

WOMEN'S TECHNICAL HANDBOOK

This is the NGA Handbook from the USA. If you have any questions, please email NGA UK on judging@ngauk.co.uk

Please note, music durations will not be strictly enforced for 2026

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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	
☒ X	5	1. Min 1/2 (180°) turn 1-foot		☒ Yes—X-Skills = A	
☒ A		2. Leap / Jump—No Min Split required		☒ Yes—A Acro Non-Flight	
☒ B*		• Isolated / Series		☒ No—B Acro Non-Flight	
☐ C		3. Acro VP—A Acro Non Flight		☒ No—Acro Flight	
☐ D		• No X-skill lever		☒ Yes—B Split Leaps/Jumps = A	
☐ E		4. A Dismount		☒ Yes—A Salto/Aerial Dismount	
		• 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 Connection	Skills, Elements or Value Parts (VP) performed directly one after the other
Indirect Connection	Skills, Elements or Value Parts (VP) performed with other 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 (BM, FX)	Acrobatic Skill, Element, Value Part (VP) on BM / FX with no flight from hands to feet or feet to hands
Acro Flight (BM, FX)	Acrobatic Skill, Element, Value Part (VP) on BM / FX with flight from hands to feet or feet to hands
Salto (VT, UB, BM, FX)	Skill, Element, Value Part (VP) w/ no hands in contact w/ surface. Usually feet-to-feet (360° rotation) on UB, BM, FX. VT is from hands-to-feet for 540° rotation
Aerial (UB, BM, 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 and continuous 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



COMPETITIVE PROGRAM

By Levels

Element Rules Clarifications

Event Rules Clarifications

Level Special Rules Clarifications

BONUS

Bonus Principles—UB

Bonus Principles—BM

Bonus Principles—FX

DEDUCTIONS

Deductions—VT

Deductions—UB

Deductions—BM/FX

Combined Deductions

OTHER DEDUCTIONS

UB—Cast, Swing, Circle, HS Angles

BM / FX Split Angles, Turn Completion, Landing Principles

10N—Composition

Level Requirements—1N-2N/BN

LEVEL 1N

4 years & up

SV: 10.0

Bonus—None

VAULT

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
Sting Mat 12in plus max ht. allowed

Yes—Alternate Tramp Board

UNEVEN BARS

Allow VP W up time = 30s

Rules

- | | | |
|---------------------------------------|---------------------|---|
| ☒ X | 1. Mount | ☒ No—HB |
| ☒ A | 2. Cast | ☒ Yes—X-Skills = A |
| ☐ B | • No required angle | ☒ Yes—A VP |
| ☐ C | 3. 360° Circle VP | ☒ No—B VP |
| ☐ D | 4. Dismount | ☒ No—Salto Dismount |
| ☐ E | | |

BALANCE BEAM

Allow VP W up time = 30s

Routine time = 30s

Rules

- | | | |
|---------------------------------------|-----------------------------------|--|
| ☒ X | 1. Pivot | ☒ Yes—X-Skills = A |
| ☒ A | OR | ☒ Yes—A Acro Non-Flight |
| ☐ B | 1. Squat turn | ☒ No—B Acro Non-Flight |
| ☐ C | 2. Stretch Jump | ☒ No—Acro Flight |
| ☐ D | 3. 1-leg balance—2s hold required | ☒ No—B Dance |
| ☐ E | • Optional free leg position | ☒ No—Salto/Aerial Dismount |
| | 4. Dismount | |

FLOOR EXERCISE

Allow VP W up time = 30s

Routine time = 45s

Rules

- | | | |
|---------------------------------------|--|---|
| ☒ X | 1. Dance Combo—Min (2) Leaps / Jumps | ☒ Yes—X-Skills = A |
| ☒ A | • No Min Split required | ☒ Yes—A Acro Non-Flight |
| ☐ B | • Direct or Indirect | ☒ No—B Acro Non-Flight |
| ☐ C | 2. Acro VP—BWD roll | ☒ Yes—(1) A Acro Flight |
| ☐ D | • Isolated or in Series | ☒ No—Salto/Aerial |
| ☐ E | OR | ☒ No—B Dance |
| | 2. Acro VP—Candlestick | ☒ SR3 separate from SR1 |
| | • Isolated or in Series | ☒ SR4 separate from SR2 |
| | 3. Min 1/2 (180°) turn—1-foot | |
| | OR | |
| | 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

Bonus—None

VAULT

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

- | | | |
|---------------------------------------|---------------------|---|
| ☒ X | 1. Mount | ☒ No—HB |
| ☒ A | 2. Cast | ☒ Yes—X-Skills = A |
| ☐ B | • No required angle | ☒ Yes—A VP |
| ☐ C | 3. 360° Circle VP | ☒ No—B VP |
| ☐ D | 4. Dismount | ☒ No—Salto Dismount |
| ☐ E | | |

BALANCE BEAM

Allow VP W up time = 30s

Routine time = 35s

Rules

- | | | |
|--|--------------------------------------|--|
| ☒ X | 1. 1/2 (180°) turn—1-foot | ☒ Yes—X-Skills = A |
| ☒ A | 2. Leap / Jump—No Min Split required | ☒ Yes—A Acro Non-Flight |
| ☒ B* | • Isolated or in Series | ☒ No—B Acro Non-Flight |
| ☐ C | 3. Acro VP—Handstand | ☒ No—Acro Flight |
| ☐ D | • LEAD leg Min 45° from VER | ☒ Yes—B* Split Jumps / Leaps = A |
| ☐ E | • 2nd leg height optional | ☒ No—Salto/Aerial Dismount |
| | • Must leave BM for VP | |
| | 4. Dismount | |

FLOOR EXERCISE

Allow VP W up time = 30s

Routine time = 45s

Rules

- | | | |
|---------------------------------------|---------------------------------------|---|
| ☒ X | 1. Dance Combo—Min (2) Leaps / Jumps | ☒ Yes—X-Skills = A |
| ☒ A | • (1) Min 60° split | ☒ Yes—A Acro Non-Flight |
| ☐ B | • Direct or Indirect | ☒ No—B Acro Non-Flight |
| ☐ C | 2. Acro VP—Handstand—No hold required | ☒ Yes—(2) A Acro Flight |
| ☐ D | • Between 45°-VER | ☒ No—Salto/Aerial |
| ☐ E | • Mark feet together | ☒ No—B Dance |
| | 3. Min 1/2 (180°) turn—1-foot | ☒ SR3 separate from SR1 |
| | 4. Acro VP—Cartwheel | ☒ SR4 separate from SR2 |
| | • Isolated or in Series | |

Level Requirements—SN-3N

LEVEL SILVER (SN)

5 years & up

SV: 10.0
VAULT

Bonus—None

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

- 5
- ☒ X 1. Mount
 - ☒ A 2. Cast
 - ☐ B • 45° Min below HOR
 - ☐ C 3. 360° Circle VP
 - ☐ D 4. Dismount
 - ☐ E

Rules

- ☒ Yes—HB
- ☒ Yes—X-Skills = A
- ☒ Yes—A VP
- ☒ No—B VP
- ☒ No—Salto Dismount

BALANCE BEAM

Allow VP W up time = 45s Routine time = :45s

- 5
- ☒ X 1. Min 1/2 (180°) turn 1-foot
 - ☒ A 2. Leap / Jump—No Min Split required
 - ☒ B* • Isolated or in Series
 - ☐ C 3. Acro VP—A Acro Non Flight
 - ☐ D • No X-skill lever
 - ☐ E 4. Dismount
 - No Jumps

Rules

- ☒ Yes—X-Skills = A
- ☒ Yes—A Acro Non-Flight
- ☒ No—B Acro Non-Flight
- ☒ No—Acro Flight
- ☒ Yes—B* Split Leaps/Jumps = A
- ☒ Yes—A Salto/Aerial Dismount
(Allowed, not required)

FLOOR EXERCISE

Allow VP W up time = 45s Routine time = 1:00m

- 5
- ☒ X 1. Dance Combo—Min (2) Leaps / Jumps
 - ☒ A • (1) Min 90° Split
 - ☒ B* • Direct or Indirect
 - ☐ C 2. Acro pass—Min (2) A Acro VP
 - ☐ D • Direct
 - ☐ E 3. 1/1 (360°) turn 1-foot
 - 4. Acro VP—(1) A Acro Flight
 - Isolated or in Series

Rules

- ☒ Yes—X-Skills = A
- ☒ Yes—A Acro Non-Flight
- ☒ No—B Acro Non-Flight
- ☒ Yes—A Acro Flight
- ☒ No—B Acro Flight
- ☒ Yes—(1) A Salto/Aerial
- ☒ Yes—B* Dance = A
- ☒ SR3 separate from SR1
- ☒ SR4 separate from SR2

LEVEL 3N

6 years & up

SV: 10.0
VAULT

Bonus—None

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

- 5
- ☒ X 1. Mount—Glide swing or glide variation
 - ☒ A 2. Cast
 - ☐ B • 45° Min below HOR
 - ☐ C 3. 360° Circle VP
 - ☐ D 4. Dismount
 - ☐ E

Rules

- ☒ Yes—HB
- ☒ Yes—X-Skills = A
- ☒ Yes—A VP
- ☒ No—B VP
- ☒ No—Salto Dismount

BALANCE BEAM

Allow VP W up time = 45s Routine time = 45s

- 5
- ☒ X 1. Min 1/2 (180°) turn 1-foot
 - ☒ A 2. Leap / Jump—Min. 60° split
 - ☒ B* • Isolated or in Series
 - ☐ C 3. Acro VP—Moves Thru / Achieves VER
 - ☐ D • If HS—No hold required; Must mark VER
 - ☐ E w legs joined
 - 4. Dismount
 - No Jumps

Rules

- ☒ Yes—X-Skills = A
- ☒ Yes—A Acro Non-Flight
- ☒ No—B Acro Non-Flight
- ☒ No—Acro Flight
- ☒ Yes—B* Split Leaps/Jumps = A
- ☒ Yes—A Salto/Aerial Dismount
(Allowed, not required)

FLOOR EXERCISE

Allow VP W up time = 45s Routine time = 1:00m

- 5
- ☒ X 1. Dance Combo—Min (2) Leaps / Jumps
 - ☒ A • (1) Min 90° split
 - ☒ B* • Direct or Indirect
 - ☐ C 2. Acro pass—Min (2) ‘A’ Acro VP
 - ☐ D • (1) Must be a Round off
 - ☐ E 3. 1/1 (360°) turn 1-foot
 - 4. Acro VP—Contain / Pass thru Bridge
 - OR
 - 4. Acro VP—BWD Ext. Roll HS thru VER
 - Isolated or in Series

Rules

- ☒ Yes—X-Skills = A
- ☒ Yes—A Acro Non-Flight
- ☒ No—B Acro Non-Flight
- ☒ Yes—A Acro Flight
- ☒ No—B Acro Flight
- ☒ Yes—(1) A Salto/Aerial
- ☒ Yes—B* Dance = A
- ☒ SR4 not fulfilled if HS not thru VER
- ☒ SR3 separate from SR1
- ☒ SR4 separate from SR2

Level Requirements—4N-GN

LEVEL 4N

6 years & up		SV: 10.0	Bonus—None
		VAULT	
Run—FHS			☒ <i>Resi-type mat stack height—</i>
Run—$\frac{1}{4}$ - $\frac{1}{2}$ on, Repulsion off			<i>Min 24in / 60cm - Max 56in / 140cm</i>
Run—RO—BHS			<i>includes CLM—Min 4in / 10cm</i>
• Speed thru out evaluated			☒ <i>Mat stack width—Max 60in / 150cm</i>
• Landing evaluated			☒ <i>No—Alternate Tramp Board</i>
UNEVEN BARS			
Allow VP	W up time = 1:00m		Rules
☒ X	1. Glide Kip-LB	☒ <i>Yes—HB</i>	
☒ A	OR	☒ <i>Yes—X-Skills = A</i>	
☒ B*	1. Long Hang Kip-HB	☒ <i>Yes—A VP</i>	
☐ C	2. Cast—BWD Hip Circle	☒ <i>No—B VP</i>	
☐ D	• Cast Min 20° below HOR	☒ <i>Yes—B* In bar Circles = A</i>	
☐ E	3. Tap swing - Counterswing	☒ <i>Yes—B* Cast HS = A</i>	
	• Hips Min 45° below HB-both sides	☒ <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
☒ X	1. Min 1/2 (180°) turn 1-foot	☒ <i>Yes—X-Skills = A</i>	
☒ A	2. Leap / Jump—Min. 90° split	☒ <i>Yes—A Acro Non-Flight</i>	
☒ B*	• Isolated or in Series	☒ <i>Yes—B* Acro Non-Flight = A</i>	
☐ C	3. Acro VP—Move Thru / Achieve VER	☒ <i>No—Acro Flight</i>	
☐ D	• If HS—No hold required; Must mark VER	☒ <i>Yes—B* Dance = A</i>	
☐ E	w legs joined	☒ <i>Yes—A Salto/Aerial Dismount</i>	
	• Exclude Mount / Dismount	<i>(Allowed, not required)</i>	
	4. Dismount		
	• No Jumps		
FLOOR EXERCISE			
Allow VP	W up time = 1:00m	Routine time = 1:00m	Rules
☒ X	1. Dance Combo—Min (2) Leaps / Jumps	☒ <i>Yes—X-Skills = A</i>	
☒ A	• (1) Min 90° split	☒ <i>Yes—A Acro Non-Flight</i>	
☒ B*	• Direct or Indirect	☒ <i>Yes—B* Acro Non-Flight = A</i>	
☐ C	2. Acro Pass—Min (2) A Acro Flight	☒ <i>Yes—A Acro Flight</i>	
☐ D	• Direct	☒ <i>Yes—B* Acro Flight = A</i>	
☐ E	3. Min 1/1 (360°) turn 1-foot	☒ <i>Yes—A Salto/Aerial</i>	
	4. Acro Pass—Min (2) Acro Flight	☒ <i>No—B Salto/Aerial</i>	
	• Direct	☒ <i>Yes—B* Dance = A</i>	
	OR	☒ <i>SR3 separate from SR1</i>	
	4. Isolated FWD Salto	☒ <i>SR4 separate from SR2</i>	

LEVEL GOLD (GN)

6 years & up		SV: 10.0	Bonus
		VAULT	
Run—FHS			☒ <i>Table-Max 135 cm—</i>
Run—$\frac{1}{2}$ on ($\frac{1}{4}$—$\frac{1}{4}$) on, Repulsion off			<i>Manufacturer setting</i>
• 9.5 SV - Alternate Tramp Board			☒ <i>CLM—Min 4in / 10cm</i>
• Speed thru out evaluated			
• Landing evaluated			
UNEVEN BARS			
Allow VP	W up time = 1:00m		Rules
☒ X	1. Squat / Straddle / Stoop on ➤ Jump to HB	☒ <i>Yes—HB</i>	
☒ A	OR	☒ <i>Yes—X-Skills = A</i>	
☒ B*	1. Squat / Straddle / Stoop Circle ➤ Jump to HB	☒ <i>Yes—A VP</i>	
☐ C	• FWD / BWD circle	☒ <i>No—B VP</i>	
☐ D	2. Cast or VP—Min HOR	☒ <i>Yes—B* In bar Circles = A</i>	
☐ E	3. 360° Circle VP	☒ <i>Yes—B* Cast HS = A</i>	
	4. HB Dismount	☒ <i>Yes—A Salto Dismount</i>	
		<i>(allowed, not required)</i>	
BALANCE BEAM			
Allow VP	W up time = 1:00m	Routine time = 1:00m	Rules
☒ X	1. Min 1/1 (360°) turn 1-foot	☒ <i>Yes—X-Skills = A</i>	
☒ A	2. Leap/Jump—Min 90° split	☒ <i>Yes—A Acro Non-Flight</i>	
☒ B*	• Isolated or in Series	☒ <i>Yes—B* Acro Non-Flight = A</i>	
☐ C	3. Acro VP—(2) Acro—(1) thru VER	☒ <i>Yes—B* Acro Flight = A</i>	
	• If HS—No hold required; Must mark VER	☒ <i>Yes—B* Dance = A</i>	
	w legs joined	☒ <i>Yes—A Salto/Aerial Dismount</i>	
☐ D	• Isolated or in Series	<i>(Allowed, not required)</i>	
☐ E	4. Dismount		
	• No Jumps		
FLOOR EXERCISE			
Allow VP	W up time = 1:00m	Routine time = 1:00m	Rules
☒ X	1. Dance Combo—Min (2) Leaps / Jumps	☒ <i>Yes—X-Skills = A</i>	
☒ A	• (1) Min 120° split	☒ <i>Yes—A Acro Non-Flight</i>	
☒ B*	• Direct or Indirect	☒ <i>Yes—B* Acro Non-Flight</i>	
☐ C	2. Acro pass—Min (2) A Acro Flight	☒ <i>Yes—A Acro Flight</i>	
☐ D	• Direct	☒ <i>Yes—B* Acro Flight = A</i>	
☐ E	3. Min 1/1 (360°) turn 1-foot	☒ <i>Yes—A Salto/Aerial</i>	
	4. Acro VP—Flight / Salto / Aerial	☒ <i>Yes—B* Salto, no twist = A</i>	
	• Isolated or in Series	☒ <i>Yes—B* Aerial = A</i>	
		☒ <i>Yes—B* Dance = A</i>	
		☒ <i>SR3 separate from SR1</i>	
		☒ <i>SR4 separate from SR2</i>	

Level Requirements—5N-6N

LEVEL 5N

6 years & up

SV: 10.0

Bonus—None

VAULT

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

UNEVEN BARS

Allow	VP	W up time = 1:00m	Rules
☐ X		1. 360° In Bar Circle VP	☒ Yes—HB
☒ A	6	• Clear / Stalder / Pike Sole	☒ No—X-Skills
☒ B*		• Finish clear support, any angle	☒ Yes—A VP
☒ C*		2. Cast—Min HOR	☒ Yes—B* In-bar circles = A
☒ D*		3. 360° Circle VP	☒ Yes—C* Circle HS = A
☐ E	OR	3. 2nd Cast—Min HOR	☒ Yes—D* Stalder HS = A
		4. A HB Salto Dismount	☒ Yes—B* Cast HS = A
			☒ (1) tap swing allowed (No penalty, A-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		☒ Yes—Acro Non-Flight
☒ A	6	2. Leap / Jump—Min 120° split		☒ Yes—Acro Flight
☒ B		• Isolated or in Series		☒ Yes—B* Dance = A
☐ C		3. Acro—BWD Acro VP		☒ SR3 Rolls if thru VER and w hand support
☐ D	OR	3. Acro—Any B Acro VP		
☐ E		4. Min A Dismount		☒ 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		☒ Yes—Acro Non-Flight
☒ A	6	• (1) Min 120° split		☒ Yes—A Acro Flight
☒ B		• Direct or Indirect		☒ Yes—B* Acro Flight = A
☐ C		2. Acro Series—Min (3) Acro VP		☒ Yes—A Salto/Aerial
☐ D		• Flight / Salto / Aerial		☒ Yes—B* Salto, no twist = A
☐ E		• Direct		☒ Yes—B* Aerial = A
		3. Min 1/1 (360°) turn 1-foot		☒ Yes—B* Dance = A
		4. Acro VP—Salto / Aerial		☒ SR3 separate from SR1
		• Isolated or in Series		☒ SR4 separate from SR2

LEVEL 6N

6 years & up

SV: 10.0

Bonus—None

VAULT

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

UNEVEN BARS

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

BALANCE BEAM

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

FLOOR EXERCISE

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

Level Requirements—PN-7N

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
☐ X		1. Glide kip or Kip variation—LB or HB	☒ Yes—A VP
☒ A	6	2. Cast above HOR	☒ Yes—B VP
☒ B	1	OR	☒ Yes—C* Circle HS = B
☒ C*		2. Clear support VP above HOR	☒ Yes—D* Stalder HS = B
☒ D*		3. Min B 360° Circle VP	☒ (1) tap swing allowed (No penalty, A VP)
☐ E		4. Min A HB Dismount	☒ Yes—Salto dismount (Allowed, not required)

BALANCE BEAM

Allow	VP	W up time = 1:30m	Routine time = 1:30m	Rules
☐ X		1. Min 1/1 (360°) turn 1-foot		☒ Yes—Acro Non-Flight
☒ A	6	2. Leap / Jump—Min 150° split		☒ Yes—Acro Flight
☒ B	1	• Isolated or in Series		☒ No—C Acro
☒ C*		3. Acro—(2) Acro Non-Flight		☒ Yes—C* Dance = B
☐ D		• (1) thru VER		☒ Yes—Salto/Aerial Dismount
☐ 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
☐ X		1. Dance Combo—Min (2) Leaps / Jumps		☒ Yes—Acro Non-Flight
☒ A	6	• (1) Min 150° split		☒ Yes—Acro Flight
☒ B	1	• Direct or Indirect		☒ Yes—Salto/Aerial
☒ C*		2. Acro pass—Min (2) Acro Flight		☒ No—C Acro
☐ D		3. Additional Dance—Min B		☒ Yes—C* Dance = B
☐ E		• Isolated or in Series / Mixed Series		☒ SR3 separate from SR1
		4. Acro VP—Min A Salto		☒ 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
☐ X		1. B 360° In bar Circle VP	☒ Yes—A VP
☒ A	5	• Clear / Stalder / Pike Sole	☒ Yes—B VP
☒ B	2	2. Cast—Min 45° above HOR	☒ Yes—C* Circle HS = B
☒ C*		3. 360° Circle VP—Min B	☒ Yes—C* Cast HS 1/2 = B
☒ D*		4. Min A HB Salto Dismount	☒ Yes—D* Stalder HS = B
☐ E			☒ Yes—Salto dismount

BALANCE BEAM

Allow	VP	W up time = 1:30m	Routine time = 1:15m	Rules
☐ X		1. Min 1/1 (360°) turn 1-foot		☒ Yes—Acro Non-Flight
☒ A	5	2. Leap / Jump—Min. 180° split		☒ Yes—Acro Flight
☒ B	2	• Isolated or in Series		☒ No—C* Acro
☒ C*		3. Acro Series—Min (2) Acro Non-Flight		☒ Yes—C* Dance = B
☐ D		• Direct		☒ Yes—Salto/Aerial Dismount
☐ 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
☐ X		1. Dance Combo—Min (2) Leaps / Jumps		☒ Yes—Acro Non-Flight
☒ A	5	• (1) Min 180° split		☒ Yes—Acro Flight
☒ B	2	• Direct or Indirect		☒ Yes—Salto/Aerial
☒ C*		2. Acro Series—Min (2) Acro Flight/Salto VP		☒ No—C Acro
☐ D		• (1) a BWD/FWD LO 2-feet (No twist)		☒ Yes—C* Dance = B
☐ E		3. Additional Dance—Min B		☒ SR3 separate from SR1
		• Isolated or in Series / Mixed Series		☒ SR4 separate from SR2
		4. Acro Series—Min (2) Acro Flight/Salto		
		• (1) Min A Salto		
		• Different direction from SR2 Salto		

Level Requirements—8N-DN

LEVEL 8N

7 years & up

SV: 10.0

Bonus—None

VAULT

8N VT Chart

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

UNEVEN BARS

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

BALANCE BEAM

Allow	VP	W up time = 2:00m	Routine time = 1:30m	Rules
☐ X		1. Min 1/1 (360°) turn 1-foot		☒ Yes—Acro Non-Flight
☒ A	4	2. Leap / Jump series—Min (2) VP—Min (1) 180°		☒ Yes—Acro Flight
☒ B	4	• Isolated or in Series		☒ Yes—(1) C* Acro VP = B ^{OR}
☒ C*		3. Acro Series—Min (2) Acro Flight		(1) D* BWD LO-SO = B
☒ D*		• Direct		☒ Yes—C* Dance = B
☐ E		^{OR}		☒ Yes—Salto/Aerial Dismount
		3. Acro Series—Min (1) Acro Non-Flight		
		^{AND} (1) B Acro Flight		
		• Direct		
		4. Min A Salto / Aerial Dismount		

FLOOR EXERCISE

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

LEVEL DIAMOND (DN)

8 years & up

SV: 10.0

Bonus—None

VAULT

DN VT Chart

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

UNEVEN BARS

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

BALANCE BEAM

Allow	VP	W up time = 2:00m	Routine time = 1:30m	Rules
☐ X		1. Min 1/1 (360°) turn 1-foot		☒ Yes—Acro Non-Flight
☒ A	5	2. Leap / Jump series—Min (2) VP—Min (1) 180° split		☒ Yes—Acro Flight
☒ B	2	• Direct		☒ Yes—(1) D/E* Acro = B
☒ C*		3. Acro Series—Min (2) Acro Non-Flight		☒ Yes—C* Dance = B
☒ D*		• Direct		☒ Yes—D/E* Dance = B
☒ E*		^{AND} (1) Min B Acro Flight		☒ Yes—Salto/Aerial Dismount
		^{OR}		
		3. Acro Series—Min (2) Acro w (1) Min B Acro Flight		
		• Direct		
		4. Min A Salto / Aerial Dismount		

FLOOR EXERCISE

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

Level Requirements—9N-10N

LEVEL 9N

9 years & 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
☐ X		1. Min B 360° In-bar Circle VP	☒ Yes—(1) E* + (1) D* ^{OR} (2) D* = C
☒ A	3	• Clear hip / Stalder / Pike Sole	
☒ B	4	2. Min B Flight	☒ Yes—D* Stalder HS = C (Not counted as part of (2) D = C)
☒ C	1	3. Min B LA Turn	
☒ D*	4	4. Min B HB Salto Dismount	☒ One (1) VP may fulfill more than one (1) SR unless specified (NCAA)
☒ E*			

BALANCE BEAM

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

FLOOR EXERCISE

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

LEVEL 10N

9 years & 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
☐ X		1. Min (2) Bar changes	☒ No Restrictions
☒ A	3	2. Min (2) C Flight	☒ One (1) VP may fulfill more than one (1) SR unless specified (NCAA)
☒ B	3	• Different	
☒ C	2	^{OR}	
☒ D		2. (1) B Flight + (1) D Flight	
☒ 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
☐ X		1. Min 1/1 (360°) turn 1-foot		☒ No Restrictions
☒ A	3	2. Leap/Jump series—Min (2) VP—Min (1) 180° split		☒ One (1) VP may fulfill more than one (1) SR unless specified (NCAA)
☒ B	3	• Direct		
☒ C	2	^{OR}		
☒ D		2. Mixed Series—Min (1) Leap/Jump—Min 180° split		
☒ E		AND (1) Min A Acro		
		• Direct		
		3. Acro Series—Min (2) Acro Flight / Saltos		
		• Direct		
		• (1) Min C VP		
		• May include Mount		
		• May include Gr. 7 A + E Acro		
		4. Min C Salto / Aerial Dismount		

FLOOR EXERCISE

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

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

SALTO / SALTO DISMOUNT LANDING

- Salto / Salto Dismount fails to land feet first = Ø VP/Ø SR **plus** deduct 0.50 fall

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 (90°) turn will not change VP unless assigned a different number in Technical Handbook
 - EX: Pike jump = Pike jump 1/4 (90°) = same VP

ELEMENT RULES CLARIFICATIONS

SCORE RANGE

- 9.50 - 10.00 = 0.20
- 9.00 - 9.475 = 0.50
- 8.00 - 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 w disability not included*

VT SAFETY ZONE MAT

- Required for RO/FHS entry vault

- *Void if not used for stated VT's*

- Allowed for ALL VT groups

- Chalk only, no tape allowed

VT HAND MAT

- Only allowed for RO/FHS entry VT
- -.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: 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 = 0.10

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
- May count as Acro SR-ALL levels

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/VP 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 connection 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

- BM pads allowed during warmup must be removed for competition

UB LB ROUTINES

- UB Mount—Max additional mats = 12" +/- 2" (i.e. 8" mat, 4" mat, Sting mat (1-2"))
- 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—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

Special—Level 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 (A 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/7N/8N/DN/9N/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 Principles

CONNECTION VALUE BONUS — 9N/10N

	+0.1	+0.2
DIRECT — 10N <i>Includes Mounts/ Dismounts</i>	CC (2→ any Skill Set) •Both w Turn/Flight CC (1→ any Skill Set + 1→ 3/6/7) •Both w Turn/Flight CC (2→ 3/6/7) •Different w Ø Turn/Flight. CD+	DD+
DIRECT — 9N <i>Includes Mounts/ Dismounts</i>	CC (2→ any Skill Set) CC (any Skill Set) •One w Turn/Flight CC (2→ 3/6/7) •Different w Ø Turn/Flight	CC (2→ any Skill Set) •Both w Turn/Flight

VP+ = L9 Bonus applies to more difficult VP (ex: CD+ = CE AND DD+ = DE)

UB CV EXCEPTIONS

TURN & FLIGHT REQUIREMENT

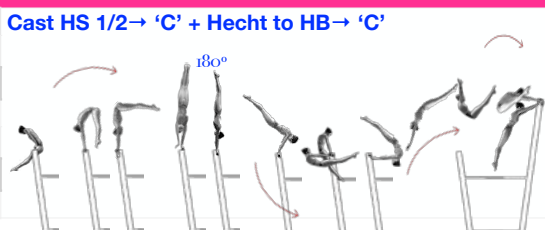
VP in Table of Elements displays either REL symbol or Turn degree symbol-any degree

RELEASE Bar-Bar RELEASE LB-HB RELEASE HB-LB AND / OR 180° 360° 540° 720°

EXCEPTION EXAMPLE 1: CC

Total DV CV
Level 10N
+0.1 +0.1
•'CC' = +0.1

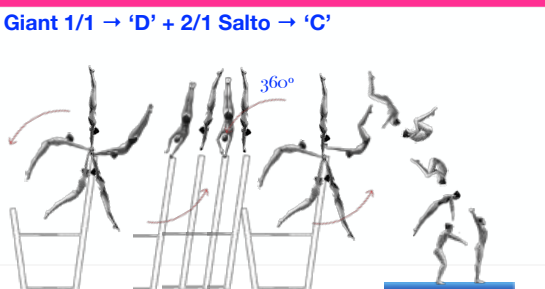
Level 9N
+0.2 +0.2
•'CC' = +0.2



EXCEPTION EXAMPLE 2: DC

Total DV CV
Level 10N
+0.2 +0.1 +0.1
•'D' VP = +0.1
•'DC' = +0.1

Level 9N
+0.3 +0.1 +0.2
•'D' VP = +0.1
•'DC' → 'CC' = +0.2



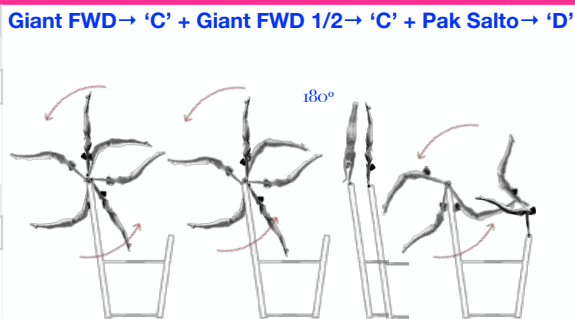
BONUS — EXPANDED

LEVEL 9N	LEVEL 10N
DV BONUS = Max +0.1	DV BONUS = Max +0.5
+0.1 One 'D' ^{QB} allowed 'E' VP	+0.1 Each 'D' VP
	+0.2 Each 'E' VP
	+0.1 DV Same bar 'D' REL ^{QB} 'E' REL
+0.1 Max DV Bonus	+0.5 Max DV Bonus
CV BONUS = Max +0.3 VP from Skill Sets 3 / 6 / 7	CV BONUS = Max +0.5 VP Skill Sets 3 / 6 / 7
+0.1 CC-different VP = No Turn ^{QB} Flight in either VP	Ø CC+-same VP = No Turn ^{QB} Flight in either VP
+0.1 CC-different VP = Turn ^{QB} Flight in one (1) VP	+0.1 CC+-different VP = Turn ^{QB} Flight in one (1) VP
+0.2 CC-same VP = Turn ^{QB} Flight in both VP	+0.1 CC+-same VP = Turn ^{QB} Flight in both VP
+0.2 CC-different VP = Turn ^{QB} Flight in both VP	+0.1 CC+-different VP = Turn ^{QB} Flight in both VP
+0.2 CD+ = (Treat as CC-different VP)	
+0.2 DD+ = (Treat as CC-different VP or CC-same VP)	
VP from all Skill Sets	VP from all Skill Sets
Ø CC-same VP = No Turn ^{QB} Flight in either VP	Ø CC-same VP = No Turn ^{QB} Flight in either VP
+0.1 CC-different VP = No Turn ^{QB} Flight in either VP	Ø CC-different VP = No Turn ^{QB} Flight in either VP
+0.1 CC-different VP = Turn ^{QB} Flight in one (1) VP	Ø CC-different VP = Turn ^{QB} Flight in one (1) VP
+0.2 CC-same VP = Turn ^{QB} Flight in both VP	+0.1 CC-same VP = Turn ^{QB} Flight in both VP
+0.2 CC-different VP = Turn ^{QB} Flight in both VP	+0.1 CC-different VP = Turn ^{QB} Flight in both VP
+0.2 CD+ = (Treat as CC-different VP)	+0.1 CD+-different VP = No Turn ^{QB} Flight in either VP
+0.2 DD+ = (Treat as CC-different VP or CC-same VP)	+0.1 CD+-different VP = Turn ^{QB} Flight in one (1) VP
	+0.1 CD+-different VP = Turn ^{QB} Flight in both VP
	+0.2 DD+-same VP = No Turn ^{QB} Flight in either VP
	+0.2 DD+-different VP = No Turn ^{QB} Flight in either VP
	+0.2 DD+-same VP = Turn ^{QB} Flight in both VP
	+0.2 DD+-different VP = Turn ^{QB} Flight in one (1) VP
	+0.2 DD+-different VP = Turn ^{QB} Flight in both VP
+0.3 Max CV Bonus (‘D/E’ VP = ‘C’ for CV bonus award rules)	+0.5 Max CV Bonus
GENERAL SV & ‘E’ BONUS	GENERAL SV & ‘E’ BONUS
9.7 Beginning SV (full VP difficulty)	9.4 Beginning SV (full VP difficulty)
+0.3 CV AND/OR DV total Bonus award (+0.1 DV and +0.2 CV ^{QB} +0.3 CV)	+0.6 CV AND DV total Bonus award (+0.5 DV max and +0.5 CV max)
10.0 SV includes Bonus (max out at 10.0)	10.0 SV includes Bonus (max out at 10.0)
10.0 Max SV	10.0 Max SV
	+0.1 Must include: ‘E’ VP, +0.70 max CV and DV Bonus — 10.0 SV required
10.0 Max SV	10.1 “Bonus SV” (Flash as “10.0 +1”)
BONUS RULES	BONUS RULES
•VP performed-any order-w/in connection, unless specified	•Award DV bonus once per VP, Ø if fall/spot
•VP performed in direct connection for CV Bonus	•Award DV for Dance or Acro ‘D’ VP only 1x
•Award DV for VP regardless of prior VP fall/spot (not	•Award 2x CV for same VP if performed in different order

UB—Bonus Examples

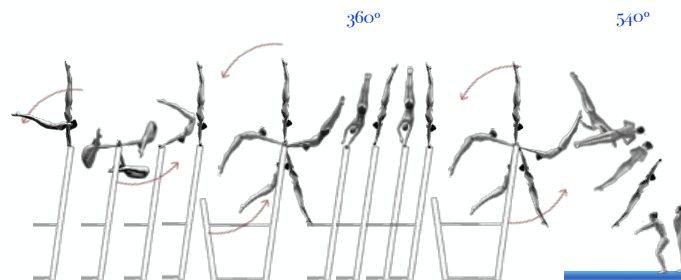
EXAMPLE 1: CCD

Total	DV	CV	XCV
Level 10N			
+0.2	+0.1	+0.1	
• 'D' VP = +0.1 • 'CC' = $\emptyset$ (no turn or flight) • 'CD' = +0.1			
Level 9N			
+0.4	+0.1	+0.3	
• 'D' VP = +0.1 • 'CC' = +0.1 • 'CD' → 'CC' = +0.2			



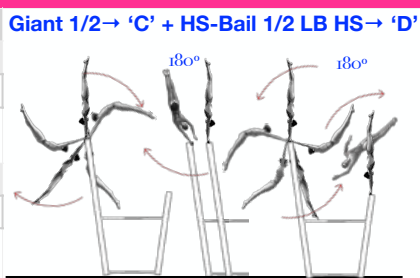
EXAMPLE 2: DDC

Total	DV	CV	XDV
Level 10N			
+0.5	+0.2	+0.3	
• 'D' VP = +0.1 • 'D' VP = +0.1 • 'DD' = +0.2 • 'DC' = +0.1			
Level 9N			
+0.4	+0.1	+0.3	
• 'D' VP = +0.1 • 'D' VP = $\emptyset$ (max 0.1 DV) • 'DD' → 'CC' = +0.1 • 'DC' → 'CC' = +0.2			



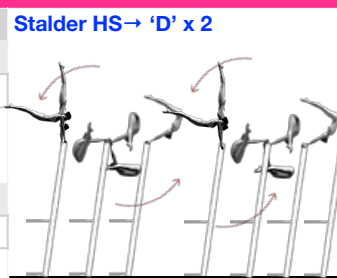
EXAMPLE 3: CD

Total	DV	CV	XDV
Level 10N			
+0.2	+0.1	+0.1	
• 'D' VP = +0.1 • 'CD' = +0.1			
Level 9N			
+0.3	+0.1	+0.2	
• 'D' VP = +0.1 • 'CD' → 'CC' = +0.2			



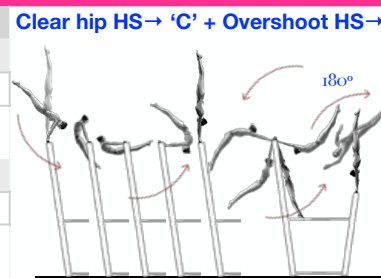
EXAMPLE 4: DD (Same)

Total	DV	CV	XDV
Level 10N			
+0.3	+0.1	+0.2	
• 'D' VP = +0.1 • 'D' VP = $\emptyset$ (only once) • 'DD' = +0.2			
Level 9N			
+0.2	+0.2		
• 'D' VP = +0.1 • 'D' VP = $\emptyset$ (max 0.1 DV) • 'DD' = +0.2 (exception)			



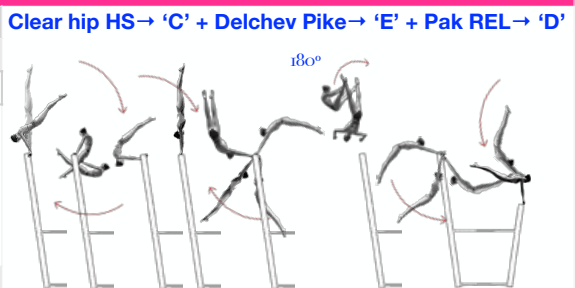
EXAMPLE 5: CD (Turn/Flight in 1-VP)

Total	DV	CV	XDV
Level 10N			
+0.2	+0.1	+0.1	
• 'D' VP = +0.1 • 'CD' = +0.1			
Level 9N			
+0.2	+0.1	+0.1	
• 'D' VP = +0.1 • 'CD' → 'CC' = +0.1			

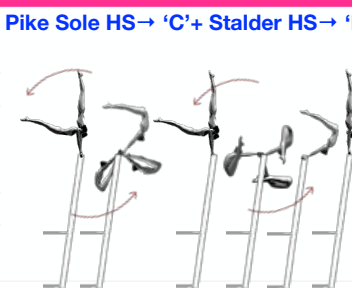


EXAMPLE 6: CED (Full difficulty routine)

Total	DV	CV	XDV
Level 10N			
+0.7	+0.4	+0.3	+0.1
• 'E' VP = +0.2 • 'D' VP = +0.1 • 'E' REL* = +0.1 • 'CE' = +0.1 • 'ED' = +0.2 • Eligible for '10+1'			
Level 9N			
+0.4	+0.1	+0.3	
• 'E' → 'D' VP = +0.1 • 'D' VP = $\emptyset$ (max 0.1 DV) • 'CE' → 'CC' = +0.1 • 'ED' → 'CC' = +0.2			

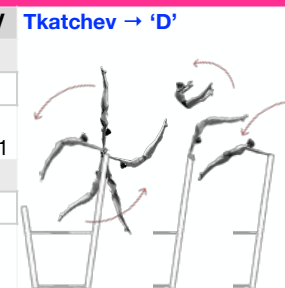
EXAMPLE 7: CD ($\emptyset$ Turn/Flight) (Different)

Total	DV	CV	XDV
Level 10N			
+0.2	+0.1	+0.1	
• 'D' VP = +0.1 • 'CD' = +0.1			
Level 9N			
+0.2	+0.1	+0.1	
• 'D' VP = +0.1 • 'CD' → 'CC' = +0.1			



EXAMPLE 8: D REL (Same bar)

Total	DV	CV	XDV
Level 10N			
+0.2	+0.2		
• 'D' VP = +0.1 • Same bar 'D' REL = +0.1			
Level 9N			
+0.1	+0.1		
• 'D' VP = +0.1 • (Not eligible for Same Bar REL)			



BM—Bonus Principles

CONNECTION VALUE BONUS — 9N/10N

Award CV bonus to Flight VP (unless otherwise specified)

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

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: FF + LO—Stretch/Pike DWN 2-ft
+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	+0.1	+0.3	+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

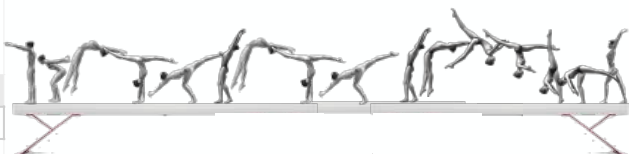
LEVEL 9N		LEVEL 10N	
DV BONUS = Max +0.1		DV BONUS = Max +0.5	
+0.1	One 'D' OR allowed 'E'	+0.1	Each 'D' VP
		+0.2	Each 'E' VP
+0.1	Max DV Bonus	+0.5	Max DV Bonus
CV BONUS = Max +0.3		CV BONUS = Max +0.5	
Acro Direct		Acro Direct	
+0.1	BC = Yes mounts—9N only Ø AD+ = Yes mounts → Treat as AC	+0.1	BC = Yes mounts—9N only 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
Dance/Mix		Dance/Mix	
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
Dance Turns		Dance Turns	
+0.1	AC OR CA = 1-foot turns	+0.1	AC OR CA = 1-foot turns
BM Dismount		BM Dismount	
+0.1	BAC ^{Dt} = Flight not required	+0.1	BAC ^{Dt} - Flight not required
+0.1	CPC ^{Dt} = Flight not required	+0.1	CPC ^{Dt} - Flight not required
+0.3	Max CV Bonus (‘D/E’ VP = ‘C’ for CV bonus award rules)	+0.5	Max CV Bonus
GENERAL SV & ‘E’ BONUS			
9.7	Beginning SV (full VP difficulty)	9.4	Beginning SV (full VP difficulty)
+0.3	CV AND/OR DV total Bonus award (+0.1 DV and +0.2 CV OR +0.3 CV)	+0.6	CV AND 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
		+0.1	Must include: ‘E’ Acro VP, +0.70 max CV and DV Bonus—10.0 SV required
10.0	Max SV	10.1	“Bonus SV” (Flash as “10.0 +1”)
BONUS RULES			
•VP performed-any order-w/in connection, unless specified		•Award DV bonus once per VP, Ø if fall/spot	
•VP performed in direct connection for CV Bonus		•Award DV for Dance or Acro ‘D’ VP only 1x	
•Award DV for VP regardless of prior VP fall/spot (not awarded DV) on prior eligible VP		•Award 2x CV for same VP if performed in different order	

BM—Bonus Examples

EXAMPLE 1: BBD (3-Acro)

Total	DV	CV	XCV
Level 10N			
+0.3	+0.1	+0.1	+0.1
•'D' VP = +0.1 •'BBD' → 'BBC' = +0.1 (FF series downgrade) •(3) Acro = +0.1			
Level 9N			
+0.3	+0.1	+0.1	+0.1
•'D' Acro = +0.1 •'BBD' → 'BBC' = +0.1 •(3) Acro = +0.1			

FF → 'B' + FF → 'B' + LO-SO → 'D'



EXAMPLE 2: CBC (3-Acro)

Total	DV	CV	XDV
Level 10N			
+0.4		+0.3	+0.1
•'D' VP = Ø •'CBC' = +0.3 •(3) Acro = +0.1			
Level 9N			
+0.4		+0.3	+0.1
•'D' VP = Ø •'CBC' = +0.3 •(3) Acro = +0.1			

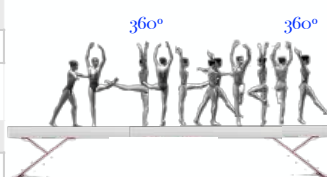
FF 1-arm → 'C' + Gainer FF → 'B' + Tuck Open Swing down → 'C'



EXAMPLE 3: CA (Turns)

Total	DV	CV	XDV
Level 10N			
+0.1		+0.1	
•'D' = Ø •'CA' = +0.1 (T+T)			
Level 9N			
+0.1		+0.1	
•'D' = Ø (not Acro) •'CA' = +0.1			

1/1 'L' Turn → 'C' + 1/1 Turn → 'A'



EXAMPLE 4: BC (Acro + Dismount)

Total	DV	CV	XDV
Level 10N			
+0.1	Ø	+0.1	
•'D' VP = Ø •'BC' = +0.1 (A+Dt)			
Level 9N			
+0.1	Ø	+0.1	
•'D' VP = Ø •'BC' = +0.1			

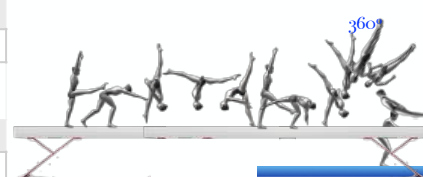
Valdez → 'B' + BWD Gainer LO 1/1 (360°) → 'C'



EXAMPLE #5: DC (Acro + Dismount)

Total	DV	CV	XDV
Level 10N			
+0.2	+0.1	+0.1	
•'D' VP = +0.1 •'DC' = +0.1 (A+Dt)			
Level 9N			
+0.2	+0.1	+0.1	
•'D' Acro = +0.1 •'DC' → 'CC' = +0.1			

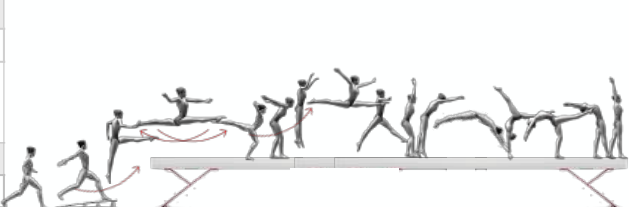
FWD Aerial → 'D' + FWD Gainer LO 1/1 (360°) → 'C'



EXAMPLE 6: DBB (Mixed)

Total	DV	CV	XDV
Level 10N			
+0.3	+0.1	+0.2	
•'D' VP = +0.1 •'DB' = +0.2 (D+B) •'BB' = Ø (D+A)			
Level 9N			
+0.2	+0.1	+0.1	
•'D' = +0.1 •'DB' → 'CB' = +0.1 •'BB' = Ø			

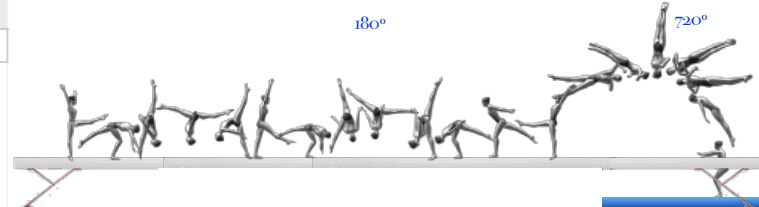
Switch leap Mount → 'D' + Split Jump → 'B' + Flyspring SO → 'B'



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

Total	DV	CV	10.1
Level 10N			
+0.9	+0.4	+0.4	+0.1
•'E' VP = +0.2 •'D' VP = +0.1 •'D' VP = +0.1 •'DD' = +0.3 (A+A) •'DE' = +0.1 (A+Dt) Eligible for '10+1'			
Level 9N			
+0.3	+0.1	+0.2	
•'D' Acro = +0.1 •'D' Acro = Ø (maxed out) •'E' Acro = Ø (restricted -50) •'DD' → 'CC' = +0.2 •'DE' → 'CØ' = Ø			

FWD Aerial → 'D' + SWD Aerial → 'D' + BWD Gainer 2/1 Twist LO → 'E'



FX—Bonus Principles

CONNECTION VALUE BONUS — 9N/10N

CV bonus awarded only Saltos/Aerials
unless otherwise specified

		+0.1	+0.2	+0.3
ACRO INDIRECT	Saltos & Aerials	A ^S C ^S ₊ A/B ^S A/B ^S C ^S B ^S C ^S	B ^S D ^S ₊ A ^S A ^S D ^S ₊ C ^S C ^S A ^S E ^S	C ^S D ^S ₊
ACRO DIRECT	Saltos & Aerials	A ^S C ^S B ^S B ^S A ^S A ^S C ^S	A ^S A ^S D ^S A/B ^S D ^S ₊ B ^S C ^S ₊	C ^S C ^S ₊
DANCE/MIXED		BD ⁺ CC D ^S A ^J	CD ⁺ DD ⁺ S = Salto/Aerial J = Jump A = Acro D = Dance	

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

FX CV EXCEPTIONS

Level 9N / 10N

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

BONUS — EXPANDED

LEVEL 9N	LEVEL 10N
DV BONUS = Max +0.1	DV BONUS = Max +0.5
+0.1 One 'D' OR allowed 'E' VP	+0.1 Each 'D' VP
	+0.2 Each 'E' VP
	+0.1 Double salto direct/indirect in last pass (of 2 passes)
	+0.1 Double salto or 'E' salto in last pass (of 3+ passes)
+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)
CV BONUS = Max +0.3	CV BONUS = Max +0.5
Acro (saltos) Indirect	Acro (saltos) Indirect
+0.1 A ^S C ^S ₊	+0.1 A ^S D ^S ₊
+0.1 A ^S A ^S C ^S	+0.1 A ^S A ^S C ^S
+0.1 B ^S C ^S	+0.1 B ^S C ^S
+0.1 B ^S D ^S ₊ → Treat as BC	+0.2 B ^S D ^S ₊
+0.1 A ^S A ^S D ^S ₊ → Treat as AAC	+0.2 A ^S A ^S D ^S ₊
+0.2 C ^S C ^S	+0.2 C ^S C ^S
+0.1 A ^S E ^S → Treat as AC	+0.2 A ^S E ^S
+0.2 C ^S D ^S → Treat as CC	+0.3 C ^S D ^S
Acro (saltos) Direct	Acro (saltos) Direct
+0.1 A ^S C ^S	+0.1 A ^S C ^S
+0.1 B ^S B ^S	+0.1 B ^S B ^S
+0.1 A ^S D ^S ₊ → Treat as AC	+0.2 A ^S D ^S ₊
+0.2 B ^S C ^S ₊	+0.2 B ^S C ^S ₊
+0.3 C ^S C ^S ₊	+0.3 C ^S C ^S ₊
Dance/Mix	Dance/Mix
Ø BD ⁺ → Treat as BC	+0.1 BD ⁺
+0.1 CC ⁺	+0.1 CC ⁺
+0.1 CD ⁺ → Treat as CC	+0.2 CD ⁺
+0.1 DD ⁺ → Treat as CC	+0.2 DD ⁺
Ø D ^S A ^J → Treat as CA	+0.1 D ^S A ^J
+0.3 Max CV Bonus (‘D/E’ VP = ‘C’ for CV bonus award rules)	+0.5 Max CV Bonus
GENERAL SV & ‘E’ BONUS	GENERAL SV & ‘E’ BONUS
9.7 Beginning SV (full VP difficulty)	9.4 Beginning SV (full VP difficulty)
+0.3 CV AND/OR DV total Bonus award (+0.1 DV and +0.2 CV OR +0.3 CV)	+0.6 CV AND DV total Bonus award (+0.5 DV max and +0.5 CV max)
10.0 SV including Bonus	10.0 SV including Bonus Must include ‘E’ Acro VP, +0.70 max CV and DV
	+0.1 Bonus—10.0 SV required
10.0 Max SV	10.1 “Bonus SV” (Flash as “10.0 +1”)
BONUS RULES	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
Level 10N			
+0.1		+0.1	
•'CC' = +0.1			
Level 9N			
+0.1		+0.1	
•'CC' = +0.1			

2/1 turn→ 'C' + Popa→ 'C'



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

EXAMPLE 2: CB (Direct)

Total	DV	CV	XDV
Level 10N			
+0.2		+0.2	
•'CB' = +0.2			
Level 9N			
+0.2		+0.2	
•'CB' = +0.2			

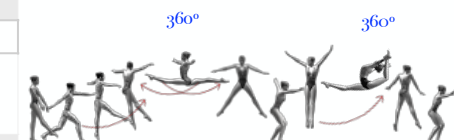
BWD LO 1-1/2 (540°)→ 'C' + FWD LO→ 'B'



EXAMPLE 3: DD

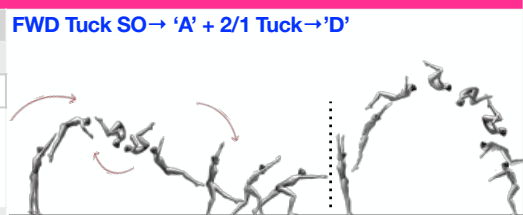
Total	DV	CV	XDV
Level 10N			
+0.4	+0.2	+0.2	
•'D' VP = +0.1			
•'D' VP = +0.1			
•'DD' = +0.2			
Level 9N			
+0.2	+0.1	+0.1	
•'D' = +0.1			
•'D' = Ø (only eligible x 1)			
•'DD' → 'CC' = +0.1			

Switch leg 1/1→ 'D' + Split jump Ring 1/1→ 'D'



EXAMPLE 4: AD (Last Pass)

Total	DV	CV	XDV
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
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' = Ø			



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

EXAMPLE 6: AACC

Total	DV	CV	XDV
Level 10N			
+0.4	Ø	+0.4	
•'D' VP = Ø			
•'AAC' = +0.1			
•'CC' = +0.3			
Level 9N			
+0.4	Ø	+0.4	
•'D' VP = Ø			
•'AAC' = +0.1			
•'CC' = +0.3			

Whip→ 'A' + Whip→ 'A' + 1-1/2→ 'C' + FWD LO 1/1→ 'C'



VT Deductions

VAULT DEDUCTIONS

FIRST FLIGHT	SUPPORT/REPULSION	SECOND FLIGHT	LANDING
LEG / FOOT FORM	LEG / FOOT FORM	LEG / FOOT FORM	FEET (CHART p28)
↑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)
BODY POSITION – TECHNIQUE	BODY POSITION – TECHNIQUE	BODY POSITION – TECHNIQUE	↑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	↑0.20 Stretch position—Excessive Arch	↑0.30 Stretch position—Excessive Arch	ARMS / TRUNK
↑0.30 Stretch position—Hip angle (<i>136°-179°</i>)	↑0.30 Stretch position—Hip angle (<i>136°-179°</i>)	↑0.30 Stretch position—Hip angle (<i>136°-179°</i>)	↑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
TECHNICAL EXACTNESS		↑0.30 Insufficient Tuck / Pike position	↑0.20 Poor body posture→ On landing
0.20 Lack 2-ft simultaneous board contact	↑0.20 Shoulder Angle	↑0.30 Fail to maintain stretch—Pike down	↑0.30 Squat on landing (<i>see Chart p28</i>)
	BODY POSITION – TIMING	BODY POSITION – TIMING	PERFORMANCE
	↑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>)
	↑0.30 Early tuck in repulsion—Salto VT	↑0.20 Insufficient / late extension—Tuck / Pike	↑0.30 Deviate from straight direction
		0.30 Total absence of extension—Tuck / Pike	↑0.50 Dynamics
		↑0.10 Under rotation—Salto VT	FALLS / TOUCHES
	ARMS / HANDS / HEAD	ARMS / HANDS / HEAD	↑0.30 Brush / Touch w hand(s)→ No support
SPECIFIC TO LEVEL	↑0.10 Staggered / Alternate hands—All VT**		0.50 Fall / Support on 1 or both hands
1N-3N	↑0.20 Alternate repulsion—All VT**		0.50 Fall against VT table
↑0.30 Lack of accelerated run	0.30 Simultaneous hops w both hands		0.50 Fall off / Against Mat stack
↑0.30 Body lean—board contact	0.10 Steps/hops w hands each (<i>max 0.30</i>)		1.00 Fail to land bottom of feet first (<i>if required</i>)
1N-5N	↑0.50 Arms bent (<i>Slight bend lead arm Tsuk VT OK</i>)		VOID Land on table top (<i>in any position</i>)
↑0.50 Speed thru out	1.00 Touch w/one hand		SPOT / COACH
Ø Height deduction	VOID No hand contact on Table		0.50 Spot assist: 1N-10N→ Landing
2N/BN	2.00 Head touch-support (<i>0.5 bent arms included</i>)	0.20 Brush/Hit of body on Table end/mat stack	1.00 Spot assist: 2N-5N→ During VT (<i>Not incl. landing</i>)
↑0.30 Fail→ Finish/show flat-back	**Exception - 3/4 - 1/1 turn on		1.00 Spot assist: 6N-7N→ Between board / table
SN/3N/4N	TECHNICAL EXACTNESS	TECHNICAL EXACTNESS	1.00 Spot assist: PN/8N→ Post-flight (<i>Salto VT only</i>)
1.50 Hit Mat Stack before Landing Mat	↑0.30 Fail to pass thru VER	↑0.50 Insufficient height	0.50 Coach: 8N-10N→ Between board / table
5N-7N	↑0.30 Too long in support (<i>L&D/9/10 no salto VT</i>)	↑0.30 Insufficient distance	(<i>Except YU/FH—No Penalty</i>)
1.00 Fail to land top of resi			VOID Spot assist: DN-10N→ During VT
6N-7N			CHIEF JUDGE
↑0.30 Lack of Rotation		Courtesy Score 5.0 = 1N -10N vault attains hand support, lands/falls on top of table/mat stack (does not return to board)	VOID No Safety Zone Mat—YUR / FHS
Ø Distance Deduction		VOID VT Score = 5.0 = Vault performed, does not return to board	0.30 Incorrect apparatus specs
	Balk = All levels: Vault attempt falls back to board = No score awarded		0.20 Exceed W-up time (<i>After warning</i>)
	Extra Board Contacts = Additional jumps on board/tramp = -0.30 each		0.20 Fail to begin w/in 30s of signal
			0.50 Vault 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

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
- 0.20
- 0.30
- 0.10
- 0.20
- 0.30
- 0.30
- 0.10
- 0.50
- 0.50
- Spot assist→ Element (No SR/VP/Bonus)

UB SPECIFIC EXECUTION

- 0.10 Dismount→ Land too close to bar

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/Bonus/)

CHIEF JUDGE DEDUCTIONS — UB

- | | | | | |
|------|------|------|------|------|
| 0.30 | 0.30 | 0.50 | 0.30 | 0.20 |
| 0.10 | 0.30 | 0.20 | 0.20 | 0.20 |
| 0.30 | 0.20 | 0.50 | 0.20 | 0.20 |
| 0.30 | 0.10 | 0.30 | Term | 1.00 |
| 0.50 | | | | |

- 0.50
- 0.50
- Spot assist→ Element (No SR/VP/Bonus)

UB SPECIFIC EXECUTION

- 0.10 Dismount→ Land too close to bar

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> <i>(see Chart p28)</i>
↑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

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

BM FX SPECIFIC EXECUTION

0.10	-	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
0.05	-	Fail to hold ending position 1s

GENERAL EXECUTION DEDUCTIONS

ALL GENERAL EXECUTION

0.05	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> <i>(see Chart p28)</i>
↑0.20	Fail to maintain stretched body position <i>(Pike down)</i> <i>(see Chart p28)</i>
↑0.20	Incomplete turn/twist <i>(see Chart p28)</i>
↑0.30	Bent arms in support
↑0.30	Bent legs

ALL GENERAL LANDING EXECUTION

FEET

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

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
0.50	Spot assist on landing <i>(No SR/VP/Bonus)</i>
0.50	Fall or support on hand(s) on apparatus or mat
0.50	Fail to land on bottom of feet first on Saltos/Aerials/Dismount - fall <i>(No VP/SR/Bonus)</i>

CHIEF JUDGE DEDUCTIONS — BM / FX

BM	FX		BM	FX		BM	FX		FX	
0.30	-	Incorrect apparatus specs	0.20	0.20	Fail to begin w/in 30s of signal	0.20	0.20	Coach instructs gymnast during routine	0.10	Fail to mark boundary line on mat
0.30	0.30	Use of supplementary mats	0.50	-	3rd run approach—Mounts	0.20	0.20	Incorrect attire/jewelry <i>(after 1st warning)</i>	0.10	Exceeds FX boundary line
0.20	0.20	Exceeds warm-up time <i>(After warning)</i>	0.30	-	Board on unpermitted surface	0.20	0.20	Excessive use of chalk	0.30	Coach on FX mat <i>(8N-10N)</i>
0.10	0.10	Fail to present before/after routine—each	0.30	-	Fail to remove board after mount <i>(GN-10N)</i>	0.10	0.10	Overtime	0.50	Music with lyrics/words
0.50	0.50	Starts exercise before signal <i>(Repetition)</i>	0.20	0.20	Verbal cues—Coach/team <i>(after warning)</i>	1.00	1.00	Short routine < 5 elements <i>(6N-10N)</i>	0.50	Absence of music
			0.20	0.20	Warm up on mat after fall <i>(no warning)</i>	-	Term	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
Rotation & Turn			
↑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
Precision			
-	↑0.10	↑0.10	Not performed in high relevé→ Turn elements ^{OR} 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>
Amplitude			
↑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>
UB	BM	FX	ARTISTRY OF PERFORMANCE
Rhythm			
-	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 ^{OR} Hesitate → Jump to HB
↑0.10	-	↑0.10	Rhythm during → Direct connection ^{OR} 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
Sureness / Dynamics / Artistry			
-	↑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
UB	BM	FX	PREPARATION/COMPLETION
↑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 ^{OR} Hit Foot / Feet on apparatus
0.30	0.30	-	Grasp apparatus → To avoid a fall ^{OR} Hit Foot / Feet → On Mat
0.10	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
UB	BM	FX	SPECIFIC EXECUTION
-	-	0.05	Fail to hold ending position 1s
0.10	0.10	-	Land too close to BM / UB → Dismount
-	-	↑0.30	Poor relationship of Music / Movement → Thru out
-	↑0.30	-	Direction of gainer dismount → Off end of BM

GENERAL EXECUTION DEDUCTIONS

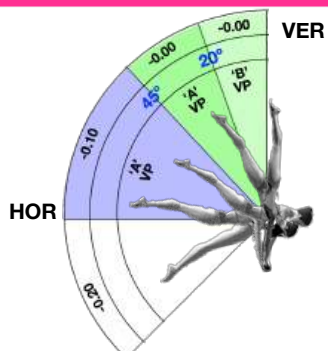
ALL	GENERAL EXECUTION
Legs	
0.05	Flex / Sickle feet→ During VP
↑0.10	Legs / Knees crossed
↑0.20	Legs / Knees separated
↑0.30	Bent legs
Arms	
↑0.30	Bent arms → In support
Torso	
↑0.20	Exactness of body shape→ Tuck / Pike <i>(Stretched - Arch/Hip angle - 136° - 179°) (see Chart p28)</i>
↑0.20	Fail to maintain→ Stretch body position <i>(Pike down)</i>
↑0.20	Incomplete Turn / Twist <i>(see Chart p28)</i>
ALL	GENERAL LANDING EXECUTION
Feet	
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>
Arms / Torso	
↑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)
Landing Deviation	
↑0.10	Deviate → From straight direction
↑0.30	Squat → On landing <i>(see Chart p28)</i>
Falls / Spot	
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/No Bonus)</i>
0.50	Fail to land bottom of feet first→ Saltos / Aerials / Dismount <i>(Fall) (No SR/VP/Bonus)</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	-	-	0.50
-	-	0.10	-	-	0.50
-	-	0.10	1.00	1.00	1.00
-	-	0.30	Terminate	Exceed	fall time

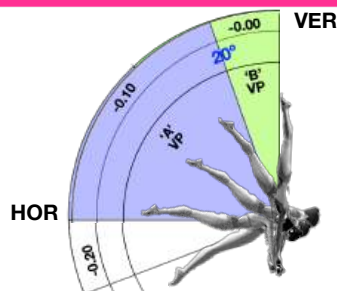
UB Cast, Swing, Circle Angles

6N, PN, 7N CASTING



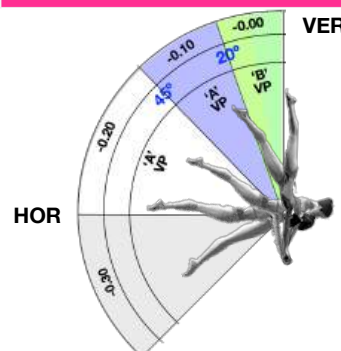
VER-20°	Ø	B VP
21°-45°	Ø	A VP
46°-HOR	-0.1	A VP
Below HOR	-0.2	A VP

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

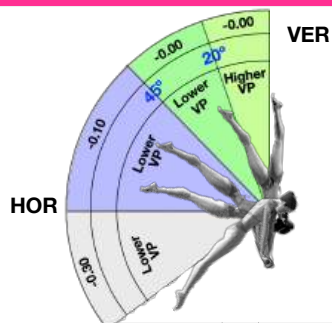
• **B—406:** HB Long swing FWD 1/2 (180°) turn over LB

7N/PN/8N

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

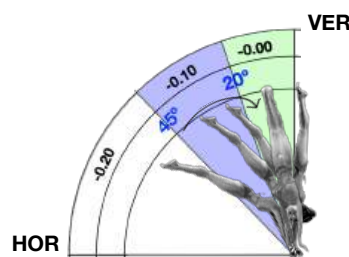
NOTE: Levels w cast/circle angle requirements = A VP for any attempt not attaining higher VP

5N—10N CLEAR HIP/PIKE/STALDER CIRCLE



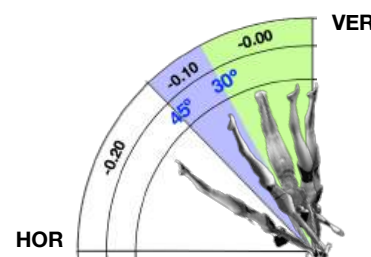
VER-20°	Ø	Higher VP
21°-45°	Ø	Lower VP
46°-HOR	-0.1	Lower VP
Below HOR	-0.3	Lower VP

URNS IN HANDSTANDS



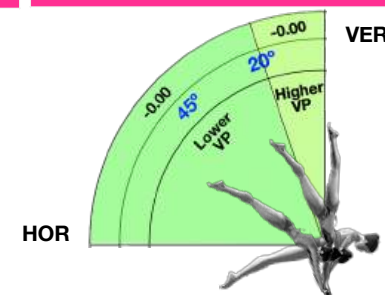
VER-20°	Ø	VP
21°-45°	-0.1	VP
46°-HOR	-0.2	VP
VP always awarded		

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

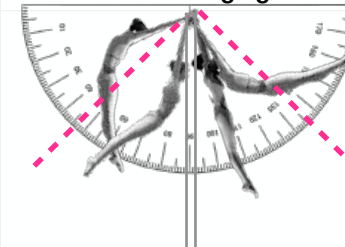
IN-BAR DROP

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 120°	7N/8N/DN/9N/10N MIN 150°	MIN 180°
•FX: Insufficient split when required $\uparrow 0.20$ •Not w/in 45° of required split = A-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
<i>VP Applied</i>									
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 Dismount w/Twist			

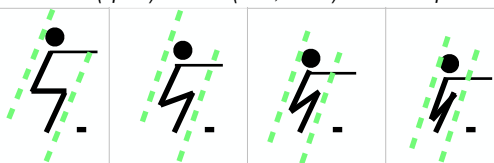
Landings, Body Positions

SQUAT – LANDINGS – ↑0.30

0.00 -0.10 -0.20 -0.30

Represents lowest part of squat on landing

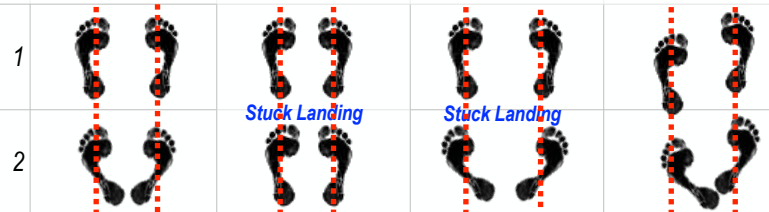
Safe: Back (spine) & shins (tibia, fibula) should be parallel



FEET – STUCK LANDINGS

0.00 -0.05 -0.10 -0.10

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



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

STEP – LANDINGS

-0.10 -0.15 -0.20

Small Step Medium Step Large Step



Applicable for skills/elements/VP with a required simultaneous 2-foot landing. Does not apply to landings allowing a controlled 1-step lunge (FWD or BWD)

IDEAL BODY POSITIONS

Tuck	Pike	Layout	Wolf	Straddle/Straddle Pike	Ring Leap/Jump	Sheep Jump	Cat Leap
Ideal Position	Ideal Position	Ideal Position	Ideal Position	Ideal Position	Ideal Position	Ideal Position	Ideal Position
•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
Exactness of body shape deduction							
↑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—10N

UB—COMPOSITION

1. Choice of Elements not up to competitive level = -0.10 (UTL)

Standards for “Up to competitive level”

- a. Single bar release min D VP
OR
- a. Release min E VP
OR
- a. Min (2) Release D VP
OR
- a. Min (2) E VP, exclude dismount

AND

- b. Min D Dismount
OR
- b. C Dismount w/connective value bonus

2. Other Composition:

- a. Lack of Variety in choice of elements and/or connections = -0.05
- b. Insufficient distribution of elements = -0.05
- c. More than (1) squat/stoop on LB w/wo sole circle to grasp HB = -0.10 each

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) receive -0.10 each deduction

- d. Uncharacteristic elements = -0.10 each

EXAMPLES:

- Squat on LB bar, ½ turn on feet, grasp HB
- Swing FWD on HB, place feet on LB to stand w/wo ½ turn unless followed by circling move
- e. ¾ giant circle FWD w/wo grip change = -0.10 each

NOTE: Not considered a VP, breaks connection

BM—COMPOSITION

1. Choice of Elements not up to competitive level = -0.10 (UTL)

Standards for “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 *(Include 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 -0.10 deduction not applied
- Acro series broken due to balance error, extra step, or stop in VP connection, no CV awarded, loses acro series SR
- If no other D/E acro VP or E dance VP is performed, apply UTL -0.10 deduction

2. Other Composition:

- a. Lack of Variety in choice of BWD and SWD/FWD Acro VP, min A = -0.10
Standards for “Lack of Variety in Acro choice”
 - 1) Must be from Mounts, Rolls, Walkovers/ Cartwheels, Saltos
 - 2) Round off = SWD element
 - 3) Jump BWD-FF w 1/2 (180°) twist—FWD walkover (Arabian) = FWD element
 - 4) Tic-Toc = FWD or BWD element
 - 5) Jump BWD-FF w 1/4 or 3/4 to HS = BWD element
 - 6) Press HS (cross/side) w/wo 1/1 turn—Walkout (Mount included) = FWD element
- b. Insufficient distribution of elements = -0.05
- c. Insufficient level changes thru out routine = -0.05
- d. Insufficient use of entire length of BM = -0.05
- e. Fail to show movement/choreography in FWD/ SWD/BWD directions = -0.05

FX—COMPOSITION

1. Choice of Elements not up to competitive level = -0.10 (UTL)

Standards for “Up to competitive level”

- a. One (1) E Acro/Dance
OR
- a. Two (2) different D VP—One (1) an Acro
AND
- b. Acro dismount, min C salto in bonus connection
OR
- b. Min D salto

Two (2) Acro pass routine must include

- a. Min D in one (1) pass
 - b. Min D
OR
 - b. +0.20 CV in other pass
Passes in any order
- One (1) Acro pass routine does not meet UTL requirement

2. Other Composition:

- a. Lack of Variety in Acro VP
 - 1) Missing min A BWD salto = -0.10
 - 2) Missing min A SWD/FWD salto = -0.10
- b. Insufficient distribution of elements = -0.05
- c. Insufficient use of FX area = -0.05
- d. Lack of Dance Bonus Skill Set 1 or 2 = -0.10
 - 1) Min +0.1 CV
OR
 - 2) +0.10 D/E Bonus

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

PART B—TABLE OF ELEMENTS



PROLOGUE

Overall Expectations

VAULT EVENT

Vault Directives

Vault— 1N - 7N

Vault — PN - 10N

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

Floor Exercise Directives

Floor Exercise — X-Skills

Floor Exercise — Elements

EQUIPMENT REGULATIONS

MAT REGULATIONS

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 1st 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

