WOMEN'S TECHNICAL HANDBOOK

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NATIONAL NGA GYMNASTICS ASSOCIATION

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MASTERS OF SPORT

Educational material designed to explain, reiterate and construct fundamental guidelines for the basics, advanced training and skill sets of sports performance and coaching.

Mary Wright & Chere Hoffman

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) (ususally 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

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PART A —WOMEN'S PROGRAM RULES

COMPETITIVE PROGRAM

- By Levels
- Element Rules Clarifications
- Fall Time Clarifications
- Event Rules Clarifications—VT/UB
- Event Rules Clarifications—BM/FX
- Level 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 ↑2in plus max ht. allowed* ☑ *Yes—Alternate Tramp Board*

UNEVEN BARS

Allow	VP	W up time = 30s	Rules
☑ X	4	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	4	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	4	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—2s hold required	☑ *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	5	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	5	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*
		• May use X-502 Lever-Hold 1s to fulfill	
		4. Dismount	

FLOOR EXERCISE

Allow	VP	W up time = 30s / Routine time = 45s	Rules
☑ X	5	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. (1) Acro VP—Cartwheel / RO	☑ *SR4 separate from SR2*
		• Isolated or in Series	

Level Requirements—SN-3N

LEVEL SILVER (SN)

5 years & up	SV: 10.0	Bonus—None

VAULT

Run—Jump HS—Fall flat back (SV = 9.50) • "Feet First" VOID deduction does not apply	☑ *Resi-type mat stack height—Min 24in / 60cm - Max 56in / 140cm includes CLM—Min 4in / 10cm*
OR	☑ *Yes—Alternate Tramp Board*
Run—FHS **Run—¼ - ½ on, Repulsion off** • Accelerated run evaluated • Speed thru out evaluated • Board lean evaluated • Landing evaluated	**OR** ☑ *Resi-type mat stack height—Min 24in / 60cm - Max 56in / 140cm includes CLM—Min 4in / 10cm* ☑ *Mat stack width—Max 60in / 150cm* ☑ *Yes—Alternate Tramp Board*

UNEVEN BARS

Allow	VP	W up time = 45s	Rules
☑ X	5	1. Mount	☑ *Yes—HB*
☑ A		2. Cast	☑ *Yes—X-Skills = A*
☐ B		• 45° Min below HOR	☑ *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 = 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 or in 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		• Exclude mount	☑ *Yes—A Salto/Aerial Dismount (Allowed, not required)*
		4. Dismount	
		• No Jumps	

FLOOR EXERCISE

Allow	VP	W up time = 45s / Routine time = 1:00m	Rules
☑ X	5	1. Dance Combo—Min (2) Leaps / Jumps	☑ *Yes—X-Skills = A*
☑ A		• (1) Min 90° Split	☑ *Yes—A Acro Non-Flight*
☑ B*		• Direct or Indirect	☑ *No—B Acro Non-Flight*
☐ C		2. Acro pass—Min (2) A Acro VP	☑ *Yes—A Acro Flight*
☐ D		• Direct	☑ *No—B Acro Flight*
☐ E		3. 1/1 (360°) turn 1-foot	☑ *Yes—(1) A Salto/Aerial*
		4. Acro VP—(1) A Acro Flight	☑ *Yes—B* Dance = A*
		• Isolated or in Series	☑ *SR3 separate from SR1*
			☑ *SR4 separate from SR2*

LEVEL 3N

6 years & up	SV: 10.0	Bonus–None

VAULT

Run—FHS **Run—¼ - ½ on, Repulsion off** • Accelerated run evaluated • Speed thru out evaluated • Board lean evaluated • Landing evaluated	☑ *Resi-type mat stack height—Min 24in / 60cm - Max 56in / 140cm includes CLM—Min 4in / 10cm* ☑ *Mat stack width—Max 60in / 150cm* ☑ *Yes—Alternate Tramp Board*

UNEVEN BARS

Allow	VP	W up time = 45s	Rules
☑ X	5	1. Mount—Glide swing or glide variation	☑ *Yes—HB*
☑ A		2. Cast	☑ *Yes—X-Skills = A*
☐ B		• 45° Min below HOR	☑ *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 = 45s / Routine time = 45s	Rules
☑ X	5	1. Min 1/2 (180°) turn 1-foot	☑ *Yes—X-Skills = A*
☑ A		2. Leap / Jump—Min. 60° split	☑ *Yes—A Acro Non-Flight*
☑ B*		• Isolated or in Series	☑ *No—B Acro Non-Flight*
☐ C		3. Acro VP—Moves **Thru** / Achieves VER	☑ *No—Acro Flight*
☐ D		• If HS—No hold required; Must mark VER w legs joined	☑ *Yes—B* Split Leaps/Jumps = A*
☐ E		• Exclude mount	☑ *Yes—A Salto/Aerial Dismount (Allowed, not required)*
		4. Dismount	
		• No Jumps	

FLOOR EXERCISE

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

Level Requirements—4N-GN

LEVEL 4N

6 years & up	SV: 10.0	Bonus—None

VAULT

Run—FHS
Run—¼ - ½ on, Repulsion off
Run—RO—BHS
- Speed thru out 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*
☑ *No—Alternate Tramp Board*

UNEVEN BARS

Allow	VP	W up time = 1:00m	Rules
☑ X	5	1. Glide Kip-LB	☑ *Yes—HB*
☑ A		OR	☑ *Yes—X-Skills = A*
☑ B*		1. Long Hang Kip-HB	☑ *Yes—A VP*
☐ C		2. Cast—BWD Hip Circle	☑ *No—B VP*
☐ D		• Cast Min 20° below HOR	☑ *Yes—B* In bar Circles = A*
☐ E		3. Tap swing - Counterswing	☑ *Yes—B* Cast HS = A*
		• Hips Min 45° below HB-both sides	☑ *Yes—A Salto Dismount*
		4. HB Dismount	*(Allowed, not required)*
			☑ *No—Run out kip for SR1*

BALANCE BEAM

Allow	VP	W up time = 1:00m / Routine time = 1:00m	Rules
☑ X	5	1. Min 1/2 (180°) turn 1-foot	☑ *Yes—X-Skills = A*
☑ A		2. Leap / Jump—Min. 90° split	☑ *Yes—A Acro Non-Flight*
☑ B*		• Isolated or in Series	☑ *Yes—B* Acro Non-Flight = A*
☐ C		3. Acro VP—Move Thru / Achieve VER	☑ *No—Acro Flight*
☐ D		• If HS—No hold required; Must mark VER	☑ *Yes—B* Dance = A*
☐ E		w legs joined	☑ *Yes—A Salto/Aerial Dismount*
		4. Dismount	*(Allowed, not required)*
		• No Jumps	☑ *Yes—Acro Mt may fulfill Acro SR*

FLOOR EXERCISE

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

LEVEL GOLD (GN)

6 years & up	SV: 10.0	Bonus

VAULT

Run—FHS
Run—½ on (¼—¼) on, Repulsion off
- 9.5 SV - Alternate Tramp Board
- Speed thru out evaluated
- Landing evaluated

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

UNEVEN BARS

Allow	VP	W up time = 1:00m	Rules
☑ X	6	1. Squat / Straddle / Stoop on ➤ Jump to HB	☑ *Yes—HB*
☑ A		OR	☑ *Yes—X-Skills = A*
☑ B*		1. Squat / Straddle / Stoop Circle ➤ Jump to HB	☑ *Yes—A VP*
☐ C		• FWD / BWD circle	☑ *No—B VP*
☐ D		2. Cast or VP—Min HOR	☑ *Yes—B* In bar Circles = A*
☐ E		3. 360° Circle VP	☑ *Yes—B* Cast HS = A*
		4. HB Dismount	☑ *Yes—A Salto Dismount*
			(allowed, not required)

BALANCE BEAM

Allow	VP	W up time = 1:00m / Routine time = 1:00m	Rules
☑ X	6	1. Min 1/1 (360°) turn 1-foot	☑ *Yes—X-Skills = A*
☑ A		2. Leap/Jump—Min 90° split	☑ *Yes—A Acro Non-Flight*
☑ B*		• Isolated or in Series	☑ *Yes—B* Acro Non-Flight = A*
☐ C		3. Acro VP—(2) Acro—(1) thru VER	☑ *Yes—B* Acro Flight = A*
☐ D		• If HS—No hold required; Must mark VER	☑ *Yes—B* Dance = A*
☐ E		w legs joined	☑ *Yes—A Salto/Aerial Dismount*
		• Isolated or in Series	*(Allowed, not required)*
		4. Dismount	☑ *Yes—Acro Mt may fulfill Acro SR*
		• No Jumps	

FLOOR EXERCISE

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

Level Requirements—5N-6N

LEVEL 5N

6 years & up	SV: 10.0	Bonus—None

VAULT

FHS
½ on (¼—¼)
RO Entry-FF
- Speed thru out evaluated
- Evaluation stops w foot/back touch (may miss feet and go to back)
- FHS MUST touch feet first

☑ *Resi type mat stack height—Min 24in / 60cm - Max 56in / 140cm includes CLM—Min 4in / 10cm*
☑ *No—Alternate Tramp Board*

UNEVEN BARS

Allow	VP	W up time = 1:00m	Rules
☐ X		1. 360° In Bar Circle VP	☑ *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	☑ *Yes—D* Stalder HS = A*
		3. 2nd Cast—Min HOR	☑ *Yes—B* Cast HS = A*
		4. A HB Salto Dismount	☑ *(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		
☐ E		3. Acro—Any B Acro VP		☑ *Yes—Salto/Aerial Dis ↑1/2*
		4. Min A Salto/Aerial Dismount		☑ *Yes—Acro Mt may fulfill Acro SR*

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)
RO Entry-FF
- Evaluation stops w foot/back contact
- Not required to touch feet prior to landing on back
- FHS MUST touch feet first

☑ *Table-Max 135 cm—Manufacturer setting*
☑ *Behind table resi-type mat stack Min 32in / 80cm - Max 64in / 160cm includes CLM—Min 4in / 10cm*
☑ *Yes—Pit Pillow top mat allowed*

UNEVEN BARS

Allow	VP	W up time = 1:30m	Rules
☐ X		1. 360° In Bar Circle VP	☑ *Yes—A VP*
☑ A	4	• Clear / Stalder / Pike Sole	☑ *Yes—B VP*
☑ B	2	• 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	4	2. Leap / Jump—Min 150° split		☑ *Yes—Acro Flight*
☑ B	2	• 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		☑ *Yes—Acro Mt may fulfill Acro SR*
		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	4	• (1) Min 150° split		☑ *Yes—Acro Flight*
☑ B	2	• 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)*
			☑ *No—Run out kip for SR1*

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	☑ *Yes—(1) C Acro = B*
☑ C*		3. Acro—(2) Acro Non-Flight	☑ *Yes—C* Dance = B*
☐ D		• (1) thru VER	☑ *Yes—Salto/Aerial Dismount*
☐ E		• Isolated or in Series	☑ *Yes—Acro Mt may fulfill Acro SR*
		OR	
		3. Acro VP—(1) B Acro VP	
		• Isolated or in Series	
		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	6	• (1) Min 150° split	☑ *Yes—Acro Flight*
☑ B	1	• Direct or Indirect	☑ *Yes—Salto/Aerial*
☑ C*		2. Acro pass—Min (2) Acro Flight	☑ *Yes—(1) C Acro = B*
☐ 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	☑ *Table-Max 135 cm—Manufacturer setting*
½ on (¼—¼)	
RO Entry-FF	☑ *Resi-type mat stack height—Min 32in / 80cm - Max 64in / 162cm includes CLM—Min 4in / 10cm*
• Evaluation stops w foot/back contact	
• Feet not required to touch prior to landing on back	
• FHS MUST touch feet first	☑ *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	4	‣ Clear / Stalder / Pike Sole	☑ *Yes—B VP*
☑ B	3	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	4	2. Leap / Jump—Min. 180° split	☑ *Yes—Acro Flight*
☑ B	3	• 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	☑ *Yes—Acro Mt may fulfill Acro SR*
		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	4	• (1) Min 180° split	☑ *Yes—Acro Flight*
☑ B	3	• 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: 9.90 + 0.1 C VP (Dance or Acro)**

