> <li>4. Finish HS LB</li> </ol>	<p><b>Swing 1-1/2 Overshoot</b></p> <ol style="list-style-type: none"> <li>1. From hang HB</li> <li>2. Tap swing FWD</li> <li>3. Execute 1-1/2 turn flight over LB</li> <li>4. Finish hang LB</li> </ol>
C—407a RELEASE HB-LB	C—407b RELEASE HB-LB	D—407 RELEASE HB-LB	E—407 RELEASE HB-LB	
<p>Hang HB—Face in—Long swing FWD—Salto roll BWD—Tuck/straddle—Hang/clear straddle support LB (Peach salto)</p> 	<p>Hang HB—Face in—Long swing FWD—BWD salto—Tuck—1/2 turn—Between bars—Catch LB—Mix grip (Cullinan)</p>  <p>180°</p>	<p>Hang HB—Face in—Long swing FWD—BWD salto—Stretch—Between bars—Clear support—REG/cross grip LB (Pak)</p> 	<p>Hang HB—Face in—Long swing FWD—BWD salto—Tuck/stretch—1/1 turn—Between bars—Clear support—Hang LB (Bhardwaj)</p>  <p>360°</p>	
<p><b>Peach Salto</b></p> <ol style="list-style-type: none"> <li>1. From hang HB</li> <li>2. Execute FWD swing</li> <li>3. Bring toes up—Release HB</li> <li>4. Execute BWD Straddle/tuck salto</li> <li>5. Regrasp LB</li> <li>6. Finish straddle hang LB</li> </ol>	<p><b>Cullinan Salto</b></p> <ol style="list-style-type: none"> <li>1. From hang HB</li> <li>2. Execute FWD swing</li> <li>3. Bring toes up—Release HB</li> <li>4. Execute BWD Tuck salto 1/2 turn</li> <li>5. Regrasp LB</li> <li>6. Finish Mix grip LB</li> </ol>	<p><b>Pak Salto</b></p> <ol style="list-style-type: none"> <li>1. From hang HB</li> <li>2. Execute FWD swing</li> <li>3. Bring toes up—Release HB</li> <li>4. Execute BWD stretch salto</li> <li>5. Regrasp LB REG/cross grip</li> <li>6. Finish Clear support LB</li> </ol>	<p><b>Bhardwaj Salto</b></p> <ol style="list-style-type: none"> <li>1. From hang HB</li> <li>2. Execute FWD swing</li> <li>3. Bring toes up—Release HB</li> <li>4. Execute BWD Tuck/LO salto 1/2 turn</li> <li>5. Regrasp LB</li> <li>6. Finish Clear support LB</li> </ol>	

**UB—4-LONG SWING FWD — 408-REL HB ▶ HB (Counter Hecht) — 409-REL HB ▶ LB w Salto**

<p><b>D—408a</b> <small>RELEASE HB-HB</small> </p>	<p><b>D—408b</b> <small>RELEASE HB-HB</small> </p>	<p><b>E—408a</b> <small>RELEASE HB-HB</small> </p>	<p><b>E—408b</b> <small>RELEASE HB-HB</small> </p>	<p><b>E—408c</b> <small>RELEASE HB-HB</small> </p>	<p><b>E—408d</b> <small>RELEASE HB-HB</small> </p>
<p><b>Tkatchev</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Execute straddle REV hecht BWD over HB</li> <li>4. Finish hang HB</li> </ol>	<p><b>Monckton</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Pull bar—Release bar</li> <li>4. Execute 1/2 turn Pike vault—Over HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>Pike Tkatchev</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Execute pike REV hecht BWD over HB</li> <li>4. Finish hang HB</li> </ol>	<p><b>Shushunova 1/1</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Release bar—1/2 turn</li> <li>4. Execute straddle reverse hecht 1/2 turn BWD over HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>Counter 1/1</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Pull bar—Release bar</li> <li>4. Execute straddle reverse hecht BWD —1/1 turn over HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>Kononenko</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Execute pike REV hecht BWD over HB</li> <li>4. Finish hang HB</li> </ol>
<p><b>D—409a</b> <small>RELEASE HB-HB</small> </p>	<p><b>D—409b</b> <small>RELEASE HB-HB</small> </p>	<p><b>D—409c</b> <small>RELEASE HB-HB</small> </p>	<p><b>E—409a</b> <small>RELEASE HB-HB</small> </p>	<p><b>E—409b</b> <small>RELEASE HB-HB</small> </p>	<p><b>E—409c</b> <small>RELEASE HB-HB</small> </p>
<p><b>Deltchev</b></p> <ol style="list-style-type: none"> <li>1. From hang HB</li> <li>2. Execute BWD Giant 1/2 turn</li> <li>3. Release HB</li> <li>4. Execute FWD Tuck/straddle salto</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>Gienger</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Pull bar—Release bar</li> <li>4. Execute BWD salto pike 1/2 turn</li> <li>5. Regrasp HB</li> <li>6. Finish hollow hang HB</li> </ol>	<p><b>O'Neal / Nyeste</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Pull bar—Release bar</li> <li>4. Execute BWD salto pike 1/2 turn</li> <li>5. Regrasp HB—Mix grip 1/2 turn</li> <li>6. Finish hollow hang HB</li> </ol>	<p><b>Gienger LO</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Pull bar—Release bar</li> <li>4. Execute BWD salto stretch 1/2 turn</li> <li>5. Regrasp HB</li> <li>6. Finish hollow hang HB</li> </ol>	<p><b>Def / Hristakieva</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Pull bar—Release bar</li> <li>4. Execute BWD salto stretch 1-1/2 turn</li> <li>5. Regrasp HB</li> <li>6. Finish hollow hang HB</li> </ol>	<p><b>Deltchev Pike</b></p> <ol style="list-style-type: none"> <li>1. From Hang/HS HB</li> <li>2. Execute BWD Giant swing</li> <li>3. Execute 1/2 turn</li> <li>4. Execute FWD salto pike</li> <li>5. Regrasp HB</li> <li>6. Finish hollow hang HB</li> </ol>
<p><b>E—409d</b> <small>RELEASE HB-HB</small> </p> <p><b>Counter FWD Straddle REV</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Execute BWD Giant</li> <li>3. Pull bar—Release bar</li> <li>4. Execute FWD salto straddle</li> <li>5. Regrasp HB REV grip</li> <li>6. Finish hollow hang HB</li> </ol>					

# UNEVEN BARS



## 5—FWD GIANTS

[501—FWD LB Giants](#)

[502—FWD Giants w Ø Turn](#)

[503—FWD Giants Cross Grip](#)

[504—FWD Giant w Turn](#)

[505—FWD Giants ► L-grip](#)

[506—FWD Giant w Hop](#)

[507—FWD Giant REL HB ► LB](#)

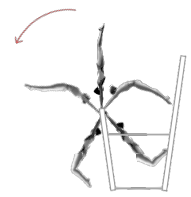
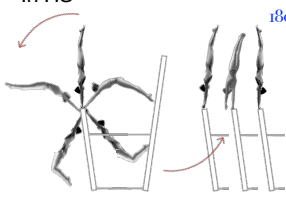
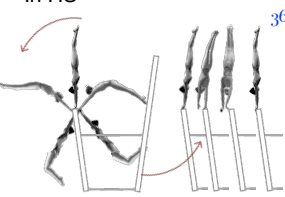
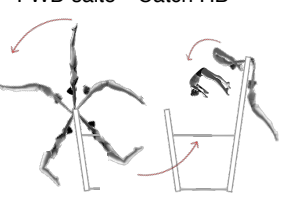
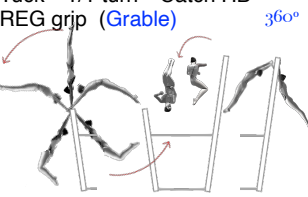
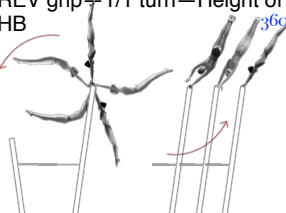
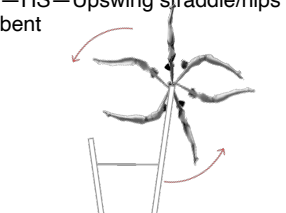
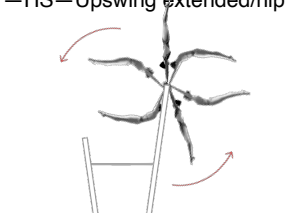
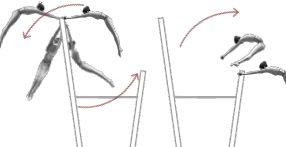
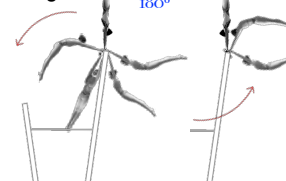
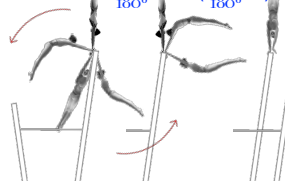

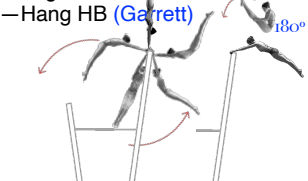
[508—FWD Giant REL HB ► HB Same side of Bar](#)

[509—FWD Giant REL Over Bar](#)

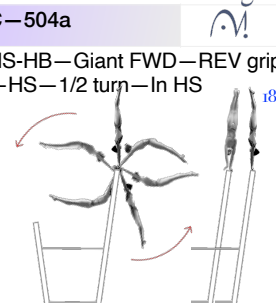
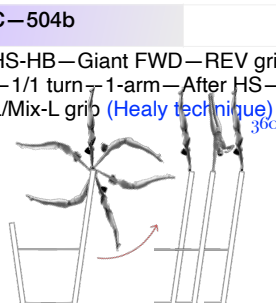
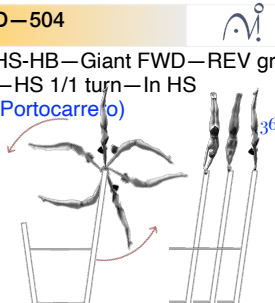
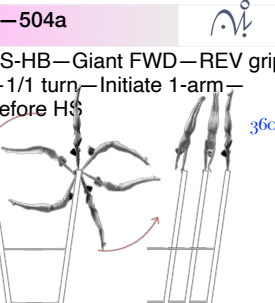
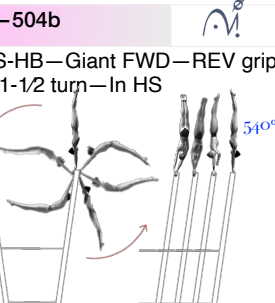
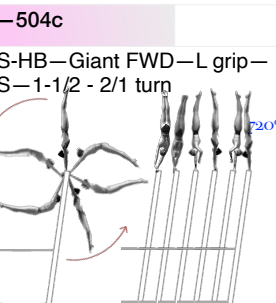
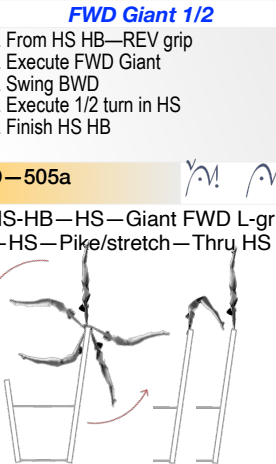
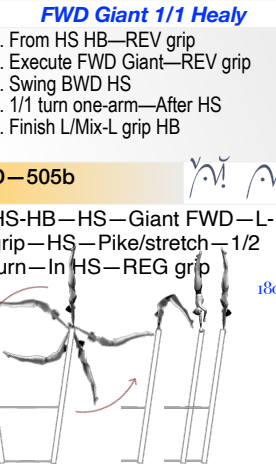
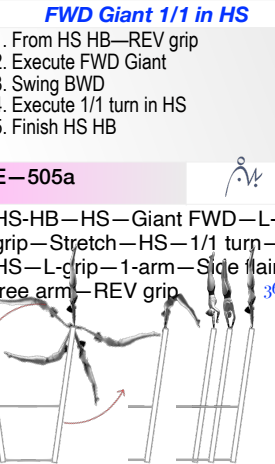
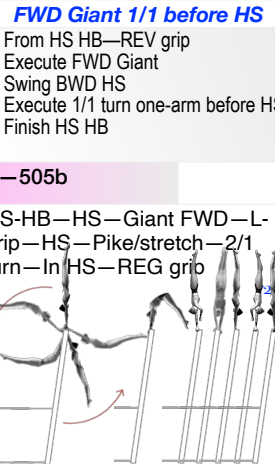
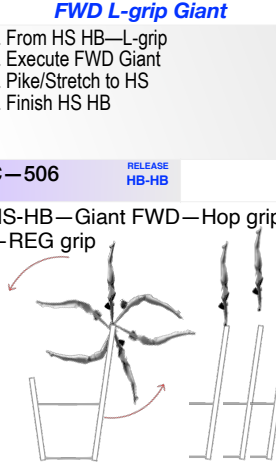
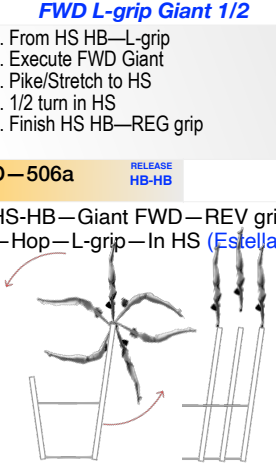
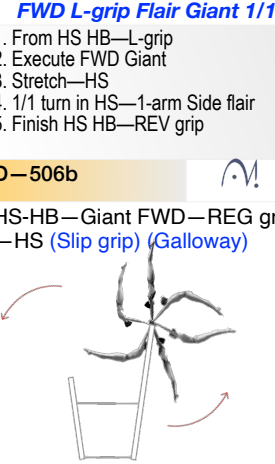
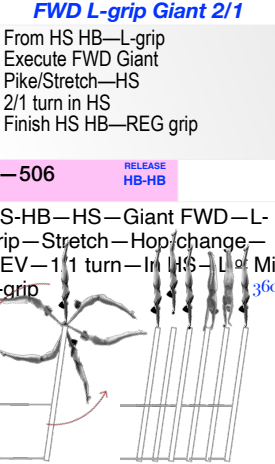
► B—503—Swing, 1/2 turn Straddle/Pike Back = C if followed by D/E REL

<b>X</b>	<b><u>X-SKILLS</u></b>
<b>1</b>	<b><u>MOUNTS</u></b>
<b>2</b>	<b><u>CASTS, SWINGS, UPRISES, COUNTERSWINGS</u></b>
<b>3</b>	<b><u>HIP CIRCLES</u></b>
<b>4</b>	<b><u>BWD GIANTS</u></b>
<b>5</b>	<b><u>FWD GIANTS</u></b>
<b>6</b>	<b><u>STALDERS</u></b>
<b>7</b>	<b><u>PIKE CIRCLES</u></b>
<b>8</b>	<b><u>DISMOUNTS</u></b>

# UB—5-LONG SWING BWD — 501-LB Giants — 502-FWD Giant Ø turn — 503-BWD Long Swing Cross grip

<p><b>B—501a</b></p> <p>HS-LB—Giant FWD—REV grip —Legs tuck at bottom</p>  <p><b>LB FWD Giant</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant</li> <li>3. Bend knees at circle bottom</li> <li>4. Finish HS LB</li> </ol>	<p><b>B—501b</b></p> <p>HS-LB—Giant FWD—REV grip —Legs tuck at bottom—1/2 turn —In HS</p>  <p><b>LB FWD Giant 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant</li> <li>3. Bend knees at circle bottom</li> <li>4. Execute 1/2 turn</li> <li>5. Finish HS LB</li> </ol>	<p><b>C—501a</b></p> <p>HS-LB—Giant FWD—REV grip —Legs tuck at bottom—1/1 turn —In HS</p>  <p><b>LB FWD Giant 1/1</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant</li> <li>3. Bend knees at circle bottom</li> <li>4. Execute 1/1 turn</li> <li>5. Finish HS LB</li> </ol>	<p><b>C—501b</b> <small>RELEASE LB-HB</small></p> <p>Face out LB—3/4 Giant FWD—REV grip—Legs tuck at bottom—FWD salto—Catch HB</p>  <p><b>LB FWD Giant REL HB</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant</li> <li>3. Bend knees at circle bottom</li> <li>4. Execute FWD salto</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>D—501</b> <small>RELEASE LB-HB</small></p> <p>HS-LB—REV grip—3/4 Giant FWD—Release—FWD salto—Tuck—1/1 turn—Catch HB—REG grip (<i>Grable</i>)</p>  <p><b>LB FWD Giant 1/1 REL HB</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant</li> <li>3. Bend knees at circle bottom</li> <li>4. Execute FWD tuck 1/1 salto</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>
<p><b>B—502</b></p> <p>HS-HB—Long swing BWD—REV grip—1/1 turn—Height of HB</p>  <p><b>FWD Giant Swing 1/1</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant swing</li> <li>3. Swing BWD min height of HB</li> <li>4. Execute 1/1 turn</li> <li>5. Regrasp HB</li> <li>6. Finish HB</li> </ol>	<p><b>C—502a</b> <small>RELEASE HB-HB</small></p> <p>HS-HB—Giant FWD—REV grip—HS—Upswing straddle/hips bent</p>  <p><b>FWD Giant Straddle</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant swing</li> <li>3. Swing BWD</li> <li>4. Straddle or bent/extend body</li> <li>5. Finish HS HB</li> </ol>	<p><b>C—502a</b> <small>RELEASE HB-HB</small></p> <p>HS-HB—Giant FWD—REV grip—HS—Upswing extended/hips bent</p>  <p><b>FWD Giant Straight</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant swing</li> <li>3. Swing BWD</li> <li>4. Extended body</li> <li>5. Finish HS HB</li> </ol>		
<p><b>B—503</b></p> <p>HB—Long swing FWD—Cross grip—1/2 turn in hang—Swing BWD—Straddle/Pike Flight—Over LB—Hang LB</p>  <p><b>FWD Swing 1/2 Straddle Back</b></p> <ol style="list-style-type: none"> <li>1. From HB—Cast—FWD swing</li> <li>2. Cross grip—1/2 turn in hang</li> <li>3. Continue—BWD swing—Release</li> <li>4. Straddle/Pike Flight over LB</li> <li>5. Finish LB hang</li> </ol> <p><i>Direct to D/E REL (Ø FWD c-swing) = C</i></p>	<p><b>C—503a</b> <small>RELEASE HB-HB</small></p> <p>HS-HB—Long swing FWD—Cross grip—1/2 turn in hang—Swing BWD—In HS HB</p>  <p><b>1/2 FWD Giant</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—Cross grip</li> <li>2. Cross grip—Giant 1/2 turn in hang</li> <li>3. Continue—FWD Giant swing UpWD</li> <li>4. Finish HS HB</li> </ol>	<p><b>C—503b</b> <small>RELEASE HB-HB</small></p> <p>HS-HB—Long swing FWD—Cross grip—1/2 turn in hang—Swing BWD—1/2 turn—In HS HB (<i>Shahaf</i>)</p>  <p><b>1/2 FWD Giant 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—Cross grip</li> <li>2. Cross grip—Giant 1/2 turn in hang</li> <li>3. Continue—FWD Giant swing UpWD</li> <li>4. Execute 1/2 turn in HS</li> <li>5. Finish HS HB</li> </ol>	<p><b>D—503</b> <small>RELEASE HB-HB</small></p> <p>HS-HB—Long swing FWD—Cross grip—1/2 turn in hang—Swing BWD—FWD salto—Straddle/tuck—Hang HB (<i>Mis</i>)</p>  <p><b>Deltchev</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—Cross grip</li> <li>2. Cross grip—Giant 1/2 turn in hang</li> <li>3. Continue—FWD Giant swing UpWD</li> <li>4. Execute FWD salto—Straddle</li> <li>5. Finish hang HB</li> </ol>	<p><b>E—503</b> <small>RELEASE HB-HB</small></p> <p>HS-HB—Long swing FWD—Cross grip—1/2 turn in hang—Swing BWD—FWD salto—Pike—Hang HB (<i>Garrett</i>)</p>  <p><b>Deltchev Pike</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—Cross grip</li> <li>2. Cross grip—Giant 1/2 turn in hang</li> <li>3. Continue—FWD Giant swing UpWD</li> <li>4. Execute FWD salto—Pike</li> <li>5. Finish hang HB</li> </ol>

## UB—5-GIANT SWING FWD — 504-Giant w Turn — 505-Giant L-grip — 506-Giant w Hop

<p><b>C—504a</b></p>  <p><b>FWD Giant 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant</li> <li>3. Swing BWD HS</li> <li>4. Execute 1/2 turn in HS</li> <li>5. Finish HS HB</li> </ol>	<p><b>C—504b</b></p>  <p><b>FWD Giant 1/1 Healy</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant—REV grip</li> <li>3. Swing BWD HS</li> <li>4. 1/1 turn one-arm—After HS</li> <li>5. Finish L/Mix-L grip HB</li> </ol>	<p><b>D—504</b></p>  <p><b>FWD Giant 1/1 in HS</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant</li> <li>3. Swing BWD HS</li> <li>4. Execute 1/1 turn in HS</li> <li>5. Finish HS HB</li> </ol>	<p><b>E—504a</b></p>  <p><b>FWD Giant 1/1 before HS</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant</li> <li>3. Swing BWD HS</li> <li>4. Execute 1/1 turn one-arm before HS</li> <li>5. Finish HS HB</li> </ol>	<p><b>E—504b</b></p>  <p><b>FWD Giant 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant</li> <li>3. Swing BWD HS</li> <li>4. Execute 1-1/2 turn in HS</li> <li>5. Finish HS HB</li> </ol>	<p><b>E—504c</b></p>  <p><b>FWD Giant 2/1 L-grip</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant—REV grip</li> <li>3. Swing BWD HS</li> <li>4. Execute 2/1 turn in HS</li> <li>5. Finish HS HB</li> </ol>
<p><b>D—505a</b></p>  <p><b>FWD L-grip Giant</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—L-grip</li> <li>2. Execute FWD Giant</li> <li>3. Pike/Stretch to HS</li> <li>4. Finish HS HB</li> </ol>	<p><b>D—505b</b></p>  <p><b>FWD L-grip Giant 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—L-grip</li> <li>2. Execute FWD Giant</li> <li>3. Pike/Stretch to HS</li> <li>4. 1/2 turn in HS</li> <li>5. Finish HS HB—REG grip</li> </ol>	<p><b>E—505a</b></p>  <p><b>FWD L-grip Flair Giant 1/1</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—L-grip</li> <li>2. Execute FWD Giant</li> <li>3. Stretch—HS</li> <li>4. 1/1 turn in HS—1-arm Side flair</li> <li>5. Finish HS HB—REV grip</li> </ol>	<p><b>E—505b</b></p>  <p><b>FWD L-grip Giant 2/1</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—L-grip</li> <li>2. Execute FWD Giant</li> <li>3. Pike/Stretch—HS</li> <li>4. 2/1 turn in HS</li> <li>5. Finish HS HB—REG grip</li> </ol>		
<p><b>C—506</b></p> <p>RELEASE HB-HB</p>  <p><b>FWD Giant Hop REG grip</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant</li> <li>3. Swing BWD</li> <li>4. Hop to REG grip</li> <li>5. Finish HS HB REG grip</li> </ol>	<p><b>D—506a</b></p> <p>RELEASE HB-HB</p>  <p><b>FWD Giant Hop L-grip</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant</li> <li>3. Swing BWD</li> <li>4. Hop to L-grip</li> <li>5. Finish HS HB L-grip</li> </ol>	<p><b>D—506b</b></p>  <p><b>FWD Giant Slip grip</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REG grip</li> <li>2. REG grip</li> <li>3. Execute FWD Giant swing—Slip grip</li> <li>4. Finish HB REG grip</li> </ol>	<p><b>E—506</b></p> <p>RELEASE HB-HB</p>  <p><b>FWD Giant L-grip Hop REV 1/1</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—L-grip</li> <li>2. Execute FWD Giant</li> <li>3. Stretch—Hop change—REV grip</li> <li>4. 1/1 turn in HS</li> <li>5. Finish HS HB—L or Mix L-grip</li> </ol>		



**UB—5-LONG SWING BWD — 507-REL HB ▶ LB — 508-REL Same Side of Bar — 509-REL over Bar**

<p><b>C—507</b> <small>RELEASE HB-LB</small> </p> <p>HS-HB—Long swing BWD—REG/REV grip—Straddle flight BWD—Over LB—Hang LB</p>	<p><b>D—507a</b> <small>RELEASE HB-LB</small> </p> <p>HS-HB—Long swing BWD—REG/REV grip—Straddle flight BWD—HS LB</p>	<p><b>D—507b</b> <small>RELEASE HB-LB</small> </p> <p>HS-HB—Long swing BWD—REV grip—Release—1/2—Catch LB Hang (Ejova)</p>			
<p><b>Straddle back</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant</li> <li>3. Release HB</li> <li>4. Execute Straddle flight BWD</li> <li>5. Over LB—Regrasp LB</li> <li>6. Finish Hollow hang LB</li> </ol>	<p><b>Straddle back HS</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant</li> <li>3. Release HB</li> <li>4. Execute Straddle flight BWD</li> <li>5. HS LB</li> <li>6. Finish HS LB</li> </ol>	<p><b>Straddle back 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV grip</li> <li>2. Execute FWD Giant</li> <li>3. Release HB</li> <li>4. Execute flight BWD—1/2 turn</li> <li>5. Regrasp LB</li> <li>6. Finish hang LB</li> </ol>			
<p><b>D—508</b> <small>RELEASE HB-HB</small> </p> <p>HS-HB—Long swing BWD—REV/L-grip—FWD salto—Straddle/Tuck—Hang HB (Jaeger)</p>	<p><b>E—508a</b> <small>RELEASE HB-HB</small> </p> <p>HS-HB—Long swing BWD—REV/L-grip—FWD salto—Pike—Hang HB (Pike Jaeger)</p>	<p><b>E—508b</b> <small>RELEASE HB-HB</small> </p> <p>HS-HB—Long swing BWD—REV/L-grip—FWD salto—Straddle/Tuck—1/2 turn—Hang HB (Jaeger—1/2 turn)</p>	<p><b>E—508c</b> <small>RELEASE HB-HB</small> </p> <p>HS-HB—Long swing BWD—REV/L-grip—FWD salto—LO—Hang HB (Cappuccini) (LO Jaeger)</p>	<p><b>E—508d</b> <small>RELEASE HB-HB</small> </p> <p>HS-HB Long swing BWD—L-grip—FWD salto—Tuck—Over HB—Hang HB—REV grip (Mo)</p>	
<p><b>Jaeger</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV/L-grip</li> <li>2. FWD Giant</li> <li>3. BWD swing UpWD</li> <li>4. Execute FWD Straddle salto</li> <li>5. Finish hang HB</li> </ol>	<p><b>Jaeger Pike</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV/L-grip</li> <li>2. FWD Giant</li> <li>3. BWD swing UpWD</li> <li>4. Execute FWD Pike salto</li> <li>5. Finish hang HB</li> </ol>	<p><b>Jaeger 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV/L-grip</li> <li>2. FWD Giant</li> <li>3. BWD swing UpWD</li> <li>4. Execute FWD Straddle salto 1/2 turn</li> <li>5. Finish hang HB</li> </ol>	<p><b>Jaeger LO</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. FWD Giant—REV/L-grip</li> <li>3. BWD swing UpWD</li> <li>4. Execute FWD LO salto</li> <li>5. Finish hang HB</li> </ol>	<p><b>Mo</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. FWD Giant—L-grip</li> <li>3. BWD swing UpWD</li> <li>4. Execute FWD Tuck salto over HB</li> <li>5. Finish hang HB—REV grip</li> </ol>	
<p><b>C—509</b> <small>RELEASE HB-HB</small> </p> <p>HS-HB—Long swing BWD—REV grip—Stoop/straddle VT—1/2 turn—Over HB—Hang HB (Wenning/Volpi)</p>	<p><b>D—509</b> <small>RELEASE HB-HB</small> </p> <p>HS-HB—Long swing BWD—REV grip—1/2 turn—Straddle flight—Over HB—Hang HB (Khorkina)</p>	<p><b>E—509</b> <small>RELEASE HB-HB</small> </p> <p>HS-HB—Long swing BWD—L-grip—1/2 turn—Straddle flight—Over HB—REV—Hang HB (Perret)</p>			
<p><b>FWD Giant Vault 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV-grip</li> <li>2. FWD Giant</li> <li>3. Stoop VT—1/2 turn</li> <li>4. Over HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>Khorkina</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REV-grip</li> <li>2. FWD Giant</li> <li>3. 1/2 turn—Straddle flight</li> <li>4. Over HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>FWD Giant 1/2 Straddle over</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—L-grip</li> <li>2. FWD Giant</li> <li>3. 1/2 turn—Straddle flight</li> <li>4. Over HB—REV grip</li> <li>5. Finish hang HB</li> </ol>			

# UNEVEN BARS



## 6—STALDERS

### BWD Stalders

- [601—BWD Stalder HS w/wo Turn in HS](#)
- [602—BWD Stalder HS Turn to L or Mix L-grip](#)
- [603—BWD Stalder HS w Hop](#)
- [604—BWD Stalder w REL LB ► HB](#)
- [605—BWD Stalder w REL HB ► LB](#)
- [606—BWD Stalder w REL HB ► HB](#)

### FWD Stalders

- [607—BWD Stalder HS w/wo Turn in HS](#)
- [608—BWD Stalder HS Turn to L or Mix L-grip](#)
- [609—FWD Clear Straddle Circle Press HS](#)
- [610—FWD Stalder w REL HB ► LB, LB ► HB](#)

X	<b>X-SKILLS</b>
1	<b>MOUNTS</b>
2	<b>CASTS, SWINGS, UPRISES, COUNTERSWINGS</b>
3	<b>HIP CIRCLES</b>
4	<b>BWD GIANTS</b>
5	<b>FWD GIANTS</b>
6	<b>STALDERS</b>
7	<b>PIKE CIRCLES</b>
8	<b>DISMOUNTS</b>


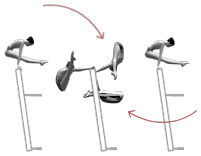
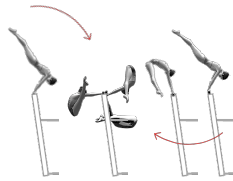

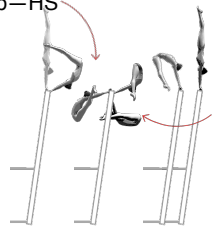
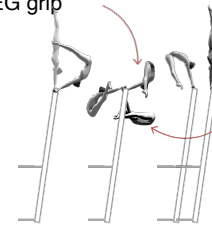

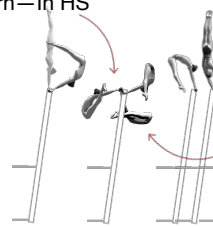

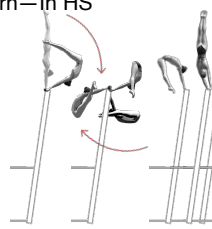

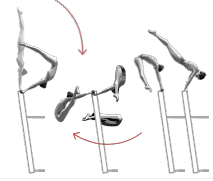

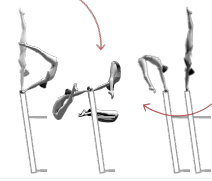



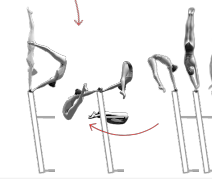

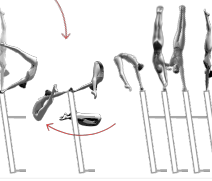
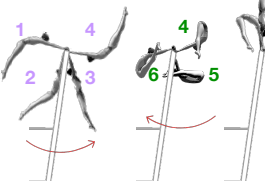

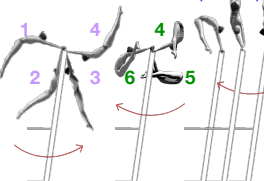
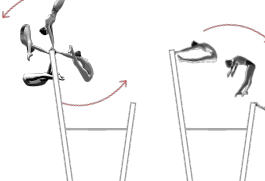
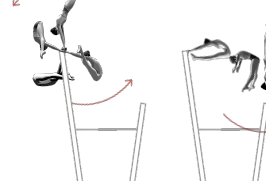

## UB—6-STALDER BWD — 601-HS w/wo Turn in HS — 602-HS Turn to L or Mix L-grip — 603-HS w Hop

A—601	B—601	D—601a	D—601b	E—601a	E—601b
HB/LB—Clear straddle circle BWD—Clear straddle 'L' support	HB/LB—Stalder circle BWD— Clear support	HB/LB—HS—Stalder BWD—HS	HB/LB—HS—Stalder BWD—HS —1/2 turn—In HS	HB/LB—HS—Stalder BWD—HS —1/1 turn—In HS	HB/LB—HS—Stalder BWD—HS —1-1/2 turn—In HS
<b>BWD Stalder circle</b>	<b>BWD Stalder clear support</b>	<b>BWD Stalder HS</b>	<b>BWD Stalder HS 1/2</b>	<b>BWD Stalder HS 1/1</b>	<b>BWD Stalder HS 1-1/2</b>
<ol style="list-style-type: none"> <li>1. From Clear straddle support</li> <li>2. Execute BWD Clear straddle circle</li> <li>3. Finish Clear straddle 'L' support</li> </ol>	<ol style="list-style-type: none"> <li>1. From Clear support</li> <li>2. Execute BWD Stalder circle</li> <li>3. Finish Clear support</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder</li> <li>4. Finish HS</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder—HS</li> <li>4. 1/2 turn in HS</li> <li>5. Finish HS</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder—HS</li> <li>4. 1/1 turn in HS</li> <li>5. Finish HS</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder—HS</li> <li>4. 1-1/2 turn in HS</li> <li>5. Finish HS</li> </ol>
<b>D—602</b>	<b>E—602a</b>	<b>E—602b</b>			
HB/LB—HS—Stalder BWD—HS —1/2 turn—In HS—REV or L or Mix-L grip	HB/LB—HS—Stalder BWD—HS —1/1 turn—1-arm—After HS— REV or L or Mix-L grip	HB/LB—HS—Stalder BWD—HS —1-1/2 turn—In HS—REV or L or Mix-L grip (Khorkina)			
<b>BWD Stalder 1/2 to L-grip</b>	<b>BWD Stalder 1/1 to L-grip</b>	<b>BWD Stalder 1-1/2 to L-grip</b>			
<ol style="list-style-type: none"> <li>1. From HS—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder—HS</li> <li>4. 1/2 turn in HS</li> <li>5. Finish L or Mix-L-grip</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder—HS</li> <li>4. 1/1 turn—1-arm—After HS</li> <li>5. Finish L or Mix-L-grip</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder—HS</li> <li>4. 1-1/2 turn in HS</li> <li>5. Finish L or Mix-L-grip</li> </ol>			
<b>D—603a</b>	<b>D—603b</b>				
HB/LB—HS—Stalder BWD—HS —Hop—Change grip—In HS	HB/LB—HS—Stalder BWD—HS —Hop—Change grip—In HS— 1/1 turn—1-arm—After HS—L or Mix-L-grip				
<b>BWD Stalder Hop</b>	<b>BWD Stalder Hop 1/1 after HS</b>				
<ol style="list-style-type: none"> <li>1. From HS—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder—HS</li> <li>4. Hop—Change grip</li> <li>5. Finish HS</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder—HS</li> <li>4. Hop—Change grip</li> <li>5. 1/1 turn—1-arm—After HS</li> <li>6. Finish L or Mix-L-grip</li> </ol>				

**UB—6-STALDER BWD — 604-REL LB ► HB — 605-REL HB ► LB — 606-REL Same Bar**

<p><b>C—604a</b> <small>RELEASE LB-HB</small> </p> <p>Face in LB—Stalder BWD—Release—Counter movement FWD—In flight—Hang HB</p> <p><b>BWD Stalder counter HB</b></p> <ol style="list-style-type: none"> <li>1. From Clear support LB—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder</li> <li>4. Release—Counter movement FWD</li> <li>5. Finish hang HB</li> </ol>	<p><b>C—604b</b> <small>RELEASE LB-HB</small> </p> <p>Face in LB—Stalder BWD—Release—Hecht—Hang HB (Ray)</p> <p><b>BWD Stalder hecht HB</b></p> <ol style="list-style-type: none"> <li>1. From Clear support LB—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder</li> <li>4. Release—Counter Hecht</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>D—604</b> <small>RELEASE LB-HB</small> </p> <p>Face out LB—Stalder BWD—Thru HS—Flight—Hang HB</p> <p><b>BWD Stalder flight HB</b></p> <ol style="list-style-type: none"> <li>1. From Clear support LB—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder</li> <li>4. Release—Flight to HB</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>E—604a</b> <small>RELEASE LB-HB</small> </p> <p>Face out LB—Stalder BWD—Thru HS—Flight—1/2 turn—Hang HB <sup>180°</sup></p> <p><b>BWD Stalder flight 1/2 HB</b></p> <ol style="list-style-type: none"> <li>1. From Clear support LB—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder</li> <li>4. Release—1/2 turn Flight to HB</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>E—604b</b> <small>RELEASE LB-HB</small></p> <p>Face out LB—Stalder BWD—Flight—1/1 turn—Hang HB <sup>360°</sup></p> <p><b>BWD Stalder flight 1/1 HB</b></p> <ol style="list-style-type: none"> <li>1. From Clear support LB—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder</li> <li>4. Release—1/1 turn Flight to HB</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	
<p><b>B—605</b> <small>RELEASE HB-LB</small> </p> <p>HB—Clear straddle circle BWD—Grip change—Hang LB</p> <p><b>BWD Stalder circle LB</b></p> <ol style="list-style-type: none"> <li>1. From Clear support HB—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder circle</li> <li>4. Release—Grip change LB</li> <li>5. Finish hang LB</li> </ol>	<p><b>D—605</b> <small>RELEASE HB-LB</small> </p> <p>HB—Clear straddle circle BWD—Flight—To HS-LB</p> <p><b>BWD Stalder circle HS LB</b></p> <ol style="list-style-type: none"> <li>1. From Clear support HB—REG grip</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder circle</li> <li>4. Release—Grip change LB</li> <li>5. Finish HS LB</li> </ol>				
<p><b>D—606</b> <small>RELEASE HB-HB</small></p> <p>HS-HB—Clear straddle circle BWD—HB—1/2 turn—Hang HB <sup>180°</sup></p> <p><b>BWD Stalder circle 1/2 regrasp</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder circle</li> <li>4. Release—1/2 turn regrasp HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>E—606a</b> <small>RELEASE HB-HB</small> </p> <p>HB—Stalder BWD—Thru HS—Counter straddle—Hang HB (Ricna)</p> <p><b>Stalder Tkatchev Straddle</b></p> <ol style="list-style-type: none"> <li>1. From Clear support HB</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder</li> <li>4. Release—Counter straddle</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>E—606b</b> <small>RELEASE HB-HB</small> </p> <p>HB—Stalder BWD—Thru HS—Counter pike—Hang HB (Downie)</p> <p><b>Stalder Tkatchev Pike</b></p> <ol style="list-style-type: none"> <li>1. From Clear support HB</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder</li> <li>4. Release—Counter pike</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>E—606c</b> <small>RELEASE HB-HB</small> </p> <p>HB—Stalder BWD—Thru HS—Counter straddle—1/2 turn—Hang HB (Fenton) <sup>180°</sup></p> <p><b>Stalder Tkatchev Straddle 1/2</b></p> <ol style="list-style-type: none"> <li>1. From Clear support HB</li> <li>2. Any fall technique acceptable</li> <li>3. Execute BWD Stalder</li> <li>4. Release—Counter straddle 1/2</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>		

**UB—6-STALDER FWD — 607-HS w/wo Turn — 608-HS Turn to L or Mix L-grip — 609-Press HS — 610-REL LB > HB & HB > LB**

<p><b>A—607</b> </p> <p>LB/HB—Clear straddle circle FWD—Clear straddle 'L' support</p>  <p><b>FWD Stalder circle</b></p> <ol style="list-style-type: none"> <li>1. From Clear straddle 'L' support—REV grip</li> <li>2. Execute FWD Straddle circle</li> <li>3. Finish Clear straddle 'L' support</li> </ol>	<p><b>B—607</b></p> <p>LB/HB—Stalder FWD—Clear support</p>  <p><b>FWD Stalder clear support</b></p> <ol style="list-style-type: none"> <li>1. From Clear support—REV grip</li> <li>2. Execute FWD Straddle circle</li> <li>3. Finish Clear support</li> </ol>	<p><b>D—607a</b> </p> <p>HS—Stalder FWD—HS—REV grip—HS</p>  <p><b>FWD Stalder HS</b></p> <ol style="list-style-type: none"> <li>1. From HS—REV grip</li> <li>2. Stoop in</li> <li>3. Execute FWD Stalder</li> <li>4. Finish HS</li> </ol>	<p><b>D—607b</b></p> <p>HB/LB—Stalder FWD—HS—REG grip</p>  <p><b>FWD Stalder REG grip</b></p> <ol style="list-style-type: none"> <li>1. From HS—REG grip</li> <li>2. Stoop in</li> <li>3. Execute FWD Stalder</li> <li>4. Finish HS</li> </ol>	<p><b>D—607c</b> </p> <p>LB/HB—Stalder FWD—HS—1/2 turn—In HS <sup>180°</sup></p>  <p><b>FWD Stalder HS 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS</li> <li>2. Execute FWD Stalder</li> <li>3. REV grip</li> <li>4. Execute 1/2 turn in HS</li> <li>5. Finish HS</li> </ol>	<p><b>E—607</b> </p> <p>LB/HB—Stalder FWD—HS—1/1 turn—In HS <sup>360°</sup></p>  <p><b>FWD Stalder HS 1/1</b></p> <ol style="list-style-type: none"> <li>1. From HS</li> <li>2. Execute FWD Stalder</li> <li>3. REV grip</li> <li>4. Execute 1/1 turn in HS</li> <li>5. Finish HS</li> </ol>
<p><b>C—608</b> </p> <p>LB/HB—Stalder FWD—L-grip—Clear support</p>  <p><b>FWD Stalder L grip clear support</b></p> <ol style="list-style-type: none"> <li>1. From HS</li> <li>2. Execute FWD Stalder HS in L-grip</li> <li>3. Finish Clear support</li> </ol>	<p><b>D—608a</b> </p> <p>LB/HB—Stalder FWD—L grip—HS</p>  <p><b>FWD Stalder L grip HS</b></p> <ol style="list-style-type: none"> <li>1. From HS</li> <li>2. Execute FWD Stalder HS in L-grip</li> <li>3. Finish HS</li> </ol>	<p><b>D—608b</b> </p> <p>LB/HB—Stalder FWD—L grip—1/2 turn—In HS <sup>180°</sup></p>  <p><b>FWD Stalder L grip HS 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS</li> <li>2. Execute FWD Stalder HS in L-grip</li> <li>3. 1/2 turn</li> <li>4. In HS</li> </ol>	<p><b>E—608a</b> </p> <p>LB/HB—Stalder FWD—L grip—HS—1/1 turn—In HS <sup>360°</sup></p>  <p><b>FWD Stalder L grip HS 1/1</b></p> <ol style="list-style-type: none"> <li>1. From HS</li> <li>2. Execute FWD Stalder HS in L-grip</li> <li>3. 1/1 turn</li> <li>4. In HS</li> </ol>	<p><b>E—608b</b> </p> <p>LB/HB—Stalder FWD HS—1/1 turn—1-arm—After HS—L/Mix-L grip (Healy technique) <sup>360°</sup></p>  <p><b>FWD Stalder 1/1 Healy</b></p> <ol style="list-style-type: none"> <li>1. From HS</li> <li>2. Execute FWD Stalder HS</li> <li>3. 1/1 turn 1-arm—After HS</li> <li>4. Finish L/Mix-L grip Healy technique</li> </ol>	
<p><b>C—609a</b></p> <p>HB—Long kip—Pass thru clear straddle support—Swing/press HS</p>  <p><b>Swing press to clear support</b></p> <ol style="list-style-type: none"> <li>1. Hang HB</li> <li>2. Execute FWD Long swing 1-2-3-4</li> <li>3. Straddle clear jam 4-5-6</li> <li>4. Continue Swing/press HS</li> <li>5. Finish HS HB</li> </ol>	<p><b>C—609b</b> </p> <p>HB—Long kip—Thru clear straddle support—Swing/press HS—1/2 turn—In HS (Chow) <sup>180°</sup></p>  <p><b>Chow</b></p> <ol style="list-style-type: none"> <li>1. Hang HB</li> <li>2. Execute FWD Long swing 1-2-3-4</li> <li>3. Straddle clear jam 4-5-6</li> <li>4. Continue Swing/press HS</li> <li>5. 1/2 turn in HS</li> <li>6. Finish HS HB</li> </ol>		<p><b>C—610</b> <small>RELEASE HB-LB</small></p> <p>HB—Clear straddle circle FWD—Flight BWD—Over LB—Hang LB</p>  <p><b>FWD Stalder circle to LB</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB</li> <li>2. Execute FWD Clear straddle circle</li> <li>3. Release HB</li> <li>4. Flight BWD over LB</li> <li>5. Regrasp LB</li> <li>6. Finish Hang LB</li> </ol>	<p><b>D—610a</b> <small>RELEASE HB-LB</small></p> <p>HB—Clear straddle circle FWD—Flight BWD—To HS-LB</p>  <p><b>FWD Stalder circle to LB HS</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB</li> <li>2. Execute FWD Clear straddle circle</li> <li>3. Release HB</li> <li>4. Flight BWD—HS-LB</li> <li>5. Finish HS LB</li> </ol>	<p><b>D—610b</b> <small>RELEASE LB-HB</small></p> <p>Face out LB—Clear straddle circle FWD—FWD salto—HB</p>  <p><b>FWD Stalder circle salto HB</b></p> <ol style="list-style-type: none"> <li>1. Face out LB</li> <li>2. Execute FWD Stalder</li> <li>3. Release bar</li> <li>4. Execute FWD salto</li> <li>5. Catch HB</li> <li>6. Finish Hang HB</li> </ol>



# UNEVEN BARS



## 7—PIKE CIRCLES

### BWD Sole Circles

- [701—BWD Pike Sole HS w/wo Turn](#)
- [702—BWD Pike Sole HS Turn to REV / El / Mix El grip](#)
- [703—BWD Pike Sole HS w Hop](#)
- [704—BWD Pike Sole REL HB ► HB](#)
- [705—BWD Sole U-swing REL HB ► LB](#)
- [706—BWD Sole Counter REL](#)
- [707—BWD Pike Sole w Hecht](#)
- [708—BWD Pike Sole Flight thru HS LB ► HB](#)

### FWD Sole Circles

- [709—FWD Pike Sole HS w/wo Turn](#)
- [710—FWD Pike Sole w Turn after HS](#)
- [711—FWD Pike Sole L-grip HS w/wo Turn](#)

### BWD Clear Pike Circles






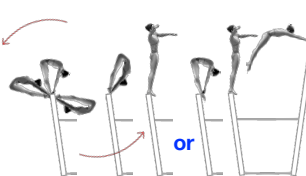

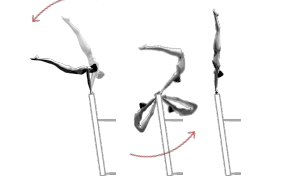
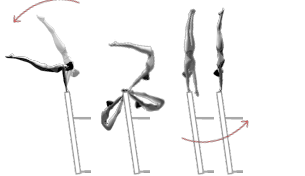
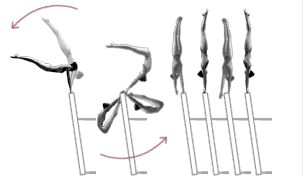
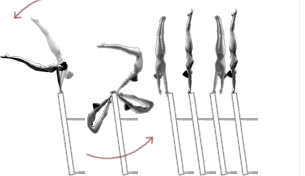
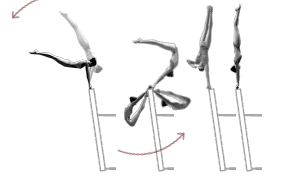
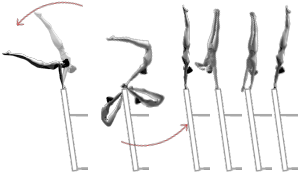
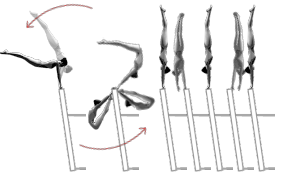



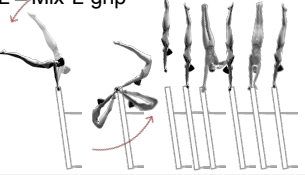
- [712—BWD Pike Circle w/wo HS w/wo Turn](#)
- [713—BWD Pike Circle Counter/Flight LB ► HB](#)
- [714—BWD Pike Circle Counter/Flight HB ► LB](#)
- [715—BWD Pike INV Hang Circle w w/o REL Same Bar](#)
- [716—BWD Pike INV Hang Circle REL HB ► LB](#)
- [717—BWD Pike Clear Seat \(Underswing\) Dislocates](#)

### FWD Clear Pike Circles

- [718—FWD Pike Circle w w/o REL](#)
- [719—FWD Pike Circle Straddle Cut](#)
- [720—FWD Pike Circle Thru Clear EXT Support](#)
- [721—FWD Pike Circle Thru to HS](#)

X	<b>X-SKILLS</b>
1	<b>MOUNTS</b>
2	<b>CASTS, SWINGS, UPRISES, COUNTERSWINGS</b>
3	<b>HIP CIRCLES</b>
4	<b>BWD GIANTS</b>
5	<b>FWD GIANTS</b>
6	<b>STALDERS</b>
7	<b>PIKE CIRCLES</b>
8	<b>DISMOUNTS</b>

# UB—7-BWD PIKE SOLE CIRCLE — 701-HS w/wo Turn in HS — 702-HS Turn to REV / EI / Mix EI grip — 703-HS w Hop

A—701 	B—701	C—701a 	C—701b 	E—701a 	E—701b 
LB—Pike/tuck sole circle BWD—Stand	LB/HB—Pike sole circle BWD—Toe on/off—Clear support	LB/HB—Pike sole circle BWD—HS	LB/HB—Pike sole circle BWD—HS—1/2 turn—In HS <span style="color: blue;">180°</span>	LB/HB—Pike sole circle BWD—HS—1/1 turn—In HS <span style="color: blue;">360°</span>	LB/HB—Pike sole circle BWD—HS—1-1/2 turn in HS (Lucke) <span style="color: blue;">540°</span>
 <p style="text-align: center;"><b>BWD Sole circle</b></p>	 <p style="text-align: center;"><b>BWD Sole clear support</b></p>	 <p style="text-align: center;"><b>BWD Sole HS</b></p>	 <p style="text-align: center;"><b>BWD Sole HS 1/2</b></p>	 <p style="text-align: center;"><b>BWD Sole HS 1/1</b></p>	 <p style="text-align: center;"><b>BWD Sole HS 1-1/2</b></p>
<ol style="list-style-type: none"> <li>1. From Pike Sole stand—REG grip</li> <li>2. Execute BWD Pike Sole circle</li> <li>3. Perform in pike or tuck</li> <li>4. Finish VER stand or Pike stand OR</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Pike sole circle</li> <li>3. Disengage feet off bar</li> <li>4. Finish Clear support</li> </ol>	<ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Pike sole circle</li> <li>3. Disengage feet off bar</li> <li>4. Finish HS</li> </ol>	<ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Pike sole circle</li> <li>3. Disengage feet off bar</li> <li>4. Execute 1/2 turn</li> <li>5. Finish HS</li> </ol>	<ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Pike sole circle</li> <li>3. Disengage feet off bar</li> <li>4. Execute 1/1 turn in HS</li> <li>5. Finish HS</li> </ol>	<ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Pike sole circle</li> <li>3. Disengage feet off bar</li> <li>4. Execute 1-1/2 turn in HS</li> <li>5. Finish HS</li> </ol>
D—702	C—702	E—702			
LB/HB—Pike sole circle BWD—HS—1/2 turn—In HS—REV or L or Mix-L-grip <span style="color: blue;">180°</span>	LB/HB—Pike sole circle BWD—HS—1/1 turn—1-arm—After HS—REV or L or Mix-L-grip <span style="color: blue;">360°</span>	LB/HB—Pike sole circle BWD—HS—1-1/2 turn—REV or L or Mix-L-grip <span style="color: blue;">540°</span>			
 <p style="text-align: center;"><b>BWD Sole HS 1/2 L-grip</b></p>	 <p style="text-align: center;"><b>BWD Sole HS 1/1 after</b></p>	 <p style="text-align: center;"><b>BWD Sole HS 1-1/2 L-grip</b></p>			
<ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Pike sole circle</li> <li>3. Disengage feet off bar</li> <li>4. Execute 1/2 turn</li> <li>5. Finish HS REV or L or Mix-L-grip</li> </ol>	<ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Pike sole circle</li> <li>3. Disengage feet off bar</li> <li>4. Execute 1/1 turn—1-arm</li> <li>5. Finish HS REV or L or Mix-L-grip</li> </ol>	<ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Pike sole circle</li> <li>3. Disengage feet off bar</li> <li>4. Execute 1-1/2 turn in HS</li> <li>5. Finish HS REV or L or Mix-L-grip</li> </ol>			
D—703a <span style="color: blue;">RELEASE Bar-Bar</span> 	D—703b <span style="color: blue;">RELEASE Bar-Bar</span> 				
LB/HB—Pike sole circle BWD—Hop—change—REV grip—In HS	LB/HB—Pike sole circle BWD—Hop—Change grip—In HS—1/1 turn—1-arm—After HS—REV or L or Mix-L-grip <span style="color: blue;">360°</span>				
 <p style="text-align: center;"><b>BWD Sole HS Hop</b></p>	 <p style="text-align: center;"><b>BWD Sole HS Hop 1/2</b></p>				
<ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Pike sole circle</li> <li>3. Disengage feet off bar</li> <li>4. Execute Hop—REV grip</li> <li>5. Finish HS</li> </ol>	<ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Pike sole circle</li> <li>3. Disengage feet off bar—HS</li> <li>4. Execute Hop—Change grip</li> <li>5. 1/1 turn—1-arm—After HS</li> <li>6. Finish HS REV or L or Mix-L-grip</li> </ol>				


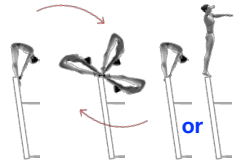

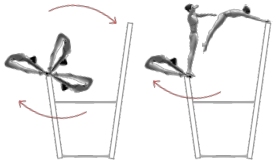

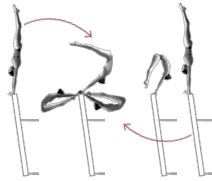

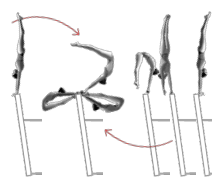

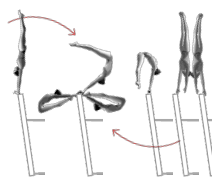
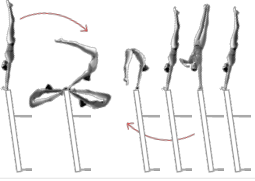

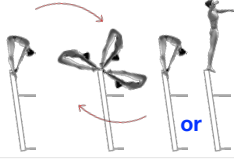

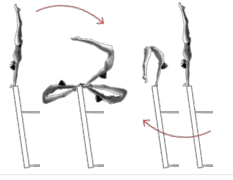

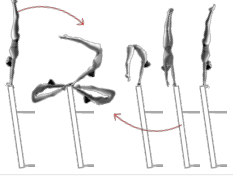

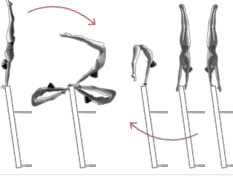
**UB—7-BWD PIKE SOLE UNDERSWINGS — 704-REL HB > HB — 705-REL HB > LB**

<p><b>A—704</b></p> <p>HB—Pike Sole Underswing BWD—1/2 turn ≥ HB height—Hang HB <sup>180°</sup></p>	<p><b>B—704a</b></p> <p>LB/HB—Pike Sole Underswing BWD—1/2 turn—Clear support—Same bar <sup>180°</sup></p>	<p><b>B—704a</b></p> <p>HB—Pike Sole Underswing BWD—1/2 turn—Side flair arms—In flight—Hang HB <sup>180°</sup></p>	<p><b>C—704</b></p> <p>LB/HB—Pike Sole Underswing BWD—1-1/2 turn—Hang same bar <sup>540°</sup></p>	<p><b>E—704</b> <small>RELEASE HB-HB</small></p> <p>HB—Pike Sole Underswing BWD—Counter FWD salto—Straddle—Hang HB—REV grip (Counter Kim)</p>
<p><b>BWD Sole swing 1/2</b></p> <ol style="list-style-type: none"> <li>1. From Clear support HB—REG grip</li> <li>2. Execute BWD Pike Sole U-swing</li> <li>3. Release bar—At or above HB</li> <li>4. Execute 1/2 turn</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>BWD Sole 1/2 clear support</b></p> <ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Pike Sole U-swing</li> <li>3. Execute 1/2 turn</li> <li>4. Regrasp same bar</li> <li>5. Finish Clear support same bar</li> </ol>	<p><b>BWD Sole swing flair 1/2</b></p> <ol style="list-style-type: none"> <li>1. From Clear support HB—REG grip</li> <li>2. Execute BWD Pike Sole U-swing</li> <li>3. Execute 1/2 turn</li> <li>4. Flair arms open to side</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>BWD Sole swing 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. From Clear support HB—REG grip</li> <li>2. Execute BWD Pike Sole U-swing</li> <li>3. Execute 1-1/2 turn</li> <li>4. Flair arms open to side</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>Counter Kim</b></p> <ol style="list-style-type: none"> <li>1. From HS—REG grip</li> <li>2. Execute BWD Pike Sole U-swing</li> <li>3. Release bar</li> <li>4. Execute Counter FWD straddle salto</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB—REV grip</li> </ol>
<p><b>B—705a</b></p> <p>HB—Pike sole circle BWD—Flight HB—Stand LB</p>	<p><b>B—705b</b> <small>RELEASE HB-LB</small></p> <p>HB—Pike sole Underswing BWD—1/2 turn—Flight—Over LB—Hang LB <sup>180°</sup></p>	<p><b>C—705</b> <small>RELEASE HB-LB</small></p> <p>HB-HS—Pike Sole Underswing BWD—1/2 turn—Flight—Over LB—Hang LB <sup>180°</sup></p>	<p><b>D—705</b> <small>RELEASE HB-LB</small></p> <p>HB—Pike Sole Underswing BWD—1/2 turn—Flight—Over LB—HS-LB (Overshoot) <sup>180°</sup></p>	<p><b>E—705</b> <small>RELEASE HB-LB</small></p> <p>HB-HS—Pike Sole Underswing BWD—1-1/2 turn—Flight—Over LB—Hang LB (Strong) <sup>540°</sup></p>
<p><b>BWD Sole HB stand LB</b></p> <ol style="list-style-type: none"> <li>1. From Pike Sole stand—REG grip</li> <li>2. Execute BWD Pike Sole circle</li> <li>3. Perform in pike or tuck</li> <li>4. Release HB</li> <li>5. Flight—Regrasp LB</li> <li>6. Finish pike stand LB</li> </ol>	<p><b>BWD Sole swing Overshoot</b></p> <ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Pike Sole U-swing</li> <li>3. Release HB</li> <li>4. Execute 1/2 turn over LB</li> <li>5. Regrasp LB</li> <li>6. Finish hang LB</li> </ol>	<p><b>BWD Sole Overshoot</b></p> <ol style="list-style-type: none"> <li>1. From HS—REG grip</li> <li>2. Execute BWD Pike Sole U-swing</li> <li>3. Release HB</li> <li>4. Execute 1/2 turn over LB</li> <li>5. Regrasp LB</li> <li>6. Finish hang LB</li> </ol>	<p><b>BWD Sole Overshoot HS</b></p> <ol style="list-style-type: none"> <li>1. From HS—REG grip</li> <li>2. Execute BWD Pike Sole U-swing</li> <li>3. Release HB</li> <li>4. Execute 1/2 turn to LB</li> <li>5. Finish HS LB</li> </ol>	<p><b>BWD Sole 1-1/2 Overshoot</b></p> <ol style="list-style-type: none"> <li>1. From HS—REG grip</li> <li>2. Execute BWD Pike Sole U-swing</li> <li>3. Release HB</li> <li>4. Execute 1-1/2 turn over LB</li> <li>5. Finish hang LB</li> </ol>


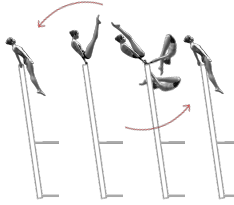
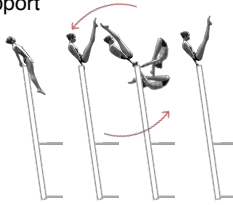
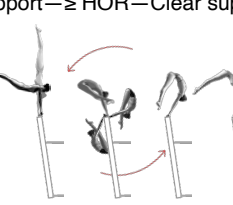

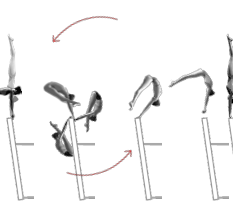
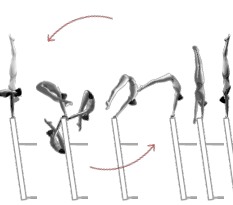

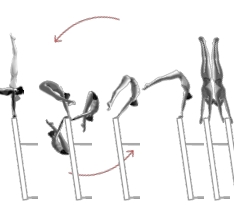

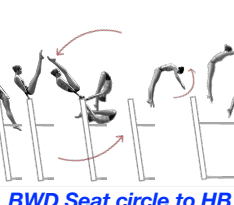

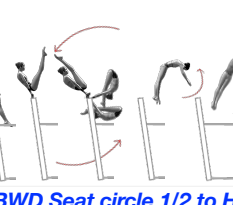

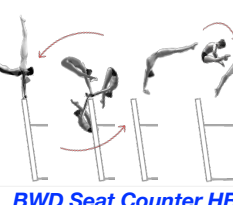

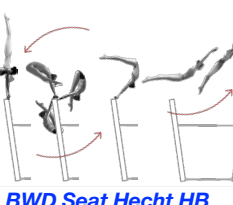

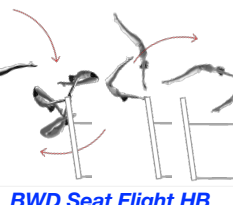

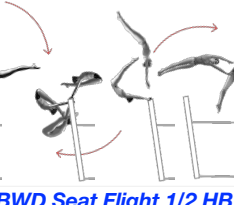

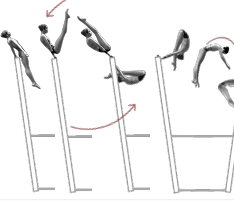

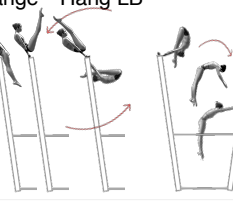

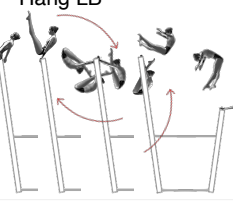
**UB—7-BWD PIKE SOLE CIRCLE — 706-Counter Flight — 707-Hecht — 708-REL LB ► HB**

<p><b>B—706</b> <small>RELEASE LB-HB</small></p> <p>LB—Pike Sole Underswing BWD—1/2 turn—Grip change— Hang HB <span style="float: right;">180°</span></p> <p><b>BWD Sole 1/2 to HB</b></p> <ol style="list-style-type: none"> <li>1. From Clear support LB—REG grip</li> <li>2. Execute BWD Pike Sole U-swing</li> <li>3. Execute 1/2 turn</li> <li>4. Regrasp HB</li> <li>5. Finish hang HB</li> </ol>	<p><b>C—706a</b> <small>RELEASE LB-HB</small></p> <p>LB—Pike sole circle BWD—REL —Counter flight FWD—1/2 turn —In flight—Mix grip—Hang HB <span style="float: right;">180°</span></p> <p><b>BWD Sole flight 1/2 HB</b></p> <ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Pike sole circle</li> <li>3. Release LB</li> <li>4. Counter flight 1/2 turn</li> <li>5. Finish hang HB—Mix grip</li> </ol>	<p><b>C—706b</b> <small>RELEASE LB-HB</small></p> <p>LB—Pike sole circle BWD—REL —Counter flight FWD—Hang HB</p> <p><b>Toe Shoot</b></p> <ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Pike sole circle</li> <li>3. Release LB</li> <li>4. Counter flight</li> <li>5. Finish hang HB</li> </ol>	<p><b>D—706</b> <small>RELEASE LB-HB</small></p> <p>LB—Pike sole circle BWD—REL —Counter flight FWD—1/1— Hang HB (Oster) <span style="float: right;">360°</span></p> <p><b>BWD Sole counter 1/1 to HB</b></p> <ol style="list-style-type: none"> <li>1. From Clear support—REG grip</li> <li>2. Execute BWD Pike sole circle</li> <li>3. Release LB</li> <li>4. Counter flight 1/1 turn</li> <li>5. Finish hang HB</li> </ol>					
<p><b>E—707a</b> <small>RELEASE HB-HB</small></p> <p>HB—HS—Pike sole circle BWD —Counter REV hecht—Straddle —Over HB—Hang (Ray)</p> <p><b>Ray</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REG grip</li> <li>2. Execute BWD Pike Sole circle</li> <li>3. Release bar</li> <li>4. Counter Straddle hecht over HB</li> <li>5. Catch HB</li> <li>6. Finish Hang HB</li> </ol>	<p><b>E—707b</b> <small>RELEASE HB-HB</small></p> <p>HB—HS—Pike sole circle BWD —Counter REV hecht—Stoop— Over HB—Hang (Church)</p> <p><b>Church</b></p> <ol style="list-style-type: none"> <li>1. From HS HB—REG grip</li> <li>2. Execute BWD Pike Sole circle</li> <li>3. Release bar</li> <li>4. Counter Stoop hecht over HB</li> <li>5. Catch HB</li> <li>6. Finish Hang HB</li> </ol>	<p><b>E—707c</b> <small>RELEASE HB-HB</small></p> <p>HB—HS—Pike sole circle BWD —Counter REV hecht—Straddle —Over HB—1/2 turn—Hang (Tweedle) <span style="float: right;">180°</span></p> <p><b>Tweedle</b></p> <ol style="list-style-type: none"> <li>1. Execute BWD Pike Sole circle</li> <li>2. Release bar</li> <li>3. Counter Straddle hecht 1/2 turn</li> <li>4. Over HB—Catch HB</li> <li>5. Finish Hang HB</li> </ol>	<p><b>E—707d</b></p> <p>HB—HS—Pike sole circle BWD —Counter REV hecht—LO— Over HB—Hang (Nabieva)</p> <p><b>Nabieva</b></p> <ol style="list-style-type: none"> <li>1. Execute BWD Pike Sole circle</li> <li>2. Release bar</li> <li>3. Counter Straight hecht</li> <li>4. Over HB—Catch HB</li> <li>5. Finish Hang HB</li> </ol>	<p><b>E—707e</b></p> <p>HB—HS—Pike sole circle BWD —Counter REV hecht—LO—1/2 —Over HB—Hang (Derwael) <span style="float: right;">180°</span></p> <p><b>Derwael</b></p> <ol style="list-style-type: none"> <li>1. Execute BWD Pike Sole circle</li> <li>2. Release bar</li> <li>3. Counter Straight hecht—1/2 turn</li> <li>4. Over HB—Catch HB</li> <li>5. Finish Hang HB</li> </ol>				
<p><b>D—708</b> <small>RELEASE LB-HB</small></p> <p>LB—Pike sole circle BWD— Thru HS—Flight—Hang HB (Maloney)</p> <p><b>Maloney</b></p> <ol style="list-style-type: none"> <li>1. From LB</li> <li>2. Execute BWD Pike Sole circle</li> <li>3. Thru HS</li> <li>4. Flight</li> <li>5. Catch HB</li> <li>6. Finish Hang HB</li> </ol>	<p><b>E—708a</b> <small>RELEASE LB-HB</small></p> <p>LB—Pike sole circle BWD— Thru HS—Flight—1/2 turn— Hang HB (Byhovsky) <span style="float: right;">180°</span></p> <p><b>Maloney 1/2</b></p> <ol style="list-style-type: none"> <li>1. From LB</li> <li>2. Execute BWD Pike Sole circle</li> <li>3. Thru HS</li> <li>4. Flight 1/2 turn</li> <li>5. Catch HB</li> <li>6. Finish Hang HB</li> </ol>	<p><b>E—708b</b> <small>RELEASE LB-HB</small></p> <p>LB—Pike sole circle BWD— Thru HS—Flight—1/1 turn— Catch HB (Ramler) (Seitz) <span style="float: right;">360°</span></p> <p><b>Ramler</b></p> <ol style="list-style-type: none"> <li>1. From LB</li> <li>2. Execute BWD Pike Sole circle</li> <li>3. Thru HS</li> <li>4. Flight 1/1 turn</li> <li>5. Catch HB</li> <li>6. Finish Hang HB</li> </ol>						

