



MEN'S GYMNASTICS PROGRAM

4-EVENT COMPETITION FORMAT LEVEL 1-5

COMPETITION GUIDELINES
MISSION
<ul style="list-style-type: none"> To introduce Men's Gymnastics using equipment already available to existing women's program with additional purchase of a *Mushroom Allowing more boys participation in the Men's NGA program, providing a team environment for better retention
EQUIPMENT
<ul style="list-style-type: none"> Uneven Bar (high or low) Spring Floor Mushroom Compulsory Vaulting mat system <ul style="list-style-type: none"> Acro-board & sprindboard
WARM UP TIME – MODIFIED CAPITAL CUP
<ul style="list-style-type: none"> General Open Stretch = 15-30m Event Warm up = 30s = 1N, 2N Event Warm up = 45s = 3N, 4N, 5N Meet Directors need to be mindful of Warm up times when determining which session the boys are to be assigned When Men's 4X4 competition is held with a women's competition, warmup times will be the same so the competition starts and finishes at the same time
SCORING
<p>As per NGA Men's Technical Handbook</p> <ol style="list-style-type: none"> SV-VT = 10.0 Routine is composed of (6) skills minimum (8) skills maximum 1N-3N: NGA SS fulfills EG +0.5 4N-5N: NGA SS partially fulfills EG +0.3 EG1 is fulfilled w 'SS or 'A' VP Acro (Tramp) Board allowed on Vault A Vault may be repeated if athlete receives a Ø Vault with -1.0 deduction 1N-3N Spot SS/A-VP to support allowed: YES skill credit/NO difficulty credit Skill performed out of difficulty range = A-VP
STICK BONUS
+ .10 on all apparatus, all Levels, except Mushroom (See VT for some exceptions)

COMPETITION GUIDELINES
COMPETITION FORMAT
<ul style="list-style-type: none"> Participants will compete in up to 4 events Floor Exercise: 1N-5N EP = 8.0 <ul style="list-style-type: none"> Routine performed in straight line to allow for possible tumbling strip at competitions Mushroom: 1N-3N EP: FX level = 10.0 / Full height = 9.0 EP Mushroom: 4N-5N EP: FX level = 8.0 / Full height = 7.0 EP Vault: 10.0 SV Horizontal Bar: 1N-5N EP = 8.0 <ul style="list-style-type: none"> Performed on one (1) Uneven Bar high or low Boys can be inserted into any session of a women's gymnastics competition either in a separate squad of only boys or mixed in within any other squad Boys can compete as an event specialist or in all 4 events
ATTIRE
<ul style="list-style-type: none"> Athletic shorts and Team T-shirt or jersey top Required to wear socks on Single Bar and Mushroom
AWARDS
<ul style="list-style-type: none"> Boys to be divided into age groups no more than 5 years apart for awards Awards will be provided in the (4) events plus All Around and Team following the standard NGA guidelines
JUDGES
<ul style="list-style-type: none"> Certified members of (NGJA) or (NAWGJ) are used to officiate at 4 X4 event Xtreme Team NGA gymnastics competition A judge must be member of NGA with NCSI background check, Abuse and Prevention Course and take the Men's Level 1-5 NGA online Judges exam
ERRORS & DEDUCTIONS
<p>Small Error -0.10 Medium Error -0.20 Large Error -0.30 Fall -0.50</p> <ol style="list-style-type: none"> Skill performed out of skill difficulty range -0.5 Repeat skills (Ø repetition deduction - Ø Value Part) All other error deductions per FIG Jr. COP
SHORT ROUTINE
<ul style="list-style-type: none"> PER JR FIG • No 'short routine' deduction taken if min. six (6) FIG or Super Skills are performed