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 pirouette VP's = B (Not counted as part of (2) C VP = B)*
☑ D*		‣ Separate from SR #1	
☐ E		4. Min A 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	☑ *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 (1) D* BWD LO-SO = B*
☑ C*		3. Acro Series—Min (2) Acro Flight	
☑ D*		• Direct	☑ *Yes—C* Dance = B*
☐ E		OR	☑ *Yes—Salto/Aerial Dismount*
		3. Acro Series—Min (1) Acro Non-Flight	☑ *Yes—Acro Mt may fulfill Acro SR*
		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 (Not counted as part of (1) D/E VP = B)*
☑ C*		3. Additional 'B' VP	
☑ 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	☑ *Yes—Acro Mt may fulfill Acro SR*
		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. 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	
☑ D*		2. Mixed Series—Min (1) Leap/Jump—Min 180° split	☑ *Yes—D/E* Dance = C*
☑ E*		AND (1) Min A Acro	☑ *Yes—Salto/Aerial Dismount*
		‣ Direct	☑ *One (1) VP may fulfill more than one (1) SR unless specified (NCAA)*
		3. Acro Series—Min (2) B Acro Flight/Salto	
		‣ Direct	☑ *Yes—Acro Mt may fulfill Acro SR*
		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	
☑ E*		• Direct or Indirect	☑ *Yes—D/E* Dance = C*
		• Same / Different	☑ *SR3 separate from SR1*
		3. Additional Dance—Min C	☑ *SR4 separate from SR2*
		• Isolated or in Series / Mixed Series	☑ *One (1) VP may fulfill more than one (1) SR unless specified (NCAA)*
		4. Acro Pass—Min (2) Acro Flight / Salto	
		• (1) Min B Salto	
		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	☑ *Yes—Acro Mt may fulfill Acro SR*
☑ 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 (180º) turn, FWD salto, considered FWD salto element

COURTESY SCORE

- Min Courtesy Score = 5.00

D / E VP

- 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 REQUIREMENT

- 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

REPEAT SAME VP CREDIT—UB / BM / FX

- 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*

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 VP

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

Element Rules Clarifications

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

VP VALUES

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

VALUE PART (VP) x 2

- 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

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
- ☑ B
- ☑ C*
- ☐ D
- ☐ E

LEVEL ORDER

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

Fall Times Clarifications

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.

VT & UB 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 amp. 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

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"

BM & FX Event Rules Clarifications

BM RULES CLARIFICATIONS

BM MOUNT VP

- All mounts = A-VP if not listed in Table
- May count as Acro SR-4N-10N, provided mount is designated an "Acro Mt"

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

BM / FX REQUIRED SR SPLIT

- SR Split element not within 45° of required split, award A VP, no SR

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 COACH 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*

BM / FX STAG LEG POSITION VP

- Any stag-leg position in a Leap/Jump may not fulfill an SR requiring Split

Level Rules Clarifications

LEVEL RULES CLARIFICATIONS
UB—CAST: 6N / PN / 7N / 8N / DN / 9N / 10N
• Refer to specific Level Casting Amplitude Charts for level deductions
UB—CAST BEFORE VP: 7N / PN / 8N
• No cast amplitude deductions prior to: •**B—503:** HB Swing 1/2 (180º) flight BWD over LB
UB—CAST BEFORE VP: 8N
• No cast amplitude deductions prior to: •**B—705b:** HB Pike Sole 1/2 (180º) turn over LB •**B—406:** HB Long swing FWD 1/2 (180º) turn over LB
UB—CAST-DISMOUNT: 1N-GN
• UB Skill X-201 Cast-Hips leave bar PLUS any allowable dismount = two (2) A VP
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—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—EXTRA SWINGS: 5N-10N
• Swings considered "extra" when the swing does not result in a skill = 0.30 deduction
UB—STRADDLE BACK: ALL LEVELS
• 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: ALL LEVELS
• In-bar circle VP w 1/2 turn on same side of bar, short of upswing HS (HOR—21º) = B VP • Circle VP w 1/2 turn on short side of bar, (HOR—21º) = A VP

LEVEL RULES CLARIFICATIONS
UB—GLIDE KIP / VARIATION: PN / 4N
• Run-out Glide does not fulfill this SR
UB—GLIDE SWING / GLIDE VARIATION: 3N
• Any X-skill or A VP that contains a glide action
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/9N10N
• Tap swing - counterswing is not a VP • Considered an Extra Swing
UB—X-802 SWING 1/2 TURN DISMOUNT: 4N/GN
Deduct .10 if hand does not re-contact HB prior to release

UB—Bonus Principles

CONNECTION VALUE BONUS — 9N/10N

	+0.1	+0.2
DIRECT — 10N *Includes Mounts/ Dismounts*	**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 *Includes Mounts/ Dismounts*	**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

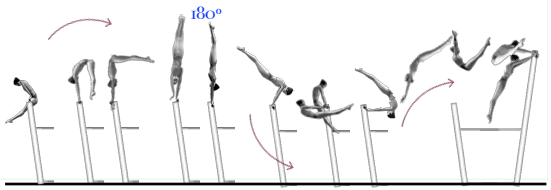
VP in Table of Elements displays either REL symbol or Turn degree symbol-any degree

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			

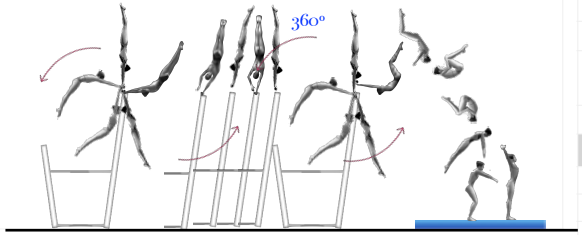
Cast HS 1/2→ 'C' + Hecht to HB→ 'C'



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			

Giant 1/1 → 'D' + 2/1 Salto → 'C'



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	DV Same bar 'D' REL OR '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/Flight in either VP	Ø	CC+-same VP = No Turn OR Flight in either VP
+0.1	CC-different VP = Turn OR Flight in one (1) VP	+0.1	CC+-different VP = Turn OR Flight in one (1) VP
+0.2	CC-same VP = Turn OR Flight in both VP	+0.1	CC+-same VP = Turn OR Flight in both VP
+0.2	CC-different VP = Turn OR Flight in both VP	+0.1	CC+-different VP = Turn OR 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 OR Flight in either VP	Ø	CC-same VP = No Turn OR Flight in either VP
+0.1	CC-different VP = No Turn OR Flight in either VP	Ø	CC-different VP = No Turn OR Flight in either VP
+0.1	CC-different VP = Turn OR Flight in one (1) VP	Ø	CC-different VP = Turn OR Flight in one (1) VP
+0.2	CC-same VP = Turn OR Flight in both VP	+0.1	CC-same VP = Turn OR Flight in both VP
+0.2	CC-different VP = Turn OR Flight in both VP	+0.1	CC-different VP = Turn OR Flight in both VP
+0.2	CD+ = *(Treat as CC-different VP)*	+0.1	CD+-different VP = No Turn OR Flight in either VP
+0.2	DD+ = *(Treat as CC-different VP or CC-same VP)*	+0.1	CD+-different VP = Turn OR Flight in one (1) VP
		+0.1	CD+-different VP = Turn OR Flight in both VP
		+0.2	DD+-same VP = No Turn OR Flight in either VP
		+0.2	DD+-different VP = No Turn OR Flight in either VP
		+0.2	DD+-same VP = Turn OR Flight in both VP
		+0.2	DD+-different VP = Turn OR Flight in one (1) VP
		+0.2	DD+-different VP = Turn OR Flight in both VP
+0.3	**Max CV Bonus**	**+0.5**	**Max CV Bonus**
	('D/E' VP = 'C' for CV bonus award rules)		
GENERAL SV & 'E' BONUS			
9.7	Beginning SV *(full VP difficulty)*	9.4	Beginning SV *(full VP difficulty)*
+0.3	CV AND / OR DV total Bonus award	+0.6	CV AND DV total Bonus award
	(+0.1 DV and +0.2 CV OR +0.3 CV)		*(+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

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

UB—Bonus Examples

EXAMPLE 1: CCD

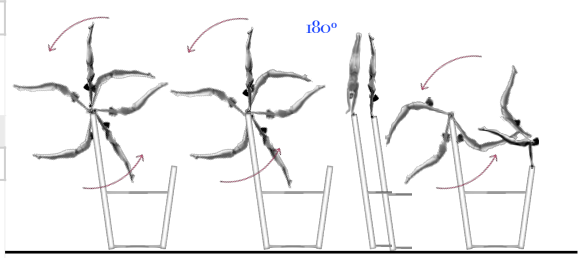
Giant FWD→ 'C' + Giant FWD 1/2→ 'C' + Pak Salto→ 'D'

Total	DV	CV	XCV
Level 10N			
+0.2	+0.1	+0.1	

- 'D' VP = +0.1
- 'CC' = Ø *(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

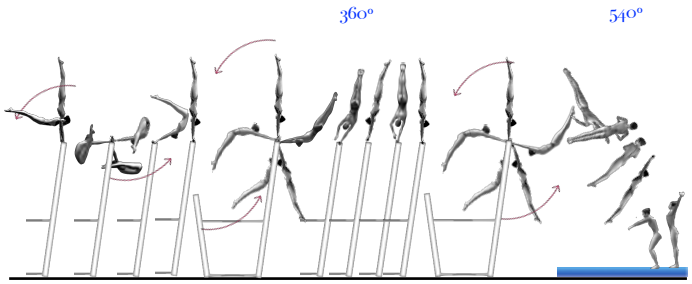
Stalder BWD→ 'D' + Giant BWD 1/1→ 'D' + BWD LO 1-1/2→ 'C'

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 = Ø *(max 0.1 DV)*
- 'DD' → 'CC' = +0.1
- 'DC' → 'CC' = +0.2



EXAMPLE 3: CD

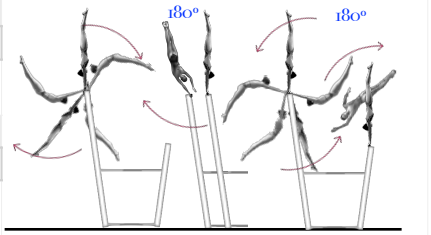
Giant 1/2→ 'C' + HS-Bail 1/2 LB HS→ 'D'

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)*

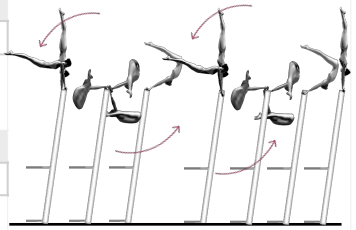
Stalder HS→ 'D' x 2

Total	DV	CV	XDV
Level 10N			
+0.3	+0.1	+0.2	

- 'D' VP = +0.1
- 'D' VP = Ø *(only once)*
- 'DD' = +0.2

Level 9N			
+0.2	+0.2		

- 'D' VP = +0.1
- 'D' VP = Ø *(max 0.1 DV)*
- 'DD' = +0.2 *(exception)*



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

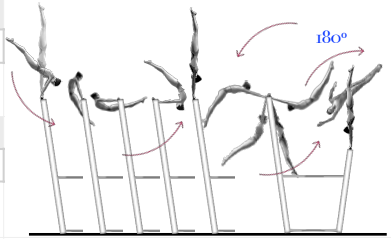
Clear hip HS→ 'C' + Overshoot HS→ 'D'