ABBREVIATIONS 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	DIFFICULTY VALUES - A = 0.10 - B = 0.30 - C = 0.50 - D = +0.10 - E = +0.20 A—101 B—101 C—101 D—101 E—101 F—101 BODY POSITIONS  Tuck = < 90° hip angle / < 90° knee angle  Pike = < 90° hip angle / Ø knee angle  Straight (Stretch/LO) = All body parts in alignment	SYMBOLS  Cannot use VP for SR requirement  Former B value VP  Former C value VP  Former D value VP STRADDLE PIKE / SIDE SPLIT = "STRADDLE" - Same Body Shape, element names used interchangeably - Straddle Split - Straddle Pike  	X-SKILLS BY LEVEL - UB, BM, FX X-skills used by 1N-GN HOLD REQUIREMENTS - Elements marked with this symbol are required to hold 2 seconds - Non-turning HS required to hold 2s (unless stated) - Turning HS NOT required to be held  	ELEMENT CATEGORIES 100 - 400—VT 100 - 800—UB 100 - 900—BM 100 - 800—FX MARK REQUIREMENTS - Elements marked with this symbol are required to mark or stop 1 second 	CHANGE/ADD/DELETE - Pink highlighted font depicts a Change/Add/Delete in a VT or UB, BM, FX element or skill - Each new season, highlighted changes are now standard and new changes highlighted Safety zone (collar) - Symbol signifies vault is required to use a safety zone (collar) - Hand placement mat is optional - Safety zone (collar) is NOT required to be used for UB or BM mounts using a board 
BODY POSITIONS - All levels must adhere to required body positions as stated in each element description - Body position expectations are the same for all levels Example: 7N LO, 10N LO position have same straight angle expectation, same deductions if not adhering to straight position	'SAME' ELEMENTS - Table of Elements designates each element with its own identifying number - Elements considered to be 'same' are assigned the same number (A—102 and A—102 or A—102a and A—102a) - Adding a 1/4 (90°) turn to an element does not make it different	'DIFFERENT' ELEMENTS - Elements considered to be in the same family, but are different, are assigned a sub number (A-102a and A-102b) - Example FX: - A—501a BWO - A—501b BWO 1-arm - A—501c BWO, Tinsica	ISOLATED OR IN SERIES - Isolated—Elements performed separate or 'alone' and not attached to another skill - Series—Elements performed within a group of two (2) or more elements	DIRECT OR INDIRECT - Direct—Elements performed together, back-to-back, with no other skills in-between - Indirect—Elements performed together, not directly, but within same pass or series	TWO HANDS CONTACT REQUIRED All vaults (requiring repulsion) must be performed with repulsion from two hands off the vault surface
DV VALUES RECOGNITION - To reward DV, element must be performed according to body description stated in Table of Elements - Same element to receive DV only one time in an exercise and in chronological order					TWIST COMPLETION - Must be completed as stated, or another vault will be recognized - Placement of front foot on landing determines completion of twist
MAIN TABLE OF CONTENTS Click—Main Table of Contents 	EVENT TABLE OF CONTENTS Click—Event Table of Contents 	NGA NATIONAL WEBSITE 	NGA NATIONAL WOMENS DIRECTOR Bryan Neal	NGA NATIONAL WOMENS TECHNICAL DIRECTOR Donagene Jones	NGA NATIONAL WOMENS JUDGING DIRECTOR Pat Ergle

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](#)

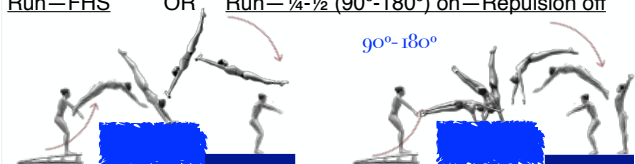
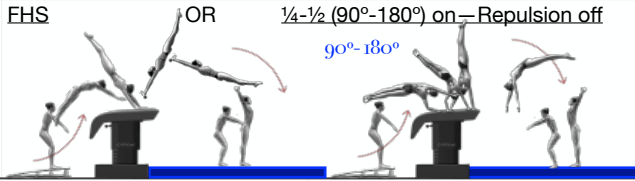
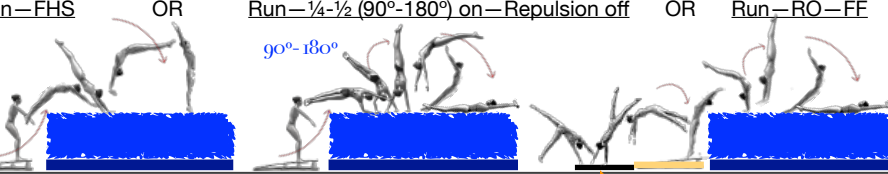
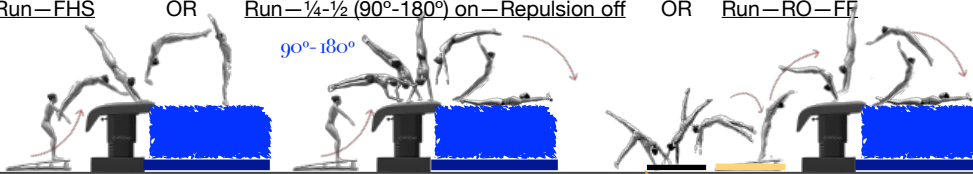
4—YURCHENKO

- [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](#)

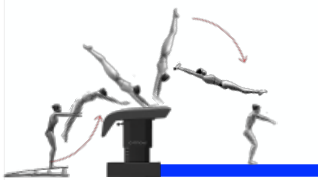
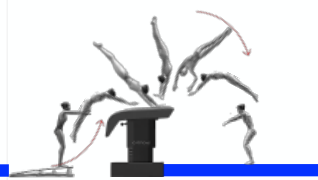
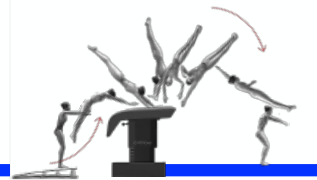
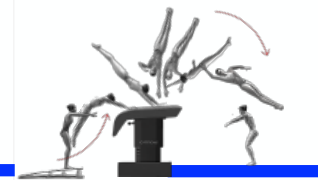
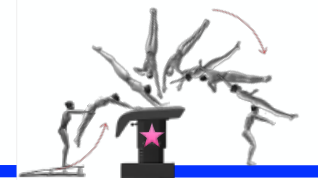
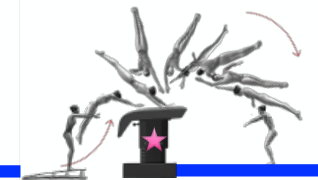
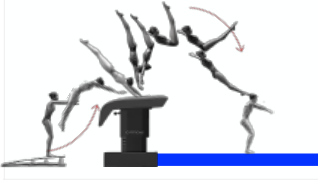
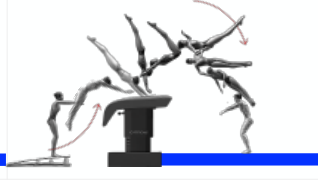
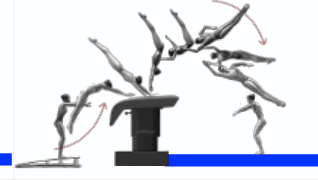
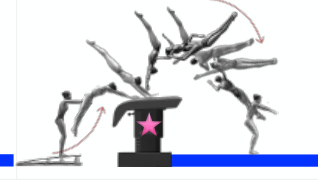
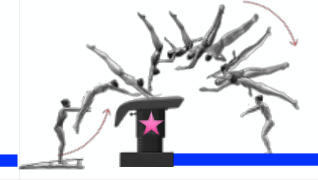
VAULT DIRECTIVES

ABBREVIATIONS VER = Vertical HOR = Horizontal FWD = Forward BWD= Backward UpWD = Upward FHS = Front handspring RO = Round off FF = Flic-flac, BWD handspring LO= Layout VT = Vault	BODY POSITIONS • All levels must adhere to the required body positions as stated in each vault description • Body position expectations are the same for all levels Example: 7N LO, 10N LO position have same straight angle expectation, same deductions when not adhering to LO position		SEPARATE VAULT VALUES • Platinum (PN) • Level 8N • Diamond (DN) • Level 9N • Level 10N <i>L10N vault values mimic the NCAA Women's collegiate values</i>	ELEMENT CATEGORIES • 101 - 107—HS / Yami • 201 - 202—FHS-Board • 301 - 302—Tsukahara • 401 - 409—Yurchenko	CHANGE / ADD / DELETE • Pink highlighted font depicts a Change/Add/Delete in a vault • Each new season, highlighted changes are now standard and new changes highlighted
	BODY POSITIONS  Tuck = < 90° hip angle / < 90° knee angle  Pike = < 90° hip angle / Ø knee angle  Straight (Stretch/LO) = All body parts aligned NGA EXCLUSIVE • Level 10N Vault values meet or exceed NCAA values	NCAA VAULTS NOT NGA ELIGIBLE 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 <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>		+0.1 BONUS • 10.0 Vaults eligible for +0.10 Bonus Level 10N only—must be performed successfully, no spot/fall  TWIST COMPLETION • Must be completed as stated, or another vault will be recognized • Placement of front foot on landing determines completion of twist	SAFETY ZONE (Collar)  Symbol signifies vault is required to use a safety zone (collar) • Hand placement mat is optional; only allowed for FHS/RO entry vaults • Safety zone (collar) is NOT required to be used for UB or BM mounts using a board TWO HANDS CONTACT REQUIRED • All vaults (requiring repulsion) must be performed with repulsion from two hands off the vault surface
MAIN TABLE OF CONTENTS • Click—Main Table of Contents 	EVENT TABLE OF CONTENTS • Click—Vault Table of Contents 	NGA NATIONAL WEBSITE 	NGA NATIONAL WOMENS DIRECTOR Bryan Neal	NGA NATIONAL WOMENS TECHNICAL DIRECTOR Donagene Jones	NGA NATIONAL WOMENS JUDGING DIRECTOR Pat Ergle

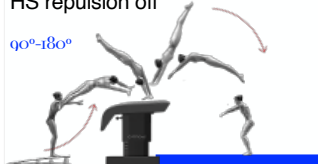
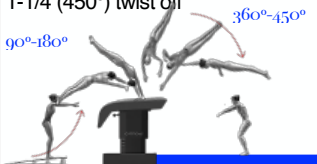
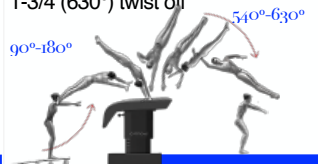
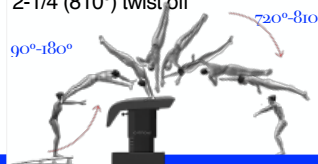
VAULT — LEVELS 1N, 2N/BN, SN, 3N, 4N, GN, 5N, 6N, 7N

1N—SV = 10.0—WU = :30s or Min 1 VT		2N/BN—SV = 10.0—WU = :30s or Min 1 VT SN—SV = 9.50—WU = :45s or Min 2 VT		SN—SV = 10.0—WU = :45s or Min 2 VT 3N—SV = 10.0—WU = :45s or Min 2 VT	
Run—Stretch Jump		Run—Jump HS—Fall flat back		Run—FHS OR Run—¼-½ (90°-180°) on—Repulsion off	
					
Run—Stretch jump		HS Flat Back Fall		FHS Tsuk Timer	
✓ Landing surface—Min 8in / 20cm - Max 24in / 60 cm includes CLM—Min 4in / 10cm ✓ Alternate tramp board allowed ✓ Acceleration evaluated ✓ Speed evaluated ✓ Board lean evaluated ✓ Landing evaluated		✓ Landing surface—Min 16in / 40cm - Max 48in / 122cm—2N/BN includes CLM—Min 4in / 10cm ✓ Alternative tramp board allowed ✓ "Feet first" VOID deduction does NOT apply ✓ Acceleration evaluated ✓ Speed evaluated ✓ Board lean evaluated ✓ Landing not evaluated		✓ Over Resi—Min 24in / 60cm - Max 56in / 142cm ✓ Mat stack width—Max 60in / 150cm ✓ Alternative tramp board allowed ✓ Acceleration evaluated ✓ Speed evaluated ✓ Board lean evaluated ✓ Landing evaluated	
4N—SV = 10.0—WU = 1:00m or Min 2 VT				GN—SV = 10.0—WU = 1:00m or Min 2 VT	
Run—FHS OR Run—¼-½ (90°-180°) on—Repulsion off OR Run—RO—FF				FHS OR ¼-½ (90°-180°) on—Repulsion off	
					
FHS		Tsuk Timer		FHS Tsuk Timer	
✓ Over Resi—Min 24in / 60cm - Max 56in / 142cm includes CLM—Min 4in / 10cm ✓ Mat stack width—Max 60in / 150cm ✓ No alternate tramp board allowed ✓ Speed evaluated ✓ Landing evaluated		✓ Hand mat recommended ✓ Safety zone (collar) required		✓ Over Table—Max 135 cm—Manufacturer setting ✓ 9.5 SV—Using alternate tramp board ✓ Speed evaluated ✓ Landing evaluated	
5N—SV = 10.0—WU = 1:00m or Min 2 VT				6N—SV = 10.0—WU = 1:30m or Min 3 VT 7N—SV = 10.0—WU = 1:30m or Min 3 VT	
Run—FHS OR Run—¼-½ (90°-180°) on—Repulsion off OR Run—RO—FF				Run—FHS OR Run—¼-½ (90°-180°) on—Repulsion off OR Run—RO—FF	
					
FHS to Stack		Tsuk Timer to Stack		FHS to Stack Tsuk Timer to Stack Yurchenko Timer to Stack	
✓ Up to Resi—Min 24in / 60cm - Max 56in / 142cm includes CLM—Min 4in / 10cm ✓ Judging stops w/ foot touch (May miss feet and go to back) ✓ Land stand or flat back (FHS MUST touch feet) ✓ Speed evaluated		✓ Hand mat recommended ✓ Safety zone (collar) required		✓ Over table—Mat stack—Max 64in / 162cm behind table includes CLM—Min 4in / 10cm ✓ Max 135 cm—Manufacturer setting ✓ Judging stops on foot contact ✓ Land stand or flat back (FHS MUST touch feet)	
				✓ Hand mat recommended ✓ Safety zone (collar) required ✓ Pit Pillow top allowed	

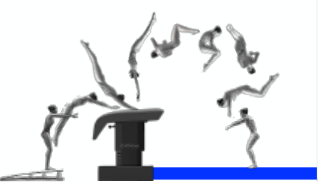
1—HANDSPRING/YAMASHITA Ø SALTO — 101-HS FWD on ► w/wo Twist off — 102-HS FWD on ► Yamashita w/wo Twist off

101—01 HS FWD on ➤ HS repulsion off  HS ☒ Max 135 cm—Manufacturer setting ☒ Straight is best <table><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>9.0</td></tr><tr><td>10N</td><td>8.8</td></tr></table>	PN	10.0	8N	9.1	DN	9.1	9N	9.0	10N	8.8	101—02 HS FWD on ➤ 1/2 (180°) twist off  HS 1/2 ☒ Max 135 cm—Manufacturer setting ☒ All twist methods acceptable <table><tr><td>PN</td><td>10.0</td></tr><tr><td>8N</td><td>9.2</td></tr><tr><td>DN</td><td>9.2</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	9.2	DN	9.2	9N	9.0	10N	9.0	101—03 HS FWD on ➤ 1/1 (360°) twist off  HS 1/1 ☒ Max 135 cm—Manufacturer setting ☒ All twist methods acceptable <table><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	101—04 HS FWD on ➤ 1-1/2 (540°) twist off  Kim ☒ Max 135 cm—Manufacturer setting ☒ All twist methods acceptable <table><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	101—05 HS FWD on ➤ 2/1 (720°) twist off  HS 2/1 ☒ Max 135 cm—Manufacturer setting ☒ All twist methods acceptable ☒ Will appear to twist early <table><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	101—06 HS FWD on ➤ 2-1/2 (900°) twist off  HS 2-1/2 ☒ Max 135 cm—Manufacturer setting ☒ All twist methods acceptable ☒ Will appear to twist early <table><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
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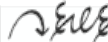
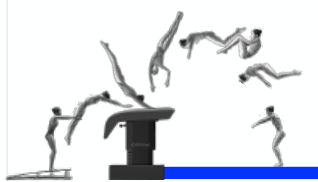
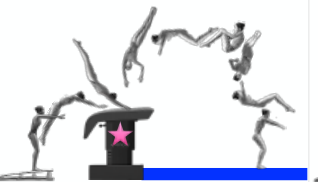
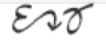
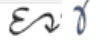
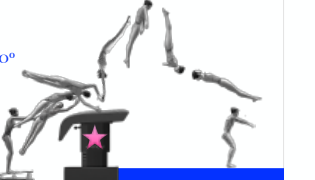
1—HANDSPRING Ø SALTO — 103-HS FWD w 1/4-1/2 twist on ➤ w/wo Twist off— 104-HS FWD w 1/1 on ➤ w/wo Twist off

103—01 HS FWD w 1/4 (90°) twist on ➤ 1/4 (90°) twist off OR HS FWD w 1/2 (180°) twist on ➤ HS repulsion off 90°-180°   1/2 On Max 135 cm— Manufacturer setting PN10.0 8N9.1 DN9.1 9N8.8 10N8.8	103—02 HS FWD w 1/2 (180°) twist on ➤ 1/2 (180°) twist off OR HS FWD w 1/4 (90°) twist on ➤ 3/4 (270°) twist off 90°-180°   1/2 — 1/2 Max 135 cm— Manufacturer setting PN10.0 8N9.4 DN9.4 9N9.0 10N9.0	103—03 HS FWD w 1/2 (180°) twist on ➤ 1/1 (360°) twist off OR HS FWD w 1/4 (90°) twist on ➤ 1-1/4 (450°) twist off 90°-180°   Kim Max 135 cm— Manufacturer setting PN10.0 8N9.6 DN9.6 9N9.2 10N9.2	103—04 HS FWD w 1/2 (180°) twist on ➤ 1-1/2 (540°) twist off OR HS FWD w 1/4 (90°) twist on ➤ 1-3/4 (630°) twist off 90°-180°   1/2 - 1-1/2 Max 135 cm— Manufacturer setting PN10.0 8N9.8 DN9.8 9N9.5 10N9.5	103—05 HS FWD w 1/2 (180°) twist on ➤ 2/1 (720°) twist off OR HS FWD w 1/4 (90°) twist on ➤ 2-1/4 (810°) twist off 90°-180°   Zamolodchikova Max 135 cm— Manufacturer setting PN- 8N10.0 DN10.0 9N9.9 10N9.9
	104—01 HS FWD w 1/1 (360°) twist on ➤ HS FWD off 360°   1/1 - HS Max 135 cm— Manufacturer setting PN10.0 8N10.0 DN10.0 9N9.6 10N9.6 Turned feet on board may indicate early turn	104—02 HS FWD w 1/1 (360°) twist on ➤ 1/2 (180°) twist off 360°   1/1 - 1/2 Max 135 cm— Manufacturer setting PN10.0 8N10.0 DN10.0 9N9.6 10N9.6 Turned feet on board may indicate early turn	104—03 HS FWD w 1/1 (360°) twist on ➤ 1/1 (360°) twist off (<i>Korbut</i>) 360°   Korbut Max 135 cm— Manufacturer setting PN- 8N10.0 DN10.0 9N9.8 10N9.8 Turned feet on board may indicate early turn	4—04 HS FWD w 1/1 (360°) twist on ➤ 1-1/2 (540°) twist off 360°   1/1 - 1-1/2 Max 135 cm— Manufacturer setting PN- 8N- DN- 9N10.0 10N10.0 Turned feet on board may indicate early turn

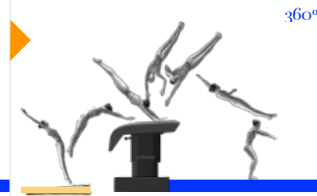
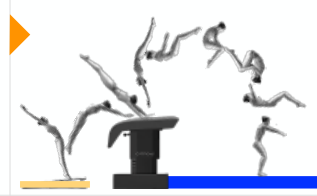
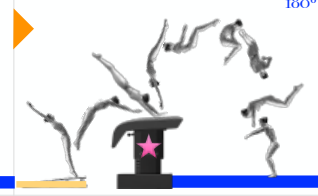
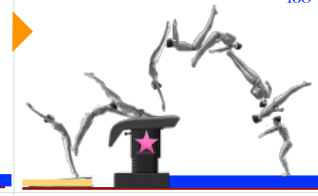
1—HANDSPRING W SALTO — 105-HS FWD on ► FWD Salto w/wo Twist off

105—01 HS FWD on ➤ FWD Tuck salto off   HS FWD Tuck ☒ Max 135 cm—Manufacturer setting ☒ Tuck = 90° hips / 90° knees ☒ May grab knees <table><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	105—02 HS FWD on ➤ FWD Tuck salto w 1/2 (180°) twist off   HS FWD Tuck 1/2 ☒ Max 135 cm—Manufacturer setting ☒ Tuck = 90° hips / 90° knees ☒ May grab knees <table><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	105—03 HS FWD on ➤ FWD Tuck salto w 1/1 (360°) twist off   HS FWD Tuck 1/1 ☒ Max 135 cm—Manufacturer setting ☒ Tuck = 90° hips / 90° knees ☒ May grab knees <table><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	105—04 HS FWD on ➤ FWD Tuck salto w 1-1/2 (540°) twist off   HS FWD Tuck 1-1/2 ☒ Max 135 cm—Manufacturer setting ☒ Tuck = 90° hips / 90° knees ☒ May grab knees <table><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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	105—06 HS FWD on ➤ FWD Pike salto off   HS FWD Pike ☒ Max 135 cm—Manufacturer setting ☒ Blind landing ☒ Should have min. 90° hips <table><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	105—07 HS FWD on ➤ FWD Pike salto w 1/2 (180°) twist off   HS FWD Pike 1/2 ☒ Max 135 cm—Manufacturer setting ☒ 1/2 turn resembles a tramp swivel hips <table><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	105—08 HS FWD on ➤ FWD Pike salto w 1/1 (360°) twist off   Chusovitina Pike 1/1 ☒ Max 135 cm—Manufacturer setting ☒ Difficult to turn w 90° hips ☒ Head focus delayed will look back over shoulder until late <table><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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	105—09 HS FWD on ➤ FWD LO salto off   Ewdokimova ☒ Max 135 cm—Manufacturer setting ☒ Blind landing, but easier than FWD pike <table><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	105—10 HS FWD on ➤ FWD LO salto w 1/2 (180°) twist off   Wang ☒ Max 135 cm—Manufacturer setting ☒ Considered a late twist <table><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	105—11 HS FWD on ➤ FWD LO salto w 1/1 (360°) twist off   HS FWD LO 1/1 ☒ Max 135 cm—Manufacturer setting ☒ Head/eye focus is delayed—will look back over shoulder until last minute <table><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	105—12 HS FWD on ➤ FWD LO salto w 1-1/2 (540°) twist off   Chusovitina LO 1-1/2 ☒ Max 135 cm—Manufacturer setting ☒ Twist arm pattern will vary ☒ Will spot landing <table><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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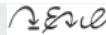
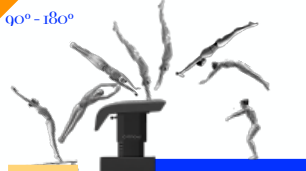
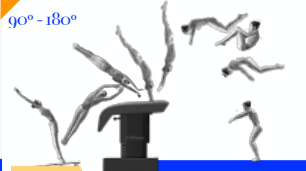
1—HANDSPRING W SALTO—106-HS FWD on ► 1/2 BWD Salto w/wo Twist off — 107-HS FWD w 1/1 on ► FWD Salto off

	106—01		106—02		106—03		106—04																																										
	HS FWD on ► 1/2 (180°) twist BWD Tuck salto off 180°		HS FWD on ► 1/2 (180°) twist BWD Tuck salto w 1/2 (180°) twist off 180° 180°		HS FWD on ► 1/2 (180°) twist BWD Pike salto off 180°		HS FWD on ► 1/2 (180°) twist BWD LO salto off 180°																																										
	Cuervo Tuck		Cuervo Tuck 1/2		Cuervo Pike		Cuervo LO																																										
	☒ Max 135 cm— Manufacturer setting ☒ Most common twist method is 1-arm drop to shorten body on one side —initiates turn	<table><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	☒ Max 135 cm— Manufacturer setting ☒ Will have head delay due to spotting the blind landing	<table><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	☒ Max 135 cm— Manufacturer setting ☒ Most common twist method is 1-arm drop to shorten body on one side —initiates turn	<table><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	☒ Max 135 cm— Manufacturer setting ☒ Most common twist method is 1-arm drop to shorten body on one side —initiates turn	<table><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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			107—01		107—02		107—03																																										
			HS FWD w 1/1 (360°) twist on ► HS FWD Tuck salto off 360°		HS FWD w 1/1 (360°) twist on ► HS FWD Pike salto off 360°		HS FWD w 1/1 (360°) twist on ► HS FWD LO salto off 360°																																										
			Davydova Tuck		Davydova Pike		Davydova LO																																										
			☒ Max 135 cm— Manufacturer setting	<table><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	☒ Max 135 cm— Manufacturer setting ☒ Difficult to block a twisting pre-flight VT ☒ Do not expect same salto height as other VT's	<table><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	☒ Max 135 cm— Manufacturer setting ☒ Difficult to block a twisting pre-flight VT ☒ Do not expect same salto height as other VT's	<table><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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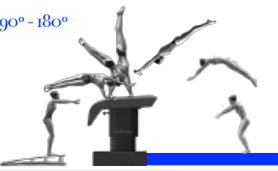
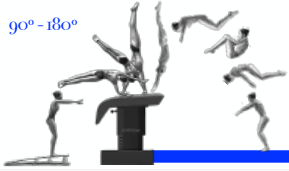
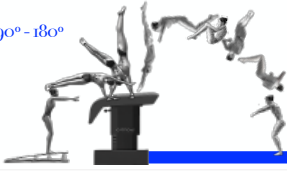
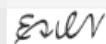
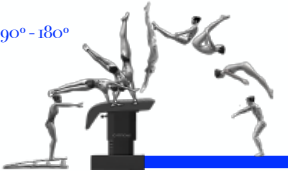
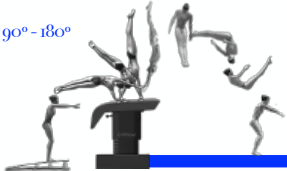
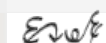
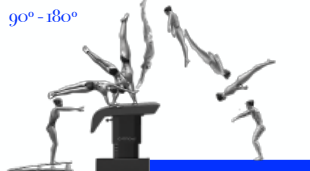
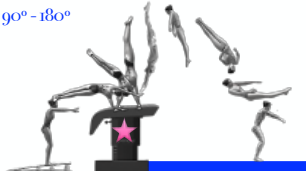
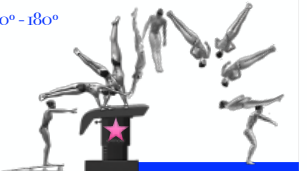
2—FHS-BOARD HS—201-FHS board-HS FWD on►HS FWD w/wo Twist off—202-FHS board-HS FWD on►FWD Salto w/wo Twist off

201—01	201—02	201—03	201—04																																											
FHS-Board-HS FWD on ► Repulsion off	FHS-Board-HS FWD on ► 1/2 (180°) twist off	FHS-Board-HS FWD on ► 1/1 (360°) twist off	FHS-Board-HS FWD on ► 1-1/2 (540°) twist off																																											
																																														
FHS - FHS	FHS - FHS - 1/2	FHS - FHS - 1/1	FHS - FHS - 1-1/2																																											
☒ Max 135 cm— Manufacturer setting	☒ Max 135 cm— Manufacturer setting	☒ Max 135 cm— Manufacturer setting	☒ Max 135 cm— Manufacturer setting																																											
<table><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	<table><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	<table><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	<table><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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		Ing	Mantle																																											
		☒ Max 135 cm— Manufacturer setting	☒ Max 135 cm— Manufacturer setting																																											
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		202—03	202—04																																											
		FHS-Board-HS FWD on ► FWD Pike salto off	FHS-Board-HS FWD on ► FWD Pike salto w 1/2 (180°) twist off																																											
																																														
		Garbarino	Whitman																																											
		☒ Max 135 cm— Manufacturer setting	☒ Max 135 cm— Manufacturer setting ☒ Pike 1/2 resembles and feels like swivel hips																																											
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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																																																					
FHS-Board-Tsukahara on ▶ Repulsion off		FHS-Board-Tsukahara on ▶ BWD Tuck salto off		FHS-Board-Tsukahara on ▶ BWD Tuck salto w 1/2 (180°) twist off		FHS-Board-Tsukahara on ▶ BWD Tuck salto w 1/1 (360°) twist off		FHS-Board-Tsukahara on ▶ BWD Tuck salto w 1-1/2 (540°) twist off																																																					
																																																													
FHS - Tsuk Timer		FHS - Tsuk BWD Tuck		Zuhilke Tuck 1/2		Zuhilke Tuck 1/1		Zuhilke Tuck 1-1/2																																																					
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		FHS - Tsuk BWD LO		FHS - Tsuk BWD LO 1/2		FHS - Tsuk BWD LO 1/1		FHS - Tsuk BWD LO 1-1/2		FHS - Tsuk BWD LO 2/1																																																			
		☒ Max 135 cm— Manufacturer setting	<table><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	☒ Max 135 cm— Manufacturer setting	<table><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	☒ Max 135 cm— Manufacturer setting	<table><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	☒ Max 135 cm— Manufacturer setting	<table><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	☒ Max 135 cm— Manufacturer setting	<table><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																																																					
																																																													
Tsuk Timer		Tourischeva		Tsuk - BWD Tuck 1/2		Kim		Tsuk - BWD Tuck 1-1/2																																																					
☒ Max 135 cm— Manufacturer setting		☒ Max 135 cm— Manufacturer setting		☒ Max 135 cm— Manufacturer setting ☒ 1/2 turn will be delayed		☒ Max 135 cm— Manufacturer setting		☒ Max 135 cm— Manufacturer setting																																																					
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		Tsukahara on ➤ BWD LO off		Tsukahara on ➤ BWD LO 1/2 (180°) twist off		Tsukahara on ➤ BWD LO 1/1 (360°) twist off		Tsukahara on ➤ BWD LO 1-1/2 (540°) twist off		Tsukahara on ➤ BWD LO 2/1 (720°) twist off																																																			
																																																													
		Tsuk - BWD LO		Tsuk - BWD LO 1/2		Kim		Tsuk - BWD LO 1-1/2		Tsuk - BWD LO 2/1																																																			
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3-TSUKAHARA – 302-Tsuk on ➤ 1/2 Twist-FWD Salto w/wo Twist

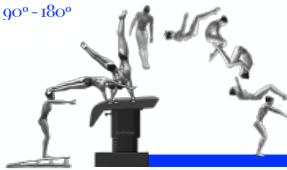
302—01

2020

Tsukahara on ➤ 1/2 (180°) twist-FWD Tuck salto off

180°

90° - 180°



Tsuk - 1/2 FWD Tuck

☑ Max 135 cm—
Manufacturer setting

Twists occurs in (3)

PN-
8N-
DN10.0
9N10.0
10N9.8

302—02

2020

Tsukahara on ➤ 1/2 (180°) twist-FWD Tuck salto w 1/2 (180°) twist off

180°180°

90° - 180°



Shible

☑ Max 135 cm—
Manufacturer setting

Twists occurs in (3)

PN-
8N-
DN-
9N10.0
10N10.0

302—03

2020

Tsukahara on ➤ 1/2 (180°) twist-FWD Tuck salto w 1/1 (360°) twist off

180°360°

90° - 180°



Shill Tuck 1/1

☑ Max 135 cm—
Manufacturer setting

Twists occurs in (3)

PN-
8N-
DN-
9N-
10N10.0

302—04

2020

HS FWD w 1/4 (90°) on ➤ 1/4 (90°) twist-FWD Tuck salto w 1-1/2 (540°) twist off

90°540°

90°



Carey

☑ Max 135 cm—
Manufacturer setting

Twists occurs in (3)

PN-
8N-
DN-
9N-
10N10.0

302—05

2020

Tsukahara on ➤ 1/2 (180°) twist-FWD Pike salto off

180°

90° - 180°



Tsuk - 1/2 FWD Pike

☑ Max 135 cm—
Manufacturer setting

PN-
8N-
DN-
9N10.0
10N9.9

302—06

2020

Tsukahara on ➤ 1/2 (180°) twist-FWD Pike salto w 1/2 (180°) twist off

180°

90° - 180°



Tsuk - 1/2 FWD Pike 1/2

☑ Max 135 cm—
Manufacturer setting

PN-
8N-
DN-
9N10.0
10N10.0

302—07

2020

HS FWD w 1/2 (180°) twist on ➤ 1/2 (180°) twist-FWD LO salto off

180°

180°



Phelps

☑ Max 135 cm—
Manufacturer setting

PN-
8N-
DN-
9N-
10N10.0

302—08

2020

HS FWD w 1/4 (90°) twist on ➤ 1/4 (90°) twist-FWD LO salto off

90°

90°



1/4 - 1/4 FWD LO

☑ Max 135 cm—
Manufacturer setting

PN-
8N-
DN-
9N-
10N10.0

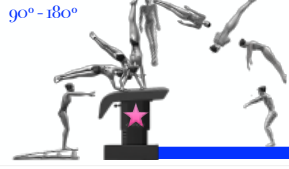
302—09

2020

Tsukahara on ➤ 1/2 (180°) twist-FWD LO salto w 1/2 (180°) twist off

180°180°

90° - 180°

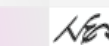


House

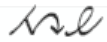
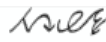
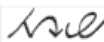
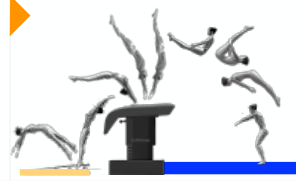
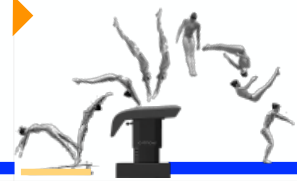
☑ Max 135 cm—
Manufacturer setting

PN-
8N-
DN-
9N-
10N10.0

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 ►

401—01 RO-FF on ► Flight off   Yurchenko - Timer ☒ Max 135 cm— Manufacturer setting <table><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	401—02 RO-FF on ► 1/2 (180°) twist off 180°   Yurchenko - 1/2 ☒ Max 135 cm— Manufacturer setting <table><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	401—03 RO-FF on ► 1/1 (360°) twist off 360°   Yurchenko - 1/1 ☒ Max 135 cm— Manufacturer setting <table><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	401—04 RO-FF on ► 1-1/2 (540°) twist off 540°   Allen ☒ Max 135 cm— Manufacturer setting <table><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	401—05 RO-FF on ► 2/1 (720°) twist off 720°   Allen 2/1 ☒ Max 135 cm— Manufacturer setting <table><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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402—01 RO-FF w 1/2 (180°) twist on ► HS FWD off 180°   Yurchenko 1/2 - HS ☒ Max 135 cm— Manufacturer setting <table><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>8.9</td></tr><tr><td>10N</td><td>8.9</td></tr></table>	PN	10.0	8N	9.6	DN	9.6	9N	8.9	10N	8.9	402—02 RO-FF w 1/2 (180°) twist on ► 1/2 (180°) twist off 180°   Yurchenko 1/2 - 1/2 ☒ Max 135 cm— Manufacturer setting <table><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>9.1</td></tr><tr><td>10N</td><td>9.1</td></tr></table>	PN	10.0	8N	9.8	DN	9.8	9N	9.1	10N	9.1	402—03 RO-FF w 1/2 (180°) twist on ► 1/1 (360°) twist off 360°   Yurchenko 1/2 - 1/1 ☒ Max 135 cm— Manufacturer setting <table><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>9.3</td></tr><tr><td>10N</td><td>9.3</td></tr></table>	PN	10.0	8N	10.0	DN	10.0	9N	9.3	10N	9.3	402—04 RO-FF w 1/2 (180°) twist on ► 1-1/2 (540°) twist off 540°   Yurchenko 1/2 - 1-1/2 ☒ Max 135 cm— Manufacturer setting <table><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	402—05 RO-FF w 1/2 (180°) twist on ► 2/1 (720°) twist off 720°   Yurchenko 1/2 - 2/1 ☒ Max 135 cm— Manufacturer setting <table><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>10.0</td></tr><tr><td>10N</td><td>10.0</td></tr></table>	PN	10.0	8N	10.0	DN	10.0	9N	10.0	10N	10.0
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	403—01 RO-FF w 1/1 (360°) twist on ► Flight off 360°   Yurchenko 1/1 - Timer ☒ Max 135 cm— Manufacturer setting <table><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	403—02 RO-FF w 1/1 (360°) twist on ► 1/2 (180°) twist off 360°   Yurchenko 1/1 - 1/2 ☒ Max 135 cm— Manufacturer setting <table><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	403—03 RO-FF w 1/1 (360°) twist on ► 1/1 (360°) twist off 360°   Yurchenko 1/1 - 1/1 ☒ Max 135 cm— Manufacturer setting <table><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	403—04 RO-FF w 1/1 (360°) twist on ► 1-1/2 (540°) twist off 360°   Yurchenko 1/1 - 1-1/2 ☒ Max 135 cm— Manufacturer setting <table><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

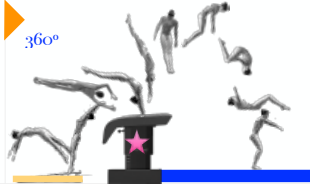
404—01		404—02		404—03		404—04		404—05																																																			
RO-FF on ► BWD Tuck salto off		RO-FF on ► BWD Tuck salto w 1/2 (180°) twist off	180°	RO-FF on ► BWD Tuck salto w 1/1 (360°) twist off	360°	RO-FF on ► BWD Tuck salto w 1-1/2 (540°) twist off	540°	RO-FF on ► BWD Tuck salto w 2/1 (720°) twist off	720°																																																		
																																																											
Yurchenko BWD Tuck		Yurchenko - BWD Tuck 1/2		Yurchenko - BWD Tuck 1/1		Yurchenko - BWD Tuck 1-1/2		Dangelova																																																			
☒ Max 135 cm— Manufacturer setting	<table><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>10</td><td>9.5</td></tr></table>	PN	10.0	8N	10.0	DN	10.0	9N	9.6	10	9.5	☒ Max 135 cm— Manufacturer setting	<table><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>10</td><td>9.8</td></tr></table>	PN	-	8N	-	DN	10.0	9N	10.0	10	9.8	☒ Max 135 cm— Manufacturer setting	<table><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>10</td><td>9.9</td></tr></table>	PN	-	8N	-	DN	-	9N	10.0	10	9.9	☒ Max 135 cm— Manufacturer setting	<table><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>10</td><td>10.0</td></tr></table>	PN	-	8N	-	DN	-	9N	-	10	10.0	☒ Max 135 cm— Manufacturer setting	<table><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>10</td><td>10.0</td></tr></table>	PN	-	8N	-	DN	-	9N	-	10	10.0
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		404—06		404—07																																																							
		RO-FF on ► BWD Pike salto off		RO-FF on ► BWD Pike salto w 1/2 (180°) twist off																																																							
																																																											
		Yurchenko - BWD Pike		Yurchenko - BWD Pike 1/2																																																							
		☒ Max 135 cm— Manufacturer setting	<table><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>9.7</td></tr><tr><td>10</td><td>9.6</td></tr></table>	PN	10.0	8N	10.0	DN	10.0	9N	9.7	10	9.6	☒ Max 135 cm— Manufacturer setting	<table><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>10</td><td>9.9</td></tr></table>	PN	-	8N	-	DN	10.0	9N	10.0	10	9.9																																		
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RO-FF on ► BWD LO salto off		RO-FF on ► BWD LO salto w 1/2 (180°) twist off	180°	RO-FF on ► BWD LO salto w 1/1 (360°) twist off	360°	RO-FF on ► BWD LO salto w 1-1/2 (540°) twist off	540°	RO-FF on—BWD LO salto w 2/1 (720°) twist off	720°																																																		
																																																											
Yurchenko - BWD LO		Yurchenko - BWD LO 1/2		Yurchenko - BWD LO 1/1		Yurchenko - BWD LO 1-1/2		Baitova																																																			
☒ Max 135 cm— Manufacturer setting	<table><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	☒ Max 135 cm— Manufacturer setting	<table><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	☒ Max 135 cm— Manufacturer setting	<table><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	☒ Max 135 cm— Manufacturer setting	<table><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	☒ Max 135 cm— Manufacturer setting	<table><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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[illegible]

406—01		406—02		406—03		406—04		406—05		406—06	
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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

408—01 RO FF w 1/1 (360°) twist on ➤ BWD Tuck salto off  Luconi ☒ Max 135 cm— Manufacturer setting ☒ Salto may not be as dynamic as a Tsuk due to pre-flight twist <table><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	408—02 RO FF w 1/1 (360°) twist on ➤ BWD Tuck salto w 1/2 (180°) twist off  Yurchenko 1/1 - BWD Tuck 1/2 ☒ Max 135 cm— Manufacturer setting ☒ Salto may not be as dynamic as a Tsuk due to pre-flight twist <table><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	408—03 RO FF w 1/1 (360°) twist on ➤ BWD Tuck salto w 1/1 (360°) twist off  Yurchenko 1/1 - BWD Tuck 1/1 ☒ Max 135 cm— Manufacturer setting ☒ Salto may not be as dynamic as a Tsuk due to pre-flight twist <table><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	408—04 RO FF w 1/1 (360°) twist on ➤ BWD Pike salto off  Yurchenko 1/1 - BWD Pike ☒ Max 135 cm— Manufacturer setting ☒ Salto may not be as dynamic as a Tsuk due to pre-flight twist <table><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	408—05 RO FF w 1/1 (360°) twist on ➤ BWD LO salto off  Yurchenko 1/1 - BWD LO ☒ Max 135 cm— Manufacturer setting ☒ Salto may not be as dynamic as a Tsuk due to pre-flight twist <table><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	408—06 RO FF w 1/1 (360°) twist on ➤ BWD LO salto w 1/2 (180°) twist off  Yurchenko 1/1 - BWD LO 1/2 ☒ Max 135 cm— Manufacturer setting ☒ Salto may not be as dynamic as a Tsuk due to pre-flight twist <table><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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					408—07 RO FF w 1/1 (360°) twist on ➤ BWD LO salto w 1/1 (360°) twist off  Tankousheva ☒ Max 135 cm— Manufacturer setting ☒ Salto may not be as dynamic as a Tsuk due to pre-flight twist <table><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 VAULTS SUMMARY

GROUP	VAULT	NGA #	PN	8N	DN	9N	10	GROUP	VAULT	NGA #	PN	8N	DN	9N	10	GROUP	VAULT	NGA #	PN	8N	DN	9N	10N	
Handspring On Twist Off	Repulsion off	101—01	10.0	9.1	9.1	9.0	8.8	FHS-Board- HS On Twist Off	Repulsion off	201—01	-	9.1	9.1	9.1	8.9	RO-Board FF On Twist Off	Repulsion off	401—01	10.0	9.1	9.1	8.8	8.8	
	1/2 twist off	101—02	10.0	9.2	9.2	9.0	9.0		1/2 twist off	201—02	-	9.3	9.3	9.1	9.1		1/2 twist off	401—02	10.0	9.5	9.5	9.0	9.0	
	1/1 twist off	101—03	10.0	9.7	9.7	9.2	9.2		1/1 twist off	201—03	-	9.6	9.6	9.3	9.3		1/1 twist off	401—03	10.0	9.7	9.7	9.2	9.2	
	1-1/2 twist off	101—04	10.0	10.0	10.0	9.5	9.5		1-1/2 twist off	201—04	-	10.0	10.0	9.6	9.6		1-1/2 twist off	401—04	10.0	10.0	10.0	9.5	9.5	
	2/1 twist off	101—05	-	-	-	10.0	10.0		2/1 twist off	-	-	-	-	-	2/1 twist off	401—05	-	10.0	10.0	9.9	9.9	9.9		
	2-1/2 twist off	101—06	-	-	-	10.0	10.0		FHS-Board- HS On Salto Off	Front Tuck	202—01	-	10.0	10.0	10.0	9.9	RO-Board FF 1/2 On Twist Off	Handspring off	402—01	10.0	9.6	9.6	8.9	8.9
3/1 twist off	-	-	-	-	-	-	Front Tuck 1/2	202—02		-	10.0	10.0	10.0	10.0	1/2 twist off	402—02		10.0	9.8	9.8	9.1	9.1		
Yamashita off	102—01	10.0	9.1	9.1	9.0	8.8	Front Pike	202—03		-	-	10.0	10.0	10.0	1/1 twist off	402—03		10.0	10.0	10.0	9.3	9.3		
1/2 twist off	102—02	10.0	9.2	9.2	9.0	9.0	Front Pike 1/2	202—04		-	-	-	-	10.0	1-1/2 twist off	402—04		10.0	10.0	10.0	9.5	9.5		
1/1 twist off	102—03	10.0	9.7	9.7	9.2	9.2	Repulsion off	203—01		-	9.1	9.1	9.1	8.9	2/1 twist off	402—05	10.0	10.0	10.0	10.0	10.0			
1-1/2 twist off	102—04	10.0	10.0	10.0	9.5	9.5		Back Tuck		203—02	-	10.0	10.0	10.0	9.9	Handspring off	403—01	-	10.0	10.0	9.3	9.3		
2/1 twist off	102—05	-	-	-	10.0	10.0		Back Tuck 1/2	203—03	-	-	-	-	9.9	RO-Board FF 1/1 On Twist Off	1/2 twist off	403—02	-	10.0	10.0	9.5	9.5		
2-1/2 twist	-	-	-	-	10.0	10.0		Back Tuck 1/1	203—04	-	-	-	-	10.0		1/1 twist off	403—03	-	10.0	10.0	9.7	9.7		
HS w 1/4-1/2 On Twist Off	Repulsion off (1/4-1/4)	103—01	10.0	9.1	9.1	8.8		8.8	FHS-Board- Tsuk On (1/4-1/2 On) Salto Off	Back Tuck 1-1/2	203—05	-	-	-		-	10.0	1-1/2 twist off	403—04	-	10.0	10.0	10.0	9.9
	1/2 twist off (1/4-3/4)	103—02	10.0	9.4	9.4	9.0		9.0		Back Pike	203—06	-	-	10.0		9.8	9.7	2/1 twist off	-	-	-	-	-	-
	1/1 twist off (1/4-1-1/4)	103—03	10.0	9.6	9.6	9.2	9.2	Back Layout		203—07	-	-	10.0	10.0	10.0	Back Tuck	404—01	10.0	10.0	10.0	9.6	9.5		
	1-1/2 twist off (1/4-1-3/4)	103—04	10.0	9.8	9.8	9.5	9.5	Back Layout 1/2		203—08	-	-	-	-	10.0	Back Tuck 1/2	404—02	-	-	10.0	10.0	9.8		
	2/1 twist off (1/4-2-1/4)	103—05	-	10.0	10.0	9.9	9.9	Back Layout 1/1		203—09	-	-	-	-	10.0	Back Tuck 1/1	404—03	-	-	-	10.0	9.9		
	2-1/2 twist off	-	-	-	-	-	-	Back Layout 1-1/2		203—10	-	-	-	-	10.0	Back Tuck 1-1/2	404—04	-	-	-	-	10.0		
HS w 1/1 On Twist Off	Handspring	104—01	10.0	10.0	10.0	9.6	9.6	Tsuk On (1/4-1/2 On) Salto Off	Back Layout 2/1	203—11	-	-	-	-	10.0	Back Tuck 2/1	404—05	-	-	-	-	10.0		
	1/2 twist off	104—02	10.0	10.0	10.0	9.6	9.6		Double Back Tuck	-	-	-	-	-	-	Back Pike	404—06	10.0	10.0	10.0	9.7	9.6		
	1/1 twist off	104—03	-	10.0	10.0	9.8	9.8		Repulsion off	301—01	See 103-01: 1/4-1/2 on, Rep.	-	-	-	-	-	Back Pike 1/2	404—07	-	-	10.0	10.0	9.8	
	1-1/2 twist off	104—04	-	-	-	10.0	10.0		Back Tuck	301—02	10.0	10.0	10.0	9.6	9.5	Back Layout	404—08	-	-	10.0	10.0	9.8		
	2/1 twist off	-	-	-	-	-	-		Back Tuck 1/2	301—03	-	-	10.0	10.0	9.8	Back Layout 1/2	404—09	-	-	-	10.0	10.0		
	Front Tuck	105—01	-	-	10.0	10.0	9.8		Back Tuck 1-1/2	301—05	-	-	-	-	10.0	Back Layout 1/1	404—10	-	-	-	-	10.0		
Handspring On Salto Off	Front Tuck 1/2	105—02	-	-	10.0	10.0	9.9	Tsuk On (1/4-1/2 On) Salto Off	Back Tuck 1/1	301—04	-	-	-	10.0	9.9	RO-Board FF On 1/2 FWD Salto Off	Back Layout 1-1/2	404—11	-	-	-	-	10.0	
	Front Tuck 1/1	105—03	-	-	-	-	10.0		Back Pike	301—06	10.0	10.0	10.0	9.7	9.6		Back Layout 2/1	404—12	-	-	-	-	10.0	
	Front Tuck 1-1/2	105—04	-	-	-	-	10.0		Back Pike 1/2	301—07	-	-	-	10.0	9.8		Double Back Tuck	-	-	-	-	-	-	
	Double Front Tuck	-	-	-	-	-	-		Back Pike 1/1	301—08	-	-	-	10.0	9.9		1/2 Front Tuck	405—01	-	-	-	10.0	9.8	
	Front Pike	105—06	-	-	10.0	10.0	9.9		Back Layout	301—09	-	-	10.0	10.0	9.8		1/2 Front Tuck 1/2	405—02	-	-	-	10.0	10.0	
	Front Pike 1/2	105—07	-	-	-	-	10.0		Back Layout 1/2	301—10	-	-	-	-	10.0		1/2 Front Pike	405—03	-	-	-	10.0	9.9	
	Front Pike 1/1	105—08	-	-	-	-	10.0		1/2 Front Pike	301—11	-	-	-	-	10.0	1/2 Front Pike 1/2	405—04	-	-	-	-	10.0		
	Front Layout	105—09	-	-	-	10.0	10.0			Back Layout 1-1/2	301—12	-	-	-	-	10.0	1/2 Front Layout	405—05	-	-	-	-	10.0	
	Front Layout 1/2	105—10	-	-	-	-	10.0			Back Layout 2/1	301—13	-	-	-	-	10.0	1/2 Front Layout 1/2	405—06	-	-	-	-	10.0	
	Front Layout 1/1	105—11	-	-	-	-	10.0			Back Layout 2-1/2	-	-	-	-	-	-	Front Tuck	406—01	-	-	-	10.0	10.0	
	Front Layout 1-1/2	105—12	-	-	-	-	10.0			Double Back Tuck	-	-	-	-	-	-	Front Tuck 1/2	406—02	-	-	-	-	10.0	
	Front Layout 2/1	-	-	-	-	-	-			1/2 Front Tuck	302—01	-	-	10.0	10.0	9.8	Front Tuck 1/1	406—03	-	-	-	-	10.0	
Handspring On 1/2 Twist- BWD Salto Off	1/2 BWD Tuck	106—01	-	-	-	-	9.9	Tsuk On (1/4-1/2 On) FWD Salto Off	1/2 Front Tuck 1/2	302—02	-	-	-	10.0	10.0	RO-Board FF 1/2 On FWD Salto Off	Front Tuck 1-1/2	406—04	-	-	-	-	10.0	
	1/2 BWD Tuck 1/2	106—02	-	-	-	-	10.0		1/2 Front Tuck 1/1	302—03	-	-	-	-	10.0		Front Pike	406—05	-	-	-	-	10.0	
	1/2 BWD Pike	106—03	-	-	-	-	10.0		1/2 Front Tuck 1-1/2	302—04	-	-	-	-	10.0		Front Pike 1/2	406—06	-	-	-	-	10.0	
	1/2 BWD Layout	106—04	-	-	-	-	10.0		1/2 Front Pike	302—05	-	-	-	10.0	9.9		Front Layout	406—07	-	-	-	-	10.0	
HS w 1/1 On FWD Salto Off	Front Tuck	107—01	-	-	-	-	10.0	FWD Salto Off	1/2 Front Pike 1/2	302—06	-	-	-	10.0	10.0	Front Layout 1/2	406—08	-	-	-	-	10.0		
	Front Pike	107—02	-	-	-	-	10.0		1/2 Front Layout	302—07	-	-	-	-	10.0	Front Layout 1/1	-	-	-	-	-	-		
	Front Layout	107—03	-	-	-	-	10.0		1/4-1/4 FWD LO	302—08	-	-	-	-	10.0	Front Layout 1-1/2	-	-	-	-	-	-		
RED Font	NGA Restricted—Not offered by NGA								1/2 Front Layout 1/2	302—09	-	-	-	-	10.0	RO-Board FF 1/2 On BWD Salto Off	1/2 Back Tuck	407—01	-	-	-	-	10.0	
BOLD Font	+0.1 Bonus														1/2 Back Pike		407—02	-	-	-	-	10.0		
																	1/2 Back Layout	407—03	-	-	-	-	10.0	
																	Back Tuck	408—01	-	-	-	-	10.0	
																Back Tuck 1/2	408—02	-	-	-	-	10.0		
																Back Tuck 1/1	408—03	-	-	-	-	10.0		
																Back Pike	408—04	-	-	-	-	10.0		
																Back Layout	408—05	-	-	-	-	10.0		
																Back Layout 1/2	408—06	-	-	-	-	10.0		
																Back Layout 1/1	408—07	-	-	-	-	10.0		

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 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	DIFFICULTY VALUES - A = 0.10 - B = 0.30 - C = 0.50 - D = +0.10 - E = +0.20 A-101 B-101 C-101 D-101 E-101	SYMBOLS - Cannot use VP for SR requirement - Former B VP - Former C VP - Former D VP - Conditional VP raised due to directed circumstances	X-SKILLS BY LEVEL - UB X-skills used by 1N, 2N, BN, 3N, SN 4N, GN - All X-skills = A VP	ELEMENT CATEGORIES 101 - 114 —Mounts 201 - 210—Cast, Swings 301 - 309—Hip Circles 401 - 409—BWD Giants 501 - 509—FWD Giants 601 - 610—Stalders 701 - 718—Pike Circles 801 - 825—Dismounts	CHANGE / ADD / DELETE - Pink highlighted font depicts a Change/Add/Delete in a UB element or skill - Each new season, highlighted changes are now standard and new changes highlighted
REGULAR / OVER (REG) GRIP - Most common grip used - Thumbs face inward - Thumbs on top or bottom personal choice - Knuckles face up - Palms face down - Elbow creases face in - Most common elements are BWD circling skills, Glide kips, Swings FWD - Usually used as 1st grip if in a series of grip changes	REVERSE / UNDER (REV) GRIP 2nd most common grip used - Thumbs face outward - Thumbs on top or bottom, personal choice - Knuckles face down - Palms face up - Elbow creases face FWD-direction of movement - Most common elements are FWD circle skills - Usually attained by "hop" or hand "change-change" method	MIX GRIP - One hand in REG grip, other hand in REV grip - Used as transition into or from another skill - Not usually used to execute a complete skill - Most common element is Giant blind change	L / EL / EAGLE GRIP - REV grip with extra twist of arm/wrist - Thumbs face outward - Elbow creases face FWD - Requires shoulder flexibility - Wider grip than normal - Commonly referred to as a Dorsal grip	CROSS GRIP - Arms crossed at forearms - REG grip and REG grip - Usually results in a 1/2 turn at bottom of the swing - Most commonly used to transfer a FWD Long Swing start to an element to a BWD Long Swing	CROSS MIX GRIP - Arms crossed at forearms - REV grip and REG grip - Usually results in a 1/2 turn at bottom of the swing - Most commonly used to transfer a FWD Long Swing start to an element to a BWD Long Swing - Is an easier turn than just a Cross Grip, but have to 'fight' to keep from turning too early
1/2 (180°) TURN—REV > REG - Turn R on L arm - Turn w back - Pivot arm remains on bar 1/2 (180°) TURN—REG > REV - Turn L on R arm - Turn w stomach - Pivot arm remains on bar - 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)	HOP REV > REG GRIP - Easiest from a circle element - Use shoulders and bar bend - Thumbs out to thumbs in - Palms up to palms down HOP REG > REV GRIP - Easiest from a circle element - Use shoulders and bar bend - Thumbs in to thumbs out - Palms down to palms up - Most common is upgrade grip change VP with Hop to another grip	HIGGINS ROLL TECHNIQUE - Execute 1/2 turn upon leaving HS position - If L hand remains on bar, turn is to R - L hand is now in L grip, R hand finishes L grip or mix L grip - Resembles 1/2 pirouette, except base hand does not move - Front giant type skill usually follows Higgins roll	HEALY TURN TECHNIQUE - Execute 1/1 turn on 1-arm after HS position - Starts like Higgins, but continues pivoting on 1-arm - If prior skill finishes in REV grip, no need to change hand prior to starting Healy - Should be completed w/in 30°	HIP CIRCLE / HECHTS - Hip circle - BWD, FWD with hip support - Hip circle hecht - BWD hip circle with hecht-action 'pop' from pike to straight by using opening of body and quick push of hips from the bar - Free Hip circle hecht - BWD hip circle with no-hands at the end prior to 'pop' off bar	LARGE CIRCLE ELEMENTS - BWD Giants - W/wo reaching HS - FWD Giants - W/wo reaching HS IN-BAR CIRCLE ELEMENTS - Clear hip circle - Stalder circle - Clear Pike Seat circle - Pike Sole circle - With or without reaching handstand
1/2 (180°) TURN—CHANGE-CHANGE - Turn L - Change L REG to REV - Post on L arm - Pivot 1/2 turn on L arm - Regrasp R REG grip	1-1/2 (540°) TURN—CHANGE-CHANGE - Turn L - Change L REG to REV - Post on L arm - Pivot 1/2 turn on L arm - Regrasp R REG grip 1st turn normally on way up to HS	LEG SWING MOVEMENTS - Squat, Straddle, Stoop on - Squat, Straddle, Stoop thru - Leg cut FWD - Leg cut BWD	GRIP CHANGE / REGRASP - With small flight phase - With large flight phase (LB-HB) - With hop (usually to REV grip) - REV grip (when necessary) - To L-grip/Mix L-grip	CASTS - Cast BWD w/wo end in HS - Cast HS - REL hop change to REV grip in HS - REV grip REL, hop to L-grip in HS - Uprise to support or HS	
MAIN TABLE OF CONTENTS Click to return to Main Table of Contents 	EVENT TABLE OF CONTENTS Click to return to Uneven Bars Table of Contents 	NGA NATIONAL WEBSITE 	NGA NATIONAL WOMENS DIRECTOR Bryan Neal	NGA NATIONAL WOMENS TECHNICAL DIRECTOR Donagene Jones	NGA NATIONAL WOMENS JUDGING DIRECTOR Pat Ergle

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

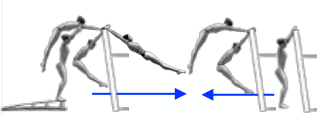
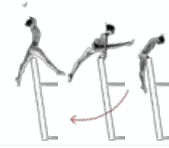
805—Squat on—Jump down

806—3/4 BWD Seat circle—Stand

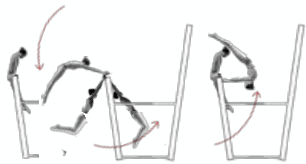
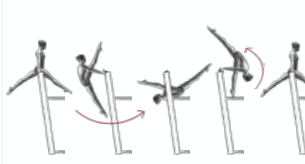
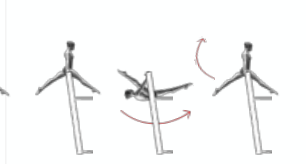
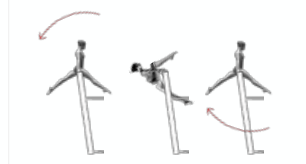
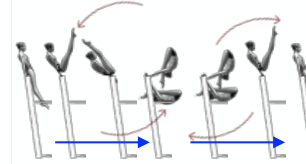
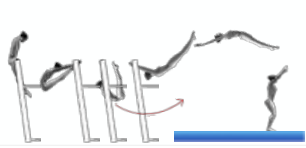
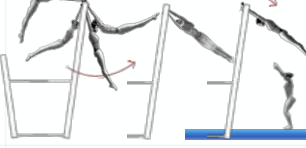
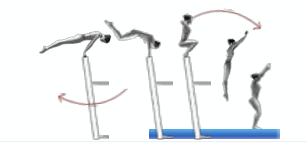
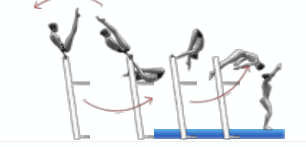


X	X-SKILLS
1	<u>MOUNTS</u>
2	<u>CASTS, SWINGS, UPRISES, COUNTERSWINGS</u>
3	<u>HIP CIRCLES</u>
4	<u>BWD GIANTS</u>
5	<u>FWD GIANTS</u>
6	<u>STALDERS</u>
7	<u>PIKE CIRCLES</u>
8	<u>DISMOUNTS</u>

UNEVEN BARS X-SKILLS

X—101 Jump—Front support  Front support 1. From stand—grasp LB 2. Jump—Front support w straight arms 3. NO double jump off board/mount apparatus 4. Board must be removed after mounted	X—102 Pullover—1 - 2 feet; also w run  Pullover 1. From stand 2. Jump / Lift feet off surface 3. Chin up (no resting on bar) 4. Pull feet to inverted, legs straight 5. Thru inverted to front support 6. Board must be removed after mounted	X—103 Glide swing—Stand  Glide swing 1. From hollow hang LB 2. Glide FWD—Full extension 3. Glide BWD to return to mat surface 4. Board must be removed immediately upon leaving surface	X—104 Single-leg jam—From glide/run  Single leg jam 1. From hollow hang LB 2. Glide FWD—Full extension 3. Bring both feet to bar, deep pike 4. One leg jams between arms 5. Kip up in split position 6. Finish in stride support	X—105 Run out—Glide kip  Run out kip 1. From stand 2. Hollow hang LB 3. Glide run FWD 4. Quick feet to bar 5. Pull bar DWN legs—Sit up 6. Finish feet in front—Lean for cast	
X—201 Cast—Hips leave bar  Cast 1. From front support 2. Lean—Swing legs in front—Pike 3. Quickly kick legs/heels BWD 4. Push DWN on bar, arms straight 5. Hips leave bar 6. Body in hollow at top of BWD swing	X—202 Long hang pullover—From swing  Swing—Long hang pullover 1. Back to LB 2. Swing FWD, tap swing FWD 3. Pull toes to inverted position 4. Continue circle toes over bar 5. Arrive in front support	X—203 Tap swing—Counterswing  Tap swing 1. From hollow hang HB 2. Swing FWD DWN between bars 3. Tap swing—toes FWD driving 4. Hollow-Arch-Hollow swing action	X—204 Cast—Single-leg shoot through  Cast—Shoot thru 1. From front support 2. Cast, legs straight 3. Push bar DWN 4. Tuck one leg to chest, shoot thru 5. Arrive in wide clear stride position	X—205 FWD Single-leg cut  Single leg cut 1. From front support 2. Keep tension in back of body 3. Lean weight over one (1) hand 4. Lift other hand—Cut leg FWD/BWD 5. Arrive in clear stride (FWD cut) 6. Arrive front support (BWD cut)	X—206 BWD Single-leg cut  Single leg cut 1. From front support 2. Keep tension in back of body 3. Lean weight over one (1) hand 4. Lift other hand—Cut leg FWD/BWD 5. Arrive in clear stride (FWD cut) 6. Arrive front support (BWD cut)
X—301 FWD Hip circle—Bent knees  FWD Hip circle —bent legs 1. From Front support—REG grip 2. Fall straight body past HOR 3. Bend knees to shorten radius 4. Open to pike position 5. Finish Front support					

UNEVEN BARS X-SKILLS

X—401	X—701	X—702	X—703	X—704	X—705
LB—BWD Baby Giant—Pullover	FWD—Stride circle	BWD—Stride Circle	Single-leg—BWD basket swing—Clear support	Single leg—Bent—Knee swing	BWD Pike Seat drop (Peach)
					
Baby Giant 1. From hang LB—REG grip 2. Giant bent-leg circle swing under LB 3. Continue circle up & over LB 4. Finish Front support	FWD Stride circle 1. From stride position, under grip 2. Lift up off bar to wide split 3. Step FWD, drive back heel over head 4. Keep split thru bottom 5. Shift hands late 6. Arrive on top of bar in clear stride	BWD Stride circle 1. From stride position, over grip 2. Lift up off bar to wide split 3. Drive shoulder BWD (not head) 4. Keep split thru bottom 5. Shift hands late 6. Arrive on top of bar in clear stride	1-Leg Basket swing 1. From stride position, over grip 2. Lift up off bar to wide split 3. Drop shoulders BWD 4. Pull bar down back of front leg 5. Swing back up, pull bar back up leg 6. Arrive on top of bar in clear stride	Knee swing 1. From Stride position—REG grip 2. Fall back 3. Simultaneously bend front leg 4. Swing BWD 5. Reverse, swing FWD 6. Finish Stride position	Peach basket 1. From rear support—REG grip 2. Lift toes to V-sit 3. Fall back into compressed pike 4. Swing BWD 5. Reverse swing FWD thru V-sit 6. Finish Rear support
X—801a	X—801b	X—801c	X—802	X—803	X—804
LB—Clear Hip underswing BWD—End facing out/in	LB—Pike Sole underswing BWD—End facing out/in (Together/Straddle)	LB—Stalder underswing BWD—End facing out/in— (Pike/Straddle)	FWD Tap swing—1/2 turn—End facing HB	Cast off—Stand—End facing LB	3/4 FWD Hip circle—Stand—End facing LB
					
BWD Clear hip U-swing 1. Body/hips off bar—REG grip 2. Execute BWD Clear Hip underswing 3. Release bar 4. Arrive in stand <i>Cast before not required</i>	BWD Pike sole U-swing 1. Feet on bar—REG grip 2. Execute BWD Pike Sole underswing 3. Release bar 4. Arrive in stand <i>Cast before not required</i>	BWD Stalder U-swing 1. Feet off bar—REG grip 2. Execute BWD Stalder underswing 3. Release bar 4. Arrive in stand <i>Cast before not required</i>	Tap swing—1/2 1. From hollow hang HB 2. Tap swing FWD 3. At top of swing, turn feet first 4. Simultaneously, release one (1) hand 5. Complete 1/2 turn, touch/grasp bar 6. Release bar—Drop to stand	Cast off 1. From front support LB 2. Cast—Push bar away 3. Release bar after height is reached 4. Arrive in stand	3/4 FWD Hip circle 1. From front support LB, over grip 2. Fall FWD w straight line—Past 45° 3. Drive shoulders under bar—Small pike 4. Shoulders to bar level—Body close 5. Push VER body away from bar— 6. Drop to stand
X—805	X—806				
Squat on—Jump down—End facing out	LB—Straddle/Pike sit—Lift legs off bar—3/4 BWD Seat circle—REL to stand				
					
Squat on—Jump down 1. From clear position 2. Push bar DWN 3. Tuck knees to chest 4. Squat on bar 5. Jump DWN off bar to stand	3/4 BWD Seat circle to stand 1. From straddle/pike seat position—LB 2. Lift legs off bar 3. Rotate 3/4 BWD 4. Release bar to stand <i>*1N, 2N restricted element</i>				

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

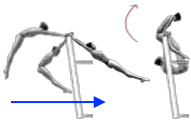
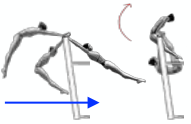
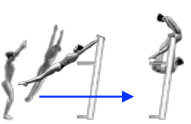
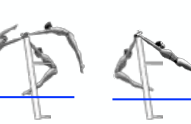
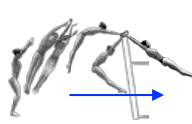
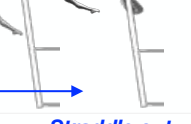
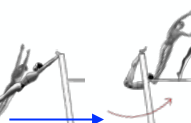
- [107 – Board Jump ➤ HB](#)
- [108 – Board Jump over LB ➤ HB](#)
- [109 – Board Jump FWD Saltos](#)
- [110 – Board Jump Bent Hip HS ➤ LB](#)
- [111 – Board Jump EXT Body HS ➤ LB](#)
- [112 – Board Jump ➤ Hang HB](#)

RO Approach

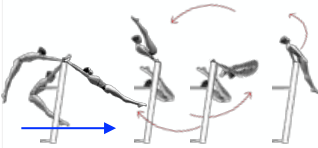
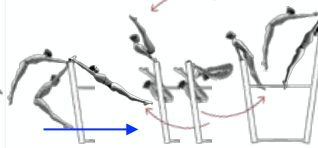
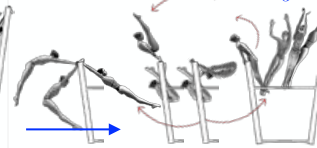
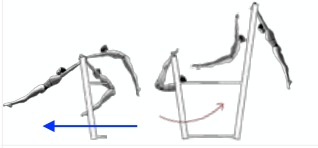
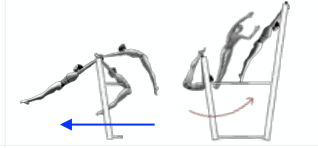
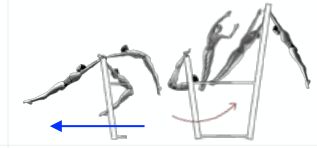
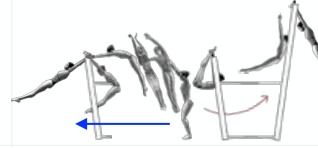
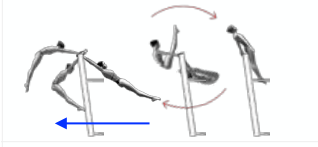
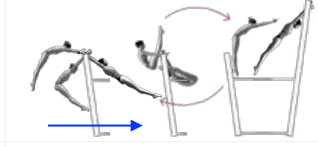
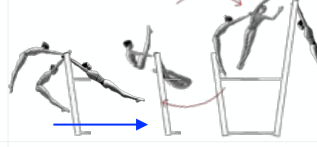
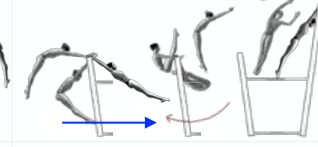
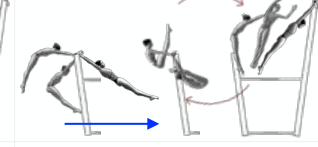
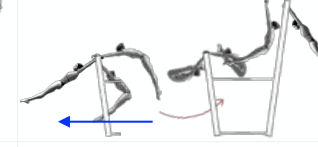
- [113 – RO Board ➤ LB](#)
- [114 – RO Board over LB](#)

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

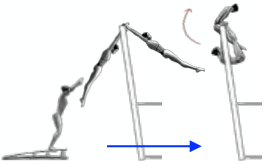
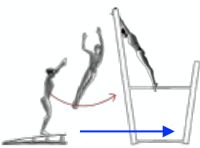
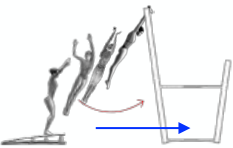
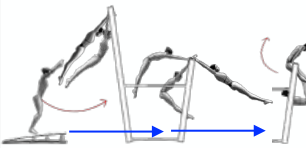
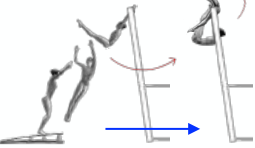
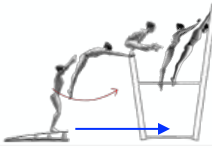
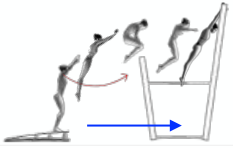
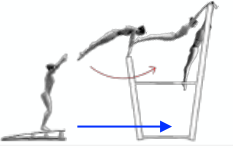
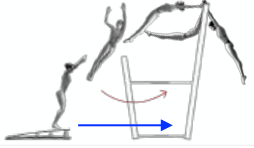
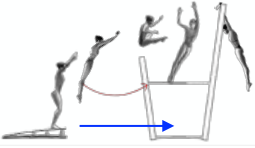
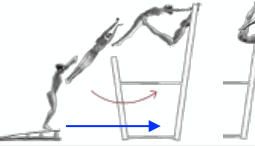
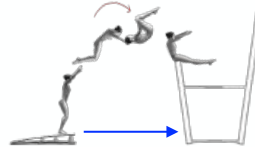
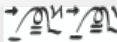
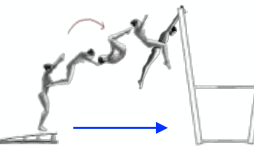
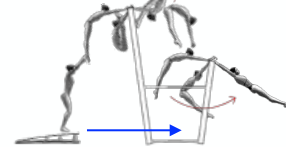
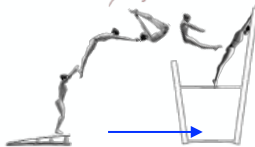
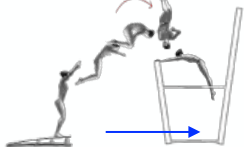
UB—1-MOUNTS — 101-Glide Kip w/wo Turn — 102-Glide Kip Stoop In — 103-1/2 turn Glide Kip LB ► HB

A—101a  Glide kip LB—Front support LB—REG grip  Glide kip in REG grip 1. From hang LB 2. Glide FWD—Straddle/Pike—Stretch 3. Quick feet to bar—Pull bar DWN legs 4. End feet in front—Lean FWD 5. Finish Front support	A—101c  Glide kip LB—Front support LB—REV grip  Glide kip in REV grip 1. From hang LB 2. Glide FWD—Straddle/Pike—Stretch 3. Quick feet to bar—Pull bar DWN legs 4. End feet in front—Lean FWD 5. Finish Front support	A—101c  Jump 1/2 turn LB—Kip—Front support LB 180°  1/2—Glide kip 1. From stand 2. Jump 1/2 turn 3. Hollow hang LB 4. Quick feet to bar 5. End feet in front—Lean FWD 6. Finish Front support	A—101d  Glide LB—1/2 turn—Glide Kip—Front support LB 180°  Glide—1/2—Glide kip 1. From hang 2. Glide FWD—Swing 1/2 turn 3. Glide FWD—Straddle/Pike—Stretch 4. Quick feet to bar 5. End feet in front—Lean FWD 6. Finish Front support	B—101  Jump 1/1 turn LB—Kip—Front support LB 360°  1/1—Glide kip 1. From stand 2. Jump 1/1 turn 3. Glide FWD—Straddle/Pike—Stretch 4. Quick feet to bar 5. End feet in front—Lean FWD 6. Finish Front support	
A—102  Glide LB ^{OR} Swing FWD HB—Stoop thru—BWD kip—Rear support same bar  Glide Stoop thru 1. From hang LB ^{OR} Swing FWD HB 2. Glide FWD—Straddle/Pike—Stretch 3. Quick feet to bar—Stoop thru 4. Pull bar DWN back of legs (back kip) 5. Finish Rear support	B—102a  Jump 1/2 turn—Stoop thru—BWD kip—Rear support LB—(on thighs) 180°  1/2—Glide Stoop thru 1. From stand 2. Jump 1/2 turn 3. Grasp LB 4. Quick feet to bar—Stoop thru 5. Pull bar DWN back of legs (back kip) 6. Finish hang HB	B—102b  Glide LB ^{OR} Swing FWD HB—Stoop thru—BWD kip—Straddle Cut—Hang same bar  Straddle cut 1. From hang 2. Glide FWD—Straddle/Pike—Stretch 3. Quick feet to bar—Stoop thru 4. Straddle cut legs outwards 5. Regrasp bar 6. Hang same bar			
B—103a Jump 1/2 turn LB—Kip—Grip change—Hang HB 180°  1/2—Glide kip—Catch 1. From stand 2. Jump 1/2 turn 3. Hollow hang LB 4. Quick feet to bar—Pull bar DWN legs 5. Grip change to HB 6. Finish hang HB	B—103b Jump 1/2 turn LB—Kip—Grip change—1/2 turn—Hang HB 180° 180°  1/2—Glide kip—1/2 Catch 1. From stand 2. Jump 1/2 turn 3. Hollow hang LB 4. Quick feet to bar—Pull bar DWN legs 5. Grip change 1/2 turn to HB 6. Finish hang HB	C—103  Jump 1/2 turn LB—Glide kip—Grip change—1/1 turn—Hang HB 180° 360°  1/2—Glide kip—1/1 Catch 1. From stand 2. Jump 1/2 turn—legs together 3. Hollow hang LB 4. Quick feet to bar—Pull bar DWN legs 5. Grip change 1/1 turn to HB 6. Finish hang HB			