LEVEL REQUIREMENTS 1N, 2N, 3N

LEVEL 1N	5 years & up	LEVEL 2N	6 years & up	LEVEL 3N	7 years & up
FLOOR EXERCISE—EP = 8.0		FLOOR EXERCISE—EP = 8.0		FLOOR EXERCISE—EP = 8.0	
<ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Perform in straight line tumble pass Stick Bonus +0.10 (Dismount pass only) 		<ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Perform in straight line tumble pass Stick Bonus +0.10 (Dismount pass only) 		<ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Perform in straight line tumble pass Stick Bonus +0.10 (Dismount pass only) 	
MUSHROOM—FX EP = 10.0/Full height EP = 9.0		MUSHROOM—FX EP = 10.0/Full height EP = 9		MUSHROOM—FX EP = 10.0/Full height EP = 9.0	
<ol style="list-style-type: none"> 1/4 Circle through support 3/4 Circle through support <ul style="list-style-type: none"> Evaluate hip roll (Counter to Circle), lean & extension Must show both 1/4 & 3/4 positions Landing not evaluated 		<ol style="list-style-type: none"> 1-1/2 or more Circles finish thru rear support <ul style="list-style-type: none"> Evaluate hip roll (Counter to Circle), lean, extension Finish in/thru fully extended rear support Dismount in Rear Support 		<ol style="list-style-type: none"> 3-1/2 or more Circles finish thru rear support <ul style="list-style-type: none"> Evaluate hip roll (Counter to Circle), lean, extension Finish in/thru fully extended rear support Dismount in Rear Support 	
VAULT—SV = 10.0		VAULT—SV = 10.0		VAULT—SV = 10.0	
<ol style="list-style-type: none"> Stretch Jump—Kick HS—Fall flat back to Stack/Resi <ul style="list-style-type: none"> Yes Tramp Board Resi/Stack Mats—10' x 5' x 32" 		<ol style="list-style-type: none"> Handspring—flat back onto Resi <ul style="list-style-type: none"> Yes Tramp Board Resi/Stack Mats—10' x 5' x 32" 		<ol style="list-style-type: none"> Front Handspring over resi to landing mat <ul style="list-style-type: none"> Landing evaluated Yes Tramp Board Stick Bonus +0.10 Resi/Stacked Mats—5' x 32" 	
HIGH BAR—EP = 8.0		HIGH BAR—EP = 8.0		HIGH BAR—EP = 8.0	
<ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 <p>ALL events except VT: SV = EP + FIG VP + NGA SS + Stick Bonus</p>		<ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 <p>ALL events except VT: SV = EP + FIG VP + NGA SS + Stick Bonus</p>		<ol style="list-style-type: none"> (4) Required Element Groups (EG) (8) NGA SS allowed 'A' FIG VP allowed <ul style="list-style-type: none"> Stick Bonus +0.10 <p>ALL events except VT: SV = EP + FIG VP + NGA SS + Stick Bonus</p>	

FX—SUPER SKILLS CHART—GROUP I

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

FX—SUPER SKILLS CHART—GROUP II

FLOOR EXERCISE — SUPER SKILLS

ELEMENT GROUP II—ACROBATIC ELEMENTS FORWARD

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

FX—SUPER SKILLS CHART—GROUP III, IV

FLOOR EXERCISE — SUPER SKILLS					
ELEMENT GROUP III—ACROBATIC ELEMENTS BWD / FWD					
<p>3.1—Cartwheel step—BWD OR Bring feet together—BWD</p> 	<p>3.2—Roundoff</p> 	<p>3.3—Bent arm BWD Roll—Tuck/ Pike/Straddle</p> 	<p>3.4—Straight arm BWD Roll—Pike stand OR Prone</p> 	<p>3.5—BWD Walkover</p> 	
<p>1. From optional entry 2. Cartwheel 3. 1/4 (90°) turn at end 4. Finish feet together or lunge FWD</p>	<p>1. From optional entry 2. Perform RO 3. With/Without rebound 4. Feet together on landing</p>	<p>1. From optional entry 2. Perform bent arm BWD roll—Tuck/ Pike/Straddle 3. Optional exit</p>	<p>1. From optional entry 2. Perform straight arm BWD roll—Tuck/ Pike 3. Exit to Pike stand or Prone (push-up)</p>	<p>1. From stand on 1-leg 2. Lift leg up and over head while arching upper torso BWD to BWO 3. Optional exit</p>	
Cartwheel 1/2 BWD	RO	BWD Roll-Bent Arm	BWD Roll-Straight Arm	BWO	
ELEMENT GROUP IV—DISMOUNTS (Rebound from Non-Salto VP)					
<p>4.1—Roundoff—Rebound</p> 	<p>4.2—Back Handspring—Rebound</p> 	<p>4.3—Front Handspring—Rebound</p> 			
<p>1. From optional entry 2. Perform RO 3. With Rebound 4. Feet together on landing</p>	<p>1. From optional entry 2. Jump BWD to hands, jump off hands to feet, rebound 3. Feet together on landing</p>	<p>1. From optional entry 2. Quick reach to FX—both hands 3. Heel drive legs, repulse off hands 4. Feet together on landing, rebound</p>			
RO—Rebound	BHS—Rebound	FHS—Rebound			