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)*

Clear hip HS→ 'C' + Delchev Pike→ 'E' + Pak REL→ 'D'

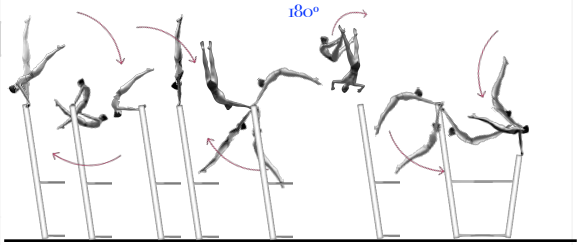
Total	DV	CV	XDV
Level 10N			
+0.7	+0.4	+0.3	+0.1

- '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 = Ø *(max 0.1 DV)*
- 'CE' → 'CC' = +0.1
- 'ED' → 'CC' = +0.2



EXAMPLE 7: CD *(Ø Turn/Flight) (Different)*

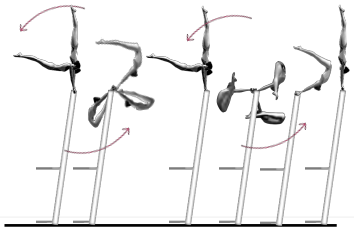
Pike Sole HS→ 'C'+ Stalder HS→ 'D

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)*

Tkatchev → 'D'

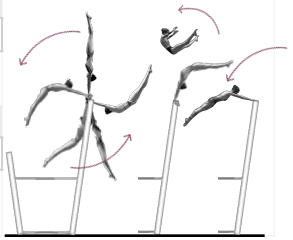
Total	DV	CV	XDV
Level 10N			
+0.2	+0.2		

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

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
+0.5	+0.2	+0.2	+0.1	**RO-FF Mount + FF + LO-SO→ DBD**
				•DBD→ DBC = +0.2 | D = +0.1 | D = +0.1 | (3) Acro = +0.1
+0.4	+0.1	+0.2	+0.1	**FF + LO-SO + LO-SO→ BDD**
				•BDD→ BCC = +0.2 | 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	+0.2	+0.1	**FWD Aerial + FF + LO-SO→ DBD**
				•DBD→ CBC = +0.2 | 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*	~~+0.1~~	~~*BC = Yes mounts*~~—*9N only*
Ø	AD+ = Yes mounts → *Treat as AC*	+0.1	AD+ = Yes mounts
+0.1	BBC = Yes mounts/dismounts	+0.1	BBC = Yes mounts/dismounts
+0.2	CC = Yes mounts	+0.2	CC = Yes mounts
+0.1	BD+ = Yes mounts → *Treat as BC*	+0.2	BD+ = Yes mounts
+0.2	DD+ = Yes mounts → *Treat as CC*	+0.2	DD+ = Yes mounts
+0.2	BCC+ = Yes mounts/dismounts	+0.2	BCC+ = Yes mounts/dismounts
+0.1	BBD+ = Yes mounts/dismounts → *Treat as BBC*	+0.2	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	$B^{A}C^{DT}$ = Flight not required	+0.1	$B^{A}C^{DT}$ - Flight not required
+0.1	$C^{D}C^{DT}$ = Flight not required	+0.1	$C^{D}C^{DT}$ - Flight not required
+0.3	Max CV Bonus	+0.5	Max CV Bonus
	('D/E' VP = 'C' for CV bonus award rules)		
GENERAL SV & 'E' BONUS			
9.7	Beginning SV *(full VP difficulty)*	9.4	Beginning SV *(full VP difficulty)*
+0.3	CV AND / OR DV total Bonus award	+0.6	CV AND DV total Bonus award
	(+0.1 DV and +0.2 CV OR +0.3 CV)		*(+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
- VP performed in direct connection for CV Bonus
- Award DV for VP regardless of prior VP fall/spot *(not awarded DV)* on prior eligible VP
- Award DV bonus once per VP, Ø if fall/spot
- Award DV for Dance or Acro 'D' VP only 1x
- Award 2x CV for same VP if performed in different order

BM—Bonus Examples

EXAMPLE 1: BBD *(3-Acro)*

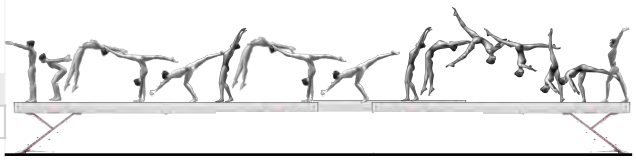
FF→ 'B' + FF→ 'B' + LO-SO→ 'D'

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



EXAMPLE 2: CBC *(3-Acro)*

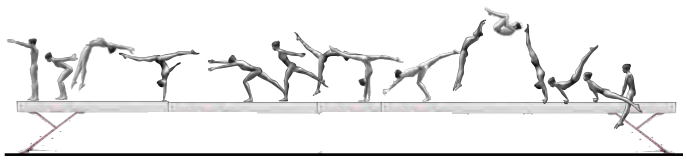
FF 1-arm→ 'C' + Gainer FF→ 'B' + Tuck Open Swing down→ 'C'

Total	DV	CV	XDV
Level 10N			
+0.3		+0.2	+0.1

- 'D' VP = Ø
- 'CBC' = +0.2
- (3) Acro = +0.1

Level 9N			
+0.3		+0.2	+0.1

- 'D' VP = Ø
- 'CBC' = +0.2
- (3) Acro = +0.1



EXAMPLE 3: CA *(Turns)*

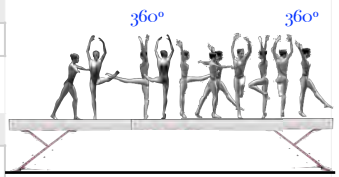
1/1 'L' Turn→ 'C' + 1/1 Turn→ 'A'

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



EXAMPLE 4: BC *(Acro + Dismount)*

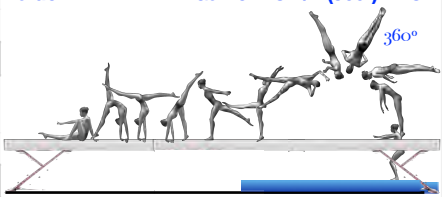
Valdez→ 'B' + BWD Gainer LO 1/1 (360°)→ 'C'

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



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

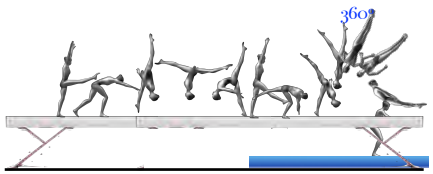
FWD Aerial→ 'D' + FWD Gainer LO 1/1 (360°)→ 'C'

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



EXAMPLE 6: DBB *(Mixed)*

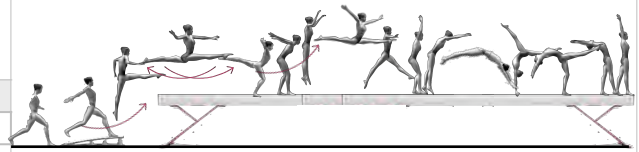
Switch leap Mount→ 'D' + Split Jump→ 'B' + Flyspring SO→ 'B'

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



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

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

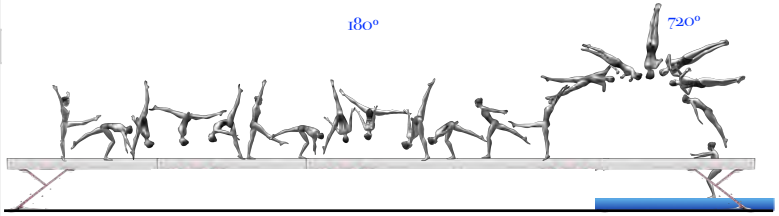
Total	DV	CV	10.1
Level 10N			
+0.8	+0.4	+0.3	+0.1

- 'E' VP = +0.2
- 'D' VP = +0.1
- 'D' VP = +0.1
- 'DD' = +0.2 *(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



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^SC^S+ A/B^SA/B^SC^S B^SC^S	B^SD^S+ $A^SA^SD^S$+ C^SC^S A^SE^S	C^SD^S+
ACRO DIRECT	***Saltos & Aerials***	A^SC^S B^SB^S $A^SA^SC^S$	$A^SA^SD^S$ A/B^SD^S+ B^SC^S+	C^SC^S+
DANCE/MIXED		BD+ CC D^SA^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	+0.5	Max DV Bonus
	(Award DV bonus once per VP, Ø if fall/spot)		*(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^SC^S+	+0.1	A^SD^S+
+0.1	$A^SA^SC^S$	+0.1	$A^SA^SC^S$
+0.1	B^SC^S	+0.1	B^SC^S
+0.1	B^SD^S+ → *Treat as BC*	+0.2	B^SD^S+
+0.1	$A^SA^SD^S$+ → *Treat as AAC*	+0.2	$A^SA^SD^S$+
+0.2	C^SC^S	+0.2	C^SC^S
+0.1	A^SE^S → *Treat as AC*	+0.2	A^SE^S
+0.2	C^SD^S → *Treat as CC*	+0.3	C^SD^S
	Acro (saltos) Direct		**Acro (saltos) Direct**
+0.1	A^SC^S	+0.1	A^SC^S
+0.1	B^SB^S	+0.1	B^SB^S
+0.1	A^SD^S+ → *Treat as AC*	+0.2	A^SD^S+
+0.2	B^SC^S+	+0.2	B^SC^S+
+0.3	C^SC^S+	+0.3	C^SC^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^SA^J → *Treat as CA*	+0.1	D^SA^J
+0.3	Max CV Bonus	+0.5	Max CV Bonus
	('D/E' VP = 'C' for CV bonus award rules)		
GENERAL SV & 'E' BONUS			
9.7	Beginning SV *(full VP difficulty)*	9.4	Beginning SV *(full VP difficulty)*
+0.3	CV AND / OR DV total Bonus award	+0.6	CV AND DV total Bonus award
	(+0.1 DV and +0.2 CV OR +0.3 CV)		*(+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

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)*

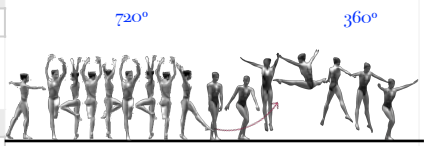
2/1 turn→ 'C' + Popa→ 'C'

Total	DV	CV	XCV
Level 10N			
+0.1		+0.1	

•'CC' = +0.1

Level 9N			
+0.1		+0.1	

•'CC' = +0.1



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

EXAMPLE 2: CB *(Direct)*

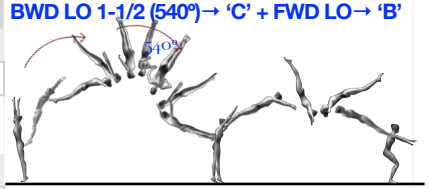
BWD LO 1-1/2 (540°)→ 'C' + FWD LO→ 'B'

Total	DV	CV	XDV
Level 10N			
+0.2		+0.2	

•'CB' = +0.2

Level 9N			
+0.2		+0.2	

•'CB' = +0.2



EXAMPLE 3: DD

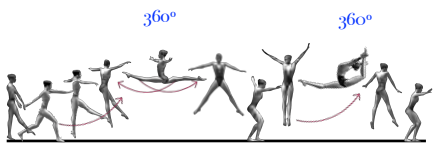
Switch leg 1/1→ 'D' + Split jump Ring 1/1→ 'D'