# UB—7-FWD PIKE SOLE CIRCLE — 709-W W/O HS — 710-HS W Turn — 711-HS L-grip


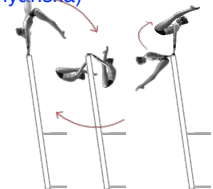





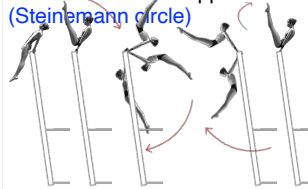



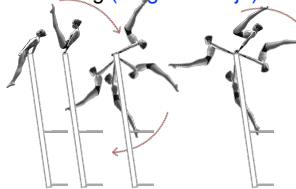

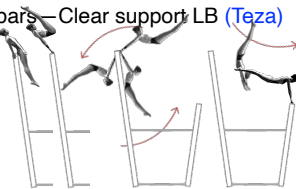

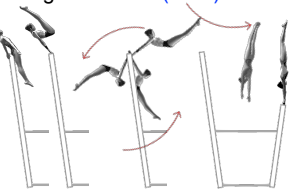

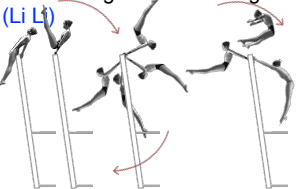
<p><b>A—709a</b> </p> <p>LB/HB—Pike/tuck sole circle FWD—Stand</p>  <p><b>FWD Sole Stand</b></p>	<p><b>A—709a</b> </p> <p>LB—Pike/tuck sole circle FWD —Stand—Grip change—Hang HB</p>  <p><b>FWD Sole to HB</b></p>	<p><b>C—709a</b> </p> <p>LB/HB—HS—Pike sole circle FWD—HS</p>  <p><b>FWD Sole HS</b></p>	<p><b>C—709b</b> </p> <p>LB/HB—HS—Pike sole circle FWD—HS—1/2 turn—In HS <sup>180°</sup></p>  <p><b>FWD Sole HS 1/2</b></p>	<p><b>D—709</b> </p> <p>LB/HB—HS—Pike sole circle FWD—1/1 turn—In HS <sup>360°</sup></p>  <p><b>FWD Sole HS 1/1</b></p>	
<ol style="list-style-type: none"> <li>1. From Pike Sole stand—REV grip</li> <li>2. Execute FWD Pike Sole circle</li> <li>3. Perform in pike or tuck</li> <li>4. Finish stand</li> </ol>	<ol style="list-style-type: none"> <li>1. From Pike Sole stand—REV grip</li> <li>2. Execute FWD Pike Sole circle</li> <li>3. Perform in pike or tuck</li> <li>4. Grip change to HB</li> <li>5. Finish hang HB</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS—REV grip</li> <li>2. Stoop in</li> <li>3. Execute FWD Pike Sole circle</li> <li>4. Disengage to VER</li> <li>5. Finish HS</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS—REV grip</li> <li>2. Stoop in</li> <li>3. Execute FWD Pike Sole circle</li> <li>4. Disengage to VER</li> <li>5. Execute 1/2 turn</li> <li>6. Finish HS</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS—REV grip</li> <li>2. Stoop in</li> <li>3. Execute FWD Pike Sole circle</li> <li>4. Disengage to VER</li> <li>5. Execute 1/1 turn</li> <li>6. Finish HS</li> </ol>	
<p><b>C—710</b></p> <p>LB/HB—HS—Pike sole circle FWD—1/1 turn—1-arm—After HS—L/Mix-L grip <sup>360°</sup></p>  <p><b>FWD Sole HS 1/1 after</b></p>					
<ol style="list-style-type: none"> <li>1. From HS—REV grip</li> <li>2. Stoop in</li> <li>3. Execute FWD Pike Sole circle</li> <li>4. Disengage to VER</li> <li>5. Execute 1/1 turn—1-arm—After HS</li> <li>6. Finish L/Mix-L grip</li> </ol>					
<p><b>A—711a</b> </p> <p>LB/HB—Pike/tuck sole circle FWD—L gripStand</p>  <p><b>FWD Sole Stand L grip</b></p>	<p><b>D—711a</b> </p> <p>LB/HB—HS—Pike sole circle FWD—L grip HS</p>  <p><b>FWD Sole HS L grip</b></p>	<p><b>D—711b</b> </p> <p>LB/HB—HS—Pike sole circle FWD—L grip HS—1/2 turn <sup>180°</sup></p>  <p><b>FWD Sole HS 1/2 L grip</b></p>	<p><b>E—711</b> </p> <p>LB/HB—HS—Pike sole circle FWD—L grip—HS—1/1 turn (Hoefnagel) <sup>360°</sup></p>  <p><b>FWD Sole HS 1/1 L grip</b></p>		
<ol style="list-style-type: none"> <li>1. From Pike Sole stand—L-grip</li> <li>2. Execute FWD Pike Sole circle</li> <li>3. Perform in pike or tuck</li> <li>4. Finish stand</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS—L-grip</li> <li>2. Stoop in</li> <li>3. Execute FWD Pike Sole circle</li> <li>4. Disengage to VER</li> <li>5. Finish HS L-grip</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS—L-grip</li> <li>2. Stoop in</li> <li>3. Execute FWD Pike Sole circle</li> <li>4. Disengage to VER</li> <li>5. Execute 1/2 turn</li> <li>6. Finish HS L-grip</li> </ol>	<ol style="list-style-type: none"> <li>1. From HS—L-grip</li> <li>2. Stoop in</li> <li>3. Execute FWD Pike Sole circle</li> <li>4. Disengage to VER</li> <li>5. Execute 1/1 turn</li> <li>6. Finish HS</li> </ol>		

**UB-7-BWD PIKE CLEAR CIRCLE - 712-BWD W W/O Turn - 713-BWD REL LB > HB - 714-BWD REL HB > LB**

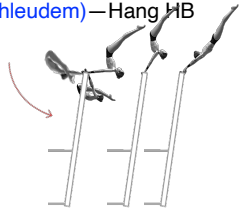
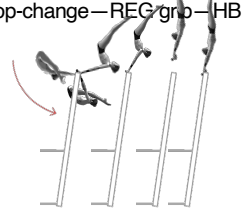
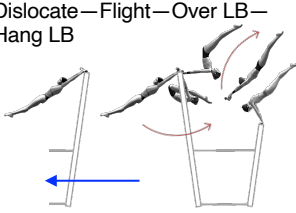
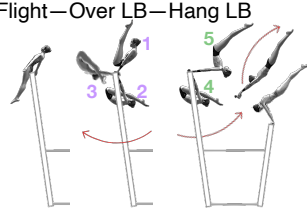
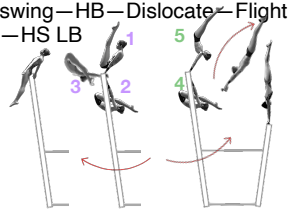
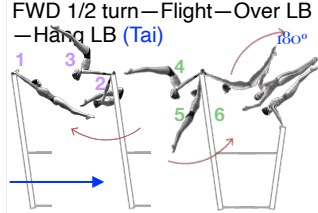
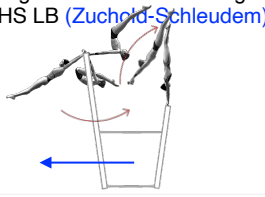
<p><b>A-712</b> </p> <p>LB/HB-Rear support-Clear Pike circle BWD-Rear support</p>  <p><b>BWD Seat circle</b></p> <ol style="list-style-type: none"> <li>1. From Rear support-REG grip</li> <li>2. Lift to Clear Rear support</li> <li>3. Execute BWD Pike clear circle</li> <li>4. Finish Rear support</li> </ol>	<p><b>B-712</b></p> <p>LB/HB-Rear support-Clear pike circle BWD-Clear pike support</p>  <p><b>BWD Seat circle clear support</b></p> <ol style="list-style-type: none"> <li>1. From Rear support-REG grip</li> <li>2. Lift to Clear Pike</li> <li>3. Execute BWD Pike Clear circle</li> <li>4. Maintain compression at bottom</li> <li>5. Finish Clear Pike support</li> </ol>	<p><b>C-712</b></p> <p>HS-LB/HB-Clear pike circle BWD-Disengage before clear support-≥ HOR-Clear support</p>  <p><b>BWD Seat circle disengage</b></p> <ol style="list-style-type: none"> <li>1. From HS-REG grip</li> <li>2. Stoop in</li> <li>3. Execute BWD Pike clear circle</li> <li>4. Disengage legs ≥ HOR</li> <li>5. Finish Clear support</li> </ol>	<p><b>D-712a</b> </p> <p>HS-LB/HB-Clear pike circle BWD-Disengage-HS</p>  <p><b>BWD Seat HS</b></p> <ol style="list-style-type: none"> <li>1. From HS-REG grip</li> <li>2. Stoop in</li> <li>3. Execute BWD Pike clear circle</li> <li>4. Disengage legs ≥ HOR</li> <li>5. Continue to HS</li> <li>6. Finish HS</li> </ol>	<p><b>D-712b</b></p> <p>HS-LB/HB-Clear pike circle BWD-HS-1/2 turn in HS <sup>180°</sup></p>  <p><b>BWD Seat HS 1/2</b></p> <ol style="list-style-type: none"> <li>1. From HS-REG grip</li> <li>2. Stoop in</li> <li>3. Execute BWD Pike clear circle</li> <li>4. Disengage legs ≥ HOR</li> <li>5. Continue to HS-1/2 turn in HS</li> <li>6. Finish HS</li> </ol>	<p><b>E-712</b> </p> <p>HS-LB/HB-Clear pike circle BWD-HS-1/1 turn in HS <sup>360°</sup></p>  <p><b>BWD Seat HS 1/1</b></p> <ol style="list-style-type: none"> <li>1. From HS-REG grip</li> <li>2. Stoop in</li> <li>3. Execute BWD Pike clear circle</li> <li>4. Disengage legs ≥ HOR</li> <li>5. Continue to HS-1/1 turn in HS</li> <li>6. Finish HS</li> </ol>
<p><b>A-713</b> </p> <p>LB-Rear support-Clear pike circle BWD-Rear support-Grip change-Hang HB</p>  <p><b>BWD Seat circle to HB</b></p> <ol style="list-style-type: none"> <li>1. From Rear support LB-REG grip</li> <li>2. Lift to Clear Rear support</li> <li>3. Execute BWD seat circle</li> <li>4. Release LB</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB-REG grip</li> </ol>	<p><b>B-713</b> </p> <p>LB-Rear support-Clear pike circle BWD-1/2 turn-Grip change-Hang HB <sup>180°</sup></p>  <p><b>BWD Seat circle 1/2 to HB</b></p> <ol style="list-style-type: none"> <li>1. From Rear support LB-REG grip</li> <li>2. Lift to Clear Rear support</li> <li>3. Execute BWD seat circle</li> <li>4. Release LB-Execute 1/2 turn</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB-REG grip</li> </ol>	<p><b>C-713a</b> </p> <p>LB-HS-Clear pike circle BWD-REL-Counter flight-Hang HB</p>  <p><b>BWD Seat Counter HB</b></p> <ol style="list-style-type: none"> <li>1. From HS LB-REG grip</li> <li>2. Stoop in</li> <li>3. Execute BWD Pike clear circle</li> <li>4. Execute Counter REL flight to HB</li> <li>5. Catch HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>C-713b</b> </p> <p>LB-HS-Clear pike circle BWD-REL-Hecht flight-Hang HB</p>  <p><b>BWD Seat Hecht HB</b></p> <ol style="list-style-type: none"> <li>1. From HS LB-REG grip</li> <li>2. Stoop in</li> <li>3. Execute BWD Pike clear circle</li> <li>4. Execute Hecht REL flight to HB</li> <li>5. Catch HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>D-713</b> </p> <p>LB-HS-Clear pike circle BWD-Thru HS-REL flight-Hang HB (Komova)</p>  <p><b>BWD Seat Flight HB</b></p> <ol style="list-style-type: none"> <li>1. From HS LB-REG grip</li> <li>2. Stoop in</li> <li>3. Execute BWD Pike clear circle</li> <li>4. Thru HS REL flight to HB</li> <li>5. Catch HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>E-713</b> </p> <p>LB-HS-Clear pike circle BWD-Thru HS-REL flight-1/2 turn-Hang HB (Komova 1/2) <sup>180°</sup></p>  <p><b>BWD Seat Flight 1/2 HB</b></p> <ol style="list-style-type: none"> <li>1. From HS LB-REG grip</li> <li>2. Stoop in</li> <li>3. Execute BWD Pike clear circle</li> <li>4. Thru HS REL-1/2 turn-Fligh HB</li> <li>5. Catch HB</li> <li>6. Finish hang HB</li> </ol>
<p><b>B-714a</b> </p> <p>HB-Rear support-Clear pike circle BWD-Release-Stand LB</p>  <p><b>BWD Seat circle HB stand LB</b></p> <ol style="list-style-type: none"> <li>1. From Rear support HB-REG grip</li> <li>2. Lift to Clear Rear support</li> <li>3. Execute BWD seat circle</li> <li>4. Release HB</li> <li>5. Regrasp LB</li> <li>6. Finish Pike Sole stand LB-REG grip</li> </ol>	<p><b>B-714b</b> </p> <p>HB-Rear support-Clear pike circle BWD-Release-Grip change-Hang LB</p>  <p><b>BWD Seat circle HB to LB</b></p> <ol style="list-style-type: none"> <li>1. From Rear support HB-REG grip</li> <li>2. Lift to Clear Rear support</li> <li>3. Execute BWD seat circle</li> <li>4. Release HB</li> <li>5. Regrasp LB</li> <li>6. Finish hang LB-REG grip</li> </ol>	<p><b>C-714</b> </p> <p>HB-Clear pike circle BWD-Straddle cut BWD-Flight over LB-Hang LB</p>  <p><b>BWD Seat Straddle cut LB</b></p> <ol style="list-style-type: none"> <li>1. From Rear support HB-REG grip</li> <li>2. Lift to clear rear support</li> <li>3. Execute BWD Pike seat swing</li> <li>4. Execute Straddle cut BWD</li> <li>5. Flight over LB</li> <li>6. Finish hang LB</li> </ol>			







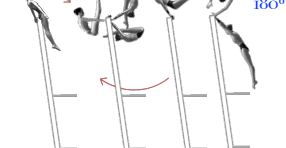
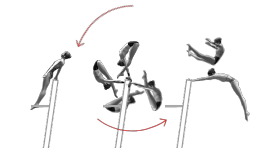
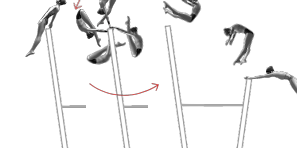
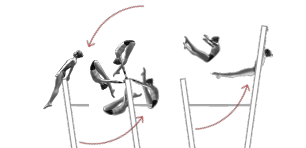
**UB—7-BWD PIKE CLEAR CIRCLE — 715-Pike INV Hang Circle w w/o REL — 716-Pike INV Hang Circle REL HB ► LB**

<p><b>D—715</b> </p> <p>HB—HS—Clear pike circle swing BWD—Rear INV support (Krasnyanska)</p> 	<p><b>E—715a</b> <small>RELEASE HB-HB</small> </p> <p>HB—Rear pike support—Clear pike circle swing BWD—Counter reverse hecht BWD—Hang HB</p> 	<p><b>E—715b</b> <small>RELEASE HB-HB</small> </p> <p>HB—Rear pike support—Clear pike circle swing BWD—Counter Stoop flight BWD—Hang HB</p> 			
<p><b>BWD Seat Inlocatè circle</b></p> <ol style="list-style-type: none"> <li>1. From HS HB</li> <li>2. Stoop in</li> <li>3. Execute BWD Clear circle</li> <li>4. Finish circle on top of bar</li> <li>5. Finish INV Rear support HB</li> </ol>	<p><b>BWD Seat German Stoop Hecht</b></p> <ol style="list-style-type: none"> <li>1. From Rear support HB</li> <li>2. Lift to Pike Clear Rear support</li> <li>3. Execute BWD Clear circle</li> <li>4. Go thru INV (German) hang</li> <li>5. Counter hecht flight BWD over bar</li> <li>6. Finish hang HB</li> </ol>	<p><b>BWD Seat German Stoop Flight</b></p> <ol style="list-style-type: none"> <li>1. From Rear support HB</li> <li>2. Lift to Pike Clear Rear support</li> <li>3. Execute BWD Clear circle</li> <li>4. Go thru INV (German) hang</li> <li>5. Counter Stoop flight BWD over bar</li> <li>6. Finish hang HB</li> </ol>			
<p><b>C—716</b> </p> <p>HB—Rear pike support—Full Clear pike circle swing BWD—Finish clear Rear support—HB (Steinmann circle)</p> 	<p><b>D—716a</b> </p> <p>HB—Rear pike support—Clear pike circle swing BWD—Stoop out—Over HB—Hang (Li Li)</p> 	<p><b>D—716b</b> </p> <p>HB—Rear pike support—Clear pike circle swing BWD—Over HB—Hang (Mirgoradskaja)</p> 	<p><b>D—716c</b> <small>RELEASE HB-LB</small> </p> <p>HB—Rear pike support—Pike Clear pike circle swing BWD—BWD salto—LO/Pike—Between bars—Clear support LB (Teza)</p> 	<p><b>D—716d</b> <small>RELEASE HB-LB</small> </p> <p>HB—Rear pike support—Clear pike circle swing BWD—1/2 turn—Flight—HS LB (Teza) 180°</p> 	<p><b>D—716e</b> <small>RELEASE HB-HB</small> </p> <p>HB—Rear pike support—Clear pike circle swing BWD—Counter Straddle flight BWD—Hang HB (Li Li)</p> 
<p><b>BWD Seat German INV circle</b></p> <ol style="list-style-type: none"> <li>1. From Rear support HB</li> <li>2. Lift to Clear rear support</li> <li>3. Execute BWD Clear circle</li> <li>4. Go thru INV (German) hang</li> <li>5. Finish circle on top of bar</li> <li>6. Finish Clear rear support HB</li> </ol>	<p><b>BWD Seat German circle</b></p> <ol style="list-style-type: none"> <li>1. From Rear support HB</li> <li>2. Lift to Clear rear support</li> <li>3. Execute BWD Clear circle</li> <li>4. Go thru INV (German) hang</li> <li>5. Continue circle over bar</li> <li>6. Finish INV hang HB</li> </ol>	<p><b>BWD Seat German circle over HB</b></p> <ol style="list-style-type: none"> <li>1. From Rear support HB</li> <li>2. Lift to Clear rear support</li> <li>3. Execute BWD Clear circle</li> <li>4. Go thru INV (German) hang</li> <li>5. Continue circle over bar</li> <li>6. Finish INV hang HB</li> </ol>	<p><b>Teza</b></p> <ol style="list-style-type: none"> <li>1. From Rear support HB</li> <li>2. Lift to Clear Rear support</li> <li>3. Execute BWD Clear circle</li> <li>4. Go thru INV (German) hang</li> <li>5. REL—BWD LO between bars (Pak)</li> <li>6. Finish Clear support LB</li> </ol>	<p><b>Teza 1/2</b></p> <ol style="list-style-type: none"> <li>1. From Rear support HB</li> <li>2. Lift to Clear Rear support</li> <li>3. Execute BWD Clear circle</li> <li>4. Go thru INV (German) hang</li> <li>5. REL—BWD LO 1/2 turn between bars</li> <li>6. Finish HS LB</li> </ol>	<p><b>BWD Seat German Straddle back</b></p> <ol style="list-style-type: none"> <li>1. From Rear support HB</li> <li>2. Lift to Pike Clear Rear support</li> <li>3. Execute BWD Clear circle</li> <li>4. Go thru INV (German) hang</li> <li>5. Counter Straddle flight BWD over bar</li> <li>6. Finish hang HB</li> </ol>

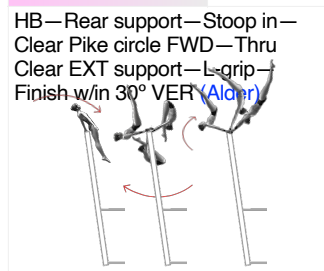
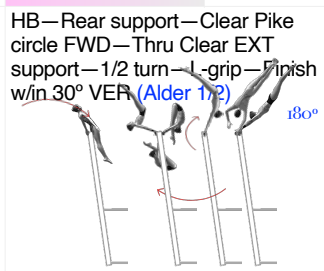
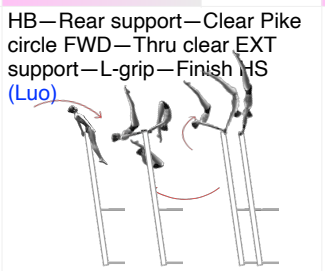
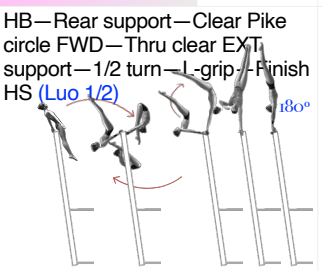
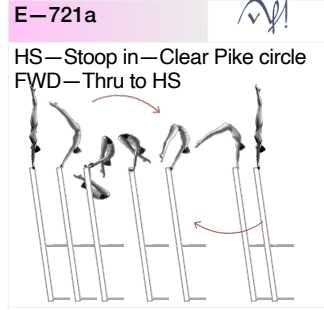
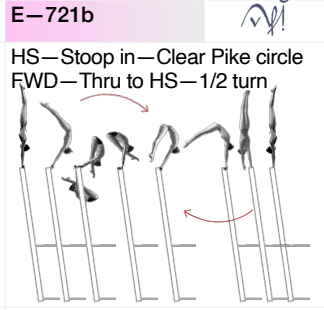
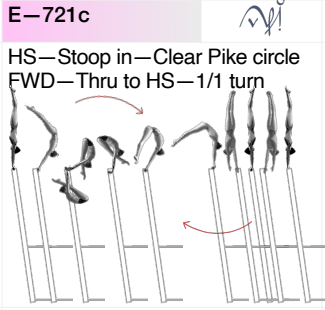
# UB—7-BWD PIKE CLEAR SEAT UNDERSWING — 717-Pike Underswing Dislocates

A—717	C—717a	C—717b	C—717c	D—717d	C—717e
<p>HB—Underswing BWD—INV Pike swing—Dislocate (Schleudem)—Hang HB</p> 	<p>HB—Pike underswing BWD—Dislocate (Schleudem) near HS—Hop—change—REG grip—HB</p> 	<p>Hang HB—Swing FWD—Stoop thru—Pike underswing BWD—Dislocate—Flight—Over LB—Hang LB</p> 	<p>Rear support HB—Pike underswing BWD—Dislocate—Flight—Over LB—Hang LB</p> 	<p>Rear support HB—Stoop thru—Underswing BWD—INV Pike swing—HB—Dislocate—Flight—HS LB</p> 	<p>Hang HB—Swing FWD—Stoop thru—Dislocate—Underswing FWD 1/2 turn—Flight—Over LB—Hang LB (Tai)</p> 
<p><b>BWD stoop in dislocate hang</b></p> <ol style="list-style-type: none"> <li>1. From U-swing position</li> <li>2. Execute BWD U-swing</li> <li>3. Immediate INV FWD pike swing</li> <li>4. Dislocate</li> <li>5. Finish hang HB</li> </ol>	<p><b>BWD stoop in dislocate hop</b></p> <ol style="list-style-type: none"> <li>1. From U-swing position</li> <li>2. Execute BWD U-swing</li> <li>3. Immediate INV FWD pike swing</li> <li>4. Dislocate</li> <li>5. Hop—Change grip</li> <li>6. Finish HS HB</li> </ol>	<p><b>BWD stoop in dislocate over LB</b></p> <ol style="list-style-type: none"> <li>1. From hang HB—Stoop thru</li> <li>2. Execute BWD U-swing</li> <li>3. Immediate INV FWD pike swing</li> <li>4. Dislocate</li> <li>5. Release—Flight over LB</li> <li>6. Finish hang LB</li> </ol>	<p><b>BWD INV seat dislocate over LB</b></p> <ol style="list-style-type: none"> <li>1. From rear support HB</li> <li>2. Execute BWD U-swing 1-2-3</li> <li>3. Immediate INV FWD pike swing</li> <li>4. Dislocate 4-5</li> <li>5. Release—Flight over LB</li> <li>6. Finish hang LB</li> </ol>	<p><b>BWD seat dislocate HS LB</b></p> <ol style="list-style-type: none"> <li>1. From Rear support HB</li> <li>2. Thru Rear seat</li> <li>3. Execute BWD U-swing</li> <li>4. Immediate INV FWD pike swing</li> <li>5. Dislocate—Release w flight to LB</li> <li>6. Finish HS LB</li> </ol>	<p><b>BWD seat dislocate overshoot</b></p> <ol style="list-style-type: none"> <li>1. From hang HB</li> <li>2. Stoop in—FWD seat circle 1-2-3</li> <li>3. Execute BWD counterswing 4-5-6</li> <li>4. Dislocate—Swing FWD</li> <li>5. Release—Flight 1/2 turn over LB</li> <li>6. Finish hang LB</li> </ol>
<p>D—717</p> <p>Hang HB—Stoop thru—Underswing BWD—INV Pike swing—HB—Dislocate—Flight—HS LB (Zuchold-Schleudem)</p> 					
<p><b>BWD stoop in dislocate HS LB</b></p> <ol style="list-style-type: none"> <li>1. From hang HB</li> <li>2. Execute BWD counterswing</li> <li>3. Immediate INV FWD pike swing HB</li> <li>4. Dislocate—Release w flight</li> <li>5. Finish HS LB</li> </ol>					

## UB—7-FWD PIKE CLEAR CIRCLE — 718-W w/o REL — 719-Straddle Cut

A—718a	A—718b	B—718a	B—718b	B—718c
<p>Rear support—Clear Pike circle FWD—Thru Clear rear support</p> 	<p>LB—Rear support—Clear Pike circle FWD—Thru Clear rear support—Grip change—Hang HB</p> 	<p>LB—Rear support—Clear Pike circle FWD—Thru Clear rear support—1/2 turn—Grip change—Hang HB</p> 	<p>HB-HS—Stoop in—Clear Pike circle FWD—Thru Clear support (beat lower legs HB)—Salto FWD—Catch REV grip—Hang HB</p> 	<p>HB—Hang/Rear support—Stoop thru—BWD kip/Clear Pike circle FWD—Thru Clear rear support—1/2 turn—Hang HB</p> 
<p><b>FWD Seat circle</b></p> <ol style="list-style-type: none"> <li>1. Rear support—REV grip</li> <li>2. Lift to Clear rear support</li> <li>3. Stoop in—FWD Pike seat circle</li> <li>4. Compress thru Clear rear support</li> <li>5. Finish Rear support</li> </ol>	<p><b>FWD Seat thru clear to HB</b></p> <ol style="list-style-type: none"> <li>1. Rear support LB—REV grip</li> <li>2. Lift to Clear rear support</li> <li>3. Stoop in—FWD Pike seat circle</li> <li>4. Compress thru Clear rear support</li> <li>5. Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>FWD Seat thru clear 1/2 to HB</b></p> <ol style="list-style-type: none"> <li>1. Rear support LB—REV grip</li> <li>2. Lift to Clear rear support</li> <li>3. Stoop in—FWD Pike seat circle</li> <li>4. Compress thru Clear rear support</li> <li>5. Release LB—1/2 turn—Regrasp HB</li> <li>6. Finish hang HB</li> </ol>	<p><b>FWD stoop in FWD salto regrasp</b></p> <ol style="list-style-type: none"> <li>1. HS on HB—REV grip</li> <li>2. Stoop in</li> <li>3. FWD Pike seat circle</li> <li>4. Beat lower legs—Initiate FWD salto</li> <li>5. Catch HB—REV grip</li> <li>6. Finish hang HB</li> </ol>	<p><b>FWD stoop in thru clear 1/2 HB</b></p> <ol style="list-style-type: none"> <li>1. Rear support HB—REV grip</li> <li>2. Lift to Clear rear support</li> <li>3. Stoop in—FWD Pike seat circle</li> <li>4. Compress thru Clear rear support</li> <li>5. Release H—1/2 turn</li> <li>6. Finish hang HB</li> </ol>
<p><b>B—719</b></p>	<p><b>C—719a</b></p>	<p><b>C—719b</b></p>		
<p>LB/HB—Rear support—Clear Pike circle FWD—Straddle cut BWD—Hang same bar</p> 	<p>HB—Rear support—Clear Pike circle FWD—Straddle cut BWD—Flight over LB—Hang LB</p> 	<p>LB—Rear support—Clear Pike circle FWD—Straddle cut BWD—Grip change—Hang HB</p> 		
<p><b>FWD Seat circle Straddle cut</b></p> <ol style="list-style-type: none"> <li>1. Rear support—REV grip</li> <li>2. Lift to Clear rear support</li> <li>3. Stoop in—FWD Pike seat circle</li> <li>4. Execute Straddle cut BWD</li> <li>5. Finish hang same bar</li> </ol>	<p><b>FWD Seat circle Cut over LB</b></p> <ol style="list-style-type: none"> <li>1. Rear support HB—REV grip</li> <li>2. Lift to Clear support</li> <li>3. Stoop in—FWD Pike seat swing</li> <li>4. Execute Straddle cut BWD</li> <li>5. Flight over LB</li> <li>6. Finish hang LB</li> </ol>	<p><b>FWD Seat circle Cut to HB</b></p> <ol style="list-style-type: none"> <li>1. Rear support LB—REV grip</li> <li>2. Lift to Clear rear support</li> <li>3. Stoop in—FWD Pike seat swing</li> <li>4. Execute Straddle cut BWD</li> <li>5. Flight to HB</li> <li>6. Finish hang HB</li> </ol>		

## UB—7-FWD PIKE CLEAR CIRCLE — 720-Thru EXT Support — 721-Thru HS

E—720a	E—720b	E—720c	E—720d		
<p>HB—Rear support—Stoop in—Clear Pike circle FWD—Thru Clear EXT support—L-grip—Finish w/in 30° VER (Alder)</p> 	<p>HB—Rear support—Clear Pike circle FWD—Thru Clear EXT support—1/2 turn—L-grip—Finish w/in 30° VER (Alder 1/2)</p> 	<p>HB—Rear support—Clear Pike circle FWD—Thru clear EXT support—L-grip—Finish HS (Luo)</p> 	<p>HB—Rear support—Clear Pike circle FWD—Thru clear EXT support—1/2 turn—L-grip—Finish HS (Luo 1/2)</p> 		
<p><b>Alder</b></p> <ol style="list-style-type: none"> <li>1. Rear support HB—REV grip</li> <li>2. Lift to Clear Rear support</li> <li>3. Stoop in—FWD Pike seat circle</li> <li>4. Stay thru Clear EXT-support</li> <li>5. Finish hang HB—L-grip</li> </ol>	<p><b>Alder 1/2</b></p> <ol style="list-style-type: none"> <li>1. Rear support HB—REV grip</li> <li>2. Lift to clear rear support</li> <li>3. Stoop in—FWD Pike seat circle</li> <li>4. Stay thru Clear EXT-support</li> <li>5. Execute 1/2 turn</li> <li>6. Finish w/in 30° of HS—L-grip</li> </ol>	<p><b>Alder el grip HS</b></p> <ol style="list-style-type: none"> <li>1. Rear support HB—REV grip</li> <li>2. Lift to clear rear support</li> <li>3. Stoop in—FWD Pike seat circle</li> <li>4. Stay thru Clear EXT-support</li> <li>5. Finish HS—L-grip</li> </ol>	<p><b>Alder el grip HS 1/2</b></p> <ol style="list-style-type: none"> <li>1. Rear support HB—REV grip</li> <li>2. Lift to Clear rear support</li> <li>3. Stoop in—FWD Pike seat circle</li> <li>4. Stay thru Clear EXT-support</li> <li>5. Execute 1/2 turn</li> <li>6. Finish HS—L-grip</li> </ol>		
<p>E—721a</p> 	<p>E—721b</p> 	<p>E—721c</p> 			
<p><b>FWD Pike Circle HS</b></p> <ol style="list-style-type: none"> <li>1. HS—REV grip</li> <li>2. Stoop in—FWD Pike seat circle</li> <li>3. Stoop out to HS</li> <li>4. Finish HS—REV-grip</li> </ol>	<p><b>FWD Pike Circle HS 1/2</b></p> <ol style="list-style-type: none"> <li>1. HS—REV grip</li> <li>2. Stoop in—FWD Pike seat circle</li> <li>3. Stoop out to HS—1/2 turn</li> <li>4. Finish HS—REV-grip</li> </ol>	<p><b>FWD Pike Circle HS 1/1</b></p> <ol style="list-style-type: none"> <li>1. HS—REV grip</li> <li>2. Stoop in—FWD Pike seat circle</li> <li>3. Stoop out to HS—1/1 turn</li> <li>4. Finish HS—REV-grip</li> </ol>			

# UNEVEN BARS



## 8—DISMOUNTS

### BWD U-Swings ► Stand

[801—BWD Clear Hip Swing](#)

[802—BWD Pike Sole Swing](#)

[803—BWD Stalder Swing](#)

### BWD U-Swings ► FWD Salto

[804—BWD Clear Hip Swing](#)

[805—BWD Pike Sole Swing](#)

[806—BWD Stalder Swing](#)

### BWD U-Swings ► 1/2 Turn BWD Salto

[807—BWD Clear Hip Swing ► 1/2 BWD salto](#)

[808—BWD Pike Sole Swing ► 1/2 BWD salto](#)

[809—BWD Stalder Swing ► 1/2 BWD salto](#)

### FWD Long Swing ► BWD Salto (Flyaway)

[810—FWD Long Swing ► BWD Salto Tuck/Pike](#)

[811—FWD Long Swing ► BWD Salto LO](#)

### FWD Long Swing ► BWD Double Salto

[812—FWD Long Swing ► BWD Double Salto Tuck/Pike](#)

[813—FWD Long Swing ► BWD Double Salto LO](#)

[814—FWD Long Swing ► BWD Salto ► 1/2 Turn FWD Salto](#)

### BWD Long Swing ► FWD Salto (Flyaway)

[815—BWD Long Swing ► FWD Salto Tuck/Pike](#)

[816—BWD Long Swing ► FWD Salto LO](#)

### BWD Long Swing ► FWD Double Salto

[817—BWD Long Swing ► FWD Double Salto Tuck](#)

### BWD Giants ► Salto over HB

[818—BWD Giant ► BWD Salto Tuck over HB](#)

### BWD Uprise Straddle Cut

[819—BWD Uprise Straddle Cut ► BWD Salto Tuck](#)

[820—BWD Uprise Straddle Cut ► BWD Salto LO](#)

### BWD U-Swings ► Salto

[821—BWD U-swing ► BWD Salto Tuck/Pike](#)

[822—Inward FWD Salto Tuck/Pike](#)

[823—FWD Stalder ► FWD Salto](#)

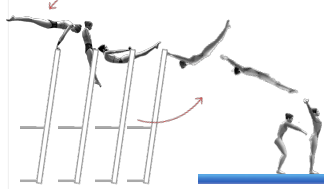
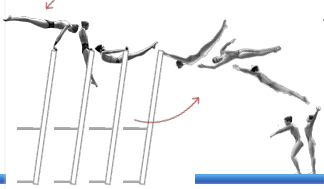
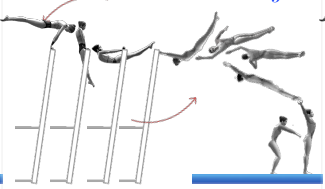
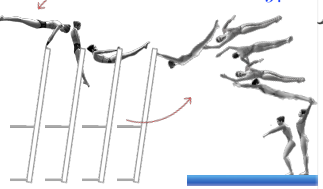
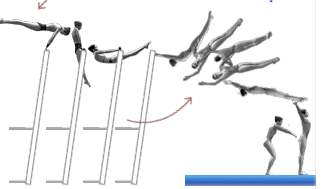

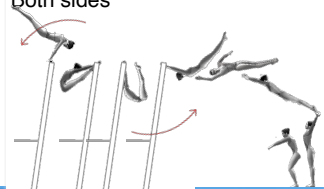
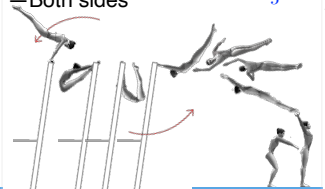

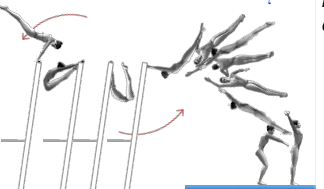



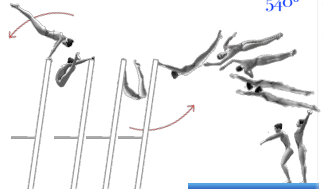
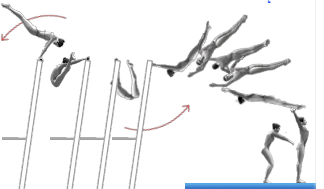
### BWD Hip Circle Hecht

[824—BWD Free Hip Circle Hecht w/wo Salto](#)

[825—BWD Clear Hip Circle Hecht w/wo Salto](#)

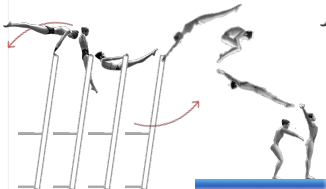
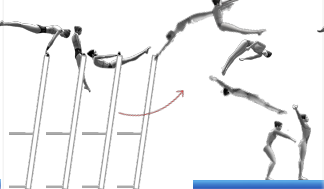
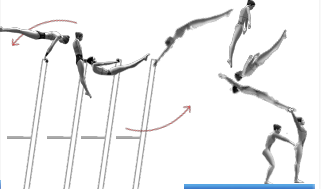
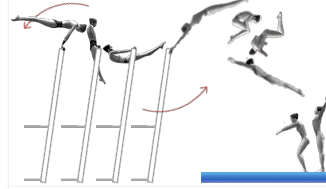
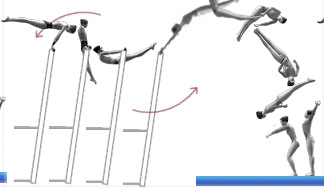
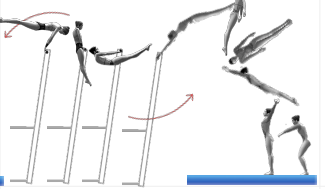
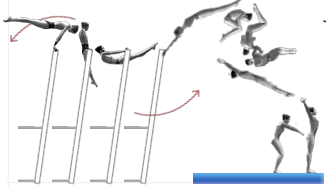

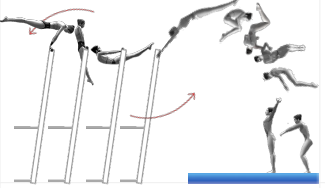
<b>X</b>	<b><u>X-SKILLS</u></b>
<b>1</b>	<b><u>MOUNTS</u></b>
<b>2</b>	<b><u>CASTS, SWINGS, UPRISES, COUNTERSWINGS</u></b>
<b>3</b>	<b><u>HIP CIRCLES</u></b>
<b>4</b>	<b><u>BWD GIANTS</u></b>
<b>5</b>	<b><u>FWD GIANTS</u></b>
<b>6</b>	<b><u>STALDERS</u></b>
<b>7</b>	<b><u>PIKE CIRCLES</u></b>
<b>8</b>	<b><u>DISMOUNTS</u></b>

# UB—8-DISMOUNTS — BWD UNDERSWING—w/wo Twist (Ø salto) — 801-Clear Hip — 802-Pike Sole — 803-Stalder


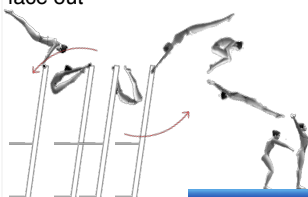

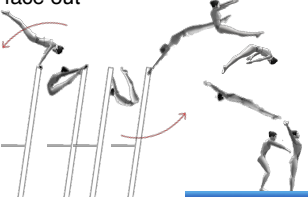
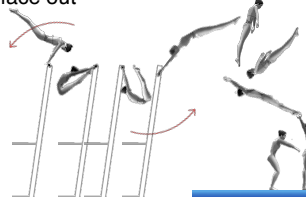







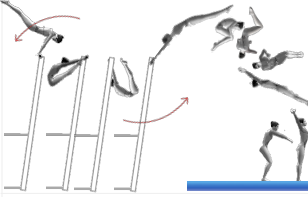



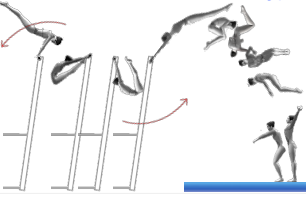
<p><b>A—801a</b></p> <p>HB—Clear Hip underswing BWD—End face out</p>  <p><b>BWD Clear hip U-swing</b></p> <ol style="list-style-type: none"> <li>1. Clear support—REG grip</li> <li>2. Execute BWD Clear Hip underswing</li> <li>3. Release bar</li> <li>4. Arrive in stand</li> </ol>	<p><b>A—801b</b> PE</p> <p>HB—Clear Hip underswing BWD—1/2—End face in—Both sides</p>  <p><b>BWD Clear hip 1/2 U-swing</b></p> <ol style="list-style-type: none"> <li>1. Clear support—REG grip</li> <li>2. Execute BWD Clear Hip underswing</li> <li>3. Release bar</li> <li>4. Execute 1/2 twist</li> <li>5. Arrive in stand</li> </ol>	<p><b>A—801c</b> PE</p> <p>HB—Clear Hip underswing BWD—1/1 twist—End face out—Both sides</p>  <p><b>BWD Clear hip 1/1 U-swing</b></p> <ol style="list-style-type: none"> <li>1. Clear support—REG grip</li> <li>2. Execute BWD Clear Hip underswing</li> <li>3. Release bar</li> <li>4. Execute 1/1 twist</li> <li>5. Arrive in stand</li> </ol>	<p><b>B—801a</b></p> <p>HB—Clear Hip underswing BWD—1-1/2 twist—End face in</p>  <p><b>BWD Clear hip 1-1/2 U-swing</b></p> <ol style="list-style-type: none"> <li>1. Clear support—REG grip</li> <li>2. Execute BWD Clear Hip underswing</li> <li>3. Release bar</li> <li>4. Execute 1-1/2 twist</li> <li>5. Arrive in stand</li> </ol>	<p><b>B—801b</b></p> <p>HB—Clear Hip underswing BWD—2/1 twist—End face out</p>  <p><b>BWD Clear hip 2/1 U-swing</b></p> <ol style="list-style-type: none"> <li>1. Clear support—REG grip</li> <li>2. Execute BWD Clear Hip underswing</li> <li>3. Release bar</li> <li>4. Execute 2/1 twist</li> <li>5. Arrive in stand</li> </ol>	
<p><b>A—802a</b></p> <p>HB—Pike Sole underswing BWD—End face out</p>  <p><b>BWD Pike sole U-swing</b></p> <ol style="list-style-type: none"> <li>1. Clear support—REG grip</li> <li>2. Execute BWD Pike Sole underswing</li> <li>3. Release bar</li> <li>4. Arrive in stand</li> </ol>	<p><b>A—802b</b> PE</p> <p>HB—Pike Sole underswing BWD—1/2 twist—End face in—Both sides</p>  <p><b>BWD Pike sole 1/2 U-swing</b></p> <ol style="list-style-type: none"> <li>1. Clear support—REG grip</li> <li>2. Execute BWD Pike Sole underswing</li> <li>3. Release bar</li> <li>4. Execute 1/2 twist</li> <li>5. Arrive in stand</li> </ol>	<p><b>A—802c</b> PE</p> <p>HB—Pike Sole underswing BWD—1/1 twist—End face out—Both sides</p>  <p><b>BWD Pike sole 1/1 U-swing</b></p> <ol style="list-style-type: none"> <li>1. Clear support—REG grip</li> <li>2. Execute BWD Pike Sole underswing</li> <li>3. Release bar</li> <li>4. Execute 1/1 twist</li> <li>5. Arrive in stand</li> </ol>	<p><b>B—802a</b></p> <p>HB—Pike Sole underswing BWD—1-1/2 twist—End face in</p>  <p><b>BWD Pike sole 1-1/2 U-swing</b></p> <ol style="list-style-type: none"> <li>1. Clear support—REG grip</li> <li>2. Execute BWD Pike Sole underswing</li> <li>3. Release bar</li> <li>4. Execute 1-1/2 twist</li> <li>5. Arrive in stand</li> </ol>	<p><b>B—802b</b></p> <p>HB—Pike Sole underswing—2/1 twist—End face out</p>  <p><b>BWD Pike sole 2/1 U-swing</b></p> <ol style="list-style-type: none"> <li>1. Clear support—REG grip</li> <li>2. Execute BWD Pike Sole underswing</li> <li>3. Release bar</li> <li>4. Execute 2/1 twist</li> <li>5. Arrive in stand</li> </ol>	<p><i>Pike Sole underswing may be performed feet together (feet between hands) or straddle (feet outside of hands)</i></p>
<p><b>A—803a</b></p> <p>HB—Stalder underswing BWD—End face out</p>  <p><b>BWD Stalder U-swing</b></p> <ol style="list-style-type: none"> <li>1. Clear support—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Release bar</li> <li>4. Arrive in stand</li> </ol>	<p><b>A—803b</b> PE</p> <p>HB—Stalder underswing BWD—1/2 twist—End face in—Both sides</p>  <p><b>BWD Stalder 1/2 U-swing</b></p> <ol style="list-style-type: none"> <li>1. Clear support—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Release bar</li> <li>4. Execute 1/2 twist</li> <li>5. Arrive in stand</li> </ol>	<p><b>A—803c</b> PE</p> <p>HB—Stalder underswing BWD—1/1 twist—End face out—Both sides</p>  <p><b>BWD Stalder 1/1 U-swing</b></p> <ol style="list-style-type: none"> <li>1. Clear support—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Release bar</li> <li>4. Execute 1/1 twist</li> <li>5. Arrive in stand</li> </ol>	<p><b>B—803a</b></p> <p>HB—Stalder underswing BWD—1-1/2 twist—End face in</p>  <p><b>BWD Stalder 1-1/2 U-swing</b></p> <ol style="list-style-type: none"> <li>1. Clear support—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Release bar</li> <li>4. Execute 1-1/2 twist</li> <li>5. Arrive in stand</li> </ol>	<p><b>B—803b</b></p> <p>HB—Stalder underswing BWD—2/1 twist—End face out</p>  <p><b>BWD Stalder 2/1 U-swing</b></p> <ol style="list-style-type: none"> <li>1. Clear support—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Release bar</li> <li>4. Execute 2/1 twist</li> <li>5. Arrive in stand</li> </ol>	




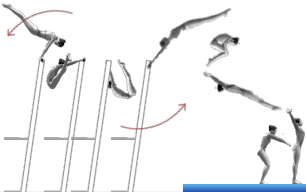

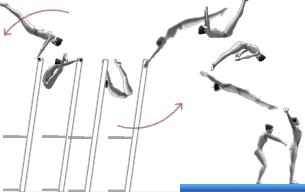


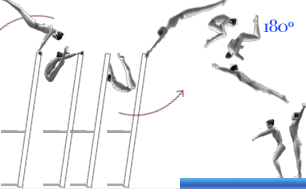



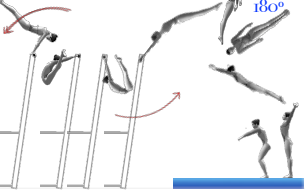
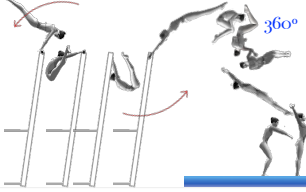


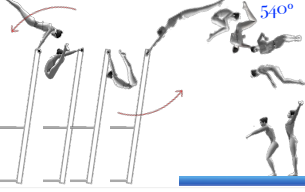
# UB—8-DISMOUNTS — BWD UNDERSWING — Single FWD Salto w/wo Twist — 804-Clear Hip

<p><b>C—804a</b> <i>PO</i></p> <p>HB—Clear Hip underswing BWD—FWD salto—Tuck—End face out</p>  <p><b>BWD Clear hip FWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Clear hip underswing</li> <li>3. Execute FWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>C—804b</b> <i>POV</i></p> <p>HB—Clear Hip underswing BWD—FWD salto—Pike—End face out</p>  <p><b>BWD Clear hip FWD Pike</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Clear hip underswing</li> <li>3. Execute FWD Pike salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—804a</b></p> <p>HB—Clear Hip underswing BWD—FWD salto—LO—End face out (Kennedy)</p>  <p><b>BWD Clear hip FWD LO</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Clear hip underswing</li> <li>3. Execute FWD Layout salto</li> <li>4. Arrive in stand</li> </ol>						
<p><b>D—804b</b> <i>POE</i></p> <p>HB—Clear Hip underswing BWD—FWD salto—Tuck—1/2 twist—End face in <math>180^\circ</math></p>  <p><b>BWD Clear hip FWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Clear hip underswing</li> <li>3. Execute FWD Tuck salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—804c</b> <i>POE</i></p> <p>HB—Clear Hip underswing BWD—FWD salto—Pike—1/2 twist—End face in <math>180^\circ</math></p>  <p><b>BWD Clear hip FWD Pike 1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Clear hip underswing</li> <li>3. Execute FWD Pike salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—804d</b></p> <p>HB—Clear Hip underswing BWD—FWD salto—LO—1/2 twist—End face in <math>180^\circ</math></p>  <p><b>BWD Clear hip FWD LO 1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Clear hip underswing</li> <li>3. Execute FWD Layout salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>						
<p><b>E—804a</b> <i>POE</i></p> <p>HB—Clear Hip underswing BWD—FWD salto—Tuck—1/1 twist—End face out <math>360^\circ</math></p>  <p><b>BWD Clear hip FWD Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Clear hip underswing</li> <li>3. Execute FWD Tuck salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—804b</b></p> <p>HB—Clear Hip underswing BWD—FWD salto—Pike—1/1 twist—End face out <math>360^\circ</math></p>  <p><b>BWD Clear hip FWD Pike 1/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Clear hip underswing</li> <li>3. Execute FWD Pike salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—804c</b></p> <p>HB—Clear Hip underswing BWD—FWD salto—Tuck/pike—1-1/2 twist—End face in <math>540^\circ</math></p>  <p><b>BWD Clear hip Tuck 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Clear hip underswing</li> <li>3. Execute FWD Tuck salto—1-1/2 twist</li> <li>4. Arrive in stand</li> </ol>						

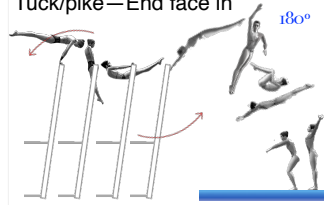
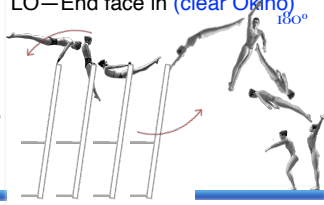
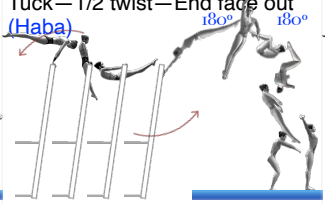
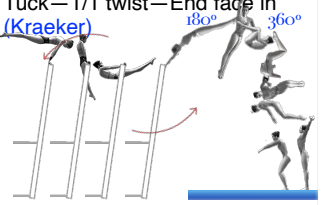
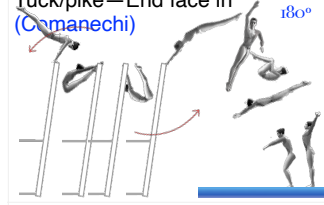

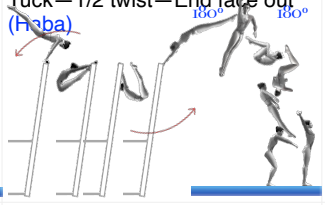

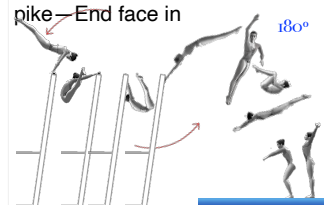
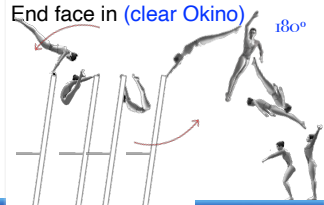
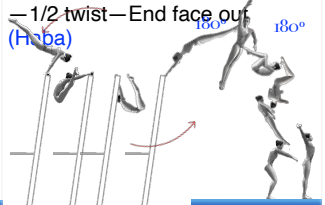
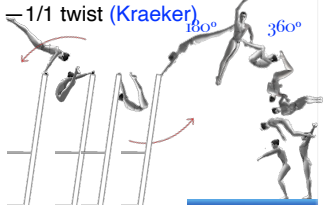
# UB—8-DISMOUNTS — BWD UNDERSWING — Single FWD Salto w/wo Twist — 805-Pike Sole

<p><b>C—805a</b> </p> <p>HB—Pike Sole underswing BWD—FWD salto—Tuck—End face out</p>  <p><b>BWD Pike sole FWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Pike sole underswing</li> <li>3. Execute FWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>C—805b</b> </p> <p>HB—Pike Sole underswing BWD—FWD salto—Pike—End face out</p>  <p><b>BWD Pike sole FWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Pike sole underswing</li> <li>3. Execute FWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—805a</b></p> <p>HB— Pike Sole underswing— BWD—FWD salto—LO—End face out</p>  <p><b>BWD Pike sole FWD LO</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Pike sole underswing</li> <li>3. Execute FWD Layout salto</li> <li>4. Arrive in stand</li> </ol>						
<p><b>D—805b</b> </p> <p>HB—Pike Sole underswing BWD—FWD salto—Tuck—1/2 twist—End face in <math>180^\circ</math></p>  <p><b>BWD Pike sole FWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Pike sole underswing</li> <li>3. Execute FWD Tuck salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—805c</b> </p> <p>HB—Pike Sole underswing BWD—FWD salto—Pike—1/2 twist—End face in <math>180^\circ</math></p>  <p><b>BWD Pike sole FWD Pike 1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Pike sole underswing</li> <li>3. Execute FWD Pike salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—805d</b> </p> <p>HB— Pike Sole underswing— BWD—FWD salto—LO—1/2 twist—End face in (Moors) <math>180^\circ</math></p>  <p><b>BWD Pike sole FWD LO 1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Pike sole underswing</li> <li>3. Execute FWD Layout salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>						<p><i>Pike Sole underswing may be performed feet together (feet between hands) or straddle (feet outside of hands)</i></p>
<p><b>E—805a</b> </p> <p>HB— Pike Sole underswing— BWD—FWD salto—Tuck—1/1 twist—End face out <math>360^\circ</math></p>  <p><b>BWD Pike sole FWD Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Pike sole underswing</li> <li>3. Execute FWD Tuck salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—805b</b> </p> <p>HB— Pike Sole underswing— BWD—FWD salto—Pike—1/1 twist—End face out <math>360^\circ</math></p>  <p><b>BWD Pike sole FWD Pike 1/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Pike sole underswing</li> <li>3. Execute FWD Pike salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—805c</b> </p> <p>HB—Pike Sole underswing— BWD FWD salto—Tuck—1-1/2 twist—End face in <math>540^\circ</math></p>  <p><b>BWD Pike sole FWD Tuck 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Pike sole underswing</li> <li>3. Execute FWD Tuck salto—1-1/2 twist</li> <li>4. Arrive in stand</li> </ol>						

## UB—8-DISMOUNTS — BWD UNDERSWING — Single FWD Salto w/wo Twist — 806-Stalder

<p><b>C—806a</b> </p> <p>HB—Stalder underswing BWD —FWD salto—Tuck—End face out</p>  <p><b>BWD Stalder FWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Execute FWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>C—806b</b> </p> <p>HB—Stalder underswing BWD —FWD salto—Pike—End face out</p>  <p><b>BWD Stalder FWD Pike</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Execute FWD Pike salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—806a</b></p> <p>HB—Stalder underswing BWD —FWD salto—LO—End face out</p>  <p><b>BWD Stalder FWD LO</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Execute FWD Layout salto</li> <li>4. Arrive in stand</li> </ol>						
<p><b>D—806b</b> </p> <p>HB—Stalder underswing BWD —FWD salto—Tuck—1/2 twist —End face in (Celestine)</p>  <p><b>BWD Stalder FWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Execute FWD Tuck salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—806c</b> </p> <p>HB—Stalder underswing BWD —FWD salto—Pike—1/2 twist— End face in</p>  <p><b>BWD Stalder FWD Pike 1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Execute FWD Pike salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—806d</b> </p> <p>HB—Stalder underswing BWD —FWD salto—LO—1/2 twist— End face in</p>  <p><b>BWD Stalder FWD LO 1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Execute FWD Layout salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>						
<p><b>E—806a</b></p> <p>HB—Stalder underswing BWD —FWD salto—Tuck—1/1 twist —End face out</p>  <p><b>BWD Stalder FWD Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Execute FWD Tuck salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—806b</b> </p> <p>HB—Stalder underswing BWD —FWD salto—Pike—1/1 twist— End face out</p>  <p><b>BWD Stalder FWD Pike 1/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Execute FWD Pike salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—806c</b></p> <p>HB—Stalder underswing BWD —FWD salto—Tuck/pike—1-1/2 twist—End face in</p>  <p><b>BWD Stalder FWD Tuck 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Execute FWD Tuck salto—1-1/2 twist</li> <li>4. Arrive in stand</li> </ol>						

# UB—8-DISMOUNTS — BWD UNDERSWING 1/2 BWD Salto w/wo Twist — 807-Clear Hip — 808-Pike Sole — 809-Stalder


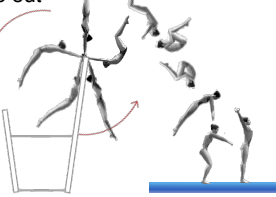

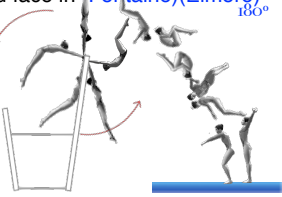

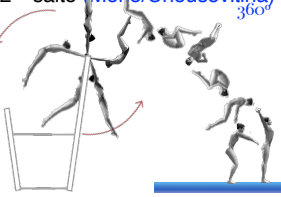

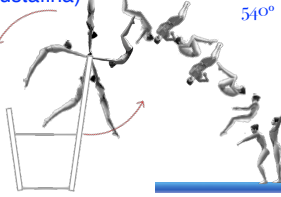

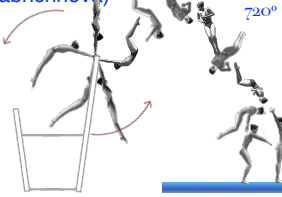

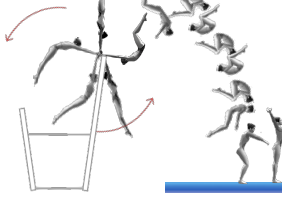
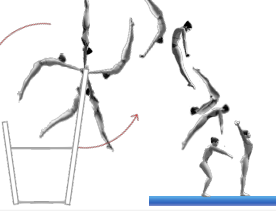

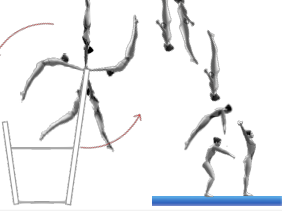
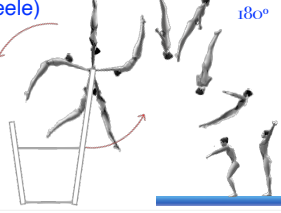
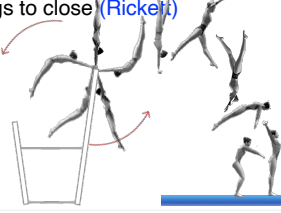

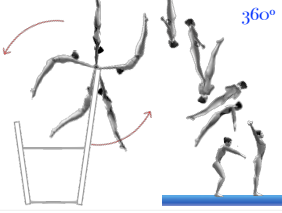





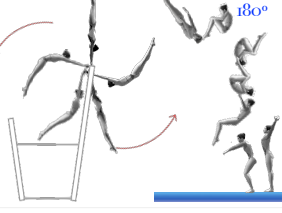

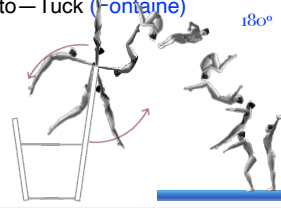

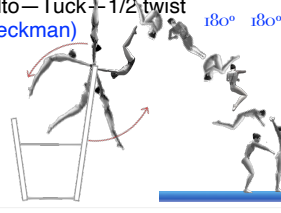

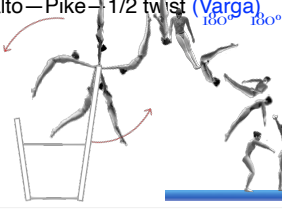

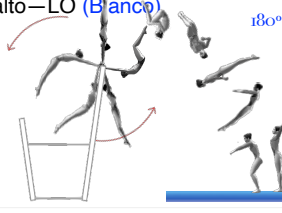
<p><b>C—807</b> <i>he he</i></p> <p>HB—Clear Hip underswing BWD—1/2 twist—BWD salto— Tuck/pike—End face in</p>  <p><b>BWD Clear hip 1/2 BWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Clear hip underswing</li> <li>3. Execute—1/2 turn—BWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—807a</b> <i>he</i></p> <p>HB—Clear Hip underswing BWD—1/2 twist—BWD salto— LO—End face in (clear Okino)</p>  <p><b>BWD Clear hip 1/2 BWD LO</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Clear hip underswing</li> <li>3. Execute—1/2 turn—BWD LO salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—807b</b></p> <p>HB—Clear Hip underswing BWD—1/2 twist—BWD salto— Tuck—1/2 twist—End face out (Haba)</p>  <p><b>BWD Clear hip 1/2 BWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Clear hip underswing</li> <li>3. Execute—1/2 turn—BWD Tuck salto w 1/2 turn</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—807</b></p> <p>HB—Clear Hip underswing BWD—1/2 twist—BWD salto— Tuck—1/1 twist—End face in (Kraeker)</p>  <p><b>BWD Clear hip 1/2 BWD Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Clear hip underswing</li> <li>3. Execute—1/2 turn—BWD Tuck salto w 1/1 twist</li> <li>4. Arrive in stand</li> </ol>	
<p><b>C—808</b> <i>he he</i></p> <p>HB—Pike Sole underswing BWD—1/2 twist—BWD salto— Tuck/pike—End face in (Comanechi)</p>  <p><b>Comanechi</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Pike sole underswing</li> <li>3. Execute—1/2 turn—BWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—808a</b> <i>he</i></p> <p>HB—Pike Sole underswing BWD—1/2 twist—BWD salto— LO—End face in</p>  <p><b>BWD Pike sole 1/2 BWD LO</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Pike sole underswing</li> <li>3. Execute—1/2 turn—BWD LO salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—808b</b></p> <p>HB—Pike Sole underswing BWD—1/2 twist—BWD salto— Tuck—1/2 twist—End face out (Haba)</p>  <p><b>BWD Pike sole 1/2 BWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Pike sole underswing</li> <li>3. Execute—1/2 turn—BWD Tuck salto w 1/2 turn</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—808</b> <i>he</i></p> <p>HB—Pike Sole underswing BWD—1/2 twist—BWD salto— Tuck—1/1 twist—End face in (Kraeker)</p>  <p><b>BWD Pike sole 1/2 BWD Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Pike sole underswing</li> <li>3. Execute—1/2 turn—BWD Tuck salto w 1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><i>Pike Sole underswing may be performed feet together (feet between hands) or straddle (feet outside of hands)</i></p>
<p><b>C—809</b></p> <p>HB—Stalder underswing BWD 1/2 twist—BWD salto—Tuck/ pike—End face in</p>  <p><b>BWD Stalder 1/2 BWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Execute—1/2 turn—BWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—809a</b></p> <p>HB— Stalder underswing BWD —1/2 twist—BWD salto—LO— End face in (clear Okino)</p>  <p><b>BWD Stalder 1/2 BWD LO</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Execute—1/2 turn—BWD LO salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—809b</b></p> <p>HB— Stalder underswing BWD —1/2 twist—BWD salto—Tuck —1/2 twist—End face out (Haba)</p>  <p><b>BWD Stalder 1/2 BWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Execute—1/2 turn—BWD Tuck salto w 1/2 turn</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—809</b></p> <p>HB— Stalder underswing BWD —1/2 twist—BWD salto—Tuck —1/1 twist (Kraeker)</p>  <p><b>BWD Stalder 1/2 BWD Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support HB—REG grip</li> <li>2. Execute BWD Stalder underswing</li> <li>3. Execute—1/2 turn—BWD Tuck salto w 1/1 twist</li> <li>4. Arrive in stand</li> </ol>	

# UB—8-DISMOUNTS — Long Swing FWD BWD SALTO w/wo Twist Flyaway — 810-Single Tuck/Pike — 811-Single LO

<p><b>A—810a</b></p> <p>HB—Long swing FWD—REG Cross grip—1/2 turn—Swing BWD—FWD salto—T/P/LO—End face in (Flyaway) 180°</p>	<p><b>B—810a</b></p> <p>HB—Long swing FWD—REG Cross grip—1/2 turn—Swing BWD—FWD salto—T/P/LO—1/2 turn—End face out 180° 180° (Flyaway)</p>	<p><b>B—810a</b></p> <p>HB—Long swing FWD—REG Cross grip—1/2 turn—Swing BWD—FWD salto—T/P/LO—1/1 turn—End face in (Flyaway) 180° 360°</p>	<p><b>A—811a</b></p> <p>HB—Long swing FWD—BWD salto—Tuck/pike—End face out (Flyaway)</p>	<p><b>B—811a</b></p> <p>HB—Long swing FWD—BWD salto—Tuck/pike—1/2 twist—End face in (Flyaway) 180°</p>	<p><b>B—811a</b></p> <p>HB—Long swing FWD—BWD salto—Tuck/pike—1/1 twist—End face out (Flyaway) 360°</p>
<p><b>1/2 FWD T/P/LO</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG Cross grip</li> <li>2. Execute Long swing FWD—1/2 turn</li> <li>3. Execute FWD T/P/LO salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>1/2 FWD T/P/LO 1/2</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG Cross grip</li> <li>2. Execute Long swing FWD—1/2 turn OR</li> <li>3. Execute from counterswing</li> <li>4. Execute FWD T/P/LO salto w 1/2</li> <li>5. Arrive in stand</li> </ol>	<p><b>1/2 FWD T/P/LO 1/1</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG Cross grip</li> <li>2. Execute Long swing FWD—1/2 turn OR</li> <li>3. Execute from counterswing</li> <li>4. Execute FWD T/P/LO salto w 1/1</li> <li>5. Arrive in stand</li> </ol>	<p><b>BWD Tuck/Pike</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Pike salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Tuck salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Tuck salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>
<p><b>A—811a</b></p> <p>HB—Long swing FWD—BWD salto—LO—End face out (Flyaway)</p>	<p><b>B—811a</b></p> <p>HB—Long swing FWD—BWD salto—LO—1/2 twist—End face in (Flyaway)</p>	<p><b>B—811a</b></p> <p>HB—Long swing FWD—BWD salto—LO—1/1 twist—End face out (Flyaway) 360°</p>	<p><b>C—811</b></p> <p>HB—Long swing FWD—BWD salto—LO—1-1/2 twist—End face in (Flyaway) 540°</p>	<p><b>D—811</b></p> <p>HB—Long swing FWD—BWD salto—LO—2/1 twist—End face out (Flyaway) 720°</p>	<p><b>E—811</b></p> <p>HB—Long swing FWD—BWD salto—LO—2-1/2 twist—End face in (Flyaway) 900°</p>
<p><b>BWD LO</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD LO salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD LO 1/2</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD LO salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD LO 1/1</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD LO salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD LO 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD LO salto—1-1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD LO 2/1</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD LO salto—2/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD LO 2-1/2</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD LO salto—2-1/2 twist</li> <li>4. Arrive in stand</li> </ol>
<p><b>E—811b</b></p> <p>HB—Giant swing BWD—BWD salto—LO—3/1 twist (Flyaway) (Somerville/Bar) 1080°</p>					
<p><b>BWD LO 3/1</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute BWD Giant swing</li> <li>3. Execute BWD LO salto—3/1 twist</li> <li>4. Arrive in stand</li> </ol>					