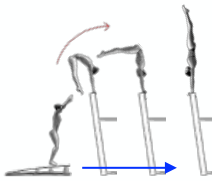
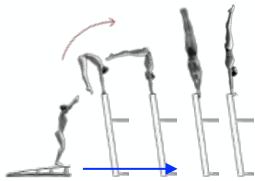
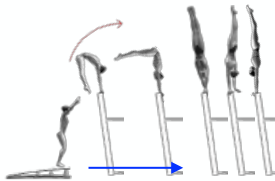
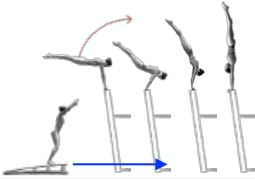
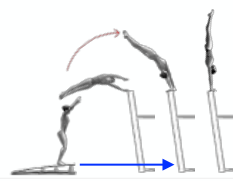
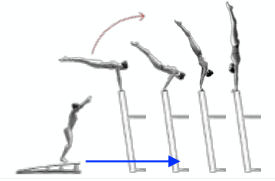
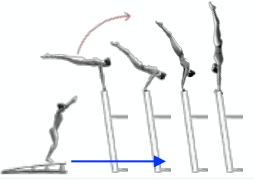
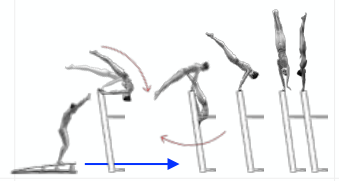
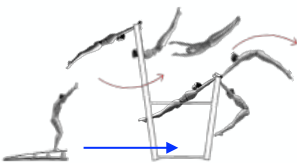
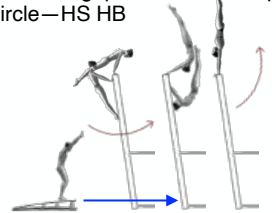
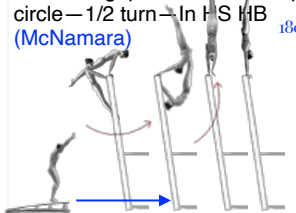
UB—1-MOUNTS — 104-Glide Kip w REV Back Kip — 105-Glide Kip LB ➤ HB w/wo Turn — 106-Glide Kip Stoop in LB ➤ HB

B—104a  Glide LB ^{OR} Swing FWD HB—Stoop thru—REV back kip (BWD Pike Seat circle)—Rear support  Glide—REV kip 1. From hang 2. Glide FWD—Straddle/Pike—Stretch 3. Quick feet to bar—Stoop thru 4. Reverse back kip up 5. BWD Pike Seat circle 6. Finish Rear support	B—104b  Glide LB—Stoop thru—REV back kip—BWD pike seat swing—Grip change—Hang HB  Glide—REV kip—Catch 1. From hang LB 2. Glide FWD—Straddle/Pike—Stretch 3. Stoop thru—Reverse back kip up 4. BWD Pike Seat swing 5. Grip change to HB 6. Finish hang HB	C—104  HB—Glide LB ^{OR} Swing FWD—Stoop thru—REV back kip—BWD Pike seat swing—Grip change—1/1 turn—Hang HB  Glide—REV kip—1/1 Catch 1. From hang LB 2. Glide FWD—Straddle/Pike—Stretch 3. Stoop thru—Reverse back kip up 4. BWD Pike Seat swing 5. Grip change 1/1 turn to HB 6. Finish hang HB			
B—105a  Glide kip LB—Grip change—Hang HB  Glide kip—Catch 1. From hang LB 2. Glide FWD—Straddle/Pike—Stretch 3. Quick feet to bar—Pull bar DWN leg 4. Grip change to HB 5. Finish hang HB	B—105b  Glide kip LB—Grip change—1/2 turn—Hang HB  Glide kip—1/2 Catch 1. From hang LB 2. Glide FWD—Straddle/Pike—Stretch 3. Quick feet to bar—Pull bar DWN leg 4. Grip change 1/2 turn to HB 5. Finish hang HB	C—105a  Glide kip LB—Grip change—1/1 turn—Hang HB  Glide kip—1/1 Catch 1. From hang LB 2. Glide FWD—Straddle/Pike—Stretch 3. Quick feet to bar—Pull bar DWN leg 4. Grip change 1/1 turn to HB 5. Finish hang HB	C—105b  Jump 1/1 turn LB—Kip—Grip change—Hang HB  1/1—Kip—Catch 1. From stand 2. Jump 1/1 turn—Hollow hang LB 3. Glide FWD—Straddle/Pike—Stretch 4. Quick feet to bar—Pull bar DWN legs 5. Grip change to HB 6. Finish hang HB		
A—106a  Glide LB—Stoop thru—BWD kip—Brief sit HB  Glide—Stoop thru 1. From hang LB 2. Glide FWD—Straddle/Pike—Stretch 3. Quick feet to bar—Stoop thru 4. Pull bar DWN back of legs (back kip) 5. Grip change to HB 6. Finish hang HB	A—106b Glide LB—Stoop thru—BWD kip—Grip change—Hang HB  Glide—Stoop thru—Catch 1. From hang LB 2. Glide FWD—Straddle/Pike—Stretch 3. Quick feet to bar—Stoop thru 4. Pull bar DWN back of legs (back kip) 5. Grip change to HB 6. Finish hang HB	A—106c Glide LB—Stoop thru—BWD kip—Grip change—1/2 turn—Hang HB  Glide—Stoop thru—1/2 Catch 1. From hang LB 2. Glide FWD—Straddle/Pike—Stretch 3. Quick feet to bar—Stoop thru 4. Pull bar DWN back of legs (back kip) 5. Grip change 1/2 turn to HB 6. Finish hang HB	B—106  Glide LB—Stoop thru—BWD kip—Thru Clear Rear support—Grip change—1/2 turn—Hang HB  Glide—Clear Stoop—1/2 Catch 1. From hang LB 2. Glide FWD—Straddle/Pike—Stretch 3. Quick feet to bar—Stoop thru 4. Clear rear support 5. Grip change 1/2 turn to HB 6. Finish hang HB	C—106a Glide LB—Stoop thru—BWD kip—Over bar—Grip change—1/1 turn—Hang HB  Glide—Stoop—1/1 Catch 1. From hang HB 2. Glide FWD—Straddle/Pike—Stretch 3. Quick feet to bar—Stoop thru 4. Over bar 5. 1/1 (360°) turn—Grip change to HB 6. Finish hang HB	C—106b  Glide LB—Stoop thru—BWD kip—Straddle Cut—Grip change—Hang HB  Glide—Stoop—Cut 1. From hang HB 2. Glide FWD—Straddle/Pike—Stretch 3. Quick feet to bar—Stoop thru 4. Straddle cut legs outwards 5. Grip change to HB 6. Finish hang HB

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

A—107a  Jump brief hang HB—Glide kip —Front support HB—REG ^{OR} REV grip  HB Kip 1. Jump from board 2. Hollow hang HB 3. Glide FWD—Straddle/Pike—Stretch 4. Quick feet to bar—Pull bar DWN leg 5. End feet in front—Lean FWD 6. Finish Front support	A—107b  Jump 1/2 turn HB—Hang HB 180°  1/2—HB hang 1. Jump from board 2. Execute 1/2 turn—Legs together 3. Grasp HB 4. Finish hang HB	A—107c  Jump 1/1 turn HB—Hang HB 360°  1/1—HB hang 1. Jump from board 2. Execute 1/1 turn—Legs together 3. Grasp HB 4. Finish hang HB	A—107d  Jump brief hang HB—Grip change—Hang LB—Glide kip—Front support LB RELEASE HB-LB  HB—Drop LB kip 1. Jump from board 2. Hang HB—Immediate grip change LB 3. Glide FWD—Straddle/Pike—Stretch 4. Quick feet to bar—Pull bar DWN leg 5. End feet in front—Lean FWD 6. Finish Front support	B—107  Jump 1/2 turn HB—Kip—Front support HB 180°  1/2—HB kip 1. Jump from board 2. Execute 1/2 turn—Hollow hang HB 3. Quick feet to bar—Pull bar DWN leg 4. End feet in front—Lean FWD 5. Finish Front support	
A—108  Tuck/Straddle jump—Over LB—Hand repulsion—Hang HB RELEASE LB-HB  Jump over LB 1. Jump from board 2. Hand repulsion 3. Execute Tuck/straddle vault over LB 4. Grasp HB 5. Finish hang HB	B—108a  Free Tuck/Straddle jump—Over LB—Hang HB  Free jump over LB 1. Jump from board 2. No hand repulsion 3. Execute Free Tuck vault over LB 4. Grasp HB 5. Finish hang HB	B—108b  Hecht jump—Over LB—Hand repulsion—Hang HB RELEASE LB-HB  Hecht over LB 1. Jump from board 2. No hand repulsion 3. Execute Hecht Straight jump 4. Legs together 5. Grip change to HB 6. Finish hang HB	B—108c  Free jump—1/2 turn—Over LB—Hang HB 180°  Free 1/2 over LB—Hang 1. Jump from board 2. No hand repulsion 3. Execute 1/2 turn over LB 4. Grasp HB 5. Finish hang HB	C—108a  Free Straddle jump—Over LB—1/2 turn—Hang HB—L-grip 180°  Free Straddle 1/2 over LB 1. Jump from board 2. No hand repulsion 3. Execute Free Straddle vault over LB 4. Free 1/2 turn 5. Grasp HB 6. Finish hang HB	C—108b  Free jump—1/2 turn—Over LB—Kip HB 180°  Free 1/2 over LB—Kip 1. Jump from board 2. Execute 1/2 turn over LB 3. Grasp HB 4. Quick feet to bar—Pull bar DWN leg 5. End feet in front—Lean FWD 6. Finish Front support
C—109a Salto FWD—Tuck/Pike/Straddle—To LB—Brief sit LB  FWD Salto sit LB 1. Jump from board 2. Execute Salto FWD tuck 3. To LB sit 4. Finish sit LB	C—109b  Salto FWD—Tuck/Pike/Straddle—Over LB—L-hang LB  FWD Salto over LB—'L' hang 1. Jump from board 2. No hand repulsion 3. Execute Salto FWD tuck 4. Over LB 5. Grasp LB REV/Mix grip 6. Finish 'L' hang LB	C—109c  Face HB—FWD Salto—Tuck—Hang HB  FWD Salto—Hang HB 1. Jump from board 2. Execute FWD Salto tuck 3. Grasp HB 4. Finish hang HB	C—109d  Jump brief hang HB—BWD salto roll—Straddle/Tuck—Grip change—Hang LB RELEASE HB-LB  Salto roll HB—LB 1. Jump from board 2. Grasp HB—Swing FWD 3. Execute Salto straddle roll 4. Release HB—Grasp LB 5. Finish hang LB	D—109a  Salto FWD—Free Tuck/Pike—Over LB—Hang HB (no touching LB)  FWD Salto over LB 1. Jump from board 2. No hand repulsion 3. Execute Free Salto FWD tuck/pike over LB 4. Grasp HB 5. Finish hang HB	D—109b  Salto FWD—Tuck 1/2 turn—Over LB—Hang LB 180°  FWD Salto 1/2 over LB 1. Jump from board 2. No hand repulsion 3. Execute Salto FWD tuck 1/2 turn over LB 4. Grasp LB 5. Finish hang LB

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

B—110  Jump HS LB—Hips bent-EXT  Jump bent hip HS 1. Jump from board 2. Grasp LB 3. Execute HS on LB 4. Hips bent—extended 5. Finish HS LB	C—110  Jump HS LB—Hips bent-EXT— 1/2 turn—In HS 180°  Jump bent hip HS 1/2 1. Jump from board 2. Grasp LB 3. Execute HS on LB 4. Hips bent—extended 5. 1/2 turn in HS 6. Finish HS LB	D—110  Jump HS LB—Hips bent- Straddle—1/1 turn—In HS 360°  Jump bent hip HS 1/1 1. Jump from board 2. Grasp LB 3. Execute HS on LB 4. Hips bent—extended 5. 1/1 turn in HS 6. Finish HS LB			
D—111a  Jump—EXT body—HS LB  Jump straight HS 1. Jump from board 2. Grasp LB 3. Execute HS on LB 4. Hips extended 5. Finish HS LB Note: Shoulder angle allowed	D—111b  Jump—1/2 turn—EXT body— HS LB 180°  Jump 1/2 straight HS 1. Jump from board 2. Grasp LB 3. Execute 1/2 turn to LB HS 4. Hips extended 5. Finish HS LB	D—111c  Jump—EXT body—HS LB—1/2 turn—In HS 180°  Jump straight HS 1/2 1. Jump from board 2. Grasp LB 3. Execute HS on LB 4. Hips extended 5. Finish HS LB Note: Shoulder angle allowed	D—111d  Jump—EXT body—HS LB—1/1 turn in HS  Jump straight HS 1/1 1. Jump from board 2. Grasp LB 3. Execute HS on LB 4. Hips extended 5. Finish HS LB Note: Shoulder angle allowed	D—111e Jump clear support LB—REV grip—FWD Clear hip circle—HS —1/2 turn—In HS (Gamer) 180°  Weiler kip HS 1/2 1. Jump from board 2. Grasp LB—REV grip—Clear support 3. Execute FWD Clear hip circle (Weiler kip) 4. Execute 1/2 turn in HS 5. Finish HS LB	
B—112  Jump hang HB—U-swing 1/2 turn—Flight—Over LB—Glide LB 180°  Jump Overshoot 1. Jump from board 2. Grasp HB in hang 3. Execute U-swing 4. Release HB 5. Execute 1/2 turn—Flight over LB 6. Finish Glide LB	C—112  Jump clear support HB—REV/ REG/Mix grip—BWD Clear hip circle—HS HB  Jump Clear hip HS 1. Jump from board 2. Grasp HB—Clear support 3. Any grip 4. Execute Clear hip circle—HS 5. Finish HS HB	D—112  Jump clear support HB—REV/ REG/Mix grip—BWD Clear hip circle—1/2 turn—In HS HB 180° (McNamara)  McNamara 1. Jump from board 2. Grasp HB—Clear support 3. Any grip 4. Execute Clear hip circle—HS 5. Execute 1/2 turn in HS 6. Finish HS HB			

B-113 RO—Flight BWD—Straddle—Over LB—Clear Straddle Hang LB RO—Straddle over > LB 1. From RO off board 2. Flight BWD over LB 3. Legs Straddle 4. Grasp LB 5. Finish Clear straddle support hang	D-113a RO—Salto BWD—Tuck—Over LB—Hang LB RO—BWD Tuck over LB 1. From RO off board 2. Execute Salto BWD tuck—Over LB 3. Grasp LB 4. Finish hang LB	D-113b RO—FF—Thru HS LB (Gonzalez) RO—FF HS 1. From RO off board 2. Execute FF 3. Thru HS 4. Finish Clear support LB	E-113a RO—FF—1/1 twist—Clear support LB RO—FF 1/1—Clear support 1. From RO off board 2. Execute FF 3. 1/1 twist thru HS 4. Finish Clear support LB	E-113b RO—FF—1/1 twist—Thru HS LB RO—FF 1/1 HS 1. From RO off board 2. Execute FF 3. 1/1 twist in HS 4. Finish HS LB	
C-114 RO—Flight —Straddle/Together—Over LB—Hang HB RO—Straddle over to HB 1. From RO off board 2. Flight BWD over LB 3. Legs Straddle/Together 4. Grasp HB 5. Finish hang HB	D-114a RO—Flight BWD—Over LB—1/1 turn—Hang HB RO—1/1 over to HB 1. From RO off board 2. Flight BWD over LB 3. Execute 1/1 turn—Body Straight 4. Grasp HB 5. Finish hang HB	D-114b RO—ARB Salto—Tuck—Brief sit LB RO—Tuck Arabian sit LB 1. From RO off board 2. Execute Arabian Salto tuck 3. Brief sit LB—May grasp LB on sit 4. Finish sit LB	D-114c RO—ARB Salto—Pike—Brief sit LB RO—Pike Arabian sit LB 1. From RO off board 2. Execute Arabian Salto tuck 3. Brief sit LB—May grasp LB on sit 4. Finish sit LB	E-114a RO—ARB Salto—Tuck—Over LB—Hang HB RO—Arabian Tuck over LB 1. From RO off board 2. Execute Arabian Salto tuck 3. Over LB 4. Grasp HB 5. Finish hang HB	E-114b RO—ARB Salto—Pike—Over LB—Hang HB RO—Arabian Pike over LB 1. From RO off board 2. Execute Arabian Salto pike 3. Over LB 4. Grasp HB 5. Finish hang HB

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](#)

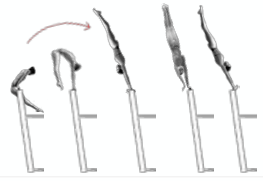
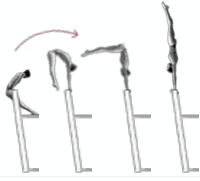
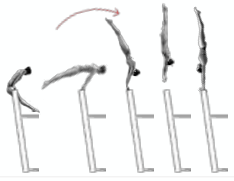
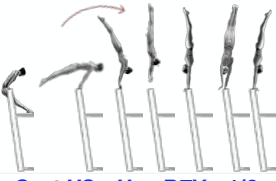
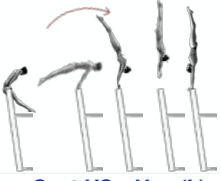
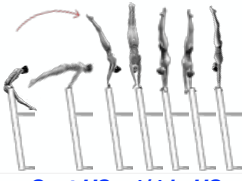
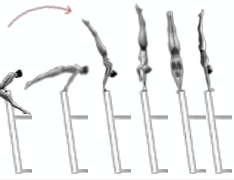
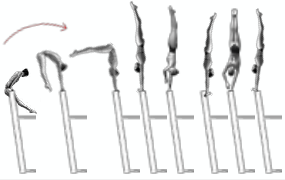
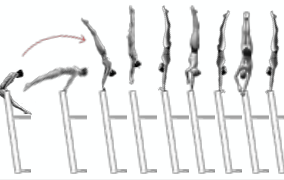
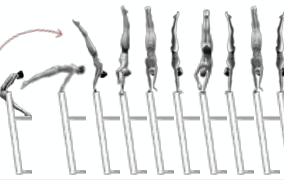
[210—FWD Swing ➤ BWD Uprise](#)



► B—208b—Straddle Back = C if followed by D/E REL

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

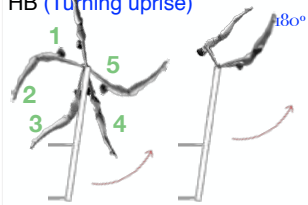
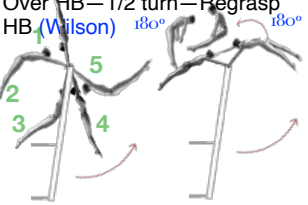
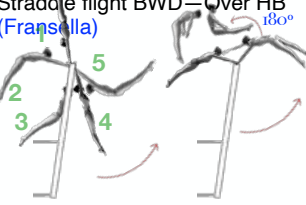
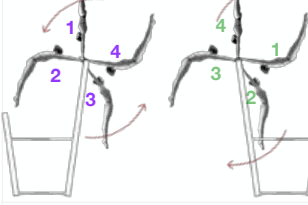
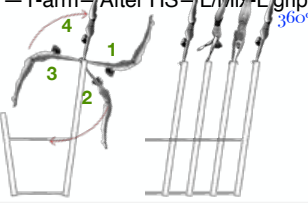
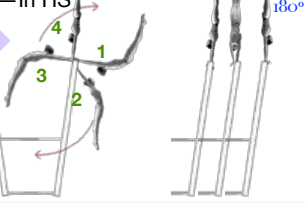
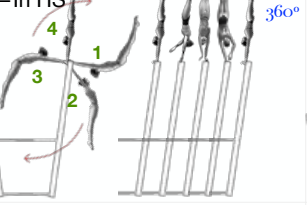
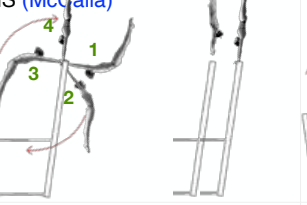
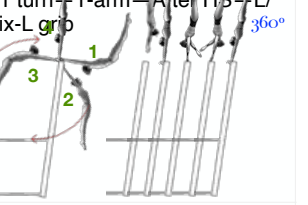
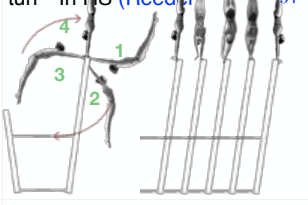
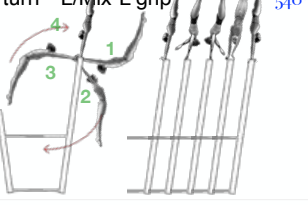
UB—2-CASTS & SWINGS — 201-Cast, Cast HS — 202-Cast HS w Turn — 203-Cast HS Turn ► L or Mix L-grip

A—201a Cast—0° - 45° above HOR  Cast 0°—45° ↑ HOR 1. Front support—REG grip 2. Cast 0° - 45° ► HOR 3. Legs straddle/together 4. Hips bent/extended 5. Finish 0°-45° above HOR, any grip	A—201b Cast—21° - 44° from VER  Cast 21°—44° ↑ VER 1. Front support—REG grip 2. Cast 21° - 44° from VER 3. Legs straddle/together 4. Hips bent/extended 5. Finish 21°-44° from VER, any grip	A—201c Cast—21° - 45° from VER—1/2 turn—Same side of bar (Higgins roll)  Cast 21°—45° ↑ VER, 1/2 turn 1. Front support—REG grip 2. Cast 21-45° ► VER—Hips bent-EXT 3. Initiate 1/2 turn prior to VER finish 4. Finish 21°- 45° of VER in Mix/L grip NOTE: Front giant type skill will follow	B—201a Cast HS—20° of VER—Hips Bent/EXT (Straddle/Together)  Cast bent HS—20° ↑ VER 1. Front support—Any grip 2. Cast 20° ► VER—Hips bent-EXT 3. Legs straddle/together 4. Finish HS any grip	B—201a Cast HS—20° of VER—Hips EXT  Cast straight HS—20° ↑ VER 1. Front support—Any grip 2. Cast 20° ► VER—Hips straight 3. Legs together 4. Finish HS any grip	C—201a Cast HS—Hop—REV grip—In HS  Cast HS—Hop REV 1. Front support—REG grip 2. Cast HS—Hips bent-EXT/Straight 3. Legs straddle/together 4. Hop to REV grip as achieving VER 5. Finish HS REV grip
C—201b Cast HS—Hop—REV-grip—In HS—1/2 turn after hop  Cast HS—Hop REV—1/2 1. Front support—Any grip 2. Cast HS—Hips bent-EXT/Straight 3. Legs straddle/together 4. Hop to L-grip as achieving VER—1/2 turn 5. Finish HS L-grip	D—201 Cast HS—Hop—L-grip—In HS  Cast HS—Hop 'L' 1. Front support—Any grip 2. Cast HS—Hips bent-EXT/Straight 3. Legs straddle/together 4. Hop to L-grip as achieving VER 5. Finish HS L-grip		C—202 Cast HS—1/2 turn—In HS  Cast HS—1/2 in HS 1. Front support—Any grip 2. Cast HS—Hips bent-EXT/Straight 3. Legs straddle/together 4. Execute 1/2 turn in HS 5. Finish HS any grip	D—202 Cast HS—1/1 turn—In HS (Pacheco)  Cast HS—1/1 in HS 1. Front support—Any grip 2. Cast HS—Hips bent-EXT/Straight 3. Legs straddle/together 4. Execute 1/1 turn in HS 5. Finish HS any grip	E—202 Cast HS—1-1/2 turn—In HS (Miller)  Cast HS—1-1/2 in HS 1. Front support—Any grip 2. Cast HS—Hips bent-EXT/Straight 3. Legs straddle/together 4. Execute 1-1/2 turn in HS 5. Finish HS any grip
C—203a Cast HS—1/2 turn—L/Mix L-grip (Higgins technique)  Cast HS—1/2 Higgins 1. Front support—Any grip 2. Cast HS—Hips bent-EXT/Straight 3. Legs straddle/together 4. Execute 1/2 turn—Higgins technique 5. Finish HS L/Mix grip	C—203b Cast HS—1/1 turn—1-arm after HS—L/Mix L-grip (Healy technique)  Cast HS—1/1 Healy 1. Front support—Any grip 2. Cast HS—Hips bent-EXT/Straight 3. Legs straddle/together 4. Execute 1/1 turn 1-arm—Healy technique 5. Finish HS L/Mix grip	C—203c Cast HS—Hop—REV grip—1/1 turn—1-arm after HS—L/Mix L-grip (Healy technique)  Cast HS—Hop—1/1 Healy 1. Front support—REG grip 2. Cast HS—Hips bent-EXT/Straight 3. Hop to REV grip 4. Execute 1/1 turn 1-arm—Healy technique 5. Finish HS L/Mix grip	D—203 Cast HS—1-1/2 turn—L/Mix L-grip (Healy technique)  Cast HS—1-1/2 Healy 1. Front support—REG grip 2. Cast HS—Hips bent-EXT/Straight 3. Legs straddle/together 4. Execute 1-1/2 turn—Healy technique 5. Finish HS L/Mix grip		

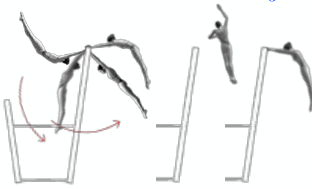
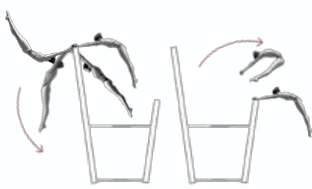
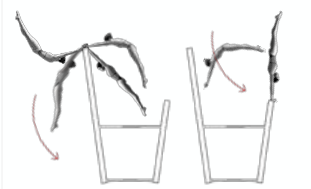
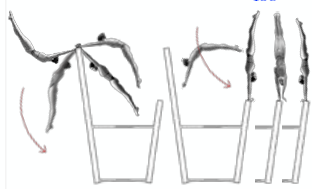
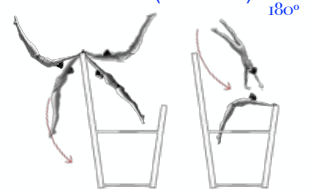
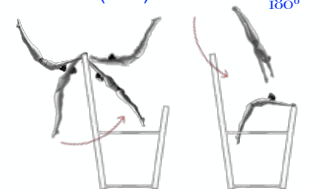
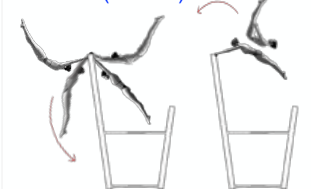
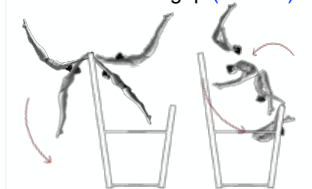
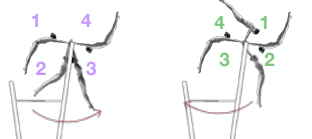
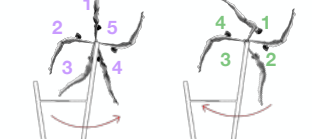
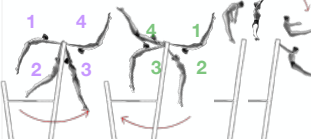
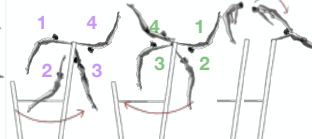
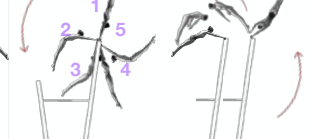
UB—2-CASTS & SWINGS — 204-Cast to Feet or Over Bar — 205-Cast Release w/wo FWD Salto

A—204a Support—Cast—Squat LB Cast Squat on LB 1. Front support—REG grip 2. Cast—Legs straight 3. Squat on 4. Finish stand NOTE: Used as entry to another skill	A—204a Support—Cast—Stoop/Straddle LB Cast Stoop/Straddle on LB 1. Front support—REG grip 2. Cast—Legs straight 3. Stoop/straddle on 4. Finish stand NOTE: Used as entry to another skill	A—204a Support LB—Cast—Squat LB—Grip change—Hang HB Cast Squat LB to HB 1. Front support—REG grip 2. Cast—Legs straight 3. Squat on 4. Jump to HB 5. Finish hang HB—REG grip	A—204a Support LB—Cast—Stoop/Straddle LB—Grip change—Hang HB Cast Stoop/Straddle LB to HB 1. Front support—REG grip 2. Cast—Legs straight 3. Stoop/Straddle on 4. Jump to HB 5. Finish hang HB—REG grip	B—204a RELEASE LB-HB Support LB—Cast—Free Squat—Over LB—Grip change—Hang HB Free Squat over LB 1. Front support—REG grip 2. Cast—Legs straight 3. Free Squat over LB 4. Grip change—Regrasp HB 5. Finish hang HB—REG grip	B—204a RELEASE LB-HB Support LB—Cast—Free Straddle/Stoop—Over LB—Grip change—Hang HB Free Stoop/Straddle over LB 1. Front support—REG grip 2. Cast—Legs straight 3. Free Stoop/Straddle over LB 4. Grip change—Regrasp HB 5. Finish hang HB—REG grip
B—204b RELEASE HB-HB Support HB—Cast—Stoop—Flight—FWD—Over HB/LB—1/2 turn—Hang HB/LB 180° Cast Stoop over bar 1/2 1. Front support—REG grip 2. Cast—Legs straight 3. Stoop FWD flight over HB/LB 4. Execute 1/2 turn—Regrasp HB/LB 5. Finish hang HB/LB—REG grip	B—204b RELEASE HB-HB Support HB/LB—Cast—Straddle—Flight—FWD—Over HB/LB—1/2 turn—Hang HB/LB 180° Cast Straddle over bar 1/2 1. Front support—REG grip 2. Cast—Legs straight 3. Straddle FWD flight over HB/LB 4. Execute 1/2 turn—Regrasp HB/LB 5. Finish hang HB/LB—REG grip	E—204 RELEASE HB-HB Support HB—Cast—FWD salto—Straddle—Hang HB (Comaneci) Cast Comaneci salto 1. Front support—REG grip 2. Cast—Legs straight 3. Execute FWD straddle salto 4. Stay on same side of bar 5. Regrasp HB—REG grip 6. Finish hang HB—REG grip			
C—205 RELEASE HB-HB Support HB—BWD Swing—REL—1/1 turn—Hang HB (Caslavskva) 360° Cast Push away 1/1 1. Front support—REG grip 2. Cast—Legs straight 3. Execute 1/1 turn—Same side of bar 4. Regrasp HB 5. Finish hang HB—REG grip	D—205a RELEASE LB-HB Inner Support LB—Cast—FWD salto roll—Hang HB (Radochla) Cast Radochla salto 1. Front support—REG grip 2. Cast—Legs straight 3. Execute traveling FWD salto roll 4. Regrasp HB 5. Finish hang HB—REG grip	D—205b RELEASE LB-HB Outer Support LB—Cast—FWD salto roll—Hang HB (Brause) Cast Brause salto 1. Front support—REG grip 2. Cast—Legs straight 3. Execute back traveling FWD salto roll 4. Regrasp HB 5. Finish hang HB—REG grip	E—205 RELEASE LB-HB Outer Support LB—Radochla roll—1/1 turn—Hang HB (Brause 1/1) 360° Cast Brause 1/1 salto 1. Front support—REG grip 2. Cast—Legs straight—Deep push BWD 3. Execute back traveling FWD salto roll w 1/1 twist 4. Regrasp HB 5. Finish hang HB—REG grip		

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

B—206 HB—Long swing FWD—1/2 turn—Uprise BWD—Clear support HB (Turning uprise)  Uprise 1/2 1. From HS HB—REG grip 2. Execute Giant BWD 1-2-3-4-5 3. 1/2 turn—BWD Uprise 4. Finish Clear support HB	D—206a RELEASE HB-HB HB—Long swing FWD—1/2 turn—Uprise—REL—Straddle FWD—Over HB—1/2 turn—Regrasp HB (Wilson) 180°  Uprise—Straddle over 1/2 1. From HS HB—REG grip 2. Execute Giant BWD 1-2-3-4-5 3. 1/2 turn—BWD Uprise 4. Release—FWD Straddle—Over HB 5. 1/2 turn (after clearing HB) 6. Regrasp HB—Hang	D—206b RELEASE HB-HB HB—Long swing FWD—1/2 turn—Uprise—REL—1/2 turn—Straddle flight BWD—Over HB (Fransella) 180°  Uprise—1/2 Straddle over 1. From HS HB—REG grip 2. Execute Giant BWD 1-2-3-4-5 3. 1/2 turn—BWD Uprise 4. Release—1/2 turn 5. Straddle BWD—Over HB 6. Regrasp HB—Hang			
C—207a Hang HB—Long swing FWD—BWD Uprise—HS-HB  Uprise HS 1. From hang HB—Any grip 2. Execute Long swing FWD 1-2-3-4 3. Execute BWD Uprise 1-2-3-4 4. Finish HS HB	C—207b Hang HB—Long swing FWD—BWD Uprise—HS-HB—1/1 turn—1-arm—After HS—L/Mix-L grip 360°  Uprise HS—1/1 Healy 1. From hang HB—Any grip 2. Execute BWD Uprise to HS-HB 1-2-3-4 3. Execute 1/1 turn on 1-arm 4. After HS 5. Finish L/Mix-L grip	D—207a Hang HB—Long swing FWD—BWD Uprise—HS-HB—1/2 turn—In HS 180°  Uprise HS—1/2 in HS 1. From hang HB—Any grip 2. Execute BWD Uprise to HS-HB 1-2-3-4 3. Execute 1/2 turn 4. In HS 5. Finish HS HB	D—207b Hang HB—Long swing FWD—BWD Uprise—HS-HB—1/1 turn—In HS 360°  Uprise HS—1/1 in HS 1. From hang HB—Any grip 2. Execute BWD Uprise to HS-HB 1-2-3-4 3. Execute 1/1 turn 4. In HS 5. Finish HS HB	D—207c Hang HB—Long swing FWD—BWD Uprise—Hop REV grip—In HS (McCalla)  Uprise HS—Hop in HS 1. From hang HB—Any grip 2. Execute BWD Uprise to HS-HB 1-2-3-4 3. Execute Hop to REV grip 4. In HS 5. Finish HS HB	D—207d Hang HB—Long swing FWD—BWD Uprise—Hop REV grip—1/1 turn—1-arm—After HS—L/Mix-L grip 360°  Uprise HS—Hop HS 1/1 Healy 1. From hang HB—Any grip 2. Execute BWD Uprise to HS-HB 1-2-3-4 3. Execute Hop to REV grip 4. Immediate 1/1 turn 1-arm 5. Finish L/Mix-L grip
E—207a Hang HB—Long swing B\FWD—BWD Uprise—HS-HB—1-1/2 turn—In HS (Reeder) 540°  Uprise HS—1-1/2 in HS 1. From hang HB—Any grip 2. Execute BWD Uprise to HS-HB 1-2-3-4 3. Execute 1-1/2 turn 4. In HS 5. Finish HS HB—Any grip	E—207a Hang HB—Long swing FWD—BWD Uprise—HS-HB—1-1/2 turn—L/Mix-L grip 540°  Uprise HS—1-1/2 in HS—Mix 1. From hang HB—Any grip 2. Execute BWD Uprise to HS-HB 1-2-3-4 3. Immediate 1-1/2 turn 4. Finish HB L/Mix-L grip				

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

B—208a RELEASE HB-HB Hang HB—Long swing BWD—Release—1/1 turn—Hang HB  BWD swing 1/1 1. From hang HB—Any grip 2. Execute BWD counterswing 3. Push DWN on bar—Release bar 4. Execute 1/1 turn 5. Finish hang HB	B—208b RELEASE HB-LB Hang HB—Long swing BWD—Straddle/pike—Flight—Over LB—Hang LB  Straddle back 1. From hang HB—Any grip 2. Execute BWD counterswing 3. Release bar 4. Execute Straddle/pike flight over LB 5. Finish hang LB <i>Direct to D/E REL (Ø FWD c-swing) = C</i>	C—208a RELEASE HB-LB Hang HB—Long swing BWD—Straddle/pike—Flight—HS LB  Straddle back HS 1. From hang HB—Any grip 2. Execute BWD counterswing 3. Release bar 4. Execute Straddle/pike flight to LB 5. Finish HS LB	C—208b RELEASE HB-LB Hang HB—Long swing BWD—Straddle/pike—Flight—1/2 turn—In HS LB  Straddle back HS 1/2 1. From hang HB—Any grip 2. Execute BWD counterswing 3. Release bar 4. Execute Straddle/pike flight to LB 5. Execute 1/2 turn in HS LB 6. Finish HS LB	D—209a RELEASE HB-LB Hang HB—BWD Counterswing—Straddle/pike—Flight—HS-LB—1/1 turn—In HS  Straddle back HS 1/1 1. From hang HB—Any grip 2. Execute BWD counterswing 3. Release bar 4. Execute Straddle/pike flight to LB 5. Execute 1/1 turn in HS 6. Finish HS LB	D—209b RELEASE HB-LB Hang HB—Long swing BWD—Straddle/pike—1/2 turn—In flight—HS LB  Straddle back 1/2 to HS 1. From hang HB—Any grip 2. Execute BWD counterswing 3. Release bar 4. Execute Straddle/pike flight 1/2 turn to LB 5. Finish HS LB
C—209 RELEASE HB-LB Hang HB—Long swing BWD—FWD salto—Pike/straddle—1/2 turn—Catch LB (Pritchard)  Pritchard 1. From hang HB—Any grip 2. Execute BWD Counterswing 3. Release bar 4. Execute FWD Straddle/pike salto 1/2 turn to LB 5. Finish hang LB	D—209a RELEASE HB-LB Hang HB—Long swing BWD—FWD salto—Stretch—1/2 turn—Catch LB (Cox)  Pritchard LO (Cox) 1. From hang HB—Any grip 2. Execute BWD Counterswing 3. Release bar 4. Execute FWD Stretch salto 1/2 turn to LB 5. Finish hang LB	D—209b RELEASE HB-HB Hang HB—Long swing BWD—FWD salto—Straddle—Catch same bar (Bullock)  Jaeger between bars (Bullock) 1. From hang HB—Any grip 2. Execute BWD Counterswing 3. Release bar 4. Execute FWD salto—Straddle to HB (same bar) 5. Finish hang HB	D—209c RELEASE HB-LB Hang HB—Long swing BWD—FWD salto—Between bars—Catch LB—REV grip (Montell)  Jaeger between bars to LB 1. From hang HB—Any grip 2. Execute BWD Counterswing 3. Release bar 4. Execute FWD salto—Straddle to LB 5. Finish hang LB		
B—210a Hang HB—Long swing FWD—BWD swing Uprise—Clear support HB  Swing Uprise 1. From hang HB 2. Execute Tap swing FWD 1-2-3-4 3. Execute BWD Uprise 1-2-3-4 4. Finish Clear support HB	B—210a HS-HB—Long swing FWD—BWD swing Uprise—Clear support HB  HS Swing Uprise 1. From HS HB 2. Execute Tap swing FWD 1-2-3-4-5 3. Execute BWD Uprise 1-2-3-4 4. Finish Clear support HB	C—210a RELEASE HB-HB Hang HB—Long swing FWD—BWD swing Uprise—REL—Straddle flight—Over HB—L-hang/Hang (Schier straddle)  Uprise straddle over HB 1. From HS HB 2. Execute Tap swing FWD 1-2-3-4 3. Execute BWD Uprise 1-2-3-4 4. Straddle flight FWD over HB 5. Regrasp HB L-hang/hang 6. Finish L-hang/hang HB	C—210b RELEASE HB-HB Hang HB—Long swing FWD—BWD swing Uprise—REL—Rear vault 1/2—Over HB—L-hang/Hang (Schier Kehre)  Uprise vault 1/2 over HB 1. From HS HB 2. Execute Tap swing FWD 1-2-3-4 3. Execute BWD Uprise 1-2-3-4 4. Rear vault 1/2 turn flight over HB 5. Regrasp HB L-hang/hang 6. Finish L-hang/hang HB	D—210 RELEASE HB-HB HS-HB—Long swing FWD—1/2 turn—BWD swing Uprise—REL—Rear vault 1/2—Over HB—Hang/L-hang HB (Janz Kehre)  Uprise 1/2 vault 1/2 over HB 1. From HS HB 2. Execute Tap swing FWD 1-2-3-4 3. Execute 1/2 turn BWD Uprise 4. Rear vault 1/2 turn flight over HB 5. Regrasp HB 6. Finish hang HB	

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

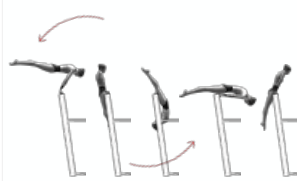
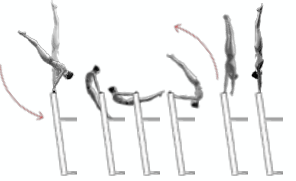
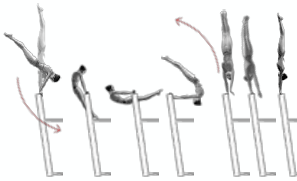
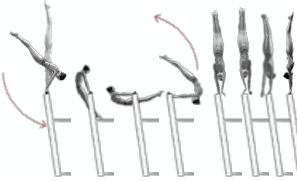
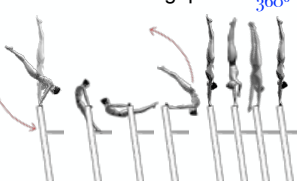
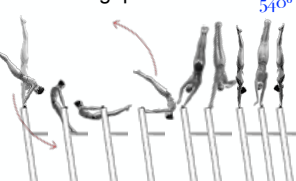
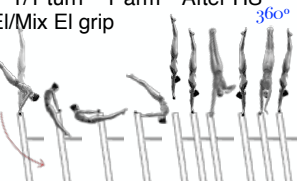
[308—FWD Clear Hip w Flight](#)

[309—FWD Clear Hip Hecht](#)

[310—FWD Clear Hip w REL](#)

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

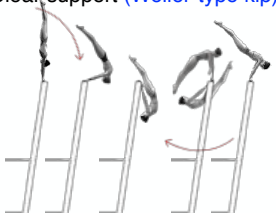
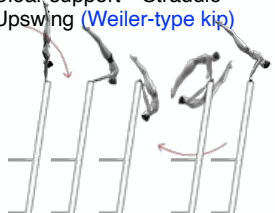
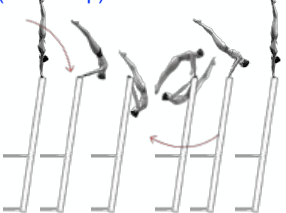
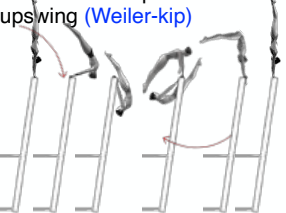
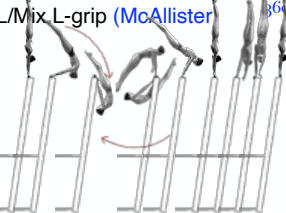
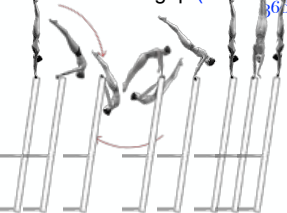
UB—3-BWD CLEAR HIP CIRCLE — 301-Clear Hip HS w/wo Turn — 302-Clear Hip HS w/wo Turn Grip Change — 303-Clear Hip Hop

A—301  HB/LB— Hip circle BWD—REG grip—Front support  BWD Hip circle 1. Front support—REG grip 2. Cast 3. Shoulders fall back—head neutral 4. Body remains straight or hollow 5. Hands slide around bar 6. Finish front support	B—301 HB/LB—Clear hip circle BWD—REG grip—Clear support  Clear hip circle 1. From Clear support—REG grip 2. Execute BWD Clear hip circle 3. Maintain no hip contact 4. Finish Clear support	C—301a  HB/LB—Clear hip circle BWD—REG grip—HS  Clear hip HS 1. From Clear support/HS—REG grip 2. Execute BWD Clear hip circle 3. Finish HS	C—302b  HB/LB—Clear hip circle BWD—REG grip—HS—1/2 turn—In HS  Clear hip HS 1/2 1. From Clear support/HS—REG grip 2. Execute BWD Clear hip circle to HS 3. Execute 1/2 turn in HS 4. Finish HS	E—302a  HB/LB—Clear hip circle BWD—HS—1/1 turn—In HS—REG grip (Ma)  Clear hip HS 1/1 1. From Clear support/HS—REG grip 2. Execute BWD Clear hip circle to HS 3. Execute 1/1 turn in HS 4. Finish HS—REG grip	E—302b  HB/LB—Clear hip circle BWD—HS—1-1/2 turn—In HS—REG grip  Clear hip HS 1-1/2 1. From Clear support/HS—REG grip 2. Execute BWD Clear hip circle to HS 3. Execute 1-1/2 turn in HS 4. Finish HS—REG grip
D—302 HB/LB—HS—Clear hip circle BWD—HS—1/2 turn—In HS—REV or EI or Mix-EI grip (Higgins)  Clear hip HS 1/2 to 'L' 1. From Clear support/HS—REG grip 2. Execute BWD Clear hip circle to HS 3. Execute 1/2 turn in HS 4. Finish HS—REV/EI/Mix EI-grip	C—302 HB/LB—Clear hip circle BWD—HS—1/1 turn 1-arm—After HS—REV or EI or Mix-EI grip  Clear hip HS 1/1 Healy 1. From Clear support/HS—REG grip 2. Execute BWD Clear hip circle to HS 3. Execute 1/1 turn 1-arm—After HS 4. Finish REV/EI/Mix EI-grip	E—302 HB/LB—Clear hip circle BWD—HS—1-1/2 turn—In HS—REV or EI or Mix-EI grip  Clear hip HS 1-1/2 1. From Clear support/HS—REG grip 2. Execute BWD Clear hip circle to HS 3. Execute 1-1/2 turn—In HS 4. Finish REV/EI/Mix EI-grip			
D—303a  HB/LB—Clear hip circle BWD—HS—Hop—Change grip—In HS  Clear hip HS hop 1. From Clear support/HS—REG grip 2. Execute BWD Clear hip circle to HS 3. Hop—Change grip (REV/Mix) 4. Finish HS	D—303b  HB/LB—Clear hip circle BWD—HS—Hop—Change grip—In HS—1/1 turn—1-arm—After HS—EI/Mix EI grip  Clear hip HS hop Healy 1/1 1. From Clear support/HS—REG grip 2. Execute BWD Clear hip circle to HS 3. Hop—Change grip (REV/Mix) 4. Finish HS				

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

C—304a RELEASE LB-HB LB—Clear Underswing BWD—Release—Counter move FWD—In flight—Hang HB Clear counter hecht to HB 1. From LB—REG grip 2. Execute BWD U-swing 3. Release bar 4. Execute Counter move FWD 5. Flight to HB 6. Finish hang HB	C—304b RELEASE LB-HB LB—Clear Underswing BWD—Release—Counter move FWD—In flight—1/2 turn—Hang HB—Mix grip Clear counter hecht 1/2 to HB 1. From LB—REG grip 2. Execute BWD U-swing 3. Release bar 4. Execute Counter move FWD 5. Flight to HB w 1/2 turn 6. Finish hang HB—Mix grip	E—304a RELEASE HB-HB HB—Clear hip circle BWD—Thru HS—Counter Straddle—Over HB—Hang HB (Hindorff) Hindorff 1. From HB—REG grip 2. Execute Clear hip circle BWD 3. Thru HS 4. Execute Counter Straddle 5. Over HB—Regrasp HB 6. Finish hang HB	E—304b RELEASE HB-HB HB—Clear hip circle BWD—Thru HS—Counter Pike—Over HB—Hang HB (Jones) (Shang) Jones/ Shang 1. From HB—REG grip 2. Execute Clear hip circle BWD 3. Thru HS 4. Execute Counter Pike 5. Over HB—Regrasp HB 6. Finish hang HB	E—304c RELEASE HB-HB HB—Clear hip circle BWD—Thru HS—Counter straddle—Over HB—1/2 turn—Hang HB Martins 1. From HB—REG grip 2. Execute Clear hip circle BWD 3. Thru HS 4. Execute Counter straddle—1/2 turn 5. Over HB—Regrasp HB 6. Finish hang HB	
D—305 RELEASE LB-HB LB—Clear hip circle BWD—Thru HS—Flight—Hang HB (Shaposhnikova) Shaposhnikova 1. From LB—REG grip 2. Execute Clear hip circle BWD 3. Thru HS 4. Flight to HB 5. Regrasp HB 6. Finish hang HB	E—305 RELEASE LB-HB LB—Clear hip circle BWD—Thru HS—1/2 turn—In flight—Hang HB (Khorkina) Khorkina 1. From LB—REG grip 2. Execute Clear hip circle BWD 3. Thru HS 4. 1/2 turn Flight to HB 5. Regrasp HB 6. Finish hang HB				
C—306a RELEASE LB-HB LB—Clear hip circle BWD—Hecht—Over LB—Hang HB Hecht LB to HB 1. From LB—REG grip 2. Execute BWD Clear hip circle 3. Hecht action over LB 4. Flight to HB 5. Finish hang HB	C—306b RELEASE LB-HB LB—Clear hip circle BWD—Hecht—Over LB—1/2 turn—Hang HB Hecht 1/2 LB to HB 1. From LB—REG grip 2. Execute BWD Clear hip circle 3. Hecht action over bar—1/2 turn 4. Regrasp HB 5. Finish hang HB	D—306 RELEASE Bar-Bar Clear hip circle BWD—Hecht flight—1/2 turn—Over bar—Hang same bar Hecht 1/2 over bar 1. From Clear support—REG grip 2. Execute BWD Clear hip circle 3. Hecht action—1/2 turn over bar 4. Regrasp same bar 5. Finish hang same bar	A—307 RELEASE Bar-Bar Clear hip circle/Hip circle BWD—Hip repulsion—Flight—Regrasp bar—Glide same bar Hip circle hecht 1. From Clear support—REG grip 2. Execute BWD hip circle 3. Execute hip repulsion 4. Catch bar 5. Finish Glide same bar	B—307 RELEASE Bar-Bar Clear hip circle/Hip circle BWD—Hip repulsion—FWD Free straddle—Over LB—Rear support (Korbut) Hip circle hecht—Straddle sit 1. From Clear support—REG grip 2. Execute BWD hip circle 3. Execute Straddle cut over bar 4. Sit Rear seat 5. Finish Rear support same bar	D—307 RELEASE Bar-Bar Hip circle BWD—Hecht flight—1/2 turn—Pass over bar—Hang same bar Hip circle hecht—Flight 1/2 1. From Clear support—REG grip 2. Execute BWD Free hip circle 3. Execute Hecht flight 1/2 turn over bar 4. Finish hang same bar

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

A—308  HB/LB—Hip circle FWD—Front support 	B—308a HB/LB—Clear hip circle FWD—Clear support (Weiler-type kip) 	B—308a HB/LB—Clear hip circle FWD—Clear support—Straddle—Upswing (Weiler-type kip) 			
FWD hip circle 1. From Front support—REG grip 2. Push bar down—elevate shoulders 3. Fall straight with heel drive 4. Rotate hands around bar 5. Lean FWD—Feet front of bar 6. Finish front support	Weiler kip to support 1. From Clear support—REV grip 2. Execute FWD Clear hip circle 3. Finish Clear support	Weiler kip Straddle up 1. From Clear support—REV grip 2. Execute FWD Clear hip circle 3. Straddle on up swing 4. Finish Clear support			
D—309a  HS—Clear hip circle FWD—HS (Weiler-kip) 	D—309a HS—Clear hip circle FWD—HS—Straddle—Hips bent on upswing (Weiler-kip) 	D—309b  HS—Clear hip circle FWD—HS—1/2 turn—In HS (Weiler-kip) 	D—309c  HS—Clear hip circle FWD—HS—1/1 turn—1-arm—After HS—L/Mix L-grip (McAllister) 	D—309d HS—Clear hip circle FWD—HS—1/2 turn—Mix-grip (Weiler-kip) 	
Weiler kip straight HS 1. From HS—REV grip 2. Execute FWD Clear hip circle 3. Legs together—Hips extended 4. Finish HS	Weiler kip straddle/bent HS 1. From HS—REV grip 2. Execute FWD Clear hip circle 3. Legs straddle—Hips bent 4. Finish HS	Weiler kip HS 1/2 1. From HS—REV grip 2. Execute FWD Clear hip circle 3. Legs together—Hips extended 4. Execute 1/2 turn in HS 5. Finish HS	Weiler kip HS 1/1 Healy 1. From HS—REV grip 2. Execute FWD Clear hip circle 3. Legs together—Hips extended 4. Execute 1-arm 1/1 turn—After HS 5. Finish after HS	Weiler kip HS 1/2 to Mix 1. From HS—REV grip 2. Execute FWD Clear hip circle 3. Legs together—Hips extended 4. Execute 1-arm 1/1 turn—After HS 5. Finish after HS	
D—310 RELEASE LB-HB LB—Clear hip circle FWD—FWD salto—Over LB—Catch HB hang (Pelaez) 	E—310 RELEASE HB-HB HB—Clear hip circle FWD—Straddle FWD salto—Catch HB hang (Sims) 				
Weiler kip salto LB to HB 1. From HS—REV grip 2. Execute FWD Clear hip circle 3. Immediate FWD salto over LB 4. Regrasp HB 5. Finish hang HB	Weiler kip salto HB to HB 1. From HS—REV grip 2. Execute FWD Clear hip circle 3. Immediate FWD salto—Straddle 4. Regrasp HB 5. Finish hang HB				

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 \(Overshoot\)](#)

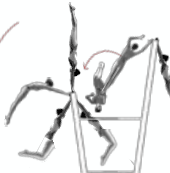
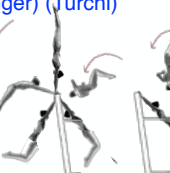
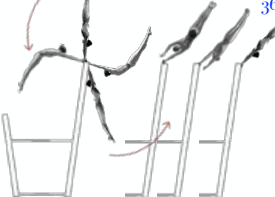
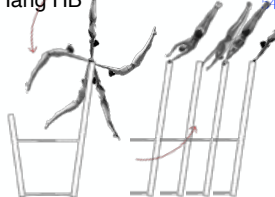
[407—BWD Giant REL HB ➤ LB w Salto](#)

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

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

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

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

A—401	B—401	C—401a	C—401b RELEASE LB-HB	C—401c RELEASE LB-LB	
LB—Giant BWD HS—Tuck at bottom (either side)	LB—Giant BWD—1/2 turn—HS—Tuck at bottom (either side)	LB—Giant BWD—1/1 turn—In HS—Tuck at bottom (either side)	Face in—3/4 Giant swing BWD—Release—1/2 turn—Tuck—Flight—Catch HB—Face LB	Face in—3/4 Giant swing BWD—Release—Swing FWD—BWD salto—1/2 turn—Tuck (LB Gienger) (Turchi)	
					
LB BWD Giant	LB BWD Giant 1/2	LB BWD Giant 1/1	LB BWD Giant REL HB	LB BWD Giant REL LB	
1. From HS LB 2. Execute BWD Giant 3. Bend knees at circle bottom 4. Finish HS LB	1. From HS LB 2. Execute BWD Giant 3. Bend knees at circle bottom 4. Execute 1/2 turn—In HS 5. Finish HS LB	1. From HS LB 2. Execute BWD Giant 3. Bend knees at circle bottom 4. Execute 1/1 turn—In HS 5. Finish HS LB	1. From HS/hang LB 2. Execute BWD Giant 3. Bend knees at circle bottom 4. Release LB—Tuck flight 1/2 turn 5. Regrasp HB 6. Finish hang HB	1. From HS/hang LB 2. Execute BWD Giant 3. Bend knees at circle bottom 4. Release LB—Tuck salto 1/2 turn 5. Regrasp LB 6. Finish hang LB	
A—402	B—402a	B—402b	C—402		
HS-HB—Long swing FWD—1/2 turn—HOR -45° from VER	HS-HB—Long swing FWD—1/2 turn—21° - 44° from VER	HS-HB—Long swing FWD—1/1 turn—L-hang—HB height	HS-HB—Long swing FWD—1-1/2 turn—45° from VER—Hang HB		
					
BWD Giant Swing 1/2	BWD Giant Swing Blind	BWD Giant Swing 1/1	BWD Giant Swing 1-1/2		
1. From HS HB 2. Execute BWD Giant 3. Execute 1/2 turn HOR - 45° ➤ VER 4. Finish hang HB	1. From HS HB 2. Execute BWD Giant 3. Execute 1/2 turn 21° - 44° ➤ VER 4. Finish hang HB	1. From HS HB 2. Execute BWD Giant 3. Execute 1/1 turn HOR - 45° ➤ VER 4. Finish L-hang HB	1. From HS HB 2. Execute BWD Giant 3. Execute 1-1/2 turn 45° ➤ VER 4. Finish hang HB		
A—403	B—403a	B—403a	B—403b		
Face out—From jump LB ^{QB} Front support HB/LB—Cast—Long swing FWD—Long hang pullover—Front support	HS-HB—Giant BWD HS—REG/ cross grip (Dussier)	HS-HB—Giant BWD HS—REG/ cross grip—Bend hip joint—Upper VER	HS-HB—Giant BWD HS—1-arm—REG grip (Liu)		
					
Long Hang Pullover	BWD Giant	BWD Speed Giant	BWD 1-Arm Giant		
1. From support HB/LB 2. Cast—Tap swing FWD 3. Execute Long hang pullover 4. Finish Front support HB/LB	1. From HS HB 2. Execute BWD Giant 3. REG or Cross grip 4. Hips straight or bend-EXT in upper VER 5. Finish HS HB	1. From HS HB 2. Execute BWD Giant 3. REG or Cross grip 4. Hips bend in upper VER 5. Finish HS HB	1. From HS HB 2. Execute 1-arm BWD Giant 3. REG grip 4. Hips straight or bend-EXT in upper VER 5. Finish HS HB		

C—404a HS-HB—Giant BWD HS—1/2 turn BWD Giant 1/2 (Blind) 1. From HS HB 2. Execute BWD Giant 3. Execute 1/2 turn—In HS 4. Finish HS HB	C—404b HS-HB—Giant BWD HS—1/2-1/2 turn (different direction)—In HS BWD Giant 1/2, 1/2 1. From HS HB 2. Execute BWD Giant 3. Execute 1/2 turn in HS 4. Execute 1/2 turn—different direction 5. Finish HS HB	C—404b HS-HB—Giant BWD HS—1/2-1/2 turn (different direction)—In HS—Straddle 2nd 1/2 turn BWD Giant 1/2, Straddle 1/2 1. From HS HB 2. Execute BWD Giant 3. Execute 1/2 turn in HS 4. Execute 1/2 turn—different direction—Straddle 5. Finish HS HB	D—404a HS-HB—Giant BWD HS—1/1 turn—In HS BWD Giant 1/1 1. From HS HB 2. Execute BWD Giant 3. Execute 1/1 turn in HS 4. Finish HS HB	D—404b HS-HB—Giant BWD HS—1-1/2 turn—In HS—L/Mix L-grip (Chusovitina) BWD Giant 1-1/2 1. From HS HB 2. Execute BWD Giant 3. Execute 1-1/2 turn in HS to L/Mix-L grip 4. Finish HS HB L/Mix-L grip	E—404 HS-HB—Giant BWD HS—2/1 turn—In HS BWD Giant 2/1 1. From HS HB 2. Execute BWD Giant 3. Execute 2/1 turn—In HS 4. Finish HS HB
C—405a HS-HB—Giant BWD HS—Hop—change grip—In HS BWD Giant Hop 1. From HS HB 2. Execute BWD Giant 3. Release bar just prior to VER 4. Execute Hop to change grip 5. Finish HS HB	C—405b HS-HB—Giant BWD HS—Hop 1/2 turn—REV grip BWD Giant Hop 1/2 1. From HS HB 2. Execute BWD Giant 3. Release bar just prior to VER 4. Execute Hop 1/2 turn to REV grip 5. Finish HS HB	C—405c HS-HB—Giant BWD HS—Hop REV grip—Healy 1/1 turn—1-arm—L/Mix L-grip BWD Giant Hop, Healy 1/1 1. From HS HB 2. Execute BWD Giant 3. Release bar just prior to VER 4. Execute Hop to REV grip 5. Execute 1-arm 1/1 turn to L/Mix L-grip 6. Finish L/Mix L-grip	D—405a HS-HB—Giant BWD—Hop REG grip—L-grip—In HS (Dochney) BWD Giant Hop 'L' 1. From HS HB 2. Execute BWD Giant 3. Release bar just prior to VER 4. Execute Hop REG to L-grip—In HS 5. Finish HS HB	D—405b HS-HB—Giant BWD—1/1 turn—In HS—Hop on 1st turn (same direction) BWD Giant 1/2 Hop 1/2 1. From HS HB 2. Execute BWD Giant 3. Release bar just prior to VER 4. Execute Hop 1/2 5. Execute 1/2 turn—same direction 6. Finish HS HB	E—405 HS-HB—Giant BWD—HS—Hop 1/1 turn—REG grip—In HS (Chusovitina) BWD Giant Hop 1/1 1. From HS HB 2. Execute BWD Giant 3. Release bar just prior to VER 4. Execute Hop 1/1 turn 5. Finish REG grip HS HB

B-406	C-406	D-406	E-406a	E-406b
Hang HB—Face in—Long swing FWD—1/2 turn—Flight—Over LB—Hang LB Swing Overshoot 1. From hang HB 2. Tap swing FWD 3. Execute 1/2 turn flight over LB 4. Regrasp LB 5. Finish hang LB	HS-HB—Long swing FWD—1/2 turn—Flight—Over LB—Hang LB (Bail/Overshoot) HS Overshoot 1. From HS HB 2. Tap swing FWD 3. Execute 1/2 turn flight over LB 4. Regrasp LB 5. Finish hang LB	HS/hang HB—Long swing FWD—1/2 turn—Flight—To HS LB (Bail HS/Overshoot HS) Bail HS 1. From HS or Hang HB 2. Tap swing FWD 3. Execute 1/2 turn flight to LB 4. Finish HS LB	HS/hang HB—Long swing FWD—1/2 turn—Flight—To HS LB (Bail HS/Overshoot HS-1/2 HS) HS Bail HS 1/2 1. From HS HB 2. Tap swing FWD 3. Execute 1/2 turn flight to LB HS—1/2 turn in HS 4. Finish HS LB	Hang HB—Long swing FWD—1-1/2 turn—Flight—Over LB—Hang LB (Strong) Swing 1-1/2 Overshoot 1. From hang HB 2. Tap swing FWD 3. Execute 1-1/2 turn flight over LB 4. Finish hang LB
C-407a Peach Salto 1. From hang HB 2. Execute FWD swing 3. Bring toes up—Release HB 4. Execute BWD Straddle/tuck salto 5. Regrasp LB 6. Finish straddle hang LB	C-407b Cullinan Salto 1. From hang HB 2. Execute FWD swing 3. Bring toes up—Release HB 4. Execute BWD Tuck salto 1/2 turn 5. Regrasp LB 6. Finish Mix grip LB	D-407 Pak Salto 1. From hang HB 2. Execute FWD swing 3. Bring toes up—Release HB 4. Execute BWD stretch salto 5. Regrasp LB REG/cross grip 6. Finish Clear support LB	E-407 Bhardwaj Salto 1. From hang HB 2. Execute FWD swing 3. Bring toes up—Release HB 4. Execute BWD Tuck/LO salto 1/2 turn 5. Regrasp LB 6. Finish Clear support LB	

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

D—408a RELEASE HB-HB Tkatchev 1. From HS HB 2. Execute BWD Giant 3. Execute straddle REV hecht BWD over HB 4. Finish hang HB	D—408b RELEASE HB-HB Monckton 1. From HS HB 2. Execute BWD Giant 3. Pull bar—Release bar 4. Execute 1/2 turn Pike vault—Over HB 5. Finish hang HB	E—408a RELEASE HB-HB Pike Tkatchev 1. From HS HB 2. Execute BWD Giant 3. Execute pike REV hecht BWD over HB 4. Finish hang HB	E—408b RELEASE HB-HB Shushunova 1/1 1. From HS HB 2. Execute BWD Giant 3. Release bar—1/2 turn 4. Execute straddle reverse hecht 1/2 turn BWD over HB 5. Finish hang HB	E—408c RELEASE HB-HB Counter 1/1 1. From HS HB 2. Execute BWD Giant 3. Pull bar—Release bar 4. Execute straddle reverse hecht BWD—1/1 turn over HB 5. Finish hang HB	E—408d RELEASE HB-HB Kononenko 1. From HS HB 2. Execute BWD Giant 3. Execute pike REV hecht BWD over HB 4. Finish hang HB
D—409a RELEASE HB-HB Deltchev 1. From hang HB 2. Execute BWD Giant 1/2 turn 3. Release HB 4. Execute FWD Tuck/straddle salto 5. Regrasp HB 6. Finish hang HB	D—409b RELEASE HB-HB Gienger 1. From HS HB 2. Execute BWD Giant 3. Pull bar—Release bar 4. Execute BWD salto pike 1/2 turn 5. Regrasp HB 6. Finish hollow hang HB	D—409c RELEASE HB-HB O'Neal / Nyeste 1. From HS HB 2. Execute BWD Giant 3. Pull bar—Release bar 4. Execute BWD salto pike 1/2 turn 5. Regrasp HB—Mix grip 1/2 turn 6. Finish hollow hang HB	E—409a RELEASE HB-HB Gienger LO 1. From HS HB 2. Execute BWD Giant 3. Pull bar—Release bar 4. Execute BWD salto stretch 1/2 turn 5. Regrasp HB 6. Finish hollow hang HB	E—409b RELEASE HB-HB Def / Hristakieva 1. From HS HB 2. Execute BWD Giant 3. Pull bar—Release bar 4. Execute BWD salto stretch 1-1/2 turn 5. Regrasp HB 6. Finish hollow hang HB	E—409c RELEASE HB-HB Deltchev Pike 1. From Hang/HS HB 2. Execute BWD Giant swing 3. Execute 1/2 turn 4. Execute FWD salto pike 5. Regrasp HB 6. Finish hollow hang HB
E—409d RELEASE HB-HB Counter FWD Straddle REV 1. From HS HB 2. Execute BWD Giant 3. Pull bar—Release bar 4. Execute FWD salto straddle 5. Regrasp HB REV grip 6. Finish hollow hang HB					

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](#)

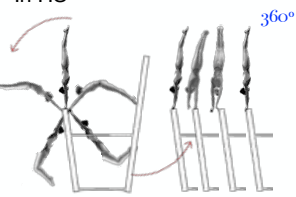
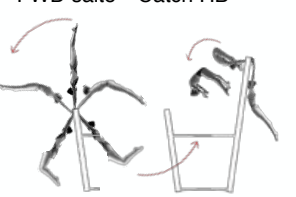
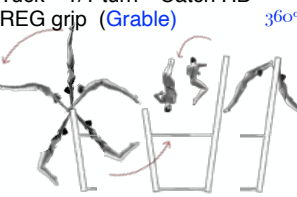
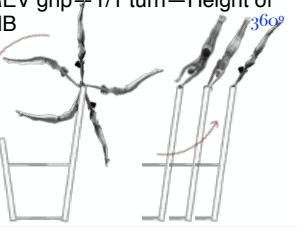
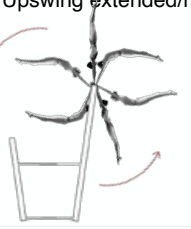
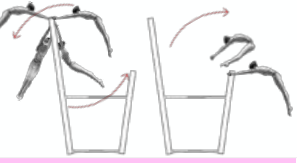
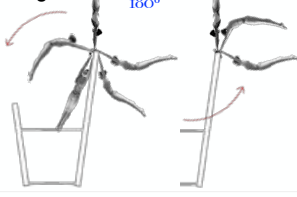
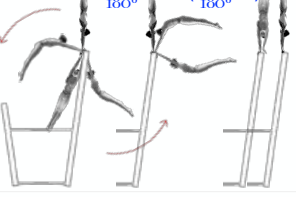
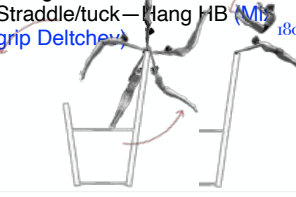
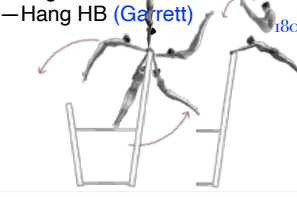
[509—FWD Giant REL Over Bar](#)



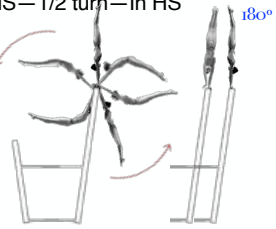
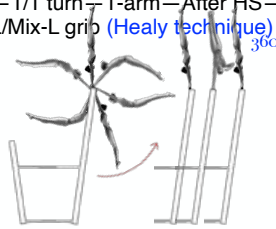
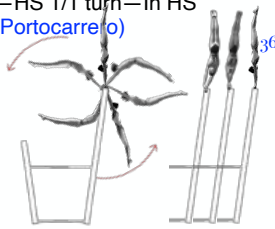
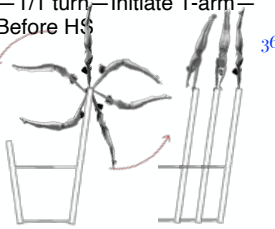
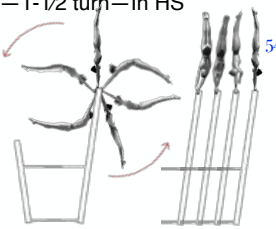
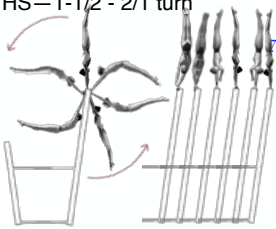
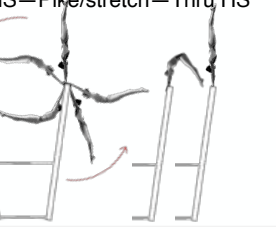
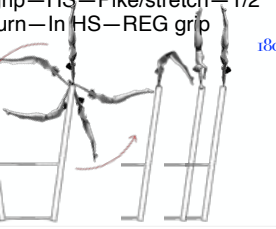
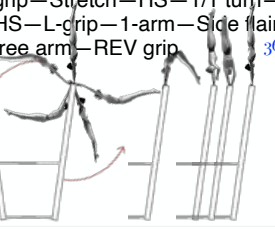
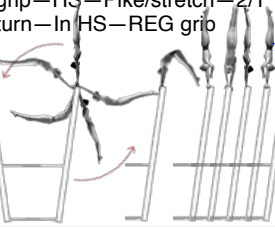
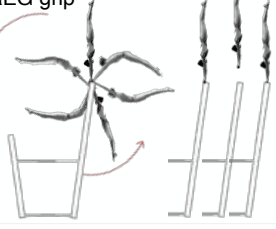
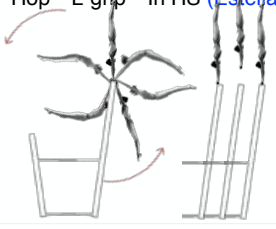
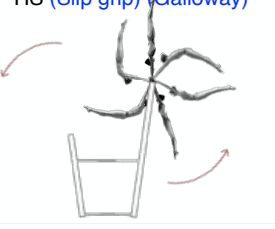
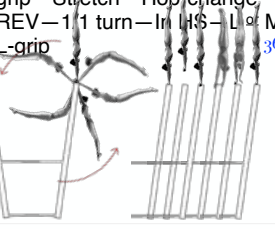
► B—503—Swing, 1/2 turn Straddle/Pike Back = C if followed by D/E REL