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



EXAMPLE 4: AD *(Last Pass)*

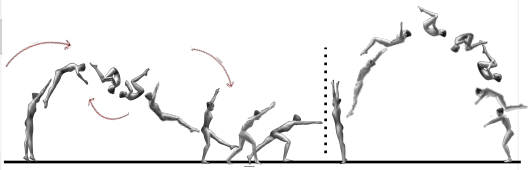
FWD Tuck SO→ 'A' + 2/1 Tuck→'D'

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)*

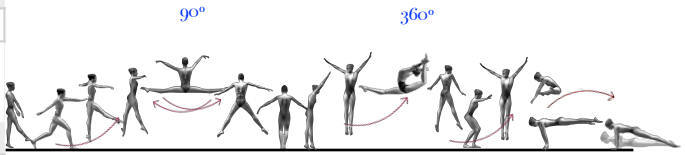
Switch 1/4→ 'C' + Split Ring 1/1→ 'D' + Straddle 1/2 prone→ 'B'

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

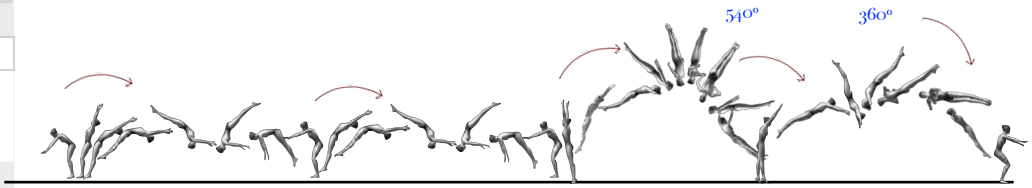
Whip→ 'A' + Whip→ 'A' + 1-1/2→ 'C' + FWD LO 1/1→ 'C'

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



VT Deductions

VAULT DEDUCTIONS

FIRST FLIGHT

	FEET / LEGS
↑0.10	Poor foot form
↑0.10	Crossed legs
↑0.20	Separated legs
↑0.30	Bent knees
	BODY POSITION
↑0.10	Neutral head position—Lack of
↑0.20	Stretch position—Excessive Arch
↑0.30	Stretch position—Hip angle
	TIMING
	ARMS / HANDS / HEAD
	EXACTNESS
↑0.30	Incomplete LA turn
0.20	Lack 2-ft simultaneous board contact

VOID VT Score = 5.0 *= Vault performed, does not return to board*

Extra Board Contacts *= Additional jumps on board/tramp = -0.30 each*

SUPPORT/REPULSION

	FEET / LEGS
↑0.30	Bent knees
	BODY POSITION
↑0.10	Neutral head position—Lack of
↑0.20	Stretch position—Excessive Arch
↑0.30	Stretch position—Hip angle *(136°-179°)*
↑0.20	Shoulder Angle
	TIMING
↑0.30	Prescribed LA turn begun too early
↑0.30	Early tuck in repulsion—Salto VT
	ARMS/HANDS/HEAD/BODY/FEET
↑0.10	Staggered / Alternate hands—All VT**
↑0.20	Alternate repulsion—All VT**
0.30	Simultaneous hops w both hands
0.10	Steps/hops w hands each *(Max 0.30)*
↑0.50	Arms bent *(Slight bend lead arm Tsuk VT OK)*
1.00	Touch w/one hand
VOID	No hand contact on Table
2.00	Head touch-support *(0.5 bent arms included)*
	EXACTNESS
↑0.30	Fail to pass thru VER
↑0.30	Too long in support *(L8/D/9/10 no salto VT)*

*****Do not apply to Tsukahara on, Yurchenko 1/2 on or 1/4-1/2 HS twist on VT's***

Balk *= All levels: Vault attempt falls back to board = No score awarded*

SECOND FLIGHT

	FEET / LEGS
↑0.10	Poor foot form
↑0.10	Crossed legs
↑0.20	Separated legs
↑0.30	Bent knees
	BODY POSITION
↑0.10	Neutral head position—Lack of
↑0.30	Stretch position—Excessive Arch
↑0.30	Stretch position—Hip angle *(136°-179°)*
↑0.30	Insufficient Tuck / Pike position
↑0.30	Fail to maintain stretch—Pike down
	TIMING
↑0.30	Late completion of twist—Salto VT
↑0.20	Insufficient / late extension—Tuck / Pike
0.30	Total absence of extension—Tuck / Pike
↑0.10	Under rotation—Salto VT
	ARMS / HANDS / HEAD
0.20	Brush/Hit body on Table end/Mat stack
	EXACTNESS
↑0.10	Exactness of LA turn
↑0.50	Insufficient height
↑0.30	Insufficient distance

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

LANDING

	FEET / STEPS (See Chart p30)
0.05	Feet→ Land hip-width or < —Never join *(stuck landing only)*
0.10	Feet→ Land > than hip-width apart *(stuck landing only)*
↑0.10	Slight hop→ Feet adjust—Feet staggered
0.10	Small step→ Each *(entire foot lifts/slides)* *(Max 0.40)*
↑0.15	Medium step→ Each
0.20	Large Step—Jump *(Approximately 3-ft)*
	ARMS / TORSO
↑0.10	Arm swings→ For balance *(stuck landing only)*
↑0.20	Trunk movements→ For balance
↑0.20	Poor body posture→ On landing
↑0.30	Squat on landing *(see Chart p30)*
	PERFORMANCE
↑0.30	LA Turn incomplete *(see Chart p30)*
↑0.30	Deviate from straight direction
↑0.50	Dynamics
	FALLS / TOUCHES
↑0.30	Brush / Touch w hand(s)→ No support
0.50	Fall / Support on 1 or both hands
0.50	Fall against VT table
0.50	Fall off / Against Mat stack
1.00	Fail to land bottom of feet first *(if required)*
VOID	Land on table top *(in any position)*
	SPOT / COACH
0.50	Spot assist: 1N-10N→ Landing
1.00	Spot assist: 2N-5N→ During VT *(Not incl. landing)*
1.00	Spot assist: 6N-7N→ Between board / table
1.00	Spot assist: PN/8N→ Post-flight *(Salto VT only)*
0.50	Coach: 8N-10N→ Between board / table *(Except YU/FH—No Penalty)*
VOID	Spot assist: DN-10N→ During VT

CHIEF JUDGE

VOID	No Safety Zone Mat—YUR / FHS
0.30	Incorrect apparatus specs
0.20	Exceed W-up time *(After warning)*
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 *each*
0.20	Incorrect attire/jewelry *(after 1st warning)*
Term	Exceed fall time—End VT

SPECIFIC TO LEVEL

	1N-3N
↑0.30	Lack accelerated run
↑0.30	Body lean—board contact
	1N-5N
↑0.50	Speed thru out
Ø	Height deduction
	1N-5N
↑0.50	Speed thru out
Ø	Height deduction
	2N/BN
↑0.30	Fail→ Finish/
	SN/3N/4N
1.50	Hit Mat Stack before Landing Mat
	PN
↑0.30	Too long in support *(PN VT only)*
	5N-7N
1.00	Fail to land top of resi
	6N-7N
↑0.30	Lack of Rotation
Ø	Distance Deduction

UB Deductions

ALL LEVELS — UNEVEN BAR DEDUCTIONS

	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 p29)*
↑0.20	Amplitude→ Elements
↑0.20	Angle→ Turns in HS / Turns after HS *(Healy) (see Chart p29)*
↑0.20	Amplitude→ Casts *(6N / PN / 7N/ / DN) (see Chart p29)*
↑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 p29)*
↑0.30	Amplitude→ In-bar Circles *(5N - 10N) (see Chart p29)*
	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*
	PREPARATION / COMPLETION
↑0.10	Touch, brush apparatus / mat→ Foot/feet
0.20	Hit apparatus→ Foot/feet
0.30	Hit mat→ Foot/feet
0.10	Uncharacteristic movement→ To complete VP
0.30	Grasp apparatus→ To avoid fall
0.30	Intermediate (extra) swing/cast *(Max 0.50 per occurrence) (5N - 10N)*
0.50	Full support on mat→ Foot/feet *(During routine)*
0.50	Spot assist→ Element *(No SR/VP/Bonus)*
	SPECIFIC EXECUTION
0.10	Dismount→ Land too close to bar
0.10	Fail to re-touch/grasp HB on 1/2 (180º) turn swing release dismount *(only X-802))*

GENERAL EXECUTION DEDUCTIONS — UB

	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 - 136º - 179°)*
↑0.20	Body shape exactness→ Stretched *(Pike down)*
↑0.30	Arms→ Bent in support
↑0.30	Knees→ Bent *(or Fail to Bend Knees 90º in Baby Giant)*
	LANDING EXECUTION
	FEET / STEPS ***(See Chart p30)***
0.05	Feet→ Hip-width or closer—Never join on dismount *(stuck landing only)*
0.10	Feet→ More than hip-width apart *(stuck landing only)*
↑0.10	Feet→ Adjust / Staggered—Slight hop
0.10	Step→ Small—Each *(entire foot lifts/slides) (max 0.40)*
↑0.15	Step→ Medium—Each
0.20	Step→ Large or jump
	ARMS / TORSO
↑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 p30)*
	PERFORMANCE
↑0.10	Deviation→ From straight direction
↑0.20	Incomplete→ Turn / twist *(see Chart p30)*
	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	Incorrect apparatus specs	0.50	Starts exercise before signal	0.30	Fail to remove board after mount *(5N-10N)*	0.20	Warm up on mat after fall *(no warning)*
0.30	Use of supplementary mats	0.20	Fail to begin w/in 30s of signal	0.20	Verbal cues by coach/team *(after warning)*	0.20	Incorrect attire/jewelry *(after 1st warning)*
0.20	Exceeds warm-up time *(After warning)*	0.50	3rd run approach—Mounts	0.20	Coach instructs gymnast during routine	0.20	Incorrect padding *(Heels/hips)*
0.10	Fail to present before/after routine—*each*	0.30	Board on unpermitted surface	Term	Exceeds fall time—End exercise	1.00	Short routine < 5 elements *(L6N-L10N only)*

BM / FX Deductions

ALL LEVELS — BM / FX DEDUCTIONS

BM	FX	TECHNICAL PERFORMANCE
↑0.10	↑0.10	Body position / alignment→ Dance
↑0.20	↑0.20	Legs not parallel to BM/FX→ 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 *(by level) (see Chart p30)*
↑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 *(open)* 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 *(not BWD flight)*
↑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 *(2s) → (Each time)*
0.20	0.10	Concentration pause *(+2s) → (Each time)*
0.50	0.50	Spot assist—Element *(No SR/VP/Bonus)*
BM	**FX**	**SPECIFIC EXECUTION**
0.10	-	Land too close to BM→ 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

	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 *(Stretched - Arch or Hip angle - 136-179°) (see Chart p30)*
↑0.20	Fail to maintain stretched body position *(Pike down) (see Chart p30)*
↑0.20	Incomplete turn/twist *(see Chart p30)*
↑0.30	Bent arms→ In support
↑0.30	Bent legs
	LANDING EXECUTION
	FEET / STEPS (See Chart p30)
0.05	Feet land hip-width or closer→ Never join heels on dismount *(stuck landing only)*
0.10	Feet land more than hip-width apart *(stuck landing only)*
↑0.10	Slight hop→ Feet adjust→ Feet staggered
0.10	Steps→ Each *(entire foot lifts/slides) (max 0.40)*
↑0.15	Medium step→ Each
0.20	Large step or jump→ 3 feet+ *(Max 0.40)*
	ARMS / TORSO
↑0.10	Arm swings→ For balance *(stuck landing only)*
↑0.20	Trunk movements→ For balance
↑0.20	Poor / incorrect body posture→ On landing
↑0.30	Squat→ On landing *(see Chart p30)*
	PERFORMANCE
↑0.10	Deviation→ From straight direction
	FALLS / TOUCHES
↑0.30	Brush/touch landing surface/supplemental matting w hand(s) or feet/foot
0.50	Spot assist→ On landing *(No SR/VP/Bonus)*
0.50	Fall or support on hand(s) on apparatus or mat
0.50	Fail to land on bottom of feet first→ Saltos / Aerials / Dismount→ Fall *(No VP/SR/Bonus)*