# UB—8-DISMOUNTS — Long Swing FWD BWD Double Salto— 812-Tuck/Pike — 813-LO — 814-1/2 Twist FWD Salto


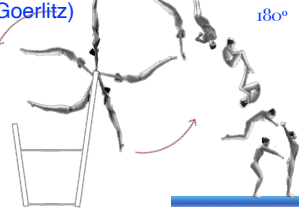

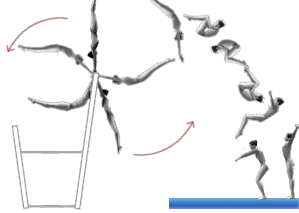

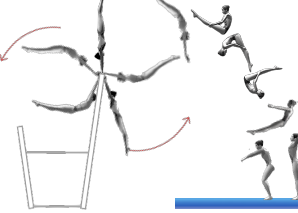

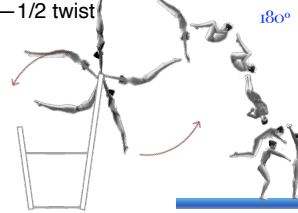

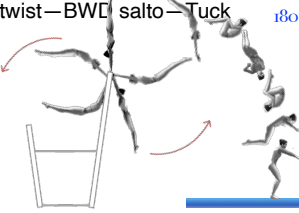

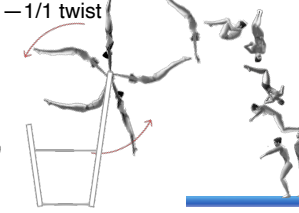

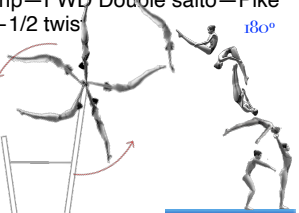
<p><b>C—812</b> </p> <p>HB—Long swing FWD—BWD Double salto—Tuck/pike—End face out</p> 	<p><b>E—812a</b> </p> <p>HB—Long swing FWD—BWD Double salto—Tuck—1/2 twist—End face in (<b>Fortaine</b>)(Elmore) 180°</p> 	<p><b>E—812b</b> </p> <p>HB—Long swing FWD—BWD Double salto—Tuck—1/1 twist in 1<sup>st</sup>/2<sup>nd</sup> salto (<b>Moro</b>)(Chousovitina) 360°</p> 	<p><b>E—812c</b> </p> <p>HB—Long swing FWD—BWD Double salto—Tuck—1-1/2 twist (<b>Mustafina</b>) 540°</p> 	<p><b>E—812d</b> </p> <p>HB—Long swing FWD—BWD Double salto—Tuck—2/1 twist (<b>Fabricnova</b>) 720°</p> 	<p><b>E—812e</b> </p> <p>HB—Long swing FWD—BWD Triple salto—Tuck (<b>Magana</b>)</p> 
<p><b>BWD 2/1 Tuck</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Double Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD 2/1 Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Double Tuck salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD 2/1 Tuck 1/2 in, 1/2 out</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Double Tuck salto—1/1 twist in 1<sup>st</sup>/2<sup>nd</sup> salto (1/2 in-1/2 out)</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD 2/1 Tuck 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Double Tuck salto—1-1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD 2/1 Tuck 2/1</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Double Tuck salto—2/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>Magana</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Triple Tuck salto</li> <li>4. Arrive in stand</li> </ol>
<p><b>D—813</b></p> <p>HB—Long swing FWD—BWD Double salto—LO/pike or Pike/LO</p> 	<p><b>E—813a</b> </p> <p>HB—Long swing FWD—BWD Double salto—LO</p> 	<p><b>E—813b</b></p> <p>HB—Long swing FWD—BWD Double salto—LO—1/2 twist (<b>Peele</b>) 180°</p> 	<p><b>E—813c</b></p> <p>HB—Long swing FWD—BWD Double salto—LO—Scissor split legs to close (<b>Rickett</b>)</p> 	<p><b>E—813d</b> </p> <p>HB—Long swing FWD—BWD Double salto—LO—1/1 twist 360°</p> 	<p><b>E—813e</b> </p> <p>HB—Long swing FWD—BWD Double salto—LO—2/1 twist (<b>Ray</b>) 720°</p> 
<p><b>BWD 2/1 LO/Pike</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Double LO/Pike salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD 2/1 LO</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Double LO salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD 2/1 LO 1/2 out</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Double LO salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD 2/1 LO Scissor</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Double LO salto—Scissor split</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD 2/1 LO 1/1</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Double LO salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD 2/1 LO 2/1</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Double LO salto—2/1 twist</li> <li>4. Arrive in stand</li> </ol>
<p><b>E—814a</b> </p> <p>HB—Long swing FWD—1/2 twist—FWD Double salto—Tuck 180°</p> 	<p><b>E—814b</b> </p> <p>HB—Long swing FWD—1/2 twist—FWD Double salto—Pike 180°</p> 	<p><b>E—814c</b> </p> <p>HB—Long swing FWD—BWD salto—Tuck—1/2 twist—FWD salto—Tuck (<b>Fontaine</b>) 180°</p> 	<p><b>E—814d</b> </p> <p>HB—Long swing FWD—BWD salto—Tuck—1/2 twist—FWD salto—Tuck—1/2 twist 180° 180° (<b>Beckman</b>)</p> 	<p><b>E—814e</b> </p> <p>HB—Long swing FWD—BWD salto—LO—1/2 twist—FWD salto—Pike—1/2 twist 180° 180° (<b>Varga</b>)</p> 	<p><b>E—814f</b> </p> <p>HB—Long swing FWD—BWD salto—Tuck—1/2 twist—FWD salto—LO (<b>Bianco</b>) 180°</p> 
<p><b>1/2 FWD 2/1 Tuck</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute 1/2 twist—FWD DoubleTuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>1/2 FWD 2/1 Pike</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute 1/2 twist—FWD Double Pike salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD Tuck 1/2 FWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Tuck salto—1/2 twist—FWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD Tuck 1/2 FWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Tuck salto—1/2 twist—FWD Tuck salto w 1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD LO 1/2 FWD Pike 1/2</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD LO salto—1/2 twist—FWD Pike salto w 1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>BWD Tuck 1/2 FWD LO</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD</li> <li>3. Execute BWD Tuck salto—1/2 twist—FWD LO salto</li> <li>4. Arrive in stand</li> </ol>



# UB—8-DISMOUNTS — Long Swing BWD Single Salto — 815-Tuck/Pike w/wo Twist — 816-LO w/wo Twist

<p><b>A—815a</b></p> <p><b>HB—Long swing BWD—REV grip—FWD salto—Tuck (Flyaway)</b></p> <p><i>Swing to FWD Tuck</i></p> <ol style="list-style-type: none"> <li>1. HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>A—815b</b></p> <p><b>HB—Long swing BWD—REV grip—FWD salto—Pike (Flyaway)</b></p> <p><i>FWD Tuck</i></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>B—815a</b></p> <p><b>HB—Long swing BWD—REV grip—FWD salto—Tuck/pike—1/2 twist (Flyaway)</b> 360°</p> <p><i>FWD Tuck 1/2</i></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD Tuck salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>B—815b</b></p> <p><b>HB—Long swing BWD—REV grip—FWD salto—Tuck/pike—1/1 twist (Flyaway)</b> 360°</p> <p><i>FWD Tuck 1/1</i></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD Tuck salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—815</b></p> <p><b>HB—Long swing BWD—REV grip—FWD salto—Tuck—1-1/2 twist (Flyaway)</b> 540°</p> <p><i>FWD Tuck 1-1/2</i></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD Tuck salto—1-1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—815a</b></p> <p><b>HB—Long swing BWD—REV grip—FWD salto—Tuck—2/1 twist (Flyaway)</b> 720°</p> <p><i>FWD Tuck 2/1</i></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD Tuck salto—2/1 twist</li> <li>4. Arrive in stand</li> </ol>
<p><b>E—815b</b></p> <p><b>HB—Long swing BWD—REV grip—FWD salto—Tuck/pike—2-1/2 twist (Flyaway)</b> 900°</p> <p><i>FWD Tuck 2-1/2</i></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD Tuck salto—2-1/2 twist</li> <li>4. Arrive in stand</li> </ol>					
<p><b>A—816</b></p> <p><b>HB—Long swing BWD—REV grip—FWD salto—LO (Flyaway)</b></p> <p><i>Swing to FWD LO</i></p> <ol style="list-style-type: none"> <li>1. HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD LO salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>B—816a</b></p> <p><b>HB—Long swing BWD—REV grip—FWD salto—LO—1/2 twist (Flyaway)</b> 180°</p> <p><i>FWD LO 1/2</i></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD LO salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>B—816b</b></p> <p><b>HB—Long swing BWD—REV grip—FWD salto—LO—1/1 twist (Flyaway)</b> 360°</p> <p><i>FWD LO 1/1</i></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD LO salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—816</b></p> <p><b>HB—Long swing BWD—REV grip—FWD salto—LO—1-1/2 twist (Flyaway) (Pechstein)</b> 540°</p> <p><i>FWD LO 1-1/2</i></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD LO salto—1-1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—816a</b></p> <p><b>HB—Long swing BWD—REV grip—FWD salto—LO—2/1 twist (Flyaway)</b> 720°</p> <p><i>FWD LO 2/1</i></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD LO salto—2/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—816b</b></p> <p><b>HB—Long swing BWD—REV grip—FWD salto—LO—2-1/2 twist (Flyaway)</b> 900°</p> <p><i>FWD LO 2-1/2</i></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD LO salto—2-1/2 twist</li> <li>4. Arrive in stand</li> </ol>

# UB—8-DISMOUNTS — Long Swing BWD FWD Salto — 817-Double Salto w/wo Twist

<p><b>D—817</b> </p> <p>HB—Long swing BWD—1/2 turn—BWD Double salto—Tuck/pike (Goerlitz) <span style="float: right;">180°</span></p>  <p><b>FWD 1/2 BWD 2/1 Tuck</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute 1/2 twist—BWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—817a</b> </p> <p>HB—Long swing BWD—REV/L grip—FWD Double salto—Tuck</p>  <p><b>FWD 2/1 Tuck</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD Double Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—817b</b> </p> <p>HB—Long swing BWD—REV/L grip—FWD Double salto—Pike</p>  <p><b>FWD 2/1 Tuck</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD Double Pike salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—817c</b> </p> <p>HB—Long swing BWD—REV/L grip—FWD Double salto—Tuck—1/2 twist <span style="float: right;">180°</span></p>  <p><b>FWD 2/1 Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD Double Tuck salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—817d</b> </p> <p>HB—Long swing BWD—REV/L grip—FWD salto—Tuck—1/2 twist—BWD salto—Tuck <span style="float: right;">180°</span></p>  <p><b>FWD Tuck 1/2 BWD TUCK</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD Tuck salto—1/2 twist BWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>E—817e</b> </p> <p>HB—Long swing BWD—REV/L grip—FWD Double salto—Tuck—1/1 twist</p>  <p><b>FWD 2/1 Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD Double Tuck salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>
<p><b>E—817f</b> </p> <p>HB—Long swing BWD—REV/L grip—FWD Double salto—Pike—1/2 twist <span style="float: right;">180°</span></p>  <p><b>FWD 2/1 Pike 1/2</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute Long swing BWD</li> <li>3. Execute FWD Double Pike salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>					

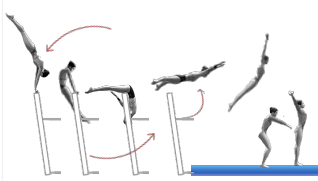
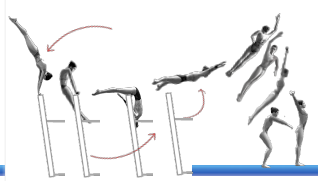
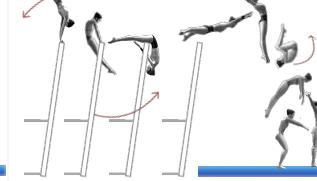
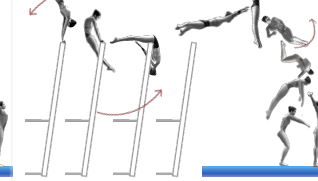
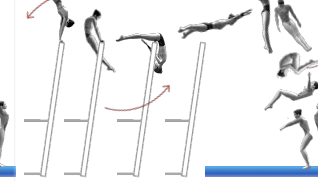
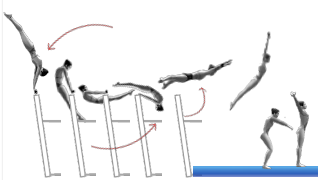
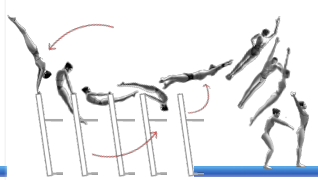
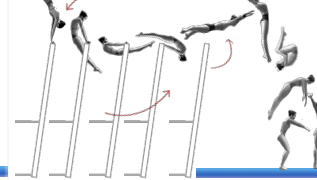
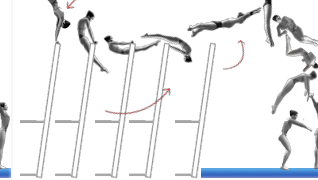
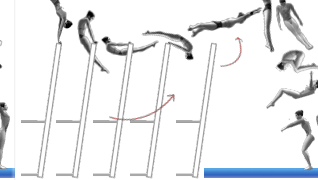
## UB—8-DISMOUNTS — 818-BWD Salto over HB — 819-BWD Tanac Salto T/P — 820-BWD Tanac Salto LO

<p><b>C—818</b></p> <p>HB—Long swing FWD (face LB) —BWD salto—Tuck—Over HB (Gonzalez)</p> <p style="text-align: center;"><b>BWD Tuck over HB</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD—Over bar</li> <li>3. Execute BWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—818</b></p> <p>HB—Long swing FWD (face LB) —BWD salto—Tuck—Over HB —1/1 twist (Harriman) 360°</p> <p style="text-align: center;"><b>BWD Tuck 1/1 over HB</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute Long swing FWD—Over bar</li> <li>3. Execute BWD Tuck salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>						
<p><b>B—819</b></p> <p>LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—Tuck/pike (Tanac)</p> <p style="text-align: center;"><b>Tanac salto Tuck</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute Straddle cut thigh bounce</li> <li>3. Execute BWD Pike salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>C—819a</b></p> <p>LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—Tuck—1/1 twist (Tanac) 360°</p> <p style="text-align: center;"><b>Tanac salto Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute Straddle cut thigh bounce</li> <li>3. Execute BWD Tuck salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>C—819b</b></p> <p>LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—Tuck—1-1/2 twist (Tanac) 540°</p> <p style="text-align: center;"><b>Tanac salto Tuck 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute Straddle cut thigh bounce</li> <li>3. Execute BWD Tuck salto—1-1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—819</b></p> <p>LB/HB—Cast—Uprise/Back swing—Straddle cut—BWD salto—Tuck—2/1+ twist (Bronson) 720°</p> <p style="text-align: center;"><b>Tanac salto Tuck 2/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute Straddle cut thigh bounce</li> <li>3. Execute BWD Tuck salto—2/1 twist</li> <li>4. Arrive in stand</li> </ol>				
<p><b>B—820</b></p> <p>LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—LO (Tanac)</p> <p style="text-align: center;"><b>Tanac salto LO</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute Straddle cut thigh bounce</li> <li>3. Execute BWD LO salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>C—820a</b></p> <p>LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—LO—1/1 twist (Tanac) 360°</p> <p style="text-align: center;"><b>Tanac salto LO 1/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute Straddle cut thigh bounce</li> <li>3. Execute BWD LO salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>C—820b</b></p> <p>LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—LO—1-1/2 twist (Tanac) 540°</p> <p style="text-align: center;"><b>Tanac salto LO 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute Straddle cut thigh bounce</li> <li>3. Execute BWD LO salto—1-1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>D—820</b></p> <p>LB/HB—Cast—Uprise/Back swing—Straddle cut—BWD salto—LO—2/1+ twist (Bronson) 720°</p> <p style="text-align: center;"><b>Tanac salto LO 2/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute Straddle cut thigh bounce</li> <li>3. Execute BWD LO salto—2/1 twist</li> <li>4. Arrive in stand</li> </ol>				

**UB—8-DISMOUNTS — 821-BWD Snap Salto T/P — 822-InWD FWD Salto T/P — 823-FWD Stalder Underswing FWD Salto**

<p><b>C—821a</b></p> <p>HB—Cast near HS—Snap—BWD salto—Tuck/pike (Tsuk-type)</p>	<p><b>C—821b</b></p> <p>HB—Clear Hip circle BWD—Thru HS—BWD salto—Tuck/pike (Tsuk-type)</p>	<p><b>D—821</b></p> <p>HB—Stalder BWD—Thru HS—BWD salto—Tuck/pike (Tsuk-type)</p>			
<p><b>Cast Tsuk Tuck</b></p> <ol style="list-style-type: none"> <li>1. Cast near HS HB—REG grip</li> <li>2. Execute Body snap</li> <li>3. Execute BWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>Clear hip Tsuk Tuck</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute BWD Clear hip circle—Thru HS</li> <li>3. Execute BWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>Stalder Tsuk Tuck</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REG grip</li> <li>2. Execute BWD Stalder circle—Thru HS</li> <li>3. Execute BWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>			
<p><b>B—822</b></p> <p>HB—Cast near HS—Inward FWD salto—Tuck</p>	<p><b>C—822</b></p> <p>HB—Cast near HS—Inward FWD salto—Pike</p>				
<p><b>Inward FWD salto Tuck</b></p> <ol style="list-style-type: none"> <li>1. Cast near HS HB—REG grip</li> <li>2. Execute Body snap</li> <li>3. Execute FWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>Inward FWD salto Pike</b></p> <ol style="list-style-type: none"> <li>1. Cast near HS HB—REG grip</li> <li>2. Execute Body snap</li> <li>3. Execute FWD Pike salto</li> <li>4. Arrive in stand</li> </ol>				
<p><b>B—823a</b></p> <p>HB—Stalder underswing FWD—REV grip—FWD salto—Tuck/pike—End face in</p>	<p><b>B—823b</b></p> <p>HB—Stalder underswing FWD—REV grip—FWD salto—LO</p>	<p><b>B—823c</b></p> <p>HB—Stalder underswing FWD—REV grip—FWD salto—Tuck/pike/LO—1/2 twist</p>	<p><b>B—823d</b></p> <p>HB—Stalder underswing FWD—REV grip—FWD salto—Tuck/pike/LO—1/1 twist</p>	<p><b>D—823</b></p> <p>HB—Stalder underswing FWD—REV grip—FWD salto—Tuck/pike/LO—1-1/2 twist</p>	<p><b>E—823</b></p> <p>HB—Stalder underswing FWD—REV grip—FWD salto—LO—2-1/2 twist</p>
<p><b>FWD Stalder FWD salto Tuck</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute FWD Stalder underswing</li> <li>3. Execute FWD Tuck salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>FWD Stalder FWD salto LO</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute FWD Stalder underswing</li> <li>3. Execute FWD LO salto</li> <li>4. Arrive in stand</li> </ol>	<p><b>FWD Stalder FWD salto 1/2</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute FWD Stalder underswing</li> <li>3. Execute FWD LO salto—1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>FWD Stalder FWD salto 1/1</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute FWD Stalder underswing</li> <li>3. Execute FWD LO salto—1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>FWD Stalder FWD salto 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute FWD Stalder underswing</li> <li>3. Execute FWD LO salto—1-1/2 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>FWD Stalder FWD salto 2-1/2</b></p> <ol style="list-style-type: none"> <li>1. Handstand HB—REV grip</li> <li>2. Execute FWD Stalder underswing</li> <li>3. Execute FWD LO salto—2-1/2 twist</li> <li>4. Arrive in stand</li> </ol>

## UB—8-DISMOUNTS — 824-BWD Hip Hecht w/wo Salto — 825-Free Hip Hecht w/wo Salto

B—824	C—824	D—824	E—824a	E—824b
LB/HB—Hip circle BWD—Hecht—Straddle/Straight over bar—End face out	LB/HB—Hip circle BWD—Hecht—1/1 twist—End face out	LB/HB—Hip circle BWD—Hecht—BWD salto—Tuck—End Face out (Muchina)	LB/HB—Hip circle BWD—Hecht—BWD salto—1/1 twist—End face out (Ma)	LB/HB—Hip circle BWD—Hecht—1/2 twist—FWD salto—End face in
				
<p><b>BWD hip Hecht</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute BWD Hip circle</li> <li>3. Execute FWD Hecht action</li> <li>4. Arrive in stand</li> </ol>	<p><b>Hecht 1/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute BWD Hip circle</li> <li>3. Execute FWD Hecht action—1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>Muchina</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute BWD Hip circle</li> <li>3. Execute FWD Hecht action</li> <li>4. Execute BWD Tuck salto</li> <li>5. Arrive in stand</li> </ol>	<p><b>Hecht BWD Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute BWD Hip circle</li> <li>3. Execute FWD Hecht action</li> <li>4. Execute BWD Tuck salto—1/1 twist</li> <li>5. Arrive in stand</li> </ol>	<p><b>Hecht BWD Tuck 1/2 FWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute BWD Hip circle</li> <li>3. Execute FWD Hecht action—1/2 twist</li> <li>4. Execute FWD Tuck salto</li> <li>5. Arrive in stand</li> </ol>
B—825	C—825	D—825	E—825a	E—825b
LB/HB—Clear Hip circle BWD—Hecht—Straddle/Straight over bar—End face out	LB/HB—Clear Hip circle BWD—Hecht—1/1 twist—End Face out	LB/HB—Clear Hip circle BWD—Hecht—BWD salto—Tuck—End face out (Muchina)	LB/HB—Clear Hip circle BWD—Hecht—BWD salto—1/1 twist—End face out	LB/HB—Clear Hip circle BWD—Hecht—1/2 twist—FWD salto—End face in
				
<p><b>BWD Clear Hecht</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute BWD Clear hip circle</li> <li>3. Execute FWD Hecht action</li> <li>4. Arrive in stand</li> </ol>	<p><b>Clear Hecht 1/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute BWD Clear hip circle</li> <li>3. Execute FWD Hecht action—1/1 twist</li> <li>4. Arrive in stand</li> </ol>	<p><b>Clear Hecht Tuck</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute BWD Clear hip circle</li> <li>3. Execute FWD Hecht action</li> <li>4. Execute BWD Tuck salto</li> <li>5. Arrive in stand</li> </ol>	<p><b>Clear Hecht Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute BWD Clear hip circle</li> <li>3. Execute FWD Hecht action</li> <li>4. Execute BWD Tuck salto—1/1 twist</li> <li>5. Arrive in stand</li> </ol>	<p><b>Clear Hecht 1/1 FWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. Clear support LB/HB—REG grip</li> <li>2. Execute BWD Clear hip circle</li> <li>3. Execute FWD Hecht action—1/2 twist</li> <li>4. Execute FWD Tuck salto</li> <li>5. Arrive in stand</li> </ol>





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# BALANCE BEAM



## BALANCE BEAM—DIRECTIVES

### X-SKILLS

## BALANCE BEAM ELEMENTS

### 1—MOUNTS

Leaps/Leg Swings  
Scissors/Flanks/Straddle Cut  
Splits/Chest Stands  
Rolls/Springs/Overs/Cartwheels  
Press HS  
Planche/1-Arm HS  
HS Planche Poses/Chest Stand/Turnovers  
Saltos/Aerials  
RO Approach

### 2—LEAPS, JUMPS, HOPS

Stag Leaps  
Leaps  
Split Jumps  
Straddle Jumps  
Stretch Jump Variations  
Hops  
Shape Jumps

### 3—TURNS

One Leg, BWD Attitude, FWD Attitude Turns  
Arabesque, 'L' Turns  
Illusion, Tuck Turns  
On Beam turns

### 4—WAVES

Body Waves

### 5—HOLDS, STANDS

Scales, Arabesques

Holds

### 6—ROLLS

### 7—WALKOVERS, CARTWHEELS, SPRINGS

Walkovers, Cartwheels, RO

Springs

Aerials

### 8—SALTOS

Forward

Sideward

Backward

### 9—DISMOUNTS

Hand Elements

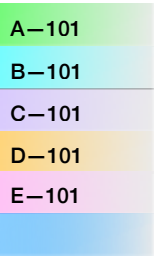










FWD Saltos

Gainer Saltos

Doubles, Aerials, Arabians

BWD Saltos

## BALANCE BEAM DIRECTIVES

<p><b>ABBREVIATIONS</b></p> <p>VER = Vertical          HOR = Horizontal          FWD = Forward          BWD = Backward          SWD = Sideward          UpWD = Upward          DnWD = Downward          LO = Layout          SO = Step out          BM = Balance Beam</p>	<p><b>DIFFICULTY VALUES</b></p> <ul style="list-style-type: none"> <li>A = 0.10</li> <li>B = 0.30</li> <li>C = 0.50</li> <li>D = +0.10</li> <li>E = +0.20</li> </ul> 	<p><b>SYMBOLS</b></p> <ul style="list-style-type: none"> <li>Cannot use VP for Split SR requirement</li> <li>Former B VP</li> <li>Former C VP</li> <li>Former D VP</li> </ul>	<p><b>X-SKILLS BY LEVEL</b></p> <ul style="list-style-type: none"> <li>BB X-skills used by 1N, 2N, BN, 3N, SN, 4N, GN</li> <li>All X-skills = A VP</li> </ul>	<p><b>ELEMENT CATEGORIES</b></p> <ul style="list-style-type: none"> <li>101 - 128—Mounts</li> <li>201 - 221—Leaps, Jumps, Hops</li> <li>301 - 310—Turns</li> <li>401 - 403—Waves</li> <li>501 - 505—Stands</li> <li>601 - 603—Rolls</li> <li>701 - 716—Walkover, Cartwheels, Springs, Aerials</li> <li>801 - 811—Saltos</li> <li>901 - 918—Dismounts</li> </ul>	<p><b>CHANGE / ADD / DELETE</b></p> <ul style="list-style-type: none"> <li>Pink highlighted font depicts a Change/Add/Delete in a BB element or skill</li> <li>Each new season, highlighted changes are now standard and new changes highlighted</li> </ul>
<p><b>BODY POSITIONS</b></p>  Tuck = < 90° hip angle / < 90° knee angle  Pike = < 90° hip angle / ∅ knee angle  Straight (Stretch/LO) = All body parts in alignment	<p><b>STRADDLE PIKE / SIDE SPLIT = "STRADDLE"</b></p> <ul style="list-style-type: none"> <li>Same Body Shape, element names used interchangeably</li> <li>Straddle Split </li> <li>Straddle Pike </li> </ul>	<p><b>HOLD REQUIREMENTS</b></p> <ul style="list-style-type: none"> <li>Elements marked with this symbol are required to hold 2 seconds </li> <li>Non-turning HS required to hold 2s (unless otherwise stated)</li> <li>Turning HS NOT required to be held</li> </ul>	<p><b>MARK REQUIREMENTS</b></p> <ul style="list-style-type: none"> <li>Elements marked with this symbol are required to mark or stop 1 second </li> </ul>	<p><b>'SAME' ELEMENTS</b></p> <ul style="list-style-type: none"> <li>Table of Elements designates each element with its own identifying number</li> <li>Elements considered to be 'same' are assigned the same number (A—102a and A—102a)</li> <li>Adding a 1/4 (90°) turn to an element does not make it different</li> </ul>	<p><b>'DIFFERENT' ELEMENTS</b></p> <ul style="list-style-type: none"> <li>Elements considered to be in the same family, but are different, are assigned a sub number (A-102a and A—102b)</li> </ul>
<p><b>BODY POSITIONS</b></p> <ul style="list-style-type: none"> <li>All levels must adhere to required body positions as stated in each element description</li> <li>Body position expectations are the same for all levels</li> </ul> <p><b>Example:</b> 7N LO, 10N LO position have same straight angle expectation, same deductions when not adhering to straight position</p>	<p><b>RING JUMP / LEAP REQUIREMENTS</b></p> <ul style="list-style-type: none"> <li>Elements with "Ring" requirement must show a release of the head BWD toward the foot</li> <li>Back foot is at head height</li> </ul> <ol style="list-style-type: none"> <li>All Ring jumps/Leaps are required to show an obvious head release to the back foot position</li> <li>Head release position means eye-focus is upward and backward</li> </ol>	<p><b>STAG / DOUBLE STAG LEAPS / JUMPS</b></p> <ul style="list-style-type: none"> <li>Stag—Front leg stag = Knee bend minimum 45°</li> <li>Double Stag—Both legs stag = Knee bend 90° or less</li> <li>Stag and Double Stag leaps and jumps, while adding to the overall VP count, cannot be used to fulfill a SR with a split requirement</li> </ul>	<p><b>NGA &amp; NCAA VP</b></p> <ul style="list-style-type: none"> <li>NGA may adapt and display the NCAA VP value if different than industry standards</li> </ul>	<p><b>HANDSTANDS &amp; VERTICAL</b></p> <ul style="list-style-type: none"> <li>"Achieves VER" vs "Passes thru VER"—Handstand may achieve VER but does not go thru VER</li> <li>HS will not fulfill SR requirement "pass thru VER"</li> </ul>	<p><b>ACRO</b></p> <ul style="list-style-type: none"> <li>Beam Acro is defined into two (2) groups:</li> <li>Acro-Flight—FWD/SWD/BWD elements (VP) with flight onto or off of hands and feet</li> <li>Acro Non-Flight—FWD/SWD/BWD elements (VP) with no flight onto hands or to feet</li> </ul>
<p><b>FWD GAINER TUCK—SIDE OF BM</b></p> <p>A&gt;A-907—FWD Gainer tuck          A&gt;A-907—FWD Gainer tuck 1/2          B&gt;B-907—FWD Gainer tuck 1/1          C&gt;D-907—FWD Gainer tuck 1-1/2</p>	<p><b>FWD GAINER LO—SIDE OF BM</b></p> <p>A&gt;A-908—FWD Gainer LO          A&gt;B-908—FWD Gainer LO 1/2          C&gt;C-908—FWD Gainer LO 1/1</p>	<p><b>BWD GAINER TUCK—SIDE OF BM</b></p> <p>A&gt;A-909a—BWD Gainer tuck          A&gt;A-909b—BWD Gainer pike          A&gt;A-909a—BWD Gainer tuck 1/2          A&gt;A-909b—BWD Gainer pike 1/2          B&gt;B-909—BWD Gainer tuck 1/1          D&gt;D-909—BWD Gainer tuck 1-1/2</p>	<p><b>BWD GAINER LO—SIDE OF BM</b></p> <p>A&gt;A-910—BWD Gainer LO          B&gt;B-910—BWD Gainer LO 1/2          C&gt;C-910—BWD Gainer LO 1/1          D&gt;D-910a—BWD Gainer LO 1-1/2          D&gt;E-910b—BWD Gainer LO 2/1          E&gt;E-910c—BWD Gainer LO 2-1/2</p>	<p><b>ARABIAN ELEMENTS</b></p> <ul style="list-style-type: none"> <li>Considered FWD elements</li> <li>Listed under SWD Category</li> </ul>	<p><b>TIC-TOC ELEMENT</b></p> <ul style="list-style-type: none"> <li>Considered FWD or BWD elements</li> <li>Based on benefit of the gymnast</li> </ul>
<p>FWD Gainer dismount (FWD Aerial) off side of beam as established by NCAA, NGA has adjusted some FWD/BWD Gainer VPs</p>					
<p><b>MAIN TABLE OF CONTENTS</b></p> <ul style="list-style-type: none"> <li>Click to return to Main Table of Contents</li> </ul> 	<p><b>EVENT TABLE OF CONTENTS</b></p> <ul style="list-style-type: none"> <li>Click to return to Balance Beam Table of Contents</li> </ul> 	<p><b>NGA NATIONAL WEBSITE</b></p> 	<p><b>NGA NATIONAL WOMENS DIRECTOR</b></p> <p>Bryan Neal</p>	<p><b>NGA NATIONAL WOMENS TECHNICAL DIRECTOR</b></p> <p>Donagene Jones</p>	<p><b>NGA NATIONAL WOMENS JUDGING DIRECTOR</b></p> <p>Pat Ergle</p>

# BALANCE BEAM X—SKILLS



## 1—MOUNTS

## 2—LEAPS, JUMPS, HOPS

- 201—Split jump—Min 45°
- 202—Split leap—Min 45°
- 203—Straddle jump—Min 45°
- 204—Tuck jump 1/4 turn, land side
- 205—Straight jump 1/4 turn, land side

## 3—TURNS

- 301—Pivot turn (180°)
- 302—1/2 turn (180°)—1-foot—Any technique
- 303—Swing turn (180°)—FWD
- 304—Swing turn (180°)—BWD
- 305—Squat turn (180°)
- 306—Toe Flick 1/2 turn

## 4—WAVES

- 401—Toe Flip Drop—Knee sit

## 5—HOLDS, STANDS

- 501—Arabesque (1N-2N only)
- 502—Lever—Touch beam
- 503—Partial HS—Lead leg min 45° from VER
- 504—Cross HS—VER—No hold required
- 505—Side HS—VER—No hold required
- 506—Prone position hold
- 507—FWD/SWD Relevé Kick
- 508—Needle Kick 120°+, hand touch
- 509—Front split—w/wo hand grasp
- 510—Center split—w/wo hand grasp
- 511—Knee Scale
- 512—Press Hold

## 6—ROLLS

- 601—Candlestick roll
- 602—Whip—Squat stand

## 7—WALKOVERS, CARTWHEELS, SPRINGS



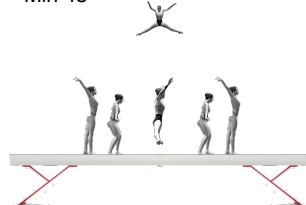


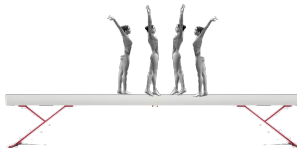






- 701—Push—Bridge—Hold 1

## 9—DISMOUNTS


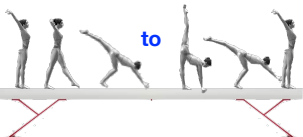




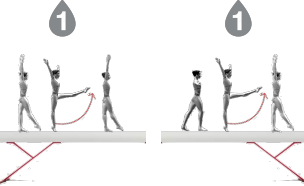
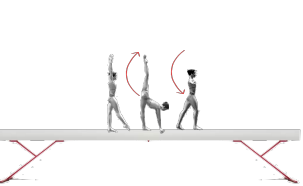
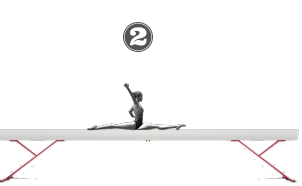
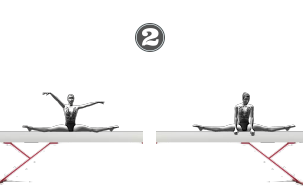
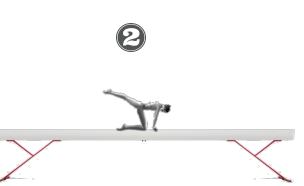
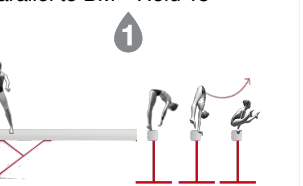

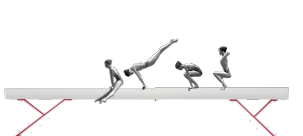
- 901—Cartwheel—Partial HS
- 902—Partial to HS
- 903—Stretch jump
- 904—Tuck jump
- 905—Straddle jump—Min 90°
- 906—Any shape jump—180° turn
- 907—Any shape jump—360° turn
- 908—Knee Scale whip

X	X-SKILLS
1	<b><u>MOUNTS</u></b>
2	<b><u>LEAPS, JUMPS, HOPS</u></b>
3	<b><u>TURNS</u></b>
4	<b><u>WAVES</u></b>
5	<b><u>HOLDS, STANDS</u></b>
6	<b><u>ROLLS</u></b>
7	<b><u>WALKOVERS, CARTWHEELS, SPRINGS</u></b>
8	<b><u>SALTOS</u></b>
9	<b><u>DISMOUNTS</u></b>

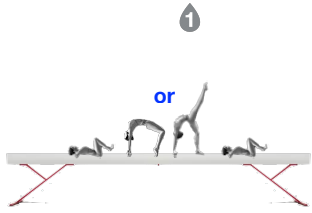
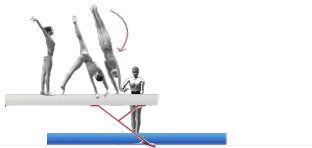
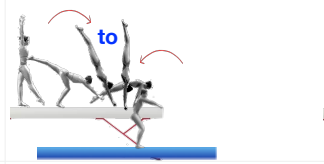


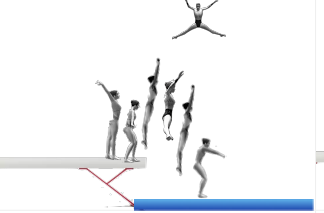
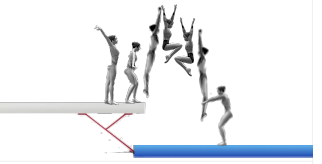


## BALANCE BEAM—X SKILLS

<p><b>X-201</b></p> <p>Split leap—1-leg►1-leg—Min 45°</p> 	<p><b>X-202</b></p> <p>Split jump—2-legs►2-legs—Min 45°</p> 	<p><b>X-203</b></p> <p>Straddle jump—2-legs►2-legs—Min 45°</p> 	<p><b>X-204</b></p> <p>Tuck jump—1/4 (90°) turn—2-legs►2-legs</p> 	<p><b>X-205</b></p> <p>Straight jump—1/4 (90°)—2-feet►2-feet—Side landing</p> 	
<p><b>Split Leap 45°</b></p> <ol style="list-style-type: none"> <li>1. From optional start</li> <li>2. Small plié, step FWD</li> <li>3. Execute Split leap</li> <li>4. Land plié</li> <li>5. Straighten to finish</li> </ol>	<p><b>Split Jump 45°</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Small plié, jump up</li> <li>3. Execute Split jump</li> <li>4. Land plié</li> <li>5. Straighten to finish</li> </ol>	<p><b>Straddle Jump 45°</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Small plié, jump up</li> <li>3. Execute Straddle jump</li> <li>4. Land plié</li> <li>5. Straighten to finish</li> </ol>	<p><b>Tuck jump 1/4</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Execute Tuck jump w 90° turn</li> <li>3. Side landing</li> <li>4. Optional exit</li> </ol>	<p><b>Straight jump 1/4</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Execute Straight jump w 90° turn</li> <li>3. Side landing</li> <li>4. Optional exit</li> </ol>	
<p><b>X-301</b></p> <p>Pivot turn 1/2 (180°)—2-feet</p> 	<p><b>X-302</b></p> <p>1/2 turn (180°)—1-foot—Any technique</p> 	<p><b>X-303</b></p> <p>Swing turn 1/2 (180°)—FWD—1-foot</p> 	<p><b>X-304</b></p> <p>Swing turn 1/2 (180°)—BWD—1-foot</p> 	<p><b>X-305</b></p> <p>Squat turn 1/2 (180°)—1-foot</p> 	<p><b>X-306</b></p> <p>Toe Flick turn 1/2 (180°)—1-foot</p> 
<p><b>Pivot Turn</b></p> <ol style="list-style-type: none"> <li>1. From staggered stand</li> <li>2. Relevé</li> <li>3. 1/2 turn (180°)—Finish in relevé</li> <li>4. Exit—drop heels from relevé</li> <li>5. Optional finish</li> </ol>	<p><b>1/2 Turn</b></p> <ol style="list-style-type: none"> <li>1. From optional prep</li> <li>2. Relevé—optional leg entry</li> <li>3. Lift to high relevé, free leg optional</li> <li>4. 1/2 turn (180°) in relevé—Finish relevé</li> <li>5. Exit—drop heel from relevé</li> <li>6. Optional finish</li> </ol>	<p><b>FWD Swing Turn</b></p> <ol style="list-style-type: none"> <li>1. From optional prep</li> <li>2. Swing leg to front, relevé</li> <li>3. 1/2 turn (180°)—keep leg over BM</li> <li>4. Exit—drop heel from relevé</li> <li>5. Finish—back leg in arabesque</li> </ol>	<p><b>BWD Swing Turn</b></p> <ol style="list-style-type: none"> <li>1. From optional prep</li> <li>2. Swing leg to back, relevé</li> <li>3. 1/2 turn (180°)—keep leg over BM</li> <li>4. Exit—drop from relevé</li> <li>5. Finish—front leg in front arabesque</li> </ol>	<p><b>Squat Turn</b></p> <ol style="list-style-type: none"> <li>1. From staggered stand</li> <li>2. Relevé</li> <li>3. Demi to full squat in relevé</li> <li>4. 1/2 turn (180°)</li> <li>5. Exit—straighten in relevé</li> <li>6. Finish—drop heels</li> </ol>	<p><b>Toe Flick 1/2 turn</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Point toe in front</li> <li>3. Push toe against BM to initiate turn</li> <li>4. Execute 1/2 turn in relevé</li> <li>5. Drop heel, finish knees together, leg bent 90°</li> </ol>
<p><b>X-401</b></p> <p>Toe Flip Drop—Knee sit</p> 					
<p><b>Toe Flip</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Quickly roll over toes w slight arch</li> <li>3. Press shins towards BM surface</li> <li>4. Keep shoulders back over heels</li> <li>5. Arrive sitting on heels, one knee off BM</li> </ol>					

## BALANCE BEAM—X SKILLS

<p><b>X-501</b></p> <p>Arabesque balance (1N-2N only)</p> 	<p><b>X-502</b></p> <p>Lever—Touch beam</p> 	<p><b>X-503</b></p> <p>Partial HS—Lead leg min 45° from VER</p> 	<p><b>X-504</b></p> <p>Cross HS—VER—No hold required (4N/GN use allowed; May also fulfill 4N SR #3)</p> 	<p><b>X-505</b></p> <p>Side HS—VER—No hold required (4N/GN use allowed; May also fulfill 4N SR #3)</p> 	<p><b>X-506</b></p> <p>Prone position—Hold 2s</p> 
<p><b>Arabesque</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Lift (1) leg back, min 45°</li> <li>3. Stand demi plie or straight</li> <li>4. Exit—Lower leg to return</li> <li>5. Optional finish</li> </ol>	<p><b>Lever</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Enter lever position</li> <li>3. Teeter FWD to touch BM</li> <li>4. Optimal flex on touch</li> <li>5. Exit optional</li> <li>6. Optional finish</li> </ol>	<p><b>Partial HS</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Enter prep position</li> <li>3. Transfer weight to hands, invert</li> <li>4. Optimal leg position in HS</li> <li>5. Exit optional</li> <li>6. Must finish on feet</li> </ol>	<p><b>Cross HS — Ø Hold</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Enter prep position</li> <li>3. Transfer weight to hands, invert</li> <li>4. Optimal leg position in HS</li> <li>5. Exit optional</li> <li>6. Must finish on feet</li> </ol>	<p><b>Side HS — Ø Hold</b></p> <ol style="list-style-type: none"> <li>1. From stand</li> <li>2. Enter prep position</li> <li>3. Transfer weight to hands, invert</li> <li>4. Optimal leg position</li> <li>5. Exit optional</li> <li>6. Must finish on feet</li> </ol>	<p><b>Prone</b></p> <ol style="list-style-type: none"> <li>1. From optional position</li> <li>2. Swing legs back OR</li> <li>3. From kneeling position, walk legs back</li> <li>4. Arrive prone—Hold 2s</li> <li>5. Optional exit</li> </ol>
<p><b>X-507</b></p> <p>FWD or SWD Relevé kick—Mark 1s</p> 	<p><b>X-508</b></p> <p>Needle kick—W/wo hand touch—120°-180°</p> 	<p><b>X-509</b></p> <p>Front split—W/wo hand grasp—Hold 2s</p> 	<p><b>X-510</b></p> <p>Center split—W/wo hand grasp—W/wo piked hips—Hold 2s</p> 	<p><b>X-511</b></p> <p>Knee scale—Leg above HOR—Hold 2s</p> 	<p><b>X-512</b></p> <p>Press hold—Straddle stand—Lower to Press hold—Legs parallel to BM—Hold 1s</p> 
<p><b>FWD/SWD Relevé kick</b></p> <ol style="list-style-type: none"> <li>1. From option position</li> <li>2. Straight legs—Relevé</li> <li>3. Use front leg OR swing from behind</li> <li>4. Ballistic kick FWD OR SWD</li> <li>5. Hold 1s in relevé after kick (leg up)</li> <li>6. Optional ending</li> </ol>	<p><b>Needle kick</b></p> <ol style="list-style-type: none"> <li>1. From optional position</li> <li>2. Ballistic kick of one leg BWD UpWD while chest moves FWD DnWD</li> <li>3. Hands may contact BM surface</li> <li>4. Quick return to VER</li> <li>5. Optional ending</li> </ol>	<p><b>Front Split</b></p> <ol style="list-style-type: none"> <li>1. From optional position</li> <li>2. Slide, swing into Front split, L/R</li> <li>3. Hands may grasp BM</li> <li>4. Optional exit</li> </ol>	<p><b>Center split</b></p> <ol style="list-style-type: none"> <li>1. From optional position</li> <li>2. Slide, swing, turn into Center split</li> <li>3. Hands may grasp BM</li> <li>4. May perform with hip pike, chest closed</li> <li>5. Optional exit</li> </ol>	<p><b>Knee scale</b></p> <ol style="list-style-type: none"> <li>1. From optional position</li> <li>2. One shin/knee on BM</li> <li>3. One straight leg in scale above HOR</li> <li>4. Optional exit</li> </ol>	<p><b>Press Hold</b></p> <ol style="list-style-type: none"> <li>1. From straddle stand position</li> <li>2. Lower to straddle press hold</li> <li>3. Legs parallel to BM, hold 1s</li> <li>4. Optional exit</li> </ol>
<p><b>X-601</b></p> <p>Candlestick roll</p> 	<p><b>X-602</b></p> <p>Whip—Squat stand</p> 				
<p><b>Candlestick Roll</b></p> <ol style="list-style-type: none"> <li>1. From supine/sit/squat position</li> <li>2. Roll BWD—grasp BM (optional grip)</li> <li>3. Show candlestick position</li> <li>4. Optional return to position</li> <li>5. Optional finish</li> </ol>	<p><b>Whip Squat stand</b></p> <ol style="list-style-type: none"> <li>1. From straddle sit</li> <li>2. Arms straight</li> <li>3. Whip legs BWD UpWD (straight until past BM surface)</li> <li>4. Bend knees, arrive squat stand</li> <li>5. Optional exit</li> </ol>				

# BALANCE BEAM—X SKILLS

<p><b>X-701</b></p> <p>Push up—Bridge—Hold 1s</p>  <p><b>Bridge</b></p> <ol style="list-style-type: none"> <li>1. From supine position</li> <li>2. Push up to bridge position</li> <li>3. Optional leg position</li> <li>4. Return to supine position</li> </ol>					
<p><b>X-901</b></p> <p>Cartwheel—Partial HS—End face BM</p>  <p><b>Partial CW HS</b></p> <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Cartwheel—Front/Side approach</li> <li>3. Invert to almost VER</li> <li>4. Fall to stomach side</li> <li>5. Hand stay in contact w BM</li> </ol>	<p><b>X-902</b></p> <p>HS <sup>OR</sup> Partial Cross HS (30° of VER)</p>  <p><b>Partial HS</b></p> <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Kick to HS (30° of VER to VER)</li> <li>3. No hold required</li> <li>4. Remove one hand as falling</li> <li>5. Land plié, one hand on BM</li> </ol>	<p><b>X-903</b></p> <p>Stretch jump—End back to BM</p>  <p><b>Stretch jump</b></p> <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Small plié</li> <li>3. Jump</li> <li>4. Straight jump</li> <li>5. Land plié</li> </ol>	<p><b>X-904</b></p> <p>Tuck jump—End back to BM</p>  <p><b>Tuck jump</b></p> <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Small plié</li> <li>3. Jump</li> <li>4. Straight to Tuck jump to straight</li> <li>5. Land plié</li> </ol>	<p><b>X-905</b></p> <p>Straddle jump—Min 90°—End back to BM</p>  <p><b>Straddle jump</b></p> <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Small plié</li> <li>3. Jump</li> <li>4. Straight to Straddle jump to straight</li> <li>5. Land plié</li> </ol>	<p><b>X-906</b></p> <p>Any jump—1/2 (180°) turn—End face BM</p>  <p><b>Jump 1/2</b></p> <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Small plié</li> <li>3. Jump straight</li> <li>4. Execute any jump w 1/2 (180°)</li> <li>5. Return to straight</li> <li>6. Land plié</li> </ol>
<p><b>X-907</b></p> <p>Any jump—1/1 (360°) turn—End back to BM</p>  <p><b>Jump 1/1</b></p> <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Small plié</li> <li>3. Jump straight</li> <li>4. Execute any jump w 1/1 (360°)</li> <li>5. Return to straight</li> <li>6. Land plié</li> </ol>	<p><b>X-908</b></p> <p>Knee scale—Whip—Push off shin to meet kick leg—End side of BM</p>  <p><b>Knee scale swing</b></p> <ol style="list-style-type: none"> <li>1. From knee scale position</li> <li>2. Swing scale leg below BM surface</li> <li>3. Reverse leg w quick leg swing</li> <li>4. Simultaneously push off knee to join</li> <li>5. Show straight body</li> <li>6. Land w one hand grasping BM</li> </ol>				



# BALANCE BEAM



## 1—MOUNTS

### Leaps/Leg Swings

- [101—End of BM ▶ Leap 1-Leg ▶ 1-Leg](#)
- [102—End of BM ▶ Jump 2-Legs ▶ 2-Legs](#)
- [103—Scissor/Leg Swing to Sit/Support](#)

### Scissors/Flanks/Straddle Cut

- [104—Flank & Scissor Circles](#)
- [105—Press to Splits](#)
- [106—90° to BM ▶ Jump Clear Straddle](#)

### Splits/Chest Stands

- [107—Diagonal to BM ▶ 1-Leg Jump-Splits](#)
- [108—90° to ▶ BM Jump Legs thru to Support](#)
- [109—90° to ▶ BM Chest Stand](#)

### Rolls/Springs/Overs/Cartwheels

- [110—End of BM ▶ Rolls](#)
- [111—End of BM ▶ FWD Springs](#)
- [112—End of BM ▶ HS, Overs, Wheels](#)

### Press HS

- [113—Press/'L'/'V' HS w/wo Turn ▶ 'L'](#)
- [114—Press/'L'/'V' HS w/wo Turn ▶ 'V'](#)
- [115—HS Diamidov, Lori-Hop, Phillips](#)

### Planche/1-Arm HS

- [116—Side Planche](#)
- [117—One-Arms HS](#)
- [118—Reverse Planche](#)

## HS Planche Poses/Chest Stand/Turnovers

- [119—Cross Planche Poses](#)
- [120—90° to BM ▶ HS/Chest stand](#)
- [121—90° to BM ▶ Turnovers to Rear Sit](#)

## Saltos/Aerials




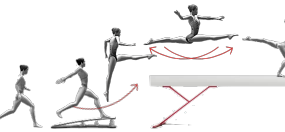






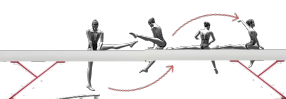

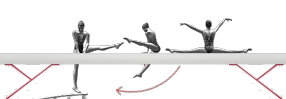

- [122—Diagonal/Side FWD Salto to Sit](#)
- [123—End FWD Salto/Aerial](#)
- [124—FHS to Board FWD Salto to Feet](#)

## Round-Offs




















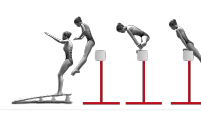


- [125—90° to BM ▶ RO Jumps, HS](#)
- [126—End of BM ▶ FF to Swing Down](#)
- [127—End of BM ▶ FF Step out](#)
- [128—End of BM ▶ RO BWD/ARB Saltos](#)

<b>X</b>	<b>X-SKILLS</b>
<b>1</b>	<b>MOUNTS</b>
<b>2</b>	<b>LEAPS, JUMPS, HOPS</b>
<b>3</b>	<b>TURNS</b>
<b>4</b>	<b>WAVES</b>
<b>5</b>	<b>HOLDS, STANDS</b>
<b>6</b>	<b>ROLLS</b>
<b>7</b>	<b>WALKOVERS, CARTWHEELS, SPRINGS</b>
<b>8</b>	<b>SALTOS</b>
<b>9</b>	<b>DISMOUNTS</b>


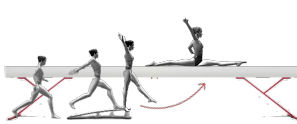





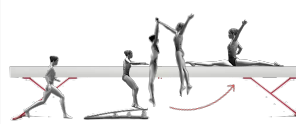

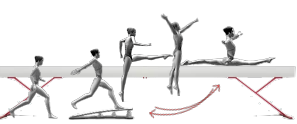


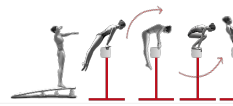

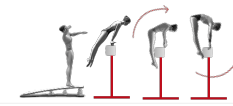
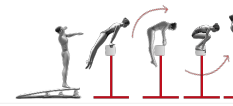



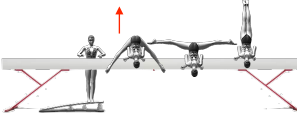

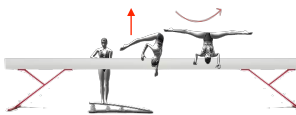

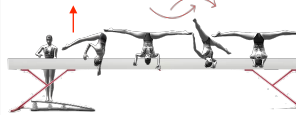


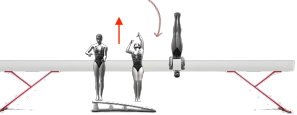
# BM—1-MOUNTS — 101-Leap 1-Leg ▶ 1-Leg — 102-Jump 2-Legs ▶ 2-Legs — 103-Scissor/Leg Swing to Sit/Support

<p><b>A—101a</b></p> <p>Free leap—1-foot▶1-foot—Middle/End/Diagonal of BM</p>  <p><b>Leap to 1-foot</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Take off 1-leg</li> <li>3. Execute small Split Leap</li> <li>4. Land 1 leg</li> </ol> <p><i>Not req'd to show full split prior to land</i></p>	<p><b>A—101b</b></p> <p>Free leap—1-foot▶1-foot—Lower to scale—End/Diagonal to BM</p>  <p><b>Leap to scale</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Take off 1-leg</li> <li>3. Execute small Split Leap</li> <li>4. Land 1 leg</li> <li>5. Execute scale</li> </ol> <p><i>Not req'd to show full split prior to land</i></p>	<p><b>A—101c</b></p> <p>Free leap—1-foot▶1-foot—Leg extended—Middle/End/Diagonal of BM</p>  <p><b>Straight leap to 1-foot</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Take off 1-leg</li> <li>3. Execute Split Leap from board</li> <li>4. Land 1 leg</li> </ol> <p><i>Show extended split</i></p>	<p><b>D—101</b></p> <p>Free leap—1-foot▶1-foot—Switch split leap FWD—180°—End of BM</p>  <p><b>Switch leap to 1-foot</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Take off 1-leg</li> <li>3. Execute Switch Leap from board</li> <li>4. Land 1 leg</li> </ol>		
<p><b>A—102</b></p> <p>Free jump—2-feet▶2-feet—Middle/End/Diagonal of BM</p>  <p><b>Jump to 2-feet</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute Straight Jump from 2 feet</li> <li>3. Land 2 feet simultaneous</li> </ol> <p><i>Feet side-by-side or staggered</i></p>	<p><b>B-102a</b></p> <p>Free jump—2-feet▶2-feet—1/2 turn—Tuck/straight stand—End/Diagonal of BM</p>  <p><b>Jump 1/2 to 2-feet</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute Straight jump—1/2 turn</li> <li>3. Land 2 feet simultaneous</li> </ol> <p><i>Feet side-by-side or staggered</i></p>	<p><b>B—102b</b></p> <p>Free jump—2-feet▶2-feet—Straddle 180°—Tuck/straight stand—End of BM</p>  <p><b>Straddle jump to 2-feet</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute Straddle jump</li> <li>3. Land 2 feet simultaneous</li> </ol> <p><i>Feet side-by-side or staggered</i></p>	<p><b>D—102</b></p> <p>Free jump—2-feet▶2-feet—1/1 turn—Tuck/straight stand—End/Diagonal of BM</p>  <p><b>Straight jump 1/1 to 2-feet</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute Straight jump—1/1 turn</li> <li>3. Land 2 feet simultaneous</li> </ol> <p><i>Feet side-by-side or staggered</i></p>		
<p><b>A—103a</b></p> <p>Scissors leap—1-foot▶Cross stag sit—Diagonal to BM</p>  <p><b>Scissor to stag sit</b></p> <ol style="list-style-type: none"> <li>1. With board—Diagonal to BM</li> <li>2. Kick leg, push down on BM w hand</li> <li>3. Execute Scissors leap from 1 leg</li> <li>4. Swing straight legs over BM</li> <li>5. Land Cross Stag sit</li> </ol> <p><i>Hands may contact on landing</i></p>	<p><b>A—103b</b></p> <p>Scissors leg swing—1/2 turn—1-foot▶Cross stag—Diagonal to BM</p>  <p><b>Scissor 1/2 stag sit</b></p> <ol style="list-style-type: none"> <li>1. With board—Diagonal to BM</li> <li>2. Kick leg, push down on BM w hand</li> <li>3. Execute Scissors leap from 1 leg</li> <li>4. Swing straight legs over BM—1/2 turn</li> <li>5. Land Cross Stag sit</li> </ol> <p><i>Hands may contact on landing</i></p>	<p><b>A—103c</b></p> <p>Scissors leg swing—3/4 turn—1-foot▶Cross stag sit—Diagonal to BM</p>  <p><b>Scissor 3/4 to stag sit</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Front support w side leg kick</li> <li>3. Execute 3/4 side leg split turn</li> <li>4. Stop lead leg on BM top, continue turn</li> <li>5. Finish in Cross Stag 1/2 split</li> </ol> <p><i>Hands may contact on landing</i></p>	<p><b>A—103d</b></p> <p>Leg swing 1/4-1/4 turn (total 180°)—1-foot▶Front support—90° to BM</p>  <p><b>Leg swing 1/4-1/4</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Front support w 1/4 leg swing</li> <li>3. Continue w 1/4 turn 2nd leg swing</li> <li>4. Finish 1/2 turn in Front support</li> </ol>	<p><b>A—103e</b></p> <p>Scissors leg swing—1/2 turn—1-foot▶Cross straddle sit—90° to BM</p>  <p><b>Scissor 1/2 to straddle sit</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Front support w side leg kick</li> <li>3. Execute 1/2 side leg split turn</li> <li>4. Stop lead leg on BM top</li> <li>5. Finish Cross Center split sit</li> </ol> <p><i>Hands may contact on landing</i></p>	<p><b>B—103</b></p> <p>Free leap over BM—Thief Vault—1-foot▶Rear support—90° to BM</p>  <p><b>Thief vault</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Leap from 1 leg</li> <li>3. Execute Front Thief vault</li> <li>4. Finish Side Rear sit</li> </ol> <p><i>Hands may contact on landing</i></p>


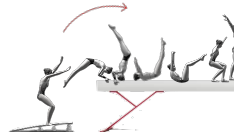

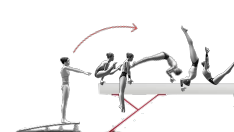


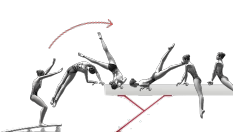
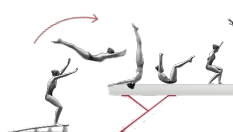


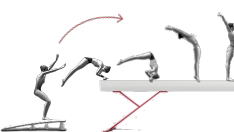






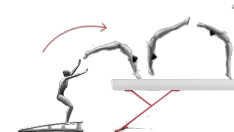
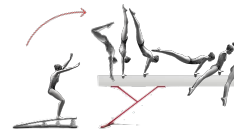
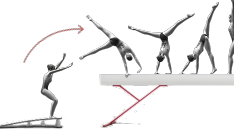
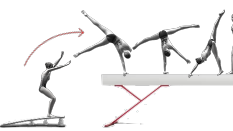

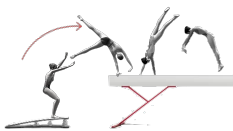
**BM—1-MOUNTS — 104-Flank/Scissor Circles — 105-Press to Splits — 106-90° to BM ▶ Jump Clear Straddle/Clear Straddle Split**

<p><b>A—104a</b> </p> <p>Flank over—2-feet▶Rear support—90° to BM</p>  <p><b>Flank vault</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Jump—Shift weight to one arm</li> <li>3. Execute Flank over BM</li> <li>4. Finish Side Rear support</li> </ol> <p><i>Hands may contact on landing</i></p>	<p><b>A—104b</b> </p> <p>Straddle cut FWD—2 feet▶Rear support—90° to BM</p>  <p><b>Straddle cut sit</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Jump—Through Front support</li> <li>3. Execute Straddle over BM</li> <li>4. Finish Side Rear support</li> </ol> <p><i>Hands may contact on landing</i></p>	<p><b>B—104</b> </p> <p>Double leg swing—1/2 turn—2-feet▶Rear support—90° to BM</p> <p>180°</p>  <p><b>Double flank 1/2 turn</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Jump—Shift weight to one arm</li> <li>3. Execute Flank over BM w 1/4 turn</li> <li>4. Continue 1/4 turn Flank circle</li> <li>5. Finish Side Rear support</li> </ol>	<p><b>C—104a</b> </p> <p>Two Flair circles—1-foot▶Front support—90° to BM</p>  <p><b>Two Flairs</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Jump—Shift weight to one arm</li> <li>3. Execute 1st Flair</li> <li>4. Execute 2nd Flair</li> <li>5. Finish Side Front support</li> </ol>	<p><b>C—104b</b> </p> <p>Two flank circles—One leg flair—2-feet▶Front support—90° to BM (<i>Bajtova</i>)</p>  <p><b>Two Flanks + One Flair</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Jump—Shift weight to one arm</li> <li>3. Execute 1st FlankWith board—90° to BM</li> <li>4. Jump—Shift weight to one arm</li> <li>5. Execute 1st Flank</li> </ol>	<p><b>D—104</b> </p> <p>Three flying flairs—1-foot▶Front support—90° to BM (<i>Homma</i>)</p>  <p><b>Three Flairs</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Jump—Shift weight to one arm</li> <li>3. Execute 1st Flair</li> <li>4. Execute 2nd Flair</li> <li>5. Execute 3rd Flair</li> <li>6. Finish Side Front support</li> </ol>
<p><b>A—105a</b></p> <p>Jump w/wo hand support—2-feet▶Side straddle stand—90° to BM</p>  <p><b>Jump side Straddle stand</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Jump—Press HS</li> <li>3. Lower to Straddle stand, straight/pike</li> </ol> <p><i>Hand contact allowed</i></p>	<p><b>A—105b</b> </p> <p>Jump w/wo hand support—2-feet▶Split sit—90° to BM</p>  <p><b>Jump center split</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Jump—Press HS</li> <li>3. Lower to Center Split sit</li> </ol> <p><i>Hand contact allowed</i></p>	<p><b>A—105c</b></p> <p>Jump w/hand support—1/4 turn—2-feet▶Front split sit—90° to BM</p> <p>90°</p>  <p><b>Jump 1/4 front split</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Jump—Press HS</li> <li>3. Lower w 1/4 turn to Front Split sit</li> </ol> <p><i>Hand contact allowed</i></p>			
<p><b>B—106a</b> </p> <p>Jump—FWD—1/2 turn—2-feet▶Clear straddle support—90° to BM</p> <p>180°</p>  <p><b>Jump 1/2 Straddle 'L'</b></p> <ol style="list-style-type: none"> <li>1. With board —90° to BM</li> <li>2. Execute Straight Jump 1/2 turn</li> <li>3. Land Side Straddle 'L' sit</li> </ol>	<p><b>B—106b</b> </p> <p>Jump—BWD—Clear straddle jump over BM—2-feet▶Front support—90° to BM</p>  <p><b>Jump Straddle back</b></p> <ol style="list-style-type: none"> <li>1. With board —90° to BM</li> <li>2. Execute Straight Jump BWD</li> <li>3. Straddle cut BWD over BM</li> <li>4. Arrive Side Front support</li> </ol>	<p><b>B—106c</b> </p> <p>Jump—BWD—2-feet▶Split sit—90° to BM</p>  <p><b>Jump BWD to center split</b></p> <ol style="list-style-type: none"> <li>1. With board —90° to BM</li> <li>2. Execute Straight Jump BWD</li> <li>3. Straddle to BM</li> <li>4. Arrive Center Split sit</li> </ol> <p><i>Hand contact allowed</i></p>			


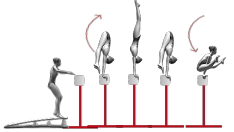
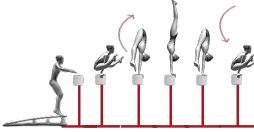
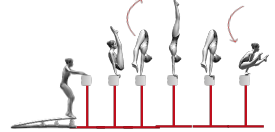
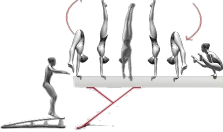
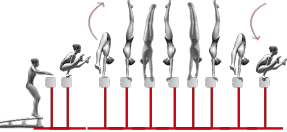


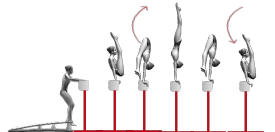
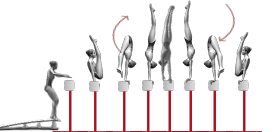
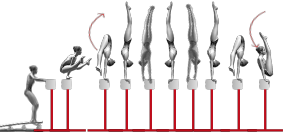
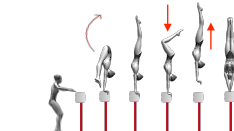
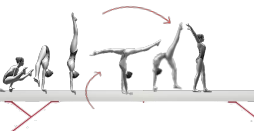
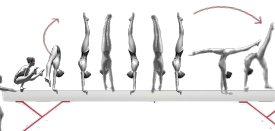

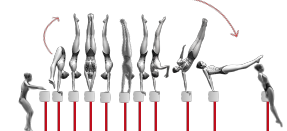


**BM—1-MOUNTS — 107-Diagonal - BM ▶ Jump-Splits — 108-90° - BM ▶ Jump Legs to Support — 109-90° - BM ▶ Chest Stand**

<p><b>A—107a</b> </p> <p>Leap—1-foot▶Cross split sit—Support 1-hand permitted—Diagonal to BM</p>  <p><b>Leap to front split</b></p> <ol style="list-style-type: none"> <li>1. With board—Diagonal to BM</li> <li>2. Kick leg—push down on BM w hand</li> <li>3. Execute Leap from 1 leg</li> <li>4. Swing straight legs to Front Split sit <i>Hand may contact on landing</i></li> </ol>	<p><b>A—107b</b> </p> <p>Switch Split leap FWD—1/4 turn—1-foot▶Straddle split sit SWD—Support 1-hand—Diagonal to BM <sup>90°</sup></p>  <p><b>Switch leap 1/4 Center split</b></p> <ol style="list-style-type: none"> <li>1. With board—Diagonal to BM</li> <li>2. Execute Leap from 1 leg</li> <li>3. Swing straight legs—Switch 1/4 turn</li> <li>4. Finish Center Split sit <i>Hand may contact on landing</i></li> </ol>	<p><b>C—107a</b> </p> <p>Free jump—2-feet▶Cross split sit—Diagonal to BM</p>  <p><b>Free jump front split</b></p> <ol style="list-style-type: none"> <li>1. With board—Diagonal to BM</li> <li>2. Straight Jump from 2 feet</li> <li>3. Finish Front Split sit <i>Hand may contact on landing</i></li> </ol>	<p><b>C—107b</b> </p> <p>Free jump—1/2 turn—2-feet▶Cross split sit—Diagonal to BM <sup>180°</sup></p>  <p><b>Free jump 1/2 front split</b></p> <ol style="list-style-type: none"> <li>1. With board—Diagonal to BM</li> <li>2. Straight Jump from 2 feet—1/2 turn</li> <li>3. Finish Front Split sit <i>Hand may contact on landing</i></li> </ol>	<p><b>D—107</b> </p> <p>Switch Split leap FWD—180° split—1-foot▶Cross split—∅ hand support—Diagonal to BM (Whitney)</p>  <p><b>Free switch jump front split</b></p> <ol style="list-style-type: none"> <li>1. With board—Diagonal to BM</li> <li>2. Execute Leap from 1 leg</li> <li>3. Switch straight legs</li> <li>4. Finish Front Split sit <i>∅ Hand contact on landing</i></li> </ol>	
<p><b>A—108a</b></p> <p>Jump—2-feet▶Tuck stand—90° to BM</p>  <p><b>Jump Tuck stand</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute jump—Lift hips</li> <li>3. Land Tuck stand</li> </ol>	<p><b>A—108b</b> </p> <p>Jump—Squat thru—2-feet▶Rear support—90° to BM</p>  <p><b>Jump Squat thru</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute jump—Lift hips</li> <li>3. Squat thru</li> <li>4. Finish Rear support</li> </ol>	<p><b>A—108c</b> </p> <p>Jump—Stoop thru—2-feet▶Rear support—90° to BM</p>  <p><b>Jump Stoop thru</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute jump—Lift hips</li> <li>3. Stoop thru</li> <li>4. Finish Rear support</li> </ol>	<p><b>B—108a</b></p> <p>Jump—Squat thru—2-feet▶Clear pike support—90° to BM—Hold 2s</p>  <p><b>Jump Squat thru 'V' hold</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute jump—Lift hips</li> <li>3. Squat thru</li> <li>4. Finish Clear 'V' support</li> </ol>	<p><b>B—108b</b></p> <p>Jump—Stoop thru—2-feet▶Clear pike support—90° to BM—Hold 2s</p>  <p><b>Jump Stoop thru 'V' hold</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute jump—Lift hips</li> <li>3. Stoop thru</li> <li>4. Finish Clear 'V' support</li> </ol>	
<p><b>A—109a</b></p> <p>Back hip pullover—1 <sup>OR</sup> 2-feet▶Front support—90° to BM</p>  <p><b>BWD hip pullover</b></p> <ol style="list-style-type: none"> <li>1. W/wo board—90° to BM</li> <li>2. Execute BWD hip pullover</li> <li>3. Finish Front support</li> </ol>	<p><b>A—109b</b> </p> <p>Jump—2-feet▶Chest/Headstand—90° to BM</p>  <p><b>Jump chest stand</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute jump—Lift hips—Pike straddle</li> <li>3. Execute Chest stand</li> <li>4. Finish Chest stand</li> </ol>	<p><b>B—109</b> </p> <p>Jump—1/2 turn—2-feet▶Over shoulder SHD stand—90° to BM <sup>180°</sup></p>  <p><b>Jump 1/2 Shoulder stand</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute jump—Lift hips—Pike straddle</li> <li>3. Execute 1/2 turn over shoulder</li> <li>4. Finish Shoulder stand</li> </ol>	<p><b>C—109a</b> </p> <p>Jump—1/2 turn—Over shoulder SHD stand—1/2 turn—Over shoulder—2-feet▶Chest stand—90° to BM (Silivas) <sup>180°</sup></p>  <p><b>Silivas</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute jump—Lift hips—Pike straddle</li> <li>3. Execute 1/2 turn over shoulder</li> <li>4. Execute 1/2 turn over shoulder</li> <li>5. Finish Chest stand</li> </ol>	<p><b>C—109b</b> </p> <p>Jump—1/2 turn—Over shoulder—SHD stand—1/2 turn—Over shoulder—Chest stand—1/2 turn—Over shoulder—2-feet▶SHD stand—90° to BM <sup>180° 180° 180°</sup></p>  <p><b>Silivas 1/2</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute jump—Lift hips—Pike straddle</li> <li>3. Execute 1/2 turn over shoulder</li> <li>4. Execute 1/2 turn over shoulder</li> <li>5. Execute 1/2 turn over shoulder</li> <li>6. Finish Shoulder stand</li> </ol>	<p><b>C—109c</b></p> <p>Jump—1/2 turn—Over shoulder—Over BM—2-feet▶Chest stand—90° to BM <sup>180°</sup></p>  <p><b>FF Jump 1/2 Chest stand</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute FF</li> <li>3. Execute 1/2 turn over shoulder—Over BM</li> <li>4. Finish Chest stand</li> </ol>