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

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

B—501a HS-LB—Giant FWD—REV grip —Legs tuck at bottom  LB FWD Giant 1. From HS HB—REV grip 2. Execute FWD Giant 3. Bend knees at circle bottom 4. Finish HS LB	B—501b HS-LB—Giant FWD—REV grip —Legs tuck at bottom—1/2 turn —In HS  LB FWD Giant 1/2 1. From HS HB—REV grip 2. Execute FWD Giant 3. Bend knees at circle bottom 4. Execute 1/2 turn 5. Finish HS LB	C—501a HS-LB—Giant FWD—REV grip —Legs tuck at bottom—1/1 turn —In HS  LB FWD Giant 1/1 1. From HS HB—REV grip 2. Execute FWD Giant 3. Bend knees at circle bottom 4. Execute 1/1 turn 5. Finish HS LB	C—501b RELEASE LB-HB Face out LB—3/4 Giant FWD—REV grip—Legs tuck at bottom—FWD salto—Catch HB  LB FWD Giant REL HB 1. From HS HB—REV grip 2. Execute FWD Giant 3. Bend knees at circle bottom 4. Execute FWD salto 5. Regrasp HB 6. Finish hang HB	D—501 RELEASE LB-HB HS-LB—REV grip—3/4 Giant FWD—Release—FWD salto—Tuck—1/1 turn—Catch HB—REG grip (Grable)  LB FWD Giant 1/1 REL HB 1. From HS HB—REV grip 2. Execute FWD Giant 3. Bend knees at circle bottom 4. Execute FWD tuck 1/1 salto 5. Regrasp HB 6. Finish hang HB	
B—502 HS-HB—Long swing BWD—REV grip—1/1 turn—Height of HB  FWD Giant Swing 1/1 1. From HS HB—REV grip 2. Execute FWD Giant swing 3. Swing BWD min height of HB 4. Execute 1/1 turn 5. Regrasp HB 6. Finish HB	C—502a  HS-HB—Giant FWD—REV grip—HS—Upswing straddle/hips bent  FWD Giant Straddle 1. From HS HB—REV grip 2. Execute FWD Giant swing 3. Swing BWD 4. Straddle or bent/extend body 5. Finish HS HB	C—502a  HS-HB—Giant FWD—REV grip—HS—Upswing extended/hips bent  FWD Giant Straight 1. From HS HB—REV grip 2. Execute FWD Giant swing 3. Swing BWD 4. Extended body 5. Finish HS HB			
B—503 HB—Long swing FWD—Cross grip—1/2 turn in hang—Swing BWD—Straddle/Pike Flight—Over LB—Hang LB  FWD Swing 1/2 Straddle Back 1. From HB—Cast—FWD swing 2. Cross grip—1/2 turn in hang 3. Continue—BWD swing—Release 4. Straddle/Pike Flight over LB 5. Finish LB hang <i>Direct to D/E REL (Ø FWD c-swing) = C</i>	C—503a  HS-HB—Long swing FWD—Cross grip—1/2 turn in hang—Swing BWD—In HS HB  1/2 FWD Giant 1. From HS HB—Cross grip 2. Cross grip—Giant 1/2 turn in hang 3. Continue—FWD Giant swing UpWD 4. Finish HS HB	C—503b  HS-HB—Long swing FWD—Cross grip—1/2 turn in hang—Swing BWD—1/2 turn—In HS HB (Shahaf)  1/2 FWD Giant 1/2 1. From HS HB—Cross grip 2. Cross grip—Giant 1/2 turn in hang 3. Continue—FWD Giant swing UpWD 4. Execute 1/2 turn in HS 5. Finish HS HB	D—503 RELEASE HB-HB HS-HB—Long swing FWD—Cross grip—1/2 turn in hang—Swing BWD—FWD salto—Straddle/tuck—Hang HB (Mig)  Deltchev 1. From HS HB—Cross grip 2. Cross grip—Giant 1/2 turn in hang 3. Continue—FWD Giant swing UpWD 4. Execute FWD salto—Straddle 5. Finish hang HB	E—503 RELEASE HB-HB HS-HB—Long swing FWD—Cross grip—1/2 turn in hang—Swing BWD—FWD salto—Pike—Hang HB (Garrett)  Deltchev Pike 1. From HS HB—Cross grip 2. Cross grip—Giant 1/2 turn in hang 3. Continue—FWD Giant swing UpWD 4. Execute FWD salto—Pike 5. Finish hang HB	

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

C—504a  HS-HB—Giant FWD—REV grip—HS—1/2 turn—In HS  FWD Giant 1/2 1. From HS HB—REV grip 2. Execute FWD Giant 3. Swing BWD HS 4. Execute 1/2 turn in HS 5. Finish HS HB	C—504b  HS-HB—Giant FWD—REV grip—1/1 turn—1-arm—After HS—L/Mix-L grip (Healy technique)  FWD Giant 1/1 Healy 1. From HS HB—REV grip 2. Execute FWD Giant—REV grip 3. Swing BWD HS 4. 1/1 turn one-arm—After HS 5. Finish L/Mix-L grip HB	D—504  HS-HB—Giant FWD—REV grip—HS 1/1 turn—In HS (Portocarreo)  FWD Giant 1/1 in HS 1. From HS HB—REV grip 2. Execute FWD Giant 3. Swing BWD HS 4. Execute 1/1 turn in HS 5. Finish HS HB	E—504a  HS-HB—Giant FWD—REV grip—1/1 turn—Initiate 1-arm—Before HS  FWD Giant 1/1 before HS 1. From HS HB—REV grip 2. Execute FWD Giant 3. Swing BWD HS 4. Execute 1/1 turn one-arm before HS 5. Finish HS HB	E—504b  HS-HB—Giant FWD—REV grip—1-1/2 turn—In HS  FWD Giant 1-1/2 1. From HS HB—REV grip 2. Execute FWD Giant 3. Swing BWD HS 4. Execute 1-1/2 turn in HS 5. Finish HS HB	E—504c  HS-HB—Giant FWD—L grip—HS—1-1/2 - 2/1 turn  FWD Giant 2/1 L-grip 1. From HS HB—REV grip 2. Execute FWD Giant—REV grip 3. Swing BWD HS 4. Execute 2/1 turn in HS 5. Finish HS HB
D—505a  HS-HB—HS—Giant FWD L-grip—HS—Pike/stretch—Thru HS  FWD L-grip Giant 1. From HS HB—L-grip 2. Execute FWD Giant 3. Pike/Stretch to HS 4. Finish HS HB	D—505b  HS-HB—HS—Giant FWD—L-grip—HS—Pike/stretch—1/2 turn—In HS—REG grip  FWD L-grip Giant 1/2 1. From HS HB—L-grip 2. Execute FWD Giant 3. Pike/Stretch to HS 4. 1/2 turn in HS 5. Finish HS HB—REG grip	E—505a  HS-HB—HS—Giant FWD—L-grip—Stretch—HS—1/1 turn—In HS—L-grip—1-arm—Side flair free arm—REV grip  FWD L-grip Flair Giant 1/1 1. From HS HB—L-grip 2. Execute FWD Giant 3. Stretch—HS 4. 1/1 turn in HS—1-arm Side flair 5. Finish HS HB—REV grip	E—505b  HS-HB—HS—Giant FWD—L-grip—HS—Pike/stretch—2/1 turn—In HS—REG grip  FWD L-grip Giant 2/1 1. From HS HB—L-grip 2. Execute FWD Giant 3. Pike/Stretch—HS 4. 2/1 turn in HS 5. Finish HS HB—REG grip		
C—506  HS-HB—Giant FWD—Hop grip—REG grip  FWD Giant Hop REG grip 1. From HS HB—REV grip 2. Execute FWD Giant 3. Swing BWD 4. Hop to REG grip 5. Finish HS HB REG grip	D—506a  HS-HB—Giant FWD—REV grip—Hop—L-grip—In HS (Estella)  FWD Giant Hop L-grip 1. From HS HB—REV grip 2. Execute FWD Giant 3. Swing BWD 4. Hop to L-grip 5. Finish HS HB L-grip	D—506b  HS-HB—Giant FWD—REG grip—HS (Slip grip) (Galloway)  FWD Giant Slip grip 1. From HS HB—REG grip 2. REG grip 3. Execute FWD Giant swing—Slip grip 4. Finish HB REG grip	E—506  HS-HB—HS—Giant FWD—L-grip—Stretch—Hop/change—REV—1/1 turn—In HS—L or Mix L-grip  FWD Giant L-grip Hop REV 1/1 1. From HS HB—L-grip 2. Execute FWD Giant 3. Stretch—Hop change—REV grip 4. 1/1 turn in HS 5. Finish HS HB—L or Mix L-grip		

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

C—507 RELEASE HB-LB Straddle back 1. From HS HB—REV grip 2. Execute FWD Giant 3. Release HB 4. Execute Straddle flight BWD 5. Over LB—Regrasp LB 6. Finish Hollow hang LB	D—507a RELEASE HB-LB Straddle back HS 1. From HS HB—REV grip 2. Execute FWD Giant 3. Release HB 4. Execute Straddle flight BWD 5. HS LB 6. Finish HS LB	D—507b RELEASE HB-LB Straddle back 1/2 1. From HS HB—REV grip 2. Execute FWD Giant 3. Release HB 4. Execute flight BWD—1/2 turn 5. Regrasp LB 6. Finish hang LB				
D—508 RELEASE HB-HB Jaeger 1. From HS HB—REV/L-grip 2. FWD Giant 3. BWD swing UpWD 4. Execute FWD Straddle salto 5. Finish hang HB	E—508a RELEASE HB-HB Jaeger Pike 1. From HS HB—REV/L-grip 2. FWD Giant 3. BWD swing UpWD 4. Execute FWD Pike salto 5. Finish hang HB	E—508b RELEASE HB-HB Jaeger 1/2 1. From HS HB—REV/L-grip 2. FWD Giant 3. BWD swing UpWD 4. Execute FWD Straddle salto 1/2 turn 5. Finish hang HB	E—508c RELEASE HB-HB Jaeger LO 1. From HS HB 2. FWD Giant—REV/L-grip 3. BWD swing UpWD 4. Execute FWD LO salto 5. Finish hang HB	E—508d RELEASE HB-HB Mo 1. From HS HB 2. FWD Giant—L-grip 3. BWD swing UpWD 4. Execute FWD Tuck salto over HB 5. Finish hang HB—REV grip		
C—509 RELEASE HB-HB FWD Giant Vault 1/2 1. From HS HB—REV-grip 2. FWD Giant 3. Stoop VT—1/2 turn 4. Over HB 5. Finish hang HB	D—509 RELEASE HB-HB Khorkina 1. From HS HB—REV-grip 2. FWD Giant 3. 1/2 turn—Straddle flight 4. Over HB 5. Finish hang HB	E—509 RELEASE HB-HB FWD Giant 1/2 Straddle over 1. From HS HB—L-grip 2. FWD Giant 3. 1/2 turn—Straddle flight 4. Over HB—REV grip 5. Finish hang HB				

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](#)

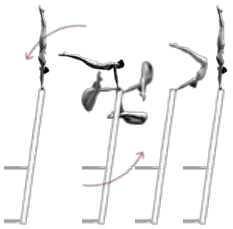
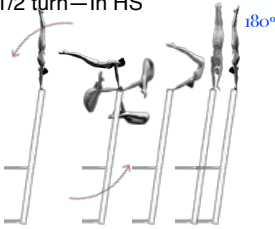
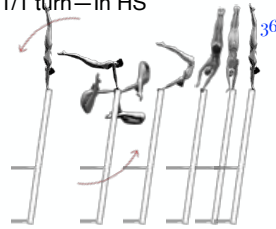
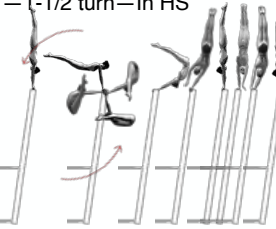
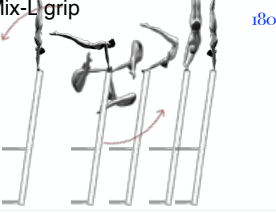
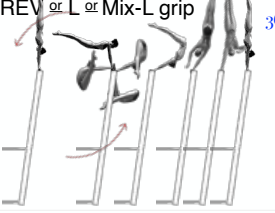
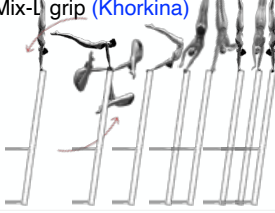
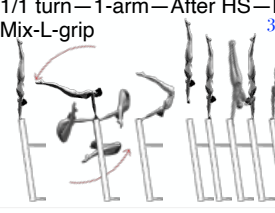
[608—BWD Stalder HS Turn to L or Mix L-grip](#)

[609—FWD Clear Straddle Circle Press HS](#)

[610—FWD Stalder w REL HB ➤ LB, LB ➤ HB](#)

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

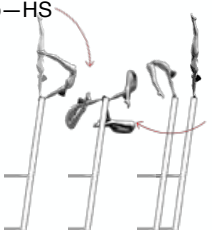
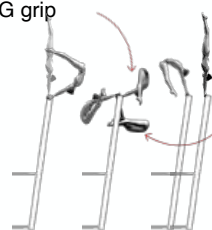
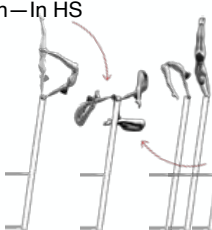
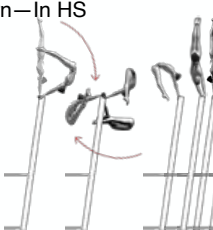
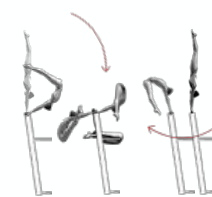
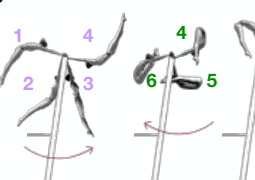
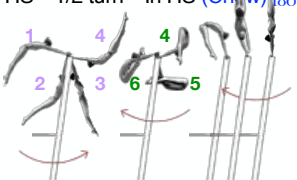
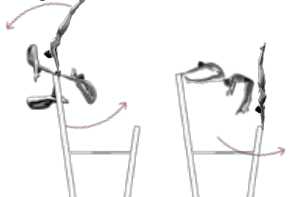
UB—6-STALDER BWD — 601-HS w/wo Turn in HS — 602-HS Turn to L or Mix L-grip — 603-HS w Hop

A—601 HB/LB—Clear straddle circle BWD—Clear straddle 'L' support  BWD Stalder circle 1. From Clear straddle support 2. Execute BWD Clear straddle circle 3. Finish Clear straddle 'L' support	B—601 HB/LB—Stalder circle BWD— Clear support  BWD Stalder clear support 1. From Clear support 2. Execute BWD Stalder circle 3. Finish Clear support	D—601a HB/LB—HS—Stalder BWD—HS  BWD Stalder HS 1. From HS—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder 4. Finish HS	D—601b HB/LB—HS—Stalder BWD—HS —1/2 turn—In HS  BWD Stalder HS 1/2 1. From HS—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder—HS 4. 1/2 turn in HS 5. Finish HS	E—601a HB/LB—HS—Stalder BWD—HS —1/1 turn—In HS  BWD Stalder HS 1/1 1. From HS—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder—HS 4. 1/1 turn in HS 5. Finish HS	E—601b HB/LB—HS—Stalder BWD—HS —1-1/2 turn—In HS  BWD Stalder HS 1-1/2 1. From HS—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder—HS 4. 1-1/2 turn in HS 5. Finish HS
D—602 HB/LB—HS—Stalder BWD—HS —1/2 turn—In HS—REV or L or Mix-L grip  BWD Stalder 1/2 to L-grip 1. From HS—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder—HS 4. 1/2 turn in HS 5. Finish L or Mix-L-grip	E—602a HB/LB—HS—Stalder BWD—HS —1/1 turn—1-arm—After HS— REV or L or Mix-L grip  BWD Stalder 1/1 to L-grip 1. From HS—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder—HS 4. 1/1 turn—1-arm—After HS 5. Finish L or Mix-L-grip	E—602b HB/LB—HS—Stalder BWD—HS —1-1/2 turn—In HS—REV or L or Mix-L grip (Khorkina)  BWD Stalder 1-1/2 to L-grip 1. From HS—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder—HS 4. 1-1/2 turn in HS 5. Finish L or Mix-L-grip			
D—603a RELEASE Bar-Bar HB/LB—HS—Stalder BWD—HS —Hop—Change grip—In HS  BWD Stalder Hop 1. From HS—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder—HS 4. Hop—Change grip 5. Finish HS	D—603b RELEASE Bar-Bar HB/LB—HS—Stalder BWD—HS —Hop—Change grip—In HS— 1/1 turn—1-arm—After HS—L or Mix-L-grip  BWD Stalder Hop 1/1 after HS 1. From HS—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder—HS 4. Hop—Change grip 5. 1/1 turn—1-arm—After HS 6. Finish L or Mix-L-grip				

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

C—604a RELEASE LB-HB 	C—604b RELEASE LB-HB 	D—604 RELEASE LB-HB 	E—604a RELEASE LB-HB 	E—604b RELEASE LB-HB
BWD Stalder counter HB 1. From Clear support LB—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder 4. Release—Counter movement FWD 5. Finish hang HB	BWD Stalder hecht HB 1. From Clear support LB—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder 4. Release—Counter Hecht 5. Regrasp HB 6. Finish hang HB	BWD Stalder flight HB 1. From Clear support LB—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder 4. Release—Flight to HB 5. Regrasp HB 6. Finish hang HB	BWD Stalder flight 1/2 HB 1. From Clear support LB—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder 4. Release—1/2 turn Flight to HB 5. Regrasp HB 6. Finish hang HB	BWD Stalder flight 1/1 HB 1. From Clear support LB—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder 4. Release—1/1 turn Flight to HB 5. Regrasp HB 6. Finish hang HB
B—605 RELEASE HB-LB 	D—605 RELEASE HB-LB 			
BWD Stalder circle LB 1. From Clear support HB—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder circle 4. Release—Grip change LB 5. Finish hang LB	BWD Stalder circle HS LB 1. From Clear support HB—REG grip 2. Any fall technique acceptable 3. Execute BWD Stalder circle 4. Release—Grip change LB 5. Finish HS LB			
D—606 RELEASE HB-HB 	E—606a RELEASE HB-HB 	E—606b RELEASE HB-HB 	E—606c RELEASE HB-HB 	
BWD Stalder circle 1/2 regrasp 1. From HS HB 2. Any fall technique acceptable 3. Execute BWD Stalder circle 4. Release—1/2 turn regrasp HB 5. Finish hang HB	Stalder Tkatchev Straddle 1. From Clear support HB 2. Any fall technique acceptable 3. Execute BWD Stalder 4. Release—Counter straddle 5. Regrasp HB 6. Finish hang HB	Stalder Tkatchev Pike 1. From Clear support HB 2. Any fall technique acceptable 3. Execute BWD Stalder 4. Release—Counter pike 5. Regrasp HB 6. Finish hang HB	Stalder Tkatchev Straddle 1/2 1. From Clear support HB 2. Any fall technique acceptable 3. Execute BWD Stalder 4. Release—Counter straddle 1/2 5. Regrasp HB 6. Finish hang HB	

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

A—607  LB/HB—Clear straddle circle FWD—Clear straddle 'L' support  FWD Stalder circle 1. From Clear straddle 'L' support—REV grip 2. Execute FWD Straddle circle 3. Finish Clear straddle 'L' support	B—607  LB/HB—Stalder FWD—Clear support  FWD Stalder clear support 1. From Clear support—REV grip 2. Execute FWD Straddle circle 3. Finish Clear support	D—607a  HS—Stalder FWD—HS—REV grip—HS  FWD Stalder HS 1. From HS—REV grip 2. Stoop in 3. Execute FWD Stalder 4. Finish HS	D—607b  HB/LB—Stalder FWD—HS—REG grip  FWD Stalder REG grip 1. From HS—REG grip 2. Stoop in 3. Execute FWD Stalder 4. Finish HS	D—607c  LB/HB—Stalder FWD—HS—1/2 turn—In HS  FWD Stalder HS 1/2 1. From HS 2. Execute FWD Stalder 3. REV grip 4. Execute 1/2 turn in HS 5. Finish HS	E—607  LB/HB—Stalder FWD—HS—1/1 turn—In HS  FWD Stalder HS 1/1 1. From HS 2. Execute FWD Stalder 3. REV grip 4. Execute 1/1 turn in HS 5. Finish HS
C—608  LB/HB—Stalder FWD—L-grip—Clear support  FWD Stalder L grip clear support 1. From HS 2. Execute FWD Stalder HS in L-grip 3. Finish Clear support	D—608a  LB/HB—Stalder FWD—L-grip—HS  FWD Stalder L grip HS 1. From HS 2. Execute FWD Stalder HS in L-grip 3. Finish HS	D—608b  LB/HB—Stalder FWD—L-grip—1/2 turn—In HS  FWD Stalder L grip HS 1/2 1. From HS 2. Execute FWD Stalder HS in L-grip 3. 1/2 turn 4. In HS	E—608a  LB/HB—Stalder FWD—L-grip—HS—1/1 turn—In HS  FWD Stalder L grip HS 1/1 1. From HS 2. Execute FWD Stalder HS in L-grip 3. 1/1 turn 4. In HS	E—608b  LB/HB—Stalder FWD HS—1/1 turn—1-arm—After HS—L/Mix-L grip (Healy technique)  FWD Stalder 1/1 Healy 1. From HS 2. Execute FWD Stalder HS 3. 1/1 turn 1-arm—After HS 4. Finish L/Mix-L grip Healy technique	
C—609a HB—Long kip—Pass thru clear straddle support—Swing/press HS  Swing press to clear support 1. Hang HB 2. Execute FWD Long swing 1-2-3-4 3. Straddle clear jam 4-5-6 4. Continue Swing/press HS 5. Finish HS HB	C—609b  HB—Long kip—Thru clear straddle support—Swing/press HS—1/2 turn—In HS (Chow)  Chow 1. Hang HB 2. Execute FWD Long swing 1-2-3-4 3. Straddle clear jam 4-5-6 4. Continue Swing/press HS 5. 1/2 turn in HS 6. Finish HS HB		C—610  HB—Clear straddle circle FWD—Flight BWD—Over LB—Hang LB  FWD Stalder circle to LB 1. Clear support HB 2. Execute FWD Clear straddle circle 3. Release HB 4. Flight BWD over LB 5. Regrasp LB 6. Finish Hang LB	D—610a  HB—Clear straddle circle FWD—Flight BWD—To HS-LB  FWD Stalder circle to LB HS 1. Clear support HB 2. Execute FWD Clear straddle circle 3. Release HB 4. Flight BWD—HS-LB 5. Finish HS LB	D—610b  Face out LB—Clear straddle circle FWD—FWD salto—HB  FWD Stalder circle salto HB 1. Face out LB 2. Execute FWD Stalder 3. Release bar 4. Execute FWD salto 5. Catch HB 6. Finish Hang HB

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

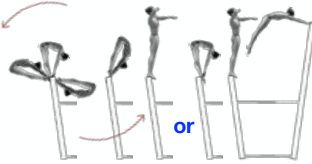
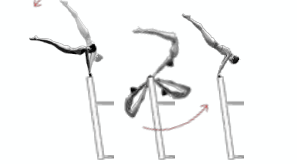
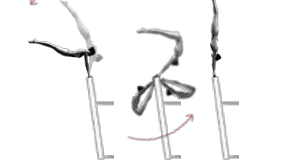
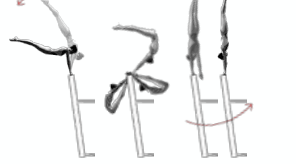
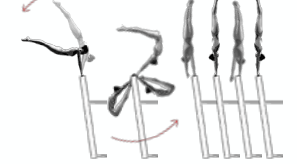
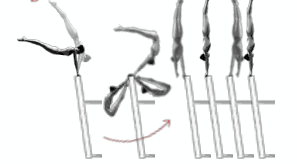
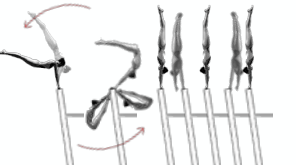
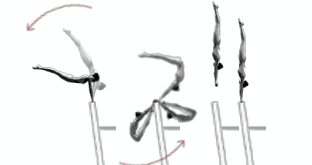
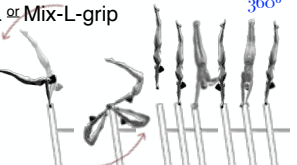
- [712—BWD Pike Circle w/wo HS w/wo Turn](#)
- [713—BWD Pike Circle Counter/Flight LB ➤ HB](#)
- [714—BWD Pike Circle Counter/Flight HB ➤ LB](#)
- [715—BWD Pike INV Hang Circle w w/o REL Same Bar](#)
- [716—BWD Pike INV Hang Circle REL HB ➤ LB](#)
- [717—BWD Pike Clear Seat \(Underswing\) Dislocates](#)

FWD Clear Pike Circles

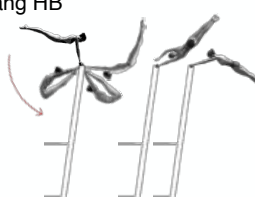
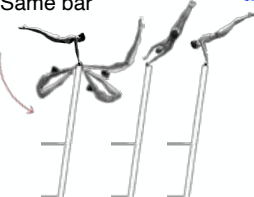
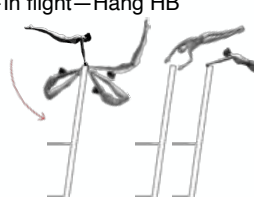
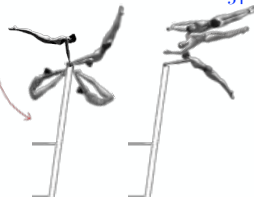
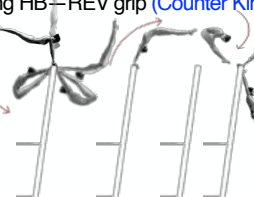
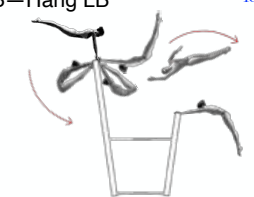
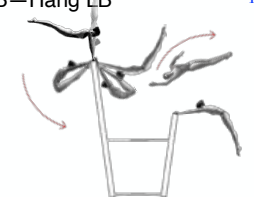
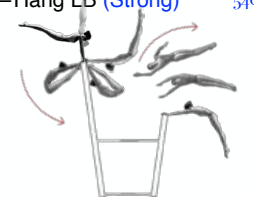
- [718—FWD Pike Circle w w/o REL](#)
- [719—FWD Pike Circle Straddle Cut](#)
- [720—FWD Pike Circle Thru Clear EXT Support](#)
- [721—FWD Pike Circle Thru to HS](#)

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

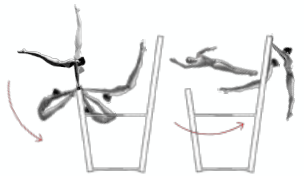
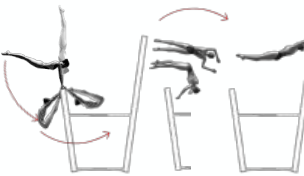
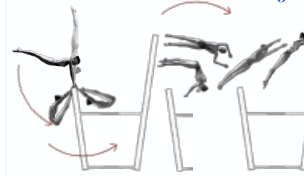
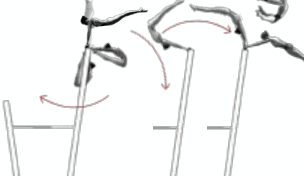
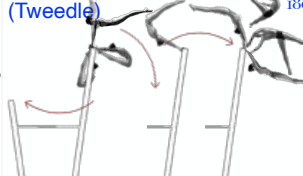
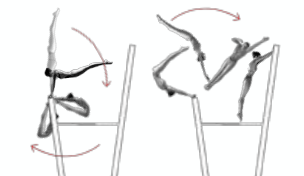
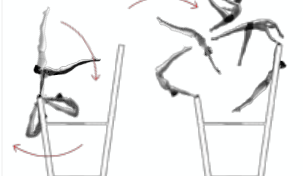
UB—7-BWD PIKE SOLE CIRCLE —701-HS w/wo Turn in HS — 702-HS Turn to REV / EI / Mix EI grip — 703-HS w Hop

A—701  LB—Pike/tuck sole circle BWD—Stand  BWD Sole circle 1. From Pike Sole stand—REG grip 2. Execute BWD Pike Sole circle 3. Perform in pike or tuck 4. Finish VER stand or Pike stand OR 5. Regrasp HB 6. Finish hang HB	B—701 LB/HB—Pike sole circle BWD—Toe on/off—Clear support  BWD Sole clear support 1. From Clear support—REG grip 2. Execute BWD Pike sole circle 3. Disengage feet off bar 4. Finish Clear support	C—701a  LB/HB—Pike sole circle BWD—HS  BWD Sole HS 1. From Clear support—REG grip 2. Execute BWD Pike sole circle 3. Disengage feet off bar 4. Finish HS	C—701b  LB/HB—Pike sole circle BWD—HS—1/2 turn—In HS 180°  BWD Sole HS 1/2 1. From Clear support—REG grip 2. Execute BWD Pike sole circle 3. Disengage feet off bar 4. Execute 1/2 turn 5. Finish HS	E—701a  LB/HB—Pike sole circle BWD—HS—1/1 turn—In HS 360°  BWD Sole HS 1/1 1. From Clear support—REG grip 2. Execute BWD Pike sole circle 3. Disengage feet off bar 4. Execute 1/1 turn in HS 5. Finish HS	E—701b  LB/HB—Pike sole circle BWD—HS—1-1/2 turn in HS (Lucke) 540°  BWD Sole HS 1-1/2 1. From Clear support—REG grip 2. Execute BWD Pike sole circle 3. Disengage feet off bar 4. Execute 1-1/2 turn in HS 5. Finish HS
D—702 LB/HB—Pike sole circle BWD—HS—1/2 turn—In HS—REV or L or Mix-L-grip 180°  BWD Sole HS 1/2 L-grip 1. From Clear support—REG grip 2. Execute BWD Pike sole circle 3. Disengage feet off bar 4. Execute 1/2 turn 5. Finish HS REV or L or Mix-L-grip	C—702 LB/HB—Pike sole circle BWD—HS—1/1 turn—1-arm—After HS—REV or L or Mix-L-grip 360°  BWD Sole HS 1/1 after 1. From Clear support—REG grip 2. Execute BWD Pike sole circle 3. Disengage feet off bar 4. Execute 1/1 turn—1-arm 5. Finish HS REV or L or Mix-L-grip	E—702 LB/HB—Pike sole circle BWD—HS—1-1/2 turn—REV or L or Mix-L-grip 540°  BWD Sole HS 1-1/2 L-grip 1. From Clear support—REG grip 2. Execute BWD Pike sole circle 3. Disengage feet off bar 4. Execute 1-1/2 turn in HS 5. Finish HS REV or L or Mix-L-grip			
D—703a RELEASE Bar-Bar  LB/HB—Pike sole circle BWD—Hop-change—REV grip—In HS  BWD Sole HS Hop 1. From Clear support—REG grip 2. Execute BWD Pike sole circle 3. Disengage feet off bar 4. Execute Hop—REV grip 5. Finish HS	D—703b RELEASE Bar-Bar 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 360°  BWD Sole HS Hop 1/2 1. From Clear support—REG grip 2. Execute BWD Pike sole circle 3. Disengage feet off bar—HS 4. Execute Hop—Change grip 5. 1/1 turn—1-arm—After HS 6. Finish HS REV or L or Mix-L-grip				

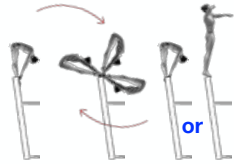
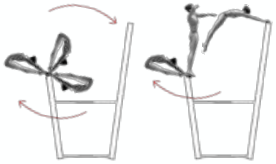
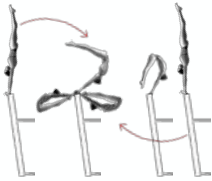
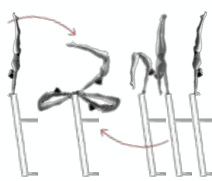
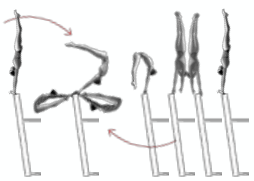
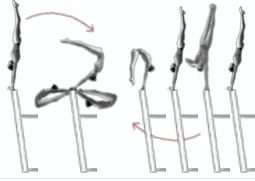
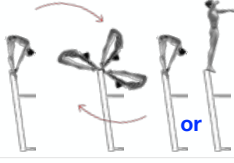
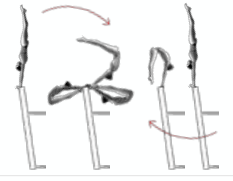
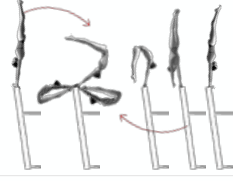
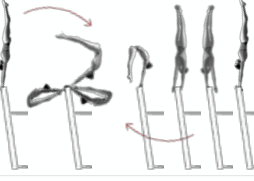
UB—7-BWD PIKE SOLE UNDERSWINGS — 704-REL HB ➤ HB — 705-REL HB ➤ LB

A—704	B—704a	B—704a	C—704	E—704	
HB—Pike Sole Underswing BWD—1/2 turn ≥ HB height—Hang HB ^{180°} 	LB/HB—Pike Sole Underswing BWD—1/2 turn—Clear support—Same bar ^{180°} 	HB—Pike Sole Underswing BWD—1/2 turn—Side flair arms—In flight—Hang HB ^{180°} 	LB/HB—Pike Sole Underswing BWD—1-1/2 turn—Hang same bar ^{540°} 	HB—Pike Sole Underswing BWD—Counter FWD salto—Straddle—Hang HB—REV grip (Counter Kim) 	
BWD Sole swing 1/2 1. From Clear support HB—REG grip 2. Execute BWD Pike Sole U-swing 3. Release bar—At or above HB 4. Execute 1/2 turn 5. Regrasp HB 6. Finish hang HB	BWD Sole 1/2 clear support 1. From Clear support—REG grip 2. Execute BWD Pike Sole U-swing 3. Execute 1/2 turn 4. Regrasp same bar 5. Finish Clear support same bar	BWD Sole swing flair 1/2 1. From Clear support HB—REG grip 2. Execute BWD Pike Sole U-swing 3. Execute 1/2 turn 4. Flair arms open to side 5. Regrasp HB 6. Finish hang HB	BWD Sole swing 1-1/2 1. From Clear support HB—REG grip 2. Execute BWD Pike Sole U-swing 3. Execute 1-1/2 turn 4. Flair arms open to side 5. Regrasp HB 6. Finish hang HB	Counter Kim 1. From HS—REG grip 2. Execute BWD Pike Sole U-swing 3. Release bar 4. Execute Counter FWD straddle salto 5. Regrasp HB 6. Finish hang HB—REV grip	
B—705a	B—705b	C—705	D—705	E—705	
HB—Pike sole circle BWD—Flight HB—Stand LB 	HB—Pike sole Underswing BWD—1/2 turn—Flight—Over LB—Hang LB ^{180°} 	HB-HS—Pike Sole Underswing BWD—1/2 turn—Flight—Over LB—Hang LB ^{180°} 	HB—Pike Sole Underswing BWD—1/2 turn—Flight—Over LB—HS-LB (Overshoot) ^{180°} 	HB-HS—Pike Sole Underswing BWD—1-1/2 turn—Flight—Over LB—Hang LB (Strong) ^{540°} 	
BWD Sole HB stand LB 1. From Pike Sole stand—REG grip 2. Execute BWD Pike Sole circle 3. Perform in pike or tuck 4. Release HB 5. Flight—Regrasp LB 6. Finish pike stand LB	BWD Sole swing Overshoot 1. From Clear support—REG grip 2. Execute BWD Pike Sole U-swing 3. Release HB 4. Execute 1/2 turn over LB 5. Regrasp LB 6. Finish hang LB	BWD Sole Overshoot 1. From HS—REG grip 2. Execute BWD Pike Sole U-swing 3. Release HB 4. Execute 1/2 turn over LB 5. Regrasp LB 6. Finish hang LB	BWD Sole Overshoot HS 1. From HS—REG grip 2. Execute BWD Pike Sole U-swing 3. Release HB 4. Execute 1/2 turn to LB 5. Finish HS LB	BWD Sole 1-1/2 Overshoot 1. From HS—REG grip 2. Execute BWD Pike Sole U-swing 3. Release HB 4. Execute 1-1/2 turn over LB 5. Finish hang LB	

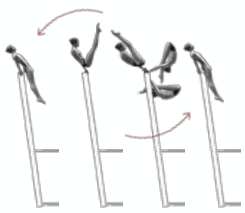
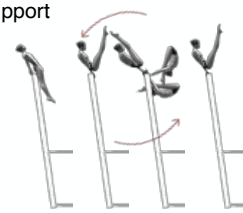
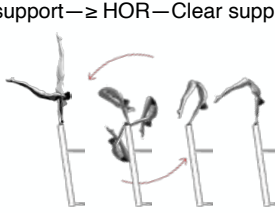
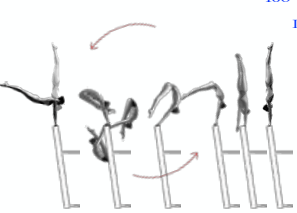
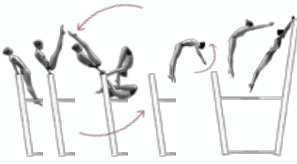
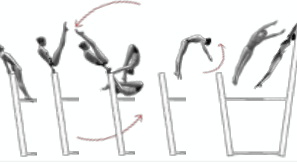
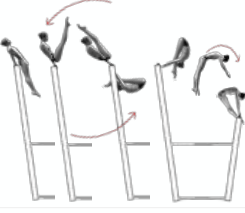
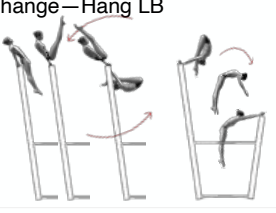
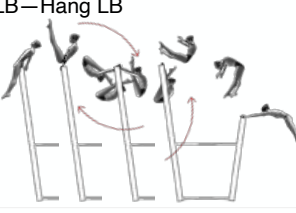
UB—7-BWD PIKE SOLE CIRCLE — 706-Counter Flight — 707-Hecht — 708-REL LB ► HB

B—706 RELEASE LB-HB LB—Pike Sole Underswing BWD—1/2 turn—Grip change— Hang HB 180°  BWD Sole 1/2 to HB 1. From Clear support LB—REG grip 2. Execute BWD Pike Sole U-swing 3. Execute 1/2 turn 4. Regrasp HB 5. Finish hang HB	C—706a RELEASE LB-HB LB—Pike sole circle BWD—REL —Counter flight FWD—1/2 turn —In flight—Mix grip—Hang HB 180°  BWD Sole flight 1/2 HB 1. From Clear support—REG grip 2. Execute BWD Pike sole circle 3. Release LB 4. Counter flight 1/2 turn 5. Finish hang HB—Mix grip	C—706b RELEASE LB-HB LB—Pike sole circle BWD—REL —Counter flight FWD—Hang HB  Toe Shoot 1. From Clear support—REG grip 2. Execute BWD Pike sole circle 3. Release LB 4. Counter flight 5. Finish hang HB	D—706 RELEASE LB-HB LB—Pike sole circle BWD—REL —Counter flight FWD—1/1— Hang HB (Oster) 360°  BWD Sole counter 1/1 to HB 1. From Clear support—REG grip 2. Execute BWD Pike sole circle 3. Release LB 4. Counter flight 1/1 turn 5. Finish hang HB			
E—707a RELEASE HB-HB HB—HS—Pike sole circle BWD —Counter REV hecht—Straddle —Over HB—Hang (Ray)  Ray 1. From HS HB—REG grip 2. Execute BWD Pike Sole circle 3. Release bar 4. Counter Straddle hecht over HB 5. Catch HB 6. Finish Hang HB	E—707b RELEASE HB-HB HB—HS—Pike sole circle BWD —Counter REV hecht—Stoop— Over HB—Hang (Church)  Church 1. From HS HB—REG grip 2. Execute BWD Pike Sole circle 3. Release bar 4. Counter Stoop hecht over HB 5. Catch HB 6. Finish Hang HB	E—707c RELEASE HB-HB HB—HS—Pike sole circle BWD —Counter REV hecht—Straddle —Over HB—1/2 turn—Hang (Tweedle) 180°  Tweedle 1. Execute BWD Pike Sole circle 2. Release bar 3. Counter Straddle hecht 1/2 turn 4. Over HB—Catch HB 5. Finish Hang HB	E—707d HB—HS—Pike sole circle BWD —Counter REV hecht—LO— Over HB—Hang (Nabieva)  Nabieva 1. Execute BWD Pike Sole circle 2. Release bar 3. Counter Straight hecht 4. Over HB—Catch HB 5. Finish Hang HB	E—707e HB—HS—Pike sole circle BWD —Counter REV hecht—LO—1/2 —Over HB—Hang (Derwael) 180°  Derwael 1. Execute BWD Pike Sole circle 2. Release bar 3. Counter Straight hecht—1/2 turn 4. Over HB—Catch HB 5. Finish Hang HB		
D—708 RELEASE LB-HB LB—Pike sole circle BWD— Thru HS—Flight—Hang HB (Maloney)  Maloney 1. From LB 2. Execute BWD Pike Sole circle 3. Thru HS 4. Flight 5. Catch HB 6. Finish Hang HB	E—708a RELEASE LB-HB LB—Pike sole circle BWD— Thru HS—Flight—1/2 turn— Hang HB (Byhovsky) 180°  Maloney 1/2 1. From LB 2. Execute BWD Pike Sole circle 3. Thru HS 4. Flight 1/2 turn 5. Catch HB 6. Finish Hang HB	E—708b RELEASE LB-HB LB—Pike sole circle BWD— Thru HS—Flight—1/1 turn— Catch HB (Ramler) (Seitz) 360°  Ramler 1. From LB 2. Execute BWD Pike Sole circle 3. Thru HS 4. Flight 1/1 turn 5. Catch HB 6. Finish Hang HB				

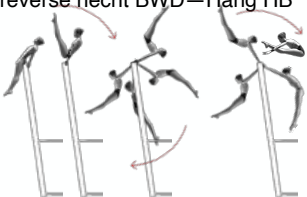
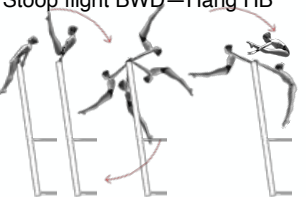
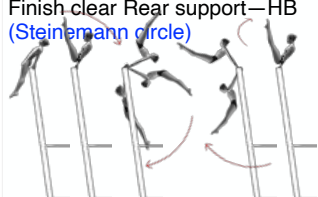
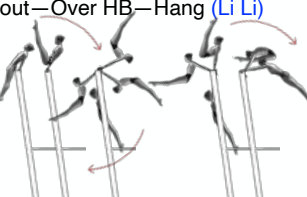
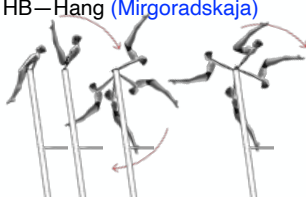
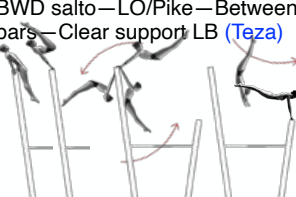
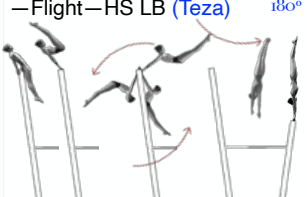
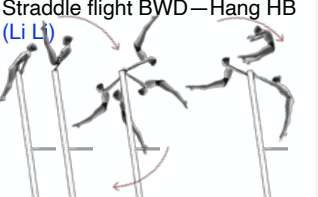
UB—7-FWD PIKE SOLE CIRCLE — 709-W W/O HS — 710-HS W Turn — 711-HS L-grip

A—709a  LB/HB—Pike/tuck sole circle FWD—Stand  FWD Sole Stand 1. From Pike Sole stand—REV grip 2. Execute FWD Pike Sole circle 3. Perform in pike or tuck 4. Finish stand	A—709a  LB—Pike/tuck sole circle FWD —Stand—Grip change—Hang HB  FWD Sole to HB 1. From Pike Sole stand—REV grip 2. Execute FWD Pike Sole circle 3. Perform in pike or tuck 4. Grip change to HB 5. Finish hang HB	C—709a  LB/HB—HS—Pike sole circle FWD—HS  FWD Sole HS 1. From HS—REV grip 2. Stoop in 3. Execute FWD Pike Sole circle 4. Disengage to VER 5. Finish HS	C—709b  LB/HB—HS—Pike sole circle FWD—HS—1/2 turn—In HS ^{180°}  FWD Sole HS 1/2 1. From HS—REV grip 2. Stoop in 3. Execute FWD Pike Sole circle 4. Disengage to VER 5. Execute 1/2 turn 6. Finish HS	D—709  LB/HB—HS—Pike sole circle FWD—1/1 turn—In HS ^{360°}  FWD Sole HS 1/1 1. From HS—REV grip 2. Stoop in 3. Execute FWD Pike Sole circle 4. Disengage to VER 5. Execute 1/1 turn 6. Finish HS	
C—710 LB/HB—HS—Pike sole circle FWD—1/1 turn—1-arm—After HS—L/Mix-L grip ^{360°}  FWD Sole HS 1/1 after 1. From HS—REV grip 2. Stoop in 3. Execute FWD Pike Sole circle 4. Disengage to VER 5. Execute 1/1 turn—1-arm—After HS 6. Finish L/Mix-L grip					
A—711a  LB/HB—Pike/tuck sole circle FWD—L gripStand  FWD Sole Stand L grip 1. From Pike Sole stand—L-grip 2. Execute FWD Pike Sole circle 3. Perform in pike or tuck 4. Finish stand	D—711a  LB/HB—HS—Pike sole circle FWD—L grip HS  FWD Sole HS L grip 1. From HS—L-grip 2. Stoop in 3. Execute FWD Pike Sole circle 4. Disengage to VER 5. Finish HS L-grip	D—711b  LB/HB—HS—Pike sole circle FWD—L grip HS—1/2 turn ^{180°}  FWD Sole HS 1/2 L grip 1. From HS—L-grip 2. Stoop in 3. Execute FWD Pike Sole circle 4. Disengage to VER 5. Execute 1/2 turn 6. Finish HS L-grip	E—711  LB/HB—HS—Pike sole circle FWD—L grip—HS—1/1 turn (Hoefnagel) ^{360°}  FWD Sole HS 1/1 L grip 1. From HS—L-grip 2. Stoop in 3. Execute FWD Pike Sole circle 4. Disengage to VER 5. Execute 1/1 turn 6. Finish HS		

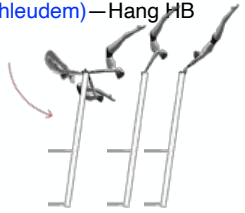
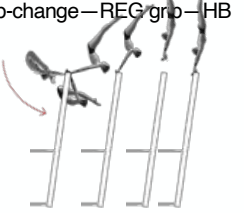
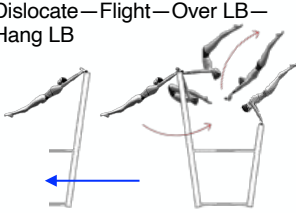
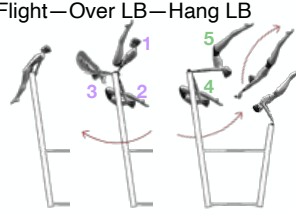
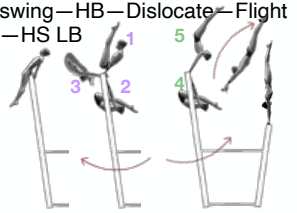
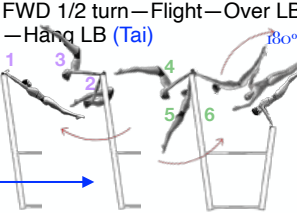
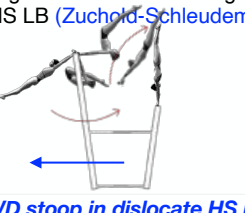
UB—7-BWD PIKE CLEAR CIRCLE —712-BWD W W/O Turn —713-BWD REL LB ► HB —714-BWD REL HB ► LB

A—712  LB/HB—Rear support—Clear Pike circle BWD—Rear support  BWD Seat circle 1. From Rear support—REG grip 2. Lift to Clear Rear support 3. Execute BWD Pike Clear circle 4. Finish Rear support	B—712 LB/HB—Rear support—Clear pike circle BWD—Clear pike support  BWD Seat circle clear support 1. From Rear support—REG grip 2. Lift to Clear Pike 3. Execute BWD Pike Clear circle 4. Maintain compression at bottom 5. Finish Clear Pike support	C—712 HS-LB/HB—Clear pike circle BWD—Disengage before clear support—≥ HOR—Clear support  BWD Seat circle disengage 1. From HS—REG grip 2. Stoop in 3. Execute BWD Pike clear circle 4. Disengage legs ≥ HOR 5. Finish Clear support	D—712a  HS-LB/HB—Clear pike circle BWD—Disengage—HS  BWD Seat HS 1. From HS—REG grip 2. Stoop in 3. Execute BWD Pike clear circle 4. Disengage legs ≥ HOR 5. Continue to HS 6. Finish HS	D—712b  HS-LB/HB—Clear pike circle BWD—HS—1/2 turn in HS  BWD Seat HS 1/2 1. From HS—REG grip 2. Stoop in 3. Execute BWD Pike clear circle 4. Disengage legs ≥ HOR 5. Continue to HS—1/2 turn in HS 6. Finish HS	E—712  HS-LB/HB—Clear pike circle BWD—HS—1/1 turn in HS  BWD Seat HS 1/1 1. From HS—REG grip 2. Stoop in 3. Execute BWD Pike clear circle 4. Disengage legs ≥ HOR 5. Continue to HS—1/1 turn in HS 6. Finish HS
A—713  LB—Rear support—Clear pike circle BWD—Rear support—Grip change—Hang HB  BWD Seat circle to HB 1. From Rear support LB—REG grip 2. Lift to Clear Rear support 3. Execute BWD seat circle 4. Release LB 5. Regrasp HB 6. Finish hang HB—REG grip	B—713  LB—Rear support—Clear pike circle BWD—1/2 turn—Grip change—Hang HB  BWD Seat circle 1/2 to HB 1. From Rear support LB—REG grip 2. Lift to Clear Rear support 3. Execute BWD seat circle 4. Release LB—Execute 1/2 turn 5. Regrasp HB 6. Finish hang HB—REG grip	C—713a  LB—HS—Clear pike circle BWD—REL—Counter flight—Hang HB  BWD Seat Counter HB 1. From HS LB—REG grip 2. Stoop in 3. Execute BWD Pike clear circle 4. Execute Counter REL flight to HB 5. Catch HB 6. Finish hang HB	C—713b  LB—HS—Clear pike circle BWD—REL—Hecht flight—Hang HB  BWD Seat Hecht HB 1. From HS LB—REG grip 2. Stoop in 3. Execute BWD Pike clear circle 4. Execute Hecht REL flight to HB 5. Catch HB 6. Finish hang HB	D—713  LB—HS—Clear pike circle BWD—Thru HS—REL flight—Hang HB (Komova)  BWD Seat Flight HB 1. From HS LB—REG grip 2. Stoop in 3. Execute BWD Pike clear circle 4. Thru HS REL flight to HB 5. Catch HB 6. Finish hang HB	E—713  LB—HS—Clear pike circle BWD—Thru HS—REL flight—1/2 turn—Hang HB (Komova 1/2)  BWD Seat Flight 1/2 HB 1. From HS LB—REG grip 2. Stoop in 3. Execute BWD Pike clear circle 4. Thru HS REL—1/2 turn—Fligh HB 5. Catch HB 6. Finish hang HB
B—714a  HB—Rear support—Clear pike circle BWD—Release—Stand LB  BWD Seat circle HB stand LB 1. From Rear support HB—REG grip 2. Lift to Clear Rear support 3. Execute BWD seat circle 4. Release HB 5. Regrasp LB 6. Finish Pike Sole stand LB—REG grip	B—714b  HB—Rear support—Clear pike circle BWD—Release—Grip change—Hang LB  BWD Seat circle HB to LB 1. From Rear support HB—REG grip 2. Lift to Clear Rear support 3. Execute BWD seat circle 4. Release HB 5. Regrasp LB 6. Finish hang LB—REG grip	C—714  HB—Clear pike circle BWD—Straddle cut BWD—Flight over LB—Hang LB  BWD Seat Straddle cut LB 1. From Rear support HB—REG grip 2. Lift to clear rear support 3. Execute BWD Pike seat swing 4. Execute Straddle cut BWD 5. Flight over LB 6. Finish hang LB			

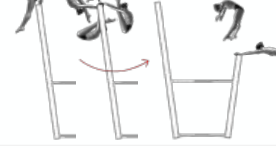
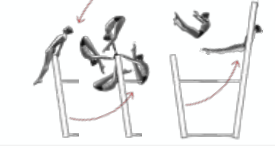
UB—7-BWD PIKE CLEAR CIRCLE — 715-Pike INV Hang Circle w w/o REL — 716-Pike INV Hang Circle REL HB ► LB

D—715  HB—HS—Clear pike circle swing BWD—Rear INV support (Krasnyanska)  BWD Seat Inlocate circle 1. From HS HB 2. Stoop in 3. Execute BWD Clear circle 4. Finish circle on top of bar 5. Finish INV Rear support HB	E—715a RELEASE HB-HB  HB—Rear pike support—Clear pike circle swing BWD—Counter reverse hecht BWD—Hang HB  BWD Seat German Stoop Hecht 1. From Rear support HB 2. Lift to Pike Clear Rear support 3. Execute BWD Clear circle 4. Go thru INV (German) hang 5. Counter hecht flight BWD over bar 6. Finish hang HB	E—715b RELEASE HB-HB  HB—Rear pike support—Clear pike circle swing BWD—Counter Stoop flight BWD—Hang HB  BWD Seat German Stoop Flight 1. From Rear support HB 2. Lift to Pike Clear Rear support 3. Execute BWD Clear circle 4. Go thru INV (German) hang 5. Counter Stoop flight BWD over bar 6. Finish hang HB			
C—716  HB—Rear pike support—Full Clear pike circle swing BWD—Finish clear Rear support—HB (Steinmann circle)  BWD Seat German INV circle 1. From Rear support HB 2. Lift to Clear rear support 3. Execute BWD Clear circle 4. Go thru INV (German) hang 5. Finish circle on top of bar 6. Finish Clear rear support HB	D—716a  HB—Rear pike support—Clear pike circle swing BWD—Stoop out—Over HB—Hang (Li Li)  BWD Seat German circle 1. From Rear support HB 2. Lift to Clear rear support 3. Execute BWD Clear circle 4. Go thru INV (German) hang 5. Continue circle over bar 6. Finish INV hang HB	D—716b  HB—Rear pike support—Clear pike circle swing BWD—Over HB—Hang (Mirgoradskaja)  BWD Seat German circle over HB 1. From Rear support HB 2. Lift to Clear rear support 3. Execute BWD Clear circle 4. Go thru INV (German) hang 5. Continue circle over bar 6. Finish INV hang HB	D—716c RELEASE HB-LB  HB—Rear pike support—Pike Clear pike circle swing BWD—BWD salto—LO/Pike—Between bars—Clear support LB (Teza)  Teza 1. From Rear support HB 2. Lift to Clear Rear support 3. Execute BWD Clear circle 4. Go thru INV (German) hang 5. REL—BWD LO between bars (Pak) 6. Finish Clear support LB	D—716d RELEASE HB-LB  HB—Rear pike support—Clear pike circle swing BWD—1/2 turn—Flight—HS LB (Teza) 180°  Teza 1/2 1. From Rear support HB 2. Lift to Clear Rear support 3. Execute BWD Clear circle 4. Go thru INV (German) hang 5. REL—BWD LO 1/2 turn between bars 6. Finish HS LB	D—716e RELEASE HB-HB  HB—Rear pike support—Clear pike circle swing BWD—Counter Straddle flight BWD—Hang HB (Li Li)  BWD Seat German Straddle back 1. From Rear support HB 2. Lift to Pike Clear Rear support 3. Execute BWD Clear circle 4. Go thru INV (German) hang 5. Counter Straddle flight BWD over bar 6. Finish hang HB

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

A—717 RELEASE HB-LB  HB—Underswing BWD—INV Pike swing—Dislocate (<i>Schleudem</i>)—Hang HB  BWD stoop in dislocate hang 1. From U-swing position 2. Execute BWD U-swing 3. Immediate INV FWD pike swing 4. Dislocate 5. Finish hang HB	C—717a RELEASE Bar-Bar  HB—Pike underswing BWD—Dislocate (<i>Schleudem</i>) near HS—Hop-change—REG grip—HB  BWD stoop in dislocate hop 1. From U-swing position 2. Execute BWD U-swing 3. Immediate INV FWD pike swing 4. Dislocate 5. Hop—Change grip 6. Finish HS HB	C—717b RELEASE HB-LB Hang HB—Swing FWD—Stoop thru—Pike underswing BWD—Dislocate—Flight—Over LB—Hang LB  BWD stoop in dislocate over LB 1. From hang HB—Stoop thru 2. Execute BWD U-swing 3. Immediate INV FWD pike swing 4. Dislocate 5. Release—Flight over LB 6. Finish hang LB	C—717c RELEASE HB-LB Rear support HB—Pike underswing BWD—Dislocate—Flight—Over LB—Hang LB  BWD INV seat dislocate over LB 1. From rear support HB 2. Execute BWD U-swing 1-2-3 3. Immediate INV FWD pike swing 4. Dislocate 4-5 5. Release—Flight over LB 6. Finish hang LB	D—717d RELEASE HB-LB  Rear support HB—Stoop thru—Underswing BWD—INV Pike swing—HB—Dislocate—Flight—HS LB  BWD seat dislocate HS LB 1. From Rear support HB 2. Thru Rear seat 3. Execute BWD U-swing 4. Immediate INV FWD pike swing 5. Dislocate—Release w flight to LB 6. Finish HS LB	C—717e RELEASE HB-LB  Hang HB—Swing FWD—Stoop thru—Dislocate—Underswing FWD 1/2 turn—Flight—Over LB—Hang LB (<i>Tai</i>)  BWD seat dislocate overshoot 1. From hang HB 2. Stoop in—FWD seat circle 1-2-3 3. Execute BWD counterswing 4-5-6 4. Dislocate—Swing FWD 5. Release—Flight 1/2 turn over LB 6. Finish hang LB
D—717 RELEASE HB-LB  Hang HB—Stoop thru—Underswing BWD—INV Pike swing—HB—Dislocate—Flight—HS LB (<i>Zuchold-Schleudem</i>)  BWD stoop in dislocate HS LB 1. From hang HB 2. Execute BWD counterswing 3. Immediate INV FWD pike swing HB 4. Dislocate—Release w flight 5. Finish HS LB					

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

A—718a	A—718b	B—718a	B—718b	B—718c	
Rear support—Clear Pike circle FWD—Thru Clear rear support	LB—Rear support—Clear Pike circle FWD—Thru Clear rear support—Grip change—Hang HB	LB—Rear support—Clear Pike circle FWD—Thru Clear rear support—1/2 turn—Grip change—Hang HB	HB-HS—Stoop in—Clear Pike circle FWD—Thru Clear support (beat lower legs HB)—Salto FWD—Catch REV grip—Hang HB	HB—Hang/Rear support—Stoop thru—BWD kip/Clear Pike circle FWD—Thru Clear rear support—1/2 turn—Hang HB	
					
FWD Seat circle 1. Rear support—REV grip 2. Lift to Clear rear support 3. Stoop in—FWD Pike seat circle 4. Compress thru Clear rear support 5. Finish Rear support	FWD Seat thru clear to HB 1. Rear support LB—REV grip 2. Lift to Clear rear support 3. Stoop in—FWD Pike seat circle 4. Compress thru Clear rear support 5. Regrasp HB 6. Finish hang HB	FWD Seat thru clear 1/2 to HB 1. Rear support LB—REV grip 2. Lift to Clear rear support 3. Stoop in—FWD Pike seat circle 4. Compress thru Clear rear support 5. Release LB—1/2 turn—Regrasp HB 6. Finish hang HB	FWD stoop in FWD salto regrasp 1. HS on HB—REV grip 2. Stoop in 3. FWD Pike seat circle 4. Beat lower legs—Initiate FWD salto 5. Catch HB—REV grip 6. Finish hang HB	FWD stoop in thru clear 1/2 HB 1. Rear support HB—REV grip 2. Lift to Clear rear support 3. Stoop in—FWD Pike seat circle 4. Compress thru Clear rear support 5. Release H—1/2 turn 6. Finish hang HB	
B—719	C—719a	C—719b			
LB/HB—Rear support—Clear Pike circle FWD—Straddle cut BWD—Hang same bar	HB—Rear support—Clear Pike circle FWD—Straddle cut BWD—Flight over LB—Hang LB	LB—Rear support—Clear Pike circle FWD—Straddle cut BWD—Grip change—Hang HB			
					
FWD Seat circle Straddle cut 1. Rear support—REV grip 2. Lift to Clear rear support 3. Stoop in—FWD Pike seat circle 4. Execute Straddle cut BWD 5. Finish hang same bar	FWD Seat circle Cut over LB 1. Rear support HB—REV grip 2. Lift to Clear support 3. Stoop in—FWD Pike seat swing 4. Execute Straddle cut BWD 5. Flight over LB 6. Finish hang LB	FWD Seat circle Cut to HB 1. Rear support LB—REV grip 2. Lift to Clear rear support 3. Stoop in—FWD Pike seat swing 4. Execute Straddle cut BWD 5. Flight to HB 6. Finish hang HB			

E—720a HB—Rear support—Stoop in—Clear Pike circle FWD—Thru Clear EXT support—L-grip—Finish w/in 30° VER (Alder) Alder 1. Rear support HB—REV grip 2. Lift to Clear Rear support 3. Stoop in—FWD Pike seat circle 4. Stay thru Clear EXT-support 5. Finish hang HB—L-grip	E—720b HB—Rear support—Clear Pike circle FWD—Thru Clear EXT support—1/2 turn—L-grip—Finish w/in 30° VER (Alder 1/2) Alder 1/2 1. Rear support HB—REV grip 2. Lift to clear rear support 3. Stoop in—FWD Pike seat circle 4. Stay thru Clear EXT-support 5. Execute 1/2 turn 6. Finish w/in 30° of HS—L-grip	E—720c HB—Rear support—Clear Pike circle FWD—Thru clear EXT support—L-grip—Finish HS (Luo) Alder el grip HS 1. Rear support HB—REV grip 2. Lift to clear rear support 3. Stoop in—FWD Pike seat circle 4. Stay thru Clear EXT-support 5. Finish HS—L-grip	E—720d HB—Rear support—Clear Pike circle FWD—Thru clear EXT support—1/2 turn—L-grip—Finish HS (Luo 1/2) Alder el grip HS 1/2 1. Rear support HB—REV grip 2. Lift to Clear rear support 3. Stoop in—FWD Pike seat circle 4. Stay thru Clear EXT-support 5. Execute 1/2 turn 6. Finish HS—L-grip
E—721a HS—Stoop in—Clear Pike circle FWD—Thru to HS FWD Pike Circle HS 1. HS—REV grip 2. Stoop in—FWD Pike seat circle 3. Stoop out to HS 4. Finish HS—REV-grip	E—721b HS—Stoop in—Clear Pike circle FWD—Thru to HS—1/2 turn FWD Pike Circle HS 1/2 1. HS—REV grip 2. Stoop in—FWD Pike seat circle 3. Stoop out to HS—1/2 turn 4. Finish HS—REV-grip	E—721c HS—Stoop in—Clear Pike circle FWD—Thru to HS—1/1 turn FWD Pike Circle HS 1/1 1. HS—REV grip 2. Stoop in—FWD Pike seat circle 3. Stoop out to HS—1/1 turn 4. Finish HS—REV-grip	

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

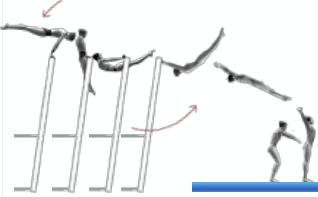
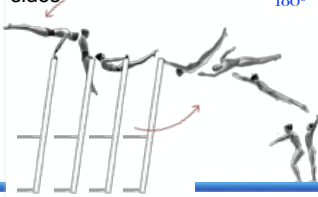
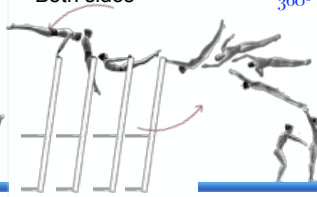
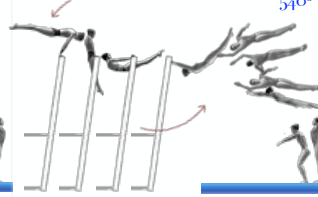
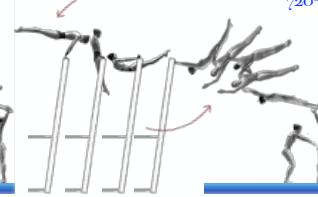
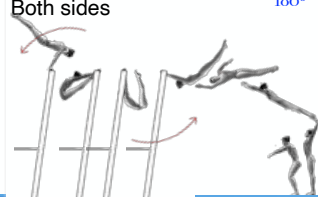
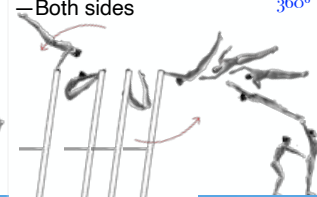
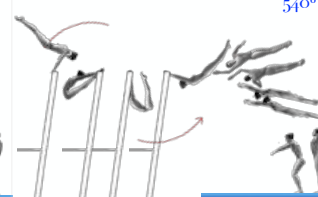
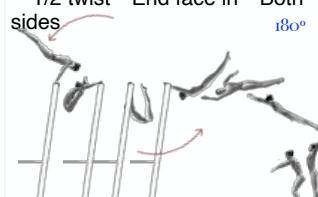
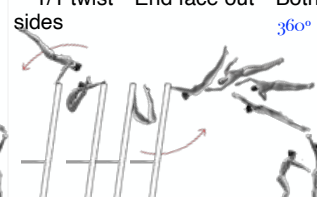
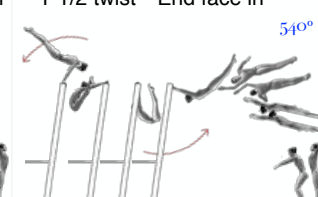
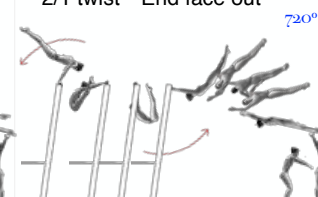
[824—BWD Free Hip Circle Hecht w/wo Salto](#)

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

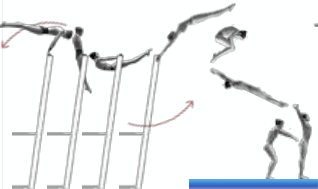
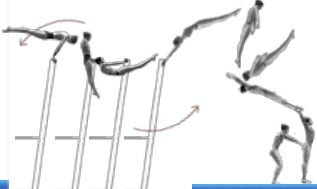
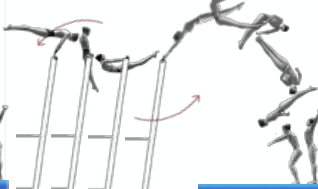
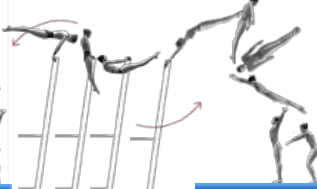


X	<u>X-SKILLS</u>
1	<u>MOUNTS</u>
2	<u>CASTS, SWINGS, UPRISES, COUNTERSWINGS</u>
3	<u>HIP CIRCLES</u>
4	<u>BWD GIANTS</u>
5	<u>FWD GIANTS</u>
6	<u>STALDERS</u>
7	<u>PIKE CIRCLES</u>
8	<u>DISMOUNTS</u>

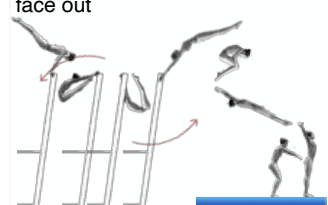
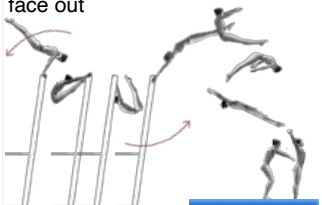
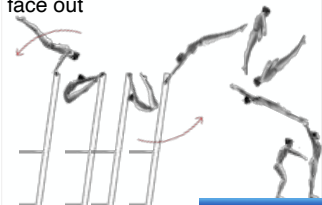
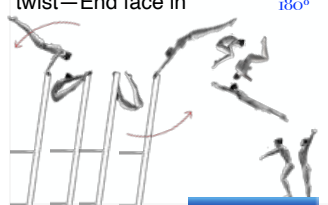
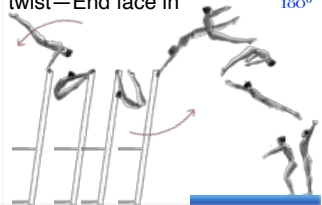
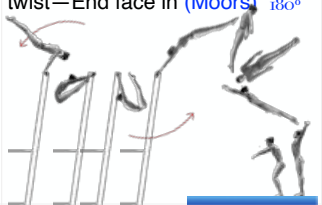
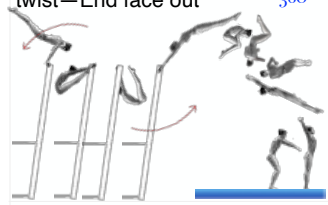
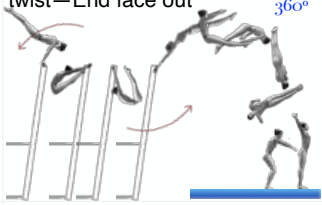
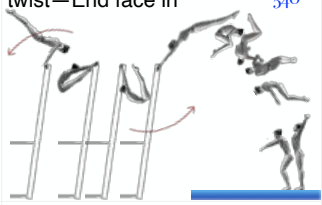
UB—8-DISMOUNTS — BWD UNDERSWING—w/wo Twist (Ø salto) — 801-Clear Hip — 802-Pike Sole — 803-Stalder

A—801a HB—Clear Hip underswing BWD—End face out  BWD Clear hip U-swing 1. Clear support—REG grip 2. Execute BWD Clear Hip underswing 3. Release bar 4. Arrive in stand	A—801b HB—Clear Hip underswing BWD—1/2—End face in—Both sides  BWD Clear hip 1/2 U-swing 1. Clear support—REG grip 2. Execute BWD Clear Hip underswing 3. Release bar 4. Execute 1/2 twist 5. Arrive in stand	A—801c HB—Clear Hip underswing BWD—1/1 twist—End face out—Both sides  BWD Clear hip 1/1 U-swing 1. Clear support—REG grip 2. Execute BWD Clear Hip underswing 3. Release bar 4. Execute 1/1 twist 5. Arrive in stand	B—801a HB—Clear Hip underswing BWD—1-1/2 twist—End face in  BWD Clear hip 1-1/2 U-swing 1. Clear support—REG grip 2. Execute BWD Clear Hip underswing 3. Release bar 4. Execute 1-1/2 twist 5. Arrive in stand	B—801b HB—Clear Hip underswing BWD—2/1 twist—End face out  BWD Clear hip 2/1 U-swing 1. Clear support—REG grip 2. Execute BWD Clear Hip underswing 3. Release bar 4. Execute 2/1 twist 5. Arrive in stand	
A—802a HB—Pike Sole underswing BWD—End face out  BWD Pike sole U-swing 1. Clear support—REG grip 2. Execute BWD Pike Sole underswing 3. Release bar 4. Arrive in stand	A—802b HB—Pike Sole underswing BWD—1/2 twist—End face in—Both sides  BWD Pike sole 1/2 U-swing 1. Clear support—REG grip 2. Execute BWD Pike Sole underswing 3. Release bar 4. Execute 1/2 twist 5. Arrive in stand	A—802c HB—Pike Sole underswing BWD—1/1 twist—End face out—Both sides  BWD Pike sole 1/1 U-swing 1. Clear support—REG grip 2. Execute BWD Pike Sole underswing 3. Release bar 4. Execute 1/1 twist 5. Arrive in stand	B—802a HB—Pike Sole underswing BWD—1-1/2 twist—End face in  BWD Pike sole 1-1/2 U-swing 1. Clear support—REG grip 2. Execute BWD Pike Sole underswing 3. Release bar 4. Execute 1-1/2 twist 5. Arrive in stand	B—802b HB—Pike Sole underswing—2/1 twist—End face out  BWD Pike sole 2/1 U-swing 1. Clear support—REG grip 2. Execute BWD Pike Sole underswing 3. Release bar 4. Execute 2/1 twist 5. Arrive in stand	<i>Pike Sole underswing may be performed feet together (feet between hands) or straddle (feet outside of hands)</i>
A—803a HB—Stalder underswing BWD—End face out  BWD Stalder U-swing 1. Clear support—REG grip 2. Execute BWD Stalder underswing 3. Release bar 4. Arrive in stand	A—803b HB—Stalder underswing BWD—1/2 twist—End face in—Both sides  BWD Stalder 1/2 U-swing 1. Clear support—REG grip 2. Execute BWD Stalder underswing 3. Release bar 4. Execute 1/2 twist 5. Arrive in stand	A—803c HB—Stalder underswing BWD—1/1 twist—End face out—Both sides  BWD Stalder 1/1 U-swing 1. Clear support—REG grip 2. Execute BWD Stalder underswing 3. Release bar 4. Execute 1/1 twist 5. Arrive in stand	B—803a HB—Stalder underswing BWD—1-1/2 twist—End face in  BWD Stalder 1-1/2 U-swing 1. Clear support—REG grip 2. Execute BWD Stalder underswing 3. Release bar 4. Execute 1-1/2 twist 5. Arrive in stand	B—803b HB—Stalder underswing BWD—2/1 twist—End face out  BWD Stalder 2/1 U-swing 1. Clear support—REG grip 2. Execute BWD Stalder underswing 3. Release bar 4. Execute 2/1 twist 5. Arrive in stand	

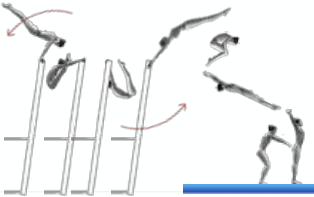
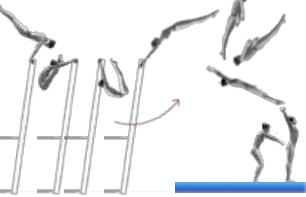
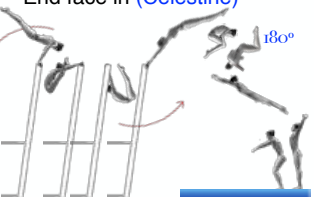
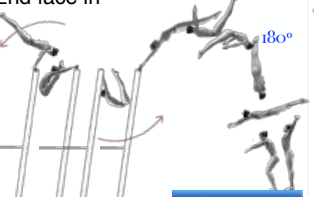
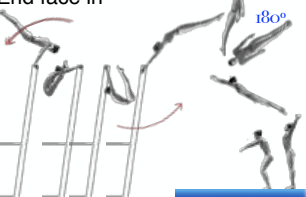
UB—8-DISMOUNTS — BWD UNDERSWING — Single FWD Salto w/wo Twist — 804-Clear Hip