CHIEF JUDGE DEDUCTIONS — BM / FX

BM	FX	
0.30	-	Incorrect apparatus specs
0.30	0.30	Use of supplementary mats
0.20	0.20	Exceeds warm-up time *(After warning)*
0.10	0.10	Fail to present before/after routine—*each*
0.50	0.50	Starts exercise before signal *(Repetition)*

BM	FX	
0.20	0.20	Fail to begin w/in 30s of signal
0.50	-	3rd run approach—Mounts
0.30	-	Board on unpermitted surface
0.30	-	Fail to remove board after mount *(5N-10N)*
0.20	0.20	Verbal cues—Coach/team *(after warning)*
0.20	0.20	Warm up on mat after fall *(no warning)*

BM	FX	
0.20	0.20	Coach instructs gymnast during routine
0.20	0.20	Incorrect attire/jewelry *(after 1st warning)*
0.20	0.20	Excessive use of chalk
0.10	0.10	Overtime
1.00	1.00	Short routine < 5 elements *(6N-10N)*
-	Term	Exceeds fall time—End exercise

FX	
0.10	Fail to mark boundary line on mat
0.10	Exceeds FX boundary line
0.30	Coach on FX mat *(8N-10N)*
0.50	Music with lyrics/words
0.50	Absence of music

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) *(VP always awarded)* *(see Chart p29)*
↑0.30	↑0.30	↑0.30	Lack extension *(open)* 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 *(see Chart p30)*
-	↑0.20	↑0.20	Legs not parallel to BM / FX→ Split / Straddle / Pike
-	↑0.30	↑0.30	Relaxed / Incorrect footwork→ Thru out *(Non-VP)*
-	↑0.30	↑0.30	Relaxed / Incorrect / Insufficient→ Leg / Body position / Flexibility→ Thru out *(Non-VP)*
			AMPLITUDE
↑0.10	-	-	Amplitude→ Casts *(5N)*
↑0.20	-	-	Amplitude→ Casts *(6N / PN / 7N / DN)*
↑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 *(8N / 9N / 10N)*
↑0.30	-	-	Amplitude→ In-bar Circles *(5N - 10N)*

UB	BM	FX	ARTISTRY OF PERFORMANCE
			RHYTHM
-	0.10	0.10	Concentration pause *(2s)→ (Each time)*
-	0.20	0.10	Concentration pause *(+2s)→ (Each time)*
↑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 *(not BWD flight)*
-	↑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 *(Max 0.50 per occurrence)* *(5N-10N)*
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
0.10	-	-	Fail to re-touch/grasp HB on 1/2 (180º) turn swing release dismount *(only X-802))*
-	-	↑0.30	Poor relationship of Music / Movement→ Thru out
-	↑0.30	-	Direction of gainer dismount→ Off end of BM

GENERAL EXECUTION DEDUCTIONS

	GENERAL EXECUTION
	LEG / FOOT FORM
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 *(Stretched - Arch/Hip angle - 136º - 179°)* *(see Chart p30)*
↑0.20	Fail to maintain→ Stretch body position *(Pike down)*
↑0.20	Incomplete Turn / Twist *(see Chart p28)*

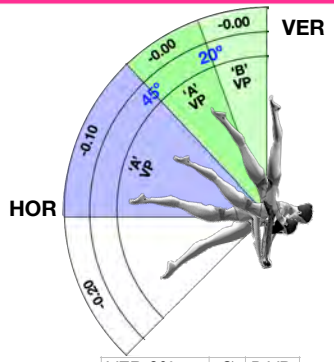
	LANDING EXECUTION
	FEET / STEPS (See Chart p30)
0.05	Feet land hip-width or closer→ Never join→ Dismount *(stuck landing only)*
0.10	Feet land more than hip-width apart *(stuck landing only)*
↑0.10	Slight hop / Feet adjust / Feet staggered
0.10	Steps→ Each (entire foot lifts/slides) *(max 0.40)*
↑0.15	Medium step→ Each
0.20	Large Step / Jump *(Max 0.40)*
	ARMS / TORSO
↑0.10	Arm swings→ For balance *(stuck landing only)*
↑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 *(see Chart p30)*
	FALLS / SPOT
0.50	Fall / Support on hand(s)→ On Apparatus / Mat
0.50	Spot assist→ Landing
0.50	Spot assist→ Element *(No SR/No VP/No Bonus)*
0.50	Fail to land bottom of feet first→ Saltos / Aerials / Dismount *(Fall)* *(No SR/VP/Bonus)*

CHIEF JUDGE DEDUCTIONS — UB / BM / FX

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

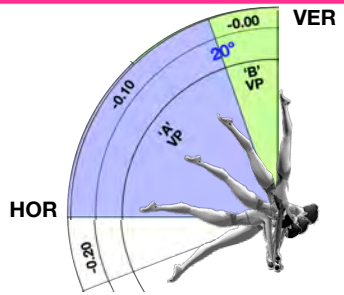
UB Cast, Swing, Circle Angles

6N, PN, 7N CASTING



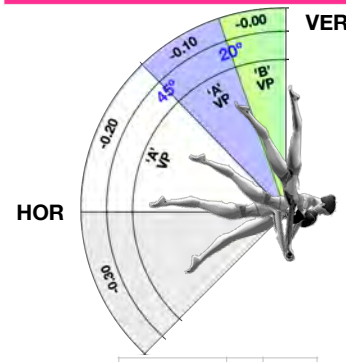
VER-20°	Ø	B VP
21°-45°	Ø	A VP
46°-HOR	-0.1	A VP
Below HOR	-0.2	A VP

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

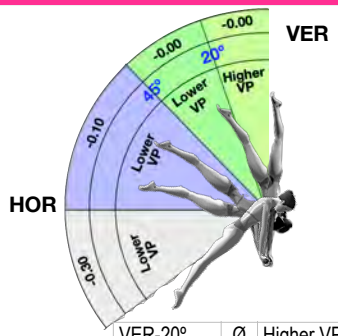
- **B—705b:** HB Pike Sole 1/2 (180°) turn over LB
- **B—406:** HB Long swing FWD 1/2 (180°) turn over LB

7N/PN/8N

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

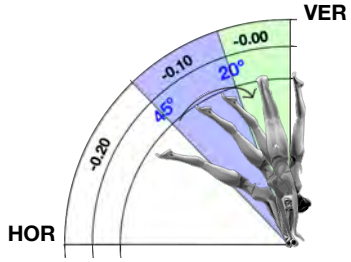
***NOTE**: Levels w cast/circle angle requirements = A VP for any attempt not attaining higher VP*

5N—10N CLEAR HIP/PIKE/STALDER CIRCLE



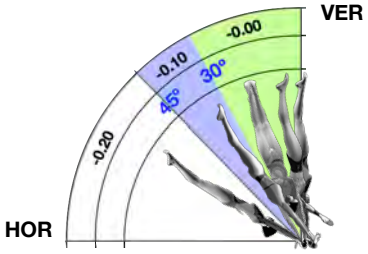
VER-20°	Ø	Higher VP
21°-45°	Ø	Lower VP
46°-HOR	-0.1	Lower VP
Below HOR	-0.3	Lower VP

TURNS IN HANDSTANDS



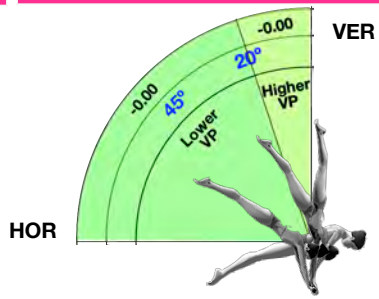
VER-20°	Ø	VP
21°-45°	-0.1	VP
46°-HOR	-0.2	VP
VP always awarded		

1/1 TURN AFTER HS (Healy)



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

FLIGHT TO HS HB ➤ LB



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

BAR GRIPS

Most Popular Grips

Regular/Over—Both over grip, palms face down
Reverse/Under—Both under grip, palms face up
Mixed—(1) hand regular (1) hand reverse
Cross Mixed—Mixed grip w (1) arm crossed over
'L' /El (Eagle)—360° twist from under, thumbs out
Mixed 'L'—(1) hand reverse, (1) hand 'L'

BAR TURNS

Most Popular Bar Turn techniques

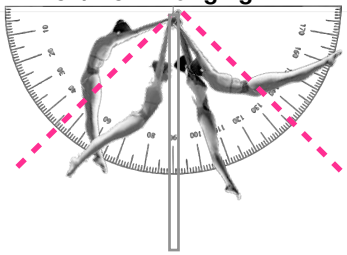
Regular—(2) hand changes, (1) before, (1) after HS
Healy—360° turn, 1-arm, after HS; finishes Mixed-'L'/'L'; prior skill has (1) hand in under grip
Higgins—Leads w back of body; 1-hand does not move; finishes Mixed 'L'/'L'; usually next element is FWD Giant
Blind—BWD Giant, 1/2 turn, completes near HS

IN-BAR DROP

Acceptable Arch or "Flair"

TAP SWING

45° / 45° ↓ Hanging VER



Leaps / Jumps Split, Turn Angles

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

TURN VP W / 1/2		LESS THAN 360º TURNING VP				1/1, 2/1, 3/1 TURNING VP			
An element does not change value w addition of 1/4 (90º) turn, unless a VP exists in NGA Technical Handbook									
Ø	0.05 - 0.20	Ø	0.05 - 0.20	Ø	Ø	Ø	0.05 - 0.10	0.15 - 0.20	Ø
Complete 180º 1/2 (180º) VP	Award credit for 1/2 (180º) VP	Complete 270º 3/4 (270º) VP	Award credit for 3/4 (270º) VP	Award credit for 1/2 (180º) VP	Award credit for 1/4 (90º) VP	Complete Higher VP	Short 1º - 44º Higher VP	Short 45º - 89º Higher VP	Short 89º + Lower VP
VP Applied									
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			

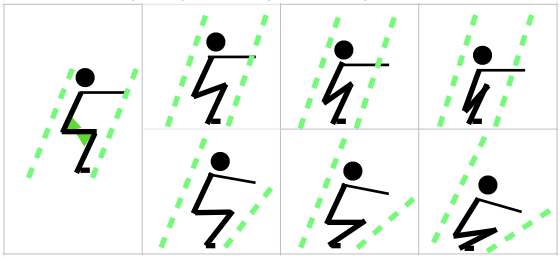
Landings, Body Positions

SQUAT—LANDINGS—↑0.30

0.00	-0.10	-0.20	-0.30

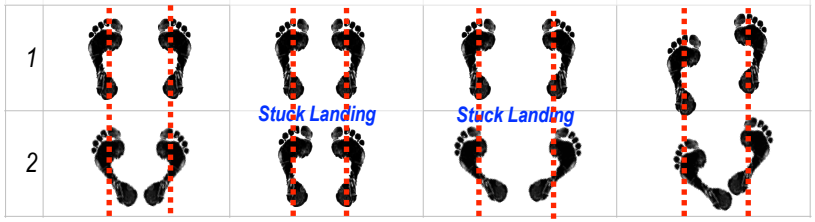
Represents lowest part of squat on landing