PH—MUSHROOM SKILLS CHART—4N-5N

MUSHROOM SKILLS CHART										
ELEMENT GROUP I—SINGLE-LEG SWINGS AND SCISSORS										
FIG #	DESCRIPTION	VP	FIG #	DESCRIPTION	VP	FIG #	DESCRIPTION	VP		
	No element skills			No element skills			No element skills			
ELEMENT GROUP II: CIRCLES AND FLAIRS, W/ SPINDLES & HS, KEHRSWINGS, RUSSIAN W, FLOPS, COMBINED ELEMENTS										
FIG #	DESCRIPTION	VP	FIG #	DESCRIPTION	VP	FIG #	DESCRIPTION	VP		
1	Circle in Side Support	A	50	Direct Stockli-A	B	103	180° Russian	A		
1	*Flair in Side Support (Thomas)	A	86	Swiss hop	B	104	360° Russian	B		
25	Circle with 1/4 spindle	A	92	Czechkehr	B	105	720° Russian	C		
26	Circle with 1/2 spindle (in one circle)	B				105	1080° Russian	D		
ELEMENT GROUP III—TRAVEL TYPE ELEMENTS, INCLUDING KROLLS, TONG FEI, WU GUONIAN, ROTH AND TRAVELING SPINDLES										
FIG #	DESCRIPTION	VP	FIG #	DESCRIPTION	VP	FIG #	DESCRIPTION	VP		
	No element skills			No element skills			No element skills			
ELEMENT GROUP IV—DISMOUNTS										
FIG #	DESCRIPTION	VP	FIG #	DESCRIPTION	VP	NGA#	DESCRIPTION	VP		
8	360° Russian to wende	B	10	1080° Russian to wende	D	4.1	<p>4.1—1/2 (180°) circle to rear support MUSHROOM ONLY</p> <p>1. From Front support 2. 1/2 leg circle 3. Finish Rear Support</p> <p>1/2 Circle-Rear Support</p>	SS		
9	720° Russian to wende	C	20	*Circle or flair to HS	C					
				(Special VAL for HS with no turn or travel)						
				*See FIG Jr COP for HS turn/travel principles						
**1-3, 3-3, 4-5, etc refer to placement of gymnast's hands			Same skill box number counted as separate skill							