C—804a  HB—Clear Hip underswing BWD—FWD salto—Tuck—End face out  BWD Clear hip FWD Tuck 1. Clear support HB—REG grip 2. Execute BWD Clear hip underswing 3. Execute FWD Tuck salto 4. Arrive in stand	C—804b  HB—Clear Hip underswing BWD—FWD salto—Pike—End face out  BWD Clear hip FWD Pike 1. Clear support HB—REG grip 2. Execute BWD Clear hip underswing 3. Execute FWD Pike salto 4. Arrive in stand	D—804a HB—Clear Hip underswing BWD—FWD salto—LO—End face out (Kennedy)  BWD Clear hip FWD LO 1. Clear support HB—REG grip 2. Execute BWD Clear hip underswing 3. Execute FWD Layout salto 4. Arrive in stand					
D—804b  HB—Clear Hip underswing BWD—FWD salto—Tuck—1/2 twist—End face in 180°  BWD Clear hip FWD Tuck 1/2 1. Clear support HB—REG grip 2. Execute BWD Clear hip underswing 3. Execute FWD Tuck salto—1/2 twist 4. Arrive in stand	D—804c  HB—Clear Hip underswing BWD—FWD salto—Pike—1/2 twist—End face in 180°  BWD Clear hip FWD Pike 1/2 1. Clear support HB—REG grip 2. Execute BWD Clear hip underswing 3. Execute FWD Pike salto—1/2 twist 4. Arrive in stand	D—804d HB—Clear Hip underswing BWD—FWD salto—LO—1/2 twist—End face in 180°  BWD Clear hip FWD LO 1/2 1. Clear support HB—REG grip 2. Execute BWD Clear hip underswing 3. Execute FWD Layout salto—1/2 twist 4. Arrive in stand					
E—804a  HB—Clear Hip underswing BWD—FWD salto—Tuck—1/1 twist—End face out 360°  BWD Clear hip FWD Tuck 1/1 1. Clear support HB—REG grip 2. Execute BWD Clear hip underswing 3. Execute FWD Tuck salto—1/1 twist 4. Arrive in stand	E—804b HB—Clear Hip underswing BWD—FWD salto—Pike—1/1 twist—End face out 360°  BWD Clear hip FWD Pike 1/1 1. Clear support HB—REG grip 2. Execute BWD Clear hip underswing 3. Execute FWD Pike salto—1/1 twist 4. Arrive in stand	E—804c HB—Clear Hip underswing BWD—FWD salto—Tuck/pike—1-1/2 twist—End face in 540°  BWD Clear hip Tuck 1-1/2 1. Clear support HB—REG grip 2. Execute BWD Clear hip underswing 3. Execute FWD Tuck salto—1-1/2 twist 4. Arrive in stand					

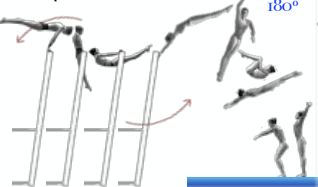
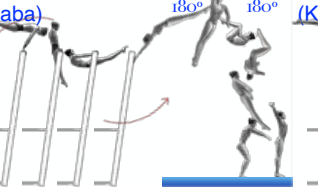
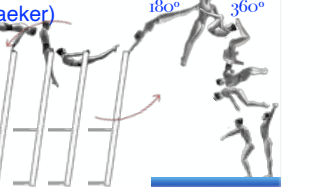
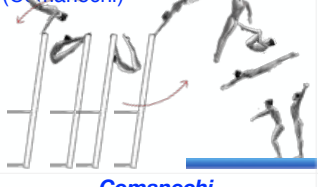
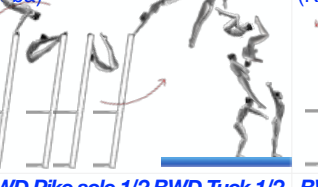
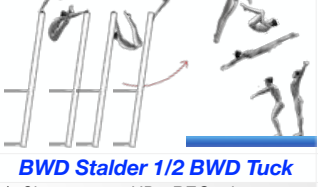
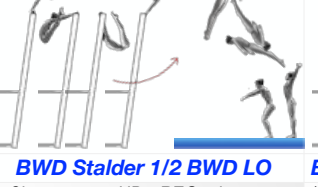
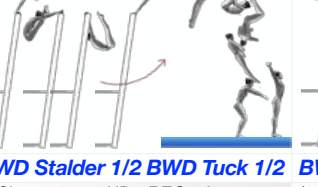
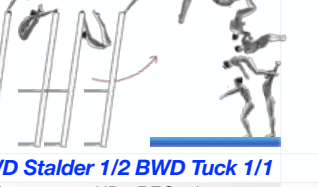
UB—8-DISMOUNTS — BWD UNDERSWING — Single FWD Salto w/wo Twist — 805-Pike Sole

C—805a  BWD Pike sole FWD Tuck 1. Clear support HB—REG grip 2. Execute BWD Pike sole underswing 3. Execute FWD Tuck salto 4. Arrive in stand	C—805b  BWD Pike sole FWD Pike 1. Clear support HB—REG grip 2. Execute BWD Pike sole underswing 3. Execute FWD Tuck salto 4. Arrive in stand	D—805a  BWD Pike sole FWD LO 1. Clear support HB—REG grip 2. Execute BWD Pike sole underswing 3. Execute FWD Layout salto 4. Arrive in stand			
D—805b  BWD Pike sole FWD Tuck 1/2 1. Clear support HB—REG grip 2. Execute BWD Pike sole underswing 3. Execute FWD Tuck salto—1/2 twist 4. Arrive in stand	D—805c  BWD Pike sole FWD Pike 1/2 1. Clear support HB—REG grip 2. Execute BWD Pike sole underswing 3. Execute FWD Pike salto—1/2 twist 4. Arrive in stand	D—805d  BWD Pike sole FWD LO 1/2 1. Clear support HB—REG grip 2. Execute BWD Pike sole underswing 3. Execute FWD Layout salto—1/2 twist 4. Arrive in stand			<i>Pike Sole underswing may be performed feet together (feet between hands) or straddle (feet outside of hands)</i>
E—805a  BWD Pike sole FWD Tuck 1-1/2 1. Clear support HB—REG grip 2. Execute BWD Pike sole underswing 3. Execute FWD Tuck salto—1-1/2 twist 4. Arrive in stand	E—805b  BWD Pike sole FWD Pike 1-1/2 1. Clear support HB—REG grip 2. Execute BWD Pike sole underswing 3. Execute FWD Pike salto—1-1/2 twist 4. Arrive in stand	E—805c  BWD Pike sole FWD Tuck 1-1/2 1. Clear support HB—REG grip 2. Execute BWD Pike sole underswing 3. Execute FWD Tuck salto—1-1/2 twist 4. Arrive in stand			

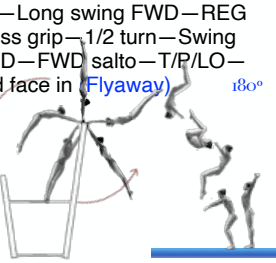
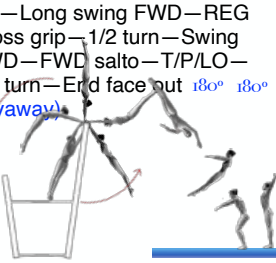
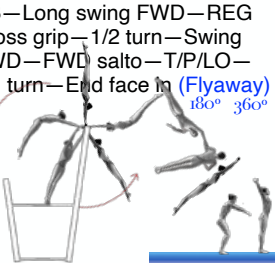
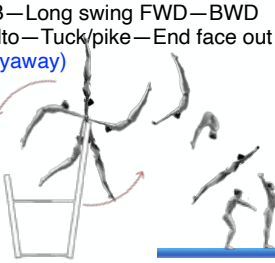
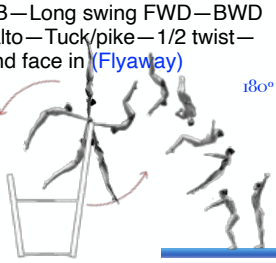
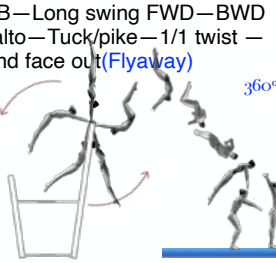
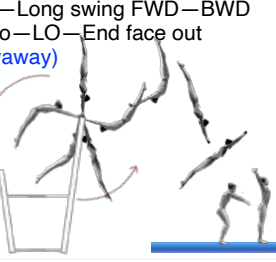
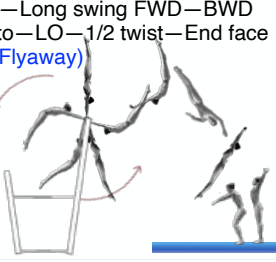
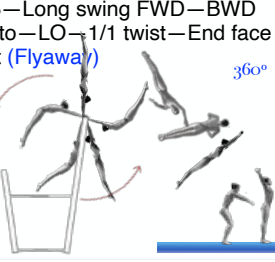
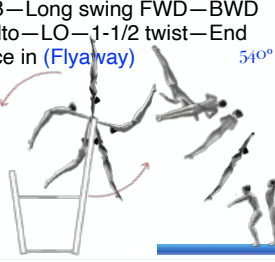
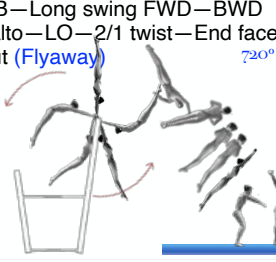
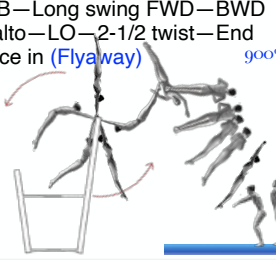
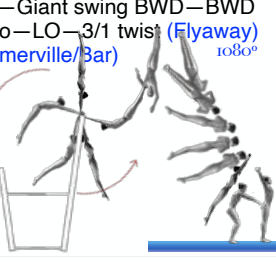
UB—8-DISMOUNTS — BWD UNDERSWING — Single FWD Salto w/wo Twist — 806-Stalder

C—806a  HB—Stalder underswing BWD —FWD salto—Tuck—End face out  BWD Stalder FWD Tuck 1. Clear support HB—REG grip 2. Execute BWD Stalder underswing 3. Execute FWD Tuck salto 4. Arrive in stand	C—806b  HB—Stalder underswing BWD —FWD salto—Pike—End face out  BWD Stalder FWD Pike 1. Clear support HB—REG grip 2. Execute BWD Stalder underswing 3. Execute FWD Pike salto 4. Arrive in stand	D—806a HB—Stalder underswing BWD —FWD salto—LO—End face out  BWD Stalder FWD LO 1. Clear support HB—REG grip 2. Execute BWD Stalder underswing 3. Execute FWD Layout salto 4. Arrive in stand				
D—806b  HB—Stalder underswing BWD —FWD salto—Tuck—1/2 twist—End face in (Celestine)  BWD Stalder FWD Tuck 1/2 1. Clear support HB—REG grip 2. Execute BWD Stalder underswing 3. Execute FWD Tuck salto—1/2 twist 4. Arrive in stand	D—806c  HB—Stalder underswing BWD —FWD salto—Pike—1/2 twist—End face in  BWD Stalder FWD Pike 1/2 1. Clear support HB—REG grip 2. Execute BWD Stalder underswing 3. Execute FWD Pike salto—1/2 twist 4. Arrive in stand	D—806d  HB—Stalder underswing BWD —FWD salto—LO—1/2 twist—End face in  BWD Stalder FWD LO 1/2 1. Clear support HB—REG grip 2. Execute BWD Stalder underswing 3. Execute FWD Layout salto—1/2 twist 4. Arrive in stand				
E—806a HB—Stalder underswing BWD —FWD salto—Tuck—1/1 twist—End face out  BWD Stalder FWD Tuck 1/1 1. Clear support HB—REG grip 2. Execute BWD Stalder underswing 3. Execute FWD Tuck salto—1/1 twist 4. Arrive in stand	E—806b  HB—Stalder underswing BWD —FWD salto—Pike—1/1 twist—End face out  BWD Stalder FWD Pike 1/1 1. Clear support HB—REG grip 2. Execute BWD Stalder underswing 3. Execute FWD Pike salto—1/1 twist 4. Arrive in stand	E—806c HB—Stalder underswing BWD —FWD salto—Tuck/pike—1-1/2 twist—End face in  BWD Stalder FWD Tuck 1-1/2 1. Clear support HB—REG grip 2. Execute BWD Stalder underswing 3. Execute FWD Tuck salto—1-1/2 twist 4. Arrive in stand				

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

C—807 <i>he he</i> HB—Clear Hip underswing BWD—1/2 twist—BWD salto—Tuck/pike—End face in 180°  BWD Clear hip 1/2 BWD Tuck 1. Clear support HB—REG grip 2. Execute BWD Clear hip underswing 3. Execute—1/2 turn—BWD Tuck salto 4. Arrive in stand	D—807a <i>he</i> HB—Clear Hip underswing BWD—1/2 twist—BWD salto—LO—End face in (clear Okino) 180°  BWD Clear hip 1/2 BWD LO 1. Clear support HB—REG grip 2. Execute BWD Clear hip underswing 3. Execute—1/2 turn—BWD LO salto 4. Arrive in stand	D—807b HB—Clear Hip underswing BWD—1/2 twist—BWD salto—Tuck—1/2 twist—End face out (Haba) 180° 180°  BWD Clear hip 1/2 BWD Tuck 1/2 1. Clear support HB—REG grip 2. Execute BWD Clear hip underswing 3. Execute—1/2 turn—BWD Tuck salto w 1/2 turn 4. Arrive in stand	E—807 HB—Clear Hip underswing BWD—1/2 twist—BWD salto—Tuck—1/1 twist—End face in (Kraeker) 180° 360°  BWD Clear hip 1/2 BWD Tuck 1/1 1. Clear support HB—REG grip 2. Execute BWD Clear hip underswing 3. Execute—1/2 turn—BWD Tuck salto w 1/1 twist 4. Arrive in stand	
C—808 <i>he he</i> HB—Pike Sole underswing BWD—1/2 twist—BWD salto—Tuck/pike—End face in (Comanechi) 180°  Comanechi 1. Clear support HB—REG grip 2. Execute BWD Pike sole underswing 3. Execute—1/2 turn—BWD Tuck salto 4. Arrive in stand	D—808a <i>he</i> HB—Pike Sole underswing BWD—1/2 twist—BWD salto—LO—End face in 180°  BWD Pike sole 1/2 BWD LO 1. Clear support HB—REG grip 2. Execute BWD Pike sole underswing 3. Execute—1/2 turn—BWD LO salto 4. Arrive in stand	D—808b HB—Pike Sole underswing BWD—1/2 twist—BWD salto—Tuck—1/2 twist—End face out (Haba) 180° 180°  BWD Pike sole 1/2 BWD Tuck 1/2 1. Clear support HB—REG grip 2. Execute BWD Pike sole underswing 3. Execute—1/2 turn—BWD Tuck salto w 1/2 turn 4. Arrive in stand	E—808 <i>he</i> HB—Pike Sole underswing BWD—1/2 twist—BWD salto—Tuck—1/1 twist—End face in (Kraeker) 180° 360°  BWD Pike sole 1/2 BWD Tuck 1/1 1. Clear support HB—REG grip 2. Execute BWD Pike sole underswing 3. Execute—1/2 turn—BWD Tuck salto w 1/1 twist 4. Arrive in stand	<i>Pike Sole underswing may be performed feet together (feet between hands) or straddle (feet outside of hands)</i>
C—809 HB—Stalder underswing BWD 1/2 twist—BWD salto—Tuck/pike—End face in 180°  BWD Stalder 1/2 BWD Tuck 1. Clear support HB—REG grip 2. Execute BWD Stalder underswing 3. Execute—1/2 turn—BWD Tuck salto 4. Arrive in stand	D—809a HB—Stalder underswing BWD—1/2 twist—BWD salto—LO—End face in (clear Okino) 180°  BWD Stalder 1/2 BWD LO 1. Clear support HB—REG grip 2. Execute BWD Stalder underswing 3. Execute—1/2 turn—BWD LO salto 4. Arrive in stand	D—809b HB—Stalder underswing BWD—1/2 twist—BWD salto—Tuck—1/2 twist—End face out (Haba) 180° 180°  BWD Stalder 1/2 BWD Tuck 1/2 1. Clear support HB—REG grip 2. Execute BWD Stalder underswing 3. Execute—1/2 turn—BWD Tuck salto w 1/2 turn 4. Arrive in stand	E—809 HB—Stalder underswing BWD—1/2 twist—BWD salto—Tuck—1/1 twist (Kraeker) 180° 360°  BWD Stalder 1/2 BWD Tuck 1/1 1. Clear support HB—REG grip 2. Execute BWD Stalder underswing 3. Execute—1/2 turn—BWD Tuck salto w 1/1 twist 4. Arrive in stand	

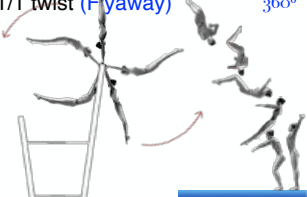
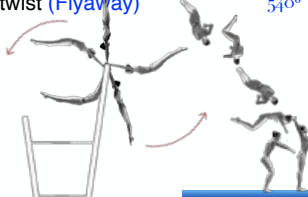
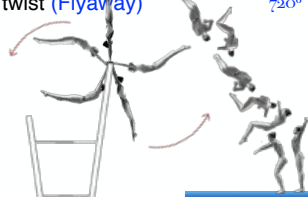
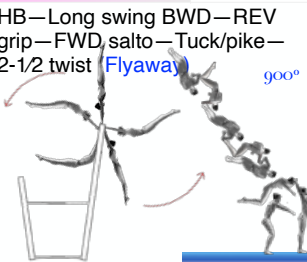
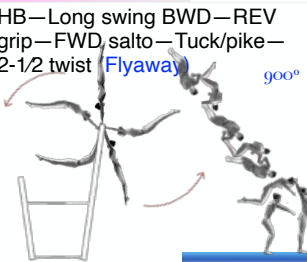
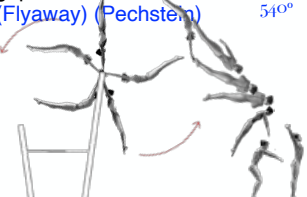
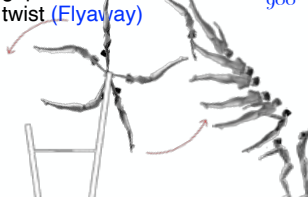
UB—8-DISMOUNTS — Long Swing FWD BWD SALTO w/wo Twist Flyaway — 810-Single Tuck/Pike — 811-Single LO

A—810a  1/2 FWD T/P/LO 1. Handstand HB—REG Cross grip 2. Execute Long swing FWD—1/2 turn 3. Execute FWD T/P/LO salto 4. Arrive in stand	B—810a  1/2 FWD T/P/LO 1/2 1. Handstand HB—REG Cross grip 2. Execute Long swing FWD—1/2 turn OR 3. Execute from counterswing 4. Execute FWD T/P/LO salto w 1/2 5. Arrive in stand	B—810a  1/2 FWD T/P/LO 1/1 1. Handstand HB—REG Cross grip 2. Execute Long swing FWD—1/2 turn OR 3. Execute from counterswing 4. Execute FWD T/P/LO salto w 1/1 5. Arrive in stand	A—811a  BWD Tuck/Pike 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Pike salto 4. Arrive in stand	B—811a  BWD Tuck 1/2 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Tuck salto—1/2 twist 4. Arrive in stand	B—811a  BWD Tuck 1/1 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Tuck salto—1/1 twist 4. Arrive in stand
A—811a  BWD LO 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD LO salto 4. Arrive in stand	B—811a  BWD LO 1/2 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD LO salto—1/2 twist 4. Arrive in stand	B—811a  BWD LO 1/1 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD LO salto—1/1 twist 4. Arrive in stand	C—811  BWD LO 1-1/2 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD LO salto—1-1/2 twist 4. Arrive in stand	D—811  BWD LO 2/1 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD LO salto—2/1 twist 4. Arrive in stand	E—811  BWD LO 2-1/2 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD LO salto—2-1/2 twist 4. Arrive in stand
E—811b  BWD LO 3/1 1. Handstand HB—REG grip 2. Execute BWD Giant swing 3. Execute BWD LO salto—3/1 twist 4. Arrive in stand					

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

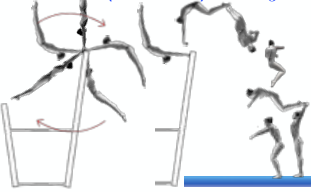
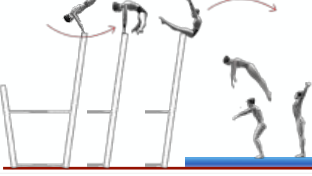
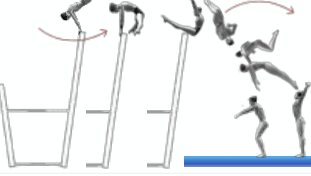
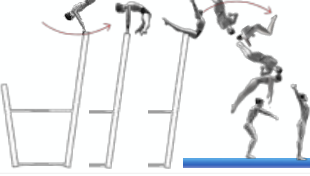
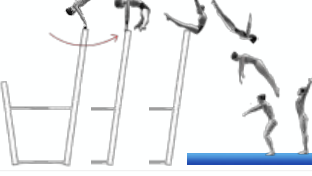
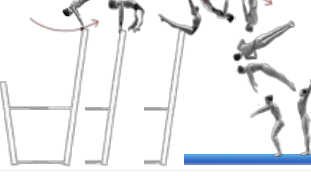
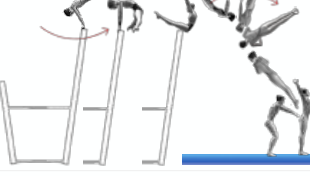
C—812 BWD 2/1 Tuck 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Double Tuck salto 4. Arrive in stand	E—812a BWD 2/1 Tuck 1/2 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Double Tuck salto—1/2 twist 4. Arrive in stand	E—812b BWD 2/1 Tuck 1/2 in, 1/2 out 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Double Tuck salto—1/1 twist in 1st/2nd salto (1/2 in-1/2 out) 4. Arrive in stand	E—812c BWD 2/1 Tuck 1-1/2 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Double Tuck salto—1-1/2 twist 4. Arrive in stand	E—812d BWD 2/1 Tuck 2/1 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Double Tuck salto—2/1 twist 4. Arrive in stand	E—812e Magana 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Triple Tuck salto 4. Arrive in stand
D—813 BWD 2/1 LO/Pike 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Double LO/Pike salto 4. Arrive in stand	E—813a BWD 2/1 LO 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Double LO salto 4. Arrive in stand	E—813b BWD 2/1 LO 1/2 out 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Double LO salto—1/2 twist 4. Arrive in stand	E—813c BWD 2/1 LO Scissor 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Double LO salto—Scissor split 4. Arrive in stand	E—813d BWD 2/1 LO 1/1 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Double LO salto—1/1 twist 4. Arrive in stand	E—813e BWD 2/1 LO 2/1 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Double LO salto—2/1 twist 4. Arrive in stand
E—814a 1/2 FWD 2/1 Tuck 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute 1/2 twist—FWD DoubleTuck salto 4. Arrive in stand	E—814b 1/2 FWD 2/1 Pike 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute 1/2 twist—FWD Double Pike salto 4. Arrive in stand	E—814c BWD Tuck 1/2 FWD Tuck 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Tuck salto—1/2 twist—FWD Tuck salto 4. Arrive in stand	E—814d BWD Tuck 1/2 FWD Tuck 1/2 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Tuck salto—1/2 twist—FWD Tuck salto w 1/2 twist 4. Arrive in stand	E—814e BWD LO 1/2 FWD Pike 1/2 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD LO salto—1/2 twist—FWD Pike salto w 1/2 twist 4. Arrive in stand	E—814f BWD Tuck 1/2 FWD LO 1. Handstand HB—REG grip 2. Execute Long swing FWD 3. Execute BWD Tuck salto—1/2 twist—FWD LO salto 4. Arrive in stand

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

A—815a  HB—Long swing BWD—REV grip—FWD salto—Tuck (Flyaway)  Swing to FWD Tuck 1. HB—REV grip 2. Execute Long swing BWD 3. Execute FWD Tuck salto 4. Arrive in stand	A—815b  HB—Long swing BWD—REV grip—FWD salto—Pike (Flyaway)  FWD Tuck 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD Tuck salto 4. Arrive in stand	B—815a  HB—Long swing BWD—REV grip—FWD salto—Tuck/pike—1/2 twist (Flyaway) 360°  FWD Tuck 1/2 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD Tuck salto—1/2 twist 4. Arrive in stand	B—815b  HB—Long swing BWD—REV grip—FWD salto—Tuck/pike—1/1 twist (Flyaway) 360°  FWD Tuck 1/1 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD Tuck salto—1/1 twist 4. Arrive in stand	D—815  HB—Long swing BWD—REV grip—FWD salto—Tuck—1-1/2 twist (Flyaway) 540°  FWD Tuck 1-1/2 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD Tuck salto—1-1/2 twist 4. Arrive in stand	E—815a  HB—Long swing BWD—REV grip—FWD salto—Tuck—2/1 twist (Flyaway) 720°  FWD Tuck 2/1 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD Tuck salto—2/1 twist 4. Arrive in stand
E—815b  HB—Long swing BWD—REV grip—FWD salto—Tuck/pike—2-1/2 twist (Flyaway) 900°  FWD Tuck 2-1/2 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD Tuck salto—2-1/2 twist 4. Arrive in stand					
A—816  HB—Long swing BWD—REV grip—FWD salto—LO (Flyaway)  Swing to FWD LO 1. HB—REV grip 2. Execute Long swing BWD 3. Execute FWD LO salto 4. Arrive in stand	B—816a  HB—Long swing BWD—REV grip—FWD salto—LO—1/2 twist (Flyaway) 180°  FWD LO 1/2 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD LO salto—1/2 twist 4. Arrive in stand	B—816b  HB—Long swing BWD—REV grip—FWD salto—LO—1/1 twist (Flyaway) 360°  FWD LO 1/1 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD LO salto—1/1 twist 4. Arrive in stand	D—816  HB—Long swing BWD—REV grip—FWD salto—LO—1-1/2 twist (Flyaway) (Pechstein) 540°  FWD LO 1-1/2 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD LO salto—1-1/2 twist 4. Arrive in stand	E—816a  HB—Long swing BWD—REV grip—FWD salto—LO—2/1 twist (Flyaway) 720°  FWD LO 2/1 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD LO salto—2/1 twist 4. Arrive in stand	E—816b  HB—Long swing BWD—REV grip—FWD salto—LO—2-1/2 twist (Flyaway) 900°  FWD LO 2-1/2 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD LO salto—2-1/2 twist 4. Arrive in stand

D-817	E-817a	E-817b	E-817c	E-817d	E-817e
HB—Long swing BWD—1/2 turn—BWD Double salto—Tuck/pike (Goerlitz) 180° FWD 1/2 BWD 2/1 Tuck 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute 1/2 twist—BWD Tuck salto 4. Arrive in stand	HB—Long swing BWD—REV/L grip—FWD Double salto—Tuck 180° FWD 2/1 Tuck 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD Double Tuck salto 4. Arrive in stand	HB—Long swing BWD—REV/L grip—FWD Double salto—Pike 180° FWD 2/1 Tuck 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD Double Pike salto 4. Arrive in stand	HB—Long swing BWD—REV/L grip—FWD Double salto—Tuck—1/2 twist 180° FWD 2/1 Tuck 1/2 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD Double Tuck salto—1/2 twist 4. Arrive in stand	HB—Long swing BWD—REV/L grip—FWD salto—Tuck—1/2 twist—BWD salto—Tuck 180° FWD Tuck 1/2 BWD TUCK 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD Tuck salto—1/2 twist—BWD Tuck salto 4. Arrive in stand	HB—Long swing BWD—REV/L grip—FWD Double salto—Tuck—1/1 twist 180° FWD 2/1 Tuck 1/1 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD Double Tuck salto—1/1 twist 4. Arrive in stand
E-817f HB—Long swing BWD—REV/L grip—FWD Double salto—Pike—1/2 twist 180° FWD 2/1 Pike 1/2 1. Handstand HB—REV grip 2. Execute Long swing BWD 3. Execute FWD Double Pike salto—1/2 twist 4. Arrive in stand					

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

C—818 HB—Long swing FWD (face LB) —BWD salto—Tuck—Over HB (Gonzalez)  BWD Tuck over HB 1. Handstand HB—REG grip 2. Execute Long swing FWD—Over bar 3. Execute BWD Tuck salto 4. Arrive in stand	D—818 HB—Long swing FWD (face LB) —BWD salto—Tuck—Over HB —1/1 twist (Harriman) 360°  BWD Tuck 1/1 over HB 1. Handstand HB—REG grip 2. Execute Long swing FWD—Over bar 3. Execute BWD Tuck salto—1/1 twist 4. Arrive in stand						
B—819 LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—Tuck/pike (Tanac)  Tanac salto Tuck 1. Clear support LB/HB—REG grip 2. Execute Straddle cut thigh bounce 3. Execute BWD Pike salto 4. Arrive in stand	C—819a LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—Tuck—1/1 twist (Tanac) 360°  Tanac salto Tuck 1/1 1. Clear support LB/HB—REG grip 2. Execute Straddle cut thigh bounce 3. Execute BWD Tuck salto—1/1 twist 4. Arrive in stand	C—819b LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—Tuck—1-1/2 twist (Tanac) 540°  Tanac salto Tuck 1-1/2 1. Clear support LB/HB—REG grip 2. Execute Straddle cut thigh bounce 3. Execute BWD Tuck salto—1-1/2 twist 4. Arrive in stand	D—819 LB/HB—Cast—Uprise/Back swing—Straddle cut—BWD salto—Tuck—2/1+ twist (Bronson) 720°  Tanac salto Tuck 2/1 1. Clear support LB/HB—REG grip 2. Execute Straddle cut thigh bounce 3. Execute BWD Tuck salto—2/1 twist 4. Arrive in stand				
B—820 LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—LO (Tanac)  Tanac salto LO 1. Clear support LB/HB—REG grip 2. Execute Straddle cut thigh bounce 3. Execute BWD LO salto 4. Arrive in stand	C—820a LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—LO—1/1 twist (Tanac) 360°  Tanac salto LO 1/1 1. Clear support LB/HB—REG grip 2. Execute Straddle cut thigh bounce 3. Execute BWD LO salto—1/1 twist 4. Arrive in stand	C—820b LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—LO—1-1/2 twist (Tanac) 540°  Tanac salto LO 1-1/2 1. Clear support LB/HB—REG grip 2. Execute Straddle cut thigh bounce 3. Execute BWD LO salto—1-1/2 twist 4. Arrive in stand	D—820 LB/HB—Cast—Uprise/Back swing—Straddle cut—BWD salto—LO—2/1+ twist (Bronson) 720°  Tanac salto LO 2/1 1. Clear support LB/HB—REG grip 2. Execute Straddle cut thigh bounce 3. Execute BWD LO salto—2/1 twist 4. Arrive in stand				

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

C—821a Cast Tsuk Tuck 1. Cast near HS HB—REG grip 2. Execute Body snap 3. Execute BWD Tuck salto 4. Arrive in stand	C—821b Clear hip Tsuk Tuck 1. Handstand HB—REG grip 2. Execute BWD Clear hip circle—Thru HS 3. Execute BWD Tuck salto 4. Arrive in stand	D—821 Stalder Tsuk Tuck 1. Handstand HB—REG grip 2. Execute BWD Stalder circle—Thru HS 3. Execute BWD Tuck salto 4. Arrive in stand			
B—822 Inward FWD salto Tuck 1. Cast near HS HB—REG grip 2. Execute Body snap 3. Execute FWD Tuck salto 4. Arrive in stand	C—822 Inward FWD salto Pike 1. Cast near HS HB—REG grip 2. Execute Body snap 3. Execute FWD Pike salto 4. Arrive in stand				
B—823a FWD Stalder FWD salto Tuck 1. Handstand HB—REV grip 2. Execute FWD Stalder underswing 3. Execute FWD Tuck salto 4. Arrive in stand	B—823b FWD Stalder FWD salto LO 1. Handstand HB—REV grip 2. Execute FWD Stalder underswing 3. Execute FWD LO salto 4. Arrive in stand	B—823c FWD Stalder FWD salto 1/2 1. Handstand HB—REV grip 2. Execute FWD Stalder underswing 3. Execute FWD LO salto—1/2 twist 4. Arrive in stand	B—823d FWD Stalder FWD salto 1/1 1. Handstand HB—REV grip 2. Execute FWD Stalder underswing 3. Execute FWD LO salto—1/1 twist 4. Arrive in stand	D—823 FWD Stalder FWD salto 1-1/2 1. Handstand HB—REV grip 2. Execute FWD Stalder underswing 3. Execute FWD LO salto—1-1/2 twist 4. Arrive in stand	E—823 FWD Stalder FWD salto 2-1/2 1. Handstand HB—REV grip 2. Execute FWD Stalder underswing 3. Execute FWD LO salto—2-1/2 twist 4. Arrive in stand

B—824 LB/HB—Hip circle BWD—Hecht—Straddle/Straight over bar—End face out BWD hip Hecht 1. Clear support LB/HB—REG grip 2. Execute BWD Hip circle 3. Execute FWD Hecht action 4. Arrive in stand	C—824 LB/HB—Hip circle BWD—Hecht—1/1 twist—End face out 360° Hecht 1/1 1. Clear support LB/HB—REG grip 2. Execute BWD Hip circle 3. Execute FWD Hecht action—1/1 twist 4. Arrive in stand	D—824 LB/HB—Hip circle BWD—Hecht—BWD salto—Tuck—End Face out (Muchina) Muchina 1. Clear support LB/HB—REG grip 2. Execute BWD Hip circle 3. Execute FWD Hecht action 4. Execute BWD Tuck salto 5. Arrive in stand	E—824a LB/HB—Hip circle BWD—Hecht—BWD salto—1/1 twist—End face out (Ma) 360° Hecht BWD Tuck 1/1 1. Clear support LB/HB—REG grip 2. Execute BWD Hip circle 3. Execute FWD Hecht action 4. Execute BWD Tuck salto—1/1 twist 5. Arrive in stand	E—824b LB/HB—Hip circle BWD—Hecht—1/2 twist—FWD salto—End face in 180° Hecht BWD Tuck 1/2 FWD Tuck 1. Clear support LB/HB—REG grip 2. Execute BWD Hip circle 3. Execute FWD Hecht action—1/2 twist 4. Execute FWD Tuck salto 5. Arrive in stand
B—825 LB/HB—Clear Hip circle BWD—Hecht—Straddle/Straight over bar—End face out BWD Clear Hecht 1. Clear support LB/HB—REG grip 2. Execute BWD Clear hip circle 3. Execute FWD Hecht action 4. Arrive in stand	C—825 LB/HB—Clear Hip circle BWD—Hecht—1/1 twist—End Face out 360° Clear Hecht 1/1 1. Clear support LB/HB—REG grip 2. Execute BWD Clear hip circle 3. Execute FWD Hecht action—1/1 twist 4. Arrive in stand	D—825 LB/HB—Clear Hip circle BWD—Hecht—BWD salto—Tuck—End face out (Muchina) Clear Hecht Tuck 1. Clear support LB/HB—REG grip 2. Execute BWD Clear hip circle 3. Execute FWD Hecht action 4. Execute BWD Tuck salto 5. Arrive in stand	E—825a LB/HB—Clear Hip circle BWD—Hecht—BWD salto—1/1 twist—End face out 360° Clear Hecht Tuck 1/1 1. Clear support LB/HB—REG grip 2. Execute BWD Clear hip circle 3. Execute FWD Hecht action 4. Execute BWD Tuck salto—1/1 twist 5. Arrive in stand	E—825b LB/HB—Clear Hip circle BWD—Hecht—1/2 twist—FWD salto—End face in 180° Clear Hecht 1/1 FWD Tuck 1. Clear support LB/HB—REG grip 2. Execute BWD Clear hip circle 3. Execute FWD Hecht action—1/2 twist 4. Execute FWD Tuck salto 5. Arrive in stand

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

ABBREVIATIONS VER = Vertical HOR = Horizontal FWD = Forward BWD= Backward SWD = Sideward UpWD = Upward DnWD = Downward LO= Layout SO = Step out BM = Balance Beam	DIFFICULTY VALUES - A = 0.10 - B = 0.30 - C = 0.50 - D = +0.10 - E = +0.20 A—101 B—101 C—101 D—101 E—101	SYMBOLS - Cannot use VP for Split SR requirement - Former B VP - Former C VP - Former D VP	X-SKILLS BY LEVEL - BM X-skills used by 1N, 2N, BN, 3N, SN, 4N, GN - All X-skills = A VP	ELEMENT CATEGORIES 101 - 128—Mounts 201 - 221—Leaps, Jumps, Hops 301 - 310—Turns 401 - 403—Waves 501 - 505—Stands 601 - 603—Rolls 701 - 716—Walkover, Cartwheels, Springs, Aerials 801 - 811—Saltos 901 - 918—Dismounts	CHANGE / ADD / DELETE - Pink highlighted font depicts a Change/Add/Delete in a BM element or skill - Each new season, highlighted changes are now standard and new changes highlighted
BODY POSITIONS  Tuck = < 90° hip angle / < 90° knee angle  Pike = < 90° hip angle / Ø knee angle  Straight (Stretch/LO) = All body parts in alignment	STRADDLE PIKE / SIDE SPLIT = "STRADDLE" - Same Body Shape, element names used interchangeably - Straddle Split - Straddle Pike  	HOLD REQUIREMENTS - Elements marked with this symbol are required to hold 2 seconds - Non-turning HS required to hold 2s (unless otherwise stated) - Turning HS NOT required to be held 	MARK REQUIREMENTS Elements marked with this symbol are required to mark or stop 1 second 	'SAME' ELEMENTS - Table of Elements designates each element with its own identifying number - Elements considered to be 'same' are assigned the same number (A—102a and A—102a) - Adding a 1/4 (90°) turn to an element does not make it different	'DIFFERENT' ELEMENTS Elements considered to be in the same family, but are different, are assigned a sub number (A-102a and A—102b)
BODY POSITIONS - All levels must adhere to required body positions as stated in each element description - Body position expectations are the same for all levels Example: 7N LO, 10N LO position have same straight angle expectation, same deductions when not adhering to straight position	RING JUMP / LEAP REQUIREMENTS - Elements with "Ring" requirement must show a release of the head BWD toward the foot - Back foot is at head height - All Ring jumps/Leaps are required to show an obvious head release to the back foot position - Head release position means eye-focus is upward and backward	STAG / DOUBLE STAG LEAPS / JUMPS - Stag—Front leg stag = Knee bend minimum 45° - Double Stag—Both legs stag = Knee bend 90° or less - 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	NGA & NCAA VP NGA may adapt and display the NCAA VP value if different than industry standards	HANDSTANDS & VERTICAL "Achieves VER" vs "Passes thru VER"—Handstand may achieve VER but does not go thru VER - HS will not fulfill SR requirement "pass thru VER"	ACRO - Beam Acro is defined into two (2) groups: - Acro-Flight—FWD/SWD/BWD elements (VP) with flight onto or off of hands and feet - Acro Non-Flight—FWD/SWD/BWD elements (VP) with no flight onto hands or to feet
FWD GAINER TUCK—SIDE OF BM A>A—907—FWD Gainer tuck A>A—907—FWD Gainer tuck 1/2 B>B—907—FWD Gainer tuck 1/1 C>D—907—FWD Gainer tuck 1-1/2	FWD GAINER LO—SIDE OF BM A>A—908—FWD Gainer LO A>B—908—FWD Gainer LO 1/2 C>C—908—FWD Gainer LO 1/1	BWD GAINER TUCK—SIDE OF BM A>A—909a—BWD Gainer tuck A>A—909b—BWD Gainer pike A>A—909a—BWD Gainer tuck 1/2 A>A—909b—BWD Gainer pike 1/2 B>B—909—BWD Gainer tuck 1/1 D>D—909—BWD Gainer tuck 1-1/2	BWD GAINER LO—SIDE OF BM A>A—910—BWD Gainer LO B>B—910—BWD Gainer LO 1/2 C>C—910—BWD Gainer LO 1/1 D>D—910a—BWD Gainer LO 1-1/2 D>E—910b—BWD Gainer LO 2/1 E>E—910c—BWD Gainer LO 2-1/2	ARABIAN ELEMENTS - Considered FWD elements - Listed under SWD Category	TIC-TOC ELEMENT - Considered FWD or BWD elements - Based on benefit of the gymnast
FWD Gainer dismount (FWD Aerial) off side of beam as established by NCAA, NGA has adjusted some FWD/BWD Gainer VPs					
MAIN TABLE OF CONTENTS Click to return to Main Table of Contents 	EVENT TABLE OF CONTENTS Click to return to Balance Beam Table of Contents 	NGA NATIONAL WEBSITE 	NGA NATIONAL WOMENS DIRECTOR Bryan Neal	NGA NATIONAL WOMENS TECHNICAL DIRECTOR Donagene Jones	NGA NATIONAL WOMENS JUDGING DIRECTOR Pat Ergle

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

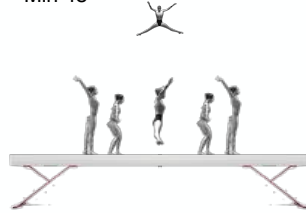
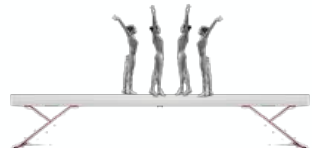
- 701—Push—Bridge—Hold 1

9—DISMOUNTS

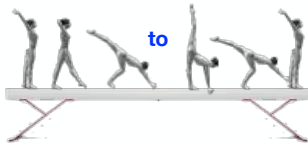
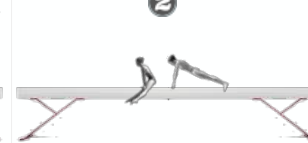
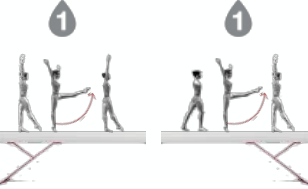
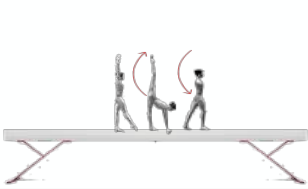
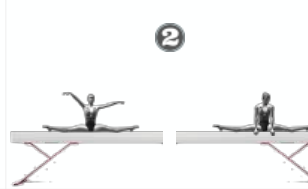
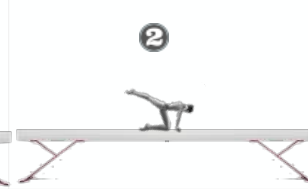
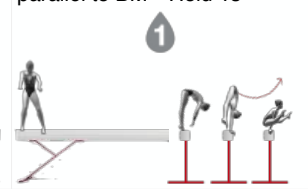
- 901—Cartwheel—Partial HS
- 902—Partial to HS
- 903—Stretch jump
- 904—Tuck jump
- 905—Straddle jump—Min 90°
- 906—Any shape jump—180° turn
- 907—Any shape jump—360° turn
- 908—Knee Scale whip

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

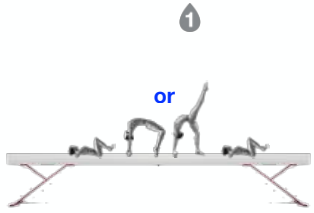
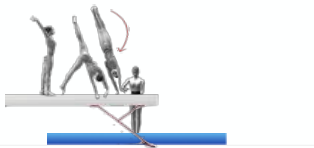
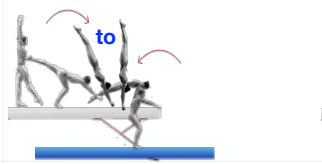
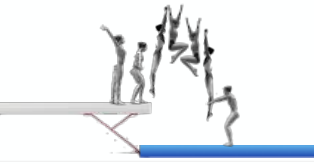
BALANCE BEAM—X SKILLS

X-201 Split leap—1-leg►1-leg—Min 45°  Split Leap 45° 1. From optional start 2. Small plié, step FWD 3. Execute Split leap 4. Land plié 5. Straighten to finish	X-202 Split jump—2-legs►2-legs—Min 45°  Split Jump 45° 1. From stand 2. Small plié, jump up 3. Execute Split jump 4. Land plié 5. Straighten to finish	X-203 Straddle jump—2-legs►2-legs—Min 45°  Straddle Jump 45° 1. From stand 2. Small plié, jump up 3. Execute Straddle jump 4. Land plié 5. Straighten to finish	X—204 Tuck jump—1/4 (90°) turn—2-legs►2-legs  Tuck jump 1/4 1. From stand 2. Execute Tuck jump w 90° turn 3. Side landing 4. Optional exit	X—205 Straight jump—1/4 (90°)—2-feet►2-feet—Side landing  Straight jump 1/4 1. From stand 2. Execute Straight jump w 90° turn 3. Side landing 4. Optional exit	
X-301 Pivot turn 1/2 (180°)—2-feet  Pivot Turn 1. From staggered stand 2. Relevé 3. 1/2 turn (180°)—Finish in relevé 4. Exit—drop heels from relevé 5. Optional finish	X-302 1/2 turn (180°)—1-foot—Any technique  1/2 Turn 1. From optional prep 2. Relevé—optional leg entry 3. Lift to high relevé, free leg optional 4. 1/2 turn (180°) in relevé—Finish relevé 5. Exit—drop heel from relevé 6. Optional finish	X-303 Swing turn 1/2 (180°)—FWD—1-foot  FWD Swing Turn 1. From optional prep 2. Swing leg to front, relevé 3. 1/2 turn (180°)—keep leg over BM 4. Exit—drop heel from relevé 5. Finish—back leg in arabesque	X-304 Swing turn 1/2 (180°)—BWD—1-foot  BWD Swing Turn 1. From optional prep 2. Swing leg to back, relevé 3. 1/2 turn (180°)—keep leg over BM 4. Exit—drop from relevé 5. Finish—front leg in front arabesque	X-305 Squat turn 1/2 (180°)—1-foot  Squat Turn 1. From staggered stand 2. Relevé 3. Demi to full squat in relevé 4. 1/2 turn (180°) 5. Exit—straighten in relevé 6. Finish—drop heels	X—306 Toe Flick turn 1/2 (180°)—1-foot  Toe Flick 1/2 turn 1. From stand 2. Point toe in front 3. Push toe against BM to initiate turn 4. Execute 1/2 turn in relevé 5. Drop heel, finish knees together, leg bent 90°
X—401 Toe Flip Drop—Knee sit  Toe Flip 1. From stand 2. Quickly roll over toes w slight arch 3. Press shins towards BM surface 4. Keep shoulders back over heels 5. Arrive sitting on heels, one knee off BM					

BALANCE BEAM—X SKILLS

X-501 Arabesque balance (1N-2N only)  Arabesque 1. From stand 2. Lift (1) leg back, min 45° 3. Stand demi plie or straight 4. Exit—Lower leg to return 5. Optional finish	X-502 Lever—Touch beam  Lever 1. From stand 2. Enter lever position 3. Teeter FWD to touch BM 4. Optimal flex on touch 5. Exit optional 6. Optional finish	X-503 Partial HS—Lead leg min 45° from VER  Partial HS 1. From stand 2. Enter prep position 3. Transfer weight to hands, invert 4. Optimal leg position in HS 5. Exit optional 6. Must finish on feet	X-504 Cross HS—VER—No hold required (4N/GN use allowed; May also fulfill 4N SR #3)  Cross HS — Ø Hold 1. From stand 2. Enter prep position 3. Transfer weight to hands, invert 4. Optimal leg position in HS 5. Exit optional 6. Must finish on feet	X-505 Side HS—VER—No hold required (4N/GN use allowed; May also fulfill 4N SR #3)  Side HS — Ø Hold 1. From stand 2. Enter prep position 3. Transfer weight to hands, invert 4. Optimal leg position 5. Exit optional 6. Must finish on feet	X-506 Prone position—Hold 2s  Prone 1. From optional position 2. Swing legs back OR 3. From kneeling position, walk legs back 4. Arrive prone—Hold 2s 5. Optional exit
X-507 FWD or SWD Relevé kick—Mark 1s  FWD/SWD Relevé kick 1. From option position 2. Straight legs—Relevé 3. Use front leg OR swing from behind 4. Ballistic kick FWD OR SWD 5. Hold 1s in relevé after kick (leg up) 6. Optional ending	X-508 Needle kick—W/wo hand touch—120°-180°  Needle kick 1. From optional position 2. Ballistic kick of one leg BWD UpWD while chest moves FWD DnWD 3. Hands may contact BM surface 4. Quick return to VER 5. Optional ending	X-509 Front split—W/wo hand grasp—Hold 2s  Front Split 1. From optional position 2. Slide, swing into Front split, L/R 3. Hands may grasp BM 4. Optional exit	X-510 Center split—W/wo hand grasp—W/wo piked hips—Hold 2s  Center split 1. From optional position 2. Slide, swing, turn into Center split 3. Hands may grasp BM 4. May perform with hip pike, chest closed 5. Optional exit	X-511 Knee scale—Leg above HOR—Hold 2s  Knee scale 1. From optional position 2. One shin/knee on BM 3. One straight leg in scale above HOR 4. Optional exit	X-512 Press hold—Straddle stand—Lower to Press hold—Legs parallel to BM—Hold 1s  Press Hold 1. From straddle stand position 2. Lower to straddle press hold 3. Legs parallel to BM, hold 1s 4. Optional exit
X-601 Candlestick roll  Candlestick Roll 1. From supine/sit/squat position 2. Roll BWD—grasp BM (optional grip) 3. Show candlestick position 4. Optional return to position 5. Optional finish	X-602 Whip—Squat stand  Whip Squat stand 1. From straddle sit 2. Arms straight 3. Whip legs BWD UpWD (straight until past BM surface) 4. Bend knees, arrive squat stand 5. Optional exit				

BALANCE BEAM—X SKILLS

X-701 Push up—Bridge—Hold 1s  Bridge 1. From supine position 2. Push up to bridge position 3. Optional leg position 4. Return to supine position					
X-901 Cartwheel—Partial HS—End face BM  Partial CW HS 1. From optional entry 2. Cartwheel—Front/Side approach 3. Invert to almost VER 4. Fall to stomach side 5. Hand stay in contact w BM	X-902 HS ^{OR} Partial Cross HS (30° of VER)  Partial HS 1. From optional entry 2. Kick to HS (30° of VER to VER) 3. No hold required 4. Remove one hand as falling 5. Land plié, one hand on BM	X-903 Stretch jump—End back to BM  Stretch jump 1. From optional entry 2. Small plié 3. Jump 4. Straight jump 5. Land plié	X-904 Tuck jump—End back to BM  Tuck jump 1. From optional entry 2. Small plié 3. Jump 4. Straight to Tuck jump to straight 5. Land plié	X-905 Straddle jump—Min 90°—End back to BM  Straddle jump 1. From optional entry 2. Small plié 3. Jump 4. Straight to Straddle jump to straight 5. Land plié	X-906 Any jump—1/2 (180°) turn—End face BM  Jump 1/2 1. From optional entry 2. Small plié 3. Jump straight 4. Execute any jump w 1/2 (180°) 5. Return to straight 6. Land plié
X-907 Any jump—1/1 (360°) turn—End back to BM  Jump 1/1 1. From optional entry 2. Small plié 3. Jump straight 4. Execute any jump w 1/1 (360°) 5. Return to straight 6. Land plié	X-908 Knee scale—Whip—Push off shin to meet kick leg—End side of BM  Knee scale swing 1. From knee scale position 2. Swing scale leg below BM surface 3. Reverse leg w quick leg swing 4. Simultaneously push off knee to join 5. Show straight body 6. Land w one hand grasping BM				

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

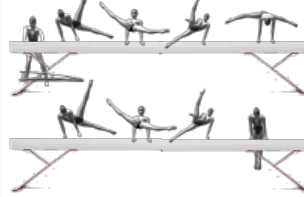
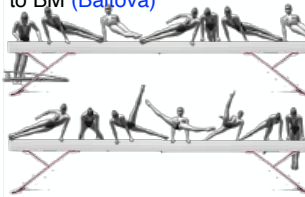
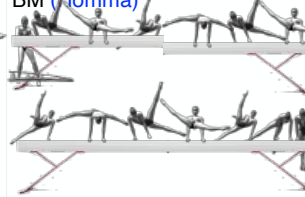
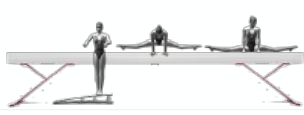
- [125 – 90° to BM ➤ RO Jumps, HS](#)
- [126 – End of BM ➤ FF to Swing Down](#)
- [127 – End of BM ➤ FF Step out](#)
- [128 – End of BM ➤ RO BWD/ARB Saltos](#)

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

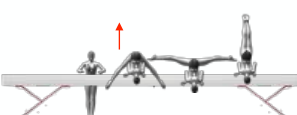
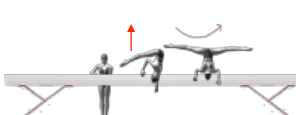
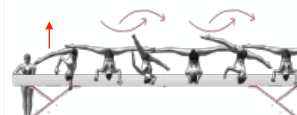
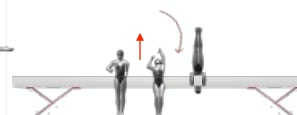
BM—1-MOUNTS — 101-Leap 1-Leg ▶ 1-Leg — 102-Jump 2-Legs ▶ 2-Legs — 103-Scissor/Leg Swing to Sit/Support

A—101a Free leap—1-foot▶1-foot—Middle/End/Diagonal of BM Leap to 1-foot 1. With board—End of BM 2. Take off 1-leg 3. Execute small Split Leap 4. Land 1 leg <i>Not req'd to show full split prior to land</i>	A—101b Free leap—1-foot▶1-foot—Lower to scale—End/Diagonal to BM Leap to scale 1. With board—End of BM 2. Take off 1-leg 3. Execute small Split Leap 4. Land 1 leg 5. Execute scale <i>Not req'd to show full split prior to land</i>	A—101c Free leap—1-foot▶1-foot—Leg extended—Middle/End/Diagonal of BM Straight leap to 1-foot 1. With board—End of BM 2. Take off 1-leg 3. Execute Split Leap from board 4. Land 1 leg <i>Show extended split</i>	D—101 Free leap—1-foot▶1-foot—Switch split leap FWD—180°—End of BM Switch leap to 1-foot 1. With board—End of BM 2. Take off 1-leg 3. Execute Switch Leap from board 4. Land 1 leg		
A—102 Free jump—2-feet▶2-feet—Middle/End/Diagonal of BM Jump to 2-feet 1. With board—End of BM 2. Execute Straight Jump from 2 feet 3. Land 2 feet simultaneous <i>Feet side-by-side or staggered</i>	B—102a Free jump—2-feet▶2-feet—1/2 turn—Tuck/straight stand—End/Diagonal of BM Jump 1/2 to 2-feet 1. With board—End of BM 2. Execute Straight jump—1/2 turn 3. Land 2 feet simultaneous <i>Feet side-by-side or staggered</i>	B—102b Free jump—2-feet▶2-feet—Straddle 180°—Tuck/straight stand—End of BM Straddle jump to 2-feet 1. With board—End of BM 2. Execute Straddle jump 3. Land 2 feet simultaneous <i>Feet side-by-side or staggered</i>	D—102 Free jump—2-feet▶2-feet—1/1 turn—Tuck/straight stand—End/Diagonal of BM Straight jump 1/1 to 2-feet 1. With board—End of BM 2. Execute Straight jump—1/1 turn 3. Land 2 feet simultaneous <i>Feet side-by-side or staggered</i>		
A—103a Scissors leap—1-foot▶Cross stag sit—Diagonal to BM Scissor to stag sit 1. With board—Diagonal to BM 2. Kick leg, push down on BM w hand 3. Execute Scissors leap from 1 leg 4. Swing straight legs over BM 5. Land Cross Stag sit <i>Hands may contact on landing</i>	A—103b Scissors leg swing—1/2 turn—1-foot▶Cross stag—Diagonal to BM Scissor 1/2 stag sit 1. With board—Diagonal to BM 2. Kick leg, push down on BM w hand 3. Execute Scissors leap from 1 leg 4. Swing straight legs over BM—1/2 turn 5. Land Cross Stag sit <i>Hands may contact on landing</i>	A—103c Scissors leg swing—3/4 turn—1-foot▶Cross stag sit—Diagonal to BM Scissor 3/4 to stag sit 1. With board—90° to BM 2. Execute Front support w side leg kick 3. Execute 3/4 side leg split turn 4. Stop lead leg on BM top, continue turn 5. Finish in Cross Stag 1/2 split <i>Hands may contact on landing</i>	A—103d Leg swing 1/4-1/4 turn (total 180°)—1-foot▶Front support—90° to BM Leg swing 1/4-1/4 1. With board—90° to BM 2. Execute Front support w 1/4 leg swing 3. Continue w 1/4 turn 2nd leg swing 4. Finish 1/2 turn in Front support	A—103e Scissors leg swing—1/2 turn—1-foot▶Cross straddle sit—90° to BM Scissor 1/2 to straddle sit 1. With board—90° to BM 2. Execute Front support w side leg kick 3. Execute 1/2 side leg split turn 4. Stop lead leg on BM top 5. Finish Cross Center split sit <i>Hands may contact on landing</i>	B—103 Free leap over BM—Thief Vault—1-foot▶Rear support—90° to BM Thief vault 1. With board—90° to BM 2. Leap from 1 leg 3. Execute Front Thief vault 4. Finish Side Rear sit <i>Hands may contact on landing</i>

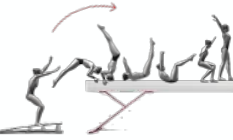
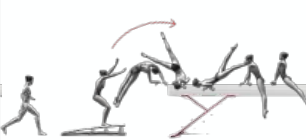
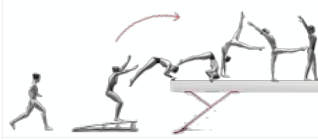
BM—1-MOUNTS — 104-Flank/Scissor Circles — 105-Press to Splits — 106-90° to BM ▶ Jump Clear Straddle/Clear Straddle Split

A—104a  Flank over—2-feet▶Rear support—90° to BM  Flank vault 1. With board—90° to BM 2. Jump—Shift weight to one arm 3. Execute Flank over BM 4. Finish Side Rear support <i>Hands may contact on landing</i>	A—104b  Straddle cut FWD—2 feet▶Rear support—90° to BM  Straddle cut sit 1. With board—90° to BM 2. Jump—Through Front support 3. Execute Straddle over BM 4. Finish Side Rear support <i>Hands may contact on landing</i>	B—104  Double leg swing—1/2 turn—2-feet▶Rear support—90° to BM 180°  Double flank 1/2 turn 1. With board—90° to BM 2. Jump—Shift weight to one arm 3. Execute Flank over BM w 1/4 turn 4. Continue 1/4 turn Flank circle 5. Finish Side Rear support	C—104a  Two Flair circles—1-foot▶Front support—90° to BM  Two Flairs 1. With board—90° to BM 2. Jump—Shift weight to one arm 3. Execute 1st Flair 4. Execute 2nd Flair 5. Finish Side Front support	C—104b  Two flank circles—One leg flair—2-feet▶Front support—90° to BM (<i>Bajtova</i>)  Two Flanks + One Flair 1. With board—90° to BM 2. Jump—Shift weight to one arm 3. Execute 1st FlankWith board—90° to BM 4. Jump—Shift weight to one arm 5. Execute 1st Flank	D—104  Three flying flairs—1-foot▶Front support—90° to BM (<i>Homma</i>)  Three Flairs 1. With board—90° to BM 2. Jump—Shift weight to one arm 3. Execute 1st Flair 4. Execute 2nd Flair 5. Execute 3rd Flair 6. Finish Side Front support
A—105a Jump w/wo hand support—2-feet▶Side straddle stand—90° to BM  Jump side Straddle stand 1. With board—90° to BM 2. Jump—Press HS 3. Lower to Straddle stand, straight/pike <i>Hand contact allowed</i>	A—105b  Jump w/wo hand support—2-feet▶Split sit—90° to BM  Jump center split 1. With board—90° to BM 2. Jump—Press HS 3. Lower to Center Split sit <i>Hand contact allowed</i>	A—105c Jump w/hand support—1/4 turn—2-feet▶Front split sit—90° to BM 90°  Jump 1/4 front split 1. With board—90° to BM 2. Jump—Press HS 3. Lower w 1/4 turn to Front Split sit <i>Hand contact allowed</i>			
B—106a  Jump—FWD—1/2 turn—2-feet▶Clear straddle support—90° to BM 180°  Jump 1/2 Straddle 'L' 1. With board —90° to BM 2. Execute Straight Jump 1/2 turn 3. Land Side Straddle 'L' sit	B—106b  Jump—BWD—Clear straddle jump over BM—2-feet▶Front support—90° to BM  Jump Straddle back 1. With board —90° to BM 2. Execute Straight Jump BWD 3. Straddle cut BWD over BM 4. Arrive Side Front support	B—106c  Jump—BWD—2-feet▶Split sit—90° to BM  Jump BWD to center split 1. With board —90° to BM 2. Execute Straight Jump BWD 3. Straddle to BM 4. Arrive Center Split sit <i>Hand contact allowed</i>			

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

A—107a  Leap—1-foot▶Cross split sit—Support 1-hand permitted—Diagonal to BM  Leap to front split 1. With board—Diagonal to BM 2. Kick leg—push down on BM w hand 3. Execute Leap from 1 leg 4. Swing straight legs to Front Split sit Hand may contact on landing	A—107b  Switch Split leap FWD—1/4 turn—1-foot▶Straddle split sit SWD—Support 1-hand—Diagonal to BM ^{90°}  Switch leap 1/4 Center split 1. With board—Diagonal to BM 2. Execute Leap from 1 leg 3. Swing straight legs—Switch 1/4 turn 4. Finish Center Split sit Hand may contact on landing	C—107a  Free jump—2-feet▶Cross split sit—Diagonal to BM  Free jump front split 1. With board—Diagonal to BM 2. Straight Jump from 2 feet 3. Finish Front Split sit Hand may contact on landing	C—107b  Free jump—1/2 turn—2-feet▶Cross split sit—Diagonal to BM ^{180°}  Free jump 1/2 front split 1. With board—Diagonal to BM 2. Straight Jump from 2 feet—1/2 turn 3. Finish Front Split sit Hand may contact on landing	D—107  Switch Split leap FWD—180° split—1-foot▶Cross split—Ø hand support—Diagonal to BM (Whitney)  Free switch jump front split 1. With board—Diagonal to BM 2. Execute Leap from 1 leg 3. Switch straight legs 4. Finish Front Split sit Ø Hand contact on landing	
A—108a Jump—2-feet▶Tuck stand—90° to BM  Jump Tuck stand 1. With board—90° to BM 2. Execute jump—Lift hips 3. Land Tuck stand	A—108b  Jump—Squat thru—2-feet▶Rear support—90° to BM  Jump Squat thru 1. With board—90° to BM 2. Execute jump—Lift hips 3. Squat thru 4. Finish Rear support	A—108c  Jump—Stoop thru—2-feet▶Rear support—90° to BM  Jump Stoop thru 1. With board—90° to BM 2. Execute jump—Lift hips 3. Stoop thru 4. Finish Rear support	B—108a Jump—Squat thru—2-feet▶Clear pike support—90° to BM—Hold 2s  Jump Squat thru 'V' hold 1. With board—90° to BM 2. Execute jump—Lift hips 3. Squat thru 4. Finish Clear 'V' support	B—108b Jump—Stoop thru—2-feet▶Clear pike support—90° to BM—Hold 2s  Jump Stoop thru 'V' hold 1. With board—90° to BM 2. Execute jump—Lift hips 3. Stoop thru 4. Finish Clear 'V' support	
A—109a Back hip pullover—1 ^{QB} 2-feet▶Front support—90° to BM  BWD hip pullover 1. W/w board—90° to BM 2. Execute BWD hip pullover 3. Finish Front support	A—109b  Jump—2-feet▶Chest/Headstand—90° to BM  Jump chest stand 1. With board—90° to BM 2. Execute jump—Lift hips—Pike straddle 3. Execute Chest stand 4. Finish Chest stand	B—109  Jump—1/2 turn—2-feet▶Over shoulder SHD stand—90° to BM ^{180°}  Jump 1/2 Shoulder stand 1. With board—90° to BM 2. Execute jump—Lift hips—Pike straddle 3. Execute 1/2 turn over shoulder 4. Finish Shoulder stand	C—109a  Jump—1/2 turn—Over shoulder SHD stand—1/2 turn—Over shoulder—2-feet▶Chest stand—90° to BM (Silivas) ^{180°}  Silivas 1. With board—90° to BM 2. Execute jump—Lift hips—Pike straddle 3. Execute 1/2 turn over shoulder 4. Execute 1/2 turn over shoulder 5. Finish Chest stand	C—109b  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 ^{180° 180° 180°}  Silivas 1/2 1. With board—90° to BM 2. Execute jump—Lift hips—Pike straddle 3. Execute 1/2 turn over shoulder 4. Execute 1/2 turn over shoulder 5. Execute 1/2 turn over shoulder 6. Finish Shoulder stand	C—109c Jump—1/2 turn—Over shoulder—Over BM—2-feet▶Chest stand—90° to BM ^{180°}  FF Jump 1/2 Chest stand 1. With board—90° to BM 2. Execute FF 3. Execute 1/2 turn over shoulder—Over BM 4. Finish Chest stand

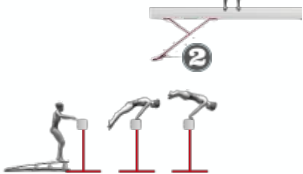
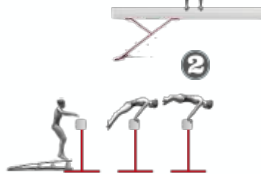
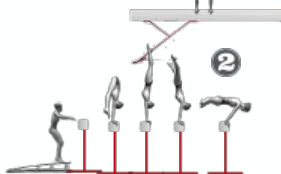
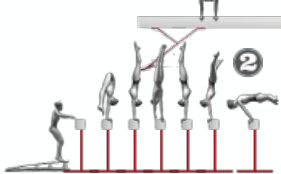
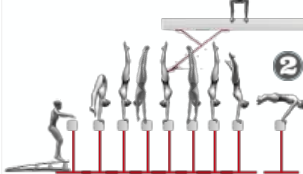
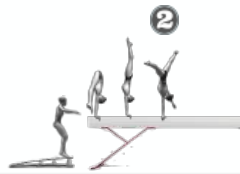
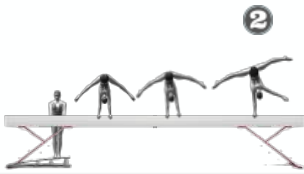
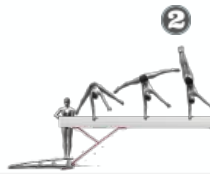
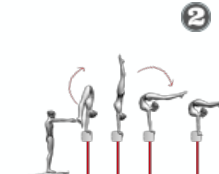
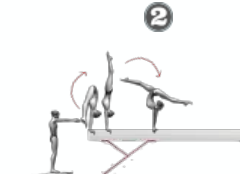
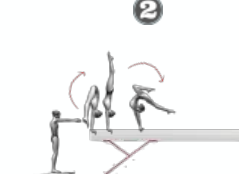
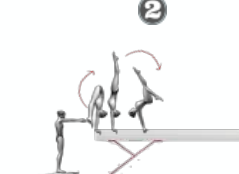
BM—1-MOUNTS — 110-End of BM ► Rolls — 111-End of BM ► FWD Springs — 112-End of BM ► HS, Overs, Wheels

A—110a  Jump—FWD roll—2-feet►End/ middle of BM  Jump FWD roll 1. With board—End/Middle of BM 2. Execute Jump 3. Execute FWD roll 4. Optional ending	A—110b  Clear straddle support—Swing BWD—FWD Roll—2-feet► Optional exit—End of BM  Jump 'L' FWD roll 1. W/wo board—End of BM 2. Execute Jump—Straddle 'L' 3. Execute FWD whip roll 4. Optional ending	B—110a Free FWD roll—2-feet► Optional exit—End of BM  Free roll 1. With board—End of BM 2. Jump—Lift hips 3. Execute Free FWD roll 4. Optional ending <i>Free of hand contact</i>	B—110b  Jump—1/4 turn—Chest cartwheel—1/4 turn—2-feet► Cross straddle sit—End of BM 180°  Jump 1/4 Chest cartwheel 1. With board—End of BM 2. Jump—1/4 turn Chest cartwheel 3. 1/4 turn to Cross straddle sit 4. Finish Cross straddle sit	C—110 Hecht roll—Extend hip angle flight phase—2-feet►Optional exit—End/diagonal to BM  Dive FWD roll 1. With board—End/Diagonal to BM 2. Jump—Extended hips 3. Execute FWD Hecht roll 4. Optional ending	
B—111a  Jump—Head kip—Step out—2- feet►1-foot—Cross stand—End of BM  Jump Head kip SO 1. With board—End of BM 2. Jump—Head contact 3. Execute FWD head spring step-out 4. Finish Cross stand	B—111b Jump—Head kip—Together—2- feet►2-feet—Cross stand—End of BM  Jump Head kip 2-feet 1. With board—End of BM 2. Jump—Head contact 3. Execute FWD head spring together 4. Finish Cross stand	C—111a  Jump—FWD Walkover—2-feet► 1-foot—End of BM  Jump FWO 1. With board—End of BM 2. Jump—Extended/Bent hip HS 3. Execute FWD Walkover 4. Finish Cross stand	C—111b  Jump HS—Hip angle (pike)— Handspring FWD—Step-out— Cross stand—2-feet►1-foot— End of BM  Jump FHS 1. With board—End of BM 2. Jump—Hip angle 3. Execute FWD hand spring step out 4. Finish Cross stand	D—111a Jump—FWD Handspring— Hecht (extend hip angle)— Before/after BM hand support— 2-feet►1-foot—End/Diagonal to BM  Jump FHS Hecht 1. With board—End of BM ^{OR} Diagonal 2. Jump—Extended Hip angle 3. Execute FWD hand spring step out 4. Finish Cross stand <i>Hecht before/after hand contact</i>	D—111b  Jump—FWD handspring—Hip angle—Pike—2-feet►2-feet— End of BM (Flyspring) (McCool)  Jump Flyspring 1. With board—End of BM 2. Jump—Hip angle 3. Execute FWD Flyspring 4. Finish Cross stand
A—112 Jump—Bend knee HS—Lower to Cross straddle sit—End of BM  Bent knee HS 1. With board—End of BM 2. Jump—Bent knee-open hip HS 3. Execute Chest roll swing down 4. Finish Cross straddle sit	B—112a Jump—Extend hips—Cartwheel —2 arms/cross HS—Lower— Stand/Optional touch—End of BM 180°  Cartwheel 1. With board—End of BM 2. Jump—Extended hips—1/4 turn HS 3. Execute 2-arm Cartwheel 4. Finish Cross stand/Optional ending	B—112b Jump—Extend hips—Cartwheel —1-arm Cross HS—Lower— Stand/Optional touch—End of BM 180°  Cartwheel 1-arm 1. With board—End of BM 2. Jump—Extended hips—1/4 turn HS 3. Execute 1-arm Cartwheel 4. Finish Cross stand/Optional ending	B—112c Jump—Extend hips—Cross HS —Lower—Stand/Optional touch —End of BM  Straight HS 1. With board—End of BM 2. Jump—Extended hip HS 3. Execute Chest roll swing down 4. Finish Cross straddle sit/Optional ending	B—112d Jump—Hecht—Round off—End of BM 180°  Hecht RO 1. With board—End of BM 2. Jump—Extended hip—1/4 turn HS 3. Execute Round off—1/4 turn Hecht phase 4. Finish Cross stand	

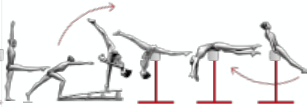
BM—1-MOUNTS — 113-Press/'L'/'V' HS ➤ 'L' — 114-Press/'L'/'V' HS ➤ 'V' — 115-HS Diamidov, Lori-Hop, Phillips

B—113a Jump—HS—2-feet➤Lower to BM ^{OR} Clear straddle 'L'—90°/End of BM Jump HS Straddle 'L' 1. With board—90°/End of BM 2. Execute Jump HS 3. Execute Clear straddle 'L' 4. Optional exit	B—113b Clear straddle 'L' Press—HS—2-feet➤Lower to BM ^{OR} Clear straddle 'L'—90°/End of BM L' Press HS, return 1. With board—90°/End of BM 2. Execute Jump straddle 'L' 3. Execute Press HS 4. Lower to Clear straddle 'L' 5. Optional exit	B—113c Clear pike 'V' Press—HS—2-feet➤Lower to BM ^{OR} Clear straddle 'L'—90°/End of BM V' Press HS return 'L' 1. With board—90°/End of BM 2. Execute Jump pike 'V' 3. Execute Press HS 4. Lower to Clear straddle 'L' 5. Optional exit	B—113d Jump/Press/Swing—HS—1/2 turn—2-feet➤Lower to BM ^{OR} Clear straddle 'L'—90°/End of BM ^{180°} Jump press HS 1/2 1. With board—90°/End of BM 2. Execute Press HS—1/2 turn 3. Lower to Clear straddle 'L' 4. Optional exit	C—113 Jump/Press/Swing—HS—1/1 - 2/1 turn—2-feet➤Lower to BM ^{OR} Clear straddle 'L'—90°/End of BM ^{360°} L' Press HS 1/1-2/1 1. With board—90°/End of BM 2. Execute Jump straddle 'L' 3. Execute Press HS—1/1 to 2/1 turn 4. Lower to Clear straddle 'L' 5. Optional exit	
C—114a Jump—HS—2-feet➤Lower to Clear pike 'V'—90°/End of BM Jump HS return 'V' 1. With board—90°/End of BM 2. Execute Press HS 3. Lower to Clear pike 'V' 4. Optional exit	C—114b Clear straddle 'L' Press—HS—2-feet➤Lower to Clear pike 'V'—90°/End of BM L' press HS return 'V' 1. With board—90°/End of BM 2. Execute Jump Clear straddle 'L' 3. Execute Press HS 4. Lower to Clear pike 'V' 5. Optional exit	C—114c Clear pike 'V' Press—HS—2-feet➤Lower to Clear pike 'V'—90°/End of BM V' press HS return 'V' 1. With board—90°/End of BM 2. Execute Jump Clear pike 'V' 3. Execute Press HS 4. Lower to Clear pike 'V' 5. Optional exit	C—114d Jump/Press/Swing—HS—1/2 turn—2-feet➤Lower to Clear pike 'V'—90°/End of BM ^{180°} V' press HS 1/2 return 'V' 1. With board—90°/End of BM 2. Execute Jump Clear pike 'V' 3. Execute Press HS—1/2 turn 4. Lower to Clear pike 'V' 5. Optional exit	D—114 Jump/Press/Swing—HS—1/1-2/1 turn—2-feet➤Lower to Clear pike 'V'—90°/End of BM ^{360°} V' press HS 1/1-2/1 return 'V' 1. With board—90°/End of BM 2. Execute Jump Clear straddle 'L' 3. Execute Press HS—1/1-2/1 turn 4. Lower to Clear pike 'V' 5. Optional exit	
B—115a Jump—Press—HS—Bend-stretch legs—Hop 1/4 turn—2-feet➤Land Cross HS—90° to BM ^{90°} (Lori-hop) Lori Hop 1. With board—90° to BM 2. Execute Jump Press HS 3. Bend knees—Quickly open 4. Execute Hop 1/2 turn 5. Finish Cross HS 6. Optional exit	B—115b Jump/press/swing—HS—2-feet➤Front Walk out—End of BM L' press HS Walkout 1. With board—End of BM 2. Execute Jump Clear straddle 'L' 3. Execute Press HS 4. Front Walkover out 5. Optional exit	C—115a Jump/press/swing—HS—1/1 - 2/1 turn—2-feet➤Front Walk out—End of BM ^{360°} L' press HS 1/1-2/1 Walkout 1. With board—End of BM 2. Execute Jump Clear straddle 'L' 3. Execute Press HS—1/1-2/1 turn 4. Front Walkover out 5. Optional exit	C—115b Jump/Press/Swing—HS—Diamidov—2-feet➤Rear support—90° to BM ^{180°} Press HS Diamidov 1. Execute Jump Press HS—90° to BM 2. Execute Diamidov 1-arm twist 3. Land Rear support 4. Optional exit	D—115a Jump/Press/Swing—HS 1/1 turn—Diamidov—2-feet➤Rear support—90° to BM ^{360°} Diamidov 1/1 1. With board—90° to BM 2. Execute Jump Press HS—1/1 turn 3. Execute Diamidov 1-arm twist 4. Land Rear support 5. Optional exit	D—115b Jump—Press HS—2-feet➤FWO—Stand—90° to BM (Phillips) Phillips 1. With board—90° to BM 2. Execute Jump Press HS 3. Execute Front Walkover 4. Land Cross stand 5. Optional exit