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



FEET—STUCK LANDINGS

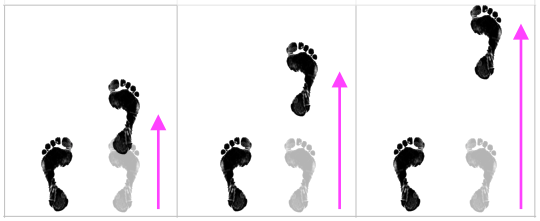
	0.00	-0.05	-0.10	-0.10
	Hip width-close	Hip width-no close	Wide-no touch	Staggered-touch



#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 (180º) 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

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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 — A—101
- B = 0.30 — B—101
- C = 0.50 — C—101
- D = +0.10 — D—101
- E = +0.20 — E—101

SYMBOLS

- Cannot fulfill SR requirement
- Former A VP
- Former B VP
- Former C VP
- Former D VP
- Former E VP

X-SKILLS BY LEVEL

- UB, BM, FX X-skills used by 1N-GN

ELEMENT CATEGORIES

- 100 - 400—VT
- 100 - 800—UB
- 100 - 900—BM
- 100 - 800—FX

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

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

2

- Non-turning HS required to hold 2s (unless stated)
- Turning HS NOT required to be held

MARK REQUIREMENTS

- Elements marked with this symbol are required to mark or hold 1 second

1

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

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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

L10N vault values mimic the NCAA Women's collegiate values

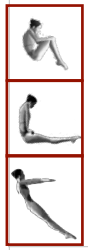
ELEMENT CATEGORIES

- 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 = < 90º hip angle / < 90º knee angle

Pike = < 90º 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

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

+0.1 BONUS

- 10.0 Vaults eligible for +0.10 Bonus Level 10N only—must be performed successfully, no spot/fall

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

TWIST COMPLETION

- Must be completed as stated, or another vault will be recognized
- Placement of front foot on landing determines completion of twist

TWO HANDS CONTACT REQUIRED

- All vaults (requiring repulsion) must be performed with repulsion from two hands off the vault surface

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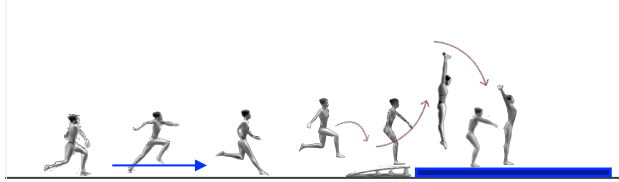
VAULT — LEVELS 1N, 2N/BN, SN, 3N, 4N, GN, 5N, 6N, 7N

1N—SV = 10.0—WU = :30s or Min 1 VT

Run—Stretch Jump



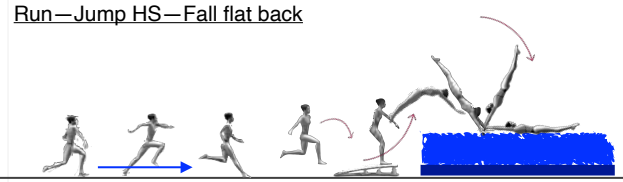
Run—Stretch jump

- 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

2N/BN—SV = 10.0—WU = :30s or Min 1 VT

SN—SV = 9.50—WU = :45s or Min 2 VT

Run—Jump HS—Fall flat back



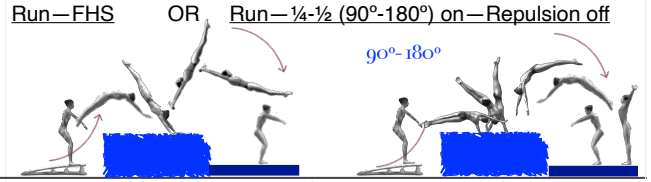
HS Flat Back Fall

- Landing surface—Min 16in / 40cm - Max 48in / 122cm—2N/BN
- Landing surface—Min 24in / 60cm - Max 56in / 142cm—SN 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

SN—SV = 10.0—WU = :45s or Min 2 VT

3N—SV = 10.0—WU = :45s or Min 2 VT

Run—FHS OR Run—¼-½ (90°-180°) on—Repulsion off

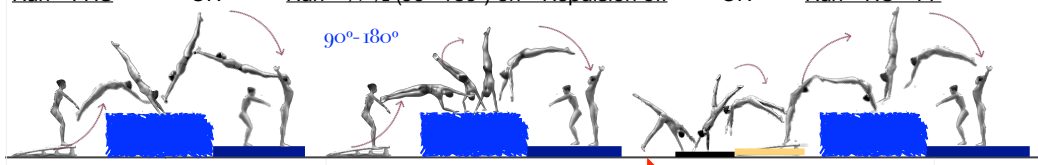


FHS ***Tsuk Timer***

- 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

Run—FHS OR Run—¼-½ (90°-180°) on—Repulsion off OR Run—RO—FF



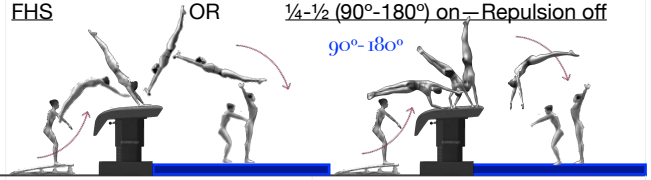
FHS ***Tsuk Timer*** ***Yurchenko Timer***

- 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

- Same as FHS / Tsuk timer PLUS
- Hand mat recommended
- Safety zone (collar) required

GN—SV = 10.0—WU = 1:00m or Min 2 VT

FHS OR ¼-½ (90°-180°) on—Repulsion off



FHS ***Tsuk Timer***

- 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

Run—FHS OR Run—¼-½ (90°-180°) on—Repulsion off OR Run—RO—FF

FHS to Stack ***Tsuk Timer to Stack*** ***Yurchenko Timer to Stack***

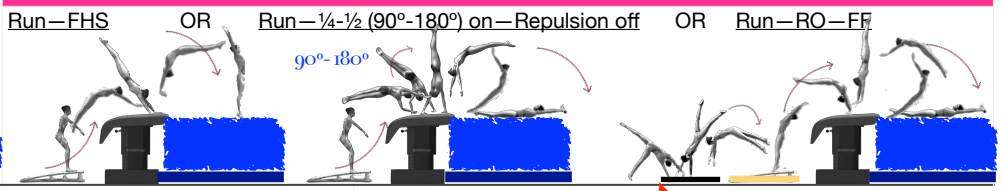
- Up to Resi—Min 24in / 60cm - Max 56in / 142cm includes CLM—Min 4in / 10cm
- Judging stops w/ foot / back contact (Tsuk / Yur may miss feet and go to back)
- Land stand or flat back (FHS MUST touch feet)
- Speed evaluated

- Same as FHS / Tsuk timer PLUS
- Hand mat recommended
- Safety zone (collar) required

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



FHS to Stack ***Tsuk Timer to Stack*** ***Yurchenko Timer to Stack***

- Over table—Mat stack—Max 64in / 162cm behind table includes CLM—Min 4in / 10cm
- Max 135 cm—Manufacturer setting
- Judging stops w/ foot / back contact
- Land stand or flat back (FHS MUST touch feet)

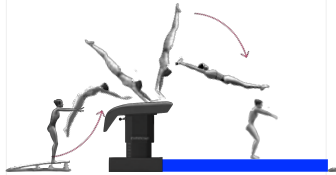
- Same as FHS / Tsuk timer PLUS
- Hand mat recommended
- Safety zone (collar) required
- Pit Pillow top allowed

Levels 2N/BN, SN, 5N, 6N, 7N: Required to have a safety mat at end of the resi / Mats NOT shown to scale

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

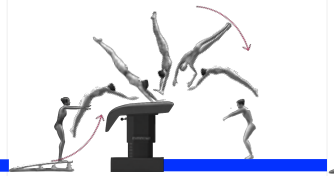
- ☑Max 135 cm—Manufacturer setting
- ☑Straight is best

PN	9.4
8N	9.1
DN	9.1
9N	9.0
10N	8.8

101—02

HS FWD on ➤ 1/2 (180º) twist off

180º



HS 1/2

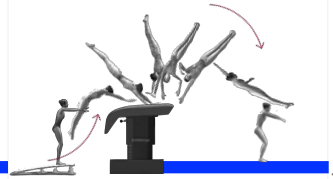
- ☑Max 135 cm—Manufacturer setting
- ☑All twist methods acceptable

PN	9.5
8N	9.2
DN	9.2
9N	9.0
10N	9.0

101—03

HS FWD on ➤ 1/1 (360º) twist off

360º



HS 1/1

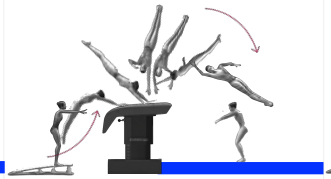
- ☑Max 135 cm—Manufacturer setting
- ☑All twist methods acceptable

PN	10.0
8N	9.7
DN	9.7
9N	9.2
10N	9.2

101—04

HS FWD on ➤ 1-1/2 (540º) twist off

540º



Kim

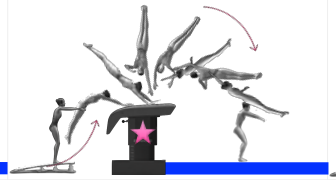
- ☑Max 135 cm—Manufacturer setting
- ☑All twist methods acceptable

PN	10.0
8N	10.0
DN	10.0
9N	9.5
10N	9.5

101—05

HS FWD on ➤ 2/1 (720º) twist off

720º



HS 2/1

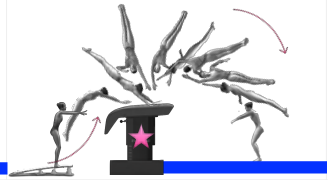
- ☑Max 135 cm—Manufacturer setting
- ☑All twist methods acceptable
- ☑Will appear to twist early

PN	-
8N	-
DN	-
9N	10.0
10N	10.0

101—06

HS FWD on ➤ 2-1/2 (900º) twist off

900º



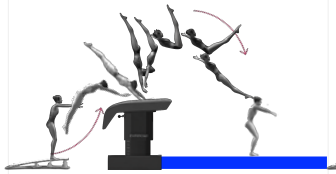
HS 2-1/2

- ☑Max 135 cm—Manufacturer setting
- ☑All twist methods acceptable
- ☑Will appear to twist early

PN	-
8N	-
DN	-
9N	10.0
10N	10.0

102—01

HS FWD on ➤ Yamashita repulsion off



Yamashita

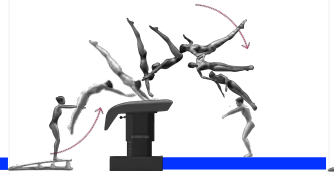
- ☑Max 135 cm—Manufacturer setting
- ☑Straight is best

PN	9.4
8N	9.1
DN	9.1
9N	9.0
10N	8.8

102—02

HS FWD on ➤ Yamashita 1/2 (180º) twist off

180º



Yami 1/2

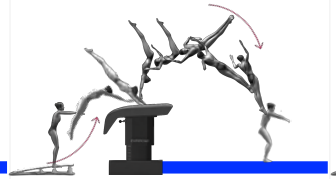
- ☑Max 135 cm—Manufacturer setting
- ☑All twist methods acceptable

PN	9.5
8N	9.2
DN	9.2
9N	9.0
10N	9.0

102—03

HS FWD on ➤ Yamashita 1/1 (360º) twist off

360º



Yami 1/1

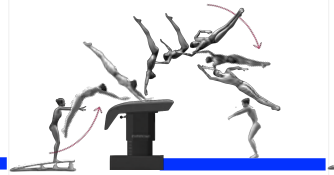
- ☑Max 135 cm—Manufacturer setting
- ☑All twist methods acceptable