**BM—1-MOUNTS — 110-End of BM ▶ Rolls — 111-End of BM ▶ FWD Springs — 112-End of BM ▶ HS, Overs, Wheels**

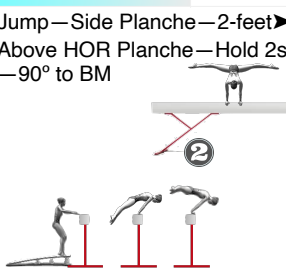
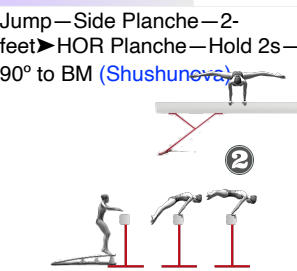
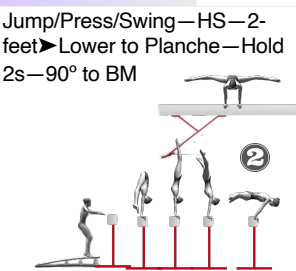
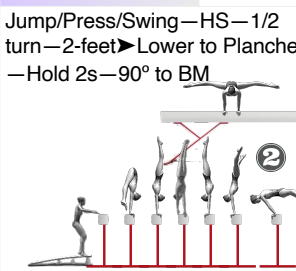
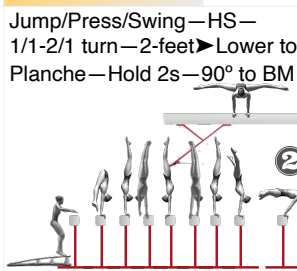
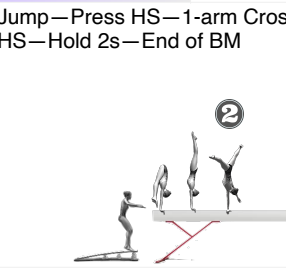
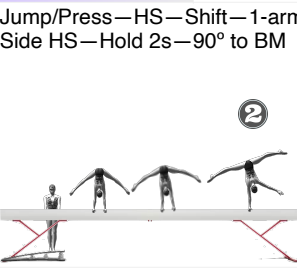
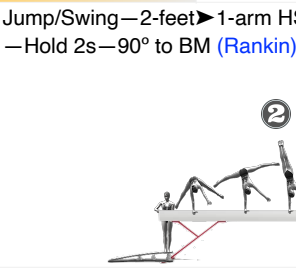
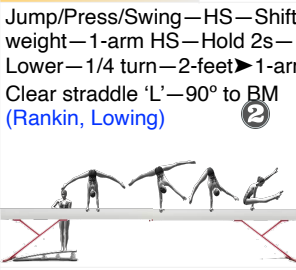
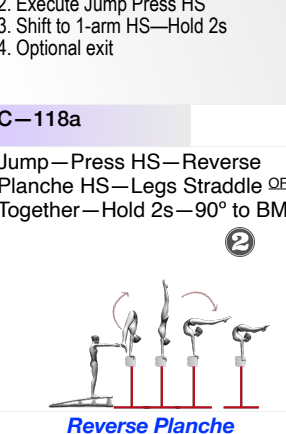
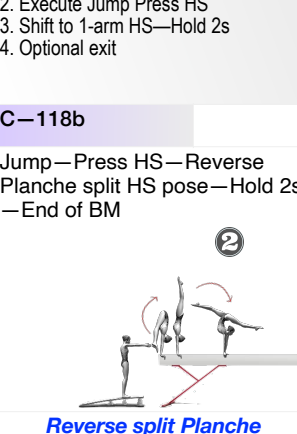
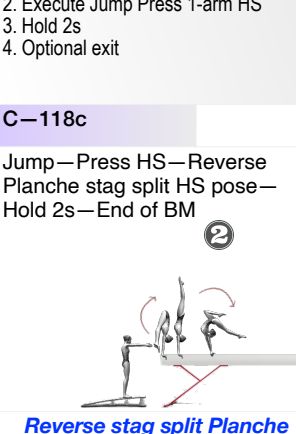
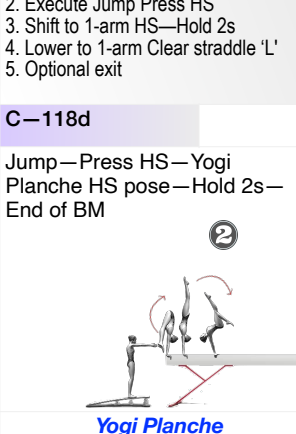
<p><b>A—110a</b> </p> <p>Jump—FWD roll—2-feet▶End/middle of BM</p>  <p><b>Jump FWD roll</b></p> <ol style="list-style-type: none"> <li>1. With board—End/Middle of BM</li> <li>2. Execute Jump</li> <li>3. Execute FWD roll</li> <li>4. Optional ending</li> </ol>	<p><b>A—110b</b> </p> <p>Clear straddle support—Swing BWD—FWD Roll—2-feet▶Optional exit—End of BM</p>  <p><b>Jump 'L' FWD roll</b></p> <ol style="list-style-type: none"> <li>1. W/wo board—End of BM</li> <li>2. Execute Jump—Straddle 'L'</li> <li>3. Execute FWD whip roll</li> <li>4. Optional ending</li> </ol>	<p><b>B—110a</b></p> <p>Free FWD roll—2-feet▶Optional exit—End of BM</p>  <p><b>Free roll</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump—Lift hips</li> <li>3. Execute Free FWD roll</li> <li>4. Optional ending</li> </ol> <p><i>Free of hand contact</i></p>	<p><b>B—110b</b> </p> <p>Jump—1/4 turn—Chest cartwheel—1/4 turn—2-feet▶Cross straddle sit—End of BM <sup>180°</sup></p>  <p><b>Jump 1/4 Chest cartwheel</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump—1/4 turn Chest cartwheel</li> <li>3. Execute Free FWD roll</li> <li>4. Finish Cross straddle sit</li> </ol>	<p><b>C—110</b></p> <p>Hecht roll—Extend hip angle flight phase—2-feet▶Optional exit—End/diagonal to BM</p>  <p><b>Dive FWD roll</b></p> <ol style="list-style-type: none"> <li>1. With board—End/Diagonal to BM</li> <li>2. Jump—Extended hips</li> <li>3. Execute FWD Hecht roll</li> <li>4. Optional ending</li> </ol>	
<p><b>B—111a</b> </p> <p>Jump—Head kip—Step out—2-feet▶1-foot—Cross stand—End of BM</p>  <p><b>Jump Head kip SO</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump—Head contact</li> <li>3. Execute FWD head spring step-out</li> <li>4. Finish Cross stand</li> </ol>	<p><b>B—111b</b></p> <p>Jump—Head kip—Together—2-feet▶2-feet—Cross stand—End of BM</p>  <p><b>Jump Head kip 2-feet</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump—Head contact</li> <li>3. Execute FWD head spring together</li> <li>4. Finish Cross stand</li> </ol>	<p><b>C—111a</b> </p> <p>Jump—FWD Walkover—2-feet▶1-foot—End of BM</p>  <p><b>Jump FWO</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump—Extended/Bent hip HS</li> <li>3. Execute FWD Walkover</li> <li>4. Finish Cross stand</li> </ol>	<p><b>C—111b</b> </p> <p>Jump HS—Hip angle (pike)—Handspring FWD—Step-out—Cross stand—2-feet▶1-foot—End of BM</p>  <p><b>Jump FHS</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump—Hip angle</li> <li>3. Execute FWD hand spring step out</li> <li>4. Finish Cross stand</li> </ol>	<p><b>D—111a</b></p> <p>Jump—FWD Handspring—Hecht (extend hip angle)—Before/after BM hand support—2-feet▶1-foot—End/Diagonal to BM</p>  <p><b>Jump FHS Hecht</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM <sup>OR</sup> Diagonal</li> <li>2. Jump—Extended Hip angle</li> <li>3. Execute FWD hand spring step out</li> <li>4. Finish Cross stand</li> </ol> <p><i>Hecht before/after hand contact</i></p>	<p><b>D—111b</b> </p> <p>Jump—FWD handspring—Hip angle—Pike—2-feet▶2-feet—End of BM (Flyspring) (McCool)</p>  <p><b>Jump Flyspring</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump—Hip angle</li> <li>3. Execute FWD Flyspring</li> <li>4. Finish Cross stand</li> </ol>
<p><b>A—112</b></p> <p>Jump—Bend knee HS—Lower to Cross straddle sit—End of BM</p>  <p><b>Bent knee HS</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump—Bent knee-open hip HS</li> <li>3. Execute Chest roll swing down</li> <li>4. Finish Cross straddle sit</li> </ol>	<p><b>B—112a</b></p> <p>Jump—Extend hips—Cartwheel—2 arms/cross HS—Lower—Stand/Optional touch—End of BM <sup>180°</sup></p>  <p><b>Cartwheel</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump—Extended hips—1/4 turn HS</li> <li>3. Execute 2-arm Cartwheel</li> <li>4. Finish Cross stand/Optional ending</li> </ol>	<p><b>B—112b</b></p> <p>Jump—Extend hips—Cartwheel—1-arm Cross HS—Lower—Stand/Optional touch—End of BM <sup>180°</sup></p>  <p><b>Cartwheel 1-arm</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump—Extended hips—1/4 turn HS</li> <li>3. Execute 1-arm Cartwheel</li> <li>4. Finish Cross stand/Optional ending</li> </ol>	<p><b>B—112c</b></p> <p>Jump—Extend hips—Cross HS—Lower—Stand/Optional touch—End of BM</p>  <p><b>Straight HS</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump—Extended hip HS</li> <li>3. Execute Chest roll swing down</li> <li>4. Finish Cross straddle sit/Optional ending</li> </ol>	<p><b>B—112d</b></p> <p>Jump—Hecht—Round off—End of BM <sup>180°</sup></p>  <p><b>Hecht RO</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump—Extended hip—1/4 turn HS</li> <li>3. Execute Round off—1/4 turn Hecht phase</li> <li>4. Finish Cross stand</li> </ol>	

**BM—1-MOUNTS — 113-Press/'L'/'V' HS > 'L' — 114-Press/'L'/'V' HS > 'V' — 115-HS Diamidov, Lori-Hop, Phillips**






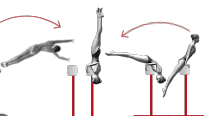
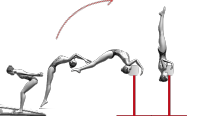
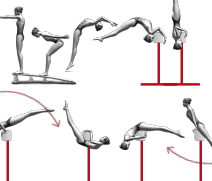



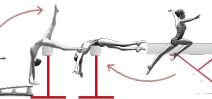


<p><b>B—113a</b> </p> <p>Jump—HS—2-feet▶Lower to BM <sup>OR</sup> Clear straddle 'L'—90°/End of BM</p>  <p><b>Jump HS Straddle 'L'</b></p> <ol style="list-style-type: none"> <li>1. With board—90°/End of BM</li> <li>2. Execute Jump HS</li> <li>3. Execute Clear straddle 'L'</li> <li>4. Optional exit</li> </ol>	<p><b>B—113b</b></p> <p>Clear straddle 'L' Press—HS—2-feet▶Lower to BM <sup>OR</sup> Clear straddle 'L'—90°/End of BM</p>  <p><b>L' Press HS, return</b></p> <ol style="list-style-type: none"> <li>1. With board—90°/End of BM</li> <li>2. Execute Jump straddle 'L'</li> <li>3. Execute Press HS</li> <li>4. Lower to Clear straddle 'L'</li> <li>5. Optional exit</li> </ol>	<p><b>B—113c</b></p> <p>Clear pike 'V' Press—HS—2-feet▶Lower to BM <sup>OR</sup> Clear straddle 'L'—90°/End of BM</p>  <p><b>V' Press HS return 'L'</b></p> <ol style="list-style-type: none"> <li>1. With board—90°/End of BM</li> <li>2. Execute Jump pike 'V'</li> <li>3. Execute Press HS</li> <li>4. Lower to Clear straddle 'L'</li> <li>5. Optional exit</li> </ol>	<p><b>B—113d</b></p> <p>Jump/Press/Swing—HS—1/2 turn—2-feet▶Lower to BM <sup>OR</sup> Clear straddle 'L'—90°/End of BM <sup>180°</sup></p>  <p><b>Jump press HS 1/2</b></p> <ol style="list-style-type: none"> <li>1. With board—90°/End of BM</li> <li>2. Execute Press HS—1/2 turn</li> <li>3. Lower to Clear straddle 'L'</li> <li>4. Optional exit</li> </ol>	<p><b>C—113</b></p> <p>Jump/Press/Swing—HS—1/1 - 2/1 turn—2-feet▶Lower to BM <sup>OR</sup> Clear straddle 'L'—90°/End of BM <sup>360°</sup></p>  <p><b>L' Press HS 1/1-2/1</b></p> <ol style="list-style-type: none"> <li>1. With board—90°/End of BM</li> <li>2. Execute Jump straddle 'L'</li> <li>3. Execute Press HS—1/1 to 2/1 turn</li> <li>4. Lower to Clear straddle 'L'</li> <li>5. Optional exit</li> </ol>	
<p><b>C—114a</b></p> <p>Jump—HS—2-feet▶Lower to Clear pike 'V'—90°/End of BM</p>  <p><b>Jump HS return 'V'</b></p> <ol style="list-style-type: none"> <li>1. With board—90°/End of BM</li> <li>2. Execute Press HS</li> <li>3. Lower to Clear pike 'V'</li> <li>4. Optional exit</li> </ol>	<p><b>C—114b</b></p> <p>Clear straddle 'L' Press—HS—2-feet▶Lower to Clear pike 'V'—90°/End of BM</p>  <p><b>L' press HS return 'V'</b></p> <ol style="list-style-type: none"> <li>1. With board—90°/End of BM</li> <li>2. Execute Jump Clear straddle 'L'</li> <li>3. Execute Press HS</li> <li>4. Lower to Clear pike 'V'</li> <li>5. Optional exit</li> </ol>	<p><b>C—114c</b></p> <p>Clear pike 'V' Press—HS—2-feet▶Lower to Clear pike 'V'—90°/End of BM</p>  <p><b>V' press HS return 'V'</b></p> <ol style="list-style-type: none"> <li>1. With board—90°/End of BM</li> <li>2. Execute Jump Clear pike 'V'</li> <li>3. Execute Press HS</li> <li>4. Lower to Clear pike 'V'</li> <li>5. Optional exit</li> </ol>	<p><b>C—114d</b></p> <p>Jump/Press/Swing—HS—1/2 turn—2-feet▶Lower to Clear pike 'V'—90°/End of BM <sup>180°</sup></p>  <p><b>V' press HS 1/2 return 'V'</b></p> <ol style="list-style-type: none"> <li>1. With board—90°/End of BM</li> <li>2. Execute Jump Clear pike 'V'</li> <li>3. Execute Press HS—1/2 turn</li> <li>4. Lower to Clear pike 'V'</li> <li>5. Optional exit</li> </ol>	<p><b>D—114</b></p> <p>Jump/Press/Swing—HS—1/1-2/1 turn—2-feet▶Lower to Clear pike 'V'—90°/End of BM <sup>360°</sup></p>  <p><b>V' press HS 1/1-2/1 return 'V'</b></p> <ol style="list-style-type: none"> <li>1. With board—90°/End of BM</li> <li>2. Execute Jump Clear straddle 'L'</li> <li>3. Execute Press HS—1/1-2/1 turn</li> <li>4. Lower to Clear pike 'V'</li> <li>5. Optional exit</li> </ol>	
<p><b>B—115a</b></p> <p>Jump—Press—HS—Bend-stretch legs—Hop 1/4 turn—2-feet▶Land Cross HS—90° to BM <sup>90°</sup> (Lori-hop)</p>  <p><b>Lori Hop</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump Press HS</li> <li>3. Bend knees—Quickly open</li> <li>4. Execute Hop 1/2 turn</li> <li>5. Finish Cross HS</li> <li>6. Optional exit</li> </ol>	<p><b>B—115b</b></p> <p>Jump/press/swing—HS—2-feet▶Front Walk out—End of BM</p>  <p><b>L' press HS Walkout</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute Jump Clear straddle 'L'</li> <li>3. Execute Press HS</li> <li>4. Front Walkover out</li> <li>5. Optional exit</li> </ol>	<p><b>C—115a</b></p> <p>Jump/press/swing—HS—1/1 - 2/1 turn—2-feet▶Front Walk out—End of BM <sup>360°</sup></p>  <p><b>L' press HS 1/1-2/1 Walkout</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute Jump Clear straddle 'L'</li> <li>3. Execute Press HS—1/1-2/1 turn</li> <li>4. Front Walkover out</li> <li>5. Optional exit</li> </ol>	<p><b>C—115b</b></p> <p>Jump/Press/Swing—HS—Diamidov—2-feet▶Rear support—90° to BM <sup>180°</sup></p>  <p><b>Press HS Diamidov</b></p> <ol style="list-style-type: none"> <li>1. Execute Jump Press HS—90° to BM</li> <li>2. Execute Diamidov 1-arm twist</li> <li>3. Land Rear support</li> <li>4. Optional exit</li> </ol>	<p><b>D—115a</b></p> <p>Jump/Press/Swing—HS 1/1 turn—Diamidov—2-feet▶Rear support—90° to BM <sup>360°</sup></p>  <p><b>Diamidov 1/1</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump Press HS—1/1 turn</li> <li>3. Execute Diamidov 1-arm twist</li> <li>4. Land Rear support</li> <li>5. Optional exit</li> </ol>	<p><b>D—115b</b> </p> <p>Jump—Press HS—2-feet▶FWO—Stand—90° to BM (Phillips)</p>  <p><b>Phillips</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump Press HS</li> <li>3. Execute Front Walkover</li> <li>4. Land Cross stand</li> <li>5. Optional exit</li> </ol>




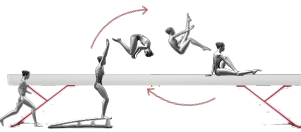
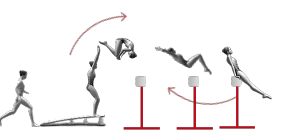
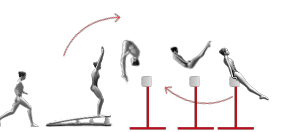


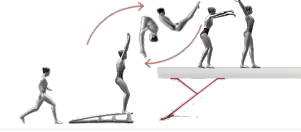



# BM—1-MOUNTS — 116-Side Planche — 117-One-Arms HS — 118-Reverse Planche

<p><b>B—116</b></p> <p>Jump—Side Planche—2-feet▶ Above HOR Planche—Hold 2s—90° to BM</p>  <p><b>Planche above HOR</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump Planche</li> <li>3. Hold 2s—Above HOR</li> <li>4. Optional exit</li> </ol>	<p><b>C—116a</b></p> <p>Jump—Side Planche—2-feet▶ HOR Planche—Hold 2s—90° to BM (Shushunova)</p>  <p><b>Shushunova Planche</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump Planche</li> <li>3. Hold 2s—HOR</li> <li>4. Optional exit</li> </ol>	<p><b>C—116b</b></p> <p>Jump/Press/Swing—HS—2-feet▶ Lower to Planche—Hold 2s—90° to BM</p>  <p><b>HS lower to Planche</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump Press HS</li> <li>3. Lower to Planche</li> <li>4. Hold 2s—HOR</li> <li>5. Optional exit</li> </ol>	<p><b>C—116c</b></p> <p>Jump/Press/Swing—HS—1/2 turn—2-feet▶ Lower to Planche—Hold 2s—90° to BM</p>  <p><b>HS 1/2 lower to Planche</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump Press HS—1/2 turn</li> <li>3. Lower to Planche</li> <li>4. Hold 2s—HOR</li> <li>5. Optional exit</li> </ol>	<p><b>D—116</b></p> <p>Jump/Press/Swing—HS—1/1-2/1 turn—2-feet▶ Lower to Planche—Hold 2s—90° to BM</p>  <p><b>HS 1/1-2/1 lower to Planche</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump Press HS—1/1-2/1 turn</li> <li>3. Lower to Planche</li> <li>4. Hold 2s—HOR</li> <li>5. Optional exit</li> </ol>		
<p><b>C—117a</b></p> <p>Jump—Press HS—1-arm Cross HS—Hold 2s—End of BM</p>  <p><b>1-arm Cross HS</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute Jump Press HS</li> <li>3. Shift to 1-arm HS—Hold 2s</li> <li>4. Optional exit</li> </ol>	<p><b>C—117b</b></p> <p>Jump/Press—HS—Shift—1-arm Side HS—Hold 2s—90° to BM</p>  <p><b>1-arm Side HS</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump Press HS</li> <li>3. Shift to 1-arm HS—Hold 2s</li> <li>4. Optional exit</li> </ol>	<p><b>D—117a</b></p> <p>Jump/Swing—2-feet▶ 1-arm HS—Hold 2s—90° to BM (Rankin)</p>  <p><b>Jump to 1-arm HS</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump Press 1-arm HS</li> <li>3. Hold 2s</li> <li>4. Optional exit</li> </ol>	<p><b>D—117b</b></p> <p>Jump/Press/Swing—HS—Shift weight—1-arm HS—Hold 2s—Lower—1/4 turn—2-feet▶ 1-arm Clear straddle 'L'—90° to BM (Rankin, Lowing)</p>  <p><b>1-arm HS lower to 1-arm 'L'</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump Press HS</li> <li>3. Shift to 1-arm HS—Hold 2s</li> <li>4. Lower to 1-arm Clear straddle 'L'</li> <li>5. Optional exit</li> </ol>			
<p><b>C—118a</b></p> <p>Jump—Press HS—Reverse Planche HS—Legs Straddle Together—Hold 2s—90° to BM</p>  <p><b>Reverse Planche</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump Press HS</li> <li>3. Lower to Reverse Planche HS</li> <li>4. Hold 2s</li> <li>5. Optional exit</li> </ol>	<p><b>C—118b</b></p> <p>Jump—Press HS—Reverse Planche split HS pose—Hold 2s—End of BM</p>  <p><b>Reverse split Planche</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute Jump Press HS</li> <li>3. Lower to Reverse Planche split HS</li> <li>4. Hold 2s</li> <li>5. Optional exit</li> </ol>	<p><b>C—118c</b></p> <p>Jump—Press HS—Reverse Planche stag split HS pose—Hold 2s—End of BM</p>  <p><b>Reverse stag split Planche</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute Jump Press HS</li> <li>3. Lower to Reverse Planche stag split HS</li> <li>4. Hold 2s</li> <li>5. Optional exit</li> </ol>	<p><b>C—118d</b></p> <p>Jump—Press HS—Yogi Planche HS pose—Hold 2s—End of BM</p>  <p><b>Yogi Planche</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute Jump Press HS</li> <li>3. Lower to Yogi Planche HS</li> <li>4. Hold 2s</li> <li>5. Optional exit</li> </ol>			


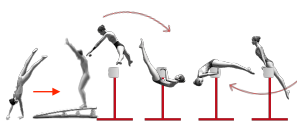
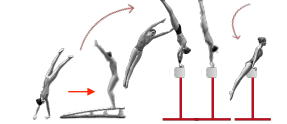




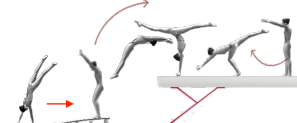



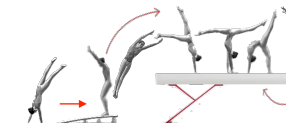
**BM—1-MOUNTS — 119-Cross Elbow Planche — 120-90° - BM ▶ HS/Chest stand/F. support — 121-90° - BM ▶ FWD Acro**

<p><b>A—119a</b></p> <p>Jump—Elbow planche—HOR—Hold 2s—End of BM</p>  <p><b>Elbow Planche</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute Jump Elbow Planche</li> <li>3. Hold 2s</li> <li>4. Optional exit</li> </ol>	<p><b>A—119b</b></p> <p>Jump—1-arm—Elbow planche—HOR—Hold 2s—End of BM</p>  <p><b>Elbow Planche 1-arm</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute Jump 1-arm Elbow Planche</li> <li>3. Hold 2s</li> <li>4. Optional exit</li> </ol>				
<p><b>B—120a</b></p> <p>Front stand—Chest cartwheel—Candle—Chest stand—Front support—90° to BM</p>  <p><b>Side Chest cartwheel</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute chest Cartwheel (1/2 turn)</li> <li>3. Candle-chest stand</li> <li>4. Lower to Front support</li> <li>5. Optional exit</li> </ol>	<p><b>B—120b</b></p> <p>Jump—Extend hips—1/4 turn—Thru HS—1-arm—Immediate 1/4 turn—Support 2nd arm—Side HS—90° to BM</p>  <p><b>Straight 1/4-1/4 HS</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump HS w 1/4 + 1/4 turn</li> <li>3. To HS</li> <li>4. Optional exit</li> </ol>	<p><b>C—120</b></p> <p>Jump—Extended hips—1/2 turn—In flight—Side HS—90° to BM</p>  <p><b>Straight 1/2 HS</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump extended hips</li> <li>3. Execute 1/4-1/4 turn—HS</li> <li>4. Optional exit</li> </ol>	<p><b>C—120</b></p> <p>Rear stand—FF—1/2 turn—Over BM—Candle—Chest stand—Lower to Front support—W/ WO BWD Hip Circle—90° to BM</p>  <p><b>FF 1/2 Chest stand</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump FF 1/2 turn—Over BM</li> <li>3. Candle-chest stand</li> <li>4. Lower to Front support</li> <li>5. Optional exit</li> </ol>	<p><b>D—120a</b></p> <p>Rear stand—FF to BM—Candle—Chest stand—Lower to Front support—W/WO BWD Hip Circle—90° to BM (Beukes)</p>  <p><b>FF to Chest stand</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump extended hips</li> <li>3. Execute chest stand</li> <li>4. Optional exit</li> </ol>	<p><b>D—120a</b></p> <p>Rear stand—FF to BM—Candle—Chest stand—Lower to BWD Hip circle—90° to BM</p>  <p><b>FF Chest stand to BHC</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute Jump FF</li> <li>3. Candle-chest stand</li> <li>4. Lower to Front support + BWD hip circle</li> <li>5. Optional exit</li> </ol>
<p><b>A—121a</b></p> <p>Cartwheel—Alternate hands on springboard—Front support—90° to BM</p>  <p><b>FWD Cartwheel</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Hand staggered placement on board</li> <li>3. Execute 1/4 turn-1/4 turn Cartwheel</li> <li>4. Arrive Front support</li> <li>5. Optional exit</li> </ol>	<p><b>A—121b</b></p> <p>FWD walkover—Hands on springboard—Rear support—Sit on BM—90° to BM</p>  <p><b>FWD Walkover</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Hands on board</li> <li>3. Execute FWD Walkover</li> <li>4. Arrive Rear support</li> <li>5. Optional exit</li> </ol>	<p><b>B—121a</b></p> <p>FWD handspring—Springboard Hand repulsion—Rear support—90° to BM</p>  <p><b>FHS</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Hand repulsion from board</li> <li>3. Execute FWD Handspring</li> <li>4. Arrive Rear support</li> <li>5. Optional exit</li> </ol>	<p><b>B—121a</b></p> <p>FWD handspring—Springboard Hand repulsion—1/4 turn—Cross sit R/L thigh—90° to BM</p>  <p><b>FHS 1/4 to sit</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Hand repulsion from board</li> <li>3. Execute FWD Handspring—1/4 turn</li> <li>4. Finish Cross thigh sit</li> <li>5. Optional exit</li> </ol>	<p><b>B—121b</b></p> <p>FWD Aerial walkover—Rear support—90° to BM</p>  <p><b>FWD Aerial</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. From board</li> <li>3. Execute FWD Aerial walkover</li> <li>4. Finish Rear support</li> <li>5. Optional exit</li> </ol>	<p><b>B—121b</b></p> <p>FWD Aerial walkover—1/4 turn—Cross thigh sit—90° to BM</p>  <p><b>FWD Aerial 1/4 to sit</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. From board</li> <li>3. Execute FWD Aerial walkover—1/4 turn</li> <li>4. Finish Cross thigh sit</li> <li>5. Optional exit</li> </ol>





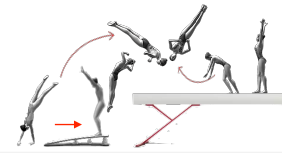

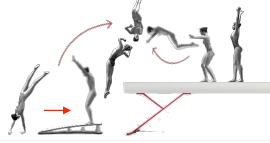
**BM—1-MOUNTS — 122-Diagonal/Side FWD Salto to Sit — 123-End FWD Salto/Aerial — 124-FHS to Board FWD Salto to Feet**

<p><b>C—122a</b></p> <p>FWD salto—Tuck—2-legs to 1-leg—Extend—Tuck Cross thigh sit—Hand support behind hips—Diagonal to BM (Poulin)</p>  <p><b>FWD Tuck to side sit</b></p> <ol style="list-style-type: none"> <li>1. With board—Diagonal to BM</li> <li>2. Jump 2-feet</li> <li>3. Execute FWD Tuck Salto</li> <li>4. Land 1-leg—Cross thigh sit</li> <li>5. Hand contact behind hips</li> <li>6. Optional exit</li> </ol>	<p><b>C—122b</b></p> <p>FWD salto—Tuck—2-legs to Cross sit—Hand support behind hips—Diagonal to BM (Poulin)</p>  <p><b>FWD Tuck to Valdez sit</b></p> <ol style="list-style-type: none"> <li>1. With board—Diagonal to BM</li> <li>2. Jump 2-feet</li> <li>3. Execute FWD Tuck Salto</li> <li>4. Land 1-leg—Cross sit</li> <li>5. Hand contact behind hips</li> <li>6. Optional exit</li> </ol>	<p><b>D—122a</b></p> <p>FWD salto—Tuck—Rear support—Grasp BM prior to landing—90° to BM</p>  <p><b>FWD Tuck side sit</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Jump 2-feet</li> <li>3. Execute FWD Tuck Salto</li> <li>4. Land Rear support</li> <li>5. Hand contact before landing</li> <li>6. Optional exit</li> </ol>	<p><b>D—122b</b></p> <p>FWD salto—Pike—Rear support—Grasp BM prior to landing—90° to BM</p>  <p><b>FWD Pike side sit</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Jump 2-feet</li> <li>3. Execute FWD Tuck Salto</li> <li>4. Land Rear support</li> <li>5. Hand contact before landing</li> <li>6. Optional exit</li> </ol>		
<p><b>E—123a</b></p> <p>FWD Salto—Tuck—Cross stand—End of BM</p>  <p><b>FWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump 2-feet</li> <li>3. Execute FWD Tuck Salto</li> <li>4. Land 2-legs—Cross stand</li> <li>5. Optional exit</li> </ol>	<p><b>E—123b</b></p> <p>FWD Aerial—Cross stand—End of BM</p>  <p><b>FWD Aerial</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump 1-foot</li> <li>3. Execute FWD Aerial Walkover</li> <li>4. Land 1-leg—Cross stand</li> <li>5. Optional exit</li> </ol>	<p><b>E—123c</b></p> <p>FWD salto—Pike—Cross stand—End of BM</p>  <p><b>FWD Pike</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump 2-feet</li> <li>3. Execute FWD Pike Salto</li> <li>4. Land 2-legs—Cross stand</li> <li>5. Optional exit</li> </ol>	<p><b>E—123d</b></p> <p>FWD salto—Tuck—1/2 turn—Cross stand—End of BM</p>  <p><b>FWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump 2-feet</li> <li>3. Execute FWD Tuck Salto—1/2 turn</li> <li>4. Land 2-legs—Cross stand</li> <li>5. Optional exit</li> </ol>	<p><b>E—123e</b></p> <p>1/2 turn—BWD salto—Pike—Cross stand—End of BM</p>  <p><b>1/2 BWD Pike</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Jump 2-feet</li> <li>3. Execute 1/2 turn—BWD Pike Salto</li> <li>4. Land 2-legs—Cross stand</li> <li>5. Optional exit</li> </ol>	
<p><b>E—124</b></p> <p>FWD handspring—FWD salto—Tuck—Cross stand—End of BM</p>  <p><b>FHS FWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute FHS to board—2-feet</li> <li>3. Execute FWD Tuck Salto</li> <li>4. Land 2-legs—Cross stand</li> <li>5. Optional exit</li> </ol>					

**BM—1-MOUNTS — 125-90° to BM ▶ RO Jumps, HS — 126-End of BM ▶ FF Swing Down — 127-End of BM ▶ FF SO**

<p><b>C—125a</b> </p> <p>RO—BWD Straddle jump—Pike—Over BM—BWD hip circle—90° to BM</p>  <p><b>RO Straddle back</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute RO-BWD Straddle jump—Over BM</li> <li>3. Execute BWD hip circle</li> <li>4. Optional exit</li> </ol>	<p><b>C—125b</b></p> <p>RO—Jump—1/2 turn—Near side HS—Lower to Front support—90° to BM (Gurova) <sup>180°</sup></p>  <p><b>RO 1/2 HS Front support</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute RO-FF—1/2 turn—Near HS</li> <li>3. Lower to Front support</li> <li>4. Optional exit</li> </ol>	<p><b>D—125</b></p> <p>RO—FF—1/1 twist—BWD Hip circle—90° to BM (Zamolodchikova) <sup>360°</sup></p>  <p><b>RO FF 1/1</b></p> <ol style="list-style-type: none"> <li>1. With board—90° to BM</li> <li>2. Execute RO-FF—1/1 turn—Thru HS</li> <li>3. Execute BWD hip circle</li> <li>4. Optional exit</li> </ol>					
<p><b>D—126a</b></p> <p>RO—FF—Thru HS—1-2 arms—Swing down—Cross straddle sit—End of BM</p>  <p><b>RO FF Swing down</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute RO-FF—Support 1-2 hands</li> <li>3. Thru HS—Swing down</li> <li>4. Finish Cross straddle sit</li> <li>5. Optional exit</li> </ol>	<p><b>D—126b</b></p> <p>RO—FF—Tuck-stretch—Thru HS—2-arms—Swing down—Cross straddle sit—End of BM</p>  <p><b>RO Tuck-open Swing down</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute RO-FF Tuck-open</li> <li>3. Thru HS—Swing down</li> <li>4. Finish Cross straddle sit</li> <li>5. Optional exit</li> </ol>	<p><b>E—126</b></p> <p>RO—FF—1/1 twist—Swing down—Cross straddle sit—End of BM (Tsavdaridou) <sup>360°</sup></p>  <p><b>RO FF 1/1 Swing down</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute RO-FF—1/1 twist</li> <li>3. Thru HS—Swing down</li> <li>4. Finish Cross straddle sit</li> <li>5. Optional exit</li> </ol>					
<p><b>D—127a</b></p> <p>RO—FF—Thru HS—2 arms—Cross stand—End of BM</p>  <p><b>RO FF SO</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute RO-FF—Support 2 hands</li> <li>3. Thru HS support</li> <li>4. Finish Cross stand</li> <li>5. Optional exit</li> </ol>	<p><b>D—127b</b></p> <p>RO—FF—Thru HS—1 arm—Cross stand—End of BM</p>  <p><b>RO FF 1-arm</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute RO-FF—Support 1 hand</li> <li>3. Thru HS support</li> <li>4. Finish Cross stand</li> <li>5. Optional exit</li> </ol>	<p><b>E—127a</b></p> <p>RO—FF—1/1 twist—Cross stand—End of BM (Luconi) <sup>360°</sup></p>  <p><b>RO FF 1/1</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute RO-FF—1/1 twist</li> <li>3. Thru HS support</li> <li>4. Finish Cross stand</li> <li>5. Optional exit</li> </ol>	<p><b>E—127b</b> </p> <p>RO—FF—1/2 turn—FWD Walkover—End of BM (Dunn) <sup>180°</sup></p>  <p><b>RO Arabian FWD Walkout</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute RO-FF—1/2 turn</li> <li>3. Execute FWD Walkover</li> <li>4. Finish Cross stand</li> <li>5. Optional exit</li> </ol>				

## BM—1-MOUNTS — 128-End of BM ▶ RO BWD/ARB Saltos

E—128a	E—128b	E—128c			
RO—BWD salto—Tuck—Cross stand—End of BM	RO—BWD salto—Pike—Cross stand—End of BM	RO—BWD salto—Stretch—Step-out—Cross stand—End of BM			
					
<p><b>RO BWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute RO-BWD Tuck salto</li> <li>3. Finish Cross stand</li> <li>4. Optional exit</li> </ol>	<p><b>RO BWD Pike</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute RO-BWD Pike salto</li> <li>3. Finish Cross stand</li> <li>4. Optional exit</li> </ol>	<p><b>RO Layout SO</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute RO-BWD Stretch Step out salto</li> <li>3. Finish Cross stand</li> <li>4. Optional exit</li> </ol>			
E—128a	E—128b	E—128c	E—128d		
RO—BWD salto—Stretch—Cross stand—End of BM (Garrison)	RO—BWD salto—Stretch—1/1 twist—Cross stand—End of BM (Garrison) 360°	RO—SWD Arabian salto—Tuck—Cross stand—End of BM	RO—BWD salto—Tuck—1/1 twist—Cross stand—End of BM 360°		
					
<p><b>RO Layout</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute RO-BWD Stretch salto</li> <li>3. Finish Cross stand</li> <li>4. Optional exit</li> </ol>	<p><b>RO Layout 1/1</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute RO-BWD Stretch salto—1/1 turn</li> <li>3. Finish Cross stand</li> <li>4. Optional exit</li> </ol>	<p><b>RO Arabian Tuck</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute RO-SWD Arabian salto</li> <li>3. Finish Cross stand</li> <li>4. Optional exit</li> </ol>	<p><b>RO Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>1. With board—End of BM</li> <li>2. Execute RO-BWD Tuck salto—1/1 twist</li> <li>3. Finish Cross stand</li> <li>4. Optional exit</li> </ol>		

# BALANCE BEAM

## 2—LEAPS, JUMPS, HOPS

### Stag Leaps

[201—Stag Leaps](#)

[202—Stag Split Leaps](#)

[203—Stag Switch Leg Leaps](#)

### Leaps

[204—Split Leaps](#)

[205—Switch Leg Split Leaps](#)

### Split Jumps

[206—Stag Split Jumps](#)

[207—Split Jumps Cross-Cross](#)

[208—Split Jumps Side-Cross/Cross-Side](#)

[209—Split Jumps Side-Side](#)

[210—Switch Split Jumps](#)

### Straddle Jumps

[211—Straddle Jumps Cross-Side/Cross-Cross](#)

[212—Straddle Jumps Side-Cross/Side-Side](#)

[213—Straddle Jumps to Cross Sit](#)

[214—Straddle to Front Support](#)

## Stretch Jump Variations

[215—Stretch Jump Variations](#)

### Hops

[216—Sissone, Cabriole, Hops](#)

[217—Fouette, Jeté](#)

[218—Cat Leaps](#)

### Shape Jumps

[219—Pike Jumps](#)

[220—Tuck Jumps](#)

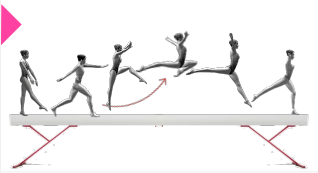
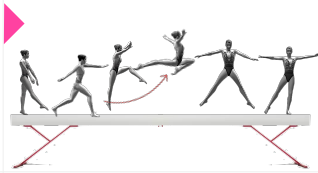
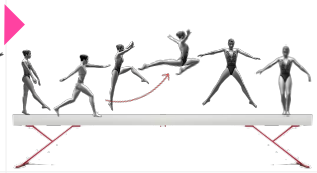


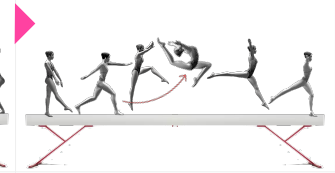
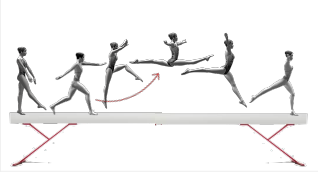
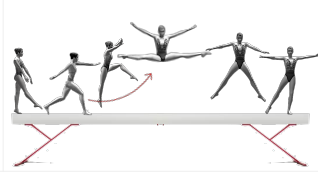
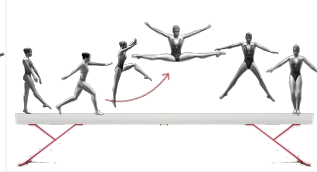
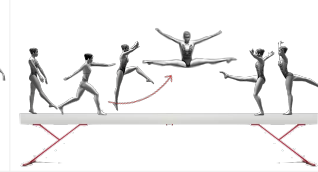
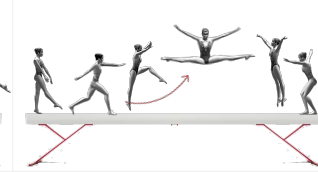



[221—Wolf Jumps](#)

▶ *Cannot use VP for Split SR requirement*

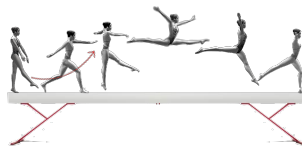



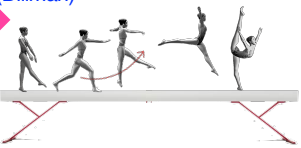
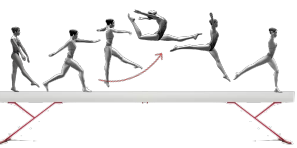
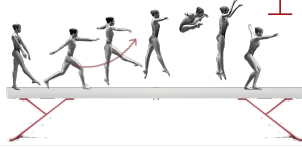
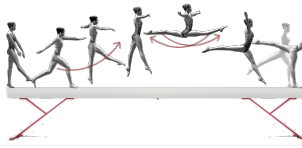

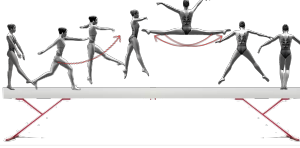
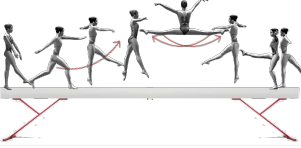
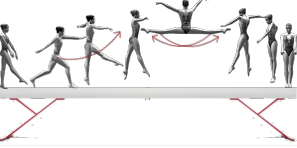


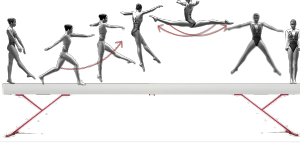

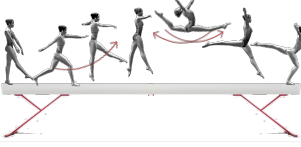
<b>X</b>	<b><u>X-SKILLS</u></b>
<b>1</b>	<b><u>MOUNTS</u></b>
<b>2</b>	<b><u>LEAPS, JUMPS, HOPS</u></b>
<b>3</b>	<b><u>TURNS</u></b>
<b>4</b>	<b><u>WAVES</u></b>
<b>5</b>	<b><u>HOLDS, STANDS</u></b>
<b>6</b>	<b><u>ROLLS</u></b>
<b>7</b>	<b><u>WALKOVERS, CARTWHEELS, SPRINGS</u></b>
<b>8</b>	<b><u>SALTOS</u></b>
<b>9</b>	<b><u>DISMOUNTS</u></b>



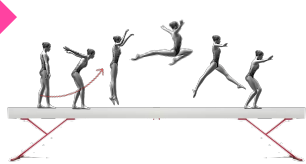
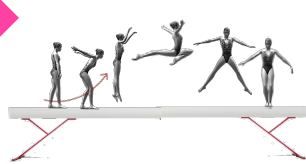

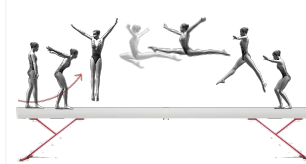
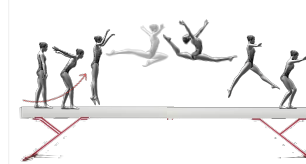


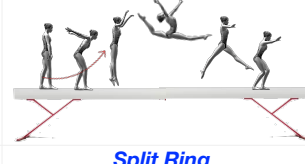

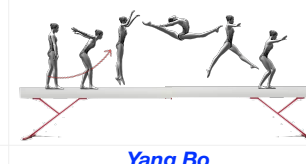

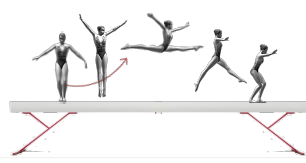
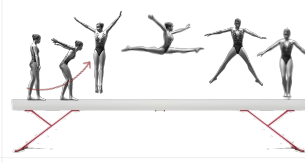

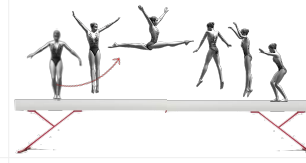
## BM—2-STAG LEAPS — 201-Stag Leaps — 202-Stag Split Leaps — 203-Stag Switch Leg Leaps

<p><b>A—201a</b></p>	<p><b>A—201a</b></p>	<p><b>A—201a</b></p>	<p><b>B—201a</b></p>	<p><b>B—201a</b></p>	<p><b>D—201</b></p>
<p>Stag leap—Cross/Cross—1-leg/1-leg</p>	<p>Stag leap—1/4 turn—Cross/Side—1-leg/1-leg</p>	<p>Stag leap—1/4 turn—Cross/Side—1-leg/2-legs</p>	<p>Stag leap—1/2 turn—Cross/Cross—1-leg/1-leg</p>	<p>Stag leap—1/2 turn—Cross/Cross—1-leg/2-legs</p>	<p>Stag leap—Ring—Rear leg head height—Head REL—Cross/Cross—1-leg/1-leg</p>
					
<p><b>Stag Leap</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg Cross</li> <li>2. Execute Stag leap</li> <li>3. Front leg bent—Thigh parallel to BM</li> <li>4. 180° split—Knee to toes</li> <li>5. Land 1-leg Cross</li> </ol>	<p><b>Stag Leap 1/4 to 1-leg</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg Cross</li> <li>2. Execute Stag leap—1/4 turn</li> <li>3. Front leg bent—Thigh parallel to BM</li> <li>4. 180° split—Knee to toes</li> <li>5. Land 1-leg Side</li> </ol>	<p><b>Stag Leap 1/4 to 2-legs</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg Cross</li> <li>2. Execute Stag leap—1/4 turn</li> <li>3. Front leg bent—Thigh parallel to BM</li> <li>4. 180° split—Knee to toes</li> <li>5. Land 2-legs Side</li> </ol>	<p><b>Stag Leap 1/2 to 1-leg</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg Cross</li> <li>2. Execute Stag leap—1/2 turn</li> <li>3. Front leg bent—Thigh parallel to BM</li> <li>4. 180° split—Knee to toes</li> <li>5. Land 1-leg Cross</li> </ol>	<p><b>Stag Leap 1/2 to 2-legs</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg Cross</li> <li>2. Execute Stag leap—1/2 turn</li> <li>3. Front leg bent—Thigh parallel to BM</li> <li>4. 180° split—Knee to toes</li> <li>5. Land 2-legs Cross</li> </ol>	<p><b>Stag Leap Ring</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg Cross</li> <li>2. Execute Stag leap—Ring</li> <li>3. Front leg bent—Thigh parallel to BM</li> <li>4. Rear leg bent UpWD—Head height</li> <li>5. Head release</li> <li>6. Land 1-leg Cross</li> </ol>
<p><b>A—202</b></p>	<p><b>B—202a</b></p>	<p><b>B—202a</b></p>	<p><b>C—202a</b></p>	<p><b>C—202a</b></p>	
<p>Stag split leap—180° front split—Cross/Cross—1-leg/1-leg</p>	<p>Stag split leap—1/4 turn—180° side split—Cross/Side—1-leg/1-leg</p>	<p>Stag split leap—1/4 turn—180° side split—Cross/Side—1-leg/2-leg</p>	<p>Stag split leap—1/2 turn—180° side split—Cross/Cross—1-leg/1-leg</p>	<p>Stag split leap—1/2 turn—180° side split—Cross/Cross—1-leg/2-legs</p>	
					
<p><b>Stag Split Leap</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg Cross</li> <li>2. Execute Stag split leap</li> <li>3. 180° front split—after stag open</li> <li>4. Land 1-leg Cross</li> </ol>	<p><b>Stag Split Leap 1/4 to 1-leg</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg Cross</li> <li>2. Execute Stag split leap—1/4 turn</li> <li>3. 180° side split—after stag open</li> <li>4. Land 1-leg Side</li> </ol>	<p><b>Stag Split Leap 1/4 to 2-legs</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg Cross</li> <li>2. Execute Stag split leap—1/4 turn</li> <li>3. 180° side split—after stag open</li> <li>4. Land 2-legs Side</li> </ol>	<p><b>Stag Split Leap 1/2 to 1-leg</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg Cross</li> <li>2. Execute Stag split leap—1/2 turn</li> <li>3. 180° side split—after stag open</li> <li>4. Land 1-leg Cross</li> </ol>	<p><b>Stag Split Leap to 2-legs</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg Cross</li> <li>2. Execute Stag split leap—1/4 turn</li> <li>3. 180° side split—after stag open</li> <li>4. Land 2-legs Cross</li> </ol>	
<p><b>A—203a</b></p>	<p><b>A—203b</b></p>	<p><b>D—203</b></p>			
<p>Split leap—Leg change—Wolf position—Cross/Cross</p>	<p>Stag Switch leg leap—Stag/180° front split—Cross/Cross</p>	<p>Stag Switch leg leap—Ring—Rear leg head height—Head REL—Stag/180° split—Cross/Cross</p>			
					
<p><b>Switch Wolf</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg Cross</li> <li>2. Execute leg change to Wolf</li> <li>3. Chest to thigh</li> <li>4. Straight leg parallel to BM</li> <li>5. Land 2-legs Cross</li> </ol>	<p><b>Stag Switch Leap</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg Cross</li> <li>2. Execute Stag Switch leg leap</li> <li>3. 180° front split—after stag open</li> <li>4. Land 1-leg Cross</li> </ol>	<p><b>Stag Switch Ring</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg Cross</li> <li>2. Execute Stag Switch leg leap—Ring</li> <li>3. 180° front split—after stag open</li> <li>4. Rear leg bent UpWD—Head height</li> <li>5. Head release</li> <li>6. Land 1-leg Cross</li> </ol>			

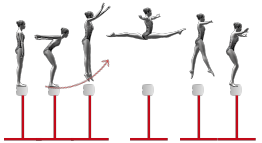
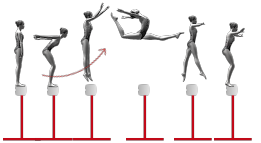
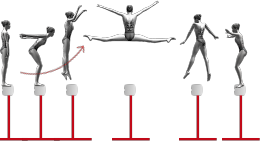
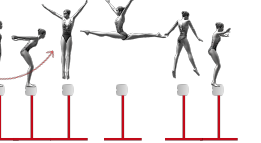
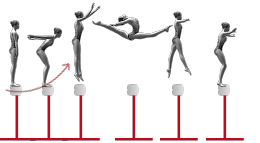
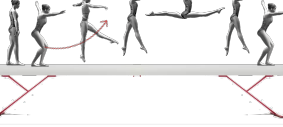

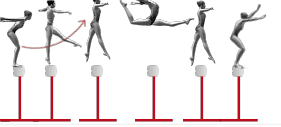
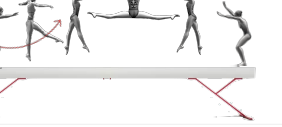
## BM—2-SPLIT LEAPS — 204-Split leaps — 205-Switch Leg Split Leaps

<p><b>B—204</b></p> <p>Split leap—Straight leg entry—180° front split—Cross/Cross—1-leg/1-leg</p>  <p><b>Split Leap</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute Straight leg leap</li> <li>180° front split</li> <li>Land 1-leg Cross</li> </ol>	<p><b>C—204a</b></p> <p>Split leap—1/4 turn—180° side split—Cross/Side—1-leg/1-2 legs <span style="color: blue;">90°</span></p>  <p><b>Split Leap 1/4</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute Straight leg leap—1/4 turn</li> <li>180° side split</li> <li>Land 1-2 legs Side</li> </ol>	<p><b>C—204b</b></p> <p>Split leap—1/2 turn—180° front split—Cross/Cross—1-leg/1-leg <span style="color: blue;">180°</span></p>  <p><b>Split Leap 1/2 to 1-leg</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute 1/2 turn—Straight leg leap</li> <li>180° front split</li> <li>Land 1-leg Cross</li> </ol>	<p><b>C—204b</b></p> <p>Split leap—1/2 turn—180° front split—Cross/Cross—1-leg/2-legs <span style="color: blue;">180°</span></p>  <p><b>Split Leap 1/2 to 2-legs</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute 1/2 turn—Straight leg leap</li> <li>180° front split</li> <li>Land 2-legs Cross</li> </ol>	<p><b>C—204c</b></p> <p>Split leap—135° front split—Grasp rear leg prior to land—Free leg held VER 180° split—Hand above head—Free hand optional (Dillman)</p>  <p><b>Dillman</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute 135° front split leap</li> <li>Grasp back leg on landing</li> <li>Execute 180° upright needle scale</li> <li>Land 1-leg Cross</li> </ol>	<p><b>D—204</b></p> <p>Split leap—180° front split—Ring—Rear leg head height—Head REL—Cross/Cross—1-leg/1-leg</p>  <p><b>Split Ring</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute Straight leg ring leap</li> <li>180° front split</li> <li>Rear leg head height</li> <li>Head release</li> <li>Land 1-leg Cross</li> </ol>
<p><b>C—205a</b></p> <p>Switch leg split leap—45°/Straddle split—Cross/Cross—1-leg/2-legs (Clauson)</p>  <p><b>Switch Straddle Leap</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute Switch leg leap</li> <li>45° front switch to 180° straddle split</li> <li>Land 2-legs Cross</li> </ol>	<p><b>C—205b</b></p> <p>Switch leg split leap—45°/180° front split—1-leg/2-legs <sup>OB</sup> Land FWD Scale—Hold 2s—Cross/Cross <span style="color: blue;">2</span></p>  <p><b>Switch Leap Scale</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute Switch leg leap</li> <li>45° front switch to 180° front split</li> <li>Land 1-leg Cross, 2-legs Cross, FWD 2s scale Cross</li> </ol>	<p><b>C—205c</b></p> <p>Switch leg split leap—1/4 turn—45°/Straddle split—Front support <sup>OB</sup> BWD Hip circle <span style="color: blue;">90°</span></p>  <p><b>Switch Leap 1/4 F. Support</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute 1/4 turn—Switch leg leap</li> <li>45° front switch to 180° side split</li> <li>Land front support w/wo back hip circle</li> </ol>	<p><b>D—205</b></p> <p>Switch leg split leap—1/4 turn—45°/Straddle split—Cross/Side (Johnson) <span style="color: blue;">90°</span></p>  <p><b>Switch 1/4</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute 1/4 turn—Switch leg leap</li> <li>45° front switch to 180° side split</li> <li>Land 2-legs Side</li> </ol>	<p><b>E—205a</b></p> <p>Switch leg split leap—1/4 turn—45°/Straddle split—1/4 turn—Cross/Cross <span style="color: blue;">90°</span> <span style="color: blue;">90°</span></p>  <p><b>Switch 1/4-1/4</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute 1/4 turn—Switch leg leap w 1/4 turn</li> <li>45° front switch to 180° side split</li> <li>Land 1-leg Cross</li> </ol>	<p><b>E—205b</b></p> <p>Switch leg split leap—1/4 turn—1/2 turn—Cross/Side (Johnson 1/2) (Ikoma) <span style="color: blue;">90°</span> <span style="color: blue;">180°</span></p>  <p><b>Swith 1/4-1/2</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute 1/4 turn—Switch leg leap w 1/2 turn</li> <li>45° front switch to 180° side split</li> <li>Land 2-legs Side</li> </ol>
<p><b>E—205c</b></p> <p>Switch leg split leap—1/2 turn—45°/180° front split—Cross/Cross—1-leg/2-legs <span style="color: blue;">180°</span></p>  <p><b>Switch 1/2</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute Switch leg leap—1/2 turn</li> <li>45° front switch to 180° front split</li> <li>Land 2-legs Cross</li> </ol>	<p><b>E—205d</b></p> <p>Switch leg split leap—1/2 turn—45°/180° front split—Cross/Cross—1-leg/1-leg scale (Blum, Dean) <span style="color: blue;">180°</span></p>  <p><b>Switch 1/2 Scale</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute Switch leg leap—1/2 turn</li> <li>45° front switch to 180° front split</li> <li>Land 1-leg Cross scale</li> </ol>	<p><b>E—205e</b></p> <p>Switch leg split leap—3/4 turn—Cross-Side—1-leg/2-legs <span style="color: blue;">270°</span></p>  <p><b>Switch 3/4</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute Switch leg leap w 3/4 turn</li> <li>45° front switch to 180° front split</li> <li>Land 2-legs Side</li> </ol>	<p><b>E—205f</b></p> <p>Switch leg split leap—45°/180°+ front split—Upper body BWD arch—Head release—1-leg/1-leg (Switch Yang Bo) (Courville)</p>  <p><b>Switch Yang Bo</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute Switch leg leap—Upper body BWD arch</li> <li>45° front switch to 180°+ front split</li> <li>Land 1-leg Cross</li> </ol>	<p><b>E—205g</b></p> <p>Switch leg split leap—45°/180° front split—Ring—Rear leg head height—Head REL—Cross/Cross—1-leg/1-leg</p>  <p><b>Switch Ring</b></p> <ol style="list-style-type: none"> <li>Opt. approach—Take off 1-leg Cross</li> <li>Execute Switch leg leap—Ring</li> <li>Rear leg head height</li> <li>Head release</li> <li>45° front switch to 180° front split</li> <li>Land 1-leg Cross</li> </ol>	

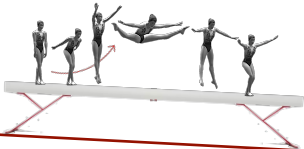






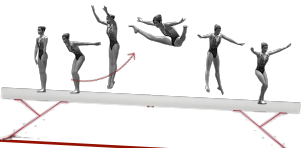




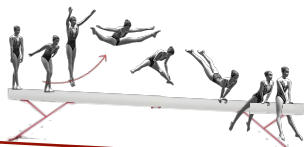
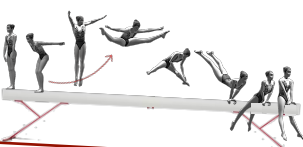
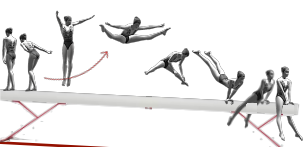


## BM—2-JUMPS — 206-Stag Split Jumps — 207-Split Jumps Cross-Cross — 208-Split Jumps Side-Cross/Cross-Side

<p><b>A—206a</b></p> <p>Stag/Double Stag jump—Cross/Cross—2-legs/2-legs</p>  <p style="text-align: center;"><b>Stag Jump</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Stag/Double jump</li> <li>Front leg bent—Thigh parallel to BM</li> <li>180° split—Knee to toes</li> <li>Land 2-legs Cross</li> </ol> <p><i>Double stag: Back leg bent min 90° UpWD</i></p>	<p><b>A—206a</b></p> <p>Stag/Double Stag jump—1/4 turn—Cross/Side—2-legs/2-legs</p>  <p style="text-align: center;"><b>Stag 1/4</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Stag/Double jump—1/4 turn</li> <li>Front leg bent—Thigh parallel to BM</li> <li>180° split—Knee to toes</li> <li>Land 2-legs Cross</li> </ol> <p><i>Double stag: Back leg bent min 90° UpWD</i></p>	<p><b>B—206</b></p> <p>Stag jump—1/2 turn—Cross/Cross—2-leg/2-legs</p>  <p style="text-align: center;"><b>Stag 1/2</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Stag jump—1/2 turn</li> <li>Front leg bent—Thigh parallel to BM</li> <li>180° split—Knee to toes</li> <li>Land 2-legs Cross</li> </ol>	<p><b>C—206</b></p> <p>Stag split jump—1/2 turn—Cross/Cross—2-legs/2-legs</p>  <p style="text-align: center;"><b>Stag Split 1/2</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Stag split jump—1/2 turn</li> <li>Stag to 180° front split</li> <li>Land 2-legs Cross</li> </ol>	<p><b>D—206</b></p> <p>Stag split jump—Ring—Rear leg head height—Head REL—Cross/Cross—2-legs/2-legs</p>  <p style="text-align: center;"><b>Stag Split Ring</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Stag split jump—Ring</li> <li>Rear leg head height</li> <li>Head release</li> <li>Stag to 180° front split</li> <li>Land 2-legs Cross</li> </ol>
<p><b>B—207a</b></p> <p>Split jump—180° front split—Cross/Cross—2-legs/2-legs</p>  <p style="text-align: center;"><b>Split Jump</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Split jump</li> <li>180° front split</li> <li>Land 2-legs Cross</li> </ol>	<p><b>C—207</b></p> <p>Split jump—1/2 turn—180° front split—Cross/Cross—2-legs/2-legs</p>  <p style="text-align: center;"><b>Split 1/2</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Split jump—1/2 turn</li> <li>180° front split</li> <li>Land 2-legs Cross</li> </ol>	<p><b>D—207</b></p> <p>Split jump—Ring—Rear leg head height—Head REL—Cross/Cross—2-legs/2-legs</p>  <p style="text-align: center;"><b>Split Ring</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Split jump—Ring</li> <li>Rear leg head height</li> <li>Head release</li> <li>180° front split</li> <li>Land 2-legs Cross</li> </ol>	<p><b>E—207a</b></p> <p>Split jump—1/1 turn—180° front split—Cross/Cross—2-legs/2-legs</p>  <p style="text-align: center;"><b>Split 1/1</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Split jump—1/1 turn</li> <li>180° front split</li> <li>Land 2-legs Cross</li> </ol>	<p><b>E—207b</b></p> <p>Split jump—Over 180° front split—Upper body BWD arch—Head REL—Cross/Cross—2-legs/2-legs (Yang Bo)</p>  <p style="text-align: center;"><b>Yang Bo</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Split jump—Upper body BWD arch</li> <li>Head release</li> <li>180°+ front split</li> <li>Land 2-legs Cross</li> </ol>
<p><b>B—208a</b></p> <p>Split jump—180° front split—1/4 turn—Cross/Side—2-legs/2-legs</p>  <p style="text-align: center;"><b>Split 1/4</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Split jump—1/4 turn</li> <li>180° front split</li> <li>Land 2-legs Side</li> </ol>	<p><b>B—207a</b></p> <p>1/4 turn—Split jump—180° front split—Side/Cross—2-legs/2-legs</p>  <p style="text-align: center;"><b>1/4 Split Side/Cross</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Side</li> <li>Execute 1/4 turn—Split jump</li> <li>180° front split</li> <li>Land 2-legs Cross</li> </ol>	<p><b>B—208a</b></p> <p>1/4 turn—Split jump—180° side split—Cross/Side—2-legs/2-legs</p>  <p style="text-align: center;"><b>1/4 Split Cross/Side</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute 1/4 turn—Split jump</li> <li>180° side split</li> <li>Land 2-legs Cross</li> </ol>	<p><b>D—208a</b></p> <p>Split jump—3/4 turn—180° front split—Cross/Side—2-legs/2-legs</p>  <p style="text-align: center;"><b>Split 3/4 Cross/Side</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Split jump—3/4 turn</li> <li>180° front split</li> <li>Land 2-legs Side</li> </ol>	<p><b>D—208a</b></p> <p>Split jump—3/4 turn—180° front split—Side/Cross—2 legs/2 legs</p>  <p style="text-align: center;"><b>Split 3/4 Side/Cross</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Side</li> <li>Execute Split jump—3/4 turn</li> <li>180° front split</li> <li>Land 2-legs Cross</li> </ol>

## BM—2-JUMPS — 209-Split Jumps Side/Side — 210-Standing Switch Split Jumps

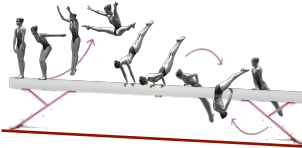

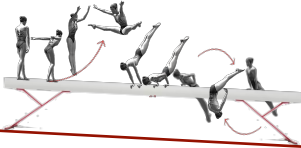
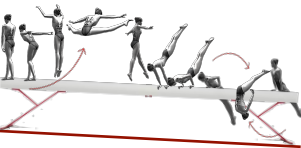
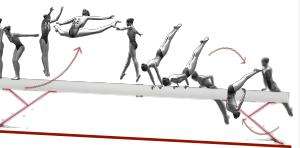


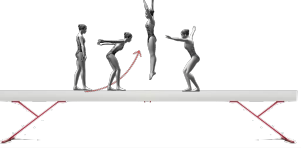



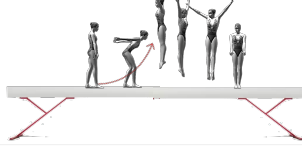
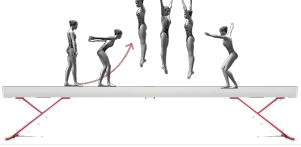

<p><b>C—209a</b></p>	<p><b>C—209b</b></p>	<p><b>D—209</b></p>	<p><b>E—209a</b></p>	<p><b>E—209b</b></p>	
<p>Split jump—180° front split—Side/Side—2-legs/2-legs</p>	<p>Split jump—180° front split—Rear leg UpWD-BWD—Side/Side—2-legs/2-legs (Heinrich)</p>	<p>Split jump—1/2 turn—180° side split—Side/Side—2-legs/2-legs</p>	<p>Split jump—1/1 turn—180° front split—Side/Side—2-legs/2-legs</p>	<p>Split jump—Over 180° front split—Upper body BWD arch—Head REL—Side/Side—2-legs/2-legs (Teza)</p>	
					
<p><b>Split Side/Side</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Split jump</li> <li>3. 180° front split</li> <li>4. Land 2-legs Side</li> </ol>	<p><b>Heinrich</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Split jump—Rear leg UpWD-BWD</li> <li>3. 180° front split</li> <li>4. Land 2-legs Side</li> </ol>	<p><b>Split 1/2 Side/Side</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Split jump—1/2 turn</li> <li>3. 180° side split</li> <li>4. Land 2-legs Side</li> </ol>	<p><b>Split 1/1 Side/Side</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Split jump—1/1 turn</li> <li>3. 180° front split</li> <li>4. Land 2-legs Side</li> </ol>	<p><b>Teza</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Split jump—Upper body BWD arch</li> <li>3. Head release</li> <li>4. 180° front split</li> <li>5. Land 2-legs Side</li> </ol>	
<p><b>C—210a</b></p>	<p><b>D—210</b></p>	<p><b>E—210a</b></p>	<p><b>E—210b</b></p>		
<p>Stand—Switch leg split jump—30°/180° front split—Cross/Cross—2-legs/2-legs (Sweetin)</p>	<p>Stand—Switch leg split jump—30°/180° front split—Side/Side—1-leg/1<sup>or</sup> 2-legs (Concannon)</p>	<p>Stand—Switch leg split jump—Ring—Rear leg bent UpWD-BWD—30°/180° front split—Side/Side—1-leg/1<sup>or</sup> 2-legs (Heinrich Switch)</p>	<p>Stand—Switch leg split jump—1/4-1/4 turn—Cross/Cross—2-legs/2-legs (Sweetin 1/2)</p>		
					
<p><b>Sweetin</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Switch leg Split jump</li> <li>3. 30° front switch to 180° front split</li> <li>4. Land 2-legs Cross</li> </ol>	<p><b>Switch Side/Side</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Switch leg Split jump</li> <li>3. 30° front switch to 180° front split</li> <li>4. Land 2-legs Side</li> </ol>	<p><b>Switch Heinrich</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Switch leg Split jump—Ring</li> <li>3. Rear leg bent UpWD-BWD 90°</li> <li>4. 30° front switch to 180° front split</li> <li>5. Land 2-legs Side</li> </ol>	<p><b>Sweetin 1/2</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Switch leg Split jump—1/4, 1/4 turn</li> <li>3. 180° side split</li> <li>4. Land 2-legs Cross</li> </ol>		