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

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

HB—SUPER SKILLS CHART—GROUP I, II

HORIZONTAL BAR — SUPER SKILLS

ELEMENT GROUP I: LONG HANG SWINGS AND TURNS

<p>1.1—Full tap swing—Hollow body at 45°—Each side</p>	<p>1.2—BWD Baby Giant—Support</p>	<p>1.3—FWD Baby Giant—Support</p>	<p>1.4—Hanging 1/2 (180°) turn</p>	<p>1.5—Swing 1/2 (180°) turn—HOR</p>	<p>1.6—Swing 1/2 (180°) turn—Handstand</p>
<p>1. From straight long swing 2. FWD/BWD swing or BWD/FWD swing 3. 45° mark, must show hollow body</p>	<p>1. From optional entry 2. Straight long swing FWD—pullover Body Giant 3. Finish front support, arms straight</p>	<p>1. From optional entry 2. Straight long swing BWD—pullover Body Giant 3. Finish front support, arms straight</p>	<p>1. From straight hang 2. Perform 1/2 (180°) turn, any grip-to-grip</p>	<p>1. From straight long swing, any grip 2. Perform 1/2 (180°) turn at HOR 3. Finish any grip</p>	<p>1. From straight long swing FWD or BWD 2. Perform 1/2 (180°) turn 3. Finish in Handstand, any grip</p>
<p>Full Tap</p>	<p>BWD Baby Giant</p>	<p>FWD Baby Giant</p>	<p>Hana 1/2</p>	<p>Swina 1/2</p>	<p>Swina 1/2 HS</p>
<p>1.7—Pull up—Bent arm hold—2s</p>	<p>1.8—Back Uprise—HOR</p>				
<p>1. From straight hang 2. Pull up to approx chin level 3. Hold bent arm hang—2 sec 4. Optional exit</p>	<p>1. From long swing, any height, over grip 2. Perform BWD swing to HOR 3. Pull bar in to create SHD angle</p>				
<p>Pull up Hold</p>	<p>BWD Uprise</p>				

ELEMENT GROUP II: FLIGHT ELEMENTS

<p>2.1—Straddle cut—Regrasp</p>	<p>2.2—Back uprise—1/1 (360°) turn—Regrasp</p>	<p>2.3—Hop—From any grip—To another grip—Above HOR</p>	<p>2.4—Hop—From any grip—To another grip—To Handstand</p>	<p>2.5—Back swing—2-hand REL and Regrasp</p>	
<p>1. From straight long swing 2. Perform stoop in, straddle cut legs out 3. Regrasp hands 4. Optional exit</p>	<p>1. From long swing, any height 2. Perform BWD swing to HOR 3. Pull bar in to create SHD angle 4. Perform 1/1 (360°) turn, regrasp bar</p>	<p>1. From optional entry 2. Swing (or skill) from grip to grip 3. Above HOR</p>	<p>1. From optional entry 2. Swing (or skill) from grip to grip 3. To handstand</p>	<p>1. From optional entry 2. Perform BWD long swing 3. Release 2-hands, regrasp bar 4. From any grip to grip</p>	
<p>Straddle Cut</p>	<p>BWD Uprise 1/1</p>	<p>Swina Hop</p>	<p>Swina Hop HS</p>	<p>BWD Swina REL</p>	

HB—SUPER SKILLS CHART—GROUP III

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

HB—SUPER SKILLS CHART—GROUP IV

HORIZONTAL BAR — SUPER SKILLS					
ELEMENT GROUP IV—DISMOUNTS					
<p>4.1—BWD Salto—Tuck</p>	<p>4.2—FWD Salto—Tuck</p>	<p>4.3—Undershoot—Stand</p>	<p>4.4—Toe on shoot—Stand</p>	<p>4.5—Front Swing—1/2 (180°) Turn</p>	
<p>1. From long swing FWD, over grip 2. Release bar—Perform BWD Tuck Salto 3. Land</p>	<p>1. From long swing BWD, under grip 2. Release bar—Perform FWD Tuck Salto 3. Land</p>	<p>1. From long swing, over grip, any height 2. Perform hollow Undershoot 3. Pull bar overhead—Straight SHD angle 4. Land</p>	<p>1. From long swing, over grip, any height 2. Perform Toe on Shoot 3. Pull bar overhead—Straight SHD angle 4. Land</p>	<p>1. From long swing, over grip, any height 2. Swing FWD—1/2 (180°) turn 3. Any grip allowed prior to release 4. Land</p>	
<i>Flvaway BWD Tuck</i>	<i>Flvaway FWD Tuck</i>	<i>Undershoot</i>	<i>Toe Shoot</i>	<i>Front Swina 1/2</i>	
<p>4.7—Free hip—Push off</p>	<p>4.8—Drop—From Back swing</p>				
<p>1. From any angle 2. Perform BWD Free hip circle 3. Continue circle to push off bar 4. Land</p>	<p>1. From straight long swing, any height, reverse grip 2. Swing BWD, release bar to drop 3. Land</p>				
<i>Free Hip Push Off</i>	<i>Back Swina Drop</i>				