PN	10.0
8N	9.7
DN	9.7
9N	9.2
10N	9.2

102—04

HS FWD on ➤ Yamashita 1-1/2 (540º) twist off

540º



Yami 1-1/2

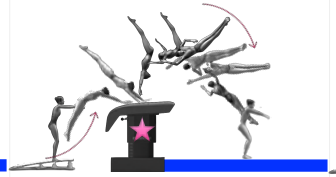
- ☑Max 135 cm—Manufacturer setting
- ☑All twist methods acceptable

PN	10.0
8N	10.0
DN	10.0
9N	9.5
10N	9.5

102—05

HS FWD on ➤ Yamashita 2/1 (720º) twist off

720º



Yami 2/1

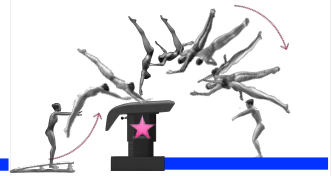
- ☑Max 135 cm—Manufacturer setting
- ☑All twist methods acceptable
- ☑Will appear to twist early

PN	-
8N	-
DN	-
9N	10.0
10N	10.0

102—06

HS FWD on ➤ Yamashita 2-1/2 (900º) twist off

900º



Yami 2-1/2

- ☑Max 135 cm—Manufacturer setting
- ☑All twist methods acceptable
- ☑Will appear to twist early

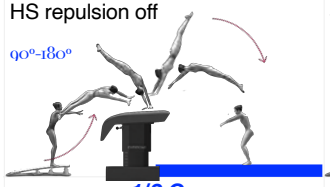
PN	-
8N	-
DN	-
9N	10.0
10N	10.0

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 (90º) twist on ➤ 1/4 (90º) twist off OR

HS FWD w 1/2 (180º) twist on ➤ HS repulsion off



1/2 On

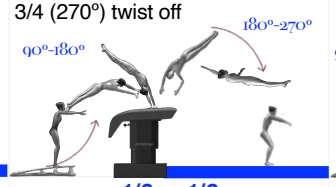
☑Max 135 cm— Manufacturer setting

PN	9.4
8N	9.1
DN	9.1
9N	8.8
10N	8.8

103—02

HS FWD w 1/2 (180º) twist on ➤ 1/2 (180º) twist off OR

HS FWD w 1/4 (90º) twist on ➤ 3/4 (270º) twist off



1/2 — 1/2

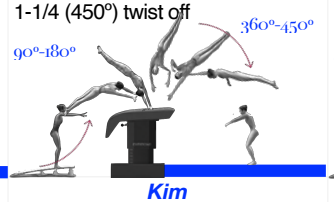
☑Max 135 cm— Manufacturer setting

PN	9.7
8N	9.4
DN	9.4
9N	9.0
10N	9.0

103—03

HS FWD w 1/2 (180º) twist on ➤ 1/1 (360º) twist off OR

HS FWD w 1/4 (90º) twist on ➤ 1-1/4 (450º) twist off



Kim

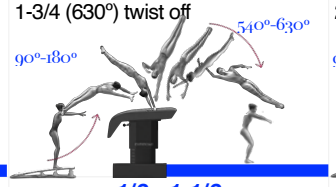
☑Max 135 cm— Manufacturer setting

PN	9.9
8N	9.6
DN	9.6
9N	9.2
10N	9.2

103—04

HS FWD w 1/2 (180º) twist on ➤ 1-1/2 (540º) twist off OR

HS FWD w 1/4 (90º) twist on ➤ 1-3/4 (630º) twist off



1/2 - 1-1/2

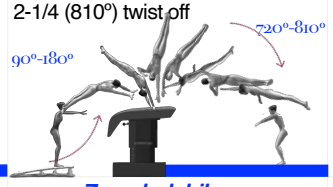
☑Max 135 cm— Manufacturer setting

PN	10.0
8N	9.8
DN	9.8
9N	9.5
10N	9.5

103—05

HS FWD w 1/2 (180º) twist on ➤ 2/1 (720º) twist off OR

HS FWD w 1/4 (90º) twist on ➤ 2-1/4 (810º) twist off



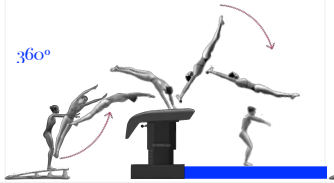
Zamolodchikova

☑Max 135 cm— Manufacturer setting

PN	-
8N	10.0
DN	10.0
9N	9.9
10N	9.9

104—01

HS FWD w 1/1 (360º) twist on ➤ HS FWD off



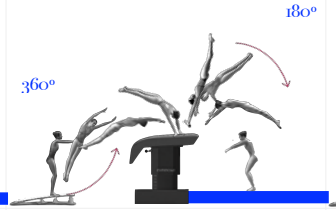
1/1 - HS

☑ Max 135 cm— Manufacturer setting
☑Turned feet on board may indicate early turn

PN	10.0
8N	10.0
DN	10.0
9N	9.6
10N	9.6

104—02

HS FWD w 1/1 (360º) twist on ➤ 1/2 (180º) twist off



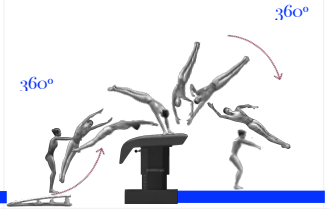
1/1 - 1/2

☑ Max 135 cm— Manufacturer setting
☑Turned feet on board may indicate early turn

PN	10.0
8N	10.0
DN	10.0
9N	9.6
10N	9.6

104—03

HS FWD w 1/1 (360º) twist on ➤ 1/1 (360º) twist off *(Korbut)*



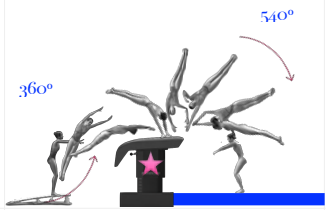
Korbut

☑ Max 135 cm— Manufacturer setting
☑Turned feet on board may indicate early turn

PN	-
8N	10.0
DN	10.0
9N	9.8
10N	9.8

4—04

HS FWD w 1/1 (360º) twist on ➤ 1-1/2 (540º) twist off



1/1 - 1-1/2

☑Max 135 cm— Manufacturer setting
☑Turned feet on board may indicate early turn

PN	-
8N	-
DN	-
9N	10.0
10N	10.0

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 = 90º hips / 90º knees
- ☑May grab knees

PN	-
8N	-
DN	10.0
9N	10.0
10N	9.8

105—02

HS FWD on ➤ FWD Tuck salto w 1/2 (180º) twist off

180º

HS FWD Tuck 1/2

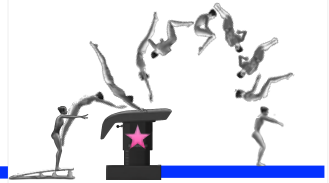
- ☑Max 135 cm—Manufacturer setting
- ☑Tuck = 90º hips / 90º knees
- ☑May grab knees

PN	-
8N	-
DN	10.0
9N	10.0
10N	9.9

105—03

HS FWD on ➤ FWD Tuck salto w 1/1 (360º) twist off

360º



HS FWD Tuck 1/1

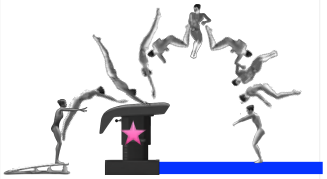
- ☑Max 135 cm—Manufacturer setting
- ☑Tuck = 90º hips / 90º knees
- ☑May grab knees

PN	-
8N	-
DN	-
9N	-
10N	10.0

105—04

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

540º



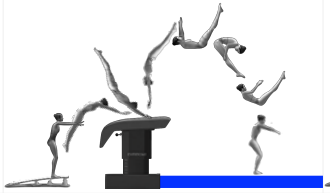
HS FWD Tuck 1-1/2

- ☑Max 135 cm—Manufacturer setting
- ☑Tuck = 90º hips / 90º knees
- ☑May grab knees

PN	-
8N	-
DN	-
9N	-
10N	10.0

105—06

HS FWD on ➤ FWD Pike salto off



HS FWD Pike

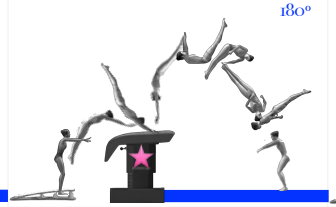
- ☑Max 135 cm—Manufacturer setting
- ☑Blind landing
- ☑Should have min. 90º hips

PN	-
8N	-
DN	10.0
9N	10.0
10N	9.9

105—07

HS FWD on ➤ FWD Pike salto w 1/2 (180º) twist off

180º



HS FWD Pike 1/2

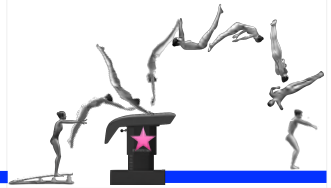
- ☑Max 135 cm—Manufacturer setting
- ☑1/2 turn resembles a tramp swivel hips

PN	-
8N	-
DN	-
9N	-
10N	10.0

105—08

HS FWD on ➤ FWD Pike salto w 1/1 (360º) twist off

360º



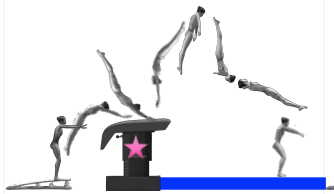
Chusovitina Pike 1/1

- ☑Max 135 cm—Manufacturer setting
- ☑Difficult to turn w 90º hips
- ☑Head focus delayed will look back over shoulder until late

PN	-
8N	-
DN	-
9N	-
10N	10.0

105—09

HS FWD on ➤ FWD LO salto off



Ewdokimova

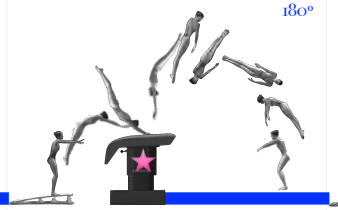
- ☑Max 135 cm—Manufacturer setting
- ☑Blind landing, but easier than FWD pike

PN	-
8N	-
DN	-
9N	10.0
10N	10.0

105—10

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

180º



Wang

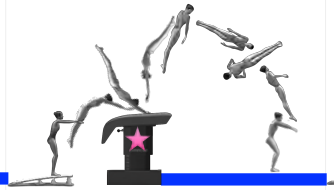
- ☑Max 135 cm—Manufacturer setting
- ☑Considered a late twist

PN	-
8N	-
DN	-
9N	-
10N	10.0

105—11

HS FWD on ➤ FWD LO salto w 1/1 (360º) twist off

360º



HS FWD LO 1/1

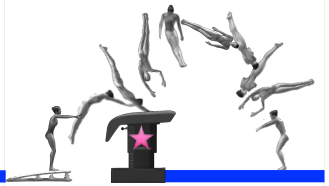
- ☑Max 135 cm—Manufacturer setting
- ☑Head/eye focus is delayed—will look back over shoulder until last minute

PN	-
8N	-
DN	-
9N	-
10N	10.0

105—12

HS FWD on ➤ FWD LO salto w 1-1/2 (540º) twist off

540º



Chusovitina LO 1-1/2

- ☑Max 135 cm—Manufacturer setting
- ☑Twist arm pattern will vary
- ☑Will spot landing

PN	-
8N	-
DN	-
9N	-
10N	10.0

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

HS FWD on ➤ 1/2 (180º) twist BWD Tuck salto off

180º

Cuervo Tuck

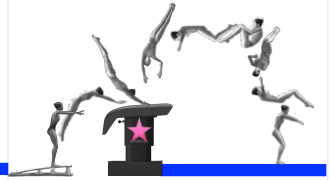
- ☑ Max 135 cm—Manufacturer setting
- ☑ Most common twist method is 1-arm drop to shorten body on one side—initiates turn