## BM—2-JUMPS-STRADDLE — 211-Cross-Side, Cross-Cross — 212-Side-Cross, Side-Side — 213-Cross Sit

<p><b>B—211</b></p> <p>Straddle jump—180° cross split—Cross/Cross—2-legs/2-legs</p>  <p style="text-align: center;"><b>Straddle Jump Cross/Cross</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Straddle jump</li> <li>180° cross split</li> <li>Land 2-legs Cross</li> </ol> <p><i>Start foot/end foot in front is optional</i></p>	<p><b>C—211a</b></p> <p>Straddle jump—180° cross split—1/4 turn—Cross/Side—2-legs/2-legs <span style="float: right;">90°</span></p>  <p style="text-align: center;"><b>Straddle 1/4 Cross/Side</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Straddle jump—1/4 turn</li> <li>180° cross split</li> <li>Land 2-legs Side</li> </ol> <p><i>Start foot in front is optional</i></p>	<p><b>C—211a</b></p> <p>1/4 turn—Straddle jump—180° side split—Cross/Side—2-legs/2-legs <span style="float: right;">90°</span></p>  <p style="text-align: center;"><b>1/4 Straddle Cross/Side</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute 1/4 turn—Straddle jump</li> <li>180° side split</li> <li>Land 2-legs Side</li> </ol> <p><i>Start foot in front is optional</i></p>	<p><b>D—211a</b></p> <p>Stand—Switch leg split jump—30°/180° front split—1/2 turn—Cross/Cross—1-leg/1 or 2-legs (Concannon) <span style="float: right;">180°</span></p>  <p style="text-align: center;"><b>Straddle 1/2 Cross/Cross</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Straddle jump—1/2 turn</li> <li>180° side split</li> <li>Land 2-legs Cross</li> </ol> <p><i>Start foot/end foot in front is optional</i></p>	<p><b>D—211b</b></p> <p>Straddle jump—3/4 turn—180° cross split—Cross/Side—2-legs/2-legs <span style="float: right;">180°</span></p>  <p style="text-align: center;"><b>Straddle 3/4 Cross/Side</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Straddle jump—3/4 turn</li> <li>180° cross split</li> <li>Land 2-legs Side</li> </ol> <p><i>Start foot in front is optional</i></p>	<p><b>E—211</b></p> <p>Straddle jump—1/1 turn—180° cross split—Cross/Cross—2-legs/2-legs (Popa) <span style="float: right;">360°</span></p>  <p style="text-align: center;"><b>Straddle 1/1 Cross/Cross</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Straddle jump—1/1 turn</li> <li>180° cross split</li> <li>Land 2-legs Cross</li> </ol> <p><i>Start foot/end foot in front is optional</i></p>
<p><b>C—212a</b></p> <p>Straddle jump—180° side split—Side/Side—2-legs/2-legs</p>  <p style="text-align: center;"><b>Straddle Jump Side/Side</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Side</li> <li>Execute Straddle jump</li> <li>180° side split</li> <li>Land 2-legs Side</li> </ol>	<p><b>C—211a</b></p> <p>Straddle jump—180° side split—1/4 turn—Side/Cross—2-legs/2-legs <span style="float: right;">90°</span></p>  <p style="text-align: center;"><b>Straddle 1/4 Side/Cross</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Side</li> <li>Execute Straddle jump—1/4 turn</li> <li>180° side split</li> <li>Land 2-legs Cross</li> </ol> <p><i>End foot in front is optional</i></p>	<p><b>C—211a</b></p> <p>1/4 turn—Straddle jump—180° cross split—Side/Cross—2-legs/2-legs <span style="float: right;">90°</span></p>  <p style="text-align: center;"><b>1/4 Straddle Side/Cross</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Side</li> <li>Execute 1/4 turn—Straddle jump</li> <li>180° cross split</li> <li>Land 2-legs Cross</li> </ol> <p><i>End foot in front is optional</i></p>	<p><b>D—211b</b></p> <p>Straddle jump—1/2 turn—180° cross split—Side/Side—2-legs/2-legs (Borden) <span style="float: right;">180°</span></p>  <p style="text-align: center;"><b>Straddle 1/2 Side/Side</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Side</li> <li>Execute Straddle jump—1/2 turn</li> <li>180° cross split</li> <li>Land 2-legs Side</li> </ol>	<p><b>D—211b</b></p> <p>Straddle jump—3/4 turn—180° cross split—Side/Cross—2-legs/2-legs <span style="float: right;">270°</span></p>  <p style="text-align: center;"><b>Straddle 3/4 Side/Cross</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Side</li> <li>Execute Straddle jump—3/4 turn</li> <li>180° cross split</li> <li>Land 2-legs Cross</li> </ol> <p><i>End foot in front is optional</i></p>	<p><b>E—212</b></p> <p>Straddle jump—1/1 turn—180° side split—Side/Side—2-legs/2-legs (Popa) <span style="float: right;">360°</span></p>  <p style="text-align: center;"><b>Straddle 1/1 Side/Side</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Side</li> <li>Execute Straddle jump—1/1 turn</li> <li>180° side split</li> <li>Land 2-legs Side</li> </ol>
<p><b>B—213</b></p> <p>Straddle jump—180° cross split—Cross/Cross—2-legs/Swing down—Cross straddle sit</p>  <p style="text-align: center;"><b>Straddle Swing Down</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Straddle jump</li> <li>180° cross split</li> <li>Land hand support—Swing down</li> <li>Finish cross straddle sit</li> </ol> <p><i>Start foot in front is optional</i></p>	<p><b>C—213</b></p> <p>Straddle jump—1/4 turn—180° cross split—Side/Cross—2-legs/Swing down—Cross straddle sit <span style="float: right;">90°</span></p>  <p style="text-align: center;"><b>Straddle 1/4 Swing Down</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Side</li> <li>Execute Straddle jump—1/4 turn</li> <li>180° cross split</li> <li>Land hand support—Swing down</li> <li>Finish cross straddle sit</li> </ol>	<p><b>D—213a</b></p> <p>Straddle jump—1/2 turn—180° cross split—Cross/Cross—2-legs/Swing down—Cross straddle sit (Companioni) <span style="float: right;">180°</span></p>  <p style="text-align: center;"><b>Straddle 1/2 Swing Down</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Straddle jump—1/2 turn</li> <li>180° cross split</li> <li>Land hand support—Swing down</li> <li>Finish cross straddle sit</li> </ol>	<p><b>D—213a</b></p> <p>Straddle jump—3/4 turn—180° cross split—Side/Cross—2-legs/Swing down—Cross straddle sit <span style="float: right;">270°</span></p>  <p style="text-align: center;"><b>Straddle 3/4 Swing Down</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Side</li> <li>Execute Straddle jump—3/4 turn</li> <li>180° cross split</li> <li>Land hand support—Swing down</li> <li>Finish cross straddle sit</li> </ol>	<p><b>E—213</b></p> <p>Straddle jump—1/1 turn—180° cross split—Cross/Cross—2-legs/Swing down—Cross straddle sit <span style="float: right;">270°</span></p>  <p style="text-align: center;"><b>Straddle 1/1 Swing Down</b></p> <ol style="list-style-type: none"> <li>Opt. start—Take off 2-legs Cross</li> <li>Execute Straddle jump—1/1 turn</li> <li>180° cross split</li> <li>Land hand support—Swing down</li> <li>Finish cross straddle sit</li> </ol>	



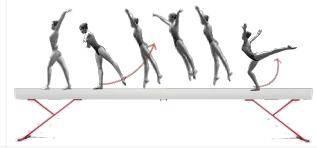
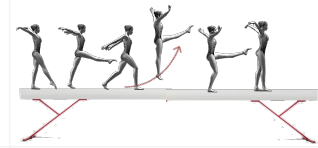
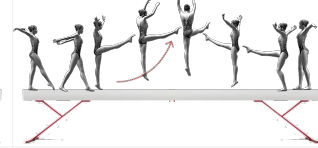
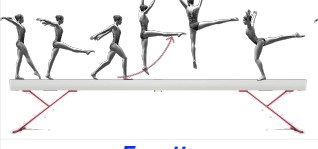




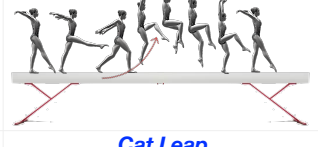

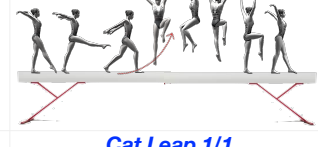
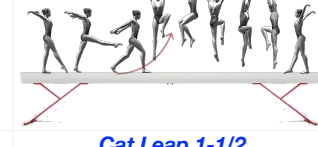


## BM—2-JUMPS — 214-Straddle to Front Support — 215-Stretch Jump Variations

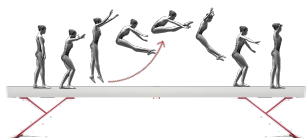

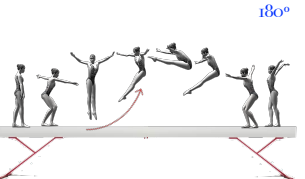
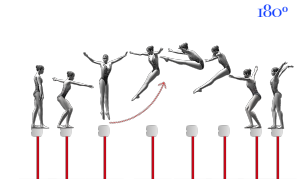
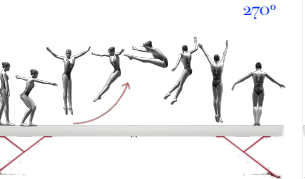
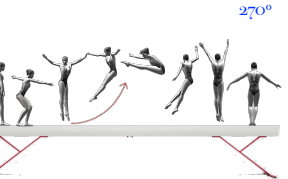

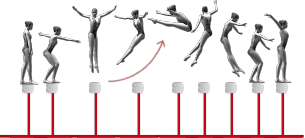






<p><b>C—214a</b></p> <p>Straddle jump—180° side split—Side/Side—2-legs/Front support  <small>OR</small> BWD hip circle (Furnon)</p>  <p><b>Straddle Front Support</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Straddle jump</li> <li>3. 180° side split</li> <li>4. Land/Finish front support—BWD hip circle optional</li> </ol>	<p><b>C—214a</b></p> <p>Straddle jump—1/4 turn—180° side split—Cross/Side—2-legs/Front support  <small>OR</small> BWD hip circle</p>  <p><b>Straddle 1/4 Front Support</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Straddle jump—1/4 turn</li> <li>3. 180° side split</li> <li>4. Land/Finish front support—BWD hip circle optional</li> </ol>	<p><b>D—214a</b></p> <p>Straddle jump—1/2 turn—180° side split—Side/Side—2-legs/Front support  <small>OR</small> BWD Hip circle (Companioni)</p>  <p><b>Straddle 1/2 Front Support</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Straddle jump—1/2 turn</li> <li>3. 180° side split</li> <li>4. Land/Finish front support—BWD hip circle optional</li> </ol>	<p><b>D—214a</b></p> <p>Straddle jump—3/4 turn—180° side split—Cross/Side—2-legs/Front support  <small>OR</small> BWD hip circle</p>  <p><b>Straddle 3/4 Front Support</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Straddle jump—3/4 turn</li> <li>3. 180° side split</li> <li>4. Land/Finish front support—BWD hip circle optional</li> </ol>	<p><b>E—214</b></p> <p>Straddle jump—1/1 turn—180° side split—Side/Side—2-legs/Front support  <small>OR</small> BWD Hip circle</p>  <p><b>Straddle 1/1 Front Support</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Straddle jump—1/1 turn</li> <li>3. 180° side split</li> <li>4. Land/Finish front support—BWD hip circle optional</li> </ol>	
<p><b>A—215a</b></p> <p>Stretch (straight)/arch jump—Cross/Cross—2-legs/2-legs</p>  <p><b>Stretch / Arch Jump</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Straight/Arch jump</li> <li>3. Land 2-legs Cross</li> </ol>	<p><b>A—215a</b></p> <p>Beat jump (Changement)—Cross/Cross—2-legs/2-legs</p>  <p><b>Beat Jump</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Straight Beat jump—Changement</li> <li>3. Land 2-legs Cross</li> </ol>	<p><b>A—215b</b></p> <p>Stretch jump—1/2 turn—Cross/Cross—2-legs/2-legs  <small>180°</small></p>  <p><b>Stretch 1/2</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Straight jump—1/2 turn</li> <li>3. Land 2-legs Cross</li> </ol>	<p><b>B—215a</b></p> <p>Stretch jump—3/4 turn—Cross/Side—2-legs/2-legs  <small>270°</small></p>  <p><b>Stretch 3/4 Cross/Side</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Straight jump—3/4 turn</li> <li>3. Land 2-legs Side</li> </ol>	<p><b>B—215a</b></p> <p>Stretch jump—3/4 turn—Side/Cross—2-legs/2-legs  <small>270°</small></p>  <p><b>Stretch 3/4 Side/Cross</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Straight jump—3/4 turn</li> <li>3. Land 2-legs Cross</li> </ol>	<p><b>C—215a</b></p> <p>Stretch jump—1/1 turn—Cross/Cross—2-legs/2-legs  <small>360°</small></p>  <p><b>Stretch 1/1</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Straight jump—1/1 turn</li> <li>3. Land 2-legs Cross</li> </ol>
<p><b>C—215a</b></p> <p>Stretch jump—1-1/4 turn—Cross/Side—2-legs/2-legs  <small>450°</small></p>  <p><b>Stretch 1-1/4</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Straight jump—1-1/4 turn</li> <li>3. Land 2-legs Side</li> </ol>	<p><b>D—215a</b></p> <p>Stretch jump—1-1/2 turn—Cross/Cross—2-legs/2-legs  <small>540°</small></p>  <p><b>Stretch 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Straight jump—1-1/2 turn</li> <li>3. Land 2-legs Cross</li> </ol>	<p><b>D—215b</b></p> <p>Sheep jump—Upper back arch—Feet head height—Head REL—Cross/Cross—2-legs/2-legs</p>  <p><b>Sheep Jump</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Sheep jump</li> <li>3. Upper back arch</li> <li>4. Feet head height</li> <li>5. Head release</li> <li>6. Land 2-legs Cross</li> </ol>			



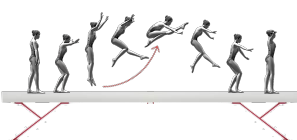


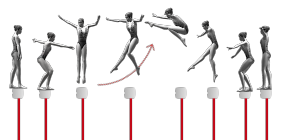
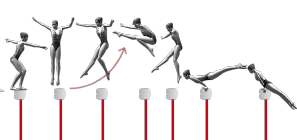
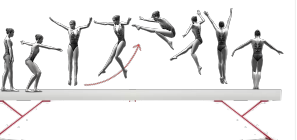
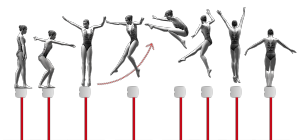
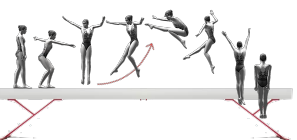

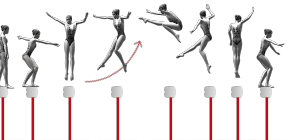

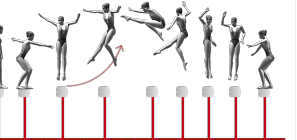
## BM—2-HOPS — 216-Sissone, Cabriole, Hops — 217-Fouette, Jete — 218-Cat Leaps

<p><b>A—216a</b></p>	<p><b>A—216b</b></p>	<p><b>A—216c</b></p>	<p><b>A—216d</b></p>	<p><b>C—216a</b></p>		
<p>Sissone—Legs diagonal—180° cross split—Cross/Cross—2-legs/1-leg</p>	<p>Front Cabriole—45° front kick beat—Cross/Cross—1-leg/1-leg</p>	<p>Back Cabriole—Cross/Cross—1-leg/1-leg</p>	<p>Hop—Free leg EXT—Above HOR—Cross/Cross—1-leg/1-leg</p>	<p>Hop—1/2 turn—Free leg EXT—Above HOR—Cross/Cross—1-leg/1-leg</p>		
						
<p><b>Sissone</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Sissone jump</li> <li>3. 180° diagonal cross split</li> <li>4. Land 1-leg Cross</li> </ol>	<p><b>Front Cabriole</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 1-leg Cross</li> <li>2. Execute Cabriole—Front kick beat</li> <li>3. 45° front calf beat</li> <li>4. Land 1-leg Cross</li> </ol>	<p><b>Back Cabriole</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 1-leg Cross</li> <li>2. Execute Cabriole—Back kick beat</li> <li>3. 45° back calf beat</li> <li>4. Land 1-leg Cross</li> </ol>	<p><b>Hop 'L'</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 1-leg Cross</li> <li>2. Execute 1-leg Hop</li> <li>3. EXT leg &gt; HOR</li> <li>4. Land 1-leg Cross</li> </ol>	<p><b>Hop 'L' 1/2</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 1-leg Cross</li> <li>2. Execute 1-leg Hop—1/2 turn</li> <li>3. EXT leg &gt; HOR</li> <li>4. Land 1-leg Cross</li> </ol>		
<p><b>C—217</b></p>	<p><b>D—217</b></p>	<p><b>E—217a</b></p>	<p><b>E—217b</b></p>			
<p>Fouette hop—1/2 turn—Free leg &gt; HOR—Land in scale—Cross/Cross—1-leg/1-leg scale</p>	<p>Tour jete—180° cross split—Cross/Cross—1-leg/1 OR 2-legs</p>	<p>Tour jete—180° cross split—1/4 turn—Cross/Side—1-leg/1 OR 2-legs</p>	<p>Tour jete—180° cross split—1/2 turn—Cross/Cross—1-leg/2-legs (Strug)</p>			
						
<p><b>Fouette</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 1-leg Cross</li> <li>2. Execute Fouette</li> <li>3. EXT leg &gt; HOR</li> <li>4. Land 1-leg Cross scale</li> </ol>	<p><b>Tour Jeté</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 1-leg Cross</li> <li>2. Execute Tourjeté</li> <li>3. 180° front split</li> <li>4. Land 1-leg OR 2-legs Cross</li> </ol>	<p><b>Tour Jeté 1/4</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 1-leg Cross</li> <li>2. Execute Tourjeté—1/4 turn</li> <li>3. 180° front split</li> <li>4. Land 1-leg OR 2-legs Side</li> </ol>	<p><b>Strug</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 1-leg Cross</li> <li>2. Execute Tourjeté—1/2 turn</li> <li>3. 180° front split</li> <li>4. Land 1-leg OR 2-legs Cross</li> </ol>			
<p><b>A—218a</b></p>	<p><b>A—218b</b></p>	<p><b>B—218</b></p>	<p><b>C—218</b></p>	<p><b>D—218</b></p>		
<p>Hitch kick—Cross/Cross—1-leg/1-leg</p>	<p>Cat leap—Cross/Cross—1-leg/1-leg</p>	<p>Cat leap—1/2 turn—Cross/Cross—1-leg/1-leg</p>	<p>Cat leap—1/1 turn—Cross/Cross—1-leg/1-leg</p>	<p>Cat leap—1-1/2 turn—Cross/Cross—1-leg/1-leg</p>		
						
<p><b>Hitch Kick</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 1-leg Cross</li> <li>2. Execute Hitch Kick</li> <li>3. Scissor kick</li> <li>4. Land 1-leg Cross</li> </ol>	<p><b>Cat Leap</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 1-leg Cross</li> <li>2. Execute Pas de chat—Cat leap</li> <li>3. Lift knees up—One at a time</li> <li>4. Turn out</li> <li>5. Land 1-leg Cross</li> </ol>	<p><b>Cat Leap 1/2</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 1-leg Cross</li> <li>2. Execute Pas de chat—Cat leap—1/2 turn</li> <li>3. Lift knees up—One at a time</li> <li>4. Turn out</li> <li>5. Land 1-leg Cross</li> </ol>	<p><b>Cat Leap 1/1</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 1-leg Cross</li> <li>2. Execute Pas de chat—Cat leap—1/1 turn</li> <li>3. Lift knees up—One at a time</li> <li>4. Turn out</li> <li>5. Land 1-leg Cross</li> </ol>	<p><b>Cat Leap 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 1-leg Cross</li> <li>2. Execute Pas de chat—Cat leap—1-1/2 turn</li> <li>3. Lift knees up—One at a time</li> <li>4. Turn out</li> <li>5. Land 1-leg Cross</li> </ol>		

## BM—2-SHAPE JUMPS — 219-Pike Jumps — 220-Tuck Jumps

<p><b>B—219</b></p>	<p><b>C—219a</b></p>	<p><b>C—219b</b></p>	<p><b>D—219a</b></p>	<p><b>D—219b</b></p>	<p><b>D—219b</b></p>
<p>Pike jump—Cross/Cross—Hip angle &lt; 90°—2-legs/2-legs</p>	<p>Pike jump—Side/Side—Hip angle &lt; 90°—2-legs/2-legs</p>	<p>Pike jump—1/2 turn—Cross/Cross—Hip angle &lt; 90°—2-legs/2-legs (Sekerova)</p>	<p>Pike jump—1/2 turn—Side/Side—2-legs/2-legs</p>	<p>Pike jump—3/4 turn—Cross/Side—2-legs/2-legs</p>	<p>Pike jump—3/4 turn—Side/Cross—2-legs/2-legs</p>
					
<p><b>Pike Jump Cross/Cross</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Pike jump</li> <li>3. Hip angle closed—&lt; 90°</li> <li>4. Land 2-legs Cross</li> </ol>	<p><b>Pike Jump Side/Side</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Pike jump</li> <li>3. Hip angle closed—&lt; 90°</li> <li>4. Land 2-legs Side</li> </ol>	<p><b>Pike 1/2 Cross/Cross</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Pike jump—1/2 turn</li> <li>3. Hip angle closed—&lt; 90°</li> <li>4. Land 2-legs Cross</li> </ol>	<p><b>Pike 1/2 Side/Side</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Pike jump—1/2 turn</li> <li>3. Hip angle closed—&lt; 90°</li> <li>4. Land 2-legs Side</li> </ol>	<p><b>Pike 3/4 Cross/Cross</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Pike jump—3/4 turn</li> <li>3. Hip angle closed—&lt; 90°</li> <li>4. Land 2-legs Side</li> </ol>	<p><b>Pike 3/4 Side/Side</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Pike jump—3/4 turn</li> <li>3. Hip angle closed—&lt; 90°</li> <li>4. Land 2-legs Cross</li> </ol>
<p><b>E—219a</b></p>	<p><b>E—219a</b></p>				
<p>Pike jump—1/1 turn—Cross/Cross—2-legs/2-legs</p>	<p>Pike jump—1/1 turn—Side/Side—2-legs/2-legs</p>				
					
<p><b>Pike 1/1 Cross/Cross</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Pike jump—1/1 turn</li> <li>3. Hip angle closed—&lt; 90°</li> <li>4. Land 2-legs Cross</li> </ol>	<p><b>Pike 1/1 Side/Side</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Pike jump—1/1 turn</li> <li>3. Hip angle closed—&lt; 90°</li> <li>4. Land 2-legs Side</li> </ol>				
<p><b>A—220</b></p>	<p><b>B—220</b></p>	<p><b>C—220a</b></p>	<p><b>D—220a</b></p>	<p><b>D—220a</b></p>	<p><b>E—220</b></p>
<p>Tuck hop/jump—Cross/Cross—2-legs/2-legs</p>	<p>Tuck jump/hop—1/2 turn—Cross/Cross—2-legs/2-legs</p>	<p>Tuck jump/hop—3/4 turn—Cross/Side—2-legs/2-legs</p>	<p>Tuck jump/hop—1/1 turn—Cross/Cross—2-legs/2-legs</p>	<p>Tuck jump/hop—1-1/4 turn—Cross/Side—2-legs/2-legs</p>	<p>Tuck jump/hop—1-1/2 turn—Cross/Cross—2-legs/2-legs (Barclay, Rosette)</p>
					
<p><b>Tuck Jump</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Tuck jump</li> <li>3. Hip angle/Knee angle closed—&lt; 90°</li> <li>4. Land 2-legs Cross</li> </ol>	<p><b>Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Tuck jump—1/2 turn</li> <li>3. Hip angle/Knee angle closed—&lt; 90°</li> <li>4. Land 2-legs Cross</li> </ol>	<p><b>Tuck 3/4</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Tuck jump—3/4 turn</li> <li>3. Hip angle/Knee angle closed—&lt; 90°</li> <li>4. Land 2-legs Side</li> </ol>	<p><b>Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Tuck jump—1/1 turn</li> <li>3. Hip angle/Knee angle closed—&lt; 90°</li> <li>4. Land 2-legs Cross</li> </ol>	<p><b>Tuck 1-1/4</b></p> <ol style="list-style-type: none"> <li>1. pt. start—Take off 2-legs Cross</li> <li>2. Execute Tuck jump—1-1/4 turn</li> <li>3. Hip angle/Knee angle closed—&lt; 90°</li> <li>4. Land 2-legs Side</li> </ol>	<p><b>Tuck 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Tuck jump—1-1/2 turn</li> <li>3. Hip angle/Knee angle closed—&lt; 90°</li> <li>4. Land 2-legs Cross</li> </ol>

## BM—2-SHAPE JUMPS — 221-Wolf Jumps

<p><b>A—221a</b></p>	<p><b>A—221a</b></p>	<p><b>B—221a</b></p>	<p><b>B—221a</b></p>	<p><b>B—221b</b></p>	<p><b>C—221a</b></p>
<p>Wolf jump/hop—Cross/Cross—2-legs/2-legs</p>	<p>Wolf jump/hop—Side/Side—2-legs/2-legs</p>	<p>Wolf jump/hop—1/2 turn—Cross/Cross—2-legs/2-legs</p>	<p>Wolf jump/hop—1/2 turn—Side/Side—2-legs/2-legs</p>	<p>Wolf jump/hop—1/2 turn—Side/Side—2-legs/Front support</p>	<p>Wolf jump/hop—3/4 turn—Cross/Side—2-legs/2-legs</p>
		<p>180°</p> 	<p>180°</p> 	<p>180°</p> 	<p>270°</p> 
<p><b>Wolf Cross/Cross</b></p> <ol style="list-style-type: none"> <li>1. Optional start—Take off 2-legs Cross</li> <li>2. Execute Wolf jump</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land 2-legs Cross</li> </ol>	<p><b>Wolf Side/Side</b></p> <ol style="list-style-type: none"> <li>1. Optional start—Take off 2-legs Side</li> <li>2. Execute Wolf jump</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land 2-legs Side</li> </ol>	<p><b>Wolf 1/2 Cross/Cross</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Wolf jump—1/2 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land 2-legs Cross</li> </ol>	<p><b>Wolf 1/2 Side/Side</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Wolf jump—1/2 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land 2-legs Side</li> </ol>	<p><b>Wolf 1/2 Front Support</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Wolf jump—1/2 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land front support Side</li> </ol>	<p><b>Wolf 3/4 Cross/Side</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Wolf jump—3/4 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land 2-legs Cross</li> </ol>
<p><b>C—221a</b></p>	<p><b>C—221a</b></p>	<p><b>D—221a</b></p>	<p><b>D—221a</b></p>	<p><b>E—221a</b></p>	<p><b>E—221a</b></p>
<p>Wolf jump/hop—3/4 turn—Side/Cross—2-legs/2-legs</p>	<p>Wolf jump/hop—3/4 turn—Cross/Side—2-legs/Front support</p>	<p>Wolf jump/hop—1/1 turn—Cross/Cross—2-legs/2-legs</p>	<p>Wolf jump/hop—1/1 turn—Side/Side—2-legs/2-legs</p>	<p>Wolf jump/hop—1-1/2 turn—Cross/Cross—2-legs/2-legs (Vituj)</p>	<p>Wolf jump/hop—1-1/2 turn—Side/Side (Vituj)</p>
<p>270°</p> 	<p>270°</p> 	<p>360°</p> 	<p>360°</p> 	<p>540°</p> 	<p>540°</p> 
<p><b>Wolf 3/4 Side/Cross</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Wolf jump—3/4 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land front support Side</li> </ol>	<p><b>Wolf 3/4 Front Support</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Wolf jump—3/4 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land front support Side</li> </ol>	<p><b>Wolf 1/1 Cross/Cross</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Wolf jump—1/1 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land 2-legs Cross</li> </ol>	<p><b>Wolf 1/1 Side/Side</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Wolf jump—1/1 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land front support Side</li> </ol>	<p><b>Wolf 1-1/2 Cross/Cross</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Cross</li> <li>2. Execute Wolf jump—1-1/2 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land 2-legs Cross</li> </ol>	<p><b>Wolf 1-1/2 Side/Side</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs Side</li> <li>2. Execute Wolf jump—1-1/2 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land front support Side</li> </ol>

# BALANCE BEAM



## 3—TURNS

### One Leg, BWD Attitude, FWD Attitude Turns

[301—One Leg Turns](#)

[302—BWD Attitude Turns](#)

[303—FWD Attitude Turns](#)

### Arabesque, 'L' Turns

[304—BWD Arabesque Turns](#)

[305—FWD 'L' Turns](#)

### Illusion, Tuck Turns

[306—Illusion Turns](#)

[307—Front Split Turns](#)

[308—Tuck Stand Turns](#)


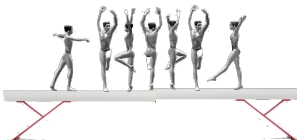
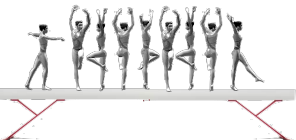
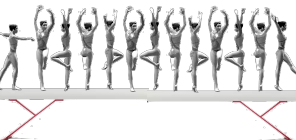






### On Beam turns

[309—Prone, Supine Turns](#)






[310—Flank, Flair Turns](#)

X	<b><u>X-SKILLS</u></b>
1	<b><u>MOUNTS</u></b>
2	<b><u>LEAPS, JUMPS, HOPS</u></b>
3	<b><u>TURNS</u></b>
4	<b><u>WAVES</u></b>
5	<b><u>HOLDS, STANDS</u></b>
6	<b><u>ROLLS</u></b>
7	<b><u>WALKOVERS, CARTWHEELS, SPRINGS</u></b>
8	<b><u>SALTOS</u></b>
9	<b><u>DISMOUNTS</u></b>

## BM—3-TURNS — 301-One Leg — 302-BWD Attitude — 303-FWD Attitude













<p><b>A—301</b></p> <p>1/1 turn—1-leg—Free leg optional</p> <p>360°</p> 	<p><b>B—301</b></p> <p>1-1/2 turn—1-leg—Free leg optional</p> <p>540°</p> 	<p><b>E—301a</b></p> <p>2/1 turn—1-leg—Free leg optional</p> <p>720°</p> 	<p><b>E—301b</b></p> <p>3/1 turn—1-leg—Free leg optional (Okino)</p> <p>900°</p> 		
<p><b>1/1 Turn</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg optional</li> <li>Execute 1/1 turn</li> <li>Optional exit</li> </ol>	<p><b>1-1/2 Turn</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg optional</li> <li>Execute 1-1/2 turn</li> <li>Optional exit</li> </ol>	<p><b>2/1 Turn</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg optional</li> <li>Execute 2/1 turn</li> <li>Optional exit</li> </ol>	<p><b>Okino 3/1 Turn</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg optional</li> <li>Execute 3/1 turn</li> <li>Optional exit</li> </ol>		
<p><b>B—302</b></p> <p>1/1 turn—BWD attitude—Thigh &lt; HOR to Min. 45° thru out—W/wo hand hold</p> <p>360°</p> 	<p><b>C—302</b></p> <p>1/1 turn—BWD attitude—Thigh ≥ HOR thru out —W/wo hand hold</p> <p>360°</p> 	<p><b>D—302</b></p> <p>1-1/2 turn—BWD attitude—Thigh ≥ HOR thru out—W/wo hand hold</p> <p>540°</p> 			
<p><b>1/1 BWD Attitude low</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg back attitude 45° to HOR</li> <li>Execute 1/1 turn</li> <li>Optional exit</li> </ol>	<p><b>1/1 BWD Attitude high</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg back attitude above HOR</li> <li>Execute 1/1 turn</li> <li>Optional exit</li> </ol>	<p><b>1-1/2 BWD Attitude high</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg back attitude above HOR</li> <li>Execute 1-1/2 turn</li> <li>Optional exit</li> </ol>			
<p><b>B—303a</b></p> <p>1/1 turn—FWD attitude—Heel &lt; HOR—Min. 45° thru out—W/wo hand hold</p> <p>360°</p> 	<p><b>C—303a</b></p> <p>1/1 turn—FWD attitude—Heel ≥ HOR thru out—W/wo hand hold</p> <p>360°</p> 	<p><b>D—303a</b></p> <p>1-1/2 turn—FWD attitude—Heel ≥ HOR Thru out—W/wo hand hold</p> <p>540°</p> 			
<p><b>1/1 FWD Attitude low</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg front attitude 45° to HOR</li> <li>Execute 1/1 turn</li> <li>Optional exit</li> </ol>	<p><b>1/1 FWD Attitude high</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg front attitude above HOR</li> <li>Execute 1/1 turn</li> <li>Optional exit</li> </ol>	<p><b>1-1/2 FWD Attitude high</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg front attitude above HOR</li> <li>Execute 1-1/2 turn</li> <li>Optional exit</li> </ol>			

## BM—3-TURNS — 304-BWD Arabesque — 305-FWD 'L' Turn







<p><b>C—304</b></p>	<p><b>D—304</b></p>				
<p>1/1 turn—BWD Arabesque—Leg ≅ HOR thru out</p>	<p>1-1/2 turn—BWD Arabesque— Leg ≅ HOR—Thru out</p>				
<p>360°</p>	<p>360°</p>				
					
<p><b>1/1 BWD Arabesque high</b></p>	<p><b>1/1 BWD Arabesque high</b></p>				
<ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg back arabesque above HOR</li> <li>Execute 1/1 turn</li> <li>Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg back arabesque above HOR</li> <li>Execute 1-1/2 turn</li> <li>Optional exit</li> </ol>				
<p><b>B—305a</b></p>	<p><b>C—305a</b></p>	<p><b>D—305a</b></p>			
<p>1/1 turn—FWD 'L'—Heel HOR - 45°</p>	<p>1/1 turn—FWD 'L'—Leg 45° &gt; HOR</p>	<p>1-1/2 turn—FWD 'L'—Leg 45° &gt; HOR</p>			
<p>360°</p>	<p>360°</p>	<p>360°</p>			
					
<p><b>1/1 FWD 'L' low</b></p>	<p><b>1/1 FWD 'L' high</b></p>	<p><b>1-1/2 FWD 'L' high</b></p>			
<ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg front 'L' 45° to HOR</li> <li>Execute 1/1 turn</li> <li>Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg front 'L' above HOR</li> <li>Execute 1/1 turn</li> <li>Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg front 'L' above HOR</li> <li>Execute 1-1/2 turn</li> <li>Optional exit</li> </ol>			



## BM—3-TURNS — 306-Illusion — 307-Front Split — 308-Tuck Stand

<p><b>C—306</b></p> <p>1/2 illusion turn—Thru standing split—Free leg Ø touching BM—Brief BM touch 1-hand</p> 	<p><b>E—306a</b></p> <p>1/1 illusion turn—Thru standing split—Free leg Ø touching BM—Brief touch</p> 	<p><b>E—306b</b></p> <p>1/1 illusion turn—Thru standing split—Free leg Ø touching BM—Brief touch—Finish scale—Leg ≅ HOR—2 sec hold (Medvitz)</p> 			
<p><b>1/2 Illusion</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Base leg straight</li> <li>Execute 1/2—Needle scale-kick turn</li> <li>1-hand contact allowed</li> <li>Optional exit</li> </ol> <p>NOTE: Stand R, turn R or reverse</p>	<p><b>1/1 Illusion</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Base leg straight</li> <li>Execute 1/1—Needle scale-kick turn</li> <li>1-hand contact allowed</li> <li>Optional exit</li> </ol> <p>NOTE: Stand R, turn L or reverse</p>	<p><b>1/1 Illusion to Scale</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Base leg straight</li> <li>Execute 1/1—Needle scale-kick turn</li> <li>1-hand contact allowed</li> <li>Optional exit</li> </ol> <p>NOTE: Stand R, turn L or reverse</p>			
<p><b>C—307</b></p> <p>1/1 Front Split turn—180° split thru out—Hands holding</p> 	<p><b>D—307</b></p> <p>1-1/2 Front Split turn—180° split thru out—Hands holding</p> 	<p><b>E—307</b></p> <p>2/1 Front Split turn—180° split thru out—Hands holding</p> 			
<p><b>FWD Split Turn 1/1</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg front 180° split—Hold leg</li> <li>Execute 1/1 turn</li> <li>Optional exit</li> </ol> <p>NOTE: Stand/turn R, hold L or reverse</p>	<p><b>FWD Split Turn 1-1/2</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg front 180° split—Hold leg</li> <li>Execute 1-1/2 turn</li> <li>Optional exit</li> </ol> <p>NOTE: Stand/turn R, hold L or reverse</p>	<p><b>FWD Split turn 2/1</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Releve on 1-foot—Free leg front 180° split—Hold leg</li> <li>Execute 2/1 turn</li> <li>Optional exit</li> </ol> <p>NOTE: Stand/turn R, hold L or reverse</p>			
<p><b>B—308</b></p> <p>1/1 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 1/1 turn</p> 	<p><b>C—308a</b></p> <p>1-1/2 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 1-1/2 turn <sup>360°</sup></p> 	<p><b>C—308a</b></p> <p>1-3/4 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 1-3/4 turn (Ferguson)</p> 	<p><b>E—308a</b></p> <p>2/1 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 2/1 turn (Humphrey) <sup>360°</sup></p> 	<p><b>E—308a</b></p> <p>2-1/2 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 2-1/2 turn (Humphrey)</p> 	<p><b>E—308b</b></p> <p>3/1 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 2-3/4 turn (George)</p> 
<p><b>Wolf turn 1/1</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Wolf position, Releve bent knee foot</li> <li>Execute 1/1 turn—Wolf position</li> <li>Straight leg placed at end of 1/1 turn</li> <li>Optional exit</li> </ol>	<p><b>Wolf turn 1-1/2</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Wolf position, Releve bent knee foot</li> <li>Execute 1-1/2 turn—Wolf position</li> <li>Straight leg placed end of 1-1/2 turn</li> <li>Optional exit</li> </ol>	<p><b>Wolf turn 1-3/4</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Wolf position, Releve bent knee foot</li> <li>Execute 1-3/4 turn—Wolf position</li> <li>Straight leg placed end of 1-3/4 turn</li> <li>Optional exit</li> </ol>	<p><b>Wolf turn 2/1</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Wolf position, Releve bent knee foot</li> <li>Execute 2/1 turn—Wolf position</li> <li>Straight leg placed end of 2/1 turn</li> <li>Optional exit</li> </ol>	<p><b>Wolf turn 2-1/2</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Wolf position, Releve bent knee foot</li> <li>Execute 2-1/2 turn—Wolf position</li> <li>Straight leg placed end of 2-1/2 turn</li> <li>Optional exit</li> </ol>	<p><b>Wolf turn 3/1</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Wolf position, Releve bent knee foot</li> <li>Execute 3/1 turn—Wolf position</li> <li>Straight leg placed end of 2-3/4 turn</li> <li>Optional exit</li> </ol>

## BM—3-TURNS — 309-Prone, Supine — 310-Flank, Flair

A—309	B—309a	B—309b	D—309		
<p>1/2 turn—Prone position—Alternate hand support</p> 	<p>1/1 or turn—Prone—Alternate hand support</p> 	<p>1-1/2 turn—Prone—Alternate hand support</p> 	<p>1-1/4 turn—Supine—Hip angle closed— &gt;90° (LiLi)</p> 		
<p><b>Prone turn 1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional entry prep</li> <li>2. Prone position</li> <li>3. Execute 1/2 turn—Prone position</li> <li>4. Use alternate hand push</li> <li>5. Optional exit</li> </ol>	<p><b>Prone turn 1/1</b></p> <ol style="list-style-type: none"> <li>1. Optional entry prep</li> <li>2. Prone position</li> <li>3. Execute 1/1 turn—Prone position</li> <li>4. Use alternate hand push</li> <li>5. Optional exit</li> </ol>	<p><b>Prone turn 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional entry prep</li> <li>2. Prone position</li> <li>3. Execute 1-1/2 turn—Prone position</li> <li>4. Use alternate hand push</li> <li>5. Optional exit</li> </ol>	<p><b>Supine turn 1-1/4</b></p> <ol style="list-style-type: none"> <li>1. Optional entry prep</li> <li>2. Supine Wolf position</li> <li>3. Execute 1-1/4 turn—Supine position</li> <li>4. Use alternate hand push</li> <li>5. Optional exit</li> </ol>		
<p><b>B—310</b></p>	<p><b>C—310</b></p>				
<p>1/1 turn—Flank circle—Legs together</p> 	<p>1-leg “flair” circle—Legs separated (Talavera)</p> 				
<p><b>Flank circle 1/1</b></p> <ol style="list-style-type: none"> <li>1. Optional entry prep</li> <li>2. Legs together</li> <li>3. Execute 1/1 Flank circle</li> <li>4. Optional exit</li> </ol>	<p><b>Talavera Flair</b></p> <ol style="list-style-type: none"> <li>1. Optional entry prep</li> <li>2. Legs Straddled</li> <li>3. Execute 1/1 Flair circle</li> <li>4. Optional exit</li> </ol>				

# BALANCE BEAM

## 4—WAVES

### Body Waves

[401—FWD Body Waves](#)








[402—BWD Body Waves](#)

[403—SWD Body Waves](#)



X	<b><u>X-SKILLS</u></b>
1	<b><u>MOUNTS</u></b>
2	<b><u>LEAPS, JUMPS, HOPS</u></b>
3	<b><u>TURNS</u></b>
4	<b><u>WAVES</u></b>
5	<b><u>HOLDS, STANDS</u></b>
6	<b><u>ROLLS</u></b>
7	<b><u>WALKOVERS, CARTWHEELS, SPRINGS</u></b>
8	<b><u>SALTOS</u></b>
9	<b><u>DISMOUNTS</u></b>

## BM—4-WAVES — 401-FWD Body Waves — 402-BWD Body Waves — 403-SWD Body Waves

<p><b>A—401</b></p> <p>Body wave—FWD—Balance stand on relevé—2-legs—2s ②</p>  <p><b>FWD Body wave 2-legs</b></p> <ol style="list-style-type: none"> <li>1. Optional entry prep</li> <li>2. Execute FWD body wave action</li> <li>3. Finish releve—2 feet</li> <li>4. Optional exit</li> </ol>	<p><b>B—401</b></p> <p>Body wave—FWD—Balance stand on relevé—1-leg—2s ②</p>  <p><b>FWD Body wave 1-leg</b></p> <ol style="list-style-type: none"> <li>1. Optional entry prep</li> <li>2. Execute FWD body wave action</li> <li>3. Finish releve—1 foot</li> <li>4. Optional exit</li> </ol>				
<p><b>A—402</b></p> <p>Body wave—BWD—Balance stand on relevé—2-legs—2s ②</p>  <p><b>SWD Body wave 2-legs</b></p> <ol style="list-style-type: none"> <li>1. Optional entry prep</li> <li>2. Execute BWD body wave action</li> <li>3. Finish releve—2 feet</li> <li>4. Optional exit</li> </ol>	<p><b>B—402a</b></p> <p>Body wave—BWD—Balance stand on relevé—1-leg—2s ② 360°</p>  <p><b>SWD Body wave 1-leg</b></p> <ol style="list-style-type: none"> <li>1. Optional entry prep</li> <li>2. Execute BWD body wave action</li> <li>3. Finish releve—1 foot</li> <li>4. Optional exit</li> </ol>	<p><b>B—402b</b></p> <p>Body wave—BWD—Kneel sit position—Rise UpWD—Thru toe-balance stand (Toe rise)—Ø hold</p>  <p><b>Toe Rise</b></p> <ol style="list-style-type: none"> <li>1. Starting on knees—Arms back</li> <li>2. Swing arms FWD quick back arm circle</li> <li>3. Push down against BM, lifting hips UpWD-FWD—reverse body wave</li> <li>4. Optional exit</li> </ol>			
<p><b>A—403</b></p> <p>Body wave—SWD—Balance stand on relevé—2-legs—2s ②</p>  <p><b>SWD Body wave 2-legs</b></p> <ol style="list-style-type: none"> <li>1. Optional entry prep</li> <li>2. Execute SWD body wave action</li> <li>3. Finish releve—2 feet</li> <li>4. Optional exit</li> </ol>	<p><b>B—403</b></p> <p>Body wave—SWD—Balance stand on relevé—1-leg—2s ②</p>  <p><b>SWD Body wave 1-leg</b></p> <ol style="list-style-type: none"> <li>1. Optional entry prep</li> <li>2. Execute SWD body wave action</li> <li>3. Finish releve—1 foot</li> <li>4. Optional exit</li> </ol>				

# BALANCE BEAM



## 5—HOLDS, STANDS

### Scales, Arabesques

[501—FWD, BWD Scales, Arabesques](#)

[502—'Y' Scale FWD, SWD](#)

### Stands

[503—Planche](#)

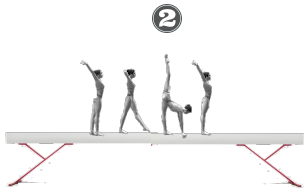
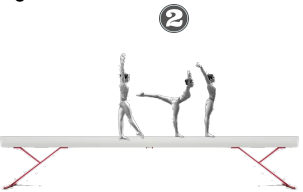
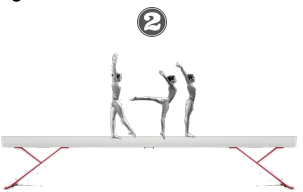
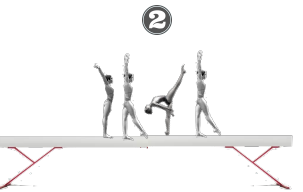
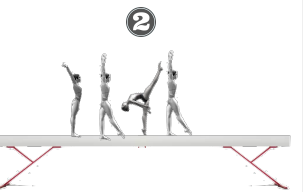
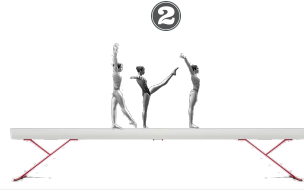
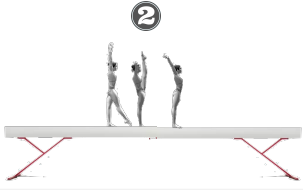
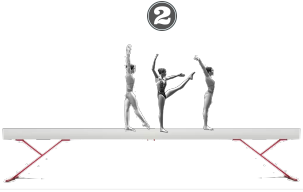
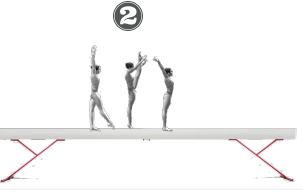
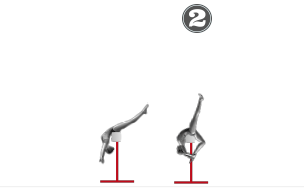
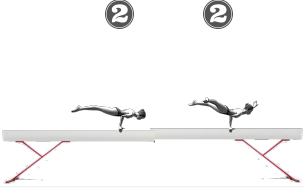
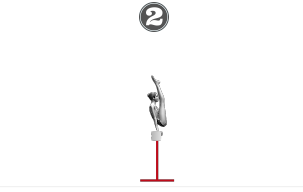
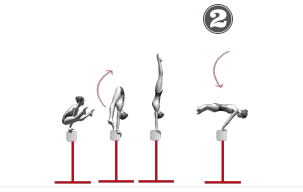
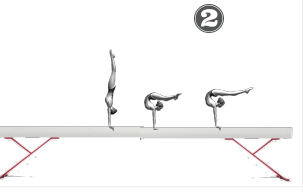
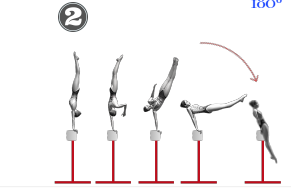
[504—Press/Swing Handstand w/wo Turns](#)

[505—Jump HS, One-Arm HS](#)



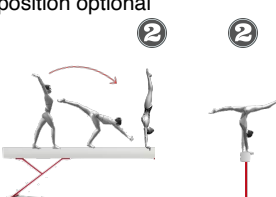
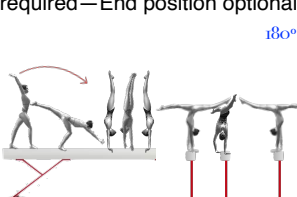
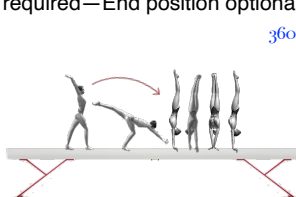
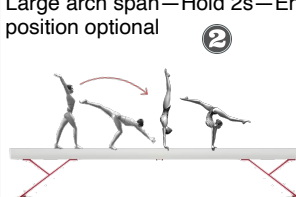
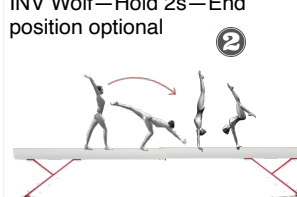
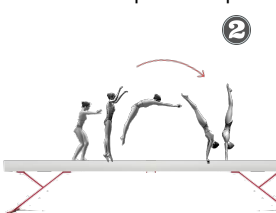
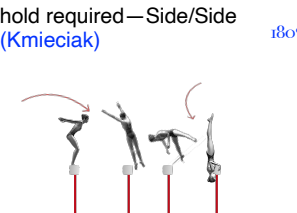
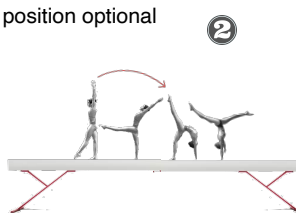
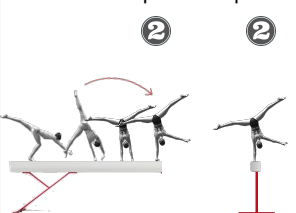
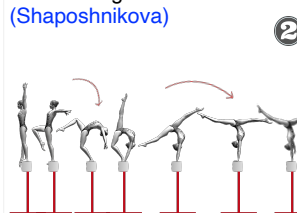
X	<b><u>X-SKILLS</u></b>
1	<b><u>MOUNTS</u></b>
2	<b><u>LEAPS, JUMPS, HOPS</u></b>
3	<b><u>TURNS</u></b>
4	<b><u>WAVES</u></b>
5	<b>HOLDS, STANDS</b>
6	<b><u>ROLLS</u></b>
7	<b><u>WALKOVERS, CARTWHEELS, SPRINGS</u></b>
8	<b><u>SALTOS</u></b>
9	<b><u>DISMOUNTS</u></b>

## BM—5-HOLDS, — 501-FWD, BWD Scales, Arabesques — 502-‘Y’ Scale — 503-Planche

<p><b>A—501a</b></p> <p>Needle Scale—180° split—Hold 2s—BM Hand support</p>  <p><b>Needle scale</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Flat foot—Needle scale</li> <li>Hand support</li> <li>Optional exit</li> </ol>	<p><b>A—501b</b></p> <p>Arabesque—Bent/Straight leg—&gt; HOR—Hold 2s—w/wo Hand leg hold—Whole foot</p>  <p><b>Arabesque</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Flat foot—Arms optional</li> <li>Execute BWD Arabesque</li> <li>Leg hold optional</li> <li>Optional exit</li> </ol>	<p><b>B—501</b></p> <p>Arabesque—Bent/Straight leg &gt; HOR—Hold 2s—W/WO Hand leg hold—Relevé</p>  <p><b>Arabesque Relevé</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Relevé—Arms optional</li> <li>Execute BWD Arabesque</li> <li>Leg hold optional</li> <li>Optional exit</li> </ol>	<p><b>C—501</b></p> <p>BWD Scale—180° split—Hold 2s—Whole foot</p>  <p><b>BWD Scale</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Flat foot—Arms optional</li> <li>Execute BWD Needle scale</li> <li>Optional exit</li> </ol>	<p><b>D—501</b></p> <p>BWD Scale—180° split—Hold 2s—Relevé</p>  <p><b>BWD Scale Relevé</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Relevé—Arms optional</li> <li>Execute BWD Needle scale</li> <li>Optional exit</li> </ol>	
<p><b>A—502a</b></p> <p>Y' Scale—SWD—Ø Hold free leg—&gt; 90°—Hold 2s—Cross or Side—Whole foot</p>  <p><b>SWD 'Y' Scale 90°</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Flat foot—Arms optional</li> <li>Execute SWD 'Y' scale</li> <li>Ø hold free leg &gt; 90°</li> <li>Optional exit</li> </ol>	<p><b>A—502a</b></p> <p>Y' Scale—FWD—Hold free leg—&gt; 90°—Hold 2s—Cross or Side—Whole foot</p>  <p><b>FWD 'Y' Scale 90°</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Flat foot—Arms optional</li> <li>Execute FWD 'Y' scale—Front split</li> <li>Hold free leg &gt; 90°</li> <li>Optional exit</li> </ol>	<p><b>B—502a</b></p> <p>Y' Scale—SWD/UpWD—Ø hold free leg—&gt; 140°—Hold 2s—Balance stand—Relevé</p>  <p><b>SWD 'Y' Scale 140°</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Flat foot—Arms optional</li> <li>Execute SWD 'Y' scale</li> <li>Ø hold free leg &gt; 140°</li> <li>Optional exit</li> </ol>	<p><b>B—502a</b></p> <p>Y' Scale—FWD/UpWD—Hold free leg—&gt; 140°—Hold 2s—Balance stand—Relevé</p>  <p><b>FWD 'Y' Scale 140°</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Flat foot—Arms optional</li> <li>Execute FWD 'Y' scale—Front split</li> <li>Hold free leg &gt; 140°</li> <li>Optional exit</li> </ol>		
<p><b>A—503a</b> <small>NON ACRO</small></p> <p>Supine Free Arch Lay—End/Side of BM—Hold 2s—Ø acro skill (legs split/Semi Wolf)</p>  <p><b>Supine free arch</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Execute Supine free arch lay</li> <li>Legs together or split</li> <li>Hold 2s</li> <li>Optional exit</li> </ol>	<p><b>A—503b</b> <small>NON ACRO</small></p> <p>Elbow Planche—Support 1-2-arms—Hold 2s—Ø Acro skill</p>  <p><b>Elbow Planche</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Execute Elbow Planche</li> <li>Legs together or straddle</li> <li>Hold 2s</li> <li>Optional exit</li> </ol>	<p><b>B—503</b> <small>NON ACRO</small></p> <p>'V' Hold—Clear pike/straddle 'V' support—Hold 2s—Ø Acro skill</p>  <p><b>'V' hold</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Execute Clear straddle 'L' or pike 'V' hold</li> <li>Hold 2s</li> <li>Optional exit</li> </ol>	<p><b>C—503a</b> <small>NON-FLIGHT ACRO</small></p> <p>Jump/Press/Swing—HS—Lower to Cross-Side planche—Hold 2s</p>  <p><b>Press HS lower to Planche</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Execute HS—lower to planche</li> <li>Legs together or straddle</li> <li>Hold 2s</li> <li>Optional exit</li> </ol>	<p><b>C—503b</b> <small>NON-FLIGHT ACRO</small></p> <p>Cross/side HS—HOR leg hold—Reverse planche—Different variations—Hold 2s</p>  <p><b>Reverse Planche</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Execute HS—lower to reverse planche</li> <li>Legs together or straddle</li> <li>Hold 2s</li> <li>Optional exit</li> </ol>	<p><b>C—503c</b> <small>NON-FLIGHT ACRO</small></p> <p>Side HS—Hold 2 sec—Release 1-hand—Swing down SWD (flank)—Diamidov (Hand-Li)<sup>180°</sup></p>  <p><b>HS Diamidov</b></p> <ol style="list-style-type: none"> <li>Optional entry prep</li> <li>Execute HS—Diamidov (1-arm falling pirouette to sit)</li> <li>Finish rear support</li> <li>Optional exit</li> </ol>



## BM—5-STANDS — 504-Press/Swing Handstand — 505-Jump HS, One-Arm HS

<p><b>A—504a</b> <small>NON-FLIGHT ACRO</small></p> <p>Kick—Cross/Side HS—2s hold —Various leg positions—End position optional</p> 	<p><b>A—504b</b> <small>NON-FLIGHT ACRO</small></p> <p>Kick—Cross/Side HS—1/2 turn —Various leg positions—∅ hold required—End position optional</p> 	<p><b>B—504a</b> <small>NON-FLIGHT ACRO</small></p> <p>Kick—Cross/Side HS—Various leg positions—1/1 turn—∅ hold required—End position optional</p> 	<p><b>B—504b</b> <small>NON-FLIGHT ACRO</small></p> <p>Kick/Swing/Press/Walkover/ Cartwheel—Cross/Side HS— Large arch span—Hold 2s—End position optional</p> 	<p><b>B—504b</b> <small>NON-FLIGHT ACRO</small></p> <p>Kick/Swing/Press/Walkover/ Cartwheel—Cross/Side HS— INV Wolf—Hold 2s—End position optional</p> 	
<p><b>HS</b></p> <ol style="list-style-type: none"> <li>Optional entry</li> <li>Execute HS</li> <li>Legs together or split—Cross or side</li> <li>Hold 2s</li> <li>Optional exit</li> </ol>	<p><b>HS 1/2</b></p> <ol style="list-style-type: none"> <li>Optional entry</li> <li>Execute HS—1/2 turn</li> <li>Legs together or split—Cross or side</li> <li>∅ Hold required</li> <li>Optional exit</li> </ol>	<p><b>HS 1/1</b></p> <ol style="list-style-type: none"> <li>Optional entry</li> <li>Execute HS—1/1 turn</li> <li>Legs together or split—Cross or side</li> <li>∅ Hold required</li> <li>Optional exit</li> </ol>	<p><b>Split Reverse Planche</b></p> <ol style="list-style-type: none"> <li>Optional entry</li> <li>Execute HS</li> <li>Execute Reverse Planche—Legs split</li> <li>Hold 2s</li> <li>Optional exit</li> </ol>	<p><b>Yogi Planche HS</b></p> <ol style="list-style-type: none"> <li>Optional entry</li> <li>Execute HS</li> <li>Execute Reverse Planche—One leg VER, similar to INV Wolf (Yogi)</li> <li>Hold 2s</li> <li>Optional exit</li> </ol>	
<p><b>A—505</b> <small>FLIGHT ACRO</small></p> <p>Jump—Flight—Cross/Side HS— Hold 2s—End position optional</p> 	<p><b>C—505a</b> <small>FLIGHT ACRO</small></p> <p>Side stand—Jump 1/2 turn in straddle—Arrive chest stand—∅ hold required—Side/Side (Kmieciak)</p> 	<p><b>C—505b</b> <small>NON-FLIGHT ACRO</small></p> <p>BWD walkover—HS 1-arm— Cross/Cross—Hold 2s—End position optional</p> 	<p><b>C—505c</b> <small>NON-FLIGHT ACRO</small></p> <p>Kick—1-arm HS—Cross/Side— Hold 2s—End position optional</p> 	<p><b>D—505</b> <small>NON-FLIGHT ACRO</small></p> <p>BWD Walkover—HS—Side/Side —Shift weight—1-arm—Hold 2s (Shaposhnikova)</p> 	
<p><b>Jump HS</b></p> <ol style="list-style-type: none"> <li>Optional entry</li> <li>Execute Jump to HS</li> <li>Legs together or split—Cross or side</li> <li>Hold 2s</li> <li>Optional exit</li> </ol>	<p><b>Jump 1/2 Chest Stand</b></p> <ol style="list-style-type: none"> <li>Optional Side entry</li> <li>Execute Jump 1/2 turn in straddle</li> <li>Arrive Chest stand</li> <li>Optional exit</li> </ol>	<p><b>BWO 1-Arm Cross HS</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute BWO to HS—1-arm</li> <li>Hold 2s</li> <li>Optional exit</li> </ol>	<p><b>Cartwheel 1-Arm Side HS</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Kick to HS—1-arm</li> <li>Hold 2s</li> <li>Optional exit</li> </ol>	<p><b>Side BWO 1-Arm HS</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute BWO to HS—1-arm</li> <li>Side/Side</li> <li>Hold 2s</li> <li>Optional exit</li> </ol>	

# BALANCE BEAM

## 6—ROLLS

[601—FWD Rolls](#)

[602—BWD Rolls](#)

[603—SWD Rolls](#)



X	<b><u>X-SKILLS</u></b>
1	<b><u>MOUNTS</u></b>
2	<b><u>LEAPS, JUMPS, HOPS</u></b>
3	<b><u>TURNS</u></b>
4	<b><u>WAVES</u></b>
5	<b><u>HOLDS, STANDS</u></b>
6	<b>ROLLS</b>
7	<b><u>WALKOVERS, CARTWHEELS, SPRINGS</u></b>
8	<b><u>SALTOS</u></b>
9	<b><u>DISMOUNTS</u></b>

# BM-6-ROLLS – 601-FWD Rolls – 602-BWD Rolls – 603-SWD Rolls

<p><b>A-601a</b> NON-FLIGHT ACRO</p> <p>FWD roll—Cross/Cross—Entry/Exit Optional</p>  <p><b>FWD Roll</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute FWD roll</li> <li>3. Optional entry—with hands support</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>A-601a</b> NON-FLIGHT ACRO</p> <p>FWD roll—Whip FWD roll—Cross/Cross—Straddle sit/Optional exit</p>  <p><b>Whip FWD Roll</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Straddle sit</li> <li>2. Execute Whip FWD roll</li> <li>3. With hands support</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>A-601a</b> NON-FLIGHT ACRO</p> <p>FWD Shoulder roll—Cross/Cross—Entry/Exit Optional</p>  <p><b>FWD Shoulder Roll</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Straddle sit</li> <li>2. Execute Whip FWD shoulder roll</li> <li>3. With hands support</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>B-601a</b> FLIGHT ACRO</p> <p>FWD Dive roll—Cross/Cross—Entry/Exit Optional—2-legs or 1-leg</p>  <p><b>FWD Dive Roll</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute Dive FWD roll</li> <li>3. With hands support</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>B-601b</b> NON-FLIGHT ACRO</p> <p>FWD Shoulder roll—Thru VER—Cross/Cross—Entry/Exit Optional</p>  <p><b>FWD VER Shoulder Roll</b></p> <ol style="list-style-type: none"> <li>1. Optional prep</li> <li>2. Execute FWD Shoulder roll—thru VER</li> <li>3. With hands support</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>B-601c</b> NON-FLIGHT ACRO</p> <p>FWD roll—Ø hands—Cross/Cross—Entry/Exit Optional</p>  <p><b>FWD Roll Ø Hands</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute FWD roll</li> <li>3. Ø hands support</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>
<p><b>B-601d</b> NON-FLIGHT ACRO</p> <p>Kick/swing—HS—FWD roll—Cross/Cross—Entry/Exit Optional—W/w/o hand support</p>  <p><b>HS FWD Roll</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute HS—FWD roll</li> <li>3. Optional entry—with hands support</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>C-601</b> NON-FLIGHT ACRO</p> <p>FWD Free shoulder roll—Extended—Tuck stand—Cross/Cross—Entry/Exit Optional—w/o hand support (Garrison)</p>  <p><b>FWD Free Shoulder roll</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute Whip—FWD Shoulder roll</li> <li>3. Ø hands support</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>A-602a</b> NON-FLIGHT ACRO</p> <p>BWD roll—Cross/Cross—Entry/Exit optional</p>  <p><b>BWD roll</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute BWD roll</li> <li>3. Optional entry—with hands support</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>A-602a</b> NON-FLIGHT ACRO</p> <p>BWD Shoulder roll—Cross/Cross—Hand support</p>  <p><b>BWD Shoulder roll</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute BWD Shoulder roll</li> <li>3. Optional entry—with hands support</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>B-602</b> NON-FLIGHT ACRO</p> <p>BWD extension roll—Cross/Cross—Entry/Exit Optional</p>  <p><b>BWD EXT roll</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute BWD EXT roll HS</li> <li>3. Optional entry—with hands support</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>C-602</b> NON-FLIGHT ACRO</p> <p>BWD Free shoulder roll—Cross/Cross—Optional entry/Straddle sit (BWD Garrison roll) (Kreifels)</p>  <p><b>BWD Free Shoulder roll</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute BWD Shoulder roll</li> <li>3. Ø hands support</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>
<p><b>B-603a</b> NON-FLIGHT ACRO</p> <p>SWD roll—Tuck/Stretch—Seat/Seat—Side/Side</p>  <p><b>SWD roll</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—SWD Tuck sit</li> <li>2. Execute SWD roll—Pike position</li> <li>3. Optional entry—with hands support</li> <li>4. Finish Cross/Side</li> <li>5. Optional exit</li> </ol>	<p><b>B-603b</b> NON-FLIGHT ACRO</p> <p>SWD Neck roll—1/2 turn—Stretch thru neck stand—Side/Side <sup>180°</sup></p>  <p><b>SWD roll thru Neck stand</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Side Rear support</li> <li>2. Execute SWD roll to Neck stand</li> <li>3. Continue side roll to rear support</li> <li>4. Optional exit</li> </ol>	<p><b>B-603b</b> NON-FLIGHT ACRO</p> <p>SWD roll—Stretch thru neck stand—1/2 turn over shoulder—Side/Side <sup>180°</sup></p>  <p><b>SWD roll Neck-Shoulder</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Side Rear support</li> <li>2. Execute SWD roll to Neck stand</li> <li>3. Continue w 1/2 turn to Chest stand</li> <li>4. Optional exit</li> </ol>	<p><b>B-603c</b> NON-FLIGHT ACRO</p> <p>SWD roll—1/1—Stretch—Legs together/separated—Side/Side—End position optional <sup>360°</sup></p>  <p><b>SWD roll Stretch</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Side BWD Lay</li> <li>2. Execute SWD roll</li> <li>3. Ø hands support</li> <li>4. Finish side lay</li> <li>5. Optional exit</li> </ol>	<p><b>C-603a</b> NON-FLIGHT ACRO</p> <p>SWD Neck roll—1/1 turn—Stretch thru neck stand—Side/Side <sup>360°</sup></p>  <p><b>SWD Neck roll 1/1</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Side Rear support</li> <li>2. Execute SWD roll to Neck stand</li> <li>3. Execute Neck stand to Chest stand</li> <li>4. Execute Chest stand to Neck stand</li> <li>5. Optional exit</li> </ol>	<p><b>C-603b</b> NON-FLIGHT ACRO</p> <p>SWD Neck roll—1-1/2 turn—Stretch thru neck stand—Side/Side <sup>540°</sup></p>  <p><b>SWD Neck roll 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Side Rear support</li> <li>2. Execute SWD roll to Neck stand</li> <li>3. Execute Neck to Chest stand</li> <li>4. Execute Chest to Neck stand</li> <li>5. Execute Neck to Chest stand</li> <li>6. Optional exit</li> </ol>

# BALANCE BEAM



## 7—WALKOVERS, CARTWHEELS, SPRINGS

### Walkovers, Cartwheels, RO

[701—FWD Walkovers, Tlc-Toc](#)

[702—Cartwheels, RO](#)

[703—BWD Walkovers](#)

[704—Valdez](#)

### Springs

[705—FWD Handspring Step out](#)

[706—FWD Handspring 2-feet](#)

[707—BWD Handspring Step out](#)

[708—BWD Handspring 2-feet](#)

[709—BWD Handspring Sideways](#)

[710—BWD Handspring Swing Down](#)

[711—BWD Gainer Handspring](#)

### Aerials

[712—FWD Aerial](#)

[713—FWD Gainer Aerial](#)







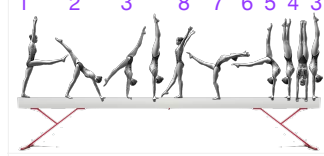





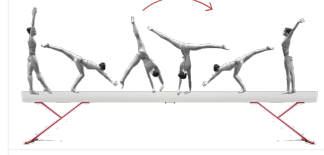
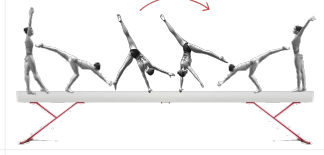
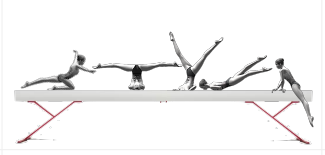



[714—Aerial RO](#)

[715—SWD Aerial](#)



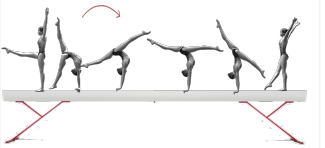






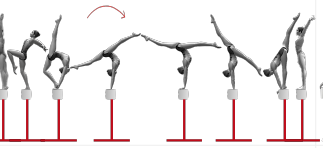




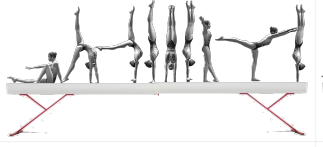


[716—SWD Gainer Aerial, Butterfly](#)

X	<b><u>X-SKILLS</u></b>
1	<b><u>MOUNTS</u></b>
2	<b><u>LEAPS, JUMPS, HOPS</u></b>
3	<b><u>TURNS</u></b>
4	<b><u>WAVES</u></b>
5	<b><u>HOLDS, STANDS</u></b>
6	<b><u>ROLLS</u></b>
7	<b><u>WALKOVERS, CARTWHEELS, SPRINGS</u></b>
8	<b><u>SALTOS</u></b>
9	<b><u>DISMOUNTS</u></b>