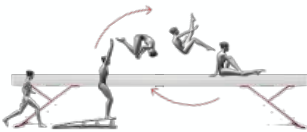
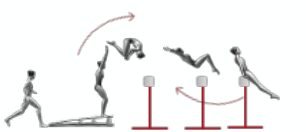
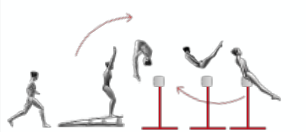
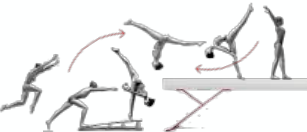
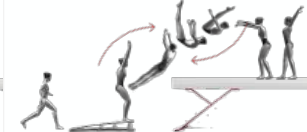
BM—1-MOUNTS — 116-Side Planche — 117-One-Arms HS — 118-Reverse Planche

B—116 Jump—Side Planche—2-feet▶ Above HOR Planche—Hold 2s— —90° to BM  Planche above HOR 1. With board—90° to BM 2. Execute Jump Planche 3. Hold 2s—Above HOR 4. Optional exit	C—116a Jump—Side Planche—2- feet▶HOR Planche—Hold 2s— 90° to BM (<i>Shushunova</i>)  Shushunova Planche 1. With board—90° to BM 2. Execute Jump Planche 3. Hold 2s—HOR 4. Optional exit	C—116b Jump/Press/Swing—HS—2- feet▶Lower to Planche—Hold 2s—90° to BM  HS lower to Planche 1. With board—90° to BM 2. Execute Jump Press HS 3. Lower to Planche 4. Hold 2s—HOR 5. Optional exit	C—116c Jump/Press/Swing—HS—1/2 turn—2-feet▶Lower to Planche —Hold 2s—90° to BM  HS 1/2 lower to Planche 1. With board—90° to BM 2. Execute Jump Press HS—1/2 turn 3. Lower to Planche 4. Hold 2s—HOR 5. Optional exit	D—116 Jump/Press/Swing—HS— 1/1-2/1 turn—2-feet▶Lower to Planche—Hold 2s—90° to BM  HS 1/1-2/1 lower to Planche 1. With board—90° to BM 2. Execute Jump Press HS—1/1-2/1 turn 3. Lower to Planche 4. Hold 2s—HOR 5. Optional exit		
C—117a Jump—Press HS—1-arm Cross HS—Hold 2s—End of BM  1-arm Cross HS 1. With board—End of BM 2. Execute Jump Press HS 3. Shift to 1-arm HS—Hold 2s 4. Optional exit	C—117b Jump/Press—HS—Shift—1-arm Side HS—Hold 2s—90° to BM  1-arm Side HS 1. With board—90° to BM 2. Execute Jump Press HS 3. Shift to 1-arm HS—Hold 2s 4. Optional exit	D—117a Jump/Swing—2-feet▶1-arm HS —Hold 2s—90° to BM (<i>Rankin</i>)  Jump to 1-arm HS 1. With board—90° to BM 2. Execute Jump Press 1-arm HS 3. Hold 2s 4. Optional exit	D—117b 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 (<i>Rankin, Lowing</i>)  1-arm HS lower to 1-arm 'L' 1. With board—90° to BM 2. Execute Jump Press HS 3. Shift to 1-arm HS—Hold 2s 4. Lower to 1-arm Clear straddle 'L' 5. Optional exit			
C—118a Jump—Press HS—Reverse Planche HS—Legs Straddle OR Together—Hold 2s—90° to BM  Reverse Planche 1. With board—90° to BM 2. Execute Jump Press HS 3. Lower to Reverse Planche HS 4. Hold 2s 5. Optional exit	C—118b Jump—Press HS—Reverse Planche split HS pose—Hold 2s —End of BM  Reverse split Planche 1. With board—End of BM 2. Execute Jump Press HS 3. Lower to Reverse Planche split HS 4. Hold 2s 5. Optional exit	C—118c Jump—Press HS—Reverse Planche stag split HS pose— Hold 2s—End of BM  Reverse stag split Planche 1. With board—End of BM 2. Execute Jump Press HS 3. Lower to Reverse Planche stag split HS 4. Hold 2s 5. Optional exit	C—118d Jump—Press HS—Yogi Planche HS pose—Hold 2s— End of BM  Yogi Planche 1. With board—End of BM 2. Execute Jump Press HS 3. Lower to Yogi Planche HS 4. Hold 2s 5. Optional exit			

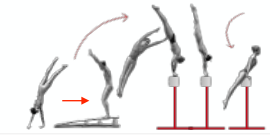
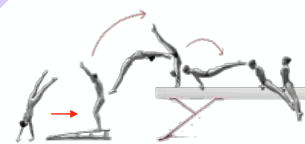
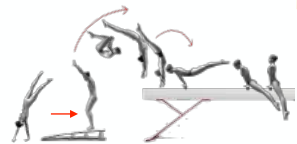
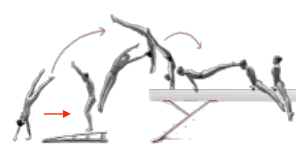
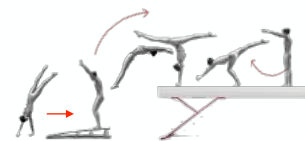
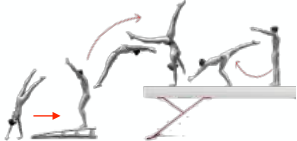
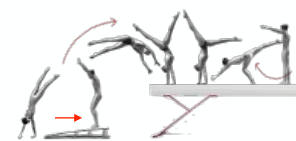
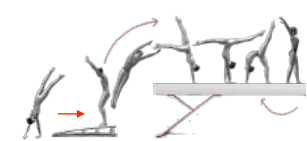
BM—1-MOUNTS — 119-Cross Elbow Planche — 120-90° - BM ► HS/Chest stand/F. support — 121-90° - BM ► FWD Acro

A—119a Jump—Elbow planche—HOR— Hold 2s—End of BM ②  Elbow Planche 1. With board—End of BM 2. Execute Jump Elbow Planche 3. Hold 2s 4. Optional exit	A—119b Jump—1-arm—Elbow planche —HOR—Hold 2s—End of BM ②  Elbow Planche 1-arm 1. With board—End of BM 2. Execute Jump 1-arm Elbow Planche 3. Hold 2s 4. Optional exit				
B—120a Front stand—Chest cartwheel —Candle—Chest stand—Front support—90° to BM 180°  Side Chest cartwheel 1. With board—90° to BM 2. Execute chest Cartwheel (1/2 turn) 3. Candle-chest stand 4. Lower to Front support 5. Optional exit	B—120b Jump—Extend hips—1/4 turn— Thru HS—1-arm—Immediate 1/4 turn—Support 2nd arm— Side HS—90° to BM 90° 90°  Straight 1/4-1/4 HS 1. With board—90° to BM 2. Execute Jump HS w 1/4 + 1/4 turn 3. To HS 4. Optional exit	C—120 Jump—Extended hips—1/2 turn —In flight—Side HS—90° to BM 90° 90°  Straight 1/2 HS 1. With board—90° to BM 2. Execute Jump extended hips 3. Execute 1/4-1/4 turn—HS 4. Optional exit	C—120 Rear stand—FF—1/2 turn— Over BM—Candle—Chest stand —Lower to Front support—W/ WO BWD Hip Circle—90° to BM 90° to BM  FF 1/2 Chest stand 1. With board—90° to BM 2. Execute Jump FF 1/2 turn—Over BM 3. Candle-chest stand 4. Lower to Front support 5. Optional exit	D—120a Rear stand—FF to BM— Candle—Chest stand—Lower to Front support—W/WO BWD Hip Circle—90° to BM (Beukes)  FF to Chest stand 1. With board—90° to BM 2. Execute Jump extended hips 3. Execute chest stand 4. Optional exit	D—120a Rear stand—FF to BM— Candle—Chest stand—Lower to BWD Hip circle—90° to BM  FF Chest stand to BHC 1. With board—90° to BM 2. Execute Jump FF 3. Candle-chest stand 4. Lower to Front support + BWD hip circle 5. Optional exit
A—121a Cartwheel—Alternate hands on springboard—Front support— 90° to BM  FWD Cartwheel 1. With board—90° to BM 2. Hand staggered placement on board 3. Execute 1/4 turn-1/4 turn Cartwheel 4. Arrive Front support 5. Optional exit	A—121b FWD walkover—Hands on springboard—Rear support— Sit on BM—90° to BM  FWD Walkover 1. With board—90° to BM 2. Hands on board 3. Execute FWD Walkover 4. Arrive Rear support 5. Optional exit	B—121a FWD handspring—Springboard Hand repulsion—Rear support —90° to BM  FHS 1. With board—90° to BM 2. Hand repulsion from board 3. Execute FWD Handspring 4. Arrive Rear support 5. Optional exit	B—121a FWD handspring—Springboard Hand repulsion—1/4 turn— Cross sit R/L thigh—90° to BM 90°  FHS 1/4 to sit 1. With board—90° to BM 2. Hand repulsion from board 3. Execute FWD Handspring—1/4 turn 4. Finish Cross thigh sit 5. Optional exit	B—121b FWD Aerial walkover—Rear support—90° to BM  FWD Aerial 1. With board—90° to BM 2. From board 3. Execute FWD Aerial walkover 4. Finish Rear support 5. Optional exit	B—121b FWD Aerial walkover—1/4 turn —Cross thigh sit—90° to BM 90°  FWD Aerial 1/4 to sit 1. With board—90° to BM 2. From board 3. Execute FWD Aerial walkover—1/4 turn 4. Finish Cross thigh sit 5. Optional exit

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

C—122a	C—122b	D—122a	D—122b				
FWD salto—Tuck—2-legs to 1-leg—Extend—Tuck Cross thigh sit—Hand support behind hips—Diagonal to BM (Poulin)	FWD salto—Tuck—2-legs to Cross sit—Hand support behind hips—Diagonal to BM (Poulin)	FWD salto—Tuck—Rear support—Grasp BM prior to landing—90° to BM	FWD salto—Pike—Rear support—Grasp BM prior to landing—90° to BM				
							
FWD Tuck to side sit	FWD Tuck to Valdez sit	FWD Tuck side sit	FWD Pike side sit				
1. With board—Diagonal to BM 2. Jump 2-feet 3. Execute FWD Tuck Salto 4. Land 1-leg—Cross thigh sit 5. Hand contact behind hips 6. Optional exit	1. With board—Diagonal to BM 2. Jump 2-feet 3. Execute FWD Tuck Salto 4. Land 1-leg—Cross sit 5. Hand contact behind hips 6. Optional exit	1. With board—90° to BM 2. Jump 2-feet 3. Execute FWD Tuck Salto 4. Land Rear support 5. Hand contact before landing 6. Optional exit	1. With board—90° to BM 2. Jump 2-feet 3. Execute FWD Tuck Salto 4. Land Rear support 5. Hand contact before landing 6. Optional exit				
E—123a	E—123b	E—123c	E—123d	E—123e			
FWD Salto—Tuck—Cross stand—End of BM	FWD Aerial—Cross stand—End of BM	FWD salto—Pike—Cross stand—End of BM	FWD salto—Tuck—1/2 turn—Cross stand—End of BM 180°	1/2 turn—BWD salto—Pike—Cross stand—End of BM			
							
FWD Tuck	FWD Aerial	FWD Pike	FWD Tuck 1/2	1/2 BWD Pike			
1. With board—End of BM 2. Jump 2-feet 3. Execute FWD Tuck Salto 4. Land 2-legs—Cross stand 5. Optional exit	1. With board—End of BM 2. Jump 1-foot 3. Execute FWD Aerial Walkover 4. Land 1-leg—Cross stand 5. Optional exit	1. With board—End of BM 2. Jump 2-feet 3. Execute FWD Pike Salto 4. Land 2-legs—Cross stand 5. Optional exit	1. With board—End of BM 2. Jump 2-feet 3. Execute FWD Tuck Salto—1/2 turn 4. Land 2-legs—Cross stand 5. Optional exit	1. With board—End of BM 2. Jump 2-feet 3. Execute 1/2 turn—BWD Pike Salto 4. Land 2-legs—Cross stand 5. Optional exit			
E—124							
FWD handspring—FWD salto—Tuck—Cross stand—End of BM							
							
FHS FWD Tuck							
1. With board—End of BM 2. Execute FHS to board—2-feet 3. Execute FWD Tuck Salto 4. Land 2-legs—Cross stand 5. Optional exit							

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

C—125a RO—BWD Straddle jump—Pike —Over BM—BWD hip circle— 90° to BM  RO Straddle back 1. With board—90° to BM 2. Execute RO-BWD Straddle jump— Over BM 3. Execute BWD hip circle 4. Optional exit	C—125b RO—Jump—1/2 turn—Near side HS—Lower to Front support—90° to BM (Gurova) 180°  RO 1/2 HS Front support 1. With board—90° to BM 2. Execute RO-Jump—1/2 turn—Near HS 3. Lower to Front support 4. Optional exit	D—125 RO—FF—1/1 twist—BWD Hip circle—90° to BM (Zamolodchikova) 360°  RO FF 1/1 1. With board—90° to BM 2. Execute RO-FF—1/1 turn—Thru HS 3. Execute BWD hip circle 4. Optional exit					
D—126a RO—FF—Thru HS—1-2 arms— Swing down—Cross straddle sit —End of BM  RO FF Swing down 1. With board—End of BM 2. Execute RO-FF—Support 1-2 hands 3. Thru HS—Swing down 4. Finish Cross straddle sit 5. Optional exit	D—126b RO—FF—Tuck-stretch—Thru HS—2-arms—Swing down— Cross straddle sit—End of BM  RO Tuck-open Swing down 1. With board—End of BM 2. Execute RO-FF Tuck-open 3. Thru HS—Swing down 4. Finish Cross straddle sit 5. Optional exit	E—126 RO—FF—1/1 twist—Swing down—Cross straddle sit—End of BM (Tsavdaridou) 360°  RO FF 1/1 Swing down 1. With board—End of BM 2. Execute RO-FF—1/1 twist 3. Thru HS—Swing down 4. Finish Cross straddle sit 5. Optional exit					
D—127a RO—FF—Thru HS—2 arms— Cross stand—End of BM  RO FF SO 1. With board—End of BM 2. Execute RO-FF—Support 2 hands 3. Thru HS support 4. Finish Cross stand 5. Optional exit	D—127b RO—FF—Thru HS—1 arm— Cross stand—End of BM  RO FF 1-arm 1. With board—End of BM 2. Execute RO-FF—Support 1 hand 3. Thru HS support 4. Finish Cross stand 5. Optional exit	E—127a RO—FF—1/1 twist—Cross stand—End of BM (Luconi) 360°  RO FF 1/1 1. With board—End of BM 2. Execute RO-FF—1/1 twist 3. Thru HS support 4. Finish Cross stand 5. Optional exit	E—127b  RO—FF—1/2 turn—FWD Walkover—End of BM (Dunn) 180°  RO Arabian FWD Walkout 1. With board—End of BM 2. Execute RO-FF—1/2 turn 3. Execute FWD Walkover 4. Finish Cross stand 5. Optional exit				

E—128a RO—BWD salto—Tuck—Cross stand—End of BM RO BWD Tuck 1. With board—End of BM 2. Execute RO-BWD Tuck salto 3. Finish Cross stand 4. Optional exit	E—128b RO—BWD salto—Pike—Cross stand—End of BM RO BWD Pike 1. With board—End of BM 2. Execute RO-BWD Pike salto 3. Finish Cross stand 4. Optional exit	E—128c RO—BWD salto—Stretch—Step-out—Cross stand—End of BM RO Layout SO 1. With board—End of BM 2. Execute RO-BWD Stretch Step out salto 3. Finish Cross stand 4. Optional exit			
E—128a RO—BWD salto—Stretch—Cross stand—End of BM (Garrison) RO Layout 1. With board—End of BM 2. Execute RO-BWD Stretch salto 3. Finish Cross stand 4. Optional exit	E—128b RO—BWD salto—Stretch—1/1 twist—Cross stand—End of BM (Garrison) 360° RO Layout 1/1 1. With board—End of BM 2. Execute RO-BWD Stretch salto—1/1 turn 3. Finish Cross stand 4. Optional exit	E—128c RO—SWD Arabian salto—Tuck—Cross stand—End of BM RO Arabian Tuck 1. With board—End of BM 2. Execute RO-SWD Arabian salto 3. Finish Cross stand 4. Optional exit	E—128d RO—BWD salto—Tuck—1/1 twist—Cross stand—End of BM 360° RO Tuck 1/1 1. With board—End of BM 2. Execute RO-BWD Tuck salto—1/1 twist 3. Finish Cross stand 4. Optional exit		

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](#)

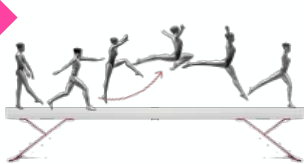
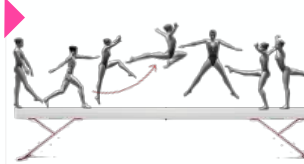
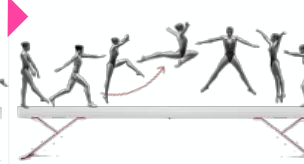
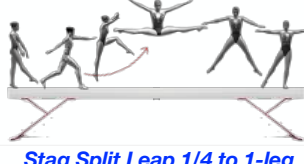
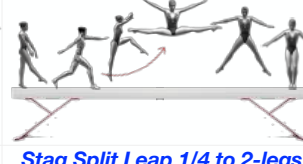
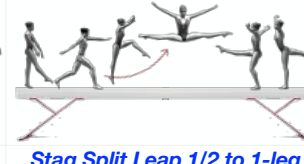
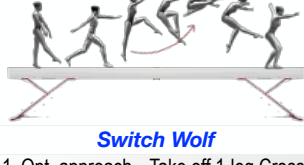
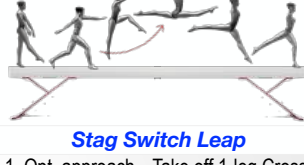
Shape Jumps

- [219—Pike Jumps](#)
- [220—Tuck Jumps](#)
- [221—Wolf Jumps](#)

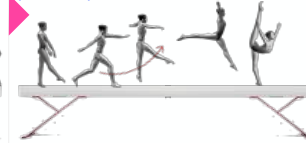
▶ *Cannot use VP for Split SR requirement*

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

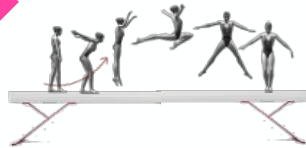
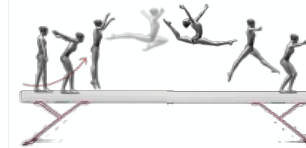
BM—2-STAG LEAPS — 201-Stag Leaps — 202-Stag Split Leaps — 203-Stag Switch Leg Leaps

A—201a Stag leap—Cross/Cross—1-leg/1-leg  Stag Leap 1. Opt. approach—Take off 1-leg Cross 2. Execute Stag leap 3. Front leg bent—Thigh parallel to BM 4. 180° split—Knee to toes 5. Land 1-leg Cross	A—201a Stag leap—1/4 turn—Cross/Side—1-leg/1-leg 90°  Stag Leap 1/4 to 1-leg 1. Opt. approach—Take off 1-leg Cross 2. Execute Stag leap—1/4 turn 3. Front leg bent—Thigh parallel to BM 4. 180° split—Knee to toes 5. Land 1-leg Side	A—201a Stag leap—1/4 turn—Cross/Side—1-leg/2-legs 90°  Stag Leap 1/4 to 2-legs 1. Opt. approach—Take off 1-leg Cross 2. Execute Stag leap—1/4 turn 3. Front leg bent—Thigh parallel to BM 4. 180° split—Knee to toes 5. Land 2-legs Side	B—201a Stag leap—1/2 turn—Cross/Cross—1-leg/1-leg 180°  Stag Leap 1/2 to 1-leg 1. Opt. approach—Take off 1-leg Cross 2. Execute Stag leap—1/2 turn 3. Front leg bent—Thigh parallel to BM 4. 180° split—Knee to toes 5. Land 1-leg Cross	B—201a Stag leap—1/2 turn—Cross/Cross—1-leg/2-legs 180°  Stag Leap 1/2 to 2-legs 1. Opt. approach—Take off 1-leg Cross 2. Execute Stag leap—1/2 turn 3. Front leg bent—Thigh parallel to BM 4. 180° split—Knee to toes 5. Land 2-legs Cross	D—201 Stag leap—Ring—Rear leg head height—Head REL—Cross/Cross—1-leg/1-leg  Stag Leap Ring 1. Opt. approach—Take off 1-leg Cross 2. Execute Stag leap—Ring 3. Front leg bent—Thigh parallel to BM 4. Rear leg bent UpWD—Head height 5. Head release 6. Land 1-leg Cross
A—202 Stag split leap—180° front split—Cross/Cross—1-leg/1-leg  Stag Split Leap 1. Opt. approach—Take off 1-leg Cross 2. Execute Stag split leap 3. 180° front split—after stag open 4. Land 1-leg Cross	B—202a Stag split leap—1/4 turn—180° side split—Cross/Side—1-leg/1-leg 90°  Stag Split Leap 1/4 to 1-leg 1. Opt. approach—Take off 1-leg Cross 2. Execute Stag split leap—1/4 turn 3. 180° side split—after stag open 4. Land 1-leg Side	B—202a Stag split leap—1/4 turn—180° side split—Cross/Side—1-leg/2-leg 90°  Stag Split Leap 1/4 to 2-legs 1. Opt. approach—Take off 1-leg Cross 2. Execute Stag split leap—1/4 turn 3. 180° side split—after stag open 4. Land 2-legs Side	C—202a Stag split leap—1/2 turn—180° side split—Cross/Cross—1-leg/1-leg 180°  Stag Split Leap 1/2 to 1-leg 1. Opt. approach—Take off 1-leg Cross 2. Execute Stag split leap—1/2 turn 3. 180° side split—after stag open 4. Land 1-leg Cross	C—202a Stag split leap—1/2 turn—180° side split—Cross/Cross—1-leg/2-legs 180°  Stag Split Leap to 2-legs 1. Opt. approach—Take off 1-leg Cross 2. Execute Stag split leap—1/4 turn 3. 180° side split—after stag open 4. Land 2-legs Cross	
A—203a Split leap—Leg change—Wolf position—Cross/Cross  Switch Wolf 1. Opt. approach—Take off 1-leg Cross 2. Execute leg change to Wolf 3. Chest to thigh 4. Straight leg parallel to BM 5. Land 2-legs Cross	A—203b Stag Switch leg leap—Stag/180° front split—Cross/Cross  Stag Switch Leap 1. Opt. approach—Take off 1-leg Cross 2. Execute Stag Switch leg leap 3. 180° front split—after stag open 4. Land 1-leg Cross	D—203 Stag Switch leg leap—Ring—Rear leg head height—Head REL—Stag/180° split—Cross/Cross  Stag Switch Ring 1. Opt. approach—Take off 1-leg Cross 2. Execute Stag Switch leg leap—Ring 3. 180° front split—after stag open 4. Rear leg bent UpWD—Head height 5. Head release 6. Land 1-leg Cross			

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

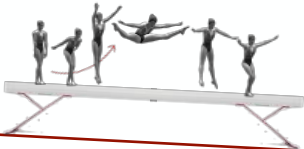
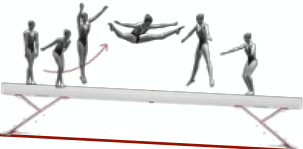
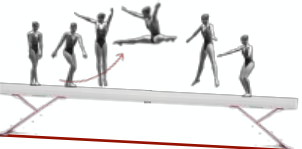
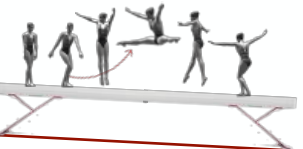
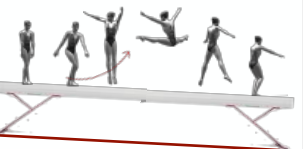
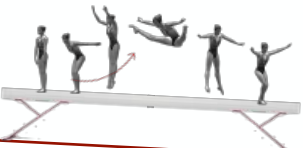
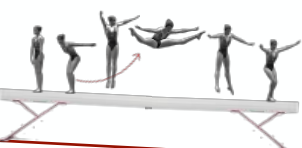
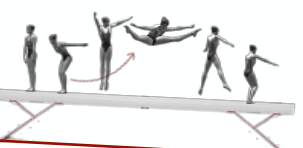
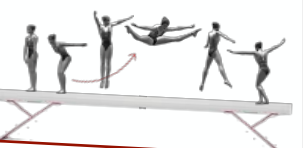
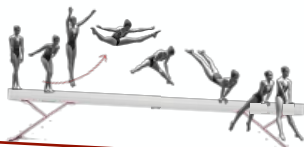
B—204 Split leap—Straight leg entry—180° front split—Cross/Cross—1-leg/1-leg  Split Leap 1. Opt. approach—Take off 1-leg Cross 2. Execute Straight leg leap 3. 180° front split 4. Land 1-leg Cross	C—204a Split leap—1/4 turn—180° side split—Cross/Side—1-leg/1-2 legs 90°  Split Leap 1/4 1. Opt. approach—Take off 1-leg Cross 2. Execute Straight leg leap—1/4 turn 3. 180° side split 4. Land 1-2 legs Side	C—204b Split leap—1/2 turn—180° front split—Cross/Cross—1-leg/1-leg legs 180°  Split Leap 1/2 to 1-leg 1. Opt. approach—Take off 1-leg Cross 2. Execute 1/2 turn—Straight leg leap 3. 180° front split 4. Land 1-leg Cross	C—204b Split leap—1/2 turn—180° front split—Cross/Cross—1-leg/2-legs 180°  Split Leap 1/2 to 2-legs 1. Opt. approach—Take off 1-leg Cross 2. Execute 1/2 turn—Straight leg leap 3. 180° front split 4. Land 2-legs Cross	C—204c Split leap—135° front split—Grasp rear leg prior to land—Free leg held VER 180° split—Hand above head—Free hand optional (Dillman)  Dillman 1. Opt. approach—Take off 1-leg Cross 2. Execute 135° front split leap 3. Grasp back leg on landing 4. Execute 180° upright needle scale 5. Land 1-leg Cross	D—204 Split leap—180° front split—Ring—Rear leg head height—Head REL—Cross/Cross—1-leg/1-leg  Split Ring 1. Opt. approach—Take off 1-leg Cross 2. Execute Straight leg ring leap 3. 180° front split 4. Rear leg head height 5. Head release 6. Land 1-leg Cross
C—205a Switch leg split leap—45°/Straddle split—Cross/Cross—1-leg/2-legs (Clauson)  Switch Straddle Leap 1. Opt. approach—Take off 1-leg Cross 2. Execute Switch leg leap 3. 45° front switch to 180° straddle split 4. Land 2-legs Cross	C—205b Switch leg split leap—45°/180° front split—1-leg/2-legs 90° Land FWD Scale—Hold 2s—Cross/Cross 2  Switch Leap Scale 1. Opt. approach—Take off 1-leg Cross 2. Execute Switch leg leap 3. 45° front switch to 180° front split 4. Land 1-leg Cross, 2-legs Cross, FWD 2s scale Cross	C—205c Switch leg split leap—1/4 turn—45°/Straddle split—Front support 90° 2B BWD Hip circle  Switch Leap 1/4 F. Support 1. Opt. approach—Take off 1-leg Cross 2. Execute 1/4 turn—Switch leg leap 3. 45° front switch to 180° side split 4. Land front support w/wo back hip circle	D—205 Switch leg split leap—1/4 turn—45°/Straddle split—Cross/Side (Johnson) 90°  Switch 1/4 1. Opt. approach—Take off 1-leg Cross 2. Execute 1/4 turn—Switch leg leap 3. 45° front switch to 180° side split 4. Land 2-legs Side	E—205a Switch leg split leap—1/4 turn—45°/Straddle split—1/4 turn—Cross/Cross 90° 90°  Switch 1/4-1/4 1. Opt. approach—Take off 1-leg Cross 2. Execute 1/4 turn—Switch leg leap w 1/4 turn 3. 45° front switch to 180° side split 4. Land 1-leg Cross	E—205b Switch leg split leap—1/4 turn—1/2 turn—Cross/Side (Johnson 1/2) (Ikoma) 90° 180°  Swith 1/4-1/2 1. Opt. approach—Take off 1-leg Cross 2. Execute 1/4 turn—Switch leg leap w 1/2 turn 3. 45° front switch to 180° side split 4. Land 2-legs Side
E—205c Switch leg split leap—1/2 turn—45°/180° front split—Cross/Cross—1-leg/2-legs 180°  Switch 1/2 1. Opt. approach—Take off 1-leg Cross 2. Execute Switch leg leap—1/2 turn 3. 45° front switch to 180° front split 4. Land 2-legs Cross	E—205d Switch leg split leap—1/2 turn—45°/180° front split—Cross/Cross—1-leg/1-leg scale (Blum, Dean) 180°  Switch 1/2 Scale 1. Opt. approach—Take off 1-leg Cross 2. Execute Switch leg leap—1/2 turn 3. 45° front switch to 180° front split 4. Land 1-leg Cross scale	E—205e Switch leg split leap—3/4 turn—Cross-Side—1-leg/2-legs 270°  Switch 3/4 1. Opt. approach—Take off 1-leg Cross 2. Execute Switch leg leap w 3/4 turn 3. 45° front switch to 180° front split 4. Land 2-legs Side	E—205f Switch leg split leap—45°/180°+ front split—Upper body BWD arch—Head release—1-leg/1-leg (Switch Yang Bo) (Courville)  Switch Yang Bo 1. Opt. approach—Take off 1-leg Cross 2. Execute Switch leg leap—Upper body BWD arch 3. 45° front switch to 180°+ front split 4. Land 1-leg Cross	E—205g Switch leg split leap—45°/180° front split—Ring—Rear leg head height—Head REL—Cross/Cross—1-leg/1-leg  Switch Ring 1. Opt. approach—Take off 1-leg Cross 2. Execute Switch leg leap—Ring 3. Rear leg head height 4. Head release 5. 45° front switch to 180° front split 6. Land 1-leg Cross	

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

A—206a Stag/Double Stag jump—Cross/ Cross—2-legs/2-legs  Stag Jump 1. Opt. start—Take off 2-legs Cross 2. Execute Stag/Double jump 3. Front leg bent—Thigh parallel to BM 4. 180° split—Knee to toes 5. Land 2-legs Cross <i>Double stag: Back leg bent min 90° UpWD</i>	A—206a Stag/Double Stag jump—1/4 turn—Cross/Side—2-legs/2-legs 90°  Stag 1/4 1. Opt. start—Take off 2-legs Cross 2. Execute Stag/Double jump—1/4 turn 3. Front leg bent—Thigh parallel to BM 4. 180° split—Knee to toes 5. Land 2-legs Cross <i>Double stag: Back leg bent min 90° UpWD</i>	B—206 Stag jump—1/2 turn—Cross/ Cross—2-leg/2-legs 180°  Stag 1/2 1. Opt. start—Take off 2-legs Cross 2. Execute Stag jump—1/2 turn 3. Front leg bent—Thigh parallel to BM 4. 180° split—Knee to toes 5. Land 2-legs Cross	C—206 Stag split jump—1/2 turn— Cross/Cross—2-legs/2-legs 180°  Stag Split 1/2 1. Opt. start—Take off 2-legs Cross 2. Execute Stag split jump—1/2 turn 3. Stag to 180° front split 4. Land 2-legs Cross	D—206 Stag split jump—Ring—Rear leg head height—Head REL— Cross/Cross—2-legs/2-legs  Stag Split Ring 1. Opt. start—Take off 2-legs Cross 2. Execute Stag split jump—Ring 3. Rear leg head height 4. Head release 5. Stag to 180° front split 6. Land 2-legs Cross	
B—207a Split jump—180° front split— Cross/Cross—2-legs/2-legs  Split Jump 1. Opt. start—Take off 2-legs Cross 2. Execute Split jump 3. 180° front split 4. Land 2-legs Cross	C—207 Split jump—1/2 turn—180° front split—Cross/Cross—2-legs/2- legs 180°  Split 1/2 1. Opt. start—Take off 2-legs Cross 2. Execute Split jump—1/2 turn 3. 180° front split 4. Land 2-legs Cross	D—207 Split jump—Ring—Rear leg head height—Head REL— Cross/Cross—2-legs/2-legs  Split Ring 1. Opt. start—Take off 2-legs Cross 2. Execute Split jump—Ring 3. Rear leg head height 4. Head release 5. 180° front split 6. Land 2-legs Cross	E—207a Split jump—1/1 turn—180° front split—Cross/Cross—2-legs/2- legs 360°  Split 1/1 1. Opt. start—Take off 2-legs Cross 2. Execute Split jump—1/1 turn 3. 180° front split 4. Land 2-legs Cross	E—207b Split jump—Over 180° front split —Upper body BWD arch—Head REL—Cross/Cross—2-legs/2- legs (Yang Bo)  Yang Bo 1. Opt. start—Take off 2-legs Cross 2. Execute Split jump—Upper body BWD arch 3. Head release 4. 180°+ front split 5. Land 2-legs Cross	
B—208a Split jump—180° front split—1/4 turn—Cross/Side—2-legs/2-legs 90°  Split 1/4 1. Opt. start—Take off 2-legs Cross 2. Execute Split jump—1/4 turn 3. 180° front split 4. Land 2-legs Side	B—207a 1/4 turn—Split jump—180° front split—Side/Cross—2-legs/2-legs 90°  1/4 Split Side/Cross 1. Opt. start—Take off 2-legs Side 2. Execute 1/4 turn—Split jump 3. 180° front split 4. Land 2-legs Cross	B—208a 1/4 turn—Split jump—180° side split—Cross/Side—2-legs/2-legs 90°  1/4 Split Cross/Side 1. Opt. start—Take off 2-legs Cross 2. Execute 1/4 turn—Split jump 3. 180° side split 4. Land 2-legs Cross	D—208a Split jump—3/4 turn—180° front split—Cross/Side—2-legs/2-legs 270°  Split 3/4 Cross/Side 1. Opt. start—Take off 2-legs Cross 2. Execute Split jump—3/4 turn 3. 180° front split 4. Land 2-legs Side	D—208a Split jump—3/4 turn—180° front split—Side/Cross—2 legs/2 legs 270°  Split 3/4 Side/Cross 1. Opt. start—Take off 2-legs Side 2. Execute Split jump—3/4 turn 3. 180° front split 4. Land 2-legs Cross	

C—209a Split jump—180° front split—Side/Side—2-legs/2-legs Split Side/Side 1. Opt. start—Take off 2-legs Side 2. Execute Split jump 3. 180° front split 4. Land 2-legs Side	C—209b Split jump—180° front split—Rear leg UpWD-BWD—Side/Side—2-legs/2-legs (Heinrich) Heinrich 1. Opt. start—Take off 2-legs Side 2. Execute Split jump—Rear leg UpWD-BWD 3. 180° front split 4. Land 2-legs Side	D—209 Split jump—1/2 turn—180° side split—Side/Side—2-legs/2-legs Split 1/2 Side/Side 1. Opt. start—Take off 2-legs Side 2. Execute Split jump—1/2 turn 3. 180° side split 4. Land 2-legs Side	E—209a Split jump—1/1 turn—180° front split—Side/Side—2-legs/2-legs Split 1/1 Side/Side 1. Opt. start—Take off 2-legs Side 2. Execute Split jump—1/1 turn 3. 180° front split 4. Land 2-legs Side	E—209b Split jump—Over 180° front split—Upper body BWD arch—Head REL—Side/Side—2-legs/2-legs (Teza) Teza 1. Opt. start—Take off 2-legs Side 2. Execute Split jump—Upper body BWD arch 3. Head release 4. 180° front split 5. Land 2-legs Side
C—210a Stand—Switch leg split jump—30°/180° front split—Cross/Cross—2-legs/2-legs (Sweetin) Sweetin 1. Opt. start—Take off 2-legs Cross 2. Execute Switch leg Split jump 3. 30° front switch to 180° front split 4. Land 2-legs Cross	D—210 Stand—Switch leg split jump—30°/180° front split—Side/Side—1-leg/1 or 2-legs (Concannon) Switch Side/Side 1. Opt. start—Take off 2-legs Side 2. Execute Switch leg Split jump 3. 30° front switch to 180° front split 4. Land 2-legs Side	E—210a Stand—Switch leg split jump—Ring—Rear leg bent UpWD-BWD—30°/180° front split—Side/Side—1-leg/1 or 2-legs (Heinrich Switch) Switch Heinrich 1. Opt. start—Take off 2-legs Side 2. Execute Switch leg Split jump—Ring 3. Rear leg bent UpWD-BWD 90° 4. 30° front switch to 180° front split 5. Land 2-legs Side	E—210b Stand—Switch leg split jump—1/4-1/4 turn—Cross/Cross—2-legs/2-legs (Sweetin 1/2) Sweetin 1/2 1. Opt. start—Take off 2-legs Cross 2. Execute Switch leg Split jump—1/4, 1/4 turn 3. 180° side split 4. Land 2-legs Cross	

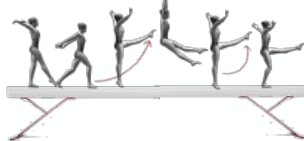
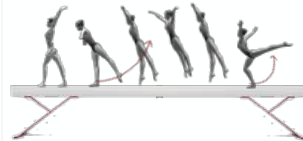
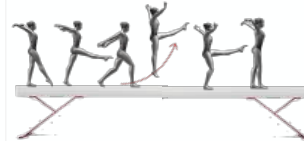
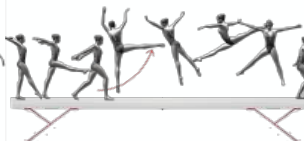
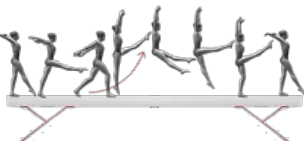
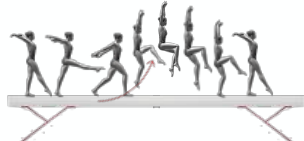
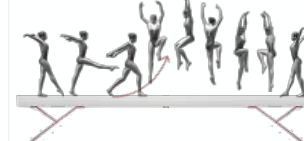
BM—2-JUMPS-STRADDLE — 211-Cross-Side, Cross-Cross — 212-Side-Cross, Side-Side — 213-Cross Sit

B—211 Straddle jump—180° cross split—Cross/Cross—2-legs/2-legs  Straddle Jump Cross/Cross 1. Opt. start—Take off 2-legs Cross 2. Execute Straddle jump 3. 180° cross split 4. Land 2-legs Cross <i>Start foot/end foot in front is optional</i>	C—211a Straddle jump—180° cross split—1/4 turn—Cross/Side—2-legs/2-legs  Straddle 1/4 Cross/Side 1. Opt. start—Take off 2-legs Cross 2. Execute Straddle jump—1/4 turn 3. 180° cross split 4. Land 2-legs Side <i>Start foot in front is optional</i>	C—211a 1/4 turn—Straddle jump—180° side split—Cross/Side—2-legs/2-legs  1/4 Straddle Cross/Side 1. Opt. start—Take off 2-legs Cross 2. Execute 1/4 turn—Straddle jump 3. 180° side split 4. Land 2-legs Side <i>Start foot in front is optional</i>	D—211a Stand—Switch leg split jump—30°/180° front split—1/2 turn—Cross/Cross—1-leg/1 or 2-legs (Concannon)  Straddle 1/2 Cross/Cross 1. Opt. start—Take off 2-legs Cross 2. Execute Straddle jump—1/2 turn 3. 180° side split 4. Land 2-legs Cross <i>Start foot/end foot in front is optional</i>	D—211b Straddle jump—3/4 turn—180° cross split—Cross/Side—2-legs/2-legs  Straddle 3/4 Cross/Side 1. Opt. start—Take off 2-legs Cross 2. Execute Straddle jump—3/4 turn 3. 180° cross split 4. Land 2-legs Side <i>Start foot in front is optional</i>	E—211 Straddle jump—1/1 turn—180° cross split—Cross/Cross—2-legs/2-legs (Popa)  Straddle 1/1 Cross/Cross 1. Opt. start—Take off 2-legs Cross 2. Execute Straddle jump—1/1 turn 3. 180° cross split 4. Land 2-legs Cross <i>Start foot/end foot in front is optional</i>
C—212a Straddle jump—180° side split—Side/Side—2-legs/2-legs  Straddle Jump Side/Side 1. Opt. start—Take off 2-legs Side 2. Execute Straddle jump 3. 180° side split 4. Land 2-legs Side	C—211a Straddle jump—180° side split—1/4 turn—Side/Cross—2-legs/2-legs  Straddle 1/4 Side/Cross 1. Opt. start—Take off 2-legs Side 2. Execute Straddle jump—1/4 turn 3. 180° side split 4. Land 2-legs Cross <i>End foot in front is optional</i>	C—211a 1/4 turn—Straddle jump—180° cross split—Side/Cross—2-legs/2-legs  1/4 Straddle Side/Cross 1. Opt. start—Take off 2-legs Side 2. Execute 1/4 turn—Straddle jump 3. 180° cross split 4. Land 2-legs Cross <i>End foot in front is optional</i>	D—211b Straddle jump—1/2 turn—180° cross split—Side/Side—2-legs/2-legs (Borden)  Straddle 1/2 Side/Side 1. Opt. start—Take off 2-legs Side 2. Execute Straddle jump—1/2 turn 3. 180° cross split 4. Land 2-legs Side	D—211b Straddle jump—3/4 turn—180° cross split—Side/Cross—2-legs/2-legs  Straddle 3/4 Side/Cross 1. Opt. start—Take off 2-legs Side 2. Execute Straddle jump—3/4 turn 3. 180° cross split 4. Land 2-legs Cross <i>End foot in front is optional</i>	E—212 Straddle jump—1/1 turn—180° side split—Side/Side—2-legs/2-legs (Popa)  Straddle 1/1 Side/Side 1. Opt. start—Take off 2-legs Side 2. Execute Straddle jump—1/1 turn 3. 180° side split 4. Land 2-legs Side
B—213 Straddle jump—180° cross split—Cross/Cross—2-legs/Swing down—Cross straddle sit  Straddle Swing Down 1. Opt. start—Take off 2-legs Cross 2. Execute Straddle jump 3. 180° cross split 4. Land hand support—Swing down 5. Finish cross straddle sit <i>Start foot in front is optional</i>	C—213 Straddle jump—1/4 turn—180° cross split—Side/Cross—2-legs/Swing down—Cross straddle sit  Straddle 1/4 Swing Down 1. Opt. start—Take off 2-legs Side 2. Execute Straddle jump—1/4 turn 3. 180° cross split 4. Land hand support—Swing down 5. Finish cross straddle sit	D—213a Straddle jump—1/2 turn—180° cross split—Cross/Cross—2-legs/Swing down—Cross straddle sit (Companioni)  Straddle 1/2 Swing Down 1. Opt. start—Take off 2-legs Cross 2. Execute Straddle jump—1/2 turn 3. 180° cross split 4. Land hand support—Swing down 5. Finish cross straddle sit	D—213a Straddle jump—3/4 turn—180° cross split—Side/Cross—2-legs/Swing down—Cross straddle sit  Straddle 3/4 Swing Down 1. Opt. start—Take off 2-legs Side 2. Execute Straddle jump—3/4 turn 3. 180° cross split 4. Land hand support—Swing down 5. Finish cross straddle sit	E—213 Straddle jump—1/1 turn—180° cross split—Cross/Cross—2-legs/Swing down—Cross straddle sit  Straddle 1/1 Swing Down 1. Opt. start—Take off 2-legs Cross 2. Execute Straddle jump—1/1 turn 3. 180° cross split 4. Land hand support—Swing down 5. Finish cross straddle sit	

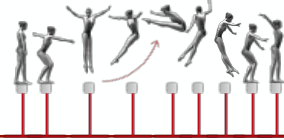
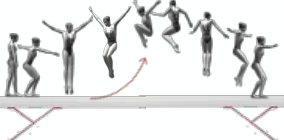
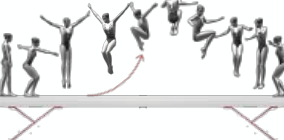
BM—2-JUMPS — 214-Straddle to Front Support — 215-Stretch Jump Variations

C—214a Straddle jump—180° side split—Side/Side—2-legs/Front support ^{QB} BWD hip circle (Furnon) Straddle Front Support 1. Opt. start—Take off 2-legs Side 2. Execute Straddle jump 3. 180° side split 4. Land/Finish front support—BWD hip circle optional	C—214a Straddle jump—1/4 turn—180° side split—Cross/Side—2-legs/Front support ^{QB} BWD hip circle Straddle 1/4 Front Support 1. Opt. start—Take off 2-legs Cross 2. Execute Straddle jump—1/4 turn 3. 180° side split 4. Land/Finish front support—BWD hip circle optional	D—214a Straddle jump—1/2 turn—180° side split—Side/Side—2-legs/Front support ^{QB} BWD Hip circle (Companioni) Straddle 1/2 Front Support 1. Opt. start—Take off 2-legs Side 2. Execute Straddle jump—1/2 turn 3. 180° side split 4. Land/Finish front support—BWD hip circle optional	D—214a Straddle jump—3/4 turn—180° side split—Cross/Side—2-legs/Front support ^{QB} BWD hip circle Straddle 3/4 Front Support 1. Opt. start—Take off 2-legs Cross 2. Execute Straddle jump—3/4 turn 3. 180° side split 4. Land/Finish front support—BWD hip circle optional	E—214 Straddle jump—1/1 turn—180° side split—Side/Side—2-legs/Front support ^{QB} BWD Hip circle Straddle 1/1 Front Support 1. Opt. start—Take off 2-legs Side 2. Execute Straddle jump—1/1 turn 3. 180° side split 4. Land/Finish front support—BWD hip circle optional	
A—215a Stretch (straight)/arch jump—Cross/Cross—2-legs/2-legs Stretch / Arch Jump 1. Opt. start—Take off 2-legs Cross 2. Execute Straight/Arch jump 3. Land 2-legs Cross	A—215a Beat jump (Changement)—Cross/Cross—2-legs/2-legs Beat Jump 1. Opt. start—Take off 2-legs Cross 2. Execute Straight Beat jump—Changement 3. Land 2-legs Cross	A—215b Stretch jump—1/2 turn—Cross/Cross—2-legs/2-legs 180° Stretch 1/2 1. Opt. start—Take off 2-legs Cross 2. Execute Straight jump—1/2 turn 3. Land 2-legs Cross	B—215a Stretch jump—3/4 turn—Cross/Side—2-legs/2-legs 270° Stretch 3/4 Cross/Side 1. Opt. start—Take off 2-legs Cross 2. Execute Straight jump—3/4 turn 3. Land 2-legs Side	B—215a Stretch jump—3/4 turn—Side/Cross—2-legs/2-legs 270° Stretch 3/4 Side/Cross 1. Opt. start—Take off 2-legs Side 2. Execute Straight jump—3/4 turn 3. Land 2-legs Cross	C—215a Stretch jump—1/1 turn—Cross/Cross—2-legs/2-legs 360° Stretch 1/1 1. Opt. start—Take off 2-legs Cross 2. Execute Straight jump—1/1 turn 3. Land 2-legs Cross
C—215a Stretch jump—1-1/4 turn—Cross/Side—2-legs/2-legs 450° Stretch 1-1/4 1. Opt. start—Take off 2-legs Cross 2. Execute Straight jump—1-1/4 turn 3. Land 2-legs Side	D—215a Stretch jump—1-1/2 turn—Cross/Cross—2-legs/2-legs 540° Stretch 1-1/2 1. Opt. start—Take off 2-legs Cross 2. Execute Straight jump—1-1/2 turn 3. Land 2-legs Cross	D—215b Sheep jump—Upper back arch—Feet head height—Head REL—Cross/Cross—2-legs/2-legs Sheep Jump 1. Opt. start—Take off 2-legs Cross 2. Execute Sheep jump 3. Upper back arch 4. Feet head height 5. Head release 6. Land 2-legs Cross			

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

A—216a Sissone—Legs diagonal—180° cross split—Cross/Cross—2-legs/1-leg  Sissone 1. Opt. start—Take off 2-legs Cross 2. Execute Sissone jump 3. 180° diagonal cross split 4. Land 1-leg Cross	A—216b Front Cabriole—45° front kick beat—Cross/Cross—1-leg/1-leg  Front Cabriole 1. Opt. start—Take off 1-leg Cross 2. Execute Cabriole—Front kick beat 3. 45° front calf beat 4. Land 1-leg Cross	A—216c Back Cabriole—Cross/Cross—1-leg/1-leg  Back Cabriole 1. Opt. start—Take off 1-leg Cross 2. Execute Cabriole—Back kick beat 3. 45° back calf beat 4. Land 1-leg Cross	A—216d Hop—Free leg EXT—Above HOR—Cross/Cross—1-leg/1-leg  Hop 'L' 1. Opt. start—Take off 1-leg Cross 2. Execute 1-leg Hop 3. EXT leg > HOR 4. Land 1-leg Cross	C—216a Hop—1/2 turn—Free leg EXT—Above HOR—Cross/Cross—1-leg/1-leg  Hop 'L' 1/2 1. Opt. start—Take off 1-leg Cross 2. Execute 1-leg Hop—1/2 turn 3. EXT leg > HOR 4. Land 1-leg Cross	
C—217 Fouette hop—1/2 turn—Free leg > HOR—Land in scale—Cross/Cross—1-leg/1-leg scale  Fouette 1. Opt. start—Take off 1-leg Cross 2. Execute Fouette 3. EXT leg > HOR 4. Land 1-leg Cross scale	D—217 Tour jete—180° cross split—Cross/Cross—1-leg/1 OR 2-legs  Tour Jeté 1. Opt. start—Take off 1-leg Cross 2. Execute Tourjeté 3. 180° front split 4. Land 1-leg OR 2-legs Cross	E—217a Tour jete—180° cross split—1/4 turn—Cross/Side—1-leg/1 OR 2-legs  Tour Jeté 1/4 1. Opt. start—Take off 1-leg Cross 2. Execute Tourjeté—1/4 turn 3. 180° front split 4. Land 1-leg OR 2-legs Side	E—217b Tour jete—180° cross split—1/2 turn—Cross/Cross—1-leg/2-legs (Strug)  Strug 1. Opt. start—Take off 1-leg Cross 2. Execute Tourjeté—1/2 turn 3. 180° front split 4. Land 1-leg OR 2-legs Cross		
A—218a Hitch kick—Cross/Cross—1-leg/1-leg  Hitch Kick 1. Opt. start—Take off 1-leg Cross 2. Execute Hitch Kick 3. Scissor kick 4. Land 1-leg Cross	A—218b Cat leap—Cross/Cross—1-leg/1-leg  Cat Leap 1. Opt. start—Take off 1-leg Cross 2. Execute Pas de chat—Cat leap 3. Lift knees up—One at a time 4. Turn out 5. Land 1-leg Cross	B—218 Cat leap—1/2 turn—Cross/Cross—1-leg/1-leg  Cat Leap 1/2 1. Opt. start—Take off 1-leg Cross 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 Cross	C—218 Cat leap—1/1 turn—Cross/Cross—1-leg/1-leg  Cat Leap 1/1 1. Opt. start—Take off 1-leg Cross 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 Cross	D—218 Cat leap—1-1/2 turn—Cross/Cross—1-leg/1-leg  Cat Leap 1-1/2 1. Opt. start—Take off 1-leg Cross 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 Cross	

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

B—219 Pike jump—Cross/Cross—Hip angle < 90°—2-legs/2-legs  Pike Jump Cross/Cross 1. Opt. start—Take off 2-legs Cross 2. Execute Pike jump 3. Hip angle closed—< 90° 4. Land 2-legs Cross	C—219a Pike jump—Side/Side—Hip angle < 90°—2-legs/2-legs  Pike Jump Side/Side 1. Opt. start—Take off 2-legs Side 2. Execute Pike jump 3. Hip angle closed—< 90° 4. Land 2-legs Side	C—219b Pike jump—1/2 turn—Cross/Cross—Hip angle < 90°—2-legs/2-legs (Sekerova)  Pike 1/2 Cross/Cross 1. Opt. start—Take off 2-legs Cross 2. Execute Pike jump—1/2 turn 3. Hip angle closed—< 90° 4. Land 2-legs Cross	D—219a Pike jump—1/2 turn—Side/Side—2-legs/2-legs  Pike 1/2 Side/Side 1. Opt. start—Take off 2-legs Side 2. Execute Pike jump—1/2 turn 3. Hip angle closed—< 90° 4. Land 2-legs Side	D—219b Pike jump—3/4 turn—Cross/Side—2-legs/2-legs  Pike 3/4 Cross/Cross 1. Opt. start—Take off 2-legs Cross 2. Execute Pike jump—3/4 turn 3. Hip angle closed—< 90° 4. Land 2-legs Side	D—219b Pike jump—3/4 turn—Side/Cross—2-legs/2-legs  Pike 3/4 Side/Side 1. Opt. start—Take off 2-legs Side 2. Execute Pike jump—3/4 turn 3. Hip angle closed—< 90° 4. Land 2-legs Cross
E—219a Pike jump—1/1 turn—Cross/Cross—2-legs/2-legs  Pike 1/1 Cross/Cross 1. Opt. start—Take off 2-legs Cross 2. Execute Pike jump—1/1 turn 3. Hip angle closed—< 90° 4. Land 2-legs Cross	E—219a Pike jump—1/1 turn—Side/Side—2-legs/2-legs  Pike 1/1 Side/Side 1. Opt. start—Take off 2-legs Side 2. Execute Pike jump—1/1 turn 3. Hip angle closed—< 90° 4. Land 2-legs Side				
A—220 Tuck hop/jump—Cross/Cross—2-legs/2-legs  Tuck Jump 1. Opt. start—Take off 2-legs Cross 2. Execute Tuck jump 3. Hip angle/Knee angle closed—< 90° 4. Land 2-legs Cross	B—220 Tuck jump/hop—1/2 turn—Cross/Cross—2-legs/2-legs  Tuck 1/2 1. Opt. start—Take off 2-legs Cross 2. Execute Tuck jump—1/2 turn 3. Hip angle/Knee angle closed—< 90° 4. Land 2-legs Cross	C—220a Tuck jump/hop—3/4 turn—Cross/Side—2-legs/2-legs  Tuck 3/4 1. Opt. start—Take off 2-legs Cross 2. Execute Tuck jump—3/4 turn 3. Hip angle/Knee angle closed—< 90° 4. Land 2-legs Side	D—220a Tuck jump/hop—1/1 turn—Cross/Cross—2-legs/2-legs  Tuck 1/1 1. Opt. start—Take off 2-legs Cross 2. Execute Tuck jump—1/1 turn 3. Hip angle/Knee angle closed—< 90° 4. Land 2-legs Cross	D—220a Tuck jump/hop—1-1/4 turn—Cross/Side—2-legs/2-legs  Tuck 1-1/4 1. pt. start—Take off 2-legs Cross 2. Execute Tuck jump—1-1/4 turn 3. Hip angle/Knee angle closed—< 90° 4. Land 2-legs Side	E—220 Tuck jump/hop—1-1/2 turn—Cross/Cross—2-legs/2-legs (Barclay, Rosette)  Tuck 1-1/2 1. Opt. start—Take off 2-legs Cross 2. Execute Tuck jump—1-1/2 turn 3. Hip angle/Knee angle closed—< 90° 4. Land 2-legs Cross

A-221a	A-221a	B-221a	B-221a	B-221b	C-221a
Wolf jump/hop—Cross/Cross—2-legs/2-legs	Wolf jump/hop—Side/Side—2-legs/2-legs	Wolf jump/hop—1/2 turn—Cross/Cross—2-legs/2-legs	Wolf jump/hop—1/2 turn—Side/Side—2-legs/2-legs	Wolf jump/hop—1/2 turn—Side/Side—2-legs/Front support	Wolf jump/hop—3/4 turn—Cross/Side—2-legs/2-legs
Wolf Cross/Cross 1. Optional start—Take off 2-legs Cross 2. Execute Wolf jump 3. Chest to thigh—Heels under glutes 4. Land 2-legs Cross	Wolf Side/Side 1. Optional start—Take off 2-legs Side 2. Execute Wolf jump 3. Chest to thigh—Heels under glutes 4. Land 2-legs Side	Wolf 1/2 Cross/Cross 1. Opt. start—Take off 2-legs Cross 2. Execute Wolf jump—1/2 turn 3. Chest to thigh—Heels under glutes 4. Land 2-legs Cross	Wolf 1/2 Side/Side 1. Opt. start—Take off 2-legs Side 2. Execute Wolf jump—1/2 turn 3. Chest to thigh—Heels under glutes 4. Land 2-legs Side	Wolf 1/2 Front Support 1. Opt. start—Take off 2-legs Side 2. Execute Wolf jump—1/2 turn 3. Chest to thigh—Heels under glutes 4. Land front support Side	Wolf 3/4 Cross/Side 1. Opt. start—Take off 2-legs Cross 2. Execute Wolf jump—3/4 turn 3. Chest to thigh—Heels under glutes 4. Land 2-legs Cross
C-221a	C-221a	D-221a	D-221a	E-221a	E-221a
Wolf jump/hop—3/4 turn—Side/Cross—2-legs/2-legs	Wolf jump/hop—3/4 turn—Cross/Side—2-legs/Front support	Wolf jump/hop—1/1 turn—Cross/Cross—2-legs/2-legs	Wolf jump/hop—1/1 turn—Side/Side—2-legs/2-legs	Wolf jump/hop—1-1/2 turn—Cross/Cross—2-legs/2-legs (Vituj)	Wolf jump/hop—1-1/2 turn—Side/Side (Vituj)
Wolf 3/4 Side/Cross 1. Opt. start—Take off 2-legs Side 2. Execute Wolf jump—3/4 turn 3. Chest to thigh—Heels under glutes 4. Land front support Side	Wolf 3/4 Front Support 1. Opt. start—Take off 2-legs Cross 2. Execute Wolf jump—3/4 turn 3. Chest to thigh—Heels under glutes 4. Land front support Side	Wolf 1/1 Cross/Cross 1. Opt. start—Take off 2-legs Cross 2. Execute Wolf jump—1/1 turn 3. Chest to thigh—Heels under glutes 4. Land 2-legs Cross	Wolf 1/1 Side/Side 1. Opt. start—Take off 2-legs Side 2. Execute Wolf jump—1/1 turn 3. Chest to thigh—Heels under glutes 4. Land front support Side	Wolf 1-1/2 Cross/Cross 1. Opt. start—Take off 2-legs Cross 2. Execute Wolf jump—1-1/2 turn 3. Chest to thigh—Heels under glutes 4. Land 2-legs Cross	Wolf 1-1/2 Side/Side 1. Opt. start—Take off 2-legs Side 2. Execute Wolf jump—1-1/2 turn 3. Chest to thigh—Heels under glutes 4. Land front support Side

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

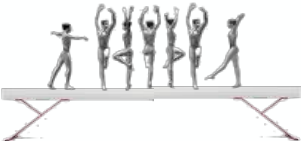
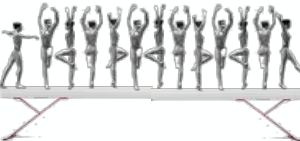
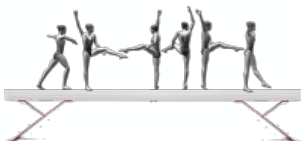
[309—Prone, Supine Turns](#)

[310—Flank, Flair Turns](#)



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

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

A—301 1/1 turn—1-leg—Free leg optional 360°  1/1 Turn 1. Optional entry prep 2. Releve on 1-foot—Free leg optional 3. Execute 1/1 turn 4. Optional exit	B—301 1-1/2 turn—1-leg—Free leg optional 540°  1-1/2 Turn 1. Optional entry prep 2. Releve on 1-foot—Free leg optional 3. Execute 1-1/2 turn 4. Optional exit	E—301a 2/1 turn—1-leg—Free leg optional 720°  2/1 Turn 1. Optional entry prep 2. Releve on 1-foot—Free leg optional 3. Execute 2/1 turn 4. Optional exit	E—301b 3/1 turn—1-leg—Free leg optional (Okino) 900°  Okino 3/1 Turn 1. Optional entry prep 2. Releve on 1-foot—Free leg optional 3. Execute 3/1 turn 4. Optional exit				
B—302 1/1 turn—BWD attitude—Thigh < HOR to Min. 45° thru out—W/wo hand hold 360°  1/1 BWD Attitude low 1. Optional entry prep 2. Releve on 1-foot—Free leg back attitude 45° to HOR 3. Execute 1/1 turn 4. Optional exit	C—302 1/1 turn—BWD attitude—Thigh ≥ HOR thru out —W/wo hand hold 360°  1/1 BWD Attitude high 1. Optional entry prep 2. Releve on 1-foot—Free leg back attitude above HOR 3. Execute 1/1 turn 4. Optional exit	D—302 1-1/2 turn—BWD attitude—Thigh ≥ HOR thru out—W/wo hand hold 540°  1-1/2 BWD Attitude high 1. Optional entry prep 2. Releve on 1-foot—Free leg back attitude above HOR 3. Execute 1-1/2 turn 4. Optional exit					
B—303a 1/1 turn—FWD attitude—Heel < HOR—Min. 45° thru out—W/wo hand hold 360°  1/1 FWD Attitude low 1. Optional entry prep 2. Releve on 1-foot—Free leg front attitude 45° to HOR 3. Execute 1/1 turn 4. Optional exit	C—303a 1/1 turn—FWD attitude—Heel ≥ HOR thru out—W/wo hand hold 360°  1/1 FWD Attitude high 1. Optional entry prep 2. Releve on 1-foot—Free leg front attitude above HOR 3. Execute 1/1 turn 4. Optional exit	D—303a 1-1/2 turn—FWD attitude—Heel ≥ HOR Thru out—W/wo hand hold 540°  1-1/2 FWD Attitude high 1. Optional entry prep 2. Releve on 1-foot—Free leg front attitude above HOR 3. Execute 1-1/2 turn 4. Optional exit					

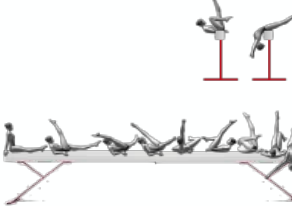
BM—3-TURNS — 304-BWD Arabesque — 305-FWD 'L' Turn

C—304	D—304				
1/1 turn—BWD Arabesque—Leg $\cong$ HOR thru out 360°  1/1 BWD Arabesque high - Optional entry prep - Releve on 1-foot—Free leg back arabesque above HOR - Execute 1/1 turn - Optional exit	1-1/2 turn—BWD Arabesque—Leg $\cong$ HOR—Thru out 360°  1/1 BWD Arabesque high - Optional entry prep - Releve on 1-foot—Free leg back arabesque above HOR - Execute 1-1/2 turn - Optional exit				
B—305a	C—305a	D—305a			
1/1 turn—FWD 'L'—Heel HOR - 45° 360°  1/1 FWD 'L' low - Optional entry prep - Releve on 1-foot—Free leg front 'L' 45° to HOR - Execute 1/1 turn - Optional exit	1/1 turn—FWD 'L'—Leg 45° > HOR 360°  1/1 FWD 'L' high - Optional entry prep - Releve on 1-foot—Free leg front 'L' above HOR - Execute 1/1 turn - Optional exit	1-1/2 turn—FWD 'L'—Leg 45° > HOR 360°  1-1/2 FWD 'L' high - Optional entry prep - Releve on 1-foot—Free leg front 'L' above HOR - Execute 1-1/2 turn - Optional exit			

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

C—306 1/2 illusion turn—Thru standing split—Free leg Ø touching BM—Brief BM touch 1-hand  1/2 Illusion 1. Optional entry prep 2. Releve on 1-foot—Base leg straight 3. Execute 1/2—Needle scale-kick turn 4. 1-hand contact allowed 5. Optional exit NOTE: Stand R, turn R or reverse	E—306a 1/1 illusion turn—Thru standing split—Free leg Ø touching BM—Brief touch  1/1 Illusion 1. Optional entry prep 2. Releve on 1-foot—Base leg straight 3. Execute 1/1—Needle scale-kick turn 4. 1-hand contact allowed 5. Optional exit NOTE: Stand R, turn L or reverse	E—306b 1/1 illusion turn—Thru standing split—Free leg Ø touching BM—Brief touch—Finish scale—Leg ≥ HOR—2 sec hold (Medvitz)  1/1 Illusion to Scale 1. Optional entry prep 2. Releve on 1-foot—Base leg straight 3. Execute 1/1—Needle scale-kick turn 4. 1-hand contact allowed 5. Optional exit NOTE: Stand R, turn L or reverse			
C—307 1/1 Front Split turn—180° split thru out—Hands holding  FWD Split Turn 1/1 1. Optional entry prep 2. Releve on 1-foot—Free leg front 180° split—Hold leg 3. Execute 1/1 turn 4. Optional exit NOTE: Stand/turn R, hold L or reverse	D—307 1-1/2 Front Split turn—180° split thru out—Hands holding  FWD Split Turn 1-1/2 1. Optional entry prep 2. Releve on 1-foot—Free leg front 180° split—Hold leg 3. Execute 1-1/2 turn 4. Optional exit NOTE: Stand/turn R, hold L or reverse	E—307 2/1 Front Split turn—180° split thru out—Hands holding  FWD Split turn 2/1 1. Optional entry prep 2. Releve on 1-foot—Free leg front 180° split—Hold leg 3. Execute 2/1 turn 4. Optional exit NOTE: Stand/turn R, hold L or reverse			
B—308 1/1 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 1/1 turn  Wolf turn 1/1 1. Optional entry prep 2. Wolf position; Releve bent knee foot 3. Execute 1/1 turn—Wolf position 4. Straight leg placed at end of 1/1 turn 5. Optional exit	C—308a 1-1/2 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 1-1/2 turn ^{360°}  Wolf turn 1-1/2 1. Optional entry prep 2. Wolf position; Releve bent knee foot 3. Execute 1-1/2 turn—Wolf position 4. Straight leg placed end of 1-1/2 turn 5. Optional exit	C—308a 1-3/4 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 1-3/4 turn (Ferguson)  Wolf turn 1-3/4 1. Optional entry prep 2. Wolf position; Releve bent knee foot 3. Execute 1-3/4 turn—Wolf position 4. Straight leg placed end of 1-3/4 turn 5. Optional exit	E—308a 2/1 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 2/1 turn (Humphrey) ^{360°}  Wolf turn 2/1 1. Optional entry prep 2. Wolf position; Releve bent knee foot 3. Execute 2/1 turn—Wolf position 4. Straight leg placed end of 2/1 turn 5. Optional exit	E—308a 2-1/2 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 2-1/2 turn (Humphrey)  Wolf turn 2-1/2 1. Optional entry prep 2. Wolf position; Releve bent knee foot 3. Execute 2-1/2 turn—Wolf position 4. Straight leg placed end of 2-1/2 turn 5. Optional exit	E—308b 3/1 turn—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 2-3/4 turn (George)  Wolf turn 3/1 1. Optional entry prep 2. Wolf position; Releve bent knee foot 3. Execute 3/1 turn—Wolf position 4. Straight leg placed end of 2-3/4 turn 5. Optional exit

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

A—309	B—309a	B—309b	D—309		
1/2 turn—Prone position—Alternate hand support 	1/1 or turn—Prone—Alternate hand support 	1-1/2 turn—Prone—Alternate hand support 	1-1/4 turn—Supine—Hip angle closed— >90° (LiLi) 		
Prone turn 1/2 - Optional entry prep - Prone position - Execute 1/2 turn—Prone position - Use alternate hand push - Optional exit	Prone turn 1/1 - Optional entry prep - Prone position - Execute 1/1 turn—Prone position - Use alternate hand push - Optional exit	Prone turn 1-1/2 - Optional entry prep - Prone position - Execute 1-1/2 turn—Prone position - Use alternate hand push - Optional exit	Supine turn 1-1/4 - Optional entry prep - Supine Wolf position - Execute 1-1/4 turn—Supine position - Use alternate hand push - Optional exit		
B—310	C—310				
1/1 turn—Flank circle—Legs together 	1-leg “flair” circle—Legs separated (Talavera) 				
Flank circle 1/1 - Optional entry prep - Legs together - Execute 1/1 Flank circle - Optional exit	Talavera Flair - Optional entry prep - Legs Straddled - Execute 1/1 Flair circle - Optional exit				

BALANCE BEAM

4—WAVES

Body Waves

[401—FWD Body Waves](#)

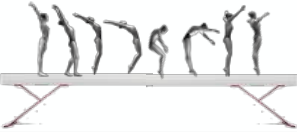
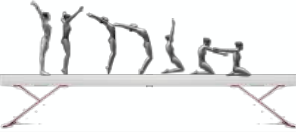
[402—BWD Body Waves](#)

[403—SWD Body Waves](#)



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

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

A—401 Body wave—FWD—Balance stand on relevé—2-legs—2s ②  FWD Body wave 2-legs 1. Optional entry prep 2. Execute FWD body wave action 3. Finish releve—2 feet 4. Optional exit	B—401 Body wave—FWD—Balance stand on relevé—1-leg—2s ②  FWD Body wave 1-leg 1. Optional entry prep 2. Execute FWD body wave action 3. Finish releve—1 foot 4. Optional exit				
A—402 Body wave—BWD—Balance stand on relevé—2-legs—2s ②  SWD Body wave 2-legs 1. Optional entry prep 2. Execute BWD body wave action 3. Finish releve—2 feet 4. Optional exit	B—402a Body wave—BWD—Balance stand on relevé—1-leg—2s ② 360°  SWD Body wave 1-leg 1. Optional entry prep 2. Execute BWD body wave action 3. Finish releve—1 foot 4. Optional exit	B—402b Body wave—BWD—Kneel sit position—Rise UpWD—Thru toe-balance stand (Toe rise)—Ø hold  Toe Rise 1. Starting on knees—Arms back 2. Swing arms FWD quick back arm circle 3. Push down against BM, lifting hips UpWD-FWD—reverse body wave 4. Optional exit			
A—403 Body wave—SWD—Balance stand on relevé—2-legs—2s ②  SWD Body wave 2-legs 1. Optional entry prep 2. Execute SWD body wave action 3. Finish releve—2 feet 4. Optional exit	B—403 Body wave—SWD—Balance stand on relevé—1-leg—2s ②  SWD Body wave 1-leg 1. Optional entry prep 2. Execute SWD body wave action 3. Finish releve—1 foot 4. Optional exit				

BALANCE BEAM

5—HOLDS, STANDS

Scales, Arabesques

[501 — FWD, BWD Scales, Arabesques](#)

[502 — 'Y' Scale FWD, SWD](#)

Stands

[503 — Planche](#)

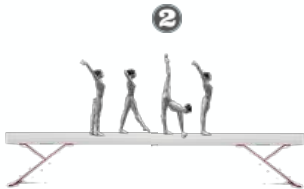
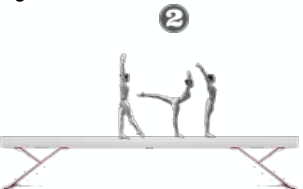
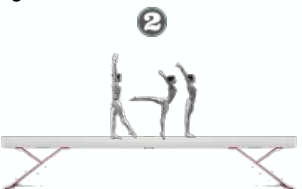
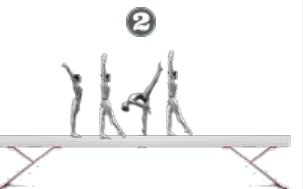
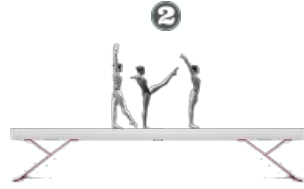
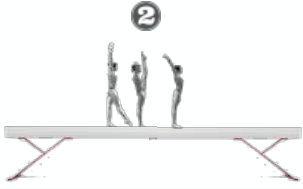
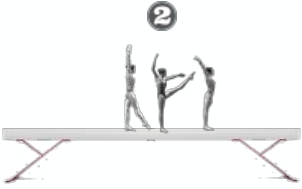
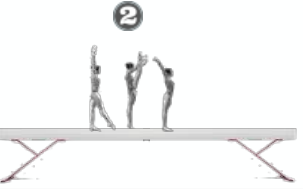
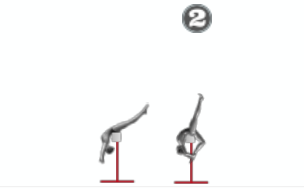
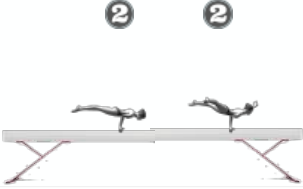
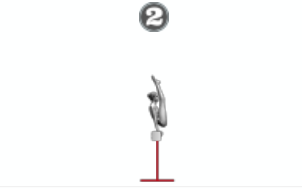
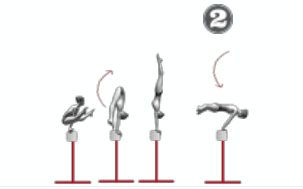
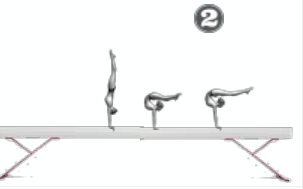
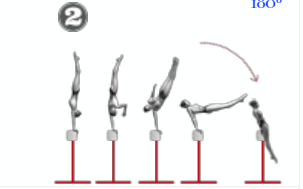
[504 — Press/Swing Handstand w/wo Turns](#)