# BM-7-FWD WALKOVER, CARTWHEEL, RO - 701-FWD Walkovers, Tic-Toc - 702-Cartwheel, RO















<p><b>A-701a</b> NON-FLIGHT ACRO</p> <p>FWD walkover—Bridge 1/1 turn—To sit—Cross/Cross—1-leg—1-hand/foot support <span style="float: right;">360°</span></p>  <p><b>FWO 1-foot spin to sit</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute 3/4 FWD Walkover—touch toe—1/1 turn on 1-foot</li> <li>Finish Valdez sit</li> <li>Optional exit</li> </ol>	<p><b>A-701b</b> NON-FLIGHT ACRO</p> <p>Tic Toc—Cross/Cross—1-leg/1-leg</p>  <p><b>Tic-Toc</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute 3/4 FWD Walkover—Touch toe</li> <li>Execute BWD Walkover</li> <li>Finish Cross stand</li> <li>Optional exit</li> </ol>	<p><b>B-701a</b> NON-FLIGHT ACRO</p> <p>Swing/Press HS—Walkover FWD—Cross/Cross—Straddle 'L'/1-leg</p>  <p><b>Press HS FWO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Press HS</li> <li>Execute FWD Walkover out</li> <li>Finish Cross stand</li> <li>Optional exit</li> </ol>	<p><b>B-701b</b> NON-FLIGHT ACRO</p> <p>FWD walkover—Cross/Cross—1-leg/1-leg</p>  <p><b>FWO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute FWD Walkover</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>B-701c</b> NON-FLIGHT ACRO</p> <p>FWD walkover—1-arm—Cross/Cross—1-leg/1-leg</p>  <p><b>FWO 1-arm</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute FWD Walkover—1-arm</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>B-701d</b> NON-FLIGHT ACRO</p> <p>FWD walkover—Alternate hands—Cross/Cross—1-leg/1-leg (Tinsica)</p>  <p><b>FWD Tinsica</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute FWD Walkover—Tinsica</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>
<p><b>B-701e</b> NON-FLIGHT ACRO</p> <p>FWD walkover—1/2 turn in HS—FWD walkover—Cross/Cross—1-leg/Optional <span style="float: right;">180°</span></p>  <p><b>FWO 1/2 FWO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Kick HS—1/2 turn</li> <li>Execute FWD walkover out</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>B-701f</b> NON-FLIGHT ACRO</p> <p>FWD walkover—1/2 turn—FWD roll—Cross/Cross—1-leg/Optional <span style="float: right;">180°</span></p>  <p><b>FWO FWD Roll</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Kick HS—1/2 turn</li> <li>Execute FWD roll</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>C-701a</b> NON-FLIGHT ACRO</p> <p>FWD walkover—Side/Side—1-leg/1-leg</p>  <p><b>FWO Side</b></p> <ol style="list-style-type: none"> <li>Optional prep—Side</li> <li>Execute FWD Walkover</li> <li>Finish Side</li> <li>Optional exit</li> </ol>	<p><b>C-701b</b> NON-FLIGHT ACRO</p> <p>Swing/Press HS—1/1 - 2/1 turn in HS—Walkover FWD—Cross/Cross—'L'/1-leg</p>  <p><b>Press HS 1/1-2/1 Turn, FWO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Press HS—1/1-2/1 turn</li> <li>Execute FWD walkover out</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>C-701c</b> NON-FLIGHT ACRO</p> <p>FWD walkover—1/1 - 2/1 turn in HS—Cross/Cross—1-leg/1-leg <span style="float: right;">360°</span></p>  <p><b>FWO 1/1-2/1 HS Turn</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Kick HS—1/1-2/1 turn</li> <li>Execute FWD walkover out</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>D-701</b> NON-FLIGHT ACRO</p> <p>Press side HS—FWD walkover—Hands/1-legs</p>  <p><b>Press FWO Side</b></p> <ol style="list-style-type: none"> <li>Optional prep—Side</li> <li>Execute Press HS</li> <li>Execute FWD Walkover</li> <li>Finish Side</li> <li>Optional exit</li> </ol>
<p><b>A-702a</b> NON-FLIGHT ACRO</p> <p>Cartwheel—Cross/Cross—1-leg/1-leg</p>  <p><b>Cartwheel</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Cartwheel</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>A-702b</b> NON-FLIGHT ACRO</p> <p>Cartwheel—1-arm—Cross/Cross—1-leg/1-leg</p>  <p><b>Cartwheel 1-arm</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Cartwheel—1-arm</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>A-702c</b> NON-FLIGHT ACRO</p> <p>Cartwheel—Chest wheel—Cross/Cross—1-knee/sit</p>  <p><b>Chest Cartwheel</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Chest Cartwheel</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>B-702a</b> FLIGHT ACRO</p> <p>Dive Cartwheel—Flight foot to hands OR Hands to foot—Cross/Cross—1-leg/1-leg</p>  <p><b>Dive Cartwheel</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Dive Cartwheel w/flight</li> <li>Finish Cross</li> <li>Optional exit</li> <li>MUST show flight from foot to hands or hands to feet</li> </ol>	<p><b>B-702b</b> FLIGHT ACRO</p> <p>Round off—Flight off hands—Cross/Cross—1-leg/2-legs</p>  <p><b>RO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Round Off w/flight</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>C-702</b> NON-FLIGHT ACRO</p> <p>FWD cartwheel—1/1 turn to 2/1 turn in HS—1-leg/Hands <span style="float: right;">360°</span></p>  <p><b>Cartwheel 1/1-2/1 Turn</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Cartwheel—1/1 turn</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>

# BM-7-BWD WALKOVER – 703-BWD Walkovers – 704-BWD Valdez











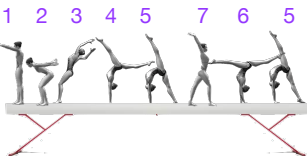
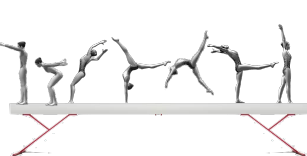

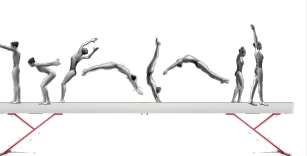





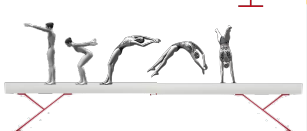



<p><b>A-703a</b> NON-FLIGHT ACRO</p> <p>Supine—Push up bridge—Kick over—Cross/Cross—Support Head/hands/1-leg</p> 	<p><b>A-703b</b> NON-FLIGHT ACRO</p> <p>BWD walkover—Bridge 1/1 turn 1-foot—1-hand support—Cross/Cross—1-leg/Sit 360°</p> 	<p><b>A-703c</b> NON-FLIGHT ACRO</p> <p>BWD walkover—Cross/Cross—1-leg/1-leg</p> 	<p><b>A-703d</b> NON-FLIGHT ACRO</p> <p>BWD walkover—1-arm—Cross/Cross—1-leg/1-leg</p> 	<p><b>A-703e</b> NON-FLIGHT ACRO</p> <p>BWD walkover—Alternate hands—Cross/Cross—1-leg/1-leg (Tinsica)</p> 	<p><b>A-703f</b> NON-FLIGHT ACRO</p> <p>BWD walkover—1/2 turn in HS—Cross/Cross—1-leg/1-leg 180°</p> <p>1 2 3 4 8 7 6 5 4</p> 
<p><b>Bridge BWD Kickover</b></p> <ol style="list-style-type: none"> <li>1. From supine lay—Cross</li> <li>2. Bridge up—kick over</li> <li>3. Finish Cross</li> <li>4. Optional exit</li> </ol>	<p><b>BWO Bridge 1/1 to Sit</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross stand</li> <li>2. Execute BWO—Touch 1-foot</li> <li>3. Spin turn on 1-foot—arrive Valdez sit</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>BWO</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross stand</li> <li>2. Execute BWO</li> <li>3. Show maximum split</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>BWO 1-arm</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross stand</li> <li>2. Execute BWO—1-arm</li> <li>3. Show maximum split</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>BWD Tinsica</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross stand</li> <li>2. Execute BWO—Tinsica</li> <li>3. Show maximum split</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>BWO 1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross stand</li> <li>2. Execute BWO—1/2 turn</li> <li>3. Show maximum split</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>
<p><b>B-703a</b> NON-FLIGHT ACRO</p> <p>BWD walkover—Cross/Cross—1-leg/Clear straddle 'L'</p> 	<p><b>B-703b</b> NON-FLIGHT ACRO</p> <p>BWD walkover—1/2 turn—Walkover FWD—Cross/Cross—1-leg/1-leg 180°</p> 	<p><b>B-703c</b> NON-FLIGHT ACRO</p> <p>BWD walkover—1/2 turn—FWD roll—Cross/Cross—1-leg/Optional 180°</p> 	<p><b>C-703a</b> NON-FLIGHT ACRO</p> <p>BWD walkover—Side/Side—1-leg/1-leg</p> 	<p><b>C-703b</b> NON-FLIGHT ACRO</p> <p>BWD walkover—Cross Split—Cross/Cross—1-leg/Front Split</p> 	<p><b>C-703c</b> NON-FLIGHT ACRO</p> <p>BWD walkover—1/2 turn + 1/2 turn—Cross/Cross—EXT tuck sit/1-leg (Diamidov) 180° 180°</p> 
<p><b>BWO Straddle 'L'</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross stand</li> <li>2. Execute BWO—HS</li> <li>3. Press down to clear straddle 'L'</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>BWO 1/2 FWO</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross stand</li> <li>2. Execute BWO—HS—1/2 turn</li> <li>3. Execute Walkover out</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>BWO 1/2 FWD Roll</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross stand</li> <li>2. Execute BWO—HS—1/2 turn</li> <li>3. Execute FWD roll</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<p><b>BWO Side</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Side stand</li> <li>2. Execute BWO</li> <li>3. Finish Side</li> <li>4. Optional exit</li> </ol>	<p><b>BWO to Split</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross stand</li> <li>2. Execute BWO—HS</li> <li>3. Finish Cross split sit</li> <li>4. Optional exit</li> </ol>	<p><b>BWO Diamidov</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross Valdez sit</li> <li>2. Execute BWO—HS—1/2 +1/2 turn</li> <li>3. Finish Cross</li> <li>4. Optional exit</li> </ol>
<p><b>C-703d</b> NON-FLIGHT ACRO</p> <p>BWD walkovers—1/1 - 2/1 turn—Cross/Cross—1-leg/HS 360°</p> 		<p><b>B-704a</b> NON-FLIGHT ACRO</p> <p>Valdez—BWO—Cross/Cross—EXT tuck sit/1-leg</p> 	<p><b>B-704b</b> NON-FLIGHT ACRO</p> <p>Valdez—BWO—1/2 turn in HS—Cross/Cross—EXT tuck sit/1-leg 180°</p> 	<p><b>B-704c</b> NON-FLIGHT ACRO</p> <p>Valdez—BWO—1-arm—Cross/Cross—EXT tuck sit/1-leg</p> 	<p><b>C-704</b> NON-FLIGHT ACRO</p> <p>Valdez—Swing thru HOR plane—1-arm—EXT tuck sit/1-leg—Thru HOR plane (Garrison)</p> 
<p><b>BWO 1/1-2/1 HS Turn</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross stand</li> <li>2. Execute BWO—HS—1/1 turn</li> <li>3. Finish Cross</li> <li>4. Optional exit</li> </ol>		<p><b>Valdez</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross sit</li> <li>2. Execute Valdez</li> <li>3. Finish Cross</li> <li>4. Optional exit</li> </ol>	<p><b>Valdez 1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross sit</li> <li>2. Execute Valdez 1/2 turn in HS</li> <li>3. Finish Cross</li> <li>4. Optional exit</li> </ol>	<p><b>Valdez 1-arm</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross sit</li> <li>2. Execute Valdez—1-arm</li> <li>3. Finish Cross</li> <li>4. Optional exit</li> </ol>	<p><b>Garrison</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross Tuck sit</li> <li>2. Execute HOR Valdez</li> <li>3. Finish Side</li> <li>4. Optional exit</li> </ol>




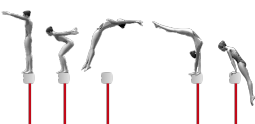





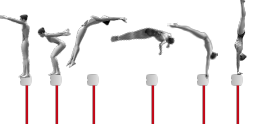















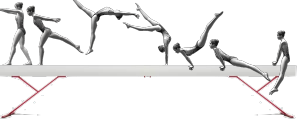

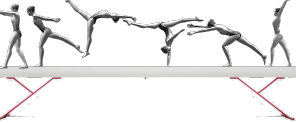






## BM—7-FWD WALKOVER, SPRING — 705-FWD Handspring SO — 706-FWD Handspring 2-feet

B—705a	B—705b	B—705c	C—705a	C—705b		
<small>FLIGHT ACRO</small> 	<small>FLIGHT ACRO</small> 	<small>FLIGHT ACRO</small> 	<small>FLIGHT ACRO</small> 	<small>FLIGHT ACRO</small> 		
FHS—Step out—Flight after—Cross/Cross/1-leg/1-leg	FHS—Step out—Flight before—Cross/Cross/2-legs/1-leg	FHS—Step out—Flight before/after—Alternate hands—Cross/Cross—1-leg/1-leg ( <i>Tinsica spring</i> )	FHS—Step out switch—In flight—Cross/Cross—1-leg/1-leg	FHS—Step out—1-arm—Cross/Cross—1-leg/1-leg		
						
<b>FHS SO</b>	<b>Flyspring SO</b>	<b>Tinsica Spring</b>	<b>FHS Step out Switch</b>	<b>FHS Step out 1-arm</b>		
<ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute FHS—Flight after</li> <li>3. Finish Cross</li> <li>4. Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute FHS—Flight before</li> <li>3. Jump feet together—Step out</li> <li>4. Finish Cross</li> <li>5. Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute FHS Step out—Flight before/after</li> <li>3. Finish Cross</li> <li>4. Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute FHS Step out—Switch</li> <li>3. Finish Cross</li> <li>4. Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute FHS Step out—1-arm</li> <li>3. Finish Cross</li> <li>4. Optional exit</li> </ol>		
B—706a	B—706b					
<small>FLIGHT ACRO</small> 	<small>FLIGHT ACRO</small> 					
FHS—Together—Flight after—Cross/Cross/1-leg/2-legs	FHS—Together—Flight before & after—Cross/Cross/2-legs/2-legs					
						
<b>FHS to 2-feet</b>	<b>Flyspring</b>					
<ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute FHS—To 2-feet</li> <li>3. Finish Cross</li> <li>4. Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute Flyspring</li> <li>3. Finish Cross</li> <li>4. Optional exit</li> </ol>					















## BM—7-BWD SPRINGS — 707-BHS Step outs — 708-BHS 2-feet

<p><b>B—707</b> <small>FLIGHT ACRO</small> </p> <p>BHS—Step out—Cross/Cross—2-legs/1-leg</p>  <p><b>BHS SO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS Step out</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>C—707a</b> <small>FLIGHT ACRO</small> </p> <p>BHS—Step out—1-arm—Cross/Cross—1-leg/1-leg</p>  <p><b>BHS SO 1-arm</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS Step out—1-arm</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>C—707b</b> <small>FLIGHT ACRO</small> </p> <p>BHS—Step out—1/2 turn—Cross/Cross—1-leg/1-leg</p> <p>180°</p>  <p><b>BHS SO 1/2</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS Step out—1/2 twist</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>E—707a</b> <small>FLIGHT ACRO</small> </p> <p>BHS—3/4-1/1 twist—Side HS—Optional exit (<i>Kolesnikova</i>)</p> <p>90° + 270°</p>  <p><b>BHS SO 3/4 HS</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS—1/4 + 3/4 turn</li> <li>Step out</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>E—707b</b> <small>FLIGHT ACRO</small> </p> <p>BHS—Step out—1/2 twist—FWD walkover—Cross/Cross—1-leg/1-leg (<i>Onodi</i>)</p> <p>180°</p>  <p><b>Onodi</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS Step out—1/2 twist</li> <li>FWD Walkover out</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>E—707b</b> <small>FLIGHT ACRO</small> </p> <p>BHS—Step out—1/2 twist—1-arm FWD walkover—Cross/Cross—1-leg/1-leg (<i>Onodi</i>)</p> <p>180°</p>  <p><b>Onodi 1-arm</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS Step out—1/2 turn—1-arm</li> <li>FWD Walkover out—1-arm</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>
<p><b>E—707c</b> <small>FLIGHT ACRO</small> </p> <p>BHS—Step out—1/2 twist—Tic-Toc—Cross/Cross—1-leg/1-leg (<i>Onodi</i>)</p> <p>180°</p> <p>1 2 3 4 5 7 6 5</p>  <p><b>Onodi Tic-Toc</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS Step out—1/2 turn</li> <li>Execute Tic-Toc</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>E—707d</b> <small>FLIGHT ACRO</small> </p> <p>BHS—Step out—1/2 twist—Spring—Cross/Cross—1-leg/2-legs (<i>Onodi</i>)</p> <p>180°</p>  <p><b>Onodi Spring</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS Step out—1/2 turn</li> <li>FWD Spring out</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>E—707e</b> <small>FLIGHT ACRO</small> </p> <p>BHS—2-feet—1/2 twist—Spring—Cross/Cross—2-legs/2-legs (<i>Worley</i>)</p> <p>180°</p>  <p><b>Worley Spring</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS 2-feet—1/2 turn</li> <li>Spring out 2-feet</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>			
<p><b>B—708</b> <small>FLIGHT ACRO</small> </p> <p>BHS—2-feet—Cross/Cross—2-legs/2-legs</p>  <p><b>BHS 2-feet</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS 2-feet</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>C—708a</b> <small>FLIGHT ACRO</small> </p> <p>BHS—2-feet—1-arm—Cross/Cross—2-legs/2-legs</p>  <p><b>BHS 2-feet 1-arm</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS 2-feet—1-arm</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>C—708b</b> <small>FLIGHT ACRO</small> </p> <p>BHS—2-feet—1/4 twist—Side HS Ø hold—Cross/Side HS—2-legs/2-legs</p> <p>90°</p>  <p><b>BHS 2-feet 1/4 Side HS</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS 2-feet—1/4 turn HS</li> <li>Finish Side HS</li> <li>Optional exit</li> </ol>	<p><b>E—708a</b> <small>FLIGHT ACRO</small> </p> <p>BHS—2-feet—3/4 twist—Side HS Ø hold—Cross/Side—2-legs/Side HS (<i>Omelianchik</i>)</p> <p>270°</p>  <p><b>BHS 2-feet 3/4 Side HS</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS 2-feet—3/4 turn HS</li> <li>Finish Side HS</li> <li>Optional exit</li> </ol>	<p><b>E—708b</b> <small>FLIGHT ACRO</small> </p> <p>BHS—1/4 + 1/1—Side HS—Cross/Side—2-legs/Front support also optional end position (<i>Fortunato</i>)</p> <p>90° + 360°</p>  <p><b>BHS 1/4 + 1/1 Side HS</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS 2-feet—1/4 + 1/1 turn HS</li> <li>Finish Side HS</li> <li>Optional exit</li> </ol>	

## BM—7-BWD SPRINGS — 709-BHS Side — 710-BHS Swing Down — 711-Gainer BHS

<p><b>C—709a</b> <small>FLIGHT ACRO</small> </p> <p>BHS—Together—Side/Side—2-legs/Front Support</p> 	<p><b>C—709b</b> <small>FLIGHT ACRO</small> </p> <p>BHS—Together—Side/Side—2-legs/BWD Hip Circle</p> 	<p><b>D—709</b> <small>FLIGHT ACRO</small> </p> <p>BHS—Step-out—Side/Side—1-leg/1-leg (<i>Tousek</i>)</p> 	<p><b>E—709a</b> <small>FLIGHT ACRO</small> </p> <p>BHS—1/2 twist—HS—Side/Side—2-legs/HS (<i>Kolesnikova</i>) 180°</p> 	<p><b>E—709b</b> <small>FLIGHT ACRO</small> </p> <p>BHS—1/1 twist—HS—Side/Side—2-legs/BWD Hip circle (<i>Teza</i>) 360°</p> 	
<p><b>BHS Side 2-feet</b></p> <ol style="list-style-type: none"> <li>Optional prep—Side</li> <li>Execute BHS 2-feet—HS</li> <li>Finish Side Front support</li> <li>Optional exit</li> </ol>	<p><b>BHS Side BWD Hip Circle</b></p> <ol style="list-style-type: none"> <li>Optional prep—Side</li> <li>Execute BHS 2-feet—HS</li> <li>Execute BWD hip circle</li> <li>Finish Side Front support</li> <li>Optional exit</li> </ol>	<p><b>BHS Side SO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Side</li> <li>Execute BHS Step out—HS</li> <li>Finish Side stand</li> <li>Optional exit</li> </ol>	<p><b>BHS 1/2 Side HS</b></p> <ol style="list-style-type: none"> <li>Optional prep—Side</li> <li>Execute BHS 2-feet—1/2 twist</li> <li>Finish HS</li> <li>Optional exit</li> </ol>	<p><b>BHS 1/1 Side BWD Hip Circle</b></p> <ol style="list-style-type: none"> <li>Optional prep—Side</li> <li>Execute BHS 2-feet—1/1 twist</li> <li>Execute BWD hip circle</li> <li>Finish Side Front support</li> <li>Optional exit</li> </ol>	
<p><b>B—710a</b> <small>FLIGHT ACRO</small> </p> <p>BHS—High flight swing down—Cross-Cross—2-legs/Cross Straddle sit (<i>Korbut</i>)</p> 	<p><b>C—710a</b> <small>FLIGHT ACRO</small> </p> <p>BHS—Tuck/stretch hips in flight swing down—Cross/Cross—2-legs/Cross Straddle sit (<i>Chen Flic</i>)</p> 	<p><b>C—710b</b> <small>FLIGHT ACRO</small> </p> <p>BHS—Pike/stretch hips in flight swing down—Cross/Cross—2-legs/Cross Straddle sit (<i>Rueda</i>)</p> 	<p><b>E—710a</b> <small>FLIGHT ACRO</small> </p> <p>BHS—2-feet—3/4 twist—Side HS Ø hold—Cross/Side—2-legs/Side HS 270°</p> 	<p><b>E—710b</b> <small>FLIGHT ACRO</small> </p> <p>BHS—1/1 twist—swing down—Cross/Cross—2-legs/Cross Straddle sit (<i>Rulfova-flic</i>) 360°</p> 	
<p><b>BHS Swing Down</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS 2-feet—Swing down</li> <li>Finish Cross Straddle support</li> <li>Optional exit</li> </ol>	<p><b>BHS Tuck-Open Swing Down</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS Tuck-open—Swing down</li> <li>Finish Cross Straddle support</li> <li>Optional exit</li> </ol>	<p><b>BHS Pike-Open Swing Down</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS Pike-open—Swing down</li> <li>Finish Cross Straddle support</li> <li>Optional exit</li> </ol>	<p><b>Gainer BHS 2-feet 3/4 Side HS</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS 2-feet—3/4 turn HS</li> <li>Finish Side HS</li> <li>Optional exit</li> </ol>	<p><b>BHS 1/1 Swing Down</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS 2-feet—1/1 turn—Swing down</li> <li>Finish Cross Straddle support</li> <li>Optional exit</li> </ol>	
<p><b>B—711a</b> <small>FLIGHT ACRO</small> </p> <p>Gainer BHS—Cross/Cross—1-leg/1-leg</p> 	<p><b>B—711b</b> <small>FLIGHT ACRO</small> </p> <p>Gainer BHS—High flight swing down—Cross/Cross—1-leg/Cross Straddle sit (<i>Korbut</i>)</p> 	<p><b>C—711a</b> <small>FLIGHT ACRO</small> </p> <p>Gainer BHS—1-arm—Cross/Cross—1-leg/1-leg</p> 	<p><b>C—711b</b> <small>FLIGHT ACRO</small> </p> <p>Gainer BHS—2-feet—1/4 twist—Side HS Ø hold—Cross/Side HS—2-legs/2-legs 90°</p> 	<p><b>C—711c</b> <small>FLIGHT ACRO</small> </p> <p>Gainer BHS—Pike/stretch in flight swing down—Cross/Cross—1-leg/Cross Straddle sit</p> 	<p><b>E—711</b> <small>FLIGHT ACRO</small> </p> <p>Gainer BHS—1/1 twist before hand support—Cross/Cross—1-leg/1-leg (<i>Khorkina</i>) 360°</p> 
<p><b>Gainer BHS</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer BHS</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>Gainer BHS Swing Down</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer BHS—Swing down</li> <li>Finish Cross Straddle support</li> <li>Optional exit</li> </ol>	<p><b>Gainer BHS 1-arm</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer BHS—1-arm</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>Gainer BHS 2-feet 1/4 Side HS</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BHS 2-feet—1/4 turn HS</li> <li>Finish Side HS</li> <li>Optional exit</li> </ol>	<p><b>Gainer BHS Pike-Open Swing</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer BHS Pike-open—Swing down</li> <li>Finish Cross Straddle support</li> <li>Optional exit</li> </ol>	<p><b>Khorkina</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer BHS—1/1 twist</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>

**BM—7-AERIALS: — 712-FWD Aerial — 713-FWD Gainer Aerial — 714-Aerial RO**

<p><b>D—712</b> AERIAL </p> <p>FWD Aerial—Cross/Cross—1-leg/1-leg</p> 	<p><b>E—712a</b> AERIAL </p> <p>FWD Aerial—Cross/Cross—1-leg/Scale 2s ≥ HOR</p> <p>②</p> 	<p><b>E—712b</b> AERIAL </p> <p>FWD Aerial—Cross/Cross—1-leg/2-legs (Davidson)</p> 						
<p><b>FWD Aerial</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute FWD Aerial</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>FWD Aerial to Scale</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute FWD Aerial—Swing to Scale</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>FWD Aerial 2-feet</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute FWD Aerial—Land 2-feet</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>						
<p><b>D—713a</b> AERIAL </p> <p>Gainer FWD Aerial—Cross/Cross—1-leg/1-leg (George)</p> 	<p><b>D—713b</b> AERIAL </p> <p>Gainer FWD Aerial—Cross/Cross—1-leg/Sit/kneel (Stevens)</p> 							
<p><b>Gainer FWD Aerial</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer FWD Aerial</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>Gainer FWD Aerial to Sit</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute FWD Aerial</li> <li>Finish Cross sit</li> <li>Optional exit</li> </ol>							
<p><b>E—714a</b> AERIAL </p> <p>Aerial RO—Cross/Cross—1-leg/2-legs</p> <p>180°</p> 	<p><b>E—714b</b> AERIAL </p> <p>Gainer Aerial RO—Cross/Cross—1-leg/2-legs (Burgess)</p> <p>180°</p> 							
<p><b>Aerial RO (Brani)</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Aerial RO</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>Gainer Aerial RO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer Aerial RO</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>							

## BM—7-AERIALS: — 715-SWD Aerial — 716 SWD Gainer Aerial, Butterfly

<p><b>D—715a</b> AERIAL </p> <p>SWD Aerial—Cross/Cross—1-leg/1-leg <span style="float: right;">180°</span></p>  <p><b>SWD Aerial</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute SWD Aerial</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>D—715a</b> AERIAL </p> <p>SWD Aerial—1/4 turn out—Cross/Cross—1-leg/1-leg (Perry) <span style="float: right;">180° 180°</span></p>  <p><b>SWD Aerial 1/4</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute SWD Aerial—1/4 turn out</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>D—715a</b> AERIAL </p> <p>SWD Aerial—1/4 turn out—Cross/Cross—Kneeling/1-leg <span style="float: right;">90°</span></p>  <p><b>SWD Aerial from Knee</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross kneel</li> <li>Execute SWD Aerial—From knee</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>D—715a</b> AERIAL </p> <p>SWD Aerial—1/4 turn out—Cross/Cross—Kneeling/1-leg (Clore) <span style="float: right;">180°</span></p>  <p><b>SWD Aerial 1/4 from Knee</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross kneel</li> <li>Execute SWD Aerial—From knee</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>D—715a</b> AERIAL </p> <p>SWD Aerial—Cross/Cross—1-leg/1-leg swing to front scale—Hand held &gt; 140° (Marinez) <span style="float: right;">180°</span></p>  <p><b>SWD Aerial to Front Scale</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute SWD Aerial—Swing to front scale</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>D—715b</b> AERIAL </p> <p>SWD Aerial—Side/Side—1-leg/1-leg (Pelaez) <span style="float: right;">180°</span></p>  <p><b>SWD Aerial Side</b></p> <ol style="list-style-type: none"> <li>Optional prep—Side</li> <li>Execute SWD Aerial</li> <li>Finish Side</li> <li>Optional exit</li> </ol>
<p><b>E—715a</b> AERIAL </p> <p>SWD Aerial Switch—Cross/Cross—1-leg/Same 1-leg (Baudhuin) <span style="float: right;">180°</span></p>  <p><b>SWD Aerial Switch</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute SWD Aerial—Switch leg</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>E—715b</b> AERIAL </p> <p>SWD Aerial—Scale—Cross/Cross—1-leg/1-leg scale min HOR—Hold 2s (Peko) <span style="float: right;">180°</span></p>  <p><b>SWD Aerial to Back Scale</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute SWD Aerial—Land BWD scale</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>				
<p><b>D—716</b> AERIAL </p> <p>Gainer SWD Aerial—Cross/Cross—1-leg/1-leg <span style="float: right;">180°</span></p>  <p><b>Gainer SWD Aerial</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer SWD Aerial</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>E—716</b> AERIAL </p> <p>Butterfly—Cross/Cross—1-leg/1-leg <span style="float: right;">180°</span></p>  <p><b>Butterfly</b></p> <ol style="list-style-type: none"> <li>Optional prep—Side</li> <li>Execute Butterfly</li> <li>Finish Side</li> <li>Optional exit</li> </ol>				

# BALANCE BEAM



## 8—SALTOS

### FWD Saltos

[801—FWD Saltos from Whip or 1-leg](#)

[802—FWD Saltos Tuck](#)

[803—FWD Saltos Pike](#)

### SWD Saltos

[804—SWD Saltos](#)

[805—SWD Gainer Saltos](#)

[806—ARB Saltos](#)

### BWD Saltos

[807—BWD Saltos Tuck](#)

[808—BWD Saltos Pike](#)

[809—BWD Gainer Saltos](#)

[810—FWD Jump-BWD Salto](#)













[811—BWD Saltos LO](#)










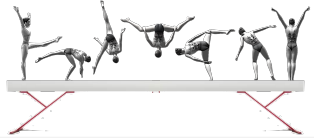


X	<b><u>X-SKILLS</u></b>
1	<b><u>MOUNTS</u></b>
2	<b><u>LEAPS, JUMPS, HOPS</u></b>
3	<b><u>TURNS</u></b>
4	<b><u>WAVES</u></b>
5	<b><u>HOLDS, STANDS</u></b>
6	<b><u>ROLLS</u></b>
7	<b><u>WALKOVERS, CARTWHEELS, SPRINGS</u></b>
8	<b>SALTOS</b>
9	<b><u>DISMOUNTS</u></b>






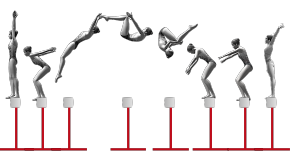



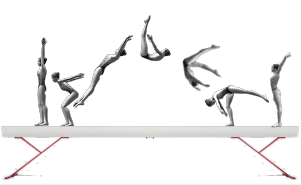




**BM—8-SALTOS — 801-FWD Saltos Whip OR 1-leg — 802-FWD Saltos Tuck — 803-FWD Saltos Pike**

C—801 SALTO	D—801a SALTO	D—801b SALTO	D—801c SALTO	E—801 SALTO	
<p>Straddle Cast—Whip FWD Straddle salto—Cross/Cross—Straddle sit/Straddle sit (Kivistö)</p> 	<p>One leg or Gainer FWD salto—Tuck—Cross/Cross—1-leg/2-legs (Rowe)</p> 	<p>One leg or Gainer FWD salto—Tuck—Cross/Cross—1-knee/1-foot simultaneous (Hawthorne)</p> 	<p>One leg or Gainer FWD salto—Tuck—Cross/Cross—1-leg/EXT tuck sit—W/w/o hand support (Puolin/Portocarrero)</p> 	<p>Gainer FWD salto—Tuck—Cross/Cross—1-leg/Scale ≥ HOR 2s</p> 	
<p><b>Straddle Whip FWD</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross Straddle sit</li> <li>Execute Straddle Whip—FWD roll</li> <li>Finish Cross Straddle sit</li> <li>Optional exit</li> </ol>	<p><b>Gainer FWD Tuck</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer FWD Salto—Tuck</li> <li>Finish Cross 2-legs</li> <li>Optional exit</li> </ol>	<p><b>Gainer FWD Tuck Sit</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer FWD Salto—Tuck</li> <li>Finish Cross 1-foot/1-knee stand</li> <li>Optional exit</li> </ol>	<p><b>Gainer FWD Tuck Sit</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer FWD Salto—Tuck</li> <li>Finish Cross Valdez sit</li> <li>Optional exit</li> </ol>	<p><b>Gainer FWD Tuck to Scale</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer FWD Salto—Tuck</li> <li>Execute ≥ HOR scale</li> <li>Finish Cross 1-leg</li> <li>Optional exit</li> </ol>	
<p><b>D—802 SALTO</b></p> <p>FWD salto—Tuck—Cross/Cross—2-legs/EXT tuck sit—W/w/o hand support (Puolin)</p> 	<p><b>E—802a SALTO</b></p> <p>FWD salto—Tuck—Cross/Cross—2-legs/2-legs</p> 	<p><b>E—802b SALTO</b></p> <p>FWD salto—Tuck—1/2—Cross/Cross—2-legs/2-legs (Grigoras)</p> 	<p><b>E—802c SALTO</b></p> <p>FWD salto—Tuck—Cross/Cross—1-leg/Scale ≥ HOR 2s</p> 		
<p><b>FWD Tuck Sit</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute FWD Salto—Tuck</li> <li>Finish Cross Valdez</li> <li>Optional exit</li> </ol>	<p><b>FWD Tuck</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute FWD Salto—Tuck</li> <li>Finish Cross 2-legs</li> <li>Optional exit</li> </ol>	<p><b>FWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute FWD Salto—Tuck—1/2 twist</li> <li>Finish Cross</li> <li>Optional exit</li> </ol>	<p><b>FWD Tuck to Scale</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute FWD Salto—Tuck</li> <li>Execute ≥ HOR scale</li> <li>Finish Cross 1-leg</li> <li>Optional exit</li> </ol>		
<p><b>E—803a SALTO</b></p> <p>One leg or Gainer FWD salto—Pike—Cross/Cross—1-legs/2-legs</p> 	<p><b>E—803b SALTO</b></p> <p>FWD salto—Pike—Cross/Cross—2-leg/2-legs</p> 	<p><b>E—803b SALTO</b></p> <p>FWD salto—Pike—1/4 turn Cross/Side—1-leg/2-legs (Oswalt)</p> 			
<p><b>Gainer FWD Pike</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross 1-leg</li> <li>Execute FWD Gainer Salto—Pike</li> <li>Finish Cross 2-legs</li> <li>Optional exit</li> </ol>	<p><b>FWD Pike</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute FWD Salto—Pike</li> <li>Finish Cross 2-legs</li> <li>Optional exit</li> </ol>	<p><b>FWD Pike 1/4</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute FWD Salto—Pike—1/4 turn</li> <li>Finish Side 2-legs</li> <li>Optional exit</li> </ol>			

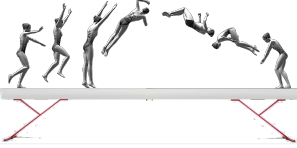
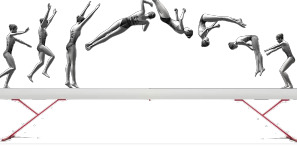


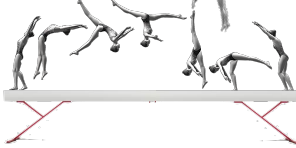



## BM—8-SALTOS — 804-SWD Saltos — 805-SWD Gainer Saltos — 806-ARB Saltos

<p><b>D—804a</b> SALTO </p> <p>SWD salto—Tuck—Cross/Side—1-leg/1-Alternate</p>  <p><b>SWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute SWD Salto—Tuck</li> <li>3. Finish Side 1-leg alternate</li> <li>4. Optional exit</li> </ol>	<p><b>D—804b</b> SALTO </p> <p>SWD salto—Tuck—Cross/Side—2-legs/1 Alternate</p>  <p><b>SWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute SWD Salto—Tuck</li> <li>3. Finish Side 1-leg alternate</li> <li>4. Optional exit</li> </ol>	<p><b>E—804</b> SALTO </p> <p>SWD salto—Tuck—1/2 turn—Cross/Side—1-leg/2-legs (Schaefer) 180°</p>  <p><b>Side Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute SWD Salto—Tuck—1/2 turn</li> <li>3. Finish Side 2-legs</li> <li>4. Optional exit</li> </ol>						
<p><b>D—805</b> SALTO </p> <p>Gainer SWD salto—Tuck/pike—Cross/Side—1-leg/2 Alternate (George)</p>  <p><b>Gainer SWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute Gainer FWD Salto—Tuck</li> <li>3. Finish Side 2-legs</li> <li>4. Optional exit</li> </ol>								
<p><b>E—806</b> SALTO </p> <p>Arabian salto—Tuck 180°</p>  <p><b>Arabian Tuck</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute ARB Salto—Tuck</li> <li>3. Finish Cross 2-legs</li> <li>4. Optional exit</li> </ol>								

## BM—8-SALTOS — 807-BWD Saltos Tuck — 808-BWD Saltos Pike — 809-BWD Gainer Saltos

<p><b>C—807a</b> SALTO</p> <p>BWD salto—Tuck—Cross/Cross—2-legs/2-legs</p>  <p style="text-align: center;"><b>BWD Tuck</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BWD Salto—Tuck</li> <li>Finish Cross 2-legs</li> <li>Optional exit</li> </ol>	<p><b>C—807b</b> SALTO</p> <p>BWD salto—Tuck—Cross/Cross—Scale 2s—2-legs/1-leg</p>  <p style="text-align: center;"><b>BWD Tuck Scale</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BWD Salto—Tuck</li> <li>Execute scale</li> <li>Finish Cross 1-leg</li> <li>Optional exit</li> </ol>	<p><b>C—807a</b> SALTO</p> <p>BWD salto—Tuck—Step-out—1/4 turn—Cross/Side—2-legs/2-Alternate (DeVries) 90°</p>  <p style="text-align: center;"><b>BWD Tuck 1/4 SO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BWD Salto—Tuck—1/4 twist</li> <li>Finish Side 2-legs</li> <li>Optional exit</li> </ol>	<p><b>E—807a</b> SALTO</p> <p>BWD salto—Tuck—Side/Side—2-legs/2-legs</p>  <p style="text-align: center;"><b>Side BWD Tuck</b></p> <ol style="list-style-type: none"> <li>Optional prep—Side</li> <li>Execute BWD Salto—Tuck</li> <li>Finish Side</li> <li>Optional exit</li> </ol>	<p><b>D—807</b> SALTO</p> <p>BWD salto—Tuck—1/4 turn—Cross/Side—2-legs/2-legs (Rosette) 90°</p>  <p style="text-align: center;"><b>BWD Tuck 1/4</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BWD Salto—Tuck—1/4 twist</li> <li>Finish Side 2-legs</li> <li>Optional exit</li> </ol>	<p><b>E—807b</b> SALTO</p> <p>BWD salto—Tuck—1/1 twist—Cross/Cross—2-legs/2-legs (Schischova) 360°</p>  <p style="text-align: center;"><b>BWD Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BWD Salto—Tuck—1/1 twist</li> <li>Finish Cross 2-legs</li> <li>Optional exit</li> </ol>
<p><b>C—808a</b> SALTO</p> <p>BWD salto—Pike—Cross/Cross—2-legs/2-legs</p>  <p style="text-align: center;"><b>BWD Pike</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BWD Salto—Pike</li> <li>Finish Cross 2-legs</li> <li>Optional exit</li> </ol>	<p><b>C—808a</b> SALTO</p> <p>BWD salto—Pike—Step out—Cross/Cross—2-legs/2 Alternate</p>  <p style="text-align: center;"><b>BWD Pike SO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BWD Salto—Pike SO</li> <li>Finish Cross Alternate legs</li> <li>Optional exit</li> </ol>				
<p><b>C—809a</b> SALTO</p> <p>Gainer BWD salto—Tuck—Cross/Cross—2-legs/2-legs</p>  <p style="text-align: center;"><b>Gainer BWD Tuck</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer BWD Salto—Tuck</li> <li>Finish Cross 2-legs</li> <li>Optional exit</li> </ol>	<p><b>C—809b</b> SALTO</p> <p>Gainer BWD salto—Pike—Cross/Cross—2-legs/2-legs</p>  <p style="text-align: center;"><b>Gainer BWD Pike</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer BWD Salto—Pike</li> <li>Finish Cross 2-legs</li> <li>Optional exit</li> </ol>	<p><b>D—809</b> SALTO</p> <p>Gainer BWD salto—LO-SO—Cross/Cross—2-legs/1-leg</p>  <p style="text-align: center;"><b>Gainer BWD LO-SO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer BWD Salto—LO-SO</li> <li>Finish Cross 1-leg</li> <li>Optional exit</li> </ol>	<p><b>E—809</b> SALTO</p> <p>Gainer BWD salto—LO-SO—Switch in flight—Cross/Cross—2-legs/1-leg</p>  <p style="text-align: center;"><b>Gainer BWD Switch LO-SO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute Gainer BWD Salto—LO-SO</li> <li>Execute switch legs</li> <li>Finish Cross 1-leg</li> <li>Optional exit</li> </ol>		

## BM—8-SALTOS — 810-FWD Jump BWD Saltos — 811-BWD Saltos LO

<p><b>E—810a</b> SALTO</p> <p>Jump FWD—1/2 twist—BWD salto—Tuck—Cross/Cross—2-legs/2-legs <span style="color: blue;">180°</span></p> 	<p><b>E—810b</b> SALTO</p> <p>Jump FWD—1/2 twist—BWD salto—Pike—Cross/Cross—2-legs/2-legs (<i>Produnova</i>) <span style="color: blue;">180°</span></p> 				
<p><b>Jump 1/2 BWD Tuck</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute FWD jump 1/2 turn</li> <li>Execute BWD Salto—Tuck</li> <li>Finish Cross 2-leg</li> <li>Optional exit</li> </ol>	<p><b>Jump 1/2 BWD Pike</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute FWD jump 1/2 turn</li> <li>Execute BWD Salto—Pike</li> <li>Finish Cross 2-leg</li> <li>Optional exit</li> </ol>				
<p><b>C—811</b> SALTO</p> <p>BWD salto—LO—Swing down—Arms set/Pull to thighs/Return to high—Cross/Cross—2-legs/Cross sit (<i>Pearce</i>)</p> 	<p><b>D—811a</b> SALTO</p> <p>BWD salto—LO-SO—Cross/Cross—Finish scale—Leg ≥ HOR 2s—2-legs/1-leg (<i>Edlin</i>) <span style="color: blue;">2</span></p> 	<p><b>D—811b</b> SALTO</p> <p>BWD salto—LO-SO—Cross/Cross—2-legs/1-Alternate</p> 	<p><b>D—811c</b> SALTO</p> <p>BWD salto—LO/Pike down—Cross/Cross—2-legs/2-legs</p> 	<p><b>E—811a</b> SALTO</p> <p>BWD salto—LO—Cross/Cross—2-legs/2-legs</p> 	<p><b>E—811b</b> SALTO</p> <p>BWD salto—LO—1/1 twist—Cross/Cross—2-legs/2-legs <span style="color: blue;">360°</span></p> 
<p><b>BWD LO Swing Down</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BWD salto—LO swing down</li> <li>Finish straddle sit</li> <li>Optional exit</li> </ol>	<p><b>BWD LO-SO Scale</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BWD salto—LO-SO</li> <li>Finish Cross ≥ HOR scale</li> <li>Optional exit</li> </ol>	<p><b>BWD LO-SO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BWD salto—LO-SO</li> <li>Finish Cross 1-leg</li> <li>Optional exit</li> </ol>	<p><b>BWD LO/Pike</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BWD salto—LO / Pike</li> <li>Finish Cross 2-legs</li> <li>Optional exit</li> </ol>	<p><b>BWD LO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BWD salto—LO</li> <li>Finish Cross 2-legs</li> <li>Optional exit</li> </ol>	<p><b>BWD LO 1/1</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross</li> <li>Execute BWD salto—LO—1/1 twist</li> <li>Finish Cross 2-legs</li> <li>Optional exit</li> </ol>

# BALANCE BEAM



## 9—DISMOUNTS

### Hand Elements

[901—Cartwheel](#)

[902—FWD HS](#)

[903—Aerials](#)

### FWD Saltos

[904—FWD Salto Tuck](#)

[905—FWD Salto Pike](#)

[906—FWD Salto LO](#)

### Gainer Saltos

[907—Gainer FWD Salto Tuck](#)

[908—Gainer FWD Salto LO](#)

[909—Gainer BWD Salto Tuck/Pike](#)

[910—Gainer BWD Salto LO](#)

[911—Jump FWD, Salto FWD](#)

[912—Gainer BWD Salto Tuck End](#)

[913—Gainer BWD Salto Pike End](#)

[914—Gainer BWD Salto LO End](#)

### Arabian

[915—ARB Salto](#)

### BWD Saltos

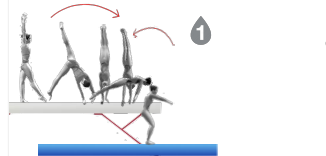
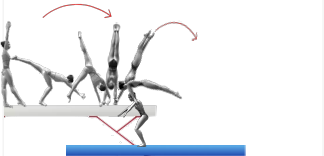
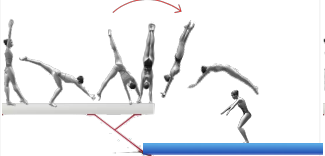
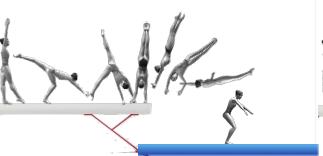
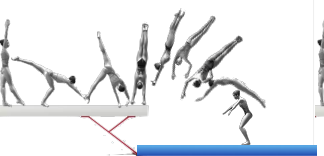


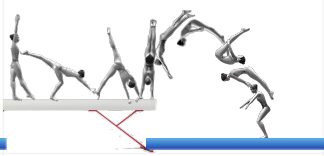
[916—BWD Saltos Tuck](#)

[917—BWD Saltos Pike](#)

[918—BWD Saltos LO](#)

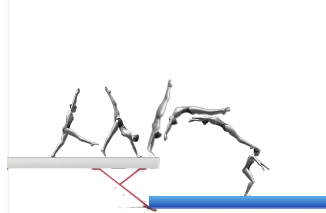
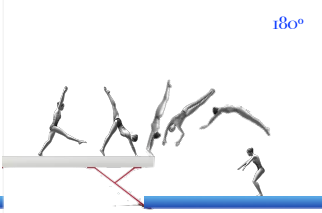
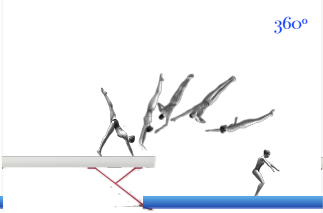
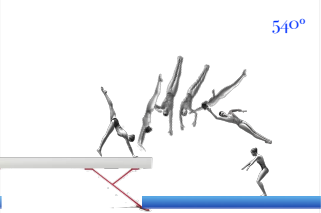

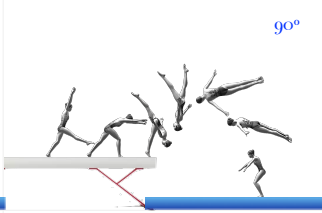
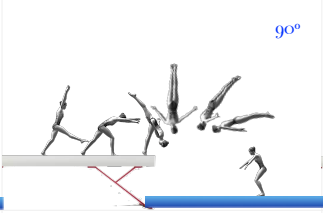
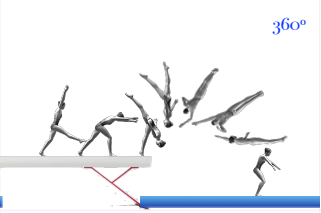
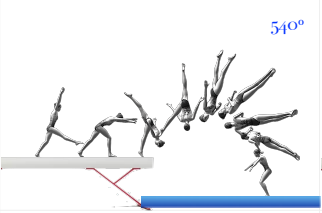
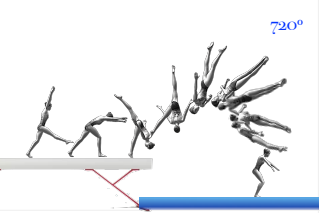
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<b>1</b>	<b><u>MOUNTS</u></b>
<b>2</b>	<b><u>LEAPS, JUMPS, HOPS</u></b>
<b>3</b>	<b><u>TURNS</u></b>
<b>4</b>	<b><u>WAVES</u></b>
<b>5</b>	<b><u>HOLDS, STANDS</u></b>
<b>6</b>	<b><u>ROLLS</u></b>
<b>7</b>	<b><u>WALKOVERS, CARTWHEELS, SPRINGS</u></b>
<b>8</b>	<b><u>SALTOS</u></b>
<b>9</b>	<b><u>DISMOUNTS</u></b>

## BM—9-DISMOUNTS — 901-Cartwheel


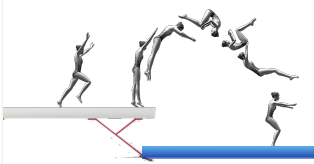

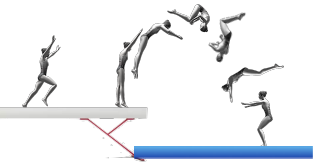

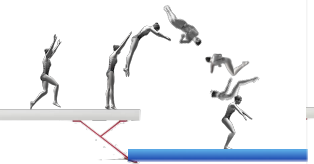
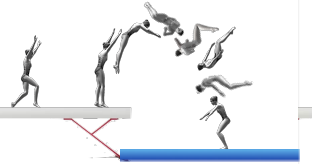
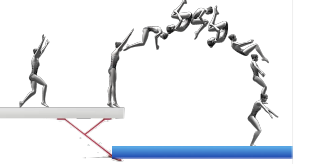



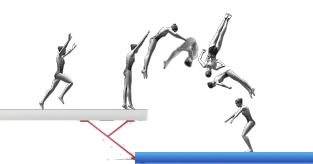
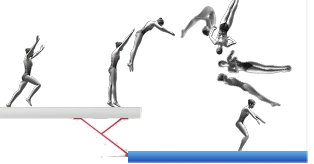










<p><b>A—901a</b></p> <p>HS— 1/4 (90°) turn—Any entry—Hold 1s—Side of BM</p> <p>90°</p> 	<p><b>A—901b</b></p> <p>Cartwheel— 1/4 twist after hand support (RO)—Cross stand—Side of BM</p> <p>90°</p> 	<p><b>A—901b</b></p> <p>Cartwheel— 1/4 twist after hand support (RO)—Cross stand—End of BM</p> <p>90°</p> 	<p><b>A—901c</b></p> <p>Cartwheel— 3/4 twist after hand support—Cross stand—End of BM</p> <p>270°</p> 	<p><b>B—901a</b></p> <p>Cartwheel— 1-1/4 twist—After hand support—Cross stand—End of BM</p> <p>45°</p> 	<p><b>B—901b</b></p> <p>Cartwheel— 1-3/4 twist—After hand support—Cross stand—End of BM</p> <p>630°</p> 
<p><b>HS 1/4</b></p> <ol style="list-style-type: none"> <li>1. From optional approach</li> <li>2. Optional entry—Straight or bent leg</li> <li>3. Handstand</li> <li>4. 1/4 (90°) turn to land plie next to BM</li> <li>5. Hand remains in contact w BM</li> </ol>	<p><b>Cartwheel 1/4 (RO)-Side</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute Cartwheel—1/4 twist (RO)</li> <li>3. Finish stand—Face in</li> </ol> <p>*Performed at end or middle of BM</p>	<p><b>Cartwheel 1/4 (RO)-End</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross</li> <li>2. Execute Cartwheel—1/4 twist (RO)</li> <li>3. Finish stand—Face in</li> </ol> <p>*Performed at end or middle of BM</p>	<p><b>End Cartwheel 3/4</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute Cartwheel—3/4 twist</li> <li>3. Finish stand—Face out</li> </ol>	<p><b>End Cartwheel 1-1/4</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute Cartwheel—1-1/4 twist</li> <li>3. Finish stand—Face in</li> </ol>	<p><b>End Cartwheel 1-3/4</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute Cartwheel—1-3/4 twist</li> <li>3. Finish stand—Face out</li> </ol>
<p><b>C—901a</b></p> <p>Cartwheel— 1/4 turn on hands—Repulsion to BWD salto—Tuck (Lawson)—End of BM (Tsukahara)</p> <p>90°</p> 	<p><b>C—901b</b></p> <p>Cartwheel— 1/4 turn on hands—Repulsion to BWD salto—Pike (Keck)—End of BM (Tsukahara)</p> <p>90°</p> 				
<p><b>Tsuk Tuck</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute Cartwheel—Repulsion 1/4 twist</li> <li>3. Execute Tsukahara Tuck</li> <li>4. Finish stand—Face in</li> </ol>	<p><b>Tsuk Pike</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute Cartwheel—Repulsion 1/4 twist</li> <li>3. Execute Tsukahara Pike</li> <li>4. Finish stand—Face in</li> </ol>				










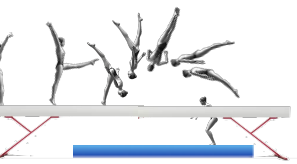


# BM—9-DISMOUNTS — 902-FWD HS — 903-Aerial

<p><b>A—902a</b></p>	<p><b>A—902b</b></p>	<p><b>B—902</b></p>	<p><b>C—902</b></p>		
<p>FWD handspring—End of BM</p>	<p>FWD handspring—1/2 twist— After hand support—End of BM</p>	<p>FWD handspring—1/1 twist— After hand support—End of BM</p>	<p>FWD handspring—1-1/2 twist— After hand support—End of BM</p>		
	 <p style="text-align: right;">180°</p>	 <p style="text-align: right;">360°</p>	 <p style="text-align: right;">540°</p>		
<p><b>FHS</b></p>	<p><b>FHS 1/2</b></p>	<p><b>FHS 1/1</b></p>	<p><b>FHS 1-1/2</b></p>		
<ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute FHS</li> <li>Finish stand—Face out</li> </ol>	<ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute FHS—1/2 twist</li> <li>Finish stand—Face in</li> </ol>	<ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute FHS—1/1 twist</li> <li>Finish stand—Face out</li> </ol>	<ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute FHS—1-1/2 twist</li> <li>Finish stand—Face in</li> </ol>		
<p><b>A—903a</b></p>	<p><b>A—903b</b></p>	<p><b>A—903c</b></p>	<p><b>B—903</b></p>	<p><b>C—903</b></p>	<p><b>D—903</b></p>
<p>FWD Aerial walkover—Layout— Cross stand—End of BM</p>	<p>FWD Aerial walkover—1/2 twist— Cross stand—End of BM</p>	<p>Aerial RO—Cross stand—End of BM</p>	<p>FWD Aerial walkover—1/1 twist— Cross stand—End of BM</p>	<p>FWD Aerial walkover—1-1/2 twist—Cross stand—End of BM</p>	<p>FWD Aerial walkover—2/1 twist— Cross stand—End of BM</p>
	 <p style="text-align: right;">90°</p>	 <p style="text-align: right;">90°</p>	 <p style="text-align: right;">360°</p>	 <p style="text-align: right;">540°</p>	 <p style="text-align: right;">720°</p>
<p><b>FWD Aerial LO</b></p>	<p><b>FWD Aerial LO 1/2</b></p>	<p><b>Brani</b></p>	<p><b>FWD Aerial LO 1/1</b></p>	<p><b>FWD Aerial LO 1-1/2</b></p>	<p><b>FWD Aerial LO 2/1</b></p>
<ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute FWD Aerial—LO</li> <li>Take off 1-leg</li> <li>Finish stand—Face out</li> </ol>	<ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute FWD Aerial—LO—1/2 twist</li> <li>Take off 1-leg</li> <li>Finish stand—Face in</li> </ol>	<ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Aerial RO—Brani</li> <li>Take off 1-leg</li> <li>Finish stand—Face in</li> </ol>	<ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute FWD Aerial—LO—1/1 twist</li> <li>Take off 1-leg</li> <li>Finish stand—Face out</li> </ol>	<ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute FWD Aerial—LO—1-1/2 twist</li> <li>Take off 1-leg</li> <li>Finish stand—Face in</li> </ol>	<ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute FWD Aerial—LO—2/1 twist</li> <li>Take off 1-leg</li> <li>Finish stand—Face out</li> </ol>


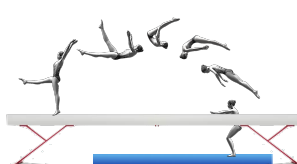










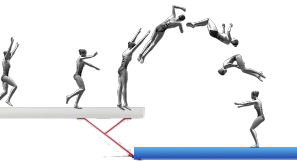
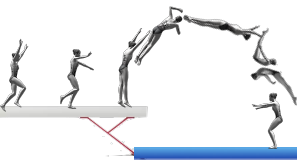
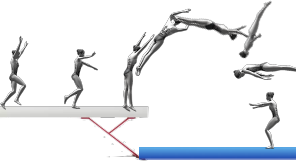
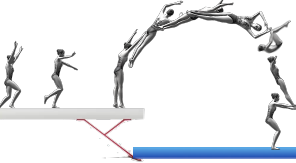
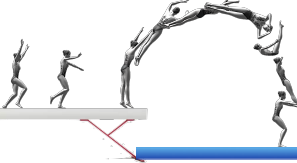
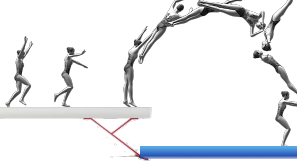
**BM—9-DISMOUNTS — 904-FWD Saltos Tuck-End — 905-FWD Saltos Pike-End — 906-FWD Salto LO-End**

<p><b>A—904a</b> </p> <p>FWD salto—Tuck—End of BM</p>  <p><b>FWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute FWD Salto—Tuck</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face out</li> </ol>	<p><b>A—904b</b> </p> <p>FWD salto—Tuck—1/2 twist—End of BM</p> <p>180°</p>  <p><b>FWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute FWD Salto—Tuck—1/2 twist</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face in</li> </ol>	<p><b>C—904</b> </p> <p>FWD salto—Tuck—1/1 twist—End of BM</p> <p>360°</p>  <p><b>FWD Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute FWD Salto—Tuck—1/1 twist</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face out</li> </ol>	<p><b>D—904</b></p> <p>FWD salto—Tuck—1-1/2 twist—End of BM</p> <p>540°</p>  <p><b>FWD Tuck 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute FWD Salto—Tuck—1-1/2 twist</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face in</li> </ol>	<p><b>E—904</b></p> <p>FWD Double salto—Tuck—End of BM</p>  <p><b>FWD Double Tuck</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute FWD Salto—Tuck Double</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face in</li> </ol>	
<p><b>A—905a</b> </p> <p>FWD salto—Pike—End of BM</p>  <p><b>FWD Pike</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute FWD Salto—Pike</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face in</li> </ol>	<p><b>A—905b</b> </p> <p>FWD salto—Pike—1/2 twist—End of BM</p> <p>180°</p>  <p><b>FWD Pike 1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute FWD Salto—Pike—1/2 twist</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face in</li> </ol>	<p><b>C—905</b></p> <p>FWD salto—Pike—1/1—End of BM</p> <p>360°</p>  <p><b>FWD Pike 1/1</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute FWD Salto—Pike—1/1 twist</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face out</li> </ol>			
<p><b>B—906a</b> </p> <p>FWD salto—LO—End of BM</p>  <p><b>FWD LO</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute FWD Salto—LO</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face out</li> </ol>	<p><b>B—906b</b> </p> <p>FWD salto—LO—1/2 twist—End of BM</p> <p>180°</p>  <p><b>FWD LO 1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute FWD Salto—LO 1/2 twist</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face in</li> </ol>	<p><b>C—906</b> </p> <p>FWD salto—LO—1/1—End of BM</p> <p>360°</p>  <p><b>FWD LO 1/1</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute FWD Salto—LO</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face out</li> </ol>	<p><b>D—906</b> </p> <p>FWD salto—LO—1-1/2 twist—End of BM</p> <p>540°</p>  <p><b>FWD LO 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute FWD Salto—LO</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face in</li> </ol>	<p><b>E—906</b> </p> <p>FWD salto—LO—2/1 twist—End of BM (Araujo)</p> <p>720°</p>  <p><b>FWD LO 2/1</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute FWD Salto—LO</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face out</li> </ol>	


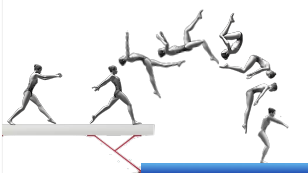
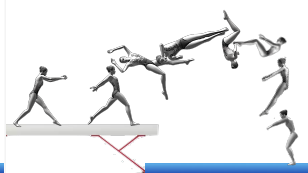

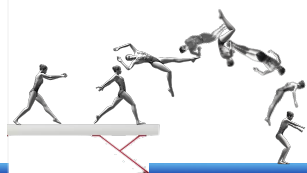


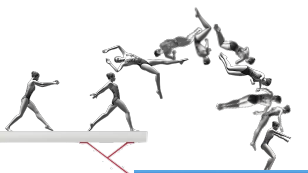

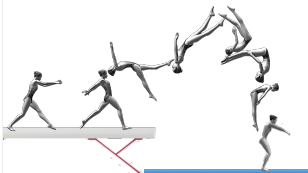
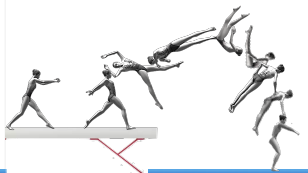



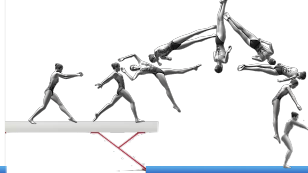
**BM—9-DISMOUNTS — 907-FWD Gainer Saltos Tuck/Pike-Side — 908-FWD Gainer Salto LO-Side**

A—907a	A—907b	A—907c	A—907d	B—907	D—907
Gainer FWD salto—Tuck—Side of BM	Gainer FWD salto—Pike—Side of BM	Gainer FWD salto—Tuck—1/2 twist—Side of BM	Gainer FWD salto—Pike—1/2 twist—Side of BM	Gainer FWD salto—Tuck—1/1 twist—Side of BM (Mabrey)	Gainer FWD salto—Tuck—1-1/2 twist—Side of BM (Jawarowicz)
					
<p><b>Side Gainer FWD Tuck</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute Gainer FWD Salto—Tuck—1/1 twist</li> <li>3. Take off 1-leg</li> <li>4. Finish stand—Face out</li> </ol>	<p><b>Side Gainer FWD Pike</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute Gainer FWD Salto—Pike—1/1 twist</li> <li>3. Take off 1-leg</li> <li>4. Finish stand—Face out</li> </ol>	<p><b>Side Gainer FWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute Gainer FWD Salto—Tuck—1/2 twist</li> <li>3. Take off 1-leg</li> <li>4. Finish stand—Face out</li> </ol>	<p><b>Side Gainer FWD Pike 1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute Gainer FWD Salto—Pike—1/2 twist</li> <li>3. Take off 1-leg</li> <li>4. Finish stand—Face out</li> </ol>	<p><b>Side Gainer FWD Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute Gainer FWD Salto—Tuck—1/1 twist</li> <li>3. Take off 1-leg</li> <li>4. Finish stand—Face out</li> </ol>	<p><b>Side Gainer FWD Tuck 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute Gainer FWD Salto—Tuck—1-1/2 twist</li> <li>3. Take off 1-leg</li> <li>4. Finish stand—Face in</li> </ol>
A—908	B—908	C—908	D—908		
Gainer FWD salto—LO—Side of BM	Gainer FWD salto—LO—1/2 twist—Side of BM	Gainer FWD salto—LO—1/1 twist—Side of BM	Gainer FWD salto—LO—1-1/2 twist—Side of BM		
					
<p><b>Side Gainer FWD LO</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute Gainer FWD Salto—LO</li> <li>3. Take off 1-leg</li> <li>4. Finish stand—Face in</li> </ol>	<p><b>Side Gainer FWD LO 1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute Gainer FWD Salto—LO—1/2 twist</li> <li>3. Take off 1-leg</li> <li>4. Finish stand—Face in</li> </ol>	<p><b>Side Gainer FWD LO 1/1</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute Gainer FWD Salto—LO—1/1 twist</li> <li>3. Take off 1-leg</li> <li>4. Finish stand—Face out</li> </ol>	<p><b>Side Gainer FWD LO 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute Gainer FWD Salto—LO—1-1/2 twist</li> <li>3. Take off 1-leg</li> <li>4. Finish stand—Face in</li> </ol>		


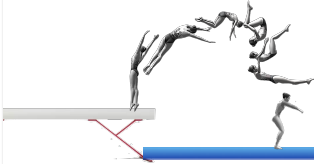

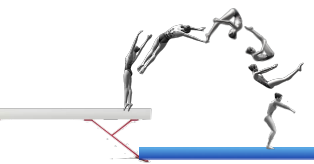
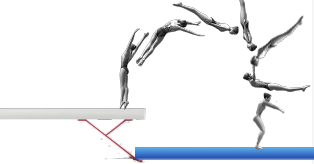


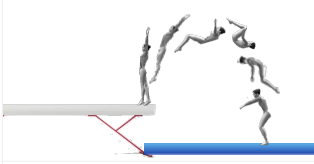
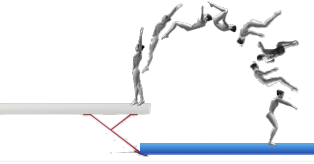
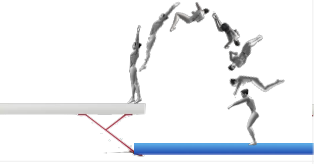
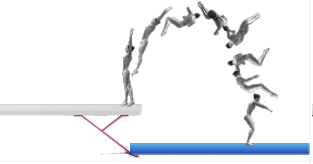
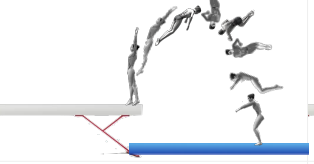
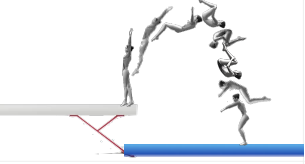
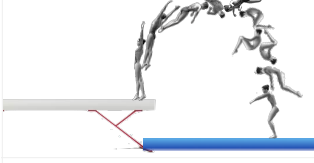
# BM—9-DISMOUNTS — 909-Gainer BWD Salto Tuck/Pike-Side — 910-Gainer BWD LO-Side — 911-Jump FWD, Salto BWD-End

<p><b>A—909a</b> <i>re</i></p> <p>Gainer BWD salto—Tuck—Side of BM</p>  <p><b>Side Gainer BWD Tuck</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—Side of BM</li> <li>Execute Gainer BWD Salto—Tuck</li> <li>Take off 1-leg</li> <li>Finish side of BM</li> </ol>	<p><b>A—909b</b> <i>rev</i></p> <p>Gainer BWD salto—Pike—Side of BM</p>  <p><b>Side Gainer BWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—Side of BM</li> <li>Execute Gainer BWD Salto—Pike</li> <li>Take off 1-leg</li> <li>Finish side of BM</li> </ol>	<p><b>A—909c</b> <i>rev</i></p> <p>Gainer BWD salto—Tuck—1/2 twist—Side of BM</p>  <p><b>Side Gainer BWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—Side of BM</li> <li>Execute Gainer BWD Salto—Tuck—1/2 twist</li> <li>Take off 1-leg</li> <li>Finish side of BM</li> </ol>	<p><b>A—909d</b></p> <p>Gainer BWD salto—Pike—1/2 twist—Side of BM</p>  <p><b>Side Gainer BWD Pike 1/2</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—Side of BM</li> <li>Execute Gainer BWD Salto—Pike—1/2 twist</li> <li>Take off 1-leg</li> <li>Finish side of BM</li> </ol>	<p><b>B—909</b> <i>rev</i></p> <p>Gainer BWD salto—Tuck—1/1 twist—Side of BM</p>  <p><b>Side Gainer BWD Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—Side of BM</li> <li>Execute Gainer BWD Salto—Tuck—1/1 twist</li> <li>Take off 1-leg</li> <li>Finish side of BM</li> </ol>	<p><b>D—909</b> <i>rev</i></p> <p>Gainer BWD salto—Tuck—1-1/2 twist—Side of BM</p>  <p><b>Side Gainer BWD Tuck 1-1/2</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—Side of BM</li> <li>Execute Gainer BWD Salto—Tuck—1-1/2 twist</li> <li>Take off 1-leg</li> <li>Finish side of BM</li> </ol>
<p><b>A—910</b> <i>re</i></p> <p>Gainer BWD salto—LO—Side of BM</p>  <p><b>Side Gainer BWD LO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—Side of BM</li> <li>Execute Gainer BWD Salto—LO</li> <li>Take off 1-leg</li> <li>Finish side of BM</li> </ol>	<p><b>B—910</b> <i>rev</i></p> <p>Gainer BWD salto—LO—1/2 twist—Side of BM</p>  <p><b>Side Gainer BWD LO 1/2</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—Side of BM</li> <li>Execute Gainer BWD Salto—LO—1/2 twist</li> <li>Take off 1-leg</li> <li>Finish side of BM</li> </ol>	<p><b>C—910</b> <i>rev</i></p> <p>Gainer BWD salto—LO—1/1 twist—Side of BM</p>  <p><b>Side Gainer BWD LO 1/1</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—Side of BM</li> <li>Execute Gainer BWD Salto—LO—1/1 twist</li> <li>Take off 1-leg</li> <li>Finish side of BM</li> </ol>	<p><b>D—910</b> <i>rev</i></p> <p>Gainer BWD salto—LO—1-1/2 twist—Side of BM (Bohmerova)</p>  <p><b>Bohmerova</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—Side of BM</li> <li>Execute Gainer BWD Salto—LO—1-1/2 twist</li> <li>Take off 1-leg</li> <li>Finish side of BM</li> </ol>	<p><b>E—910a</b> <i>rev</i></p> <p>Gainer BWD salto—LO—2/1 twist—Side of BM</p>  <p><b>Side Gainer BWD LO 2/1</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—Side of BM</li> <li>Execute Gainer BWD Salto—LO—2/1 twist</li> <li>Take off 1-leg</li> <li>Finish side of BM</li> </ol>	<p><b>E—910b</b> <i>rev</i></p> <p>Gainer BWD salto—LO—2-1/2 - 3/1 twist—Side of BM (Khorkina-2-1/2)</p>  <p><b>Side Gainer BWD LO 2-1/2</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—Side of BM</li> <li>Execute Gainer BWD Salto—LO—2-1/2 twist</li> <li>Take off 1-leg</li> <li>Finish side of BM</li> </ol>
<p><b>B—911a</b></p> <p>Stretch jump FWD—2 legs—1/2 twist—BWD salto—Tuck—End of BM</p>  <p><b>Jump 1/2 BWD Tuck</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Stretch jump FWD—1/2 turn</li> <li>Execute BWD salto—Tuck</li> <li>Take off 2-legs</li> <li>Finish stand—Face in</li> </ol>	<p><b>B—911b</b></p> <p>Stretch jump FWD—2 legs—1/2 twist—BWD salto—Pike—End of BM</p>  <p><b>Jump 1/2 BWD Tuck</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Stretch jump FWD—1/2 turn</li> <li>Execute BWD salto—Tuck</li> <li>Take off 2-legs</li> <li>Finish stand—Face in</li> </ol>	<p><b>C—911</b></p> <p>Stretch jump FWD—2-legs—1/2 twist—BWD salto—LO—End of BM</p>  <p><b>Jump 1/2 BWD LO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Stretch jump FWD—1/2 turn</li> <li>Execute BWD salto—LO</li> <li>Take off 2-legs</li> <li>Finish stand—Face in</li> </ol>	<p><b>D—911a</b> <i>rev</i></p> <p>Stretch jump FWD—2-legs—1/1 twist—FWD salto—Tuck—End of BM</p>  <p><b>Jump 1/1 FWD Tuck</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Stretch jump FWD—1/1 turn</li> <li>Execute FWD salto—Tuck</li> <li>Take off 2-legs</li> <li>Finish stand—Face out</li> </ol>	<p><b>D—911b</b> <i>rev</i></p> <p>Stretch jump FWD—2-legs—1/1 twist—FWD salto—Pike—End of BM</p>  <p><b>Jump 1/1 FWD Pike</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Stretch jump FWD—1/1 turn</li> <li>Execute FWD salto—Pike</li> <li>Take off 2-legs</li> <li>Finish stand—Face out</li> </ol>	<p><b>C—911c</b> <i>rev</i></p> <p>Stretch jump FWD—2-legs—1/1 twist—FWD salto—LO—End of BM</p>  <p><b>Jump 1/1 FWD LO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Stretch jump FWD—1/1 turn</li> <li>Execute FWD salto—LO</li> <li>Take off 2-legs</li> <li>Finish stand—Face out</li> </ol>

## BM—9-DISMOUNTS — 912-Gainer BWD Tuck End — 913-Gainer BWD Pike End — 914-BWD LO End

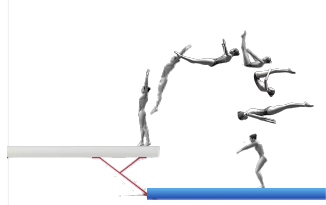
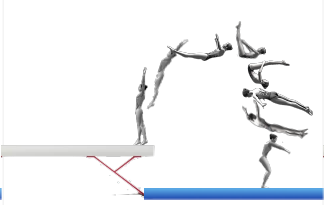
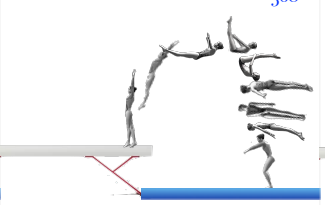
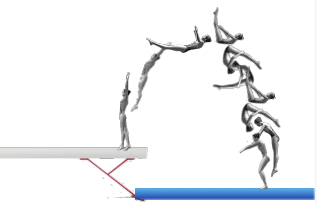
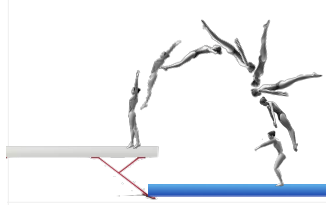
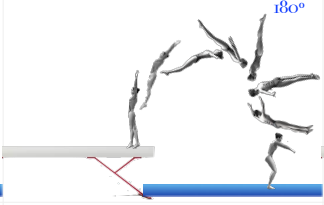



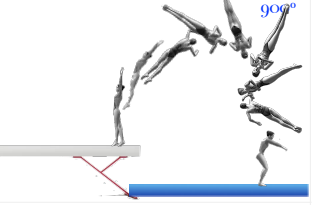
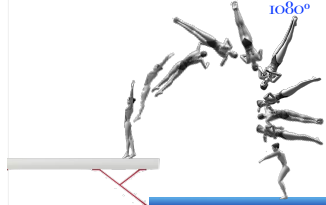
<p><b>B—912</b> </p> <p>Gainer BWD salto—Tuck—End of BM</p>  <p><b>End Gainer BWD Tuck</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Gainer BWD salto—Tuck</li> <li>Take off 1-leg</li> <li>Finish stand—Face out</li> </ol>	<p><b>C—912</b></p> <p>Gainer BWD salto—Tuck—1/2 twist—End of BM</p> <p>180°</p>  <p><b>End Gainer BWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Gainer BWD salto—Tuck—1/2 twist</li> <li>Take off 1-leg</li> <li>Finish stand—Face in</li> </ol>	<p><b>D—912</b> </p> <p>Gainer BWD salto—Tuck—1/1 twist—End of BM</p> <p>360°</p>  <p><b>End Gainer BWD Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Gainer BWD salto—Tuck—1/1 twist</li> <li>Take off 1-leg</li> <li>Finish stand—Face out</li> </ol>	<p><b>E—912a</b> </p> <p>Gainer BWD salto—Tuck—1-1/2 twist—End of BM (Wolf)</p> <p>540°</p>  <p><b>Olafsdottir</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Gainer BWD salto—Tuck—1-1/2 twist</li> <li>Take off 1-leg</li> <li>Finish stand—Face in</li> </ol>	<p><b>E—912b</b></p> <p>Gainer BWD salto—Tuck—1-1/2 twist—End of BM (Wolf)</p> <p>720°</p>  <p><b>End Gainer BWD Tuck 2/1</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Gainer BWD salto—Tuck—2/1 twist</li> <li>Take off 1-leg</li> <li>Finish stand—Face out</li> </ol>				
<p><b>C—913</b> </p> <p>Gainer BWD salto—Pike—End of BM</p>  <p><b>End Gainer BWD Pike</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Gainer BWD salto—Pike</li> <li>Take off 1-leg</li> <li>Finish stand—Face out</li> </ol>	<p><b>D—913</b></p> <p>Gainer BWD salto—Pike—1/1—End of BM—Face out (Rinaldo)</p> <p>360°</p>  <p><b>End Gainer BWD Pike 1/1</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Gainer BWD salto—Pike—1/1 twist</li> <li>Take off 1-leg</li> <li>Finish stand—Face out</li> </ol>							
<p><b>D—914</b> </p> <p>Gainer BWD salto—LO—Legs together—End of BM</p>  <p><b>End Gainer BWD LO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Gainer BWD salto—LO</li> <li>Take off 1-leg</li> <li>Finish stand—Face out</li> </ol>	<p><b>E—914</b> </p> <p>Gainer BWD salto—LO—1/1 twist—End of BM (Steingruber)</p> <p>360°</p>  <p><b>Steingruber</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute Gainer BWD salto—LO—1/1 twist</li> <li>Take off 1-leg</li> <li>Finish stand—Face out</li> </ol>							

# BM—9-DISMOUNTS —915-ARB Salto — 916-BWD Salto Tuck

<p><b>B—915a</b> </p> <p>Arabian salto—1/2 twist—Tuck—End of BM <span style="float: right;">180°</span></p>  <p><b>Arabian Tuck</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute ARB salto—Tuck</li> <li>Take off 2-legs</li> <li>Finish stand—Face out</li> </ol>	<p><b>B—915b</b> </p> <p>Arabian salto—1/2 twist—Pike—End of BM <span style="float: right;">180°</span></p>  <p><b>Arabian Pike</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute ARB salto—Pike</li> <li>Take off 2-legs</li> <li>Finish stand—Face out</li> </ol>	<p><b>B—915c</b></p> <p>Arabian salto—1/2 twist—LO—End of BM <span style="float: right;">180°</span></p>  <p><b>Arabian LO</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute ARB salto—LO</li> <li>Take off 2-legs</li> <li>Finish stand—Face out</li> </ol>	<p><b>E—915</b> </p> <p>Arabian Double salto—Tuck—End of BM (<i>Patterson</i>) <span style="float: right;">180°</span></p>  <p><b>Arabian Double Tuck</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute ARB salto—Tuck Double</li> <li>Take off 2-legs</li> <li>Finish stand—Face out</li> </ol>		
<p><b>A—916</b></p> <p>BWD salto—Tuck—End of BM</p>  <p><b>BWD Tuck</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute BWD salto—Tuck</li> <li>Take off 2-legs</li> <li>Finish stand—Face in</li> </ol>	<p><b>B—916a</b></p> <p>BWD salto—Tuck—1/2 twist—End of BM <span style="float: right;">180°</span></p>  <p><b>BWD Tuck 1/2</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute BWD salto—Tuck—1/2 twist</li> <li>Take off 2-legs</li> <li>Finish stand—Face out</li> </ol>	<p><b>B—916b</b></p> <p>BWD salto—Tuck—1/1 twist—End of BM <span style="float: right;">360°</span></p>  <p><b>BWD Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute BWD salto—Tuck—1/1 twist</li> <li>Take off 2-legs</li> <li>Finish stand—Face in</li> </ol>	<p><b>C—916</b></p> <p>BWD salto—Tuck/Pike—1-1/2 twist—End of BM <span style="float: right;">540°</span></p>  <p><b>BWD Tuck 1-1/2</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute BWD salto—Tuck—1-1/2 twist</li> <li>Take off 2-legs</li> <li>Finish stand—Face out</li> </ol>	<p><b>D—916</b></p> <p>BWD salto—Tuck/Pike—2/1 twist—End of BM <span style="float: right;">720°</span></p>  <p><b>BWD Tuck 2/1</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute BWD salto—Tuck—2/1 twist</li> <li>Take off 2-legs</li> <li>Finish stand—Face in</li> </ol>	<p><b>E—915</b></p> <p>BWD Double salto—Tuck—End of BM</p>  <p><b>BWD Double Tuck</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute BWD salto—Tuck Double</li> <li>Take off 2-legs</li> <li>Finish stand—Face in</li> </ol>
<p><b>E—916</b></p> <p>BWD Double salto—Tuck—1/1 twist—End of BM <span style="float: right;">360°</span></p>  <p><b>BWD Double Tuck 1/1</b></p> <ol style="list-style-type: none"> <li>Optional prep—Cross—End of BM</li> <li>Execute BWD salto—Tuck Double—1/1 twist</li> <li>Take off 2-legs</li> <li>Finish stand—Face in</li> </ol>					



## BM—9-DISMOUNTS — 917-BWD Saltos Pike — 918-BWD Saltos LO

<p><b>A—917</b></p> <p>BWD salto—Pike—End of BM</p>  <p><b>BWD Pike</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute BWD salto—Pike</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face in</li> </ol>	<p><b>B—917a</b></p> <p>BWD salto—Pike—1/2 twist—End of BM</p>  <p><b>BWD Pike 1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute BWD salto—Pike—1/2 twist</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face out</li> </ol>	<p><b>B—917b</b></p> <p>BWD salto—Pike—1/1 twist—End of BM</p>  <p><b>BWD Pike 1/1</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute BWD salto—Pike—1/1 twist</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face in</li> </ol>	<p><b>E—917</b></p> <p>BWD Double salto—Pike—End of BM</p>  <p><b>BWD Double Pike</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute BWD salto—Pike Double</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face in</li> </ol>		
<p><b>A—918</b></p> <p>BWD salto—LO—End of BM</p>  <p><b>BWD LO</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute BWD salto—LO</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face in</li> </ol>	<p><b>B—918a</b></p> <p>BWD salto—LO—1/2 twist—End of BM</p>  <p><b>BWD LO 1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute BWD salto—LO—1/2 twist</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face out</li> </ol>	<p><b>B—918b</b></p> <p>BWD salto—LO—1/1 twist—End of BM</p>  <p><b>BWD LO 1/1</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute BWD salto—LO—1/1 twist</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face in</li> </ol>	<p><b>C—918</b></p> <p>BWD salto—LO—1-1/2 twist—End of BM</p>  <p><b>BWD LO 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute BWD salto—LO—1-1/2 twist</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face out</li> </ol>	<p><b>D—918</b></p> <p>BWD salto—LO—2/1 twist—End of BM</p>  <p><b>BWD LO 2/1</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute BWD salto—LO—2/1 twist</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face in</li> </ol>	<p><b>E—918a</b></p> <p>BWD salto—LO—2-1/2 twist—End of BM</p>  <p><b>BWD LO 2-1/2</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute BWD salto—LO—2-1/2 twist</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face out</li> </ol>
<p><b>E—918b</b></p> <p>BWD salto—LO—3/1 twist—End of BM</p>  <p><b>BWD LO 3/1</b></p> <ol style="list-style-type: none"> <li>1. Optional prep—Cross—End of BM</li> <li>2. Execute BWD salto—LO—3/1 twist</li> <li>3. Take off 2-legs</li> <li>4. Finish stand—Face in</li> </ol>					

# USMGCA

US Men's Gymnastics  
Coaches Association

# U.S.E.C.A.



**NGA fully supports our gymnastics  
Men and Women's US Coaches Associations**



# FLOOR EXERCISE

## FLOOR EXERCISE – DIRECTIVES

### X-SKILLS

## FLOOR EXERCISE ELEMENTS

### 1 – LEAPS, JUMPS, HOPS

- Split Leaps
- Leaps
- Switch Leaps
- Split Jumps
- Jumps to Prone
- Kick Jumps
- Shape Jumps

### 2 – TURNS

### 3 – HANDSTANDS

### 4 – ROLLS

- Forward
- Backward

### 5 – WALKOVERS, CARTWHEELS, SPRINGS

- Walkovers
- Cartwheels
- BHS (Flic-Flac)
- FHS
- Aerials

### 6 – FWD SALTOS

- FWD Single Salto
- FWD Double Saltos

### 7 – SWD/ARABIAN SALTOS











- SWD Single Saltos
- ARB Single Saltos
- ARB Double Saltos

### 8 – BWD SALTOS

- BWD Gainer Saltos
- BWD Whip back
- BWD Single Saltos
- BWD Double Saltos



## FLOOR EXERCISE DIRECTIVES

<p><b>ABBREVIATIONS</b></p> <p>VER = Vertical          HOR = Horizontal          FWD = Forward          BWD = Backward          SWD = Sideward          VER = Vertical          HOR = Horizontal          HS = Handstand          FHS = Front Handspring          RO = Round off          FF = Flic-flac          LO = Layout          SO = Step out          FX = Floor Exercise</p>	<p><b>DIFFICULTY VALUES</b></p> <ul style="list-style-type: none"> <li>A = 0.10</li> <li>B = 0.30</li> <li>C = 0.50</li> <li>D = +0.10</li> <li>E = +0.20</li> </ul> <p><b>A-101</b></p> <p><b>B-101</b></p> <p><b>C-101</b></p> <p><b>D-101</b></p> <p><b>E-101</b></p>	<p><b>SYMBOLS</b></p> <ul style="list-style-type: none"> <li>Cannot use VP for Split SR/ Acro Flight requirement</li> <li>Former B VP</li> <li>Former C VP</li> <li>Former D VP</li> </ul> <p><i>When an element changes VP level, it is depicted by the color notch of the level it last left</i></p>	<p><b>X-SKILLS BY LEVEL</b></p> <ul style="list-style-type: none"> <li>FX X-skills used by 1N, 2N, BN, 3N, SN, 4N, GN</li> <li>All X-skills = A VP</li> </ul> <p><b>X-SKILLS/SR REQUIREMENTS</b></p> <ul style="list-style-type: none"> <li>X-skills not eligible to fulfill a level special requirement (SR), is noted</li> </ul> <p><b>Example:</b>  <i>Not eligible to fulfill Dance SR</i></p>	<p><b>ELEMENT CATEGORIES</b></p> <ul style="list-style-type: none"> <li>101 - 119—Leaps/Jumps/Hops</li> <li>201 - 208—Turns</li> <li>301 - 302—Handstands</li> <li>401 - 402—Rolls</li> <li>501 - 513—Cartwheels, Walkovers, Springs</li> <li>601 - 603—FWD saltos</li> <li>701 - 703—SWD saltos</li> <li>801 - 807—BWD saltos</li> </ul>	<p><b>CHANGE / ADD / DELETE</b></p> <ul style="list-style-type: none"> <li>Pink highlighted font depicts a Change/Add/Delete in a FX element or skill</li> <li>Each new season, highlighted changes are now standard and new changes highlighted</li> </ul>
<p><b>BODY POSITIONS</b></p> <p> Tuck = &lt; 90° hip angle / &lt; 90° knee angle</p> <p> Pike = &lt; 90° hip angle / Ø knee angle</p> <p> Straight (Stretch/LO) = All body parts in alignment</p>	<p><b>STRADDLE PIKE / SIDE SPLIT = "STRADDLE"</b></p> <ul style="list-style-type: none"> <li>Same Body Shape, element names used interchangeably</li> <li>Straddle Split </li> <li>Straddle Pike </li> </ul>	<p><b>HOLD REQUIREMENTS</b></p> <ul style="list-style-type: none"> <li>Elements marked with this symbol are required to hold 2 seconds</li> </ul> <p></p> <ul style="list-style-type: none"> <li>Non-turning HS required to hold 2s (unless otherwise stated)</li> <li>Turning HS NOT required to be held</li> </ul>	<p><b>MARK REQUIREMENTS</b></p> <ul style="list-style-type: none"> <li>Elements marked with this symbol are required to mark or stop 1 second</li> </ul> <p></p>	<p><b>'SAME' ELEMENTS</b></p> <ul style="list-style-type: none"> <li>Table of Elements designates each element with its own identifying number</li> <li>Elements considered to be 'same' are assigned the same number (A-102 and A-102 or A-102a and A-102a)</li> <li>Adding a 1/4 (90°) turn to an element does not make it different</li> </ul>	<p><b>'DIFFERENT' ELEMENTS</b></p> <ul style="list-style-type: none"> <li>Elements considered to be in the same family, but are different, are assigned a sub number (A-102a and A-102b)</li> </ul>
<p><b>BODY POSITIONS</b></p> <ul style="list-style-type: none"> <li>All levels must adhere to required body positions as stated in each element description</li> <li>Body position expectations are the same for all levels</li> </ul> <p><b>Example:</b> 7N LO, 10N LO position have same straight angle expectation, same deductions when not adhering to straight position</p>	<p><b>FWD / SWD/ARABIAN / BWD SALTOS</b></p> <ul style="list-style-type: none"> <li>FWD Salto—Takeoff facing FWD</li> <li>SWD Salto—Takeoff facing SWD/FWD/BWD, is noted</li> <li>ARABIAN Salto—Takeoff BWD 1/2 (180°) turn FWD salto, considered FWD salto</li> <li>BWD Salto—Takeoff facing BWD</li> </ul>	<p><b>RING JUMP / LEAP REQUIREMENTS</b></p> <ul style="list-style-type: none"> <li>Elements with "Ring" requirement must show a release of the head BWD toward the foot</li> <li>Back foot is at head height</li> </ul> <ol style="list-style-type: none"> <li>All Ring jumps/Leaps are required to show an obvious head release to the back foot position</li> <li>Head release position means eye-focus is upward and backward</li> </ol>	<p><b>STAG / DOUBLE STAG LEAPS / JUMPS</b></p> <ul style="list-style-type: none"> <li>Stag—Front leg stag = Knee bend minimum 45°</li> <li>Double Stag—Both legs stag = Knee bend 90° or less</li> </ul> <ol style="list-style-type: none"> <li>Stag and Double Stag leaps and jumps, while adding to the overall VP count, cannot be used to fulfill a SR with a split requirement</li> </ol>	<p><b>ACRO</b></p> <ul style="list-style-type: none"> <li>Floor Acro is defined into two (2) groups:</li> <li>Acro-Flight—FWD/SWD/BWD elements (VP) with flight onto or off of hands and feet</li> <li>Acro Non-Flight—FWD/SWD/BWD elements (VP) with no flight onto hands or to feet</li> </ul>	<p><b>NGA &amp; NCAA VP</b></p> <ul style="list-style-type: none"> <li>NGA may adapt and display the NCAA VP value if different than industry standards</li> </ul>
<p><b>MAIN TABLE OF CONTENTS</b></p> <ul style="list-style-type: none"> <li>Click to return to Main Table of Contents</li> </ul> <p></p>	<p><b>EVENT TABLE OF CONTENTS</b></p> <ul style="list-style-type: none"> <li>Click to return to Floor Exercise Table of Contents</li> </ul> <p></p>	<p><b>NGA NATIONAL WEBSITE</b></p> <p></p>	<p><b>NGA NATIONAL WOMENS DIRECTOR</b></p> <p><b>Bryan Neal</b></p>	<p><b>NGA NATIONAL WOMENS TECHNICAL DIRECTOR</b></p> <p><b>Donagene Jones</b></p>	<p><b>NGA NATIONAL WOMENS JUDGING DIRECTOR</b></p> <p><b>Pat Ergle</b></p>

# FLOOR EXERCISE—X SKILLS

## 1—LEAPS, JUMPS, HOPS

- 101—Split leap—Min 60°
- 102—Split jump—Min 60°
- ▶ 103—Assemblé—Straight leg—HOR or above
- 104—Leg swing hop—Free leg any angle
- ▶ 105—Entrechat
- ▶ 106—Front <sup>QB</sup> Side Chassé
- ▶ 107—Arch Passé Hop—Thigh HOR
- 108—Straddle Jump—Min 60°

## 2—TURNS

- 201—1/2 turn—Any technique
- 202—Swing turn—FWD
- 203—Swing turn—BWD
- 204—1/2 Illusion

## 3—HANDSTANDS

- 301—Front Split
- 302—VER HS—Split
- 303—VER HS—Together
- 304—Partial HS—Min 45°
- 305—Headstand—No hold required

## 4—ROLLS

- 401—BWD roll—Push up HS
- 402—BWD roll—Push-up position
- 403—FWD Shoulder roll
- ▶ **Cannot be used to fulfill SR Requirements**

- 404—BWD Shoulder roll
- 405—HS Chest roll
- 406—Swedish fall (1 or 2 legs)
- 407—Candlestick roll

## 5—WALKOVERS, CARTWHEELS

- 501—Push up—Bridge—Kick over
- 502—Cartwheel—Step-in
- 503—Side cartwheel
- 504—1-Arm Cartwheel)
- 505—BWD Limber
- 506—FWD limber
- 507—Backbend—Kick over

## 6—FWD SALTOS














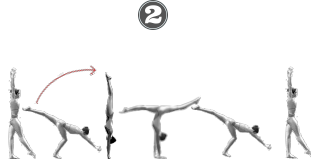
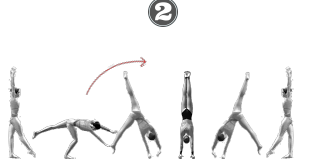


## 7—SWD/ARABIAN SALTOS

## 8—BWD SALTOS

X	X-SKILLS
1	<b><u>LEAPS, JUMPS, HOPS</u></b>
2	<b><u>TURNS</u></b>
3	<b><u>HANDSTANDS</u></b>
4	<b><u>ROLLS</u></b>
5	<b><u>WALKOVERS, CARTWHEELS, SPRINGS</u></b>
6	<b><u>FWD SALTOS</u></b>
7	<b><u>SWD/ARABIAN SALTOS</u></b>
8	<b><u>BWD SALTOS</u></b>



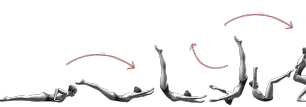






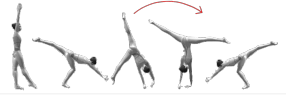






## FLOOR EXERCISE X-SKILLS

<b>X-101</b>	<b>X-102</b>	<b>X-103</b>	<b>X-104</b>	<b>X-105</b>	<b>X-106</b>
Split leap—Min 60°  	Split jump—Min 60°  	Assemblé—Straight leg—HOR or above  	Leg swing hop—Free leg any angle  	Entrechat (Beat jump)  	Front <sup>OR</sup> Side Chassé  
<p align="center"><b>Split Leap</b></p> <ol style="list-style-type: none"> <li>1. From optional approach</li> <li>2. Step to plie (hips behind foot)</li> <li>3. Execute single leg split leap</li> <li>4. Land plie</li> <li>5. Optional back leg (in back or swing FWD)</li> </ol>	<p align="center"><b>Split Jump</b></p> <ol style="list-style-type: none"> <li>1. From optional approach</li> <li>2. Step to plie (hips behind foot)</li> <li>3. Execute Split jump</li> <li>4. Land plie</li> <li>5. Optional exit</li> </ol>	<p align="center"><b>Assemble</b></p> <ol style="list-style-type: none"> <li>1. From steps <sup>OR</sup> runs</li> <li>2. Swing straight back leg front to HOR</li> <li>3. Arrive both feet simultaneously</li> <li>4. Optional exit</li> </ol> <p><i>NOTE: Usually used for jump prep</i></p>	<p align="center"><b>L' Hop</b></p> <ol style="list-style-type: none"> <li>1. From optional approach</li> <li>2. Step to plie (hips behind foot)</li> <li>3. Swing leg FWD, simultaneously hop</li> <li>4. Land plie, leg in front upon landing</li> <li>5. Finish optional</li> </ol>	<p align="center"><b>Beat</b></p> <ol style="list-style-type: none"> <li>1. From 5th or 3rd feet</li> <li>2. Jump straight</li> <li>3. Change back foot to front and return</li> <li>4. Beat with thighs, not feet</li> <li>5. Land plié</li> </ol>	<p align="center"><b>Chassé</b></p> <ol style="list-style-type: none"> <li>1. From one leg in front</li> <li>2. Step off one leg</li> <li>3. Join legs together in air</li> <li>4. Feet side by side or back to front</li> <li>5. Land on back leg, front foot pointed</li> </ol>
<b>X-107</b>	<b>X-108</b>	<b>X-201</b>	<b>X-202</b>	<b>X-203</b>	<b>X-204</b>
Arch Passé Hop—Thigh HOR  	Straddle jump—Min 60°  	Swing turn—FWD  	Swing turn—BWD  	1/2 turn—Any technique  	1/2 Illusion—Hand contact allowed  
<p align="center"><b>Arch Passé Hop</b></p> <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Take off one leg</li> <li>3. Execute Arch hop, leg in front passé</li> <li>4. Passé thigh HOR</li> <li>5. Land same leg as take-off</li> <li>6. Front foot pointed in passé</li> </ol>	<p align="center"><b>Straddle Jump</b></p> <ol style="list-style-type: none"> <li>1. From optional approach</li> <li>2. Step to plie (hips behind foot)</li> <li>3. Execute Straddle jump</li> <li>4. Land plie</li> <li>5. Optional exit</li> </ol>	<p align="center"><b>FWD Swing Turn</b></p> <ol style="list-style-type: none"> <li>1. From optional prep</li> <li>2. Swing leg FWD to any height</li> <li>3. Keep leg in front</li> <li>4. Execute 1/2 (180°) turn in relevé</li> <li>5. Leg finishes in back</li> <li>6. Drop from relevé at completion</li> </ol>	<p align="center"><b>BWD Swing Turn</b></p> <ol style="list-style-type: none"> <li>1. From optional prep</li> <li>2. Swing leg BWD to any height</li> <li>3. Keep leg in back</li> <li>4. Execute 1/2 (180°) turn in relevé</li> <li>5. Leg finishes in front</li> <li>6. Drop from relevé at completion</li> </ol>	<p align="center"><b>1/2 Turn</b></p> <ol style="list-style-type: none"> <li>1. From optional prep</li> <li>2. Relevé—optional leg entry</li> <li>3. Execute 1/2 (180°) turn</li> <li>4. Optional technique, ending</li> <li>5. Drop from relevé at completion</li> </ol>	<p align="center"><b>1/2 Illusion</b></p> <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Kick one leg to needle scale</li> <li>3. Execute 1/2 turn</li> <li>4. Hand contact allowed</li> <li>5. Finish upright</li> </ol>
<b>X-301</b>	<b>X-302</b>	<b>X-303</b>	<b>X-304</b>	<b>X-305</b>	
Front Split—Optional entry—Optional exit—No hand contact during 2s hold  	VER HS—Legs split  	VER HS—Legs together  	Partial HS—Min 45°  	Headstand—No hold required  	
<p align="center"><b>Front Split</b></p> <ol style="list-style-type: none"> <li>1. From optional prep</li> <li>2. Slide, roll, etc to front split</li> <li>3. Straight legs</li> <li>4. FX hand contact allowed</li> <li>5. Optional exit</li> </ol>	<p align="center"><b>VER HS Split</b></p> <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Reach FWD—hand contact FX</li> <li>3. Both legs to VER</li> <li>4. HS leg position optional</li> <li>5. Optional exit</li> <li>6. Optional ending</li> </ol>	<p align="center"><b>VER HS</b></p> <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Reach FWD/SWD—hand contact FX</li> <li>3. Both legs to VER</li> <li>4. HS leg position optional</li> <li>5. Optional exit</li> <li>6. Optional ending</li> </ol>	<p align="center"><b>HS 45°</b></p> <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Reach FWD—hand contact FX</li> <li>3. Lead leg to reach min 45° from VER</li> <li>4. Option to close legs</li> <li>5. Optional exit</li> <li>6. Optional ending</li> </ol>	<p align="center"><b>Headstand</b></p> <ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Reach FWD—hands/head contact FX</li> <li>3. Move hips over head</li> <li>4. Move toes up over head</li> <li>5. Optional exit</li> <li>6. Optional ending</li> </ol>	



## FLOOR EXERCISE X-SKILLS

<p><b>X-401</b></p> <p>BWD Roll—Bent arm push to HS</p> <p><i>No deduction for bent arms</i></p>  <p><b>HS 45°</b></p>	<p><b>X-402</b></p> <p>BWD roll—Push up position—Arms bent or straight</p> <p><i>No deduction for bent arms</i></p>  <p><b>BWD Roll Push up</b></p>	<p><b>X-403</b></p> <p>FWD Shoulder roll—Optional entry—Optional entry/exit</p>  <p><b>FWD Shoulder Roll</b></p>	<p><b>X-404</b></p> <p>BWD Shoulder roll—Optional entry—Optional entry/exit</p>  <p><b>BWD Shoulder Roll</b></p>	<p><b>X-405</b></p> <p>HS Chest roll—HS not required to be held—Mark only w/ feet together</p>  <p><b>HS Chest Roll</b></p>	<p><b>X-406</b></p> <p>Swedish fall (1 or 2 legs)</p>  <p><b>Swedish Fall</b></p>
<ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Execute BWD roll—Bent arm to HS</li> <li>3. Both legs to reach VER before step out</li> <li>4. Option to pike down</li> <li>5. Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Execute BWD roll</li> <li>3. Extend hips flat</li> <li>4. Push off FX—weight off head/neck</li> <li>5. End in push up</li> </ol>	<ol style="list-style-type: none"> <li>1. From optional prep</li> <li>2. Drive heels UpWD</li> <li>3. As heels get VER, turn head to side, arms out to side</li> <li>4. Roll over shoulder</li> <li>5. Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>1. From optional prep</li> <li>2. Roll BWD thru candle</li> <li>3. As toes get VER, turn head to side, arms out to side</li> <li>4. Roll over shoulder</li> <li>5. Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>1. From optional prep</li> <li>2. Kick up to HS</li> <li>3. Keeping toes VER, control drop to chest</li> <li>4. Roll to prone position</li> <li>5. Optional exit after prone</li> </ol>	<ol style="list-style-type: none"> <li>1. From one leg balance</li> <li>2. Lift leg BWD UpWD</li> <li>3. 'Fall' to prone position</li> <li>4. Legs together or split (scale)</li> <li>5. Optional ending after prone</li> </ol>
<p><b>X-407</b></p> <p>Candlestick roll</p>  <p><b>Candlestick Roll</b></p>					<p><b>X-501</b></p> <p>Push up—Bridge—Kick over</p>  <p><b>Bridge Kickover</b></p>
<ol style="list-style-type: none"> <li>1. From optional start</li> <li>2. Enter BWD roll position</li> <li>3. Execute Candlestick</li> <li>4. Exit BWD roll position</li> <li>5. Optional ending</li> </ol>					<ol style="list-style-type: none"> <li>1. From optional entry</li> <li>2. Supine push up to bridge</li> <li>3. Lift leg to initiate kick over</li> <li>4. Go thru HS position, legs optional</li> <li>5. Optional exit</li> <li>6. Optional finish</li> </ol>
<p><b>X-502</b></p> <p>Side cartwheel</p> <p>90°</p>  <p><b>Side Cartwheel</b></p>	<p><b>X-503</b></p> <p>Cartwheel—Step-in</p> <p>180°</p>  <p><b>Cartwheel Step-in</b></p>	<p><b>X-504</b></p> <p>1-Arm Cartwheel—Near or Far arm</p> <p>180°</p>  <p><b>1-Arm Cartwheel</b></p>	<p><b>X-505</b></p> <p>FWD Limber—Optional entry—Feet shoulder-width apart or closer</p>  <p><b>FWD Limber</b></p>	<p><b>X-506</b></p> <p>BWD Limber—Optional exit—Feet shoulder-width apart or closer</p>  <p><b>BWD Limber</b></p>	<p><b>X-507</b></p> <p>Backbend—Kick over</p>  <p><b>Backbend Kickover</b></p>
<ol style="list-style-type: none"> <li>1. From optional start position</li> <li>2. Reach to FX</li> <li>3. Execute side Cartwheel</li> <li>4. Exit tall</li> <li>5. Optional ending</li> </ol>	<ol style="list-style-type: none"> <li>1. From optional start position</li> <li>2. Reach to FX</li> <li>3. Execute front Cartwheel</li> <li>4. Exit tall</li> <li>5. Step in ending</li> </ol>	<ol style="list-style-type: none"> <li>1. From optional start position</li> <li>2. Reach to FX</li> <li>3. Execute front 1-arm Cartwheel</li> <li>4. Exit tall</li> <li>5. Optional ending</li> </ol>	<ol style="list-style-type: none"> <li>1. From optional start position</li> <li>2. Reach to FX</li> <li>3. Execute HS</li> <li>4. Fall into bridge position</li> <li>5. Push off hands to stand</li> <li>6. End standing—Feet together/apart</li> </ol>	<ol style="list-style-type: none"> <li>1. From optional prep</li> <li>2. Feet slightly apart</li> <li>3. Feet leave FX simultaneously</li> <li>4. Show (Ø hold) HS position</li> <li>5. Optional exit after HS</li> </ol>	<ol style="list-style-type: none"> <li>1. From feet together/apart</li> <li>2. Reach BWD to bridge on FX</li> <li>3. Kick over</li> <li>4. Go thru HS position</li> <li>5. Optional exit</li> <li>6. Optional ending</li> </ol>

# FLOOR EXERCISE



## 1—LEAPS, JUMPS, HOPS

### Stag Leaps

- [101—Stag Split Leaps](#)
- [102—Double Stag Split Leaps](#)
- [103—Stag Switch Leg Leaps](#)

### Split Leaps

- [104—Split leaps](#)
- [105—Switch Leg Split Leaps](#)

### Jumps

- [106—Stag Split Jumps](#)
- [107—Double Stag Jumps](#)
- [108—Split Jumps](#)
- [109—Split Jumps to Prone](#)
- [110—Straddle Jumps](#)
- [111—Stretch Jumps](#)
- [112—Sheep](#)

### Hops

- [113—Sissone, Cabriole, Hitch](#)
- [114—Tour Jete](#)
- [115—Fouette, Hops](#)













### Shape Jumps

- [116—Cat Leaps](#)
- [117—Pike Jumps](#)
- [118—Tuck Jumps](#)
- [119—Wolf Jumps](#)































▶ *Cannot use VP for Split SR requirement*

<b>X</b>	<b><u>X SKILLS</u></b>
<b>1</b>	<b>LEAPS, JUMPS, HOPS</b>
<b>2</b>	<b><u>TURNS</u></b>
<b>3</b>	<b><u>HANDSTANDS</u></b>
<b>4</b>	<b><u>ROLLS</u></b>
<b>5</b>	<b><u>WALKOVERS, CARTWHEELS, SPRINGS</u></b>
<b>6</b>	<b><u>FWD SALTOS</u></b>
<b>7</b>	<b><u>SWD/ARABIAN SALTOS</u></b>
<b>8</b>	<b><u>BWD SALTOS</u></b>























## FX—1-STAG LEAPS — 101-Stag Split Leaps — 102-Double Stag Split Leaps — 103-Stag Switch Leg Leaps

<p><b>A—101a</b></p>  <p>Stag split leap—180° front split—1-leg&gt;1-leg</p>  <p style="text-align: center;"><b>Stag Split Leap</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Stag split leap</li> <li>3. 180° front split—after stag open</li> <li>4. Land 1-leg</li> </ol>	<p><b>B—101a</b></p> <p>Stag split leap—1/4 (90°) turn—180° side split—1-leg&gt;1-leg</p> <p style="text-align: right;">90°</p>  <p style="text-align: center;"><b>Split 1/4 1-leg</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Stag split leap—1/4 turn</li> <li>3. 180° side split—after stag open</li> <li>4. Land 1-leg</li> </ol>	<p><b>B—101a</b></p> <p>Stag split leap—1/4 (90°) turn—180° side split—1-leg&gt;2-leg</p> <p style="text-align: right;">90°</p>  <p style="text-align: center;"><b>Stag Split 1/4 2-legs</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Stag split leap—1/4 turn</li> <li>3. 180° side split—after stag open</li> <li>4. Land 2-legs</li> </ol>	<p><b>C—101a</b></p> <p>Stag split leap—1/2 (180°) turn—180° side split—1-leg&gt;1-leg</p> <p style="text-align: right;">180°</p>  <p style="text-align: center;"><b>Stag Split 1/2 1-leg</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Stag split leap—1/2 turn</li> <li>3. 180° side split—after stag open</li> <li>4. Land 1-leg</li> </ol>	<p><b>C—101a</b></p> <p>Stag split leap—1/2 (180°) turn—180° side split—1-leg&gt;2-legs</p> <p style="text-align: right;">180°</p>  <p style="text-align: center;"><b>Stag Split 1/2 2-legs</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Stag split leap—1/2 turn</li> <li>3. 180° side split—after stag open</li> <li>4. Land 2-legs</li> </ol>	<p><b>B—101</b></p> <p>Stag split leap—Ring—180° front split—1-leg&gt;2-legs</p>  <p style="text-align: center;"><b>Stag Split Ring</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Stag leap—Ring</li> <li>3. 180° front split—after stag open</li> <li>4. Rear leg bent UpWD—Head height</li> <li>5. Head release</li> <li>6. Land 1-leg</li> </ol>
<p><b>A—102</b></p> <p>Double Stag Split leap—1-leg&gt;1-leg</p>  <p style="text-align: center;"><b>Double Stag Split Leap</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Double Stage split leap</li> <li>3. Front knee bent min 90°</li> <li>4. Back knee bent—Foot UpWD</li> <li>5. Land 1-leg</li> </ol>	<p><b>B—102</b></p> <p>Double Stag Split leap—1/1 (360°) turn—1-leg&gt;1-leg</p> <p style="text-align: right;">360°</p>  <p style="text-align: center;"><b>Double Stag Split 1/1</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Double Stage split leap—1/1 turn</li> <li>3. Front knee bent min 90°</li> <li>4. Back knee bent—Foot UpWD</li> <li>5. Land 1-leg</li> </ol>				
<p><b>A—103a</b></p> <p>Split leap—Leg change—Wolf position—1-leg/2-legs</p>  <p style="text-align: center;"><b>Switch Wolf</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute leg change to Wolf</li> <li>3. Chest to thigh</li> <li>4. Straight leg parallel to FX</li> <li>5. Land 2-legs</li> </ol>	<p><b>A—103b</b></p> <p>Stag Switch leg leap—Stag/180° front split—1-leg/1-leg</p>  <p style="text-align: center;"><b>Stag Switch</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Stag Switch leg leap</li> <li>3. 180° front split—after stag open</li> <li>4. Land 1-leg</li> </ol>	<p><b>B—103</b></p> <p>Stag Switch leg leap—Ring—Rear leg head height—Head REL—Stag/180° split—1-leg/1-leg</p>  <p style="text-align: center;"><b>Stag Switch Ring</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Stag Switch leg leap—Ring</li> <li>3. 180° front split—after stag open</li> <li>4. Rear leg bent UpWD—Head height</li> <li>5. Head release</li> <li>6. Land 1-leg</li> </ol>			



























# FX—1-SPLIT LEAPS — 104-Split Leaps — 105-Switch Leg Split Leaps

<p><b>A—104</b> </p> <p>Split leap—Straight leg entry—180° front split—1-leg&gt;1-leg</p> 	<p><b>B—104a</b> </p> <p>Split leap—1/4 (90°) turn—180° side split—1-leg&gt;1-leg</p> <p style="text-align: right;">90°</p> 	<p><b>B—104b</b> </p> <p>Split leap—1/2 (180°) turn—180° front split—1-leg&gt;1-leg</p> <p style="text-align: right;">180°</p> 	<p><b>B—104b</b></p> <p>Split leap—1/2 (180°)—180° front split—1-leg&gt;2-legs</p> <p style="text-align: right;">180°</p> 	<p><b>B—104c</b> </p> <p>Split leap—Ring—180° front split—Rear leg head height—Head REL—1-leg&gt;1-leg</p> 	<p><b>C—104</b> </p> <p>Split leap—1/1 (360°)—180° front split—1-leg&gt;2-legs</p> <p style="text-align: right;">360°</p> 
<p><b>Split Leap</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Straight leg leap</li> <li>3. 180° front split</li> <li>4. Land 1-leg</li> </ol>	<p><b>Split Side Leap</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Straight leg leap—1/4 turn</li> <li>3. 180° side split</li> <li>4. Land 1-leg</li> </ol>	<p><b>Split 1/2 Leap 1-leg</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute 1/2 turn—Straight leg leap</li> <li>3. 180° front split</li> <li>4. Land 1-leg</li> </ol>	<p><b>Split 1/2 Leap 2-legs</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute 1/2 turn—Straight leg leap</li> <li>3. 180° front split</li> <li>4. Land 2-legs</li> </ol>	<p><b>Split Leap Ring</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Straight leg leap—Ring</li> <li>3. 180° front split</li> <li>4. Rear leg head height</li> <li>5. Head release</li> <li>6. Land 1-leg</li> </ol>	<p><b>Split 1/1 Leap 2-legs</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Straight leg leap—Ring</li> <li>3. 180° front split</li> <li>4. Rear leg head height</li> <li>5. Head release</li> <li>6. Land 2-legs</li> </ol>
<p><b>B—105a</b> </p> <p>Switch leg split leap—45°/180° front split—1-leg&gt;1-leg</p> 	<p><b>B—105b</b></p> <p>Jeté en tournant—1/4 (90°)—1/2 (180°) turn—1-leg&gt;1-leg</p> <p style="text-align: right;">90° - 180°</p> 	<p><b>C—105a</b></p> <p>Switch leg split leap—1/4 (90°) turn—45°/Straddle split—1-leg&gt;Prone</p> <p style="text-align: right;">90°</p> 	<p><b>C—105b</b> </p> <p>Switch leg split leap—1/4 (90°) turn—45°/Straddle split—1-leg&gt;2-legs (Johnson)</p> <p style="text-align: right;">90°</p> 	<p><b>C—105c</b></p> <p>Switch leg split leap—1/2 (180°) turn—45°/180° front split—1-leg&gt;Prone</p> <p style="text-align: right;">180°</p> 	<p><b>C—105d</b> </p> <p>Switch leg split leap—1/2 (180°) turn—45°/180° front split—1-leg&gt;2-legs (Frolova)</p> <p style="text-align: right;">180°</p> 
<p><b>Switch Leap</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Switch leg leap</li> <li>3. 45° front switch to 180° front split</li> <li>4. Land 1-leg</li> </ol>	<p><b>Barrel Leap</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute 1/4 turn—Barrel leap</li> <li>3. Thru Ronde jambe</li> <li>4. Land 1-leg</li> </ol>	<p><b>Switch 1/4 Prone</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute 1/4 turn—Switch leg leap</li> <li>3. 45° front switch to 180° side split</li> <li>4. Land Prone</li> </ol>	<p><b>Johnson</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute 1/4 turn—Switch leg leap</li> <li>3. 45° front switch to 180° side split</li> <li>4. Land 2-legs</li> </ol>	<p><b>Switch 1/2 Prone</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Switch leg leap—1/2 turn</li> <li>3. 45° front switch to 180° front split</li> <li>4. Land Prone</li> </ol>	<p><b>Switch 1/2</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute 1/4 turn—Switch leg leap 1/2 turn</li> <li>3. 45° front switch to 180° side split</li> <li>4. Land 2-legs</li> </ol>
<p><b>C—105e</b></p> <p>Switch leg split leap—Ring—45°/180° front split—Rear leg head height—Head REL—1-leg&gt;1-leg</p> 	<p><b>C—105f</b> </p> <p>Switch leg leap—Rond-de-jambe—1-leg&gt;2-legs (Plataroti)</p> 	<p><b>C—105g</b></p> <p>Switch leg leap—Rond-de-jambe—1/2 (180°) turn—1-leg&gt;1-leg or 1-leg&gt;2-legs (Plataroti 1/2)</p> <p style="text-align: right;">180°</p> 	<p><b>D—105a</b> </p> <p>Switch leg split leap—1/4 (90°) turn—1/2 (180°) turn—1-leg&gt;2-legs (Johnson 1/2) (Ikoma)</p> <p style="text-align: right;">90° 180°</p> 	<p><b>D—105b</b> </p> <p>Switch leg leap—1/1 (360°) turn—1-leg&gt;1-leg or 1-leg&gt;2-legs (Frolova)</p> <p style="text-align: right;">360°</p> 	<p><b>D—105c</b> </p> <p>Switch leg leap—1/2 (180°) turn—Ring leap—1-leg&gt;1-leg (Trevor)</p> <p style="text-align: right;">180°</p> 
<p><b>Switch Ring</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Switch leg leap—Ring</li> <li>3. Rear leg head height</li> <li>4. Head release</li> <li>5. 45° front switch to 180° front split</li> <li>6. Land 1-leg</li> </ol>	<p><b>Plataroti</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Ronde jambe Switch leg leap</li> <li>3. Front 180° split</li> <li>4. Land 2-legs</li> </ol>	<p><b>Plataroti 1/2</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Ronde jambe Switch leg leap—1/2 turn</li> <li>3. Front 180° split</li> <li>4. Land 1-leg or 2-legs</li> </ol>	<p><b>Johnson 1/2</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute 1/4 turn—Switch leg leap 1/2 turn</li> <li>3. 45° front switch to 180° side split</li> <li>4. Land 2-legs</li> </ol>	<p><b>Switch 1/1</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Switch leg leap—1/1 turn</li> <li>3. 45° front switch to 180° front split</li> <li>4. Land 1-leg or 2-legs</li> </ol>	<p><b>Switch 1/2 Ring</b></p> <ol style="list-style-type: none"> <li>1. Opt. approach—Take off 1-leg</li> <li>2. Execute Switch leg leap—Ring</li> <li>3. Rear leg head height</li> <li>4. Head release</li> <li>5. 45° front switch to 180° front split</li> <li>6. Land 1-leg</li> </ol>

## FX—1-JUMPS — 106-Stag Split Jumps — 107-Double Stag Jumps — 108-Split Jump
















<b>A—106a</b> 	<b>A—106b</b> 	<b>A—106c</b> 	<b>B—106</b> 				
Stag Split jump—2-legs>2-legs	Stag jump—1/2 (180°) turn—2-legs>2-legs	Stag split jump—1/2 (180°) turn—2-legs>2-legs	Stag split jump—Ring—Rear leg head height—Head REL—2-legs>2-legs				
<b>180°</b>	<b>180°</b>	<b>180°</b>					
							
<b>Stag Jump</b>	<b>Stag Jump 1/2</b>	<b>Stag Split 1/2</b>	<b>Stag Split Ring</b>				
1. Opt. start—Take off 2-legs 2. Execute Stag/Double jump 3. Front leg bent—Thigh parallel to FX 4. 180° split—Knee to toes 5. Land 2-legs <i>Double stag: Back leg bent min 90° UpWD</i>	1. Opt. start—Take off 2-legs 2. Execute Stag jump—1/2 turn 3. Front leg bent—Thigh parallel to FX 4. 180° split—Knee to toes 5. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Stag split jump—1/2 turn 3. Stag to 180° front split 4. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Stag split jump—Ring 3. Rear leg head height 4. Head release 5. Stag to 180° front split 6. Land 2-legs				
<b>A—107</b>	<b>B—107</b>	<b>D—107</b>					
Double Stag Split jump—2-legs>2-legs	Double Stag Split jump—1/1 (360°) turn—2-legs>2-legs	Double Stag Split jump—Ring—1/1 (360°) turn—2-legs>2-legs					
<b>360°</b>	<b>360°</b>	<b>360°</b>					
							
<b>Double Stag Jump</b>	<b>Double Stag Split 1/1</b>	<b>Double Stag Split Ring 1/1</b>					
1. Opt. start—Take off 2-legs 2. Execute Double Stag jump 3. Front leg bent—Thigh parallel to FX 4. Back leg bent UpWD 5. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Double Stag jump—1/1 turn 3. Front leg bent—Thigh parallel to FX 4. Back leg bent UpWD 5. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Double Stag jump—Ring 1/1 turn 3. Rear leg head height 4. Head release 5. Land 2-legs					
<b>A—108</b> 	<b>B—108a</b> 	<b>B—108b</b> 	<b>C—108</b> 	<b>D—108a</b> 	<b>D—108b</b>		
Split jump—180° front split—2-legs>2-legs	Split jump—1/2 (180°) turn—180° front split—2-legs>2-legs	Split jump—Ring—2-legs>2-legs	Split jump—1/1 (360°) turn—180° front split—2-legs>2-legs	Split jump—1-1/2 (540°) turn—2-leg>2-legs	Split jump—Ring—1/1 (360°) turn—2-legs>2-legs (Johnson)		
<b>180°</b>	<b>180°</b>		<b>360°</b>	<b>540°</b>	<b>360°</b>		
							
<b>Split Jump</b>	<b>Split Jump 1/2</b>	<b>Split Jump Ring</b>	<b>Split Jump 1/1</b>	<b>Split Jump 1-1/2</b>	<b>Split Jump Ring 1/1</b>		
1. Opt. start—Take off 2-legs 2. Execute Split jump 3. 180° front split 4. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Split jump—1/2 turn 3. 180° front split 4. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Split jump—Ring 3. Rear leg head height 4. Head release 5. 180° front split 6. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Split jump—1/1 turn 3. 180° front split 4. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Split jump—1-1/2 turn 3. 180° front split 4. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Split jump—Ring 1/1 turn 3. Rear leg head height 4. Head release 5. 180° front split 6. Land 2-legs		

## FX—1-JUMPS — 109-Split Jumps to Prone — 110-Straddle Jumps — 111-Stretch Jumps


























<b>B—108a</b>  Straddle pike/Side split jump—180° split—2-legs>Prone (Shushunova)	<b>B—108b</b>  Straddle pike/Side split jump—180° split—1/2 (180°) turn—2-legs>Prone (Shushunova—1/2)	<b>B—108c</b>  Hop—1/1 (360°) turn—Straddle—2-legs>Prone (Martinez)	<b>C—108a</b>  Straddle pike/Side split jump—180° split—1/1 (360°) turn—2-legs>Prone (Shushunova—1/1)	<b>C—108b</b>  Split leap—1-1/2 (540°) turn—HOR—Legs together—1-leg>Prone (Khorkina)	<b>D—108</b> Split Leap—2-1/2 (900°) turn—HOR—Legs together—1-leg>Prone (Toussaint)
 <b>Shushunova</b>	 <b>Shushunova 1/2</b>	 <b>Martinez</b>	 <b>Shushunova 1/1</b>	 <b>Khorkina</b>	 <b>Toussaint</b>
1. Opt. start—Take off 2-legs 2. Execute Straddle pike jump 3. 180° side split 4. Land Prone	1. Opt. start—Take off 2-legs 2. Execute Straddle pike jump—1/2 turn 3. 180° side split 4. Land Prone	1. Opt. start—Take off 1-leg 2. Execute 'L' Hop—1/2 turn 3. 180° side split 4. Land Prone	1. Opt. start—Take off 2-legs 2. Execute Straddle pike jump—1/2 turn 3. 180° side split 4. Land Prone	1. Opt. start—Take off 1-leg 2. Execute HOR jump—1-1/2 turn 3. Legs together 4. Land Prone	1. Opt. start—Take off 1-leg 2. Execute HOR jump—2-1/2 turn 3. Legs together 4. Land Prone
<b>B—110a</b>  Straddle pike/Side split jump—180° side split—2-legs>2-legs	<b>B—110b</b> Straddle pike/Side split jump—1/2 (180°) turn—180° side split—2-legs>2-legs	<b>C—110</b>  Straddle pike/Side split jump—1/1 (360°) turn—180° side split—2-legs>2-legs (Popa)	<b>D—110</b>  Straddle pike/Side split jump—1-1/2 (540°) turn—180° side split—2-legs>2-legs (Popa 1/2)		
 <b>Straddle</b>	 <b>Straddle 1/2</b>	 <b>Popa</b>	 <b>Popa 1/2</b>		
1. Opt. start—Take off 2-legs 2. Execute Straddle/Side Split jump 3. 180° cross split 4. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Straddle/Side Split jump—1/2 turn 3. 180° side split 4. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Straddle/Side Split jump—1/1 turn 3. 180° cross split 4. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Straddle/Side Split jump—1-1/2 turn 3. 180° cross split 4. Land 2-legs		
<b>A—111a</b> Stretch/Arch jump—1/2 (180°) turn—2-legs>2-legs	<b>A—111b</b>  Stretch/Arch jump—1/1 (360°) turn—2-legs>2-legs	<b>B—111</b> Stretch jump—1-1/2 (540°) turn—2-legs>2-legs	<b>C—111a</b>  Stretch jump—2/1 (720°) turn—2-legs>2-legs	<b>C—111b</b> Stretch jump—2-1/2 (900°) turn—2-legs>2-legs	<b>D—111</b> Stretch jump—3/1 (1080°) turn—2-legs>2-legs
 <b>Stretch 1/2</b>	 <b>Stretch 1/1</b>	 <b>Stretch 1-1/2</b>	 <b>Stretch 2/1</b>	 <b>Stretch 2-1/2</b>	 <b>Stretch 3/1</b>
1. Opt. start—Take off 2-legs 2. Execute Straight jump—1/2 turn 3. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Straight jump—1/1 turn 3. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Straight jump—1-1/2 turn 3. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Straight jump—2/1 turn 3. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Straight jump—2-1/2 turn 3. Land 2-legs	1. Opt. start—Take off 2-legs 2. Execute Straight jump—3/1 turn 3. Land 2-legs


















## FX—1-JUMPS — 112-Sheep — 113-Sissone, Cabriole, Hitch — 114-Tour Jeté

<b>A—112</b> Chassé—1/1 (360°) turn—1-leg>1-leg <span style="color: blue;">360°</span>	<b>B—112</b> Sheep jump—Upper back arch—Feet head height—Head REL—2-legs>2-legs	<b>C—112</b> Sheep jump—1/1 (360°) turn—Upper back arch—Feet head height—Head REL—2-legs>2-legs <span style="color: blue;">360°</span>				
						
<b>Chassé 1/1</b> 1. Opt. start—Take off 1-leg 2. Execute Chassé—1/1 turn 3. Travels 4. Land 1-leg	<b>Sheep Jump</b> 1. Opt. start—Take off 2-legs 2. Execute Sheep jump 3. Upper back arch 4. Feet head height 5. Head release 6. Land 2-legs	<b>Sheep Jump 1/1</b> 1. Opt. start—Take off 2-legs 2. Execute Sheep jump—1/1 turn 3. Upper back arch 4. Feet head height 5. Head release 6. Land 2-legs				
<b>A—113a</b> Sissone—Legs diagonal—180° front split—2-legs>1-leg <span style="color: blue;">180°</span>	<b>A—113b</b> Front Cabriole—45° front kick beat—1-leg>1-leg	<b>A—113c</b> Back Cabriole—45° back kick beat—1-leg/>—leg	<b>A—113d</b> Front Hitch kick—1-leg>1-leg	<b>A—113e</b> Back Hitch kick—1-leg>1-leg	<b>B—113</b> Hitch kick Scissor leap FWD—Stretched legs—1/4 (90°) - 1/4 (90°)—1-leg>1-leg <span style="color: blue;">90° 90°</span>	
						
<b>Sissone</b> 1. Opt. start—Take off 2-legs 2. Execute Sissone jump 3. 180° diagonal cross split 4. Land 1-leg	<b>Front Cabriole</b> 1. Opt. start—Take off 1-leg 2. Execute Cabriole—Front kick beat 3. 45° front calf beat 4. Land 1-leg	<b>Back Cabriole</b> 1. Opt. start—Take off 1-leg 2. Execute Cabriole—Back kick beat 3. 45° back calf beat 4. Land 1-leg	<b>Front Hitch Kick</b> 1. Opt. start—Take off 1-leg 2. Execute FWD Hitch Kick—Scissor kick 3. Land 1-leg	<b>Back Hitch Kick</b> 1. Opt. start—Take off 1-leg 2. Execute BWD Hitch Kick—Scissor kick 3. Land 1-leg	<b>Front Hitch 1/4-1/4</b> 1. Opt. start—Take off 1-leg 2. Execute FWD Hitch Kick—Scissor kick 3. 1/4 - 1/4 turn 4. Land 1-leg	
<b>B—114</b> Tour jete (180°)—180° front split—1-leg>1 OR 2-legs <span style="color: blue;">180°</span>	<b>C—114a</b> Tour jete (180°)—180° cross split—1/2 (180°) turn—1-leg>1 OR 2-legs (Strug) <span style="color: blue;">180° 180°</span>	<b>C—114b</b> Tour jeté (180°)—180° cross split—1/2 (180°) turn—1-leg>Split sit (Prodnova) <span style="color: blue;">180° 180°</span>	<b>C—114c</b> Tour jeté (180°)—180° cross split—Ring leg—1-leg>1 OR 2-legs (Boucher) <span style="color: blue;">180°</span>	<b>D—114a</b> Tour jeté (180°)—1/1 (360°) turn—1-leg>1 OR 2-legs (Gogean) <span style="color: blue;">180° 360°</span>	<b>D—114b</b> Tour jeté (180°)—Ring leg—1/2 (180°) turn—1-leg>1 OR 2-legs (Jackson) (Ferrari) <span style="color: blue;">180°</span>	
						
<b>Tour jeté</b> 1. Opt. start—Take off 1-leg 2. Execute Tour jeté 3. 180° front split 4. Land 1 OR 2-legs	<b>Tour jeté 1/2</b> 1. Opt. start—Take off 1-leg 2. Execute Tour jeté—1/2 turn 3. 180° front split 4. Land 1 OR 2-legs	<b>Tour jeté 1/2 to Split</b> 1. Opt. start—Take off 1-leg 2. Execute Tour jeté—1/2 turn 3. 180° front split 4. Land front split	<b>Tour jeté Ring</b> 1. Opt. start—Take off 1-leg 2. Execute Tour jeté—Ring 3. 180° front split 4. Land 1 OR 2-legs	<b>Tour jeté 1/1</b> 1. Opt. start—Take off 1-leg 2. Execute Tour jeté—1/1 turn 3. 180° front split 4. Land 1 OR 2-legs	<b>Tour jeté Ring 1/2</b> 1. Opt. start—Take off 1-leg 2. Execute Tour jeté—Ring 1/2 turn 3. 180° front split 4. Rear leg head height 5. Head release 6. Land 1 OR 2-legs	














## FX—1-LEAPS, HOPS — 115-Fouette, Hops — 116-Cat Leaps — 117-Pike Jumps

<b>A—115a</b>  Fouette hop—1/2 (180°) turn—Free leg > HOR—1-leg>1-leg scale 180° 	<b>A—115b</b>  Hop—1/2 (180°) turn—Free leg EXT—Above HOR—1-leg>1-leg 180° 	<b>C—115</b>  Hop—1/1 (360°) turn—Free leg EXT—Above HOR—1-leg>1-leg 360° 	<b>D—115</b> Hop—1-1/2 (540°) turn—Free leg EXT—Above HOR—1-leg>1-leg 540° 	<b>E—115</b> Hop—2/1 (720°) turn—Free leg EXT—Above HOR—1-leg>1-leg 720° 	
<b>Fouette</b> 1. Opt. start—Take off 1-leg 2. Execute Fouette 3. EXT leg > HOR 4. Land 1-leg scale	<b>Hop 'L' 1/2 Turn</b> 1. Opt. start—Take off 1-leg 2. Execute 1-leg Hop—1/2 turn 3. EXT leg > HOR 4. Land 1-leg	<b>Hop 'L' 1/1 Turn</b> 1. Opt. start—Take off 1-leg 2. Execute 1-leg Hop—1/1 turn 3. EXT leg > HOR 4. Land 1-leg	<b>Hop 'L' 1-1/2 Turn</b> 1. Opt. start—Take off 1-leg 2. Execute 1-leg Hop—1-1/2 turn 3. EXT leg > HOR 4. Land 1-leg	<b>Hop 'L' 2/1 turn</b> 1. Opt. start—Take off 1-leg 2. Execute 1-leg Hop—2/1 turn 3. EXT leg > HOR 4. Land 1-leg	
<b>A—116a</b>  Cat leap—1-leg>1-leg 180° 	<b>A—116b</b> Cat leap—1/2 (180°) turn—1-leg>1-leg 180° 	<b>B—116a</b>  Cat leap—1/1 (720°) turn—1-leg>1-leg 360° 	<b>B—116b</b> Cat leap—1/1 (360°) turn—1-leg>Split sit 360° 	<b>C—116</b> Cat leap—1-1/2 (540°) turn—1-leg>1-leg (Garrison) 540° 	<b>D—116</b>  Cat leap—2/1 (720°) turn—1-leg>1-leg (Benton) 720° 
<b>Cat Leap</b> 1. Opt. start—Take off 1-leg 2. Execute Pas de chat—Cat leap 3. Lift knees up—One at a time 4. Turn out 5. Land 1-leg	<b>Cat Leap 1/2</b> 1. Opt. start—Take off 1-leg 2. Execute Pas de chat—Cat leap—1/2 turn 3. Lift knees up—One at a time 4. Turn out 5. Land 1-leg	<b>Cat Leap 1/1</b> 1. Opt. start—Take off 1-leg 2. Execute Pas de chat—Cat leap—1/1 turn 3. Lift knees up—One at a time 4. Turn out 5. Land 1-leg	<b>Cat Leap 1/1 to Split</b> 1. Opt. start—Take off 1-leg 2. Execute Pas de chat—Cat leap—1/1 turn 3. Lift knees up—One at a time 4. Turn out 5. Land front split	<b>Cat Leap 1-1/2</b> 1. Opt. start—Take off 1-leg 2. Execute Pas de chat—Cat leap—1-1/2 turn 3. Lift knees up—One at a time 4. Turn out 5. Land 1-leg	<b>Cat Leap 2/1</b> 1. Opt. start—Take off 1-leg 2. Execute Pas de chat—Cat leap—2/1 turn 3. Lift knees up—One at a time 4. Turn out 5. Land 1-leg
<b>B—117a</b>  Pike jump—Hip angle < 90°—2-legs>2-legs 180° 	<b>B—117b</b> Pike jump—Hip angle < 90°—2-legs>Prone 180° 	<b>B—117c</b> Pike jump—1/2 (180°) turn—Hip angle < 90°—2-legs>2-legs 180° 	<b>B—117d</b> Pike jump—1/2 (180°) turn—2-legs>Prone 180° 	<b>C—117a</b>  Pike jump—1/1 (360°) turn—2-legs>2-legs 360° 	<b>C—117b</b> Pike jump—1/1 (360°) turn—2-legs>Prone 360° 
<b>Pike Jump</b> 1. Opt. start—Take off 2-legs 2. Execute Pike jump 3. Hip angle closed—< 90° 4. Land 2-legs	<b>Pike Jump to Prone</b> 1. Opt. start—Take off 2-legs 2. Execute Pike jump—1/2 turn 3. Hip angle closed—< 90° 4. Land 2-legs	<b>Pike Jump 1/2</b> 1. Opt. start—Take off 2-legs 2. Execute Pike jump—1/2 turn 3. Hip angle closed—< 90° 4. Land 2-legs	<b>Pike Jump 1/2 to Prone</b> 1. Opt. start—Take off 2-legs 2. Execute Pike jump—1/2 turn 3. Hip angle closed—< 90° 4. Land prone	<b>Pike Jump 1/1</b> 1. Opt. start—Take off 2-legs 2. Execute Pike jump—1/1 turn 3. Hip angle closed—< 90° 4. Land 2-legs	<b>Pike Jump 1/1 to Prone</b> 1. Opt. start—Take off 2-legs 2. Execute Pike jump—1/1 turn 3. Hip angle closed—< 90° 4. Land 2-legs

## FX—1-SHAPE JUMPS — 118-Tuck Jumps

<b>A—118a</b> Tuck hop/jump—1 $\overline{OR}$ 2-legs>2-legs  <b>Tuck Jump</b> 1. Opt. start—Take off 1 $\overline{OR}$ 2-legs 2. Execute Tuck jump 3. Hip angle/Knee angle closed—< 90° 4. Land 2-legs	<b>A—118b</b> Tuck jump/hop—1/2 (180°) turn—1 $\overline{OR}$ 2-legs>2-legs  <b>Tuck Jump to Prone</b> 1. Opt. start—Take off 1 $\overline{OR}$ 2-legs 2. Execute Tuck jump—1/2 turn 3. Hip angle/Knee angle closed—< 90° 4. Land 2-legs	<b>A—118c</b> Tuck jump/hop—1/2 (180°) turn—1 $\overline{OR}$ 2-legs>2-legs  <b>Tuck Jump 1/2</b> 1. Opt. start—Take off 1 $\overline{OR}$ 2-legs 2. Execute Tuck jump—1/2 turn 3. Hip angle/Knee angle closed—< 90° 4. Land 2-legs	<b>A—118d</b> Tuck jump/hop—1/2 (180°) turn—1 $\overline{OR}$ 2-legs>2-legs  <b>Tuck Jump 1/2 to Prone</b> 1. Opt. start—Take off 2-legs 2. Execute Tuck jump 3. Hip angle/Knee angle closed—< 90° 4. Land front split	<b>B—118a</b>  Tuck jump—Open to Split prior to landing—2-legs>Front split  <b>Tuck Jump Open to Split</b> 1. Opt. start—Take off 2-legs 2. Execute Tuck jump 3. Hip angle/Knee angle closed—< 90° 4. Land front split	<b>B—118b</b>  Tuck jump/hop—1/1 (360°) turn—2-legs>2-legs  <b>Tuck Jump 1/1</b> 1. Opt. start—Take off 2-legs 2. Execute Tuck jump—1/1 turn 3. Hip angle/Knee angle closed—< 90° 4. Land 2-legs
<b>B—118c</b> Tuck jump/hop—1/1 (360°) turn—2-legs>2-legs  <b>Tuck Jump 1/1 to Prone</b> 1. Opt. start—Take off 2-legs 2. Execute Tuck jump—1/1 turn 3. Hip angle/Knee angle closed—< 90° 4. Land 2-legs	<b>C—118a</b>  Tuck jump/hop—1-1/2 (540°) turn—2-legs>2-legs  <b>Tuck Jump 1-1/2</b> 1. Opt. start—Take off 2-legs 2. Execute Tuck jump—1-1/2 turn 3. Hip angle/Knee angle closed—< 90° 4. Land 2-legs	<b>C—118b</b> Tuck jump/hop—1-1/2 (540°) turn—2-legs>2-legs  <b>Tuck Jump 1-1/2 to Prone</b> 1. Opt. start—Take off 2-legs 2. Execute Tuck jump—1-1/2 turn 3. Hip angle/Knee angle closed—< 90° 4. Land 2-legs	<b>D—118a</b>  Tuck jump/hop—2/1 (720°) turn—2-legs>2-legs  <b>Tuck Jump 2/1</b> 1. Opt. start—Take off 2-legs 2. Execute Tuck jump—2/1 turn 3. Hip angle/Knee angle closed—< 90° 4. Land 2-legs	<b>D—118b</b> Tuck jump/hop—2/1 (720°) turn—2-legs>Prone ( <i>Ziganshiva</i> )  <b>Tuck Jump 2/1 to Prone</b> 1. Opt. start—Take off 2-legs 2. Execute Tuck jump—2/1 turn 3. Hip angle/Knee angle closed—< 90° 4. Land 2-legs	

## FX—1-SHAPE JUMPS — 119-Wolf Jumps

<b>A—119a</b> 	<b>A—119b</b>	<b>B—119a</b>	<b>B—119b</b>	<b>C—119a</b> 	<b>C—119b</b>
Wolf jump/hop—2-legs>2-legs	Wolf jump/hop—1/2 (180°) turn—2-legs>Prone	Wolf jump/hop—1/2 (180°) turn—2-legs>2-legs	Wolf jump/hop—1/2 (180°) turn—2-legs>Prone	Wolf jump/hop—1/1 (360°) turn—2-legs>2-legs	Wolf jump/hop—1/1 (360°) turn—2-legs>Prone
180°	180°	180°	180°	360°	360°
 <p><b>Wolf Jump</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs</li> <li>2. Execute Wolf jump</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land 2-legs</li> </ol>	 <p><b>Wolf Jump to Prone</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs</li> <li>2. Execute Wolf jump—1/2 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land 2-legs</li> </ol>	 <p><b>1/2 Wolf Jump</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs</li> <li>2. Execute Wolf jump—1/2 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land 2-legs</li> </ol>	 <p><b>1/2 Wolf Turn Prone</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs</li> <li>2. Execute Wolf jump—1/2 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land Prone</li> </ol>	 <p><b>1/1 Wolf Jump</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs</li> <li>2. Execute Wolf jump—1/1 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land 2-legs</li> </ol>	 <p><b>1/1 Wolf Jump to Prone</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs</li> <li>2. Execute Wolf jump—1/1 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land Prone</li> </ol>
<b>D—119a</b> 	<b>D—119b</b>	<b>E—119</b> 			
Wolf jump/hop—1-1/2 (540°) turn—2-leg>2-legs	Wolf jump/hop—1-1/2 (540°) turn—2-leg>Prone	Wolf jump/hop—2/1 (720°) turn—2-leg>2-legs			
540°	540°	720°			
 <p><b>1-1/2 Wolf Jump</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs</li> <li>2. Execute Wolf jump—1-1/2 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land 2-legs</li> </ol>	 <p><b>1-1/2 Wolf Jump to Prone</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs</li> <li>2. Execute Wolf jump—1-1/2 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land 2-legs</li> </ol>	 <p><b>2/1 Wolf Jump</b></p> <ol style="list-style-type: none"> <li>1. Opt. start—Take off 2-legs</li> <li>2. Execute Wolf jump—2/1 turn</li> <li>3. Chest to thigh—Heels under glutes</li> <li>4. Land 2-legs</li> </ol>			