[505 — Jump HS, One-Arm HS](#)



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

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

A—501a Needle Scale—180° split—Hold 2s—BM Hand support  Needle scale 1. Optional entry prep 2. Flat foot—Needle scale 3. Hand support 4. Optional exit	A—501b Arabesque—Bent/Straight leg—> HOR—Hold 2s—w/wo Hand leg hold—Whole foot  Arabesque 1. Optional entry prep 2. Flat foot—Arms optional 3. Execute BWD Arabesque 4. Leg hold optional 5. Optional exit	B—501 Arabesque—Bent/Straight leg > HOR—Hold 2s—W/WO Hand leg hold—Relevé  Arabesque Relevé 1. Optional entry prep 2. Relevé—Arms optional 3. Execute BWD Arabesque 4. Leg hold optional 5. Optional exit	C—501 BWD Scale—180° split—Hold 2s—Whole foot  BWD Scale 1. Optional entry prep 2. Flat foot—Arms optional 3. Execute BWD Needle scale 4. Optional exit	D—501 BWD Scale—180° split—Hold 2s—Relevé  BWD Scale Relevé 1. Optional entry prep 2. Relevé—Arms optional 3. Execute BWD Needle scale 4. Optional exit	
A—502a Y' Scale—SWD—Ø Hold free leg—> 90°—Hold 2s—Cross or Side—Whole foot  SWD 'Y' Scale 90° 1. Optional entry prep 2. Flat foot—Arms optional 3. Execute SWD 'Y' scale 4. Ø hold free leg > 90° 5. Optional exit	A—502a Y' Scale—FWD—Hold free leg—> 90°—Hold 2s—Cross or Side—Whole foot  FWD 'Y' Scale 90° 1. Optional entry prep 2. Flat foot—Arms optional 3. Execute FWD 'Y' scale—Front split 4. Hold free leg > 90° 5. Optional exit	B—502a Y' Scale—SWD/UpWD—Ø hold free leg—> 140°—Hold 2s—Balance stand—Relevé  SWD 'Y' Scale 140° 1. Optional entry prep 2. Flat foot—Arms optional 3. Execute SWD 'Y' scale 4. Ø hold free leg > 140° 5. Optional exit	B—502a Y' Scale—FWD/UpWD—Hold free leg—> 140°—Hold 2s—Balance stand—Relevé  FWD 'Y' Scale 140° 1. Optional entry prep 2. Flat foot—Arms optional 3. Execute FWD 'Y' scale—Front split 4. Hold free leg > 140° 5. Optional exit		
A—503a NON ACRO Supine Free Arch Lay—End/Side of BM—Hold 2s—Ø acro skill (legs split/Semi Wolf)  Supine free arch 1. Optional entry prep 2. Execute Supine free arch lay 3. Legs together or split 4. Hold 2s 5. Optional exit	A—503b NON ACRO Elbow Planche—Support 1-2-arms—Hold 2s—Ø Acro skill  Elbow Planche 1. Optional entry prep 2. Execute Elbow Planche 3. Legs together or straddle 4. Hold 2s 5. Optional exit	B—503 NON ACRO 'V' Hold—Clear pike/straddle 'V' support—Hold 2s—Ø Acro skill  'V' hold 1. Optional entry prep 2. Execute Clear straddle 'L' or pike 'V' hold 3. Hold 2s 4. Optional exit	C—503a NON-FLIGHT ACRO Jump/Press/Swing—HS—Lower to Cross-Side planche—Hold 2s  Press HS lower to Planche 1. Optional entry prep 2. Execute HS—lower to planche 3. Legs together or straddle 4. Hold 2s 5. Optional exit	C—503b NON-FLIGHT ACRO Cross/side HS—HOR leg hold—Reverse planche—Different variations—Hold 2s  Reverse Planche 1. Optional entry prep 2. Execute HS—lower to reverse planche 3. Legs together or straddle 4. Hold 2s 5. Optional exit	C—503c NON-FLIGHT ACRO Side HS—Hold 2 sec—Release 1-hand—Swing down SWD (flank)—Diamidov (Hand-Li) 180°  HS Diamidov 1. Optional entry prep 2. Execute HS—Diamidov (1-arm falling pirouette to sit) 3. Finish rear support 4. Optional exit

A—504a	A—504b	B—504a	B—504b	B—504b
Kick—Cross/Side HS—2s hold —Various leg positions—End position optional HS - Optional entry - Execute HS - Legs together or split—Cross or side - Hold 2s - Optional exit	Kick—Cross/Side HS—1/2 turn —Various leg positions—Ø hold required—End position optional HS 1/2 - Optional entry - Execute HS—1/2 turn - Legs together or split—Cross or side - Ø Hold required - Optional exit	Kick—Cross/Side HS—Various leg positions—1/1 turn—Ø hold required—End position optional HS 1/1 - Optional entry - Execute HS—1/1 turn - Legs together or split—Cross or side - Ø Hold required - Optional exit	Kick/Swing/Press/Walkover/Cartwheel—Cross/Side HS—Large arch span—Hold 2s—End position optional Split Reverse Planche - Optional entry - Execute HS - Execute Reverse Planche—Legs split - Hold 2s - Optional exit	Kick/Swing/Press/Walkover/Cartwheel—Cross/Side HS—INV Wolf—Hold 2s—End position optional Yogi Planche HS - Optional entry - Execute HS - Execute Reverse Planche—One leg VER, similar to INV Wolf (Yogi) - Hold 2s - Optional exit
A—505 Jump—Flight—Cross/Side HS—Hold 2s—End position optional Jump HS - Optional entry - Execute Jump to HS - Legs together or split—Cross or side - Hold 2s - Optional exit	C—505a Side stand—Jump 1/2 turn in straddle—Arrive chest stand—Ø hold required—Side/Side (Kmieciak) Jump 1/2 Chest Stand - Optional Side entry - Execute Jump 1/2 turn in straddle - Arrive Chest stand - Optional exit	C—505b BWD walkover—HS 1-arm—Cross/Cross—Hold 2s—End position optional BWO 1-Arm Cross HS - Optional prep - Execute BWO to HS—1-arm - Hold 2s - Optional exit	C—505c Kick—1-arm HS—Cross/Side—Hold 2s—End position optional Cartwheel 1-Arm Side HS - Optional prep - Execute Kick to HS—1-arm - Hold 2s - Optional exit	D—505 BWD Walkover—HS—Side/Side—Shift weight—1-arm—Hold 2s (Shaposhnikova) Side BWO 1-Arm HS - Optional prep - Execute BWO to HS—1-arm - Side/Side - Hold 2s - Optional exit

BALANCE BEAM

6—ROLLS

[601—FWD Rolls](#)

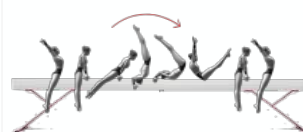
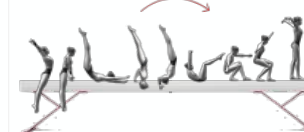
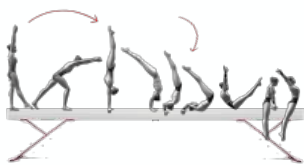
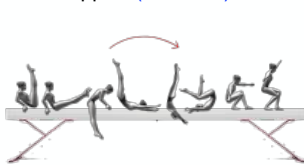
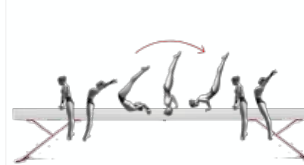
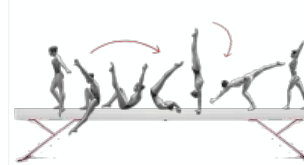
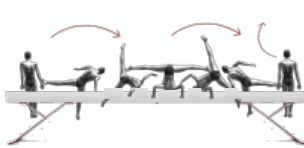
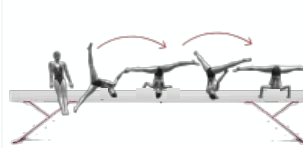
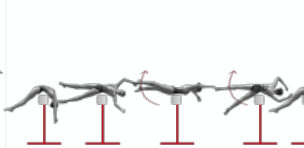
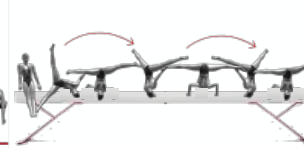
[602—BWD Rolls](#)

[603—SWD Rolls](#)



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

BM—6-ROLLS — 601-FWD Rolls — 602-BWD Rolls — 603-SWD Rolls

A—601a NON-FLIGHT ACRO FWD roll—Cross/Cross—Entry/Exit Optional  FWD Roll 1. Optional prep—Cross 2. Execute FWD roll 3. Optional entry—with hands support 4. Finish Cross 5. Optional exit	A—601a NON-FLIGHT ACRO FWD roll—Whip FWD roll—Cross/Cross—Straddle sit/Optional exit  Whip FWD Roll 1. Optional prep—Straddle sit 2. Execute Whip FWD roll 3. With hands support 4. Finish Cross 5. Optional exit	A—601a NON-FLIGHT ACRO FWD Shoulder roll—Cross/Cross—Entry/Exit Optional  FWD Shoulder Roll 1. Optional prep—Straddle sit 2. Execute Whip FWD shoulder roll 3. With hands support 4. Finish Cross 5. Optional exit	B—601a FLIGHT ACRO FWD Dive roll—Cross/Cross—Entry/Exit Optional—2-legs or 1-leg  FWD Dive Roll 1. Optional prep—Cross 2. Execute Dive FWD roll 3. With hands support 4. Finish Cross 5. Optional exit	B—601b NON-FLIGHT ACRO FWD Shoulder roll—Thru VER—Cross/Cross—Entry/Exit Optional  FWD VER Shoulder Roll 1. Optional prep 2. Execute FWD Shoulder roll—thru VER 3. With hands support 4. Finish Cross 5. Optional exit	B—601c NON-FLIGHT ACRO FWD roll—Ø hands—Cross/Cross—Entry/Exit Optional  FWD Roll Ø Hands 1. Optional prep—Cross 2. Execute FWD roll 3. Ø hands support 4. Finish Cross 5. Optional exit
B—601d NON-FLIGHT ACRO Kick/swing—HS—FWD roll—Cross/Cross—Entry/Exit Optional—W/w/o hand support  HS FWD Roll 1. Optional prep—Cross 2. Execute HS—FWD roll 3. Optional entry—with hands support 4. Finish Cross 5. Optional exit	C—601 NON-FLIGHT ACRO FWD Free shoulder roll—Extended—Tuck stand—Cross/Cross—Entry/Exit Optional—w/o hand support (Garrison)  FWD Free Shoulder roll 1. Optional prep—Cross 2. Execute Whip—FWD Shoulder roll 3. Ø hands support 4. Finish Cross 5. Optional exit	A—602a NON-FLIGHT ACRO BWD roll—Neck/Shoulder—Cross/Cross—Entry/Exit optional—Thru VER not required  BWD roll 1. Optional prep—Cross 2. Execute BWD roll 3. Optional entry—with hands support 4. Finish Cross 5. Optional exit	A—602b NON-FLIGHT ACRO BWD Shoulder roll—Cross/Cross—Hand support—Thru VER required  BWD Shoulder roll 1. Optional prep—Cross 2. Execute BWD Shoulder roll 3. Optional entry—with hands support 4. Finish Cross 5. Optional exit	B—602 NON-FLIGHT ACRO BWD extension roll—Cross/Cross—Entry/Exit Optional  BWD EXT roll 1. Optional prep—Cross 2. Execute BWD EXT roll HS 3. Optional entry—with hands support 4. Finish Cross 5. Optional exit	C—602 NON-FLIGHT ACRO BWD Free shoulder roll—Cross/Cross—Optional entry/Straddle sit (BWD Garrison roll) (Kreifels)  BWD Free Shoulder roll 1. Optional prep—Cross 2. Execute BWD Shoulder roll 3. Ø hands support 4. Finish Cross 5. Optional exit
B—603a NON-FLIGHT ACRO SWD roll—Tuck/Stretch—Seat/Seat—Side/Side  SWD roll 1. Optional prep—SWD Tuck sit 2. Execute SWD roll—Pike position 3. Optional entry—with hands support 4. Finish Cross/Side 5. Optional exit	B—603b NON-FLIGHT ACRO SWD Neck roll—1/2 turn—Stretch thru neck stand—Side/Side 180°  SWD roll thru Neck stand 1. Optional prep—Side Rear support 2. Execute SWD roll to Neck stand 3. Continue side roll to rear support 4. Finish Side 5. Optional exit	B—603b NON-FLIGHT ACRO SWD roll—Stretch thru neck stand—1/2 turn over shoulder—Side/Side 180°  SWD roll Neck-Shoulder 1. Optional prep—Side Rear support 2. Execute SWD roll to Neck stand 3. Continue w 1/2 turn to Chest stand 4. Finish Side 5. Optional exit	B—603c NON-FLIGHT ACRO SWD roll—1/1—Stretch—Legs together/separated—Side/Side—End position optional 360°  SWD roll Stretch 1. Optional prep—Side BWD Lay 2. Execute SWD roll 3. Ø hands support 4. Finish Side lay 5. Optional exit	C—603a NON-FLIGHT ACRO SWD Neck roll—1/1 turn—Stretch thru neck stand—Side/Side 360°  SWD Neck roll 1/1 1. Optional prep—Side Rear support 2. Execute SWD roll to Neck stand 3. Execute Neck stand to Chest stand 4. Execute Chest stand to Neck stand 5. Optional exit	C—603b NON-FLIGHT ACRO SWD Neck roll—1-1/2 turn—Stretch thru neck stand—Side/Side 540°  SWD Neck roll 1-1/2 1. Optional prep—Side Rear support 2. Execute SWD roll to Neck stand 3. Execute Neck to Chest stand 4. Execute Chest to Neck stand 5. Execute Neck to Chest stand 6. Optional exit

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](#)

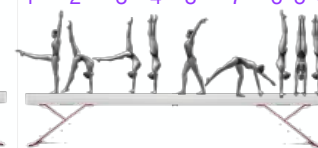
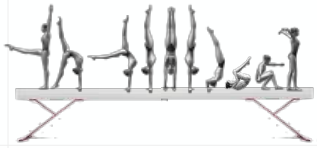
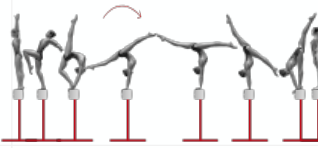
[716—SWD Gainer Aerial, Butterfly](#)

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

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

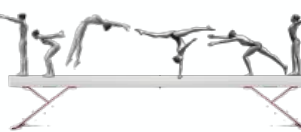
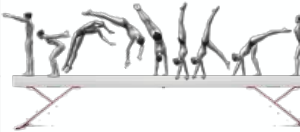
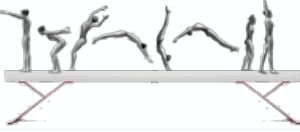
A—701a NON-FLIGHT ACRO FWD walkover—Bridge 1/1 turn —To sit—Cross/Cross—1-leg— 1-hand/foot support 360° FWD 1-foot spin to sit 1. Optional prep—Cross 2. Execute 3/4 FWD Walkover—touch toe—1/1 turn on 1-foot 3. Finish Valdez sit 4. Optional exit	A—701b NON-FLIGHT ACRO Tic Toc—Cross/Cross—1-leg/1- leg 1 2 3 4 7 6 5 4 Tic-Toc 1. Optional prep—Cross 2. Execute 3/4 FWD WO—Touch toe 3. Execute BWD Walkover 4. Finish Cross stand 5. Optional exit	B—701a NON-FLIGHT ACRO Swing/Press HS—Walkover FWD—Cross/Cross—Straddle 'L'/1-leg Press HS FWO 1. Optional prep—Cross 2. Execute Press HS 3. Execute FWD Walkover out 4. Finish Cross stand 5. Optional exit	B—701b NON-FLIGHT ACRO FWD walkover—Cross/Cross— 1-leg/1-leg FWO 1. Optional prep—Cross 2. Execute FWD Walkover 3. Finish Cross 4. Optional exit	B—701c NON-FLIGHT ACRO FWD walkover—1-arm—Cross/ Cross—1-leg/1-leg FWO 1-arm 1. Optional prep—Cross 2. Execute FWD Walkover—1-arm 3. Finish Cross 4. Optional exit	B—701d NON-FLIGHT ACRO FWD walkover—Alternate hands—Cross/Cross—1-leg/1- leg (Tinsica) FWD Tinsica 1. Optional prep—Cross 2. Execute FWD Walkover—Tinsica 3. Finish Cross 4. Optional exit
B—701e NON-FLIGHT ACRO FWD walkover—1/2 turn in HS —FWD walkover—Cross/Cross —1-leg/Optional 180° 1 2 3 8 7 6 5 4 3 FWO 1/2 FWO 1. Optional prep—Cross 2. Execute Kick HS—1/2 turn 3. Execute FWD walkover out 4. Finish Cross 5. Optional exit	B—701f NON-FLIGHT ACRO FWD walkover—1/2 turn—FWD roll—Cross/Cross—1-leg/ Optional 180° 1 2 3 9 8 7 6 5 4 3 FWO FWD Roll 1. Optional prep—Cross 2. Execute Kick HS—1/2 turn 3. Execute FWD roll 4. Finish Cross 5. Optional exit	C—701a NON-FLIGHT ACRO FWD walkover—Side/Side—1- leg/1-leg FWO Side 1. Optional prep—Side 2. Execute FWD Walkover 3. Finish Side 4. Optional exit	C—701b NON-FLIGHT ACRO Swing/Press HS—1/1 - 2/1 turn in HS—Walkover FWD—Cross/ Cross—'L'/1-leg Press HS 1/1-2/1 Turn, FWO 1. Optional prep—Cross 2. Execute Press HS—1/1-2/1 turn 3. Execute FWD walkover out 4. Finish Cross 5. Optional exit	C—701c NON-FLIGHT ACRO FWD walkover—1/1 - 2/1 turn in HS—Cross/Cross—1-leg/1-leg 360° FWO 1/1-2/1 HS Turn 1. Optional prep—Cross 2. Execute Kick HS—1/1-2/1 turn 3. Execute FWD walkover out 4. Finish Cross 5. Optional exit	D—701 NON-FLIGHT ACRO Press side HS—FWD walkover —Hands/1-legs Press FWO Side 1. Optional prep—Side 2. Execute Press HS 3. Execute FWD Walkover 4. Finish Side 5. Optional exit
A—702a NON-FLIGHT ACRO Cartwheel—Cross/Cross—1- leg/1-leg Cartwheel 1. Optional prep—Cross 2. Execute Cartwheel 3. Finish Cross 4. Optional exit	A—702b NON-FLIGHT ACRO Cartwheel—1-arm—Cross/ Cross—1-leg/1-leg Cartwheel 1-arm 1. Optional prep—Cross 2. Execute Cartwheel—1-arm 3. Finish Cross 4. Optional exit	A—702c NON-FLIGHT ACRO Cartwheel—Chest wheel— Cross/Cross—1-knee/sit Chest Cartwheel 1. Optional prep—Cross 2. Execute Chest Cartwheel 3. Finish Cross 4. Optional exit	B—702a FLIGHT ACRO Dive Cartwheel—Flight foot to hands OR Hands to foot—Cross/ Cross—1-leg/1-leg Dive Cartwheel 1. Optional prep—Cross 2. Execute Dive Cartwheel w/flight 3. Finish Cross 4. Optional exit 5. MUST show flight from foot to hands or hands to feet	B—702b FLIGHT ACRO Round off—Flight off hands— Cross/Cross—1-leg/2-legs RO 1. Optional prep—Cross 2. Execute Round Off w/flight 3. Finish Cross 4. Optional exit	C—702 NON-FLIGHT ACRO FWD cartwheel—1/1 turn to 2/1 turn in HS—1-leg/Hands 360° Cartwheel 1/1-2/1 Turn 1. Optional prep—Cross 2. Execute Cartwheel—1/1 turn 3. Finish Cross 4. Optional exit

BM—7-BWD WALKOVER — 703-BWD Walkovers — 704-BWD Valdez

A—703a NON-FLIGHT ACRO Supine—Push up bridge—Kick over—Cross/Cross—Support Head/hands/1-leg  Bridge BWD Kickover 1. From supine lay—Cross 2. Bridge up—kick over 3. Finish Cross 4. Optional exit 5. May switch legs in hand support	A—703b NON-FLIGHT ACRO BWD walkover—Bridge 1/1 turn 1-foot—1-hand support—Cross/Cross—1-leg/Sit 360°  BWO Bridge 1/1 to Sit 1. Optional prep—Cross stand 2. Execute BWO—Touch 1-foot 3. Spin turn on 1-foot—arrive Valdez sit 4. Finish Cross 5. Optional exit	A—703c NON-FLIGHT ACRO BWD walkover—Cross/Cross—1-leg/1-leg  BWO 1. Optional prep—Cross stand 2. Execute BWO 3. Show maximum split 4. Finish Cross 5. Optional exit	A—703d NON-FLIGHT ACRO BWD walkover—1-arm—Cross/Cross—1-leg/1-leg  BWO 1-arm 1. Optional prep—Cross stand 2. Execute BWO—1-arm 3. Show maximum split 4. Finish Cross 5. Optional exit	A—703e NON-FLIGHT ACRO BWD walkover—Alternate hands—Cross/Cross—1-leg/1-leg (Tinsica)  BWD Tinsica 1. Optional prep—Cross stand 2. Execute BWO—Tinsica 3. Show maximum split 4. Finish Cross 5. Optional exit	A—703f NON-FLIGHT ACRO BWD walkover—1/2 turn in HS—Cross/Cross—1-leg/1-leg 180° 1 2 3 4 8 7 6 5 4  BWO 1/2 1. Optional prep—Cross stand 2. Execute BWO—1/2 turn 3. Show maximum split 4. Finish Cross 5. Optional exit
B—703a NON-FLIGHT ACRO BWD walkover—Cross/Cross—1-leg/Clear straddle 'L'  BWO Straddle 'L' 1. Optional prep—Cross stand 2. Execute BWO—HS 3. Press down to clear straddle 'L' 4. Finish Cross 5. Optional exit	B—703b NON-FLIGHT ACRO BWD walkover—1/2 turn—Walkover FWD—Cross/Cross—1-leg/1-leg 180°  BWO 1/2 FWO 1. Optional prep—Cross stand 2. Execute BWO—HS—1/2 turn 3. Execute Walkover out 4. Finish Cross 5. Optional exit	B—703c NON-FLIGHT ACRO BWD walkover—1/2 turn—FWD roll—Cross/Cross—1-leg/Optional 180°  BWO 1/2 FWD Roll 1. Optional prep—Cross stand 2. Execute BWO—HS—1/2 turn 3. Execute FWD roll 4. Finish Cross 5. Optional exit	C—703a NON-FLIGHT ACRO BWD walkover—Side/Side—1-leg/1-leg  BWO Side 1. Optional prep—Side stand 2. Execute BWO 3. Finish Side 4. Optional exit	C—703b NON-FLIGHT ACRO BWD walkover—Cross Split—Cross/Cross—1-leg/Front Split  BWO to Split 1. Optional prep—Cross stand 2. Execute BWO—HS 3. Finish Cross split sit 4. Optional exit	C—703c NON-FLIGHT ACRO BWD walkover—1/2 turn + 1/2 turn—Cross/Cross—EXT tuck sit/1-leg (Diamidov) 180° 180°  BWO Diamidov 1. Optional prep—Cross Valdez sit 2. Execute BWO—HS—1/2 +1/2 turn 3. Finish Cross 4. Optional exit
C—703d NON-FLIGHT ACRO BWD walkovers—1/1 - 2/1 turn—Cross/Cross—1-leg/HS 360°  BWO 1/1-2/1 HS Turn 1. Optional prep—Cross stand 2. Execute BWO—HS—1/1 turn 3. Finish Cross 4. Optional exit		B—704a NON-FLIGHT ACRO Valdez—BWO—Cross/Cross—EXT tuck sit/1-leg  Valdez 1. Optional prep—Cross sit 2. Execute Valdez 3. Finish Cross 4. Optional exit	B—704b NON-FLIGHT ACRO Valdez—BWO—1/2 turn in HS—Cross/Cross—EXT tuck sit/1-leg 180°  Valdez 1/2 1. Optional prep—Cross sit 2. Execute Valdez 1/2 turn in HS 3. Finish Cross 4. Optional exit	B—704c NON-FLIGHT ACRO Valdez—BWO—1-arm—Cross/Cross—EXT tuck sit/1-leg  Valdez 1-arm 1. Optional prep—Cross sit 2. Execute Valdez—1-arm 3. Finish Cross 4. Optional exit	C—704 NON-FLIGHT ACRO Valdez—Swing thru HOR plane—1-arm—EXT tuck sit/1-leg—Thru HOR plane (Garrison)  Garrison 1. Optional prep—Cross Tuck sit 2. Execute HOR Valdez 3. Finish Side 4. Optional exit

B—705a	B—705b	B—705c	C—705a	C—705b
FHS—Step out—Flight after—Cross/Cross/1-leg/1-leg FHS SO 1. Optional prep—Cross 2. Execute FHS—Flight after 3. Finish Cross 4. Optional exit	FHS—Step out—Flight before—Cross/Cross/2-legs/1-leg Flyspring SO 1. Optional prep—Cross 2. Execute FHS—Flight before 3. Jump feet together—Step out 4. Finish Cross 5. Optional exit	FHS—Step out—Flight before/after—Alternate hands—Cross/Cross—1-leg/1-leg (Tinsica spring) Tinsica Spring 1. Optional prep—Cross 2. Execute FHS Step out—Flight before/after 3. Finish Cross 4. Optional exit	FHS—Step out switch—In flight—Cross/Cross—1-leg/1-leg FHS Step out Switch 1. Optional prep—Cross 2. Execute FHS Step out—Switch 3. Finish Cross 4. Optional exit	FHS—Step out—1-arm—Cross/Cross—1-leg/1-leg FHS Step out 1-arm 1. Optional prep—Cross 2. Execute FHS Step out—1-arm 3. Finish Cross 4. Optional exit
B—706a FHS—Together—Flight after—Cross/Cross/1-leg/2-legs FHS to 2-feet 1. Optional prep—Cross 2. Execute FHS—To 2-feet 3. Finish Cross 4. Optional exit	B—706b FHS—Together—Flight before & after—Cross/Cross/2-legs/2-legs Flyspring 1. Optional prep—Cross 2. Execute Flyspring 3. Finish Cross 4. Optional exit			

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

B—707 FLIGHT ACRO  BHS—Step out—Cross/Cross—2-legs/1-leg  BHS SO - Optional prep—Cross - Execute BHS Step out - Finish Cross - Optional exit	C—707a FLIGHT ACRO  BHS—Step out—1-arm—Cross/Cross—1-leg/1-leg  BHS SO 1-arm - Optional prep—Cross - Execute BHS Step out—1-arm - Finish Cross - Optional exit	C—707b FLIGHT ACRO  BHS—Step out—1/2 turn—Cross/Cross—1-leg/1-leg 180°  BHS SO 1/2 - Optional prep—Cross - Execute BHS Step out—1/2 twist - Finish Cross - Optional exit	E—707a FLIGHT ACRO  BHS—3/4-1/1 twist—Side HS—Optional exit (<i>Kolesnikova</i>) $90^\circ + 270^\circ$  BHS SO 3/4 HS - Optional prep—Cross - Execute BHS—1/4 + 3/4 turn - Step out - Finish Cross - Optional exit	E—707b FLIGHT ACRO  BHS—Step out—1/2 twist—FWD walkover —Cross/Cross—1-leg/1-leg (<i>Onodi</i>) 180°  Onodi - Optional prep—Cross - Execute BHS Step out—1/2 twist - FWD Walkover out - Finish Cross - Optional exit	E—707b FLIGHT ACRO  BHS—Step out—1/2 twist—1-arm FWD walkover —Cross/Cross—1-leg/1-leg (<i>Onodi</i>) 180°  Onodi 1-arm - Optional prep—Cross - Execute BHS Step out—1/2 turn—1-arm - FWD Walkover out—1-arm - Finish Cross - Optional exit
E—707c FLIGHT ACRO  BHS—Step out—1/2 twist—Tic-Toc—Cross/Cross—1-leg/1-leg (<i>Onodi</i>) 180° 1 2 3 4 5 7 6 5  Onodi Tic-Toc - Optional prep—Cross - Execute BHS Step out—1/2 turn - Execute Tic-Toc - Finish Cross - Optional exit	E—707d FLIGHT ACRO  BHS—Step out—1/2 twist—Spring—Cross/Cross—1-leg/2-legs (<i>Onodi</i>) 180°  Onodi Spring - Optional prep—Cross - Execute BHS Step out—1/2 turn - FWD Spring out - Finish Cross - Optional exit	E—707e FLIGHT ACRO  BHS—2-feet—1/2 twist—Spring—Cross/Cross—2-legs/2-legs (<i>Worley</i>) 180°  Worley Spring - Optional prep—Cross - Execute BHS 2-feet—1/2 turn - Spring out 2-feet - Finish Cross - Optional exit			
B—708 FLIGHT ACRO  BHS—2-feet—Cross/Cross—2-legs/2-legs  BHS 2-feet - Optional prep—Cross - Execute BHS 2-feet - Finish Cross - Optional exit	C—708a FLIGHT ACRO  BHS—2-feet—1-arm—Cross/Cross—2-legs/2-legs  BHS 2-feet 1-arm - Optional prep—Cross - Execute BHS 2-feet—1-arm - Finish Cross - Optional exit	C—708b FLIGHT ACRO  BHS—2-feet—1/4 twist—Side HS Ø hold—Cross/Side HS—2-legs/2-legs 90°  BHS 2-feet 1/4 Side HS - Optional prep—Cross - Execute BHS 2-feet—1/4 turn HS - Finish Side HS - Optional exit	E—708a FLIGHT ACRO  BHS—2-feet—3/4 twist—Side HS Ø hold—Cross/Side HS—2-legs/Side HS (<i>Omelianchik</i>) 270°  BHS 2-feet 3/4 Side HS - Optional prep—Cross - Execute BHS 2-feet—3/4 turn HS - Finish Side HS - Optional exit	E—708b FLIGHT ACRO  BHS—1/4 + 1/1—Side HS—Cross/Side—2-legs/Front support also optional end position (<i>Fortunato</i>) $90^\circ + 360^\circ$  BHS 1/4 + 1/1 Side HS - Optional prep—Cross - Execute BHS 2-feet—1/4 + 1/1 turn HS - Finish Side HS - Optional exit	

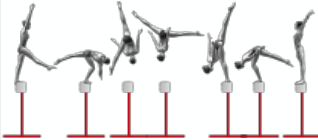
BM—7-BWD SPRINGS — 709-BHS Side — 710-BHS Swing Down — 711-Gainer BHS

C—709a FLIGHT ACRO BHS—Together—Side/Side—2-legs/Front Support BHS Side 2-feet 1. Optional prep—Side 2. Execute BHS 2-feet—HS 3. Finish Side Front support 4. Optional exit	C—709b FLIGHT ACRO BHS—Together—Side/Side—2-legs/BWD Hip Circle BHS Side BWD Hip Circle 1. Optional prep—Side 2. Execute BHS 2-feet—HS 3. Execute BWD hip circle 4. Finish Side Front support 5. Optional exit	D—709 FLIGHT ACRO BHS—Step-out—Side/Side—1-leg/1-leg (Tousek) BHS Side SO 1. Optional prep—Side 2. Execute BHS Step out—HS 3. Finish Side stand 4. Optional exit	E—709a FLIGHT ACRO BHS—1/2 twist—HS—Side/Side—2-legs/HS (Kolesnikova) 180° BHS 1/2 Side HS 1. Optional prep—Side 2. Execute BHS 2-feet—1/2 twist 3. Finish HS 4. Optional exit	E—709b FLIGHT ACRO BHS—1/1 twist—HS—Side/Side—2-legs/BWD Hip circle (Teza) 360° BHS 1/1 Side BWD Hip Circle 1. Optional prep—Side 2. Execute BHS 2-feet—1/1 twist 3. Execute BWD hip circle 4. Finish Side Front support 5. Optional exit	
B—710a FLIGHT ACRO BHS—High flight swing down—Cross-Cross—2-legs/Cross Straddle sit (Korbut) BHS Swing Down 1. Optional prep—Cross 2. Execute BHS 2-feet—Swing down 3. Finish Cross Straddle support 4. Optional exit	C—710a FLIGHT ACRO BHS—Tuck/stretch hips in flight swing down—Cross/Cross—2-legs/Cross Straddle sit (Chen Flic) BHS Tuck-Open Swing Down 1. Optional prep—Cross 2. Execute BHS Tuck-open—Swing down 3. Finish Cross Straddle support 4. Optional exit	C—710b FLIGHT ACRO BHS—Pike/stretch hips in flight swing down—Cross/Cross—2-legs/Cross Straddle sit (Rueda) BHS Pike-Open Swing Down 1. Optional prep—Cross 2. Execute BHS Pike-open—Swing down 3. Finish Cross Straddle support 4. Optional exit	E—710a FLIGHT ACRO BHS—2-feet—3/4 twist—Side HS Ø hold—Cross/Side—2-legs/Side HS 270° Gainer BHS 2-feet 3/4 Side HS 1. Optional prep—Cross 2. Execute BHS 2-feet—3/4 turn HS 3. Finish Side HS 4. Optional exit	E—710b FLIGHT ACRO BHS—1/1 twist—swing down—Cross/Cross—2-legs/Cross Straddle sit (Rulfova-flic) 360° BHS 1/1 Swing Down 1. Optional prep—Cross 2. Execute BHS 2-feet—1/1 turn—Swing down 3. Finish Cross Straddle support 4. Optional exit	
B—711a FLIGHT ACRO Gainer BHS—Cross/Cross—1-leg/1-leg Gainer BHS 1. Optional prep—Cross 2. Execute Gainer BHS 3. Finish Cross 4. Optional exit	B—711b FLIGHT ACRO Gainer BHS—High flight swing down—Cross/Cross—1-leg/Cross Straddle sit (Korbut) Gainer BHS Swing Down 1. Optional prep—Cross 2. Execute Gainer BHS—Swing down 3. Finish Cross Straddle support 4. Optional exit	C—711a FLIGHT ACRO Gainer BHS—1-arm—Cross/Cross—1-leg/1-leg Gainer BHS 1-arm 1. Optional prep—Cross 2. Execute Gainer BHS—1-arm 3. Finish Cross 4. Optional exit	C—711b FLIGHT ACRO Gainer BHS—2-feet—1/4 twist—Side HS Ø hold—Cross/Side HS 1-legs/2-legs 90° Gainer BHS 2-feet 1/4 Side HS 1. Optional prep—Cross 2. Execute BHS 2-feet—1/4 turn HS 3. Finish Side HS 4. Optional exit	C—711c FLIGHT ACRO Gainer BHS—Pike/stretch in flight swing down—Cross/Cross—1-leg/Cross Straddle sit Gainer BHS Pike-Open Swing 1. Optional prep—Cross 2. Execute Gainer BHS Pike-open—Swing down 3. Finish Cross Straddle support 4. Optional exit	E—711 FLIGHT ACRO Gainer BHS—1/1 twist before hand support—Cross/Cross—1-leg/1-leg (Khorkina) 360° Khorkina 1. Optional prep—Cross 2. Execute Gainer BHS—1/1 twist 3. Finish Cross 4. Optional exit

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

D—712 AERIAL 	E—712a AERIAL 	E—712b AERIAL 			
FWD Aerial—Cross/Cross—1-leg/1-leg	FWD Aerial—Cross/Cross—1-leg/Scale 2s ≥ HOR	FWD Aerial—Cross/Cross—1-leg/2-legs (Davidson)			
					
FWD Aerial 1. Optional prep—Cross 2. Execute FWD Aerial 3. Finish Cross 4. Optional exit	FWD Aerial to Scale 1. Optional prep—Cross 2. Execute FWD Aerial—Swing to Scale 3. Finish Cross 4. Optional exit	FWD Aerial 2-feet 1. Optional prep—Cross 2. Execute FWD Aerial—Land 2-feet 3. Finish Cross 4. Optional exit			
D—713a AERIAL	D—713b AERIAL				
Gainer FWD Aerial—Cross/Cross—1-leg/1-leg (George)	Gainer FWD Aerial—Cross/Cross—1-leg/Sit/kneel (Stevens)				
					
Gainer FWD Aerial 1. Optional prep—Cross 2. Execute Gainer FWD Aerial 3. Finish Cross 4. Optional exit	Gainer FWD Aerial to Sit 1. Optional prep—Cross 2. Execute FWD Aerial 3. Finish Cross sit 4. Optional exit				
E—714a AERIAL 	E—714b AERIAL 				
Aerial RO—Cross/Cross—1-leg/2-legs	Gainer Aerial RO—Cross/Cross—1-leg/2-legs (Burgess)				
					
Aerial RO (Brani) 1. Optional prep—Cross 2. Execute Aerial RO 3. Finish Cross 4. Optional exit	Gainer Aerial RO 1. Optional prep—Cross 2. Execute Gainer Aerial RO 3. Finish Cross 4. Optional exit				

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

D—715a AERIAL  SWD Aerial—Cross/Cross—1-leg/1-leg 180°  SWD Aerial 1. Optional prep—Cross 2. Execute SWD Aerial 3. Finish Cross 4. Optional exit	D—715a AERIAL  SWD Aerial—1/4 turn out—Cross/Cross—1-leg/1-leg (Perry) 180° 180°  SWD Aerial 1/4 1. Optional prep—Cross 2. Execute SWD Aerial—1/4 turn out 3. Finish Cross 4. Optional exit	D—715a AERIAL  SWD Aerial—1/4 turn out—Cross/Cross—Kneeling/1-leg 90°  SWD Aerial from Knee 1. Optional prep—Cross kneel 2. Execute SWD Aerial—From knee 3. Finish Cross 4. Optional exit	D—715a AERIAL SWD Aerial—1/4 turn out—Cross/Cross—Kneeling/1-leg (Clore) 180°  SWD Aerial 1/4 from Knee 1. Optional prep—Cross kneel 2. Execute SWD Aerial—From knee 3. Finish Cross 4. Optional exit	D—715a AERIAL SWD Aerial—Cross/Cross—1-leg/1-leg swing to front scale—Hand held > 140° (Marinez) 180°  SWD Aerial to Front Scale 1. Optional prep—Cross 2. Execute SWD Aerial—Swing to front scale 3. Finish Cross 4. Optional exit	D—715b AERIAL  SWD Aerial—Side/Side—1-leg/1-leg (Pelaez) 180°  SWD Aerial Side 1. Optional prep—Side 2. Execute SWD Aerial 3. Finish Side 4. Optional exit
E—715a AERIAL  SWD Aerial Switch—Cross/Cross—1-leg/Same 1-leg (Baudhuin) 180°  SWD Aerial Switch 1. Optional prep—Cross 2. Execute SWD Aerial—Switch leg 3. Finish Cross 4. Optional exit	E—715b AERIAL SWD Aerial—Scale—Cross/Cross—1-leg/1-leg scale min HOR—Hold 2s (Peko) 180° 2  SWD Aerial to Back Scale 1. Optional prep—Cross 2. Execute SWD Aerial—Land BWD scale 3. Finish Cross 4. Optional exit				
D—716 AERIAL Gainer SWD Aerial—Cross/Cross—1-leg/1-leg 180°  Gainer SWD Aerial 1. Optional prep—Cross 2. Execute Gainer SWD Aerial 3. Finish Cross 4. Optional exit	E—716 AERIAL Butterfly—Cross/Cross—1-leg/1-leg 180°  Butterfly 1. Optional prep—Side 2. Execute Butterfly 3. Finish Side 4. Optional exit				

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](#)

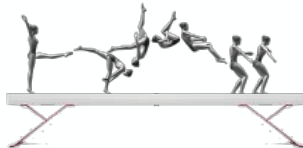
[809—BWD Gainer Saltos](#)

[810—FWD Jump-BWD Salto](#)

[811—BWD Saltos LO](#)

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

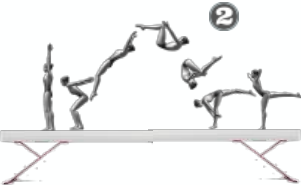
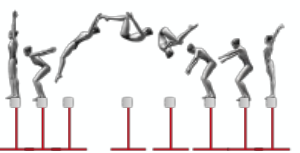
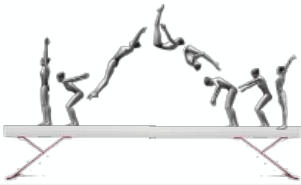
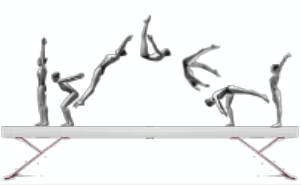
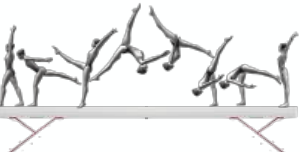
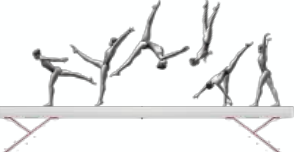
BM—8-SALTOS — 801-FWD Saltos Whip OR 1-leg — 802-FWD Saltos Tuck — 803-FWD Saltos Pike

C—801	SALTO	D—801a	SALTO	D—801b	SALTO	D—801c	SALTO	E—801	SALTO		
Straddle Cast—Whip FWD Straddle salto—Cross/Cross— Straddle sit/Straddle sit (Kivisto)		One leg or Gainer FWD salto— Tuck—Cross/Cross—1-leg/2- legs (Rowe)		One leg or Gainer FWD salto— Tuck—Cross/Cross—1-knee/1- foot simultaneous (Hawthorne)		One leg or Gainer FWD salto— Tuck—Cross/Cross—1-leg/EXT tuck sit—W/w/o hand support (Puolin/Portocarrero)		Gainer FWD salto—Tuck— Cross/Cross—1-leg/Scale ≥ HOR 2s			
Straddle Whip FWD 1. Optional prep—Cross Straddle sit 2. Execute Straddle Whip—FWD roll 3. Finish Cross Straddle sit 4. Optional exit		Gainer FWD Tuck 1. Optional prep—Cross 2. Execute Gainer FWD Salto—Tuck 3. Finish Cross 2-legs 4. Optional exit		Gainer FWD Tuck Sit 1. Optional prep—Cross 2. Execute Gainer FWD Salto—Tuck 3. Finish Cross 1-foot/1-knee stand 4. Optional exit		Gainer FWD Tuck Sit 1. Optional prep—Cross 2. Execute Gainer FWD Salto—Tuck 3. Finish Cross Valdez sit 4. Optional exit		Gainer FWD Tuck to Scale 1. Optional prep—Cross 2. Execute Gainer FWD Salto—Tuck 3. Execute ≥ HOR scale 4. Finish Cross 1-leg 5. Optional exit			
D—802	SALTO	E—802a	SALTO	E—802b	SALTO	E—802c	SALTO				
FWD salto—Tuck—Cross/Cross —2-legs/EXT tuck sit—W/w/o hand support (Puolin)		FWD salto—Tuck—Cross/Cross —2-legs/2-legs		FWD salto—Tuck—1/2—Cross/ Cross—2-legs/2-legs (Grigorás)		FWD salto—Tuck—Cross/Cross —1-leg/Scale ≥ HOR 2s					
FWD Tuck Sit 1. Optional prep—Cross 2. Execute FWD Salto—Tuck 3. Finish Cross Valdez 4. Optional exit		FWD Tuck 1. Optional prep—Cross 2. Execute FWD Salto—Tuck 3. Finish Cross 2-legs 4. Optional exit		FWD Tuck 1/2 1. Optional prep—Cross 2. Execute FWD Salto—Tuck—1/2 twist 3. Finish Cross 4. Optional exit		FWD Tuck to Scale 1. Optional prep—Cross 2. Execute FWD Salto—Tuck 3. Execute ≥ HOR scale 4. Finish Cross 1-leg 5. Optional exit					
E—803a	SALTO	E—803b	SALTO	E—803b	SALTO						
One leg or Gainer FWD salto— Pike—Cross/Cross—1-legs/2- legs		FWD salto—Pike—Cross/Cross —2-leg/2-legs		FWD salto—Pike—1/4 turn Cross/Side—1-leg/2-legs (Oswalt)							
Gainer FWD Pike 1. Optional prep—Cross 1-leg 2. Execute FWD Gainer Salto—Pike 3. Finish Cross 2-legs 4. Optional exit		FWD Pike 1. Optional prep—Cross 2. Execute FWD Salto—Pike 3. Finish Cross 2-legs 4. Optional exit		FWD Pike 1/4 1. Optional prep—Cross 2. Execute FWD Salto—Pike—1/4 turn 3. Finish Side 2-legs 4. Optional exit							

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

D—804a SALTO	D—804b SALTO	E—804 SALTO			
SWD salto—Tuck—Cross/Side—1-leg/1-Alternate	SWD salto—Tuck—Cross/Side—2-legs/1 Alternate	SWD salto—Tuck—1/2 turn—Cross/Side—1-leg/2-legs (Schaefer)			
					
SWD Tuck 1. Optional prep—Cross 2. Execute SWD Salto—Tuck 3. Finish Side 1-leg alternate 4. Optional exit	SWD Tuck 1. Optional prep—Cross 2. Execute SWD Salto—Tuck 3. Finish Side 1-leg alternate 4. Optional exit	Side Tuck 1/2 1. Optional prep—Cross 2. Execute SWD Salto—Tuck—1/2 turn 3. Finish Side 2-legs 4. Optional exit			
D—805 SALTO					
Gainer SWD salto—Tuck/pike—Cross/Side—1-leg/2 Alternate (George)					
					
Gainer SWD Tuck 1. Optional prep—Cross 2. Execute Gainer FWD Salto—Tuck 3. Finish Side 2-legs 4. Optional exit					
E—806 SALTO					
Arabian salto—Tuck					
					
Arabian Tuck 1. Optional prep—Cross 2. Execute ARB Salto—Tuck 3. Finish Cross 2-legs 4. Optional exit					

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

C—807a SALTO BWD salto—Tuck—Cross/Cross—2-legs/2-legs  BWD Tuck - Optional prep—Cross - Execute BWD Salto—Tuck - Finish Cross 2-legs - Optional exit	C—807b SALTO BWD salto—Tuck—Cross/Cross—Scale 2s—2-legs/1-leg  BWD Tuck Scale - Optional prep—Cross - Execute BWD Salto—Tuck - Execute scale - Finish Cross 1-leg - Optional exit	C—807a SALTO BWD salto—Tuck—Step-out—1/4 turn—Cross/Side—2-legs/2-Alternate (DeVries) 90°  BWD Tuck 1/4 SO - Optional prep—Cross - Execute BWD Salto—Tuck—1/4 twist - Finish Side 2-legs - Optional exit	E—807a SALTO BWD salto—Tuck—Side/Side—2-legs/2-legs  Side BWD Tuck - Optional prep—Side - Execute BWD Salto—Tuck - Finish Side - Optional exit	D—807 SALTO BWD salto—Tuck—1/4 turn—Cross/Side—2-legs/2-legs (Rosette) 90°  BWD Tuck 1/4 - Optional prep—Cross - Execute BWD Salto—Tuck—1/4 twist - Finish Side 2-legs - Optional exit	E—807b SALTO BWD salto—Tuck—1/1 twist—Cross/Cross—2-legs/2-legs (Schischova) 360°  BWD Tuck 1/1 - Optional prep—Cross - Execute BWD Salto—Tuck—1/1 twist - Finish Cross 2-legs - Optional exit
C—808a SALTO BWD salto—Pike—Cross/Cross—2-legs/2-legs  BWD Pike - Optional prep—Cross - Execute BWD Salto—Pike - Finish Cross 2-legs - Optional exit	C—808a SALTO BWD salto—Pike—Step out—Cross/Cross—2-legs/2 Alternate  BWD Pike SO - Optional prep—Cross - Execute BWD Salto—Pike SO - Finish Cross Alternate legs - Optional exit				
C—809a SALTO Gainer BWD salto—Tuck—Cross/Cross—2-legs/2-legs  Gainer BWD Tuck - Optional prep—Cross - Execute Gainer BWD Salto—Tuck - Finish Cross 2-legs - Optional exit	C—809b SALTO Gainer BWD salto—Pike—Cross/Cross—2-legs/2-legs  Gainer BWD Pike - Optional prep—Cross - Execute Gainer BWD Salto—Pike - Finish Cross 2-legs - Optional exit	D—809 SALTO Gainer BWD salto—LO-SO—Cross/Cross—2-legs/1-leg  Gainer BWD LO-SO - Optional prep—Cross - Execute Gainer BWD Salto—LO-SO - Finish Cross 1-leg - Optional exit	E—809 SALTO Gainer BWD salto—LO-SO—Switch in flight—Cross/Cross—2-legs/1-leg  Gainer BWD Switch LO-SO - Optional prep—Cross - Execute Gainer BWD Salto—LO-SO - Execute switch legs - Finish Cross 1-leg - Optional exit		

E—810a SALTO Jump FWD—1/2 twist—BWD salto—Tuck—Cross/Cross—2-legs/2-legs 180° Jump 1/2 BWD Tuck 1. Optional prep—Cross 2. Execute FWD jump 1/2 turn 3. Execute BWD Salto—Tuck 4. Finish Cross 2-leg 5. Optional exit	E—810b SALTO Jump FWD—1/2 twist—BWD salto—Pike—Cross/Cross—2-legs/2-legs (<i>Produnova</i>) 180° Jump 1/2 BWD Pike 1. Optional prep—Cross 2. Execute FWD jump 1/2 turn 3. Execute BWD Salto—Pike 4. Finish Cross 2-leg 5. Optional exit				
C—811 SALTO BWD salto—LO—Swing down—Arms set/Pull to thighs/Return to high—Cross/Cross—2-legs/Cross sit (<i>Pearce</i>) BWD LO Swing Down 1. Optional prep—Cross 2. Execute BWD salto—LO swing down 3. Finish straddle sit 4. Optional exit	D—811a SALTO BWD salto—LO—SO—Cross/Cross—Finish scale—Leg ≥ HOR 2s—2-legs/1-leg (<i>Edlin</i>) 2 BWD LO-SO Scale 1. Optional prep—Cross 2. Execute BWD salto—LO-SO 3. Finish Cross ≥ HOR scale 4. Optional exit	D—811b SALTO BWD salto—LO—SO—Cross/Cross—2-legs/1-Alternate BWD LO-SO 1. Optional prep—Cross 2. Execute BWD salto—LO-SO 3. Finish Cross 1-leg 4. Optional exit	D—811c SALTO BWD salto—LO/Pike down—Cross/Cross—2-legs/2-legs BWD LO/Pike 1. Optional prep—Cross 2. Execute BWD salto—LO / Pike 3. Finish Cross 2-legs 4. Optional exit	E—811a SALTO BWD salto—LO—Cross/Cross—2-legs/2-legs BWD LO 1. Optional prep—Cross 2. Execute BWD salto—LO 3. Finish Cross 2-legs 4. Optional exit	E—811b SALTO BWD salto—LO—1/1 twist—Cross/Cross—2-legs/2-legs 360° BWD LO 1/1 1. Optional prep—Cross 2. Execute BWD salto—LO—1/1 twist 3. Finish Cross 2-legs 4. Optional exit

BALANCE BEAM



90P

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](#)

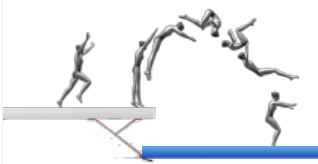
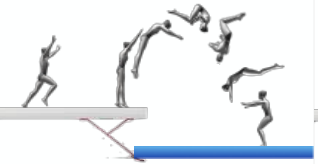
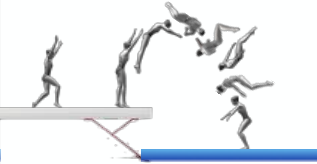
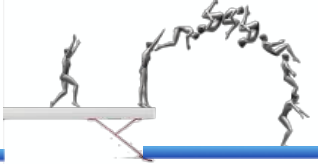
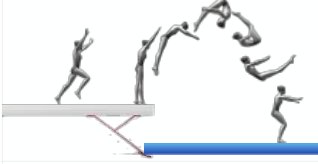
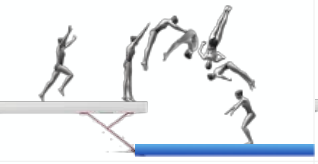


X	<u>X-SKILLS</u>
1	<u>MOUNTS</u>
2	<u>LEAPS, JUMPS, HOPS</u>
3	<u>TURNS</u>
4	<u>WAVES</u>
5	<u>HOLDS, STANDS</u>
6	<u>ROLLS</u>
7	<u>WALKOVERS, CARTWHEELS, SPRINGS</u>
8	<u>SALTOS</u>
9	<u>DISMOUNTS</u>

A-901a	A-901b	A-901b	A-901c	B-901a	B-901b
HS-1/4 (90°) turn—Any entry—Hold 1s—Side of BM 90° HS 1/4 1. From optional approach 2. Optional entry—Straight or bent leg 3. Handstand 4. 1/4 (90°) turn to land plie next to BM 5. Hand remains in contact w BM	Cartwheel—1/4 twist after hand support (RO)—Cross stand—Side of BM 90° Cartwheel 1/4 (RO)-Side 1. Optional prep—Cross 2. Execute Cartwheel—1/4 twist (RO) 3. Finish stand—Face in *Performed at end or middle of BM	Cartwheel—1/4 twist after hand support (RO)—Cross stand—End of BM 90° Cartwheel 1/4 (RO)-End 1. Optional prep—Cross— 2. Execute Cartwheel—1/4 twist (RO) 3. Finish stand—Face in *Performed at end or middle of BM	Cartwheel—3/4 twist after hand support—Cross stand—End of BM 270° End Cartwheel 3/4 1. Optional prep—Cross—End of BM 2. Execute Cartwheel—3/4 twist 3. Finish stand—Face out	Cartwheel—1-1/4 twist—After hand support—Cross stand—End of BM 450° End Cartwheel 1-1/4 1. Optional prep—Cross—End of BM 2. Execute Cartwheel—1-1/4 twist 3. Finish stand—Face in	Cartwheel—1-3/4 twist—After hand support—Cross stand—End of BM 630° End Cartwheel 1-3/4 1. Optional prep—Cross—End of BM 2. Execute Cartwheel—1-3/4 twist 3. Finish stand—Face out
C-901a Cartwheel—1/4 turn on hands—Repulsion to BWD salto—Tuck (Lawson)—End of BM (Tsukahara) 90° Tsuk Tuck 1. Optional prep—Cross—End of BM 2. Execute Cartwheel—Repulsion 1/4 twist 3. Execute Tsukahara Tuck 4. Finish stand—Face in	C-901b Cartwheel—1/4 turn on hands—Repulsion to BWD salto—Pike (Keck)—End of BM (Tsukahara) 90° Tsuk Pike 1. Optional prep—Cross—End of BM 2. Execute Cartwheel—Repulsion 1/4 twist 3. Execute Tsukahara Pike 4. Finish stand—Face in				

A—902a FWD handspring—End of BM FHS 1. Optional prep—Cross—End of BM 2. Execute FHS 3. Finish stand—Face out	A—902b FWD handspring—1/2 twist— After hand support—End of BM FHS 1/2 1. Optional prep—Cross—End of BM 2. Execute FHS—1/2 twist 3. Finish stand—Face in	B—902 FWD handspring—1/1 twist— After hand support—End of BM FHS 1/1 1. Optional prep—Cross—End of BM 2. Execute FHS—1/1 twist 3. Finish stand—Face out	C—902 FWD handspring—1-1/2 twist— After hand support—End of BM FHS 1-1/2 1. Optional prep—Cross—End of BM 2. Execute FHS—1-1/2 twist 3. Finish stand—Face in		
A—903a FWD Aerial walkover—Layout— Cross stand—End of BM FWD Aerial LO 1. Optional prep—Cross—End of BM 2. Execute FWD Aerial—LO 3. Take off 1-leg 4. Finish stand—Face out	A—903b FWD Aerial walkover—1/2 twist— Cross stand—End of BM FWD Aerial LO 1/2 1. Optional prep—Cross—End of BM 2. Execute FWD Aerial—LO—1/2 twist 3. Take off 1-leg 4. Finish stand—Face in	A—903c Aerial RO—Cross stand—End of BM Brani 1. Optional prep—Cross—End of BM 2. Execute Aerial RO—Brani 3. Take off 1-leg 4. Finish stand—Face in	B—903 FWD Aerial walkover—1/1 twist— Cross stand—End of BM FWD Aerial LO 1/1 1. Optional prep—Cross—End of BM 2. Execute FWD Aerial—LO—1/1 twist 3. Take off 1-leg 4. Finish stand—Face out	C—903 FWD Aerial walkover—1-1/2 twist—Cross stand—End of BM FWD Aerial LO 1-1/2 1. Optional prep—Cross—End of BM 2. Execute FWD Aerial—LO—1-1/2 twist 3. Take off 1-leg 4. Finish stand—Face in	D—903 FWD Aerial walkover—2/1 twist— Cross stand—End of BM FWD Aerial LO 2/1 1. Optional prep—Cross—End of BM 2. Execute FWD Aerial—LO—2/1 twist 3. Take off 1-leg 4. Finish stand—Face out

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

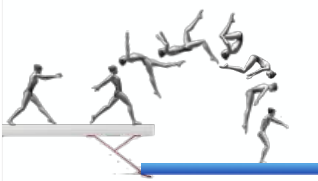
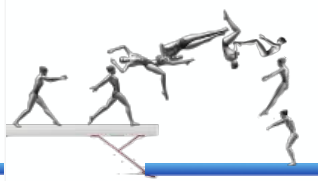
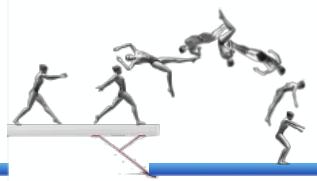
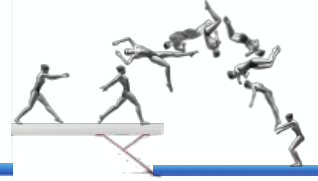
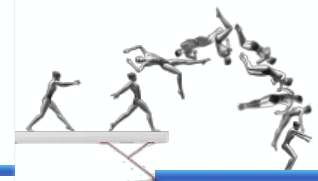
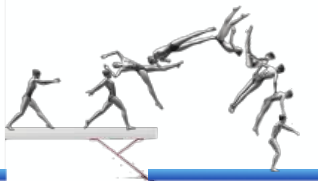
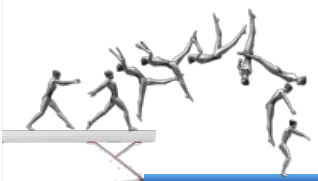
A—904a  FWD salto—Tuck—End of BM  FWD Tuck 1. Optional prep—Cross—End of BM 2. Execute FWD Salto—Tuck 3. Take off 2-legs 4. Finish stand—Face out	A—904b  FWD salto—Tuck—1/2 twist—End of BM 180°  FWD Tuck 1/2 1. Optional prep—Cross—End of BM 2. Execute FWD Salto—Tuck—1/2 twist 3. Take off 2-legs 4. Finish stand—Face in	C—904  FWD salto—Tuck—1/1 twist—End of BM 360°  FWD Tuck 1/1 1. Optional prep—Cross—End of BM 2. Execute FWD Salto—Tuck—1/1 twist 3. Take off 2-legs 4. Finish stand—Face out	D—904  FWD salto—Tuck—1-1/2 twist—End of BM 540°  FWD Tuck 1-1/2 1. Optional prep—Cross—End of BM 2. Execute FWD Salto—Tuck—1-1/2 twist 3. Take off 2-legs 4. Finish stand—Face in	E—904  FWD Double salto—Tuck—End of BM  FWD Double Tuck 1. Optional prep—Cross—End of BM 2. Execute FWD Salto—Tuck Double 3. Take off 2-legs 4. Finish stand—Face in	
A—905a  FWD salto—Pike—End of BM  FWD Pike 1. Optional prep—Cross—End of BM 2. Execute FWD Salto—Pike 3. Take off 2-legs 4. Finish stand—Face in	A—905b  FWD salto—Pike—1/2 twist—End of BM 180°  FWD Pike 1/2 1. Optional prep—Cross—End of BM 2. Execute FWD Salto—Pike 1/2 twist 3. Take off 2-legs 4. Finish stand—Face in	C—905  FWD salto—Pike—1/1 —End of BM 360°  FWD Pike 1/1 1. Optional prep—Cross—End of BM 2. Execute FWD Salto—Pike—1/1 twist 3. Take off 2-legs 4. Finish stand—Face out			
B—906a  FWD salto—LO—End of BM  FWD LO 1. Optional prep—Cross—End of BM 2. Execute FWD Salto—LO 3. Take off 2-legs 4. Finish stand—Face out	B—906b  FWD salto—LO—1/2 twist—End of BM 180°  FWD LO 1/2 1. Optional prep—Cross—End of BM 2. Execute FWD Salto—LO 1/2 twist 3. Take off 2-legs 4. Finish stand—Face in	C—906  FWD salto—LO—1/1 —End of BM 360°  FWD LO 1/1 1. Optional prep—Cross—End of BM 2. Execute FWD Salto—LO 3. Take off 2-legs 4. Finish stand—Face out	D—906  FWD salto—LO—1-1/2 twist—End of BM 540°  FWD LO 1-1/2 1. Optional prep—Cross—End of BM 2. Execute FWD Salto—LO 3. Take off 2-legs 4. Finish stand—Face in	E—906  FWD salto—LO—2/1 twist—End of BM (Araujo) 720°  FWD LO 2/1 1. Optional prep—Cross—End of BM 2. Execute FWD Salto—LO 3. Take off 2-legs 4. Finish stand—Face out	

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)
Side Gainer FWD Tuck - Optional prep—Cross—End of BM - Execute Gainer FWD Salto—Tuck—1/1 twist - Take off 1-leg - Finish stand—Face out	Side Gainer FWD Pike - Optional prep—Cross—End of BM - Execute Gainer FWD Salto—Pike—1/1 twist - Take off 1-leg - Finish stand—Face out	Side Gainer FWD Tuck 1/2 - Optional prep—Cross—End of BM - Execute Gainer FWD Salto—Tuck—1/2 twist - Take off 1-leg - Finish stand—Face out	Side Gainer FWD Pike 1/2 - Optional prep—Cross—End of BM - Execute Gainer FWD Salto—Pike—1/2 twist - Take off 1-leg - Finish stand—Face out	Side Gainer FWD Tuck 1/1 - Optional prep—Cross—End of BM - Execute Gainer FWD Salto—Tuck—1/1 twist - Take off 1-leg - Finish stand—Face out	Side Gainer FWD Tuck 1-1/2 - Optional prep—Cross—End of BM - Execute Gainer FWD Salto—Tuck—1-1/2 twist - Take off 1-leg - Finish stand—Face in
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		
Side Gainer FWD LO - Optional prep—Cross—End of BM - Execute Gainer FWD Salto—LO - Take off 1-leg - Finish stand—Face in	Side Gainer FWD LO 1/2 - Optional prep—Cross—End of BM - Execute Gainer FWD Salto—LO—1/2 twist - Take off 1-leg - Finish stand—Face in	Side Gainer FWD LO 1/1 - Optional prep—Cross—End of BM - Execute Gainer FWD Salto—LO—1/1 twist - Take off 1-leg - Finish stand—Face out	Side Gainer FWD LO 1-1/2 - Optional prep—Cross—End of BM - Execute Gainer FWD Salto—LO—1-1/2 twist - Take off 1-leg - Finish stand—Face in		

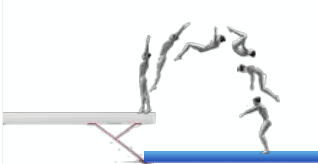
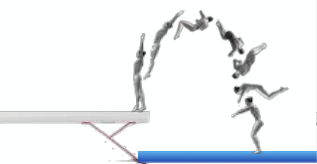
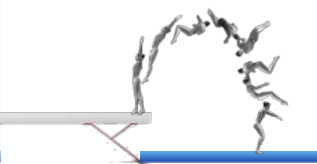
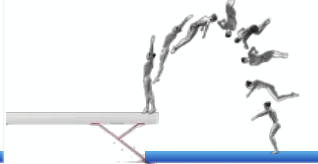
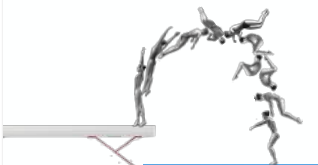
BM—9-DISMOUNTS — 909-Gainer BWD Salto Tuck/Pike-Side — 910-Gainer BWD LO-Side — 911-Jump FWD, Salto BWD-End

A—909a <i>ref</i> Gainer BWD salto—Tuck—Side of BM Side Gainer BWD Tuck 1. Optional prep—Cross—Side of BM 2. Execute Gainer BWD Salto—Tuck 3. Take off 1-leg 4. Finish side of BM	A—909b <i>ref</i> Gainer BWD salto—Pike—Side of BM Side Gainer BWD Tuck 1/2 1. Optional prep—Cross—Side of BM 2. Execute Gainer BWD Salto—Pike 3. Take off 1-leg 4. Finish side of BM	A—909c <i>ref</i> Gainer BWD salto—Tuck—1/2 twist—Side of BM Side Gainer BWD Tuck 1/2 1. Optional prep—Cross—Side of BM 2. Execute Gainer BWD Salto—Tuck—1/2 twist 3. Take off 1-leg 4. Finish side of BM	A—909d <i>ref</i> Gainer BWD salto—Pike—1/2 twist—Side of BM Side Gainer BWD Pike 1/2 1. Optional prep—Cross—Side of BM 2. Execute Gainer BWD Salto—Pike—1/2 twist 3. Take off 1-leg 4. Finish side of BM	B—909 <i>ref</i> Gainer BWD salto—Tuck—1/1 twist—Side of BM Side Gainer BWD Tuck 1/1 1. Optional prep—Cross—Side of BM 2. Execute Gainer BWD Salto—Tuck—1/1 twist 3. Take off 1-leg 4. Finish side of BM	D—909 <i>ref</i> Gainer BWD salto—Tuck—1-1/2 twist—Side of BM Side Gainer BWD Tuck 1-1/2 1. Optional prep—Cross—Side of BM 2. Execute Gainer BWD Salto—Tuck—1-1/2 twist 3. Take off 1-leg 4. Finish side of BM
A—910 <i>ref</i> Gainer BWD salto—LO—Side of BM Side Gainer BWD LO 1. Optional prep—Cross—Side of BM 2. Execute Gainer BWD Salto—LO 3. Take off 1-leg 4. Finish side of BM	B—910 <i>ref</i> Gainer BWD salto—LO—1/2 twist—Side of BM Side Gainer BWD LO 1/2 1. Optional prep—Cross—Side of BM 2. Execute Gainer BWD Salto—LO—1/2 twist 3. Take off 1-leg 4. Finish side of BM	C—910 <i>ref</i> Gainer BWD salto—LO—1/1 twist—Side of BM Side Gainer BWD LO 1/1 1. Optional prep—Cross—Side of BM 2. Execute Gainer BWD Salto—LO—1/1 twist 3. Take off 1-leg 4. Finish side of BM	D—910 <i>ref</i> Gainer BWD salto—LO—1-1/2 twist—Side of BM (Bohmerova) Bohmerova 1. Optional prep—Cross—Side of BM 2. Execute Gainer BWD Salto—LO—1-1/2 twist 3. Take off 1-leg 4. Finish side of BM	E—910a <i>ref</i> Gainer BWD salto—LO—2/1 twist—Side of BM Side Gainer BWD LO 2/1 1. Optional prep—Cross—Side of BM 2. Execute Gainer BWD Salto—LO—2/1 twist 3. Take off 1-leg 4. Finish side of BM	E—910b <i>ref</i> Gainer BWD salto—LO—2-1/2 - 3/1 twist—Side of BM (Khorkina-2-1/2) Side Gainer BWD LO 2-1/2 1. Optional prep—Cross—Side of BM 2. Execute Gainer BWD Salto—LO—2-1/2 twist 3. Take off 1-leg 4. Finish side of BM
B—911a Stretch jump FWD—2 legs—1/2 twist—BWD salto—Tuck—End of BM Jump 1/2 BWD Tuck 1. Optional prep—Cross—End of BM 2. Execute Stretch jump FWD—1/2 turn 3. Execute BWD salto—Tuck 4. Take off 2-legs 5. Finish stand—Face in	B—911b Stretch jump FWD—2 legs—1/2 twist—BWD salto—Pike—End of BM Jump 1/2 BWD Tuck 1. Optional prep—Cross—End of BM 2. Execute Stretch jump FWD—1/2 turn 3. Execute BWD salto—Tuck 4. Take off 2-legs 5. Finish stand—Face in	C—911 Stretch jump FWD—2-legs—1/2 twist—BWD salto—LO—End of BM Jump 1/2 BWD LO 1. Optional prep—Cross—End of BM 2. Execute Stretch jump FWD—1/2 turn 3. Execute BWD salto—LO 4. Take off 2-legs 5. Finish stand—Face in	D—911a <i>ref</i> Stretch jump FWD—2-legs—1/1 twist—FWD salto—Tuck—End of BM Jump 1/1 FWD Tuck 1. Optional prep—Cross—End of BM 2. Execute Stretch jump FWD—1/1 turn 3. Execute FWD salto—Tuck 4. Take off 2-legs 5. Finish stand—Face out	D—911b <i>ref</i> Stretch jump FWD—2-legs—1/1 twist—FWD salto—Pike—End of BM Jump 1/1 FWD Pike 1. Optional prep—Cross—End of BM 2. Execute Stretch jump FWD—1/1 turn 3. Execute FWD salto—Pike 4. Take off 2-legs 5. Finish stand—Face out	C—911c <i>ref</i> Stretch jump FWD—2-legs—1/1 twist—FWD salto—LO—End of BM Jump 1/1 FWD LO 1. Optional prep—Cross—End of BM 2. Execute Stretch jump FWD—1/1 turn 3. Execute FWD salto—LO 4. Take off 2-legs 5. Finish stand—Face out

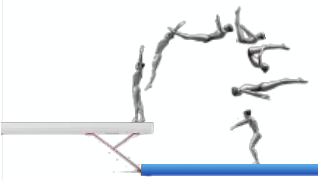
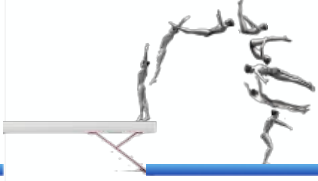
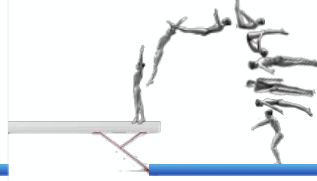
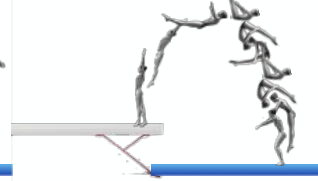
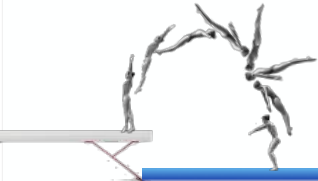
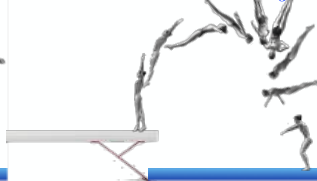
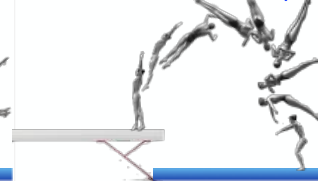
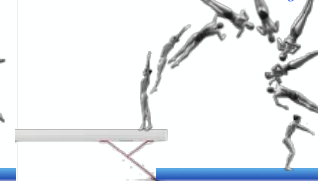
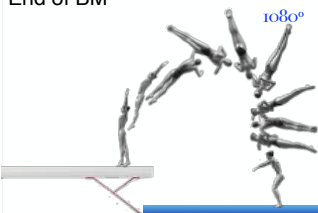
BM—9-DISMOUNTS — 912-Gainer BWD Tuck End — 913-Gainer BWD Pike End — 914-BWD LO End

B—912  Gainer BWD salto—Tuck—End of BM  End Gainer BWD Tuck 1. Optional prep—Cross—End of BM 2. Execute Gainer BWD salto—Tuck 3. Take off 1-leg 4. Finish stand—Face out	C—912 Gainer BWD salto—Tuck—1/2 twist—End of BM  End Gainer BWD Tuck 1/2 1. Optional prep—Cross—End of BM 2. Execute Gainer BWD salto—Tuck—1/2 twist 3. Take off 1-leg 4. Finish stand—Face in	D—912  Gainer BWD salto—Tuck—1/1 twist—End of BM  End Gainer BWD Tuck 1/1 1. Optional prep—Cross—End of BM 2. Execute Gainer BWD salto—Tuck—1/1 twist 3. Take off 1-leg 4. Finish stand—Face out	E—912a  Gainer BWD salto—Tuck—1-1/2 twist—End of BM (<i>Wolf</i>)  Olafsdottir 1. Optional prep—Cross—End of BM 2. Execute Gainer BWD salto—Tuck—1-1/2 twist 3. Take off 1-leg 4. Finish stand—Face in	E—912b Gainer BWD salto—Tuck—1-1/2 twist—End of BM (<i>Wolf</i>)  End Gainer BWD Tuck 2/1 1. Optional prep—Cross—End of BM 2. Execute Gainer BWD salto—Tuck—2/1 twist 3. Take off 1-leg 4. Finish stand—Face out	
C—913  Gainer BWD salto—Pike—End of BM  End Gainer BWD Pike 1. Optional prep—Cross—End of BM 2. Execute Gainer BWD salto—Pike 3. Take off 1-leg 4. Finish stand—Face out	D—913 Gainer BWD salto—Pike—1/1—End of BM—Face out (<i>Rinaldo</i>)  End Gainer BWD Pike 1/1 1. Optional prep—Cross—End of BM 2. Execute Gainer BWD salto—Pike—1/1 twist 3. Take off 1-leg 4. Finish stand—Face out				
D—914  Gainer BWD salto—LO—Legs together—End of BM  End Gainer BWD LO 1. Optional prep—Cross—End of BM 2. Execute Gainer BWD salto—LO 3. Take off 1-leg 4. Finish stand—Face out	E—914  Gainer BWD salto—LO—1/1 twist—End of BM (<i>Steingruber</i>)  Steingruber 1. Optional prep—Cross—End of BM 2. Execute Gainer BWD salto—LO—1/1 twist 3. Take off 1-leg 4. Finish stand—Face out				