# FLOOR EXERCISE



## 2—TURNS

[201—Free leg optional](#)

[202—Illusion](#)

[203—‘L’ Leg Turn](#)

[204—180° Split Turn](#)

[205—Back Spin, Flair](#)





















[206—HOR Scale Turn](#)

[207—Land in Scale Turn](#)

[208—Tuck Stand Turn](#)
























X	<b><u>X SKILLS</u></b>
1	<b><u>LEAPS, JUMPS, HOPS</u></b>
2	<b>URNS</b>
3	<b><u>HANDSTANDS</u></b>
4	<b><u>ROLLS</u></b>
5	<b><u>WALKOVERS, CARTWHEELS, SPRINGS</u></b>
6	<b><u>FWD SALTOS</u></b>
7	<b><u>SWD/ARABIAN SALTOS</u></b>
8	<b><u>BWD SALTOS</u></b>

## FX—2-TURNS— 201-Free leg optional — 202-Illusion — 203-'L' Leg turn

<b>A—201</b> 	<b>B—201</b>	<b>C—201a</b> 	<b>C—201b</b>	<b>D—201</b> 	<b>E—201</b> 
1/1 (360°) turn—Free leg optional	1-1/2 (540°) turn—Free leg optional	2/1 (720°) turn—Free leg optional	2-1/2 (900°) turn—Free leg optional	3/1 (1080°) turn—Free leg optional	4/1 (1440°) turn—Free leg optional ( <i>Gomez</i> )
360°	540°	720°	900°	1080°	1440°
					
<b>1/1 Turn</b>	<b>1-1/2 Turn</b>	<b>2/1 Turn</b>	<b>2-1/2 Turn</b>	<b>3/1 Turn</b>	<b>4/1 turn</b>
1. Optional prep 2. Execute Relevé turn—1/1 turn 3. Optional leg position 4. Optional exit	1. Optional prep 2. Execute Relevé turn—1-1/2 turn 3. Optional leg position 4. Optional exit	1. Optional prep 2. Execute Relevé turn—2/1 turn 3. Optional leg position 4. Optional exit	1. Optional prep 2. Execute Relevé turn—2-1/2 turn 3. Optional leg position 4. Optional exit	1. Optional prep 2. Execute Relevé turn—3/1 turn 3. Optional leg position 4. Optional exit	1. Optional prep 2. Execute Relevé turn—4/1 turn 3. Optional leg position 4. Optional exit
<b>A—202</b>	<b>B—202</b> 	<b>D—202</b>			
1/1 (360°) illusion—Hand touch permitted	1/1 (360°) illusion—Hand touch NOT permitted	2/1 (720°) illusion—Hand touch NOT permitted			
360°	360°	720°			
					
<b>Illusion 1/1 Turn</b>	<b>No touch Illusion 1/1 Turn</b>	<b>No touch Illusion 2/1 Turn</b>			
1. Optional prep 2. Execute Needle relevé turn—1/1 turn 3. 180° split 4. Hand contact allowed 5. Optional exit	1. Optional prep 2. Execute Needle relevé turn—1/1 turn 3. 180° split 4. ∅ Hand contact allowed 5. Optional exit	1. Optional prep 2. Execute Needle relevé turn—2/1 turn 3. 180° split 4. ∅ Hand contact allowed 5. Optional exit			
<b>B—203</b> 	<b>C—203</b>	<b>D—203a</b> 	<b>D—203b</b>		
1/1 (360°) turn—'L' leg	1-1/2 (540°) turn—'L' leg	2/1 (720°) turn—'L' leg	2-1/2 (900°) turn—'L' leg		
360°	540°	720°	900°		
					
<b>1/1 'L' Turn</b>	<b>1-1/2 'L' Turn</b>	<b>2/1 'L' Turn</b>	<b>2-1/2 'L' Turn</b>		
1. Optional prep 2. Execute Relevé turn—1/1 turn 3. 'L' leg ≥ HOR 4. Optional exit	1. Optional prep 2. Execute Relevé turn—1-1/2 turn 3. 'L' leg ≥ HOR 4. Optional exit	1. Optional prep 2. Execute Relevé turn—2/1 turn 3. 'L' leg ≥ HOR 4. Optional exit	1. Optional prep 2. Execute Relevé turn—2-1/2 turn 3. 'L' leg ≥ HOR 4. Optional exit		



**FX—2-TURNS — 204-180° Split Turn — 205-Back Spin, Flair — 206-HOR Scale Turn — 207-Land in Scale — 208-Tuck Stand**

<p><b>B—204</b> </p> <p>1/1 (360°) turn—Leg hold in 180° split</p> <p>360°</p>  <p><b>Split 1/1 Turn</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Relevé turn—1/1 turn</li> <li>Leg hold in 180° split</li> <li>Optional exit</li> </ol>	<p><b>C—204</b></p> <p>1-1/2 (540°) turn—Leg hold in 180° split</p> <p>540°</p>  <p><b>Split 1-1/2 Turn</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Relevé turn—1-1/2 turn</li> <li>Leg hold in 180° split</li> <li>Optional exit</li> </ol>	<p><b>D—204</b> </p> <p>2/1 (720°) turn—Leg hold in 180° split (Mommel)</p> <p>720°</p>  <p><b>Split 2/1 Turn</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Relevé turn—2/1 turn</li> <li>Leg hold in 180° split</li> <li>Optional exit</li> </ol>		<p><b>B—205</b> </p> <p>2/1 (720°) spin or more on back —In kip position</p> <p>720°</p>  <p><b>2/1 Back Spin Turn</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Back spin turn—2/1 turn</li> <li>Body in kip position (upside down Wolf)</li> <li>Optional exit</li> </ol>	<p><b>C—205</b></p> <p>2/1 (720°) turn—Flair (Homma)</p> <p>720°</p>  <p><b>2/1 Flair Turn</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Leg flairs—2/1 turn (2 Flairs)</li> <li>Optional exit</li> </ol>
<p><b>B—206</b> </p> <p>1/1 (360°) turn—Free leg in scale &gt; HOR</p> <p>360°</p>  <p><b>Scale 1/1 Turn</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Relevé turn—1/1 turn</li> <li>Leg hold in BWD ≥ HOR</li> <li>Optional exit</li> </ol>	<p><b>C—206</b></p> <p>1-1/2 (540°) turn—Free leg hold in scale &gt; HOR</p> <p>540°</p>  <p><b>Scale 1-1/2 Turn</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Relevé turn—1-1/2 turn</li> <li>Leg hold in BWD ≥ HOR</li> <li>Optional exit</li> </ol>	<p><b>D—206</b> </p> <p>2/1 (720°) turn—Free leg leg hold in scale &gt; HOR (Semenova)</p> <p>720°</p>  <p><b>Scale 2/1 Turn</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Relevé turn 2/1 turn</li> <li>Leg hold in BWD ≥ HOR</li> <li>Optional exit</li> </ol>	<p><b>B—207</b></p> <p>1/1 (360°) turn—Free leg optional—Land scale &gt; HOR—Hold 2s</p> <p>360°</p>  <p><b>1/1 Turn to Scale</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Relevé turn—1/1 turn</li> <li>Optional leg position</li> <li>Finish in Scale ≥ HOR</li> </ol>	<p><b>C—207</b></p> <p>1-1/2 (540) turn—Free leg optional—Land scale &gt; HOR</p> <p>540°</p>  <p><b>1-1/2 Turn to Scale</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Relevé turn—1-1/2 turn</li> <li>Optional leg position</li> <li>Finish in Scale ≥ HOR</li> </ol>	<p><b>D—207</b></p> <p>2/1 (720°) turn—Free leg optional—Land scale &gt; HOR—Hold 2s</p> <p>720°</p>  <p><b>2/1 turn to Scale</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Relevé turn—2/1 turn</li> <li>Optional leg position</li> <li>Finish in Scale ≥ HOR</li> </ol>
<p><b>B—208</b> </p> <p>1/1 (360°) turn—Free leg straight—Tuck stand</p> <p>360°</p>  <p><b>1/1 Tuck Turn</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute side Wolf turn (Tuck stand)—1/1 turn</li> <li>Leg straight = HOR</li> <li>Optional exit</li> </ol>	<p><b>C—208</b></p> <p>1-1/2 (540°) turn—Free leg straight—Tuck stand</p> <p>540°</p>  <p><b>1-1/2 Tuck Turn</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute side Wolf turn (Tuck stand)—1-1/2 turn</li> <li>Leg straight = HOR</li> <li>Optional exit</li> </ol>	<p><b>D—208</b> </p> <p>2/1 (720°) turn—Free leg straight—Tuck stand</p> <p>720°</p>  <p><b>2/1 Tuck turn</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute side Wolf turn (Tuck stand)—2/1 turn</li> <li>Leg straight = HOR</li> <li>Optional exit</li> </ol>	<p><b>E—208</b> </p> <p>3/1 (1080°) turn—Free leg straight—Tuck stand</p> <p>1080°</p>  <p><b>3/1 tuck Turn</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute side Wolf turn (Tuck stand)—3/1 turn</li> <li>Leg straight = HOR</li> <li>Optional exit</li> </ol>		

# FLOOR EXERCISE



## 3—HANDSTANDS

[301—Handstands w turns](#)

[302—Hop to Handstand](#)



## 4—ROLLS






[401—FWD Rolls](#)

[402—BWD Rolls](#)

▶ *Cannot use VP for Acro SR requirement*

<b>X</b>	<b><u>X SKILLS</u></b>
<b>1</b>	<b><u>LEAPS, JUMPS, HOPS</u></b>
<b>2</b>	<b><u>TURNS</u></b>
<b>3</b>	<b>HANDSTANDS</b>
<b>4</b>	<b>ROLLS</b>
<b>5</b>	<b><u>WALKOVERS, CARTWHEELS, SPRINGS</u></b>
<b>6</b>	<b><u>FWD SALTOS</u></b>
<b>7</b>	<b><u>SWD/ARABIAN SALTOS</u></b>
<b>8</b>	<b><u>BWD SALTOS</u></b>

## FX—3-HANDSTANDS — 301-Handstands w turns — 302-Hop to Handstand

A—301a	A—301b	B—301					
NON-FLIGHT ACRO	NON-FLIGHT ACRO	NON-FLIGHT ACRO					
Handstand—1/2 (180°) pirouette —Optional entry/any exit	Handstand—1/1 (360°) pirouette —Optional entry/any exit	Handstand—1-1/2 (540°+) or more pirouette—Optional entry/ any exit					
180°	360°	540°					
							
<b>HS 1/2</b>	<b>HS 1/1</b>	<b>HS 1-1/2</b>					
1. Optional prep 2. Optional entry—Kick, Press, Walkover, Cartwheel 3. Execute HS—1/2 turn 4. Optional leg position 5. Optional exit	1. Optional prep 2. Optional entry—Kick, Press, Walkover, Cartwheel 3. Execute HS—1/1 turn 4. Optional leg position 5. Optional exit	1. Optional prep 2. Optional entry—Kick, Press, Walkover, Cartwheel 3. Execute HS—1-1/2 + turn 4. Optional leg position 5. Optional exit					
A—302a	A—302b						
FLIGHT ACRO	NON-FLIGHT ACRO						
Jump Handstand—No hold required—2-legs➤Optional exit	Press Handstand—No hold required—Optional exit						
							
<b>Hop HS</b>							
1. Optional prep—From 2-legs 2. Execute jump HS 3. Optional leg position 4. Optional exit	1. Optional prep—From 2-hands on FX 2. Execute straddle 'L' position 3. Press Handstand 4. Hold 2s 5. Optional exit						

## FX—4-ROLLS — 401-FWD Rolls — 402-BWD Rolls

A—401a	A—401b	A—401c	B—401a	B—401b
<p>NON-FLIGHT ACRO</p> <p>FWD roll—Tuck/Pike/Straddle—Optional entry►Optional exit</p>	<p>NON-FLIGHT ACRO</p> <p>Handstand FWD roll—Optional entry►Optional exit</p>	<p>FLIGHT ACRO</p> <p>FWD Hecht roll—1 OR 2-legs►Optional exit</p>	<p>FLIGHT ACRO</p> <p>BWD take off—Stretched jump—1/2 (180°) twist—FWD Hecht roll—2-legs►Optional exit</p>	<p>FLIGHT ACRO</p> <p>Stretch jump—1/1 (360°) twist—FWD Hecht roll—2-legs►Optional exit</p>
<p><b>FWD roll</b></p>	<p><b>HS FWD Roll</b></p>	<p><b>FWD Dive Roll</b></p>	<p><b>1/2 FWD Dive Roll</b></p>	<p><b>1/1 Dive roll</b></p>
<ol style="list-style-type: none"> <li>Optional prep—Optional entry</li> <li>Execute FWD roll—Together, Straddle, Pike</li> <li>Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>Optional prep—Optional entry</li> <li>Execute Handstand—FWD roll</li> <li>Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>Optional entry</li> <li>Execute Dive FWD roll</li> <li>Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute FWD Hecht roll from BWD take off 1/2 turn</li> <li>Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute jump FWD Hecht roll—1/1 turn</li> <li>Optional exit</li> </ol>
<p>NON-FLIGHT ACRO</p> <p>BWD roll—Tuck/Pike/Straddle—Optional entry►Optional exit</p>	<p>NON-FLIGHT ACRO</p> <p>BWD extension roll—Arms bent or straight—Optional entry►Optional exit</p>	<p>NON-FLIGHT ACRO</p> <p>BWD extension roll—1/2 (180°) turn—Optional entry►Optional exit</p>	<p>NON-FLIGHT ACRO</p> <p>BWD extension roll—1/1 (360°) turn or more—In handstand—Optional entry►Optional exit</p>	
<p><b>BWD Roll</b></p>	<p><b>BWD EXT</b></p>	<p><b>BWD EXT 1/2</b></p>	<p><b>BWD EXT 1/1</b></p>	
<ol style="list-style-type: none"> <li>Optional prep—Optional entry</li> <li>Execute BWD roll</li> <li>Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>Optional prep—Optional entry</li> <li>Execute BWD EXT roll—Handstand</li> <li>Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>Optional prep—Optional entry</li> <li>Execute BWD EXT roll—Handstand 1/2 turn</li> <li>Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>Optional prep—Optional entry</li> <li>Execute BWD EXT roll—Handstand 1/1 turn</li> <li>Optional exit</li> </ol>	

# FLOOR EXERCISE



## 5—WALKOVERS, CARTWHEELS, SPRINGS

[501—BWD Walkovers](#)

[502—Valdez](#)

[503—BWD Springs](#)

[504—BWD Gainer Springs](#)

[505—Cartwheels, RO](#)

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[507—FWD Walkovers](#)

[508—FWD Springs](#)

[509—Flysprings](#)

[510—FWD Aerials](#)










[511—SWD Aerials](#)

[512—Brani](#)

[513—Kips](#)

<b>X</b>	<b><u>X SKILLS</u></b>
<b>1</b>	<b><u>LEAPS, JUMPS, HOPS</u></b>
<b>2</b>	<b><u>TURNS</u></b>
<b>3</b>	<b><u>HANDSTANDS</u></b>
<b>4</b>	<b><u>ROLLS</u></b>
<b>5</b>	<b><u>WALKOVERS, CARTWHEELS, SPRINGS</u></b>
<b>6</b>	<b><u>FWD SALTOS</u></b>
<b>7</b>	<b><u>SWD/ARABIAN SALTOS</u></b>
<b>8</b>	<b><u>BWD SALTOS</u></b>

## FX—5-WALKOVERS — 501-BWD Walkovers — 502-Valdez










A—501a	A—501b	A—501c	B—501				
NON-FLIGHT ACRO	NON-FLIGHT ACRO	NON-FLIGHT ACRO	NON-FLIGHT ACRO				
BWD walkover—1-leg▶1-leg	BWD walkover—1-arm—1-leg▶1-leg	BWD walkover—Alternate hands—1-leg▶1-leg (Tinsica)	BWD walkover—1/1 turn in handstand—1-leg▶1-leg—(All leg variations)	360°			
							
<b>BWO</b>	<b>BWO 1-Arm</b>	<b>BWD Tinsica</b>	<b>BWD Walkover 1/1</b>				
1. Optional prep 2. Execute BWO 3. 180° split 4. Optional exit	1. Optional prep 2. Execute BWO—1-arm 3. 180° split 4. Optional exit	1. Optional prep 2. Execute BWO—Tinsica 3. 180° split 4. Optional exit	1. Optional prep 2. Execute BWO—1/1 turn in HS 3. Any leg position in turn 4. Optional exit				
A—502a	A—502b	A—502c	B—502				
NON-FLIGHT ACRO	NON-FLIGHT ACRO	NON-FLIGHT ACRO	NON-FLIGHT ACRO				
Valdez—EXT sit▶Optional exit	Valdez—1-arm—EXT sit▶Optional exit	Valdez—1/2 turn in HS—EXT Sit▶Optional exit	Valdez—1/1 turn in HS—EXT Sit▶Optional exit	180°	360°		
							
<b>Valdez</b>	<b>Valdez 1-Arm</b>	<b>Valdez 1/2</b>	<b>Valdez 1/1</b>				
1. Optional prep 2. Execute Valdez BWD walkover—Optional legs in sit (tuck/straight) 3. 180° split 4. Optional exit	1. Optional prep 2. Execute Valdez BWD walkover—1-arm—Optional legs in sit (tuck/straight) 3. 180° split 4. Optional exit	1. Optional prep 2. Execute Valdez BWD walkover—1/2 turn—Optional legs in sit (tuck/straight) 3. 180° split 4. Optional exit	1. Optional prep 2. Execute Valdez BWD walkover—1/1 turn—Optional legs in sit (tuck/straight) 3. 180° split 4. Optional exit				






















# FX—5-WALKOVERS — 503-BWD Springs — 504-BWD Gainer Springs — 505-Cartwheel, RO — 506-ARB FWD Spring

<p><b>A—503a</b> FLIGHT ACRO </p> <p>BWD Handspring—Step out—2-legs▶1-leg</p>  <p style="text-align: center;"><b>BHS SO</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute BHS—Step out</li> <li>Optional exit</li> </ol>	<p><b>A—503a</b> FLIGHT ACRO </p> <p>BWD Handspring—Together—2-legs▶2-legs</p>  <p style="text-align: center;"><b>BHS together</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute BHS—Together</li> <li>Optional exit</li> </ol>	<p><b>A—503b</b> FLIGHT ACRO </p> <p>BWD Handspring—Step out—1-arm—2-legs▶1-leg</p>  <p style="text-align: center;"><b>BHS 1-arm</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute BHS—Step out—1-arm</li> <li>Optional exit</li> </ol>	<p><b>B—503a</b> FLIGHT ACRO </p> <p>BWD Handspring—1/1 twist before hand support—Step out—2-legs▶1-leg</p> <p style="text-align: right; color: blue;">360°</p>  <p style="text-align: center;"><b>1/1 BHS</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute BHS Step out—1/1 twist</li> <li>Optional exit</li> </ol>	<p><b>B—503a</b> FLIGHT ACRO </p> <p>BWD Handspring—Together—1/1 twist before hand support—2-legs▶2-legs</p> <p style="text-align: right; color: blue;">360°</p>  <p style="text-align: center;"><b>1/1 BHS</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute BHS Together—1/1 twist</li> <li>Optional exit</li> </ol>	
<p><b>A—504a</b> FLIGHT ACRO </p> <p>Gainer BWD handspring—Step out—1-leg▶1-leg</p>  <p style="text-align: center;"><b>Gainer BHS SO</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Gainer BHS—Step out</li> <li>Optional exit</li> </ol>	<p><b>A—504a</b> FLIGHT ACRO </p> <p>Gainer BWD handspring—Together—1-leg▶2-legs</p>  <p style="text-align: center;"><b>Gainer BHS 2-feet</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Gainer BHS—Together</li> <li>Optional exit</li> </ol>	<p><b>A—504b</b> FLIGHT ACRO </p> <p>Gainer BWD handspring—Step out—1-arm—1-leg▶1-leg</p>  <p style="text-align: center;"><b>Gainer BHS SO 1-Arm</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Gainer BHS Step out—1-arm</li> <li>Optional exit</li> </ol>	<p><b>B—504</b> FLIGHT ACRO </p> <p>Gainer BWD Handspring—1/1 twist before hand support—Step out—1-leg▶1-leg</p> <p style="text-align: right; color: blue;">360°</p>  <p style="text-align: center;"><b>1/1 BHS</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute Gainer BHS Step out—1/1 twist</li> <li>Optional exit</li> </ol>		
<p><b>A—505a</b> NON-FLIGHT ACRO</p> <p>Cartwheel—1-leg▶1-leg</p> <p style="text-align: right; color: blue;">90°-180°</p>  <p style="text-align: center;"><b>Cartwheel</b></p> <ol style="list-style-type: none"> <li>One-leg prep</li> <li>Execute FWD/SWD Cartwheel</li> <li>Land 1-foot then the other</li> <li>Optional finish and exit</li> </ol>	<p><b>A—505b</b> FLIGHT ACRO </p> <p>Cartwheel w/flight—Before or After hand support—1-leg▶1-leg</p> <p style="text-align: right; color: blue;">90°-180°</p>  <p style="text-align: center;"><b>Dive Cartwheel</b></p> <ol style="list-style-type: none"> <li>One-leg prep</li> <li>Execute FWD/SWD Cartwheel</li> <li>With flight before or after</li> <li>Land 1-foot then the other</li> <li>Optional finish and exit</li> </ol>	<p><b>A—505c</b> FLIGHT ACRO </p> <p>Round off—1-leg▶2-legs</p> <p style="text-align: right; color: blue;">180°</p>  <p style="text-align: center;"><b>Round off</b></p> <ol style="list-style-type: none"> <li>One-leg prep</li> <li>Execute FWD Roundoff</li> <li>Land 2-feet</li> <li>Optional finish and exit</li> </ol>	<p><b>B—506</b> FLIGHT ACRO </p> <p>Jump BWD—1/2 twist—FWD Handspring—2-legs▶1-leg</p> <p style="text-align: right; color: blue;">180°</p>  <p style="text-align: center;"><b>Arabian Spring SO</b></p> <ol style="list-style-type: none"> <li>Optional prep</li> <li>Execute BHS—1/2 turn FHS</li> <li>Optional exit</li> </ol>		

## FX—5-WALKOVERS — 507-FWD Walkovers — 508-FWD Springs — 509-Flyspring

<b>A—507a</b> <small>NON-FLIGHT ACRO</small>	<b>A—507b</b> <small>NON-FLIGHT ACRO</small>	<b>A—507c</b>					
FWD walkover—1-leg►1-leg	FWD walkover—1-arm—1-leg►1-leg	FWD walkover—Alternate hands—1-leg►1-leg					
 <p style="text-align: center; color: blue;"><b>FWD</b></p>	 <p style="text-align: center; color: blue;"><b>FWD 1-arm</b></p>	 <p style="text-align: center; color: blue;"><b>FWD Tinsica</b></p>					
<ol style="list-style-type: none"> <li>1. Optional prep</li> <li>2. Execute FWO</li> <li>3. 180° split</li> <li>4. Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>1. Optional prep</li> <li>2. Execute FWO—1-arm</li> <li>3. 180° split</li> <li>4. Optional exit</li> </ol>	<ol style="list-style-type: none"> <li>1. Optional prep</li> <li>2. Execute FWO—Tinsica</li> <li>3. 180° split</li> <li>4. Optional exit</li> </ol>					
<b>A—508</b> <small>FLIGHT ACRO</small>	<b>B—508a</b> <small>FLIGHT ACRO</small>	<b>B—508b</b> <small>FLIGHT ACRO</small>	<b>C—508b</b> <small>FLIGHT ACRO</small>				
FWD handspring—1-leg►2-legs	FWD handspring— 1/2 (180°) twist—1-leg►2-legs	FWD Handspring—1/1 (360°) twist—Before hand support—2-legs►1-leg (Mostepanova)	FWD Handspring—1/1 (360°) twist—After hand support—2-legs►1-leg (Mostepanova)				
 <p style="text-align: center; color: blue;"><b>FHS</b></p>	 <p style="text-align: center; color: blue;"><b>FHS 1/2</b></p>	 <p style="text-align: center; color: blue;"><b>FHS 1/1 Before</b></p>	 <p style="text-align: center; color: blue;"><b>FHS 1/1 After</b></p>				
<ol style="list-style-type: none"> <li>1. One-leg stand</li> <li>2. Execute FWD handspring—Step out</li> <li>3. Land 1-foot then the other</li> <li>4. Optional finish and exit</li> </ol>	<ol style="list-style-type: none"> <li>1. One-leg stand</li> <li>2. Execute FWD handspring—1/2 turn</li> <li>3. Land 2-feet</li> <li>4. Optional finish and exit</li> </ol>	<ol style="list-style-type: none"> <li>1. From 2-foot punch</li> <li>2. Execute FWD handspring—1/1 turn before hand support</li> <li>3. Land 1-foot then the other</li> <li>4. Optional finish and exit</li> </ol>	<ol style="list-style-type: none"> <li>1. One-leg stand</li> <li>2. Execute FWD handspring—Step out —1/1 twist—2-feet</li> <li>3. Land 2-feet</li> <li>4. Optional finish and exit</li> </ol>				
<b>A—509</b> <small>FLIGHT ACRO</small>	<b>B—509</b> <small>FLIGHT ACRO</small>						
FWD Flyspring—W/wo hecht phase before hand support—Step out—2-legs►1-leg	FWD Flyspring—2-legs►2-legs						
 <p style="text-align: center; color: blue;"><b>Flyspring SO</b></p>	 <p style="text-align: center; color: blue;"><b>Flyspring</b></p>						
<ol style="list-style-type: none"> <li>1. From 2-foot punch</li> <li>2. Execute FWD flyspring—Step out</li> <li>3. Land 1-foot then the other</li> <li>4. Optional finish and exit</li> </ol>	<ol style="list-style-type: none"> <li>1. From 2-foot punch</li> <li>2. Execute FWD flyspring</li> <li>3. Land 2-feet</li> <li>4. Optional finish and exit</li> </ol>						

# FX—5-WALKOVERS — 510-FWD Aerials — 511-SWD Aerials — 512-Brani — 513-Kips

<p><b>A—510a</b> AERIAL </p> <p>FWD Aerial walkover—1-leg►1-leg</p>  <p><b>FWD Aerial</b></p> <ol style="list-style-type: none"> <li>1. One-leg stand</li> <li>2. Execute FWD Aerial walkover—Straight legs</li> <li>3. Land 1-foot then the other</li> <li>4. Optional finish and exit</li> </ol>	<p><b>A—510b</b> AERIAL </p> <p>FWD Aerial walkover—Tucked position (kick over front)—1-leg►2-leg  OR kneel position <i>NOT a "salto" for SR</i></p>  <p><b>Kick over FWD Aerial</b></p> <ol style="list-style-type: none"> <li>1. One-leg stand</li> <li>2. Execute FWD Aerial walkover—Tuck</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>	<p><b>C—510</b> AERIAL </p> <p>FWD Aerial walkover—1/1 (360°) twist—1-leg►2-legs <span style="color: blue;">360°</span></p>  <p><b>FWD Aerial 1/1</b></p> <ol style="list-style-type: none"> <li>1. One-leg stand</li> <li>2. Execute FWD Aerial walkover—1/1 twistStraight legs</li> <li>3. Land 1-foot then the other</li> <li>4. Optional finish and exit</li> </ol>			
<p><b>A—511a</b> AERIAL </p> <p>SWD aerial cartwheel—1-leg►1-leg <span style="color: blue;">180°</span></p>  <p><b>SWD Aerial</b></p> <ol style="list-style-type: none"> <li>1. One-leg stand</li> <li>2. Execute SWD Aerial—Straight legs</li> <li>3. Land 1-foot then the other</li> <li>4. Optional finish and exit</li> </ol>	<p><b>A—511b</b> AERIAL </p> <p>One butterfly—FWD—SWD entry—1-leg►1-leg <span style="color: blue;">360°</span></p>  <p><b>FWD Butterfly</b></p> <ol style="list-style-type: none"> <li>1. One-leg stand</li> <li>2. Execute FWD lateral Butterfly—Straight legs</li> <li>3. Land 1-foot then the other</li> <li>4. Optional finish and exit</li> </ol>	<p><b>A—511c</b> AERIAL </p> <p>One butterfly—BWD—SWD entry—1-leg►1-leg <span style="color: blue;">360°</span></p>  <p><b>BWD Butterfly</b></p> <ol style="list-style-type: none"> <li>1. One-leg stand</li> <li>2. Execute BWD lateral Butterfly—Straight legs</li> <li>3. Land 1-foot then the other</li> <li>4. Optional finish and exit</li> </ol>			
<p><b>A—512</b> SALTO </p> <p>Aerial round-off—2-legs►2-legs (Brani) <span style="color: blue;">180°</span></p>  <p><b>Brani</b></p> <ol style="list-style-type: none"> <li>1. From punch</li> <li>2. Execute FWD takeoff—Brani</li> <li>3. Land both feet</li> <li>4. Optional finish and exit</li> </ol>					
				<p><b>A—513a</b> FLIGHT ACRO </p> <p>Head kips—Optional entry►Optional exit—All variations</p>  <p><b>Head Kip</b></p> <ol style="list-style-type: none"> <li>1. Optional prep</li> <li>2. Optional entry—</li> <li>3. Execute Head kip—Pike to Arch</li> <li>4. Optional leg position</li> <li>5. Optional exit</li> </ol>	<p><b>A—513b</b> FLIGHT ACRO </p> <p>Neck kips—Optional entry►Optional exit—All variations</p>  <p><b>Neck Kip</b></p> <ol style="list-style-type: none"> <li>1. Optional prep</li> <li>2. Optional entry—</li> <li>3. Execute Neck kip—Pike to Arch</li> <li>4. Optional leg position</li> <li>5. Optional exit</li> </ol>

# FLOOR EXERCISE



## 6—FWD SALTOS

[601—FWD Salto Tuck](#)

[602—FWD Salto Pike](#)

[603—FWD Salto LO](#)

[604—FWD Double Salto](#)

## 7—SWD/ARABIAN SALTOS

[701—SWD Saltos](#)

[702—Arabian Tuck/Pike/LO](#)

[703—Arabian Double Saltos](#)

## 8—BWD SALTOS

[801—BWD Gainer Saltos](#)

[802—Whip back](#)

[803—BWD Single Salto Tuck](#)

[804—BWD Single Salto Pike/LO](#)

[805—BWD Double Salto Tuck](#)

[806—BWD Double Salto Pike](#)








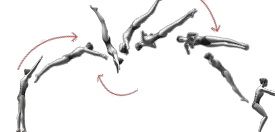





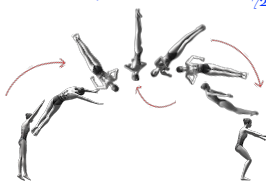

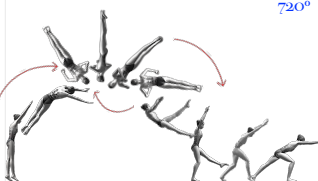

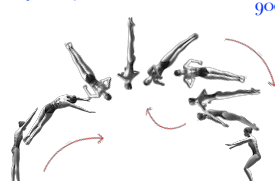

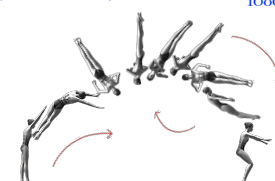

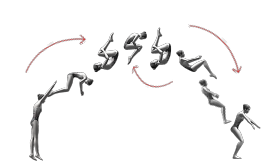

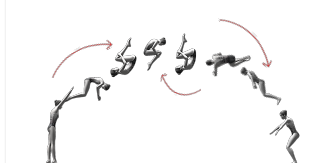

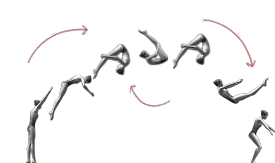
[807—BWD Double Salto LO](#)

<b>X</b>	<b><u>X SKILLS</u></b>
<b>1</b>	<b><u>LEAPS, JUMPS, HOPS</u></b>
<b>2</b>	<b><u>TURNS</u></b>
<b>3</b>	<b><u>HANDSTANDS</u></b>
<b>4</b>	<b><u>ROLLS</u></b>
<b>5</b>	<b><u>WALKOVERS, CARTWHEELS, SPRINGS</u></b>
<b>6</b>	<b>FWD SALTOS</b>
<b>7</b>	<b>SWD/ARABIAN SALTOS</b>
<b>8</b>	<b>BWD SALTOS</b>

## FX—6-FWD SALTOS — 601-FWD Salto Tuck — 602-FWD Salto Pike















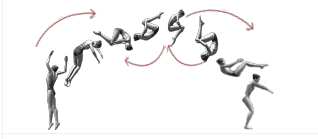








A—601a	SALTO		A—601a	SALTO		B—601	SALTO		C—601a	SALTO		C—601a	SALTO		D—601	SALTO	
FWD salto—Tuck—2-legs►2-legs			FWD salto—Tuck—Step out—2-legs►1-leg			FWD salto—Tuck—1/2 (180°) twist—2-legs►2-legs			FWD salto—Tuck—1/1 (360°) twist—2-legs►2-legs			FWD salto—Tuck—1/1 (360°) twist—Step out—2-legs►1-leg			FWD salto—Tuck—1-1/2 (540°) twist—2-legs►2-legs (Rudi)		
<b>FWD Tuck</b>			<b>FWD Tuck SO</b>			<b>FWD Tuck 1/2</b>			<b>FWD Tuck 1/1</b>			<b>FWD Tuck 1/1 Step out</b>			<b>FWD Tuck 1-1/2</b>		
<ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Tuck</li> <li>3. Land 2-feet</li> <li>4. Optional finish and exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Tuck step out</li> <li>3. Land 1-foot at a time</li> <li>4. Optional finish and exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Tuck—1/2 twist</li> <li>3. Land 2-feet</li> <li>4. Optional finish and exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Tuck—1/1 twist</li> <li>3. Land 2-feet</li> <li>4. Optional finish and exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Tuck—1/1 twist step out</li> <li>3. Land 1-foot at a time</li> <li>4. Optional finish and exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Tuck—1-1/2 twist</li> <li>3. Land 2-feet</li> <li>4. Optional finish and exit</li> </ol>		
180°			360°			360°			540°								
B—602a	SALTO		B—602a	SALTO		B—602b	SALTO		C—602	SALTO		D—602	SALTO		E—602	SALTO	
FWD salto—Pike—2-legs►2-legs			FWD salto—Pike—Step out—2-legs►1-leg			FWD salto—Pike—1/2 (180°) twist—2-legs►2-legs			FWD salto—Pike—1/1 (360°) twist—2-legs►2-legs			FWD salto—Pike 1-1/2 (540°) twist—2-legs►2-legs			FWD salto—Pike—2/1 (720°) twist—2-legs►2-legs		
<b>FWD Pike</b>			<b>FWD Pike SO</b>			<b>FWD Pike 1/2</b>			<b>FWD Pike 1/1</b>			<b>FWD Pike 1-1/2</b>			<b>FWD Pike 2/1</b>		
<ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Pike</li> <li>3. Land 2-feet</li> <li>4. Optional finish and exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Pike step out</li> <li>3. Land 1-foot at a time</li> <li>4. Optional finish and exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Pike 1/2 twist</li> <li>3. Land 2-feet</li> <li>4. Optional finish and exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Pike 1/1 twist</li> <li>3. Land 2-feet</li> <li>4. Optional finish and exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Pike 1-1/2 twist</li> <li>3. Land 2-feet</li> <li>4. Optional finish and exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Pike 2/1 twist</li> <li>3. Land 2-feet</li> <li>4. Optional finish and exit</li> </ol>		
180°			360°			540°			720°								

## FX—6-FWD SALTOS — 603-FWD Salto LO — 604-FWD Double Salto



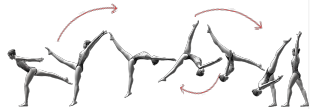
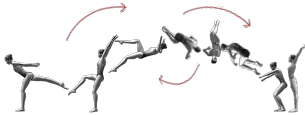


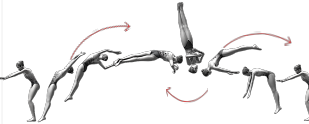
<p><b>B—603a</b> SALTO </p> <p>FWD salto—Layout—2-legs►2-legs</p> 	<p><b>B—603a</b> SALTO </p> <p>FWD salto—Layout—Step out—2-legs►1-leg</p> 	<p><b>B—603b</b> SALTO </p> <p>FWD salto—Layout—1/2 (180°) twist—2-legs►2-legs</p> <p>180°</p> 	<p><b>C—603a</b> SALTO </p> <p>FWD salto—Layout—1/1 (360°) twist—2-legs►2-legs</p> <p>360°</p> 	<p><b>C—603a</b> SALTO </p> <p>FWD salto—Layout 1/1 (360°) twist—Step out—2-legs►1-leg</p> <p>360°</p> 	<p><b>D—603</b> SALTO </p> <p>FWD salto—Layout—1-1/2 (540°) twist—2-legs►2-legs</p> <p>540°</p> 
<p><b>FWD LO</b></p> <ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Layout</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>	<p><b>FWD LO SO</b></p> <ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Layout SO</li> <li>3. Land 1-foot at a time</li> <li>4. Optional finish and exit</li> </ol>	<p><b>FWD LO 1/2</b></p> <ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Layout—1/2 twist</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>	<p><b>FWD LO 1/1</b></p> <ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Layout—1/1 twist</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>	<p><b>FWD LO 1/1 SO</b></p> <ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Layout SO</li> <li>3. Land 1-foot at a time</li> <li>4. Optional finish and exit</li> </ol>	<p><b>Rudi</b></p> <ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Layout—1-1/2 twist</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>
<p><b>E—603a</b> SALTO </p> <p>FWD salto—Layout—2/1 (720°) twist—2-legs►2-legs (Tarasevich)</p> <p>720°</p> 	<p><b>E—603a</b> SALTO </p> <p>FWD salto—Layout—2/1 (720°) twist—Step out—2-legs►1-leg</p> <p>720°</p> 	<p><b>E—603b</b> SALTO </p> <p>FWD salto—Layout—2-1/2 (900°) twist—2-legs►2-legs (Cojocar)</p> <p>900°</p> 	<p><b>E—603c</b> SALTO </p> <p>FWD salto—Layout—3/1 (1080°) twist—2-legs►2-legs (Maldonado)</p> <p>1080°</p> 		
<p><b>Tarasevich</b></p> <ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Layout 2/1 twist</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>	<p><b>Tarasevich SO</b></p> <ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Layout 2/1 twist SO</li> <li>3. Land 1-foot at a time</li> <li>4. Optional finish and exit</li> </ol>	<p><b>Cojocar</b></p> <ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Layout 2-1/2 twist</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>	<p><b>Maldonado</b></p> <ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Layout 3/1 twist</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>		
<p><b>E—604a</b> SALTO </p> <p>FWD Double salto—Tuck—2-legs►2-legs (Podkopaeva)</p> 	<p><b>E—604b</b> SALTO </p> <p>FWD Double salto—Tuck—1/2 (180°) twist—2-legs►2-legs (Podkopaeva 1/2)</p> <p>180°</p> 	<p><b>E—604c</b> SALTO </p> <p>FWD Double salto—Pike—2-legs►2-legs (Dowell)</p> 			
<p><b>Podkopaeva</b></p> <ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Tuck 2/1</li> <li>3. Land 2-feet</li> <li>4. Optional finish and exit</li> </ol>	<p><b>Podkopaeva 1/2</b></p> <ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Tuck 2/1—1/2 (180°) twist</li> <li>3. Land 2-feet</li> <li>4. Optional finish and exit</li> </ol>	<p><b>Dowell</b></p> <ol style="list-style-type: none"> <li>1. With FWD upright takeoff</li> <li>2. Execute FWD salto—Pike 2/1</li> <li>3. Land 2-feet</li> <li>4. Optional finish and exit</li> </ol>			






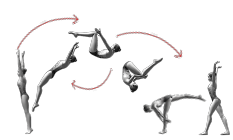
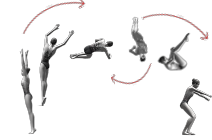



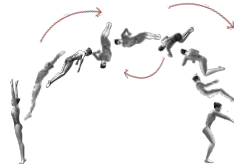

# FX—7-SWD/ARABIAN SALTOS — 701-SWD Saltos — 702-Arabian — 703-Arabian Double Saltos

<p><b>A—701a</b> SALTO </p> <p>FWD take-off—SWD salto—Tuck—1-leg►1-leg</p> <p style="text-align: center;">90°</p>  <p style="text-align: center;"><b>SWD Somi Tuck</b></p> <ol style="list-style-type: none"> <li>1. With FWD 1-leg/2-legs takeoff</li> <li>2. Execute SWD salto—Tuck</li> <li>3. Land SWD—1-foot at a time</li> <li>4. Optional finish and exit</li> </ol>	<p><b>A—701b</b> SALTO </p> <p>FWD take-off—SWD salto—Pike/LO—1-leg►1-leg</p> <p style="text-align: center;">90°</p>  <p style="text-align: center;"><b>SWD Somi Pike / LO</b></p> <ol style="list-style-type: none"> <li>1. With FWD 1-leg/2-legs takeoff</li> <li>2. Execute SWD salto—Pike/LO</li> <li>3. Land SWD—1-foot at a time</li> <li>4. Optional finish and exit</li> </ol>	<p><b>B—701</b> SALTO</p> <p>BWD take off—1/4 (90°) turn SWD salto—LO—1-leg►1-leg</p> <p style="text-align: center;">90°</p>  <p style="text-align: center;"><b>SWD Somi LO</b></p> <ol style="list-style-type: none"> <li>1. With BWD 2-leg takeoff</li> <li>2. Execute 1/4 turn SWD salto—LO</li> <li>3. Land SWD—1-foot at a time</li> <li>4. Optional finish and exit</li> </ol>			
<p><b>B—702a</b> SALTO </p> <p>Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—Tuck—2-legs►2-legs</p> <p style="text-align: center;">180°</p>  <p style="text-align: center;"><b>Arabian Tuck</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD takeoff—1/2 turn—FWD salto Tuck</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>	<p><b>B—702a</b> SALTO</p> <p>Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—Tuck Step out—2-legs►1-leg</p> <p style="text-align: center;">180°</p>  <p style="text-align: center;"><b>Arabian Tuck SO</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD takeoff—1/2 turn—FWD salto Tuck—Step out</li> <li>3. Land 1-foot then the other</li> <li>4. Optional finish and exit</li> </ol>	<p><b>B—702b</b> SALTO </p> <p>Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—Pike—2-legs►2-legs</p> <p style="text-align: center;">180°</p>  <p style="text-align: center;"><b>Arabian Pike</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD takeoff—1/2 turn—FWD salto Pike</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>	<p><b>B—702b</b> SALTO</p> <p>Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—Pike Step out—2-legs►1-leg</p> <p style="text-align: center;">180°</p>  <p style="text-align: center;"><b>Arabian Pike SO</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD takeoff—1/2 turn—FWD salto Pike—Step out</li> <li>3. Land 1-foot then the other</li> <li>4. Optional finish and exit</li> </ol>	<p><b>B—702c</b> SALTO</p> <p>Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—LO—2-legs►2-legs</p> <p style="text-align: center;">180°</p>  <p style="text-align: center;"><b>Arabian LO</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD takeoff—1/2 turn—FWD salto Layout</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>	<p><b>B—702c</b> SALTO</p> <p>Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—LO—Step out—2-legs►1-leg</p> <p style="text-align: center;">180°</p>  <p style="text-align: center;"><b>Arabian LO SO</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD takeoff—1/2 turn—FWD salto Layout—Step out</li> <li>3. Land 1-foot then the other</li> <li>4. Optional finish and exit</li> </ol>
<p><b>E—703a</b> SALTO </p> <p>Arabian salto—BWD takeoff—1/2 (180°) turn—FWD Double salto—Tuck—2-legs►2-legs (Andriassen)</p> <p style="text-align: center;">180°</p>  <p style="text-align: center;"><b>Andriassen</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD takeoff—1/2 turn—FWD Double salto—Tuck</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>	<p><b>E—703b</b> SALTO </p> <p>Arabian salto—BWD takeoff—1/2 (180°) turn—FWD Double salto—Tuck—1/2 twist—2-legs►2-legs (Andriassen 1/2)</p> <p style="text-align: center;">180°</p>  <p style="text-align: center;"><b>Andriassen 1/2</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD takeoff—1/2 turn—FWD Double salto—Tuck—1/2 turn</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>	<p><b>E—703c</b> SALTO </p> <p>Arabian salto—BWD takeoff—1/2 (180°) turn—FWD Double salto—Pike—2-legs►2-legs (Dos Santos)</p> <p style="text-align: center;">180°</p>  <p style="text-align: center;"><b>Dos Santos</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD takeoff—1/2 turn—FWD Double salto—Pike</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>	<p><b>E—703d</b> SALTO </p> <p>Arabian salto—BWD takeoff—1/2 (180°) turn—FWD Double salto—Pike—1/2 (180°) twist—2-legs►2-legs (Oliveira)</p> <p style="text-align: center;">180° 180°</p>  <p style="text-align: center;"><b>Oliveira</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD takeoff—1/2 turn—FWD Double salto—Pike—1/2 turn</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>	<p><b>E—703e</b> SALTO </p> <p>Arabian salto—BWD takeoff—1/2 (180°) turn—FWD Double salto—LO—2-legs►2-legs (Dos Santos LO)</p> <p style="text-align: center;">180°</p>  <p style="text-align: center;"><b>Dos Santos LO</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD takeoff—1/2 turn—FWD Double salto—LO</li> <li>3. Land 2 feet</li> <li>4. Optional finish and exit</li> </ol>	






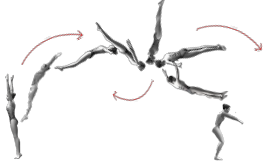



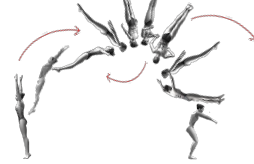



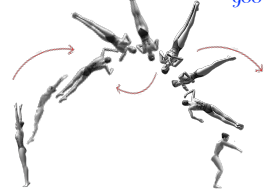

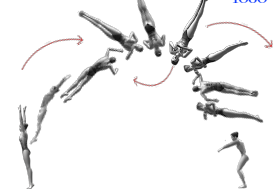
## FX—8-BWD SALTOS — 801-Gainer Saltos — 802-Whip back

A—801a	SALTO	A—801b	SALTO	A—801c	SALTO	B—801	SALTO			
Gainer salto—Tuck—1-leg►2-legs		Gainer salto—Pike—1-leg►2-legs		Gainer salto—LO—Step out—1-leg►1-leg		Gainer BWD salto—Tuck—1/1 (360°) twist—1-leg►2-legs <span style="color: blue;">360°</span>				
										
<b>Gainer Tuck</b>		<b>Gainer Pike</b>		<b>Gainer LO</b>		<b>Gainer Tuck 1/1</b>				
<ol style="list-style-type: none"> <li>1. With 1-leg takeoff</li> <li>2. Execute BWD Gainer Salto—Tuck</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>		<ol style="list-style-type: none"> <li>1. With 1-leg takeoff</li> <li>2. Execute BWD Gainer Salto—Pike</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>		<ol style="list-style-type: none"> <li>1. With 1-leg takeoff</li> <li>2. Execute BWD Gainer Salto—Layout SO</li> <li>3. Land 1-leg then the other</li> <li>4. Optional finish &amp; exit</li> </ol>		<ol style="list-style-type: none"> <li>1. With 1-leg takeoff</li> <li>2. Execute BWD Gainer Salto—Tuck 1/1</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>				
A—802	SALTO	B—802a	SALTO	B—802b	SALTO					
Whip back—2-legs►2-legs		Whip back—1/2 (180°) twist—2-legs►2-legs <span style="color: blue;">180°</span>		Whip back—1/1 (360°) twist—2-legs►2-legs <span style="color: blue;">360°</span>						
										
<b>Whip</b>		<b>Whip 1/2</b>		<b>Whip 1/1</b>						
<ol style="list-style-type: none"> <li>1. With 2-leg takeoff</li> <li>2. Execute BWD Whip salto</li> <li>3. Land 2 feet</li> <li>4. Optional element following <i>Used as transitioning element, not meant as an ending skill</i></li> </ol>		<ol style="list-style-type: none"> <li>1. With 2-leg takeoff</li> <li>2. Execute BWD Whip salto—1/2 turn</li> <li>3. Land 2 feet</li> <li>4. Optional element following <i>Used as transitioning element, not meant as an ending skill</i></li> </ol>		<ol style="list-style-type: none"> <li>1. With 2-leg takeoff</li> <li>2. Execute BWD Whip salto—1/1 turn</li> <li>3. Land 2 feet</li> <li>4. Optional element following <i>Used as transitioning element, not meant as an ending skill</i></li> </ol>						








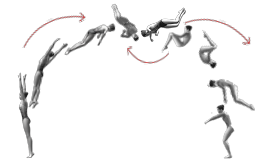
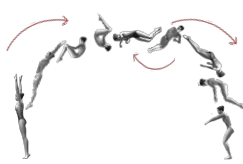
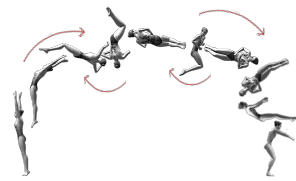
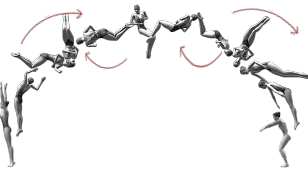




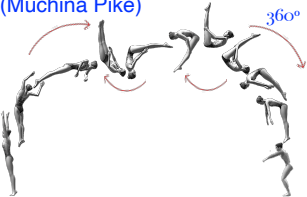







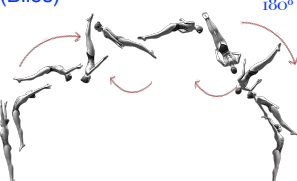
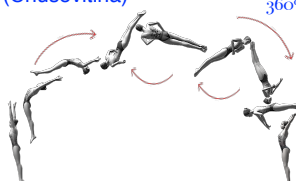
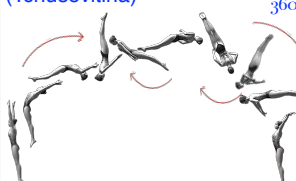
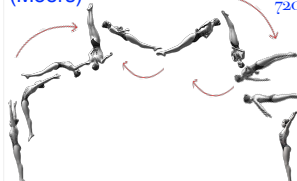

## FX—8-BWD SALTOS — 803—Single Salto Tuck with Twist

A—803a	SALTO		A—803a	SALTO	B—803a	SALTO	B—803b	SALTO		C—803a	SALTO	C—803b	SALTO				
BWD salto—Tuck—2-legs►2-legs			BWD salto—Tuck—Step out—2-legs►1-leg			BWD salto—Tuck—1/2 (180°) twist—2-legs►2-legs			BWD salto—Tuck—1/1 (360°) twist—2-legs►2-legs			BWD salto—Tuck—1-1/2 (540°) twist—2-legs►2-legs			BWD salto—Tuck—2/1 (720°) twist—2-legs►2-legs		
<i>180°</i>			<i>360°</i>			<i>540°</i>			<i>720°</i>								
																	
<b>Tuck</b>			<b>Tuck SO</b>			<b>Tuck 1/2</b>			<b>Tuck 1/1</b>			<b>Tuck 1-1/2</b>			<b>Tuck 2/1</b>		
<ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Tuck</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Tuck</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Tuck—1/2 twist</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Tuck—1/1 twist</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Tuck—1-1/2 twist</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Tuck—2/1 twist</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>		
D—803			SALTO			E—803			SALTO								
BWD salto—Tuck—2-1/2 (900°) twist—2-legs►2-legs			BWD salto—Tuck—3/1 (1080°) twist—2-legs►2-legs														
<i>900°</i>			<i>1080°</i>														
																	
<b>Silvias</b>			<b>Biles 2</b>														
<ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Tuck—2-1/2 twist</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>			<ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Tuck—3/1 twist</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>														

## FX—8-BWD SALTOS — 804-Single Salto Pike/LO w/wo Twist

<p><b>A—804a</b> SALTO </p> <p>BWD salto—Pike/LO—2-legs►2-legs</p> 	<p><b>A—804a</b> SALTO </p> <p>BWD salto—Pike/LO—Step out—2-legs►1-leg</p> 	<p><b>B—804a</b> SALTO </p> <p>BWD salto—Pike/LO—1/2 (180°) twist—2-legs►2-legs</p> <p>180°</p> 	<p><b>B—804b</b> SALTO </p> <p>BWD salto—Pike/LO—1/1 (360°) twist—2-legs►2-legs</p> <p>360°</p> 	<p><b>C—804a</b> SALTO </p> <p>BWD salto—Pike/LO—1-1/2 (540°) twist—2-legs►2-legs</p> <p>540°</p> 	<p><b>C—604b</b> SALTO </p> <p>BWD salto—Pike/LO—2/1 (720°) twist—2-legs►2-legs</p> <p>720°</p> 
<p><b>BWD PIKE LO</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Layout</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>	<p><b>BWD LO SO</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Layout SO</li> <li>3. Land 1-foot, then the other</li> <li>4. Optional finish &amp; exit</li> </ol>	<p><b>BWD LO 1/2</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Layout—1/2 twist</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>	<p><b>BWD LO 1/1</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Layout—1/1 twist</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>	<p><b>BWD LO 1-1/2</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Layout—1-1/2 twist</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>	<p><b>BWD LO 2/1</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Layout—2/1 twist</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>
<p><b>D—804</b> SALTO </p> <p>BWD salto—Pike/LO—2-1/2 (900°) twist—2-legs►2-legs</p> <p>900°</p> 	<p><b>E—804</b> SALTO </p> <p>BWD salto—Pike/LO—3/1 (1080°) twist—2-legs►2-legs</p> <p>1080°</p> 				
<p><b>BWD LO 2-1/2</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Layout 2-1/2 twist</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>	<p><b>BWD LO 3/1</b></p> <ol style="list-style-type: none"> <li>1. With BWD upright takeoff</li> <li>2. Execute BWD Salto—Layout 3/1 twist</li> <li>3. Land feet together</li> <li>4. Optional finish &amp; exit</li> </ol>				

## FX—8-BWD SALTOS — 805-BWD Double Salto Tuck — 806-BWD Double Salto Pike — 807-BWD Double Salto LO

<b>D—805</b> SALTO 	<b>E—805a</b> SALTO 	<b>E—805b</b> SALTO 	<b>E—805c</b> SALTO 	<b>E—805d</b> SALTO 	<b>E—805e</b> SALTO 
BWD Double salto—Tuck—2-legs►2-legs (Kim)	BWD Double salto—Tuck—1/1 (360°) twist in—2-legs►2-legs <span style="float: right;">360°</span>	BWD Double salto—Tuck/pike—1/1 (360°) twist out—2-legs►2-legs (Muchina) <span style="float: right;">360°</span>	BWD Double salto—Tuck—1-1/2 (540°) twist—2-legs►2-legs <span style="float: right;">540°</span>	BWD Double salto—Tuck—2/1 (720°) twist—2-legs►2-legs (Silivas) <span style="float: right;">720°</span>	BWD Double salto—Tuck—3/1 (1080°) twist—2-legs►2-legs (Big Biles) <span style="float: right;">1080°</span>
					
<b>Kim</b>	<b>Double Tuck Full-in</b>	<b>Muchina Tuck</b>	<b>Double Tuck 1-1/2</b>	<b>Silivas</b>	<b>The 'Big' Biles</b>
1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Tuck 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Tuck/Pike—1/1 (360°) twist on 1st rotation 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Tuck/Pike—1/1 (360°) twist on 2nd rotation 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Tuck—1-1/2 (540°) twist within double rotation 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Tuck—2/1 (720°) twist within double rotation 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Tuck—3/1 (1080°) twist within double rotation 3. Land feet together 4. Optional finish & exit
<b>D—806</b> SALTO 	<b>E—806</b> SALTO 				
BWD Double salto—Pike—2-legs►2-legs	BWD Double salto—Pike—1/1 (360°) twist in—2-legs►2-legs (Muchina Pike) <span style="float: right;">360°</span>				
					
<b>Double Pike</b>	<b>Muchina Pike</b>				
1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Pike 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Pike—1/1 twist within the double rotation 3. Land feet together 4. Optional finish & exit				
<b>E—807a</b> SALTO 	<b>E—807b</b> SALTO 	<b>E—807c</b> SALTO 	<b>E—807d</b> SALTO 	<b>E—807e</b> SALTO 	<b>E—807e</b> SALTO 
BWD Double salto—LO—2-legs►2-legs	BWD Double salto—LO—1/2 (189°) twist out—2-legs►2-legs (Biles) <span style="float: right;">180°</span>	BWD Double salto—LO—1/1 (360°) twist in—2-legs►2-legs (Chusovitina) <span style="float: right;">360°</span>	BWD Double salto—LO—1/1 (360°) twist out—2-legs►2-legs (Tchusovitina) <span style="float: right;">360°</span>	BWD Double salto—LO—2/1 (720°) twists—2-legs►2-legs (Moors) <span style="float: right;">720°</span>	BWD Double salto—LO—3/1 (900°) twists—2-legs►2-legs (Carey) <span style="float: right;">1080°</span>
					
<b>Double LO</b>	<b>Biles</b>	<b>Chusovitina</b>	<b>Tchusovitina</b>	<b>Moors</b>	<b>Carey</b>
1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Layout 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Layout—1/2 twist on 2nd rotation 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Layout—1/1 twist within double rotation 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Layout—1/1 twist on 2nd rotation 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Layout—2/1 twist within double rotation 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Layout—3/1 twist within double rotation 3. Land feet together 4. Optional finish & exit



## EQUIPMENT REQUIREMENTS

EQUIPMENT REGULATIONS	EQUIPMENT REGULATIONS	EQUIPMENT REGULATIONS
<p><b>VAULT RUNWAY</b></p> <ul style="list-style-type: none"> <li>• <u>Runway thickness</u>: 3/4in / 2cm - 1-3/8in / 3.5cm</li> <li>• <u>Runway width</u>: 3ft / .9m</li> <li>• <u>Runway length</u>: Max length: 80ft / 24.4m                             <ul style="list-style-type: none"> <li>• <u>1N-5N</u>: Min 60ft / 18.3m</li> <li>• <u>6N-10N</u>: Min 79ft / 24m</li> </ul> </li> </ul> <p><i>(Measure from front of VT Table)</i></p>	<p><b>UB MATTING SPECIFICATIONS</b></p> <ul style="list-style-type: none"> <li>• <u>1N-SN Recommend</u>: 7'6 x 15' min mat area</li> <li>• <u>3N-7N Recommend</u>: 7'6 x 24' min mat area</li> <li>• <u>8N-10N Recommend</u>: 7'6 x 36' min mat area</li> <li>• <u>Max height</u>: 9" additional matting allowed</li> <li>• Up to (2) 5 x 10 x 8" skill cushions, used end to end</li> <li>• <u>Dismounts</u>: Additional matting = Max 9"</li> </ul>	<p><b>BM HEIGHTS</b></p> <ul style="list-style-type: none"> <li>• 100 cm min / 125 cm max / all levels</li> </ul>
<p><b>HAND PLACEMENT MAT</b></p> <ul style="list-style-type: none"> <li>• May only be used for RO/FHS onto board entry vaults</li> </ul>	<p><b>UB LB ROUTINE MATTING</b></p> <ul style="list-style-type: none"> <li>• <u>UB Mount</u>—Max additional mats = 12" +/- 2" (i.e. 8" mat, 4" mat, sting mat (1" or 2"))</li> <li>• <u>UB Mount-LB Routine</u>—Mount trainer, spot block, folded panel mat—may be placed on top of additional mats</li> <li>• <u>UB Dismount-LB Routine</u>—May land on max additional mats = 12" +/- 2"</li> </ul>	<p><b>BM MATTING SPECIFICATIONS</b></p> <ul style="list-style-type: none"> <li>• Dismount matting:                             <ul style="list-style-type: none"> <li>• Min 7'6" x 15' x 4" on one BM end and</li> <li>• Min 7'6" x 12' x 4' on other BM end</li> </ul> </li> <li>• Matting under BM:                             <ul style="list-style-type: none"> <li>• Two (2) landing mats side by side</li> <li>• 15' wide x 15'6" long</li> </ul> </li> </ul>
<p><b>VT BOARD SPRINGS</b></p> <ul style="list-style-type: none"> <li>• <u>1N</u>: Min two (2) springs</li> <li>• <u>2BN/SN</u>: Min two (2) springs</li> <li>• <u>3N</u>: Min two (2) springs</li> <li>• <u>1N-3N</u>: Tramp Board allowed</li> </ul>	<p><b>UB / BM MOUNTING</b></p> <ul style="list-style-type: none"> <li>• <u>Boards/Mount Mats</u>: Max 8" allowed                             <ul style="list-style-type: none"> <li>• <u>GN-10N</u>—Remove immediately after leaves mount apparatus</li> </ul> </li> <li>• Boards cannot be placed on 8in / 20cm skill mat</li> <li>• Mount trainers allowed on 8in / 20cm skill mat</li> </ul>	<p><b>FX ADDITIONAL MATTING</b></p> <ul style="list-style-type: none"> <li>• Max two (2) mats (sting mat, 4" or 8").</li> <li>• One (1) mat per tumbling pass (per direction — May have both mats on opposite ends of diagonal</li> <li>• Sting mat placed on top of 4" or 8" mat does not count as one of two (2) allowable mats</li> </ul>
<p><b>SAFETY ZONE COLLAR</b></p> <ul style="list-style-type: none"> <li>• <u>Safety Zone</u>: Mandatory for RO, FHS onto board vaults                             <ul style="list-style-type: none"> <li>• May be used for other vaults</li> </ul> </li> </ul>		<p><b>LANDING MATS</b></p> <ul style="list-style-type: none"> <li>• 10 cm (4") mats minimum required</li> <li>• 20 cm mats = allowed</li> </ul>
<p><b>VT LANDING MAT DIMENSIONS</b></p> <ul style="list-style-type: none"> <li>• <u>3N/GN/4N</u>: Behind Resi/Table CLM Min 6'x12'</li> <li>• <u>2N/BN/SN/5N/6N/7N</u>: Resi must sit on CLM</li> <li>• <u>SN/3N/4N</u>: Resi width Max 60"</li> <li>• <u>6N/7N</u>: Pit Pillow 4' x 6' x 8"</li> <li>• <u>PN/8N-10N</u>: Behind VT Table CLM Min 8'x12'</li> </ul>		<p><b>MAT PLACEMENT</b></p> <ul style="list-style-type: none"> <li>• Landing mats should be placed under and/or around Vault, Uneven Bars and Balance Beam covering all landing areas</li> </ul>
<p><b>VT MAT or RESI/TABLE HEIGHT</b></p> <ul style="list-style-type: none"> <li>• <u>1N</u>: Mat Stack w/CLM Min 4in / 10cm—Max 8in / 40cm—Max 24in / 60cm</li> <li>• <u>2BN</u>: Mat Stack w/CLM Min 4" —Min 16in / 40cm—Max 48in / 120cm</li> <li>• <u>SN/3N</u>: Mat Stack w/CLM Min 4" —Min 24in / 60cm—Max 56in / 142cm</li> <li>• <u>4N</u>: Mat Stack w/CLM Min 4" —Min 24in / 60cm—Max 56in / 142cm</li> <li>• <u>4N</u>: RO Mat Stack w/CLM Min 4" —Max 56in / 142cm</li> <li>• <u>5N</u>: Mat Stack w/CLM Min 4" —Min 24in / 60cm—Max 56in / 142cm</li> <li>• <u>GN/PN/DN</u>: Table height Max 135cm</li> <li>• <u>6N/7N</u>: Table height Max 135cm                             <ul style="list-style-type: none"> <li>• Mat Stack w/CLM Min 4" —Min 32in / 80cm—Max 64in / 162cm</li> </ul> </li> <li>• <u>8N/9N/10N</u>: Table height Min 110cm—Max 135cm</li> </ul>		<p><b>MATS ON TOP OF LANDING MATS</b></p> <ul style="list-style-type: none"> <li>• 8" Skill Cushion + (1) Sting Mat allowed = 9"</li> <li>• 4" Throw Mat + (1) Sting Mat allowed = 5"</li> <li>• Two (2) 4" Throw Mat + (1) Sting Mat allowed = 9"</li> </ul>
<p><b>VT ADDITIONAL MATTING</b></p> <ul style="list-style-type: none"> <li>• 6N/7N may use Pit Pillow for landing, if available</li> </ul>		<p><b>FOREIGN SUBSTANCE</b></p> <ul style="list-style-type: none"> <li>• Water, chalk, Manufactured solutions and hand Tac/10 style towels are only acceptable solutions</li> </ul> <p><b>PLYWOOD UNDER BOARDS</b></p> <ul style="list-style-type: none"> <li>• Plywood allowed under board for UB/BM mounts</li> </ul>



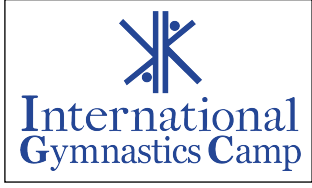


## MATS

### VAULT MATS

Inches	Centimeters	Available Mats	Vault Mat Configuration — Example: 1N
.75 inches	2 centimeters	Skill Cushion Mat (SM) — 8 in / 20 cm	1N — Landing surface MUST have CLM Min 4in/10cm under any other matting 1N — May use optional SM (Skill, Resi, Throw) up to 24in / 60cm
1.25 inches	4 centimeters	Skill Cushion Mat (SM) — 10 in / 25 cm	
2 inches	5 centimeters	Skill Cushion Mat (SM) — 12 in / 30 cm	<b>ALLOWED</b> CLM = 8-9in / 20-24cm Optional SM = 8in / 20cm Optional Throw = 4in / 10cm TOTAL = 20in / 50cm
4 inches	10 centimeters	Panel Mat — 1.375   1.625   2.0 in / 3.5   4.0   5.0 cm	
4.5 inches	12 centimeters	Throw Mat (SM) — 4 in / 10 cm	<b>ALLOWED</b> CLM = 8in / 20cm Optional SM = 8in / 20cm TOTAL = 16in / 40cm
8 inches	20 centimeters	Competition Landing Mat (CLM) — 4-4.5 in / 10-12 cm	
10 inches	25 centimeters	Competition Landing Mat (CLM) — 8 in / 20 cm	<b>ALLOWED</b> CLM = 8-9in / 20-24cm Optional SM = 8in / 20cm TOTAL = 16in / 40cm
12 inches	30 centimeters	Resi Mat — 12 in / 30 cm	
16 inches	40 centimeters	Resi Mat — 16 in / 40 cm	<b>ALLOWED</b> CLM = 4-4.5in / 10-12cm Optional SM = 8in / 20cm TOTAL = 12in / 30cm
18 inches	45 centimeters	Resi Mat — 18 in / 45 cm	
24 inches	60 centimeters	Resi Mat — 24 in / 60 cm	<b>ALLOWED</b> CLM = 4-4.5in / 10-12cm
30 inches	76 centimeters	Resi Mat — 32 in / 80 cm	
32 inches	80 centimeters	Air Bag Mat — 30 in / 76 cm	<b>NOT ALLOWED</b> No CLM
36 inches	90 centimeters	Air Bag Mat — 36 in / 90 cm	
<b>Mat</b>	<b>Size (in)</b>		
Skill	4 x 5		Skill Cushion Mat (SM) — 8 in / 20 cm
	4 x 6		Competition Landing Mat (CLM) — 4-4.5 in / 10-12 cm
	5 x 7		Competition Landing Mat (CLM) — 4-4.5 in / 10-12 cm
	5 x 10		
Resi	5 x 5		Skill Cushion Mat (SM) — 8 in / 20 cm
	5 x 10		Competition Landing Mat (CLM) — 4-4.5 in / 10-12 cm
	6 x 12		Competition Landing Mat (CLM) — 4-4.5 in / 10-12 cm
Landing	7.6 x 14		Skill Cushion Mat (SM) — 8 in / 20 cm
	7.6 x 4		Competition Landing Mat (CLM) — 4-4.5 in / 10-12 cm
	7.6 x 5		
	6 x 12		
	7.6 x 12		Competition Landing Mat (CLM) — 4-4.5 in / 10-12 cm
Throw	8 x 12		
	6 x 15.6		
	7.6 x 15.6		
	8 x 15.6		
Sting	3 x 6		Skill Cushion Mat (SM) — 8 in / 20 cm
	4 x 6		Panel Mat — 1.375   1.625   2.0 in / 3.5   4.0   5.0 cm
	4 x 8		
	4 x 10		
	7.6 x 10		Skill Cushion Mat (SM) — 8 in / 20 cm
Panel	36 x 54		
	40 x 80		
	5 x 10		
	7.6 x 10		
	5 x 10		

CLM = Competition Landing Mat  
SM = Supplemental Mat



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 [usgsacontact@gmail.com](mailto:usgsacontact@gmail.com)