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

B—915a  Arabian salto—1/2 twist—Tuck—End of BM 180°  Arabian Tuck 1. Optional prep—Cross—End of BM 2. Execute ARB salto—Tuck 3. Take off 2-legs 4. Finish stand—Face out	B—915b  Arabian salto—1/2 twist—Pike—End of BM 180°  Arabian Pike 1. Optional prep—Cross—End of BM 2. Execute ARB salto—Pike 3. Take off 2-legs 4. Finish stand—Face out	B—915c Arabian salto—1/2 twist—LO—End of BM 180°  Arabian LO 1. Optional prep—Cross—End of BM 2. Execute ARB salto—LO 3. Take off 2-legs 4. Finish stand—Face out	E—915  Arabian Double salto—Tuck—End of BM (Patterson) 180°  Arabian Double Tuck 1. Optional prep—Cross—End of BM 2. Execute ARB salto—Tuck Double 3. Take off 2-legs 4. Finish stand—Face out		
A—916 BWD salto—Tuck—End of BM  BWD Tuck 1. Optional prep—Cross—End of BM 2. Execute BWD salto—Tuck 3. Take off 2-legs 4. Finish stand—Face in	B—916a BWD salto—Tuck—1/2 twist—End of BM 180°  BWD Tuck 1/2 1. Optional prep—Cross—End of BM 2. Execute BWD salto—Tuck—1/2 twist 3. Take off 2-legs 4. Finish stand—Face out	B—916b BWD salto—Tuck—1/1 twist—End of BM 360°  BWD Tuck 1/1 1. Optional prep—Cross—End of BM 2. Execute BWD salto—Tuck—1/1 twist 3. Take off 2-legs 4. Finish stand—Face in	C—916 BWD salto—Tuck/Pike—1-1/2 twist—End of BM 540°  BWD Tuck 1-1/2 1. Optional prep—Cross—End of BM 2. Execute BWD salto—Tuck—1-1/2 twist 3. Take off 2-legs 4. Finish stand—Face out	D—916 BWD salto—Tuck/Pike—2/1 twist—End of BM 720°  BWD Tuck 2/1 1. Optional prep—Cross—End of BM 2. Execute BWD salto—Tuck—2/1 twist 3. Take off 2-legs 4. Finish stand—Face in	E—915 BWD Double salto—Tuck—End of BM  BWD Double Tuck 1. Optional prep—Cross—End of BM 2. Execute BWD salto—Tuck Double 3. Take off 2-legs 4. Finish stand—Face in
E—916 BWD Double salto—Tuck—1/1 twist—End of BM 360°  BWD Double Tuck 1/1 1. Optional prep—Cross—End of BM 2. Execute BWD salto—Tuck Double—1/1 twist 3. Take off 2-legs 4. Finish stand—Face in					

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

A—917 BWD salto—Pike—End of BM  BWD Pike 1. Optional prep—Cross—End of BM 2. Execute BWD salto—Pike 3. Take off 2-legs 4. Finish stand—Face in	B—917a BWD salto—Pike—1/2 twist—End of BM  BWD Pike 1/2 1. Optional prep—Cross—End of BM 2. Execute BWD salto—Pike—1/2 twist 3. Take off 2-legs 4. Finish stand—Face out	B—917b BWD salto—Pike—1/1 twist—End of BM  BWD Pike 1/1 1. Optional prep—Cross—End of BM 2. Execute BWD salto—Pike—1/1 twist 3. Take off 2-legs 4. Finish stand—Face in	E—917 BWD Double salto—Pike—End of BM  BWD Double Pike 1. Optional prep—Cross—End of BM 2. Execute BWD salto—Pike Double 3. Take off 2-legs 4. Finish stand—Face in		
A—918 BWD salto—LO—End of BM  BWD LO 1. Optional prep—Cross—End of BM 2. Execute BWD salto—LO 3. Take off 2-legs 4. Finish stand—Face in	B—918a BWD salto—LO—1/2 twist—End of BM  BWD LO 1/2 1. Optional prep—Cross—End of BM 2. Execute BWD salto—LO—1/2 twist 3. Take off 2-legs 4. Finish stand—Face out	B—918b BWD salto—LO—1/1 twist—End of BM  BWD LO 1/1 1. Optional prep—Cross—End of BM 2. Execute BWD salto—LO—1/1 twist 3. Take off 2-legs 4. Finish stand—Face in	C—918 BWD salto—LO—1-1/2 twist—End of BM  BWD LO 1-1/2 1. Optional prep—Cross—End of BM 2. Execute BWD salto—LO—1-1/2 twist 3. Take off 2-legs 4. Finish stand—Face out	D—918 BWD salto—LO—2/1 twist—End of BM  BWD LO 2/1 1. Optional prep—Cross—End of BM 2. Execute BWD salto—LO—2/1 twist 3. Take off 2-legs 4. Finish stand—Face in	E—918a BWD salto—LO—2-1/2 twist—End of BM  BWD LO 2-1/2 1. Optional prep—Cross—End of BM 2. Execute BWD salto—LO—2-1/2 twist 3. Take off 2-legs 4. Finish stand—Face out
E—918b BWD salto—LO—3/1 twist—End of BM  BWD LO 3/1 1. Optional prep—Cross—End of BM 2. Execute BWD salto—LO—3/1 twist 3. Take off 2-legs 4. Finish stand—Face in					

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

ABBREVIATIONS 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	DIFFICULTY VALUES - A = 0.10 - B = 0.30 - C = 0.50 - D = +0.10 - E = +0.20 A—101 B—101 C—101 D—101 E—101	SYMBOLS - Cannot use VP for Split SR/ Acro Flight requirement - Former B VP - Former C VP - Former D VP <i>When an element changes VP level, it is depicted by the color notch of the level it last left</i>	X-SKILLS BY LEVEL - FX X-skills used by 1N, 2N, BN, 3N, SN, 4N, GN - All X-skills = A VP X-SKILLS/SR REQUIREMENTS - X-skills not eligible to fulfill a level special requirement (SR), is noted Example: <i>Not eligible to fulfill Dance SR</i>	ELEMENT CATEGORIES 101 - 119—Leaps/Jumps/Hops 201 - 208—Turns 301 - 302—Handstands 401 - 402—Rolls 501 - 513—Cartwheels, Walkovers, Springs 601 - 603—FWD saltos 701 - 703—SWD saltos 801 - 807—BWD saltos	CHANGE / ADD / DELETE - Pink highlighted font depicts a Change/Add/Delete in a FX element or skill - Each new season, highlighted changes are now standard and new changes highlighted
BODY POSITIONS  Tuck = < 90° hip angle / < 90° knee angle  Pike = < 90° hip angle / Ø knee angle  Straight (Stretch/LO) = All body parts in alignment	STRADDLE PIKE / SIDE SPLIT = "STRADDLE" - Same Body Shape, element names used interchangeably - Straddle Split - Straddle Pike  	HOLD REQUIREMENTS - Elements marked with this symbol are required to hold 2 seconds - Non-turning HS required to hold 2s (unless otherwise stated) - Turning HS NOT required to be held 2	MARK REQUIREMENTS Elements marked with this symbol are required to mark or stop 1 second 1	'SAME' ELEMENTS - Table of Elements designates each element with its own identifying number - Elements considered to be 'same' are assigned the same number (A—102 and A—102 or A—102a and A—102a) - Adding a 1/4 (90°) turn to an element does not make it different	'DIFFERENT' ELEMENTS Elements considered to be in the same family, but are different, are assigned a sub number (A—102a and A—102b)
BODY POSITIONS - All levels must adhere to required body positions as stated in each element description - Body position expectations are the same for all levels Example: 7N LO, 10N LO position have same straight angle expectation, same deductions when not adhering to straight position	FWD / SWD/ARABIAN / BWD SALTOS - FWD Salto—Takeoff facing FWD - SWD Salto—Takeoff facing SWD/FWD/BWD, is noted - ARABIAN Salto—Takeoff BWD 1/2 (180°) turn FWD salto, considered FWD salto - BWD Salto—Takeoff facing BWD	RING JUMP / LEAP REQUIREMENTS - Elements with "Ring" requirement must show a release of the head BWD toward the foot - Back foot is at head height - All Ring jumps/Leaps are required to show an obvious head release to the back foot position - Head release position means eye-focus is upward and backward	STAG / DOUBLE STAG LEAPS / JUMPS - Stag—Front leg stag = Knee bend minimum 45° - Double Stag—Both legs stag = Knee bend 90° or less - 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	ACRO - Floor Acro is defined into two (2) groups: - Acro-Flight—FWD/SWD/BWD elements (VP) with flight onto or off of hands and feet - Acro Non-Flight—FWD/SWD/BWD elements (VP) with no flight onto hands or to feet	NGA & NCAA VP NGA may adapt and display the NCAA VP value if different than industry standards
MAIN TABLE OF CONTENTS Click to return to Main Table of Contents 	EVENT TABLE OF CONTENTS Click to return to Floor Exercise Table of Contents 	NGA NATIONAL WEBSITE 	NGA NATIONAL WOMENS DIRECTOR Bryan Neal	NGA NATIONAL WOMENS TECHNICAL DIRECTOR Donagene Jones	NGA NATIONAL WOMENS JUDGING DIRECTOR Pat Ergle

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 ^{OR} 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
- 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

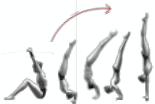
▶ *Cannot be used to fulfill SR Requirements*

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

FLOOR EXERCISE X-SKILLS

X-101	X-102	X-103	X-104	X-105	X-106
Split leap—Min	Split jump—Mir	Assemblé—Str or above	Leg swing hop—angle	Entrechat (Beat	Front ^{OR} Side C
					
Split	Split	Asse	L'	B	Ch
1. From optional ar 2. Step to plie (hips) 3. Execute single l 4. Land plie 5. Optional back le FWD)	1. From optional ar 2. Step to plie (hips) 3. Execute Split jur 4. Land plie 5. Optional exit	1. From steps ^{OR} r 2. Swing straight b 3. Arrive both feet 4. Optional exit <i>NOTE: Usually use</i>	1. From optional ar 2. Step to plie (hips) 3. Swing leg FWD, 4. Land plie, leg in 5. Finish optional	1. From 3rd or 5th 2. Jump straight 3. Change back for 4. Beat with thighs, 5. Land plié	1. From one leg in 2. Step off one leg 3. Join legs togeth 4. Feet side by side 5. Land on back le
X-107	X-108	X-201	X-202	X-203	X-204
Arch Passé Ho	Straddle jump—	Swing turn—FV	Swing turn—BV	1/2 turn—Any tr	1/2 Illusion—He allowed
					
Arch P	Strada	FWD Sv	BWD Sv	1/2	1/2 Il
1. From optional er 2. Take off one leg 3. Execute Arch ho 4. Passé thigh HO 5. Land same leg 6. Front foot pointe	1. From optional ar 2. Step to plie (hips) 3. Execute Straddl 4. Land plie 5. Optional exit	1. From optional pr 2. Swing leg FWD 3. Keep leg in front 4. Execute 1/2 (180 5. Leg finishes in b 6. Drop from relevé	1. From optional pr 2. Swing leg BWD 3. Keep leg in back 4. Execute 1/2 (180 5. Leg finishes in fr 6. Drop from relevé	1. From optional pr 2. Relevé—option 3. Execute 1/2 (180 4. Optional techniq 5. Drop from relevé	1. From optional er 2. Kick one leg to r 3. Execute 1/2 turn 4. Hand contact all 5. Finish upright
X-301	X-302	X-303	X-304	X-305	
Front Split—Op Optional exit—1 during 2s hold	VER HS—Legs	VER HS—Legs	Partial HS—Mir	Headstand—No	
					
Front	VER I	VER I	HS	Head	
1. From optional pr 2. Slide, roll, etc to 3. Straight legs 4. FX hand contact 5. Optional exit	1. From optional er 2. Reach FWD—h 3. Both legs to VEF 4. HS leg position 5. Optional exit 6. Optional ending	1. From optional er 2. Reach FWD/SW 3. Both legs to VEF 4. HS leg position 5. Optional exit 6. Optional ending	1. From optional ent 2. Reach FWD—h 3. Lead leg to reac 4. Option to close l 5. Optional exit 6. Optional ending	1. From optional er 2. Reach FWD—h 3. Move hips over l 4. Move toes up ov 5. Optional exit 6. Optional ending	

FLOOR EXERCISE X-SKILLS

X-401	X-402	X-403	X-404	X-405	X-406
BWD Roll—Ber HS	BWD roll—Pusl Arms bent or st	FWD Shoulder entry—Optional	BWD Shoulder entry—Optional	HS Chest roll— to be held—Ma together	Swedish fall (1
No deduction for	No deduction for				
					
HS	BWD Ro	FWD Shc	BWD Shc	HS Ch	Swed
1. From optional er 2. Execute BWD rc 3. Both legs to rear 4. Option to pike de 5. Optional exit	1. From optional er 2. Execute BWD rc 3. Extend hips flat 4. Push off FX—we 5. End in push up	1. From optional pr 2. Drive heels UpW 3. As heels get VER 4. Roll over should 5. Optional exit	1. From optional pr 2. Roll BWD thru c 3. As toes get VER 4. Roll over should 5. Optional exit	1. From optional pr 2. Kick up to HS 3. Keeping toes VE 4. Roll to prone po 5. Optional exit after	1. From one leg ba 2. Lift leg BWD Up 3. 'Fall' to prone po 4. Legs together or 5. Optional ending
X-407					X-501
Candlestick roll					Push up—Bridg
					
Candle					Bridge
1. From optional st 2. Enter BWD roll p 3. Execute Candle 4. Exit BWD roll ps 5. Optional ending					1. From optional er 2. Supine push up 3. Lift leg to initiate 4. Go thru HS positi 5. Optional exit 6. Optional finish
X-502	X-503	X-504	X-505	X-506	X-507
Side cartwheel	Cartwheel—Ste 90°	1-Arm Cartwheel arm	FWD Limber— Feet shoulder-v closer	BWD Limber— Feet shoulder-v closer	Backbend—Kic 180°
					
Side C	Cartwhe	1-Arm C	FWD	BWD	Backben
1. From optional st 2. Reach to FX 3. Execute side Ca 4. Exit tall 5. Optional ending	1. From optional st 2. Reach to FX 3. Execute front Ca 4. Exit tall 5. Step in ending	1. From optional st 2. Reach to FX 3. Execute front 1- 4. Exit tall 5. Optional ending	1. From optional st 2. Reach to FX 3. Execute HS 4. Fall into bridge p 5. Push off hands t 6. End standing—F	1. From optional pr 2. Feet slightly apa 3. Feet leave FX si 4. Show (Ø hold) H 5. Optional exit after	1. From feet togeth 2. Reach BWD to t 3. Kick over 4. Go thru HS positi 5. Optional exit 6. Optional ending

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](#)



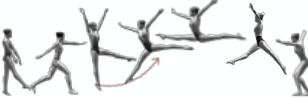
▶ *Cannot use VP for Split SR requirement*

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

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

A—101a  Stag split leap—180° front split—1-leg>1-leg  Stag Split Leap 1. Opt. approach—Take off 1-leg 2. Execute Stag split leap 3. 180° front split—after stag open 4. Land 1-leg	B—101a Stag split leap—1/4 (90°) turn—180° side split—1-leg>1-leg 90°  Split 1/4 1-leg 1. Opt. approach—Take off 1-leg 2. Execute Stag split leap—1/4 turn 3. 180° side split—after stag open 4. Land 1-leg	B—101a Stag split leap—1/4 (90°) turn—180° side split—1-leg>2-leg 90°  Stag Split 1/4 2-legs 1. Opt. approach—Take off 1-leg 2. Execute Stag split leap—1/4 turn 3. 180° side split—after stag open 4. Land 2-legs	C—101a Stag split leap—1/2 (180°) turn—180° side split—1-leg>1-leg 180°  Stag Split 1/2 1-leg 1. Opt. approach—Take off 1-leg 2. Execute Stag split leap—1/2 turn 3. 180° side split—after stag open 4. Land 1-leg	C—101a Stag split leap—1/2 (180°) turn—180° side split—1-leg>2-legs 180°  Stag Split 1/2 2-legs 1. Opt. approach—Take off 1-leg 2. Execute Stag split leap—1/2 turn 3. 180° side split—after stag open 4. Land 2-legs	B—101 Stag split leap—Ring—180° front split—1-leg>2-legs  Stag Split Ring 1. Opt. approach—Take off 1-leg 2. Execute Stag leap—Ring 3. 180° front split—after stag open 4. Rear leg bent UpWD—Head height 5. Head release 6. Land 1-leg
A—102 Double Stag Split leap—1-leg>1-leg  Double Stag Split Leap 1. Opt. approach—Take off 1-leg 2. Execute Double Stage split leap 3. Front knee bent min 90° 4. Back knee bent—Foot UpWD 5. Land 1-leg	B—102 Double Stag Split leap—1/1 (360°) turn—1-leg>1-leg 360°  Double Stag Split 1/1 1. Opt. approach—Take off 1-leg 2. Execute Double Stage split leap—1/1 turn 3. Front knee bent min 90° 4. Back knee bent—Foot UpWD 5. Land 1-leg				
A—103a Split leap—Leg change—Wolf position—1-leg/2-legs  Switch Wolf 1. Opt. approach—Take off 1-leg 2. Execute leg change to Wolf 3. Chest to thigh 4. Straight leg parallel to FX 5. Land 2-legs	A—103b Stag Switch leg leap—Stag/180° front split—1-leg/1-leg  Stag Switch 1. Opt. approach—Take off 1-leg 2. Execute Stag Switch leg leap 3. 180° front split—after stag open 4. Land 1-leg	B—103 Stag Switch leg leap—Ring—Rear leg head height—Head REL—Stag/180° split—1-leg/1-leg  Stag Switch Ring 1. Opt. approach—Take off 1-leg 2. Execute Stag Switch leg leap—Ring 3. 180° front split—after stag open 4. Rear leg bent UpWD—Head height 5. Head release 6. Land 1-leg			

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

A—104  Split leap—Straight leg entry—180° front split—1-leg>1-leg  Split Leap 1. Opt. approach—Take off 1-leg 2. Execute Straight leg leap 3. 180° front split 4. Land 1-leg	B—104a  Split leap—1/4 (90°) turn—180° side split—1-leg>1-leg 90°  Split Side Leap 1. Opt. approach—Take off 1-leg 2. Execute Straight leg leap—1/4 turn 3. 180° side split 4. Land 1-leg	B—104b  Split leap—1/2 (180°) turn—180° front split—1-leg>1-leg 180°  Split 1/2 Leap 1-leg 1. Opt. approach—Take off 1-leg 2. Execute 1/2 turn—Straight leg leap 3. 180° front split 4. Land 1-leg	B—104b  Split leap—1/2 (180°)—180° front split—1-leg>2-legs 180°  Split 1/2 Leap 2-legs 1. Opt. approach—Take off 1-leg 2. Execute 1/2 turn—Straight leg leap 3. 180° front split 4. Land 2-legs	B—104c  Split leap—Ring—180° front split—Rear leg head height—Head REL—1-leg>1-leg  Split Leap Ring 1. Opt. approach—Take off 1-leg 2. Execute Straight leg leap—Ring 3. 180° front split 4. Rear leg head height 5. Head release 6. Land 1-leg	C—104  Split leap—1/1 (360°)—180° front split—1-leg>2-legs 360°  Split 1/1 Leap 2-legs 1. Opt. approach—Take off 1-leg 2. Execute Straight leg leap—Ring 3. 180° front split 4. Rear leg head height 5. Head release 6. Land 2-legs
B—105a  Switch leg split leap—45°/180° front split—1-leg>1-leg  Switch Leap 1. Opt. approach—Take off 1-leg 2. Execute Switch leg leap 3. 45° front switch to 180° front split 4. Land 1-leg	B—105b  Jeté en tournant—1/4 (90°)—1/2 (180°) turn—1-leg>1-leg 90° - 180°  Barrel Leap 1. Opt. approach—Take off 1-leg 2. Execute 1/4 turn—Barrel leap 3. Thru Ronde jambe 4. Land 1-leg	C—105a  Switch leg split leap—1/4 (90°) turn—45°/Straddle split—1-leg>Prone 90°  Switch 1/4 Prone 1. Opt. approach—Take off 1-leg 2. Execute 1/4 turn—Switch leg leap 3. 45° front switch to 180° side split 4. Land Prone	C—105b  Switch leg split leap—1/4 (90°) turn—45°/Straddle split—1-leg>2-legs (Johnson) 90°  Johnson 1. Opt. approach—Take off 1-leg 2. Execute 1/4 turn—Switch leg leap 3. 45° front switch to 180° side split 4. Land 2-legs	C—105c  Switch leg split leap—1/2 (180°) turn—45°/180° front split—1-leg>Prone 180°  Switch 1/2 Prone 1. Opt. approach—Take off 1-leg 2. Execute Switch leg leap—1/2 turn 3. 45° front switch to 180° front split 4. Land Prone	C—105d  Switch leg split leap—1/2 (180°) turn—45°/180° front split—1-leg>2-legs (Frolova) 180°  Switch 1/2 1. Opt. approach—Take off 1-leg 2. Execute 1/4 turn—Switch leg leap 1/2 turn 3. 45° front switch to 180° side split 4. Land 2-legs
C—105e  Switch leg split leap—Ring—45°/180° front split—Rear leg head height—Head REL—1-leg>1-leg  Switch Ring 1. Opt. approach—Take off 1-leg 2. Execute Switch leg leap—Ring 3. Rear leg head height 4. Head release 5. 45° front switch to 180° front split 6. Land 1-leg	C—105f  Switch leg leap—Rond-de-jambe—1-leg>2-legs (Plataroti)  Plataroti 1. Opt. approach—Take off 1-leg 2. Execute Ronde jambe Switch leg leap 3. Front 180° split 4. Land 2-legs	C—105g  Switch leg leap—Rond-de-jambe—1/2 (180°) turn—1-leg>1-leg or 1-leg>2-legs (Plataroti 1/2) 180°  Plataroti 1/2 1. Opt. approach—Take off 1-leg 2. Execute Ronde jambe Switch leg leap—1/2 turn 3. Front 180° split 4. Land 1-leg or 2-legs	D—105a  Switch leg split leap—1/4 (90°) turn—1/2 (180°) turn—1-leg>2-legs (Johnson 1/2) (Ikoma) 90° 180°  Johnson 1/2 1. Opt. approach—Take off 1-leg 2. Execute 1/4 turn—Switch leg leap 1/2 turn 3. 45° front switch to 180° side split 4. Land 2-legs	D—105b  Switch leg leap—1/1 (360°) turn—1-leg>1-leg or 1-leg>2-legs (Frolova) 360°  Switch 1/1 1. Opt. approach—Take off 1-leg 2. Execute Switch leg leap—1/1 turn 3. 45° front switch to 180° front split 4. Land 1-leg or 2-legs	D—105c  Switch leg leap—1/2 (180°) turn—Ring leap—1-leg>1-leg (Trevor) 180°  Switch 1/2 Ring 1. Opt. approach—Take off 1-leg 2. Execute Switch leg leap—Ring 3. Rear leg head height 4. Head release 5. 45° front switch to 180° front split 6. Land 1-leg

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

A—106a  Stag Split jump—2-legs>2-legs  Stag Jump 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>	A—106b  Stag jump—1/2 (180°) turn—2-legs>2-legs  Stag Jump 1/2 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	A—106c  Stag split jump—1/2 (180°) turn—2-legs>2-legs  Stag Split 1/2 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	B—106  Stag split jump—Ring—Rear leg head height—Head REL—2-legs>2-legs  Stag Split Ring 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				
A—107 Double Stag Split jump—2-legs>2-legs  Double Stag Jump 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	B—107 Double Stag Split jump—1/1 (360°) turn—2-legs>2-legs  Double Stag Split 1/1 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	D—107 Double Stag Split jump—Ring—1/1 (360°) turn—2-legs>2-legs  Double Stag Split Ring 1/1 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					
A—108  Split jump—180° front split—2-legs>2-legs  Split Jump 1. Opt. start—Take off 2-legs 2. Execute Split jump 3. 180° front split 4. Land 2-legs	B—108a  Split jump—1/2 (180°) turn—180° front split—2-legs>2-legs  Split Jump 1/2 1. Opt. start—Take off 2-legs 2. Execute Split jump—1/2 turn 3. 180° front split 4. Land 2-legs	B—108b  Split jump—Ring—2-legs>2-legs  Split Jump Ring 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	C—108  Split jump—1/1 (360°) turn—180° front split—2-legs>2-legs  Split Jump 1/1 1. Opt. start—Take off 2-legs 2. Execute Split jump—1/1 turn 3. 180° front split 4. Land 2-legs	D—108a  Split jump—1-1/2 (540°) turn—2-leg>2-legs  Split Jump 1-1/2 1. Opt. start—Take off 2-legs 2. Execute Split jump—1-1/2 turn 3. 180° front split 4. Land 2-legs	D—108b Split jump—Ring—1/1 (360°) turn—2-legs>2-legs (Johnson)  Split Jump Ring 1/1 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—108a  Straddle pike/Side split jump—180° split—2-legs>Prone (Shushunova)	B—108b  Straddle pike/Side split jump—180° split—1/2 (180°) turn—2-legs>Prone (Shushunova—1/2)	B—108c  Hop—1/1 (360°) turn—Straddle—2-legs>Prone (Martinez)	C—108a  Straddle pike/Side split jump—180° split—1/1 (360°) turn—2-legs>Prone (Shushunova—1/1)	C—108b  Split leap—1-1/2 (540°) turn—HOR—Legs together—1-leg>Prone (Khorkina)	D—108 Split Leap—2-1/2 (900°) turn—HOR—Legs together—1-leg>Prone (Toussaint)
 Shushunova 1. Opt. start—Take off 2-legs 2. Execute Straddle pike jump 3. 180° side split 4. Land Prone	 Shushunova 1/2 1. Opt. start—Take off 2-legs 2. Execute Straddle pike jump—1/2 turn 3. 180° side split 4. Land Prone	 Martinez 1. Opt. start—Take off 1-leg 2. Execute 'L' Hop—1/2 turn 3. 180° side split 4. Land Prone	 Shushunova 1/1 1. Opt. start—Take off 2-legs 2. Execute Straddle pike jump—1/2 turn 3. 180° side split 4. Land Prone	 Khorkina 1. Opt. start—Take off 1-leg 2. Execute HOR jump—1-1/2 turn 3. Legs together 4. Land Prone	 Toussaint 1. Opt. start—Take off 1-leg 2. Execute HOR jump—2-1/2 turn 3. Legs together 4. Land Prone
B—110a  Straddle pike/Side split jump—180° side split—2-legs>2-legs	B—110b  Straddle pike/Side split jump—1/2 (180°) turn—180° side split—2-legs>2-legs	C—110  Straddle pike/Side split jump—1/1 (360°) turn—180° side split—2-legs>2-legs (Popa)	D—110  Straddle pike/Side split jump—1-1/2 (540°) turn—180° side split—2-legs>2-legs (Popa 1/2)		
 Straddle 1. Opt. start—Take off 2-legs 2. Execute Straddle/Side Split jump 3. 180° cross split 4. Land 2-legs	 Straddle 1/2 1. Opt. start—Take off 2-legs 2. Execute Straddle/Side Split jump—1/2 turn 3. 180° side split 4. Land 2-legs	 Popa 1. Opt. start—Take off 2-legs 2. Execute Straddle/Side Split jump—1/1 turn 3. 180° cross split 4. Land 2-legs	 Popa 1/2 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		
A—111a Stretch/Arch jump—1/2 (180°) turn—2-legs>2-legs	A—111b  Stretch/Arch jump—1/1 (360°) turn—2-legs>2-legs	B—111 Stretch jump—1-1/2 (540°) turn—2-legs>2-legs	C—111a  Stretch jump—2/1 (720°) turn—2-legs>2-legs	C—111b Stretch jump—2-1/2 (900°) turn—2-legs>2-legs	D—111 Stretch jump—3/1 (1080°) turn—2-legs>2-legs
 Stretch 1/2 1. Opt. start—Take off 2-legs 2. Execute Straight jump—1/2 turn 3. Land 2-legs	 Stretch 1/1 1. Opt. start—Take off 2-legs 2. Execute Straight jump—1/1 turn 3. Land 2-legs	 Stretch 1-1/2 1. Opt. start—Take off 2-legs 2. Execute Straight jump—1-1/2 turn 3. Land 2-legs	 Stretch 2/1 1. Opt. start—Take off 2-legs 2. Execute Straight jump—2/1 turn 3. Land 2-legs	 Stretch 2-1/2 1. Opt. start—Take off 2-legs 2. Execute Straight jump—2-1/2 turn 3. Land 2-legs	 Stretch 3/1 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

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

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

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

A—119a 	A—119b	B—119a	B—119b	C—119a 	C—119b
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°
					
Wolf Jump 1. Opt. start—Take off 2-legs 2. Execute Wolf jump 3. Chest to thigh—Heels under glutes 4. Land 2-legs	Wolf Jump to Prone 1. Opt. start—Take off 2-legs 2. Execute Wolf jump—1/2 turn 3. Chest to thigh—Heels under glutes 4. Land 2-legs	1/2 Wolf Jump 1. Opt. start—Take off 2-legs 2. Execute Wolf jump—1/2 turn 3. Chest to thigh—Heels under glutes 4. Land 2-legs	1/2 Wolf Turn Prone 1. Opt. start—Take off 2-legs 2. Execute Wolf jump—1/2 turn 3. Chest to thigh—Heels under glutes 4. Land Prone	1/1 Wolf Jump 1. Opt. start—Take off 2-legs 2. Execute Wolf jump—1/1 turn 3. Chest to thigh—Heels under glutes 4. Land 2-legs	1/1 Wolf Jump to Prone 1. Opt. start—Take off 2-legs 2. Execute Wolf jump—1/1 turn 3. Chest to thigh—Heels under glutes 4. Land Prone
D—119a 	D—119b	E—119 			
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°			
					
1-1/2 Wolf Jump 1. Opt. start—Take off 2-legs 2. Execute Wolf jump—1-1/2 turn 3. Chest to thigh—Heels under glutes 4. Land 2-legs	1-1/2 Wolf Jump to Prone 1. Opt. start—Take off 2-legs 2. Execute Wolf jump—1-1/2 turn 3. Chest to thigh—Heels under glutes 4. Land 2-legs	2/1 Wolf Jump 1. Opt. start—Take off 2-legs 2. Execute Wolf jump—2/1 turn 3. Chest to thigh—Heels under glutes 4. Land 2-legs			

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

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

A—201 	B—201	C—201a 	C—201b	D—201 	E—201 
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°
					
1/1 Turn	1-1/2 Turn	2/1 Turn	2-1/2 Turn	3/1 Turn	4/1 turn
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
A—202	B—202 	D—202			
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°			
					
Illusion 1/1 Turn	No touch Illusion 1/1 Turn	No touch Illusion 2/1 Turn			
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. Ø Hand contact allowed 5. Optional exit	1. Optional prep 2. Execute Needle relevé turn—2/1 turn 3. 180° split 4. Ø Hand contact allowed 5. Optional exit			
B—203 	C—203	D—203a 	D—203b		
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°		
					
1/1 'L' Turn	1-1/2 'L' Turn	2/1 'L' Turn	2-1/2 'L' Turn		
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

B—204  1/1 (360°) turn—Leg hold in 180° split 360°  Split 1/1 Turn 1. Optional prep 2. Execute Relevé turn—1/1 turn 3. Leg hold in 180° split 4. Optional exit	C—204 1-1/2 (540°) turn—Leg hold in 180° split 540°  Split 1-1/2 Turn 1. Optional prep 2. Execute Relevé turn—1-1/2 turn 3. Leg hold in 180° split 4. Optional exit	D—204  2/1 (720°) turn—Leg hold in 180° split (Mommel) 720°  Split 2/1 Turn 1. Optional prep 2. Execute Relevé turn—2/1 turn 3. Leg hold in 180° split 4. Optional exit		B—205  2/1 (720°) spin or more on back — In kip position 720°  2/1 Back Spin Turn 1. Optional prep 2. Execute Back spin turn—2/1 turn 3. Body in kip position (upside down Wolf) 4. Optional exit	C—205 2/1 (720°) turn—Flair (Homma) 720°  2/1 Flair Turn 1. Optional prep 2. Execute Leg flairs—2/1 turn (2 Flairs) 3. Optional exit
B—206  1/1 (360°) turn—Free leg in scale > HOR 360°  Scale 1/1 Turn 1. Optional prep 2. Execute Relevé turn—1/1 turn 3. Leg hold in BWD ≥ HOR 4. Optional exit	C—206 1-1/2 (540°) turn—Free leg hold in scale > HOR 540°  Scale 1-1/2 Turn 1. Optional prep 2. Execute Relevé turn—1-1/2 turn 3. Leg hold in BWD ≥ HOR 4. Optional exit	D—206  2/1 (720°) turn—Free leg hold in scale > HOR (Semenova) 720°  Scale 2/1 Turn 1. Optional prep 2. Execute Relevé turn 2/1 turn 3. Leg hold in BWD ≥ HOR 4. Optional exit	B—207 1/1 (360°) turn—Free leg optional—Land scale > HOR—Hold 2s 360°  1/1 Turn to Scale 1. Optional prep 2. Execute Relevé turn—1/1 turn 3. Optional leg position 4. Finish in Scale ≥ HOR	C—207 1-1/2 (540°) turn—Free leg optional—Land scale > HOR 540°  1-1/2 Turn to Scale 1. Optional prep 2. Execute Relevé turn—1-1/2 turn 3. Optional leg position 4. Finish in Scale ≥ HOR	D—207 2/1 (720°) turn—Free leg optional—Land scale > HOR—Hold 2s 720°  2/1 turn to Scale 1. Optional prep 2. Execute Relevé turn—2/1 turn 3. Optional leg position 4. Finish in Scale ≥ HOR
B—208  1/1 (360°) turn—Free leg straight—Tuck stand 360°  1/1 Tuck Turn 1. Optional prep 2. Execute side Wolf turn (Tuck stand)—1/1 turn 3. Leg straight = HOR 4. Optional exit	C—208 1-1/2 (540°) turn—Free leg straight—Tuck stand 540°  1-1/2 Tuck Turn 1. Optional prep 2. Execute side Wolf turn (Tuck stand)—1-1/2 turn 3. Leg straight = HOR 4. Optional exit	D—208  2/1 (720°) turn—Free leg straight—Tuck stand 720°  2/1 Tuck turn 1. Optional prep 2. Execute side Wolf turn (Tuck stand)—2/1 turn 3. Leg straight = HOR 4. Optional exit	E—208  3/1 (1080°) turn—Free leg straight—Tuck stand 1080°  3/1 tuck Turn 1. Optional prep 2. Execute side Wolf turn (Tuck stand)—3/1 turn 3. Leg straight = HOR 4. Optional exit		

FLOOR EXERCISE

3—HANDSTANDS

[301—Handstands w turns](#)

[302—Hop to Handstand](#)

4—ROLLS

[401—FWD Rolls](#)

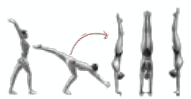
[402—BWD Rolls](#)



▶ *Cannot use VP for Acro SR requirement*

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

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

A—301a NON-FLIGHT ACRO	A—301b NON-FLIGHT ACRO	B—301 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°			
					
HS 1/2	HS 1/1	HS 1-1/2			
- Optional prep - Optional entry—Kick, Press, Walkover, Cartwheel - Execute HS—1/2 turn - Optional leg position - Optional exit	- Optional prep - Optional entry—Kick, Press, Walkover, Cartwheel - Execute HS—1/1 turn - Optional leg position - Optional exit	- Optional prep - Optional entry—Kick, Press, Walkover, Cartwheel - Execute HS—1-1/2 + turn - Optional leg position - Optional exit			
A—302a FLIGHT ACRO	A—302b NON-FLIGHT ACRO				
Jump Handstand—No hold required—2-legs➤Optional exit	Press Handstand—No hold required—Optional exit				
					
Hop HS					
- Optional prep—From 2-legs - Execute jump HS - Optional leg position - Optional exit	- Optional prep—From 2-hands on FX - Execute straddle 'L' position - Press Handstand - Hold 2s - Optional exit				

A-401a	A-401b	A-401c	B-401a	B-401b
NON-FLIGHT ACRO	NON-FLIGHT ACRO	FLIGHT ACRO	FLIGHT ACRO	FLIGHT ACRO
FWD roll—Tuck/Pike/Straddle— Optional entry►Optional exit	Handstand FWD roll—Optional entry►Optional exit	FWD Hecht roll—1 OR 2- legs►Optional exit	BWD take off—Stretched jump —1/2 (180°) twist—FWD Hecht roll—2-legs►Optional exit	Stretch jump—1/1 (360°) twist— FWD Hecht roll—2- legs►Optional exit
FWD roll 1. Optional prep—Optional entry 2. Execute FWD roll—Together, Straddle, Pike 3. Optional exit	HS FWD Roll 1. Optional prep—Optional entry 2. Execute Handstand—FWD roll 3. Optional exit	FWD Dive Roll 1. Optional entry 2. Execute Dive FWD roll 3. Optional exit	1/2 FWD Dive Roll 1. Optional prep 2. Execute FWD Hecht roll from BWD take off 1/2 turn 3. Optional exit	1/1 Dive roll 1. Optional prep 2. Execute jump FWD Hecht roll—1/1 turn 3. Optional exit
A-402a	A-402b	A-402c	B-402	
NON-FLIGHT ACRO	NON-FLIGHT ACRO	NON-FLIGHT ACRO	NON-FLIGHT ACRO	
BWD roll—Tuck/Pike/Straddle— Optional entry►Optional exit	BWD extension roll—Arms bent or straight—Optional entry►Optional exit	BWD extension roll—1/2 (180°) turn—Optional entry►Optional exit	BWD extension roll—1/1 (360°) turn or more—In handstand— Optional entry►Optional exit	
BWD Roll 1. Optional prep—Optional entry 2. Execute BWD roll 3. Optional exit	BWD EXT 1. Optional prep—Optional entry 2. Execute BWD EXT roll—Handstand 3. Optional exit	BWD EXT 1/2 1. Optional prep—Optional entry 2. Execute BWD EXT roll—Handstand 1/2 turn 3. Optional exit	BWD EXT 1/1 1. Optional prep—Optional entry 2. Execute BWD EXT roll—Handstand 1/1 turn 3. Optional exit	

FLOOR EXERCISE

5—WALKOVERS, CARTWHEELS, SPRINGS

[501—BWD Walkovers](#)

[502—Valdez](#)

[503—BWD Springs](#)

[504—BWD Gainer Springs](#)

[505—Cartwheels, RO](#)

[506—ARB FWD Springs](#)

[507—FWD Walkovers](#)

[508—FWD Springs](#)

[509—Flysprings](#)

[510—FWD Aerials](#)

[511—SWD Aerials](#)

[512—Brani](#)

[513—Kips](#)

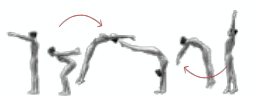


X	<u>X SKILLS</u>
1	<u>LEAPS, JUMPS, HOPS</u>
2	<u>TURNS</u>
3	<u>HANDSTANDS</u>
4	<u>ROLLS</u>
5	<u>WALKOVERS, CARTWHEELS, SPRINGS</u>
6	<u>FWD SALTOS</u>
7	<u>SWD/ARABIAN SALTOS</u>
8	<u>BWD SALTOS</u>

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

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

A—503a FLIGHT ACRO  BWD Handspring—Step out—2-legs➤1-leg  BHS SO - Optional prep - Execute BHS—Step out - Optional exit	A—503a FLIGHT ACRO  BWD Handspring—Together—2-legs➤2-legs  BHS together - Optional prep - Execute BHS—Together - Optional exit	A—503b FLIGHT ACRO  BWD Handspring—Step out—1-arm—2-legs➤1-leg  BHS 1-arm - Optional prep - Execute BHS—Step out—1-arm - Optional exit	B—503a FLIGHT ACRO  BWD Handspring—1/1 twist before hand support—Step out—2-legs➤1-leg 360°  1/1 BHS - Optional prep - Execute BHS Step out—1/1 twist - Optional exit	B—503a FLIGHT ACRO  BWD Handspring—Together—1/1 twist before hand support—2-legs➤2-legs 360°  1/1 BHS - Optional prep - Execute BHS Together—1/1 twist - Optional exit	
A—504a FLIGHT ACRO  Gainer BWD handspring—Step out—1-leg➤1-leg  Gainer BHS SO - Optional prep - Execute Gainer BHS—Step out - Optional exit	A—504a FLIGHT ACRO  Gainer BWD handspring—Together—1-leg➤2-legs  Gainer BHS 2-feet - Optional prep - Execute Gainer BHS—Together - Optional exit	A—504b FLIGHT ACRO  Gainer BWD handspring—Step out—1-arm—1-leg➤1-leg  Gainer BHS SO 1-Arm - Optional prep - Execute Gainer BHS Step out—1-arm - Optional exit	B—504 FLIGHT ACRO  Gainer BWD Handspring—1/1 twist before hand support—Step out—1-leg➤1-leg 360°  1/1 BHS - Optional prep - Execute Gainer BHS Step out—1/1 twist - Optional exit		
A—505a NON-FLIGHT ACRO Cartwheel—1-leg➤1-leg 90°-180°  Cartwheel - One-leg prep - Execute FWD/SWD Cartwheel - Land 1-foot then the other - Optional finish and exit	A—505b FLIGHT ACRO Cartwheel w/flight—Before or After hand support—1-leg➤1-leg 90°-180°  Dive Cartwheel - One-leg prep - Execute FWD/SWD Cartwheel - With flight before or after - Land 1-foot then the other - Optional finish and exit	A—505c FLIGHT ACRO  Round off—1-leg➤2-legs 180°  Round off - One-leg prep - Execute FWD Roundoff - Land 2-feet - Optional finish and exit	B—506 FLIGHT ACRO  Jump BWD—1/2 twist—FWD Handspring—2-legs➤1-leg 180°  Arabian Spring SO - Optional prep - Execute BHS—1/2 turn FHS - Optional exit		

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

A—507a NON-FLIGHT ACRO FWD walkover—1-leg►1-leg  FWD 1. Optional prep 2. Execute FWO 3. 180° split 4. Optional exit	A—507b NON-FLIGHT ACRO FWD walkover—1-arm—1-leg►1-leg  FWD 1-arm 1. Optional prep 2. Execute FWO—1-arm 3. 180° split 4. Optional exit	A—507c FWD walkover—Alternate hands—1-leg►1-leg  FWD Tinsica 1. Optional prep 2. Execute FWO—Tinsica 3. 180° split 4. Optional exit				
A—508 FLIGHT ACRO FWD handspring—1-leg►2-legs  FHS 1. One-leg stand 2. Execute FWD handspring—Step out 3. Land 1-foot then the other 4. Optional finish and exit	B—508a FLIGHT ACRO FWD handspring— 1/2 (180°) twist—1-leg►2-legs  FHS 1/2 1. One-leg stand 2. Execute FWD handspring—1/2 turn 3. Land 2-feet 4. Optional finish and exit	B—508b FLIGHT ACRO FWD Handspring—1/1 (360°) twist—Before hand support—2-legs►1-leg (Mostepanova)  FHS 1/1 Before 1. From 2-foot punch 2. Execute FWD handspring—1/1 turn before hand support 3. Land 1-foot then the other 4. Optional finish and exit	C—508b FLIGHT ACRO FWD Handspring—1/1 (360°) twist—After hand support—2-legs►1-leg (Mostepanova)  FHS 1/1 After 1. One-leg stand 2. Execute FWD handspring—Step out —1/1 twist—2-feet 3. Land 2-feet 4. Optional finish and exit			
A—509 FLIGHT ACRO FWD Flyspring—W/wo hecht phase before hand support—Step out—2-legs►1-leg  Flyspring SO 1. From 2-foot punch 2. Execute FWD flyspring—Step out 3. Land 1-foot then the other 4. Optional finish and exit	B—509 FLIGHT ACRO FWD Flyspring—2-legs►2-legs  Flyspring 1. From 2-foot punch 2. Execute FWD flyspring 3. Land 2-feet 4. Optional finish and exit					

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

A—510a AERIAL 	A—510b AERIAL	C—510 AERIAL			
FWD Aerial walkover—1-leg►1-leg 	FWD Aerial walkover—Tucked position (kick over front)—1-leg►2-leg OR kneel position <i>NOT a "salto" for SR</i> 	FWD Aerial walkover—1/1 (360°) twist—1-leg►2-legs 360° 			
FWD Aerial 1. One-leg stand 2. Execute FWD Aerial walkover—Straight legs 3. Land 1-foot then the other 4. Optional finish and exit	Kick over FWD Aerial 1. One-leg stand 2. Execute FWD Aerial walkover—Tuck 3. Land 2 feet 4. Optional finish and exit	FWD Aerial 1/1 1. One-leg stand 2. Execute FWD Aerial walkover—1/1 twist 3. Land 1-foot then the other 4. Optional finish and exit			
A—511a AERIAL 	A—511b AERIAL 	A—511c AERIAL 			
SWD aerial cartwheel—1-leg►1-leg 180° 	One butterfly—FWD—SWD entry—1-leg►1-leg 360° 	One butterfly—BWD—SWD entry—1-leg►1-leg 360° 			
SWD Aerial 1. One-leg stand 2. Execute SWD Aerial—Straight legs 3. Land 1-foot then the other 4. Optional finish and exit	FWD Butterfly 1. One-leg stand 2. Execute FWD lateral Butterfly—Straight legs 3. Land 1-foot then the other 4. Optional finish and exit	BWD Butterfly 1. One-leg stand 2. Execute BWD lateral Butterfly—Straight legs 3. Land 1-foot then the other 4. Optional finish and exit			
A—512 SALTO 				A—513a FLIGHT ACRO	A—513b FLIGHT ACRO
Aerial round-off—2-legs►2-legs (Brani) 180° 				Head kips—Optional entry►Optional exit—All variations 	Neck kips—Optional entry►Optional exit—All variations 
Brani 1. From punch 2. Execute FWD takeoff—Brani 3. Land both feet 4. Optional finish and exit				Head Kip 1. Optional prep 2. Optional entry— 3. Execute Head kip—Pike to Arch 4. Optional leg position 5. Optional exit	Neck Kip 1. Optional prep 2. Optional entry— 3. Execute Neck kip—Pike to Arch 4. Optional leg position 5. Optional exit

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](#)

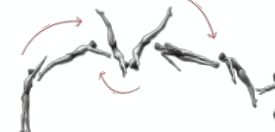
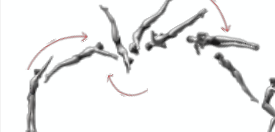
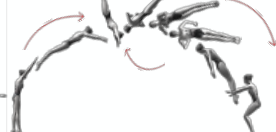
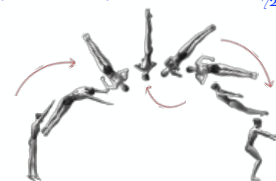
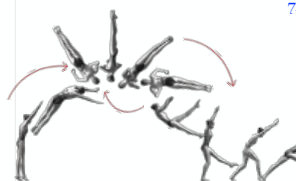
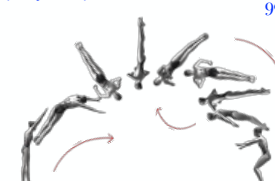
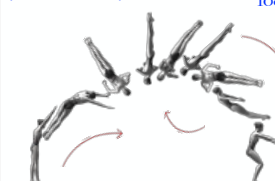
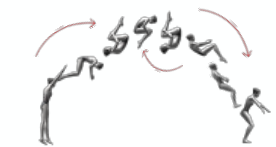
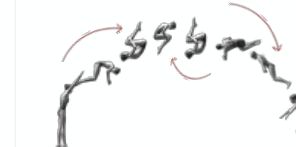
[807—BWD Double Salto LO](#)



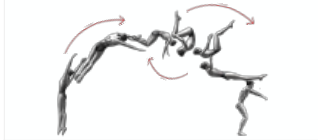
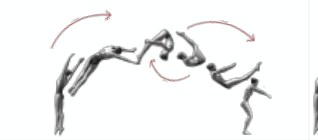
X	<u>X SKILLS</u>
1	<u>LEAPS, JUMPS, HOPS</u>
2	<u>TURNS</u>
3	<u>HANDSTANDS</u>
4	<u>ROLLS</u>
5	<u>WALKOVERS, CARTWHEELS, SPRINGS</u>
6	FWD SALTOS
7	SWD/ARABIAN SALTOS
8	BWD SALTOS

A-601a	A-601a	B-601	C-601a	C-601a	D-601
SALTO FWD salto—Tuck—2-legs►2-legs FWD Tuck 1. With FWD upright takeoff 2. Execute FWD salto—Tuck 3. Land 2-feet 4. Optional finish and exit	SALTO FWD salto—Tuck—Step out—2-legs►1-leg FWD Tuck SO 1. With FWD upright takeoff 2. Execute FWD salto—Tuck step out 3. Land 1-foot at a time 4. Optional finish and exit	SALTO FWD salto—Tuck—1/2 (180°) twist—2-legs►2-legs FWD Tuck 1/2 1. With FWD upright takeoff 2. Execute FWD salto—Tuck—1/2 twist 3. Land 2-feet 4. Optional finish and exit	SALTO FWD salto—Tuck—1/1 (360°) twist—2-legs►2-legs FWD Tuck 1/1 1. With FWD upright takeoff 2. Execute FWD salto—Tuck—1/1 twist 3. Land 2-feet 4. Optional finish and exit	SALTO FWD salto—Tuck—1/1 (360°) twist—Step out—2-legs►1-leg FWD Tuck 1/1 Step out 1. With FWD upright takeoff 2. Execute FWD salto—Tuck—1/1 twist step out 3. Land 1-foot at a time 4. Optional finish and exit	SALTO FWD salto—Tuck—1-1/2 (540°) twist—2-legs►2-legs (Rudi) FWD Tuck 1-1/2 1. With FWD upright takeoff 2. Execute FWD salto—Tuck—1-1/2 twist 3. Land 2-feet 4. Optional finish and exit
SALTO FWD salto—Pike—2-legs►2-legs FWD Pike 1. With FWD upright takeoff 2. Execute FWD salto—Pike 3. Land 2-feet 4. Optional finish and exit	SALTO FWD salto—Pike—Step out—2-legs►1-leg FWD Pike SO 1. With FWD upright takeoff 2. Execute FWD salto—Pike step out 3. Land 1-foot at a time 4. Optional finish and exit	SALTO FWD salto—Pike—1/2 (180°) twist—2-legs►2-legs FWD Pike 1/2 1. With FWD upright takeoff 2. Execute FWD salto—Pike 1/2 twist 3. Land 2-feet 4. Optional finish and exit	SALTO FWD salto—Pike—1/1 (360°) twist—2-legs►2-legs FWD Pike 1/1 1. With FWD upright takeoff 2. Execute FWD salto—Pike 1/1 twist 3. Land 2-feet 4. Optional finish and exit	SALTO FWD salto—Pike 1-1/2 (540°) twist—2-legs►2-legs FWD Pike 1-1/2 1. With FWD upright takeoff 2. Execute FWD salto—Pike 1-1/2 twist 3. Land 2-feet 4. Optional finish and exit	SALTO FWD salto—Pike—2/1 (720°) twist—2-legs►2-legs FWD Pike 2/1 1. With FWD upright takeoff 2. Execute FWD salto—Pike 2/1 twist 3. Land 2-feet 4. Optional finish and exit

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

B—603a SALTO  FWD salto—Layout—2-legs►2-legs  FWD LO 1. With FWD upright takeoff 2. Execute FWD salto—Layout 3. Land 2 feet 4. Optional finish and exit	B—603a SALTO  FWD salto—Layout—Step out—2-legs►1-leg  FWD LO SO 1. With FWD upright takeoff 2. Execute FWD salto—Layout SO 3. Land 1-foot at a time 4. Optional finish and exit	B—603b SALTO  FWD salto—Layout—1/2 (180°) twist—2-legs►2-legs 180°  FWD LO 1/2 1. With FWD upright takeoff 2. Execute FWD salto—Layout—1/2 twist 3. Land 2 feet 4. Optional finish and exit	C—603a SALTO  FWD salto—Layout—1/1 (360°) twist—2-legs►2-legs 360°  FWD LO 1/1 1. With FWD upright takeoff 2. Execute FWD salto—Layout—1/1 twist 3. Land 2 feet 4. Optional finish and exit	C—603a SALTO  FWD salto—Layout 1/1 (360°) twist—Step out—2-legs►1-leg 360°  FWD LO 1/1 SO 1. With FWD upright takeoff 2. Execute FWD salto—Layout SO 3. Land 1-foot at a time 4. Optional finish and exit	D—603 SALTO  FWD salto—Layout—1-1/2 (540°) twist—2-legs►-legs 540°  Rudi 1. With FWD upright takeoff 2. Execute FWD salto—Layout—1-1/2 twist 3. Land 2 feet 4. Optional finish and exit
E—603a SALTO  FWD salto—Layout—2/1 (720°) twist—2-legs►2-legs (Tarasevich) 720°  Tarasevich 1. With FWD upright takeoff 2. Execute FWD salto—Layout 2/1 twist 3. Land 2 feet 4. Optional finish and exit	E—603a SALTO  FWD salto—Layout—2/1 (720°) twist—Step out—2-legs►1-leg 720°  Tarasevich SO 1. With FWD upright takeoff 2. Execute FWD salto—Layout 2/1 twist SO 3. Land 1-foot at a time 4. Optional finish and exit	E—603b SALTO  FWD salto—Layout—2-1/2 (900°) twist—2-legs►2-legs (Cojocar) 900°  Cojocar 1. With FWD upright takeoff 2. Execute FWD salto—Layout 2-1/2 twist 3. Land 2 feet 4. Optional finish and exit	E—603c SALTO  FWD salto—Layout—3/1 (1080°) twist—2-legs►2-legs (Maldonado) 1080°  Maldonado 1. With FWD upright takeoff 2. Execute FWD salto—Layout 3/1 twist 3. Land 2 feet 4. Optional finish and exit		
E—604a SALTO  FWD Double salto—Tuck—2-legs►2-legs (Podkopaeva)  Podkopaeva 1. With FWD upright takeoff 2. Execute FWD salto—Tuck 2/1 3. Land 2-feet 4. Optional finish and exit	E—604b SALTO  FWD Double salto—Tuck—1/2 (180°) twist—2-legs►2-legs (Podkopaeva 1/2) 180°  Podkopaeva 1/2 1. With FWD upright takeoff 2. Execute FWD salto—Tuck 2/1—1/2 (180°) twist 3. Land 2-feet 4. Optional finish and exit	E—604c SALTO  FWD Double salto—Pike—2-legs►2-legs (Dowell)  Dowell 1. With FWD upright takeoff 2. Execute FWD salto—Pike 2/1 3. Land 2-feet 4. Optional finish and exit			

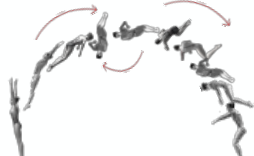
FX—7-SWD/ARABIAN SALTOS — 701-SWD Saltos — 702-Arabian — 703-Arabian Double Saltos

A—701a SALTO 	A—701b SALTO 	B—701 SALTO 			
FWD take-off—SWD salto—Tuck—1-leg►1-leg 90° 	FWD take-off—SWD salto—Pike/LO—1-leg►1-leg 90° 	BWD take off—1/4 (90°) turn SWD salto—LO—1-leg►1-leg 90° 			
SWD Somi Tuck 1. With FWD 1-leg/2-legs takeoff 2. Execute SWD salto—Tuck 3. Land SWD—1-foot at a time 4. Optional finish and exit	SWD Somi Pike / LO 1. With FWD 1-leg/2-legs takeoff 2. Execute SWD salto—Pike/LO 3. Land SWD—1-foot at a time 4. Optional finish and exit	SWD Somi LO 1. With BWD 2-leg takeoff 2. Execute 1/4 turn SWD salto—LO 3. Land SWD—1-foot at a time 4. Optional finish and exit			
B—702a SALTO 	B—702a SALTO 	B—702b SALTO 	B—702b SALTO 	B—702c SALTO 	B—702c SALTO 
Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—Tuck—2-legs►2-legs 180° 	Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—Tuck Step out—2-legs►1-leg 180° 	Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—Pike—2-legs►2-legs 180° 	Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—Pike Step out—2-legs►1-leg 180° 	Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—LO—2-legs►2-legs 180° 	Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—LO—Step out—2-legs►1-leg 180° 
Arabian Tuck 1. With BWD upright takeoff 2. Execute BWD takeoff—1/2 turn—FWD salto Tuck 3. Land 2 feet 4. Optional finish and exit	Arabian Tuck SO 1. With BWD upright takeoff 2. Execute BWD takeoff—1/2 turn—FWD salto Tuck—Step out 3. Land 1-foot then the other 4. Optional finish and exit	Arabian Pike 1. With BWD upright takeoff 2. Execute BWD takeoff—1/2 turn—FWD salto Pike 3. Land 2 feet 4. Optional finish and exit	Arabian Pike SO 1. With BWD upright takeoff 2. Execute BWD takeoff—1/2 turn—FWD salto Pike—Step out 3. Land 1-foot then the other 4. Optional finish and exit	Arabian LO 1. With BWD upright takeoff 2. Execute BWD takeoff—1/2 turn—FWD salto Layout 3. Land 2 feet 4. Optional finish and exit	Arabian LO SO 1. With BWD upright takeoff 2. Execute BWD takeoff—1/2 turn—FWD salto Layout—Step out 3. Land 1-foot then the other 4. Optional finish and exit
E—703a SALTO 	E—703b SALTO 	E—703c SALTO 	E—703d SALTO 	E—703e SALTO 	
Arabian salto—BWD takeoff—1/2 (180°) turn—FWD Double salto—Tuck—2-legs►2-legs (Andreasen) 180° 	Arabian salto—BWD takeoff—1/2 (180°) turn—FWD Double salto—Tuck—1/2 twist—2-legs►2-legs (Andreasen 1/2) 180° 	Arabian salto—BWD takeoff—1/2 (180°) turn—FWD Double salto—Pike—2-legs►2-legs (Dos Santos) 180° 	Arabian salto—BWD takeoff—1/2 (180°) turn—FWD Double salto—Pike—1/2 (180°) twist—2-legs►2-legs (Oliveira) 180° 180° 	Arabian salto—BWD takeoff—1/2 (180°) turn—FWD Double salto—LO—2-legs►2-legs (Dos Santos LO) 180° 	
Andreasen 1. With BWD upright takeoff 2. Execute BWD takeoff—1/2 turn—FWD Double salto—Tuck 3. Land 2 feet 4. Optional finish and exit	Andreasen 1/2 1. With BWD upright takeoff 2. Execute BWD takeoff—1/2 turn—FWD Double salto—Tuck—1/2 turn 3. Land 2 feet 4. Optional finish and exit	Dos Santos 1. With BWD upright takeoff 2. Execute BWD takeoff—1/2 turn—FWD Double salto—Pike 3. Land 2 feet 4. Optional finish and exit	Oliveira 1. With BWD upright takeoff 2. Execute BWD takeoff—1/2 turn—FWD Double salto—Pike—1/2 turn 3. Land 2 feet 4. Optional finish and exit	Dos Santos LO 1. With BWD upright takeoff 2. Execute BWD takeoff—1/2 turn—FWD Double salto—LO 3. Land 2 feet 4. Optional finish and exit	

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 		
Gainer Tuck 1. With 1-leg takeoff 2. Execute BWD Gainer Salto—Tuck 3. Land feet together 4. Optional finish & exit	Gainer Pike 1. With 1-leg takeoff 2. Execute BWD Gainer Salto—Pike 3. Land feet together 4. Optional finish & exit	Gainer LO 1. With 1-leg takeoff 2. Execute BWD Gainer Salto—Layout SO 3. Land 1-leg then the other 4. Optional finish & exit	Gainer Tuck 1/1 1. With 1-leg takeoff 2. Execute BWD Gainer Salto—Tuck 1/1 3. Land feet together 4. Optional finish & exit		
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 	Whip back—1/1 (360°) twist—2-legs►2-legs 			
Whip 1. With 2-leg takeoff 2. Execute BWD Whip salto 3. Land 2 feet 4. Optional element following <i>Used as transitioning element, not meant as an ending skill</i>	Whip 1/2 1. With 2-leg takeoff 2. Execute BWD Whip salto—1/2 turn 3. Land 2 feet 4. Optional element following <i>Used as transitioning element, not meant as an ending skill</i>	Whip 1/1 1. With 2-leg takeoff 2. Execute BWD Whip salto—1/1 turn 3. Land 2 feet 4. Optional element following <i>Used as transitioning element, not meant as an ending skill</i>			

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
		180°	360°	540°	720°
					
Tuck	Tuck SO	Tuck 1/2	Tuck 1/1	Tuck 1-1/2	Tuck 2/1
1. With BWD upright takeoff 2. Execute BWD Salto—Tuck 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD Salto—Tuck 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD Salto—Tuck—1/2 twist 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD Salto—Tuck—1/1 twist 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD Salto—Tuck—1-1/2 twist 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD Salto—Tuck—2/1 twist 3. Land feet together 4. Optional finish & exit
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				
900°	1080°				
					
Silvias	Biles 2				
1. With BWD upright takeoff 2. Execute BWD Salto—Tuck—2-1/2 twist 3. Land feet together 4. Optional finish & exit	1. With BWD upright takeoff 2. Execute BWD Salto—Tuck—3/1 twist 3. Land feet together 4. Optional finish & exit				

A—804a SALTO BWD salto—Pike/LO—2-legs➤2-legs BWD PIKE LO 1. With BWD upright takeoff 2. Execute BWD Salto—Layout 3. Land feet together 4. Optional finish & exit	A—804a SALTO BWD salto—Pike/LO—Step out—2-legs➤1-leg BWD LO SO 1. With BWD upright takeoff 2. Execute BWD Salto—Layout SO 3. Land 1-foot, then the other 4. Optional finish & exit	B—804a SALTO BWD salto—Pike/LO—1/2 (180°) twist—2-legs➤2-legs BWD LO 1/2 1. With BWD upright takeoff 2. Execute BWD Salto—Layout—1/2 twist 3. Land feet together 4. Optional finish & exit	B—804b SALTO BWD salto—Pike/LO—1/1 (360°) twist—2-legs➤2-legs BWD LO 1/1 1. With BWD upright takeoff 2. Execute BWD Salto—Layout—1/1 twist 3. Land feet together 4. Optional finish & exit	C—804a SALTO BWD salto—Pike/LO—1-1/2 (540°) twist—2-legs➤2-legs BWD LO 1-1/2 1. With BWD upright takeoff 2. Execute BWD Salto—Layout—1-1/2 twist 3. Land feet together 4. Optional finish & exit	C—604b SALTO BWD salto—Pike/LO—2/1 (720°) twist—2-legs➤2-legs BWD LO 2/1 1. With BWD upright takeoff 2. Execute BWD Salto—Layout—2/1 twist 3. Land feet together 4. Optional finish & exit
D—804 SALTO BWD salto—Pike/LO—2-1/2 (900°) twist—2-legs➤2-legs BWD LO 2-1/2 1. With BWD upright takeoff 2. Execute BWD Salto—Layout 2-1/2 twist 3. Land feet together 4. Optional finish & exit	E—804 SALTO BWD salto—Pike/LO—3/1 (1080°) twist—2-legs➤2-legs BWD LO 3/1 1. With BWD upright takeoff 2. Execute BWD Salto—Layout 3/1 twist 3. Land feet together 4. Optional finish & exit				

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

D—805 SALTO BWD Double salto—Tuck—2-legs➤2-legs (Kim) Kim 1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Tuck 3. Land feet together 4. Optional finish & exit	E—805a SALTO BWD Double salto—Tuck—1/1 (360°) twist in—2-legs➤2-legs Double Tuck Full-in 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	E—805b SALTO BWD Double salto—Tuck/pike—1/1 (360°) twist out—2-legs➤2-legs (Muchina) Muchina Tuck 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	E—805c SALTO BWD Double salto—Tuck—1-1/2 (540°) twist—2-legs➤2-legs Double Tuck 1-1/2 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	E—805d SALTO BWD Double salto—Tuck—2/1 (720°) twist—2-legs➤2-legs (Silivas) Silvias 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	E—805e SALTO BWD Double salto—Tuck—3/1 (1080°) twist—2-legs➤2-legs (Big Biles) The 'Big' Biles 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
D—806 SALTO BWD Double salto—Pike—2-legs➤2-legs Double Pike 1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Pike 3. Land feet together 4. Optional finish & exit	E—806 SALTO BWD Double salto—Pike—1/1 (360°) twist in—2-legs➤2-legs (Muchina Pike) Muchina Pike 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				
E—807a SALTO BWD Double salto—LO—2-legs➤2-legs Double LO 1. With BWD upright takeoff 2. Execute BWD 2/1 Salto—Layout 3. Land feet together 4. Optional finish & exit	E—807b SALTO BWD Double salto—LO—1/2 (189°) twist out—2-legs➤2-legs (Biles) Biles 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	E—807c SALTO BWD Double salto—LO—1/1 (360°) twist in—2-legs➤2-legs (Chusovitina) Chusovitina 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	E—807d SALTO BWD Double salto—LO—1/1 (360°) twist out—2-legs➤2-legs (Tchusovitina) Tchusovitina 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	E—807e SALTO BWD Double salto—LO—2/1 (720°) twists—2-legs➤2-legs (Moors) Moors 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	E—807e SALTO BWD Double salto—LO—3/1 (900°) twists—2-legs➤2-legs (Carey) Carey 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

EQUIPMENT REGULATIONS

VAULT RUNWAY

- Runway thickness: .75-1.375in | 2cm-3.5cm
- Runway width: 3ft | 91cm
- Runway length: Max length: 80ft | 2440cm
 - 1N-5N: Min 60ft | 1830cm
 - 6N-10N: Min 79ft | 2400cm*(Measure from front of VT Table)*

HAND PLACEMENT MAT

- May only be used for RO/FHS onto board entry vaults

VT BOARD SPRINGS

- 1N: Min two (2) springs
- 2BN/SN: Min two (2) springs
- 3N: Min two (2) springs
- 1N-4N: Tramp Board allowed

SAFETY ZONE COLLAR

- Safety Zone: Mandatory for RO-FHS onto board vaults
 - May be used for other vaults

VT LANDING MAT DIMENSIONS

- 3N/GN/4N: Behind Resi/Table CLM: Min 6x12ft | 180x365cm
- 2N/BN/SN/5N/6N/7N: Resi sits on CLM: Min 6x12ft | 180x365cm
- SN/3N/4N: Resi width: Max 60in | 150cm
- 6N/7N: Pit Pillow: 4ftx6ftx8in | 120x180x20cm
- PN/8N-10N: Behind Table CLM: Min 8x12ft | 240x365cm

VT MAT or RESI/TABLE HEIGHT

- 1N: Mat Stack w/CLM Min 4in | 10cm—Min 8in | 40cm—Max 24in | 60cm
- 2BN: Mat Stack w/CLM Min 4in | 10cm—Min 16in | 40cm—Max 48in | 120cm
- SN/3N: Mat Stack w/CLM Min 4in | 10cm—Min 24in | 60cm—Max 56in | 142cm
- 4N: Mat Stack w/CLM Min 4in | 10cm—Min 24in | 60cm—Max 56in | 142cm
- 4N: RO Mat Stack w/CLM Min 4in | 10cm—Max 56in | 142cm
- 5N: Mat Stack w/CLM Min 4in | 10cm—Min 24in | 60cm—Max 56in | 142cm
- GN/PN/DN: Table height—Max 135cm
- 6N/7N: Table height—Max 135cm
 - Mat Stack w/CLM Min 4in | 10cm—Min 32in | 80cm—Max 64in | 162cm
- 8N/9N/10N: Table height—Min 110cm—Max 135cm

VT ADDITIONAL MATTING

- 6N/7N may use Pit Pillow for landing, if available

EQUIPMENT REGULATIONS

UB MATTING SPECIFICATIONS

- 1N-SN Recommend: 7.5ftx15ft | 230x450cm min mat area
- 3N-7N Recommend: 7.5ftx24ft | 230x730cm min mat area
- 8N-10N Recommend: 7.5ftx36ft | 230x1090cm min mat area
- Max height: 9in | 23cm additional matting allowed
- Up to (2) 5x10ftx8in | 150x300x20cm Skill cushions, used end to end
- Dismounts: Additional matting: Max 9in | 23cm

UB LB ROUTINE MATTING

- UB Mount: Max additional mats = 12" $\pm$ 2" (i.e. 8" mat, 4" mat, Sting mat (1" or 2"))
- UB Mount-LB Routine: Mount trainer, spot block, folded panel mat—may be placed on top of additional mats
- UB Dismount-LB Routine: May land on max additional mats = 12in $\pm$ 2in | 30cm $\pm$ 5cm
- UB Releases: Pit Pillow 4x6ftx8in | 120x180x20cm allowed

UB / BM MOUNTING

- Boards/Mount Mats: Max 8in | 20cm allowed
 - GN-10N—Remove immediately after leaves mount apparatus
- Boards cannot be placed on 8in | 20cm Skill Mat
- Mount trainers allowed on 8in | 20cm Skill Mat

EQUIPMENT REGULATIONS

BM HEIGHTS

- All Levels: Min 100cm — Max 125cm

BM MATTING SPECIFICATIONS

- Dismount matting:
 - Min 7.5x15.5ft | 230x470cm on one BM end, min 7.5x 12.5ft | 230x370 on other BM end
- Matting under BM:
 - Two (2) CLM mats side by side
 - Width: 15ft | 460cm—Length: 15.5ft | 470cm

FX ADDITIONAL MATTING

- Max (2) mats: Sting mat, 4in/8in | 10cm/20cm
- One (1) mat per tumbling pass (per direction —May have both mats on opposite ends of diagonal
- Sting mat: On top of 4in/8in | 10cm/20cm does not count as (1) of (2) allowable mats

LANDING MATS

- Min 4in | 10 cm CLM mats required
- Allowed: 8in | 20cm CLM mats

MAT PLACEMENT

- CLM mats should be placed under and/or around VT, UB, BM covering all landing areas

MATS ALLOWED ON CLM MATS

- 8in | 20cm Skill Mat + (1) Sting Mat = 9in | 23cm
- 4in | 10cm Throw Mat + (1) Sting Mat = 5in | 12cm
- (2) 4in | 10cm Throw Mat + (1) Sting Mat = 9in | 23cm

FOREIGN SUBSTANCE

- Water, chalk, Manufactured solutions and hand Tac/10 style towels are only acceptable solutions

PLYWOOD UNDER BOARDS

- Plywood allowed under board for UB/BM mounts

MATS

VAULT MATS

			Available Mats	Vault Mat Configuration — Example: 1N	
IN	CM			1N — Landing surface MUST have CLM Min 4in/10cm under any other matting 1N — May use Supplemental Mat (Skill, Resi, Throw, Sting) up to 24in 60cm	
.75in	2cm		Skill Cushion (SC) — 8in 20cm	ALLOWED CLM = 8-9in 20-24cm Optional SM = 8in 20cm Optional Throw = 4in 10cm TOTAL = 20in 50cm	
1.25in	4cm		Skill Cushion (SC) — 10in 25cm		
2in	5cm		Skill Cushion (SC) — 12in 30cm		
4in	10cm		Skill Cushion (SC) — 12in 30cm		
4.5in	12cm		Sting Mat (SM) — .625/1.5/2in 1.5/4.0/5.0cm	ALLOWED CLM = 8in 20cm Optional SM = 8in 20cm TOTAL = 16in 40cm	
8in	20cm		Throw Mat (TM) — 4in 10cm		
10in	25cm		Pit Pillow (PP) — 8in 20cm		
12in	30cm		Panel Mat (PM) — 1.375/1.625/2.0in 3.5/4.0/5.0cm		
16in	40cm		Competition Landing Mat (CLM) — 4-4.5in 10-12cm	ALLOWED CLM = 8-9in 20-24cm Optional SM = 8in 20cm TOTAL = 16in 40cm	
18in	45cm		Competition Landing Mat (CLM) — 8in 20cm		
24in	60cm		Resi Mat (RM) — 12in 30cm		
30in	76cm		Resi Mat (RM) — 16in 40cm		
32in	80cm		Resi Mat (RM) — 18in 45cm	ALLOWED CLM = 4-4.5in 10-12cm Optional SM = 8in 20cm TOTAL = 12in 30cm	
36in	90cm		Resi Mat (RM) — 24in 60cm		
Mat	Size ft	Size cm	Resi Mat (RM) — 32in 80cm		
Skill	4 x 5	120 x 150	Air Bag (AB) — 30in 76cm		
	4 x 6	120 x 180	Air Bag (AB) — 36in 90cm	NOT ALLOWED Missing CLM	
	5 x 7	150 x 210			
	5 x 10	150 x 300			
Resi	5 x 5	150 x 150			
	5 x 10	150 x 300		NOT ALLOWED Missing CLM	
	6 x 12	180 x 365			
	7.6 x 14	230 x 425			
Landing	7.6 x 4	230 x 120			
	7.6 x 5	230 x 150		NOT ALLOWED Missing CLM	
	6 x 12	180 x 365			
	7.6 x 12	230 x 365			
	8 x 12	240 x 365			
	6 x 15.6	180 x 470		NOT ALLOWED Missing CLM	
	7.6 x 15.6	230 x 470			
	8 x 15.6	240 x 470			
Throw	3 x 6	90 x 180			
	4 x 6	120 x 180		NOT ALLOWED Missing CLM	
	4 x 8	120 x 240			
	4 x 10	120 x 300			
	7.6 x 10	230 x 300			
Sting	36 x 54	90 x 135		NOT ALLOWED Missing CLM	
	40 x 80	100 x 200			
	5 x 10	150 x 300			
	7.6 x 10	230 x 300			
Panel	5 x 10	150 x 300		CLM = Competition Landing Mat SM = Supplemental Mat	
Pillow	4 x 6	120 x 180			