PN	-
8N	-
DN	-
9N	-
10N	9.9

106—02

HS FWD on ➤ 1/2 (180º) twist BWD Tuck salto w 1/2 (180º) twist off

180º 180º



Cuervo Tuck 1/2

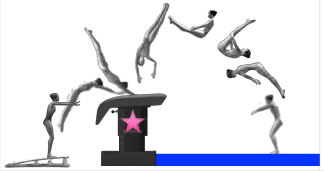
- ☑ Max 135 cm—Manufacturer setting
- ☑ Will have head delay due to spotting the blind landing

PN	-
8N	-
DN	-
9N	-
10N	10.0

106—03

HS FWD on ➤ 1/2 (180º) twist BWD Pike salto off

180º



Cuervo Pike

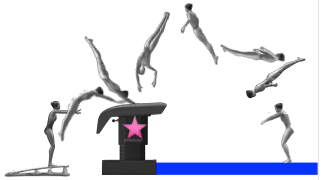
- ☑ Max 135 cm—Manufacturer setting
- ☑ Most common twist method is 1-arm drop to shorten body on one side—initiates turn

PN	-
8N	-
DN	-
9N	-
10N	10.0

106—04

HS FWD on ➤ 1/2 (180º) twist BWD LO salto off

180º



Cuervo LO

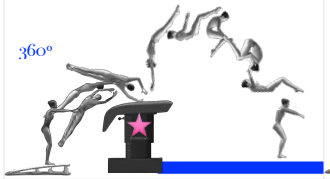
- ☑ Max 135 cm—Manufacturer setting
- ☑ Most common twist method is 1-arm drop to shorten body on one side—initiates turn

PN	-
8N	-
DN	-
9N	-
10N	10.0

107—01

HS FWD w 1/1 (360º) twist on ➤ HS FWD Tuck salto off

360º



Davydova Tuck

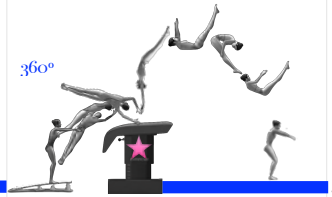
- ☑ Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

107—02

HS FWD w 1/1 (360º) twist on ➤ HS FWD Pike salto off

360º



Davydova Pike

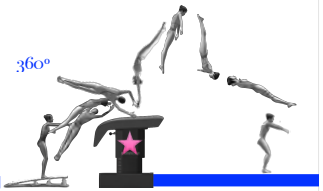
- ☑ Max 135 cm—Manufacturer setting
- ☑ Difficult to block a twisting pre-flight VT
- ☑ Do not expect same salto height as other VT's

PN	-
8N	-
DN	-
9N	-
10N	10.0

107—03

HS FWD w 1/1 (360º) twist on ➤ HS FWD LO salto off

360º



Davydova LO

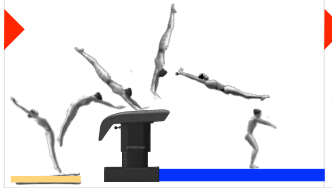
- ☑ Max 135 cm—Manufacturer setting
- ☑ Difficult to block a twisting pre-flight VT
- ☑ Do not expect same salto height as other VT's

PN	-
8N	-
DN	-
9N	-
10N	10.0

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

FHS-Board-HS FWD on ➤ Repulsion off



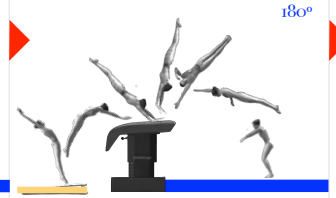
FHS - FHS

☑Max 135 cm—
Manufacturer setting

PN	-
8N	9.1
DN	9.1
9N	9.1
10N	8.9

201—02

FHS-Board-HS FWD on ➤ 1/2 (180º) twist off



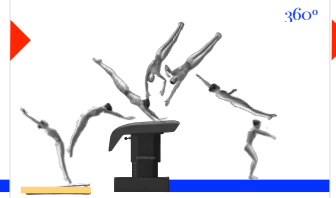
FHS - FHS - 1/2

☑Max 135 cm—
Manufacturer setting

PN	-
8N	9.3
DN	9.3
9N	9.1
10N	9.1

201—03

FHS-Board-HS FWD on ➤ 1/1 (360º) twist off



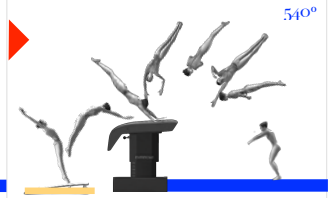
FHS - FHS - 1/1

☑Max 135 cm—
Manufacturer setting

PN	-
8N	9.6
DN	9.6
9N	9.3
10N	9.3

201—04

FHS-Board-HS FWD on ➤ 1-1/2 (540º) twist off



FHS - FHS -1-1/2

☑Max 135 cm—
Manufacturer setting

PN	-
8N	10.0
DN	10.0
9N	9.6
10N	9.6

202—01

FHS-Board-HS FWD on ➤ FWD Tuck salto off

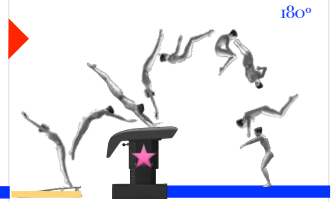
Ing

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	10.0
9N	10.0
10N	9.9

202—02

FHS-Board-HS FWD on ➤ FWD Tuck salto w 1/2 (180º) twist off



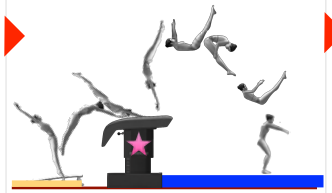
Mantle

☑Max 135 cm—
Manufacturer setting

PN	-
8N	10.0
DN	10.0
9N	10.0
10N	10.0

202—03

FHS-Board-HS FWD on ➤ FWD Pike salto off



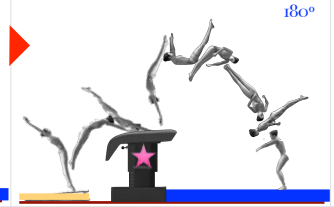
Garbarino

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	10.0
9N	10.0
10N	10.0

202—04

FHS-Board-HS FWD on ➤ FWD Pike salto w 1/2 (180º) twist off



Whitman

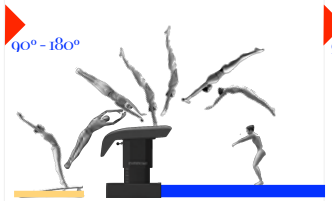
☑Max 135 cm—
Manufacturer setting
☑Pike 1/2 resembles and feels like swivel hips

PN	-
8N	-
DN	-
9N	-
10N	10.0

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

203—01

FHS-Board-Tsukahara on ➤
Repulsion off



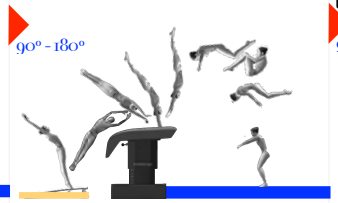
FHS - Tsuk Timer

☑Max 135 cm—
Manufacturer setting

PN	-
8N	9.1
DN	9.1
9N	9.1
10N	8.9

203—02

FHS-Board-Tsukahara on ➤
BWD Tuck salto off



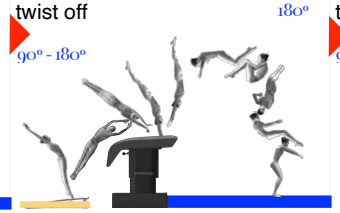
FHS - Tsuk BWD Tuck

☑Max 135 cm—
Manufacturer setting

PN	-
8N	10.0
DN	10.0
9N	10.0
10N	9.9

203—03

FHS-Board-Tsukahara on ➤
BWD Tuck salto w 1/2 (180º)
twist off 180º



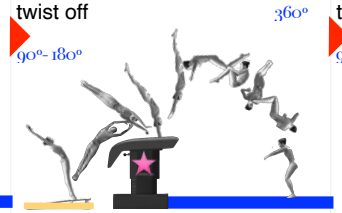
Zuhilke Tuck 1/2

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	
10N	9.9

203—04

FHS-Board-Tsukahara on ➤
BWD Tuck salto w 1/1 (360º)
twist off 360º



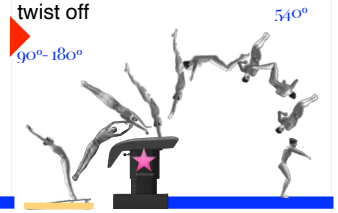
Zuhilke Tuck 1/1

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

203—05

FHS-Board-Tsukahara on ➤
BWD Tuck salto w 1-1/2 (540º)
twist off 540º



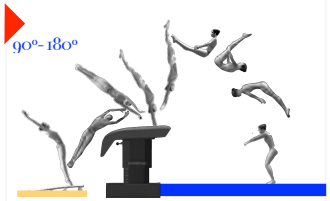
Zuhilke Tuck 1-1/2

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

203—06

FHS-Board-Tsukahara on— ➤
BWD Pike salto off



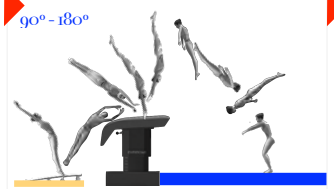
Zuhilke

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	10.0
9N	9.8
10N	9.7

203—07

FHS-Board-Tsukahara on ➤
BWD LO salto off



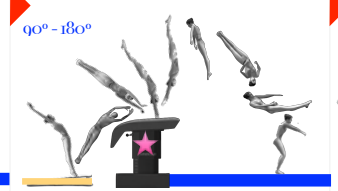
FHS - Tsuk BWD LO

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	10.0
9N	10.0
10N	10.0

203—08

FHS-Board-Tsukahara on ➤
BWD LO salto w 1/2 (180º) twist
off 180º



FHS - Tsuk BWD LO 1/2

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

203—09

FHS-Board-Tsukahara on ➤
BWD LO salto w 1/1 (360º) twist
off 360º

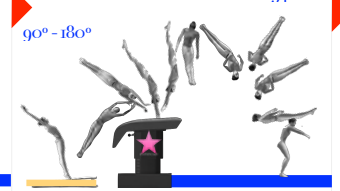
FHS - Tsuk BWD LO 1/1

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

203—10

FHS-Board-Tsukahara on ➤
BWD LO salto w 1-1/2 (540º)
twist off 540º



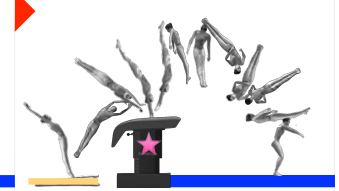
FHS - Tsuk BWD LO 1-1/2

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

203—11

FHS-Board-Tsukahara on ➤
BWD LO salto w 2/1 (720º) twist
off 540º



FHS - Tsuk BWD LO 2/1

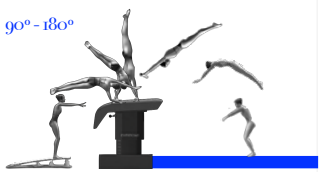
☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

3—TSUKAHARA — 301-Tsuk on ➤ w/wo BWD Salto w/wo Twist off

301—01

Tsukahara on ➤ Repulsion off



Tsuk Timer

☑Max 135 cm—
Manufacturer setting

See 103-01 1/4-1/2 on, Repulsion off

PN	9.4
8N	9.1
DN	9.1
9N	8.8
10N	8.8

301—02

Tsukahara on ➤ BWD Tuck salto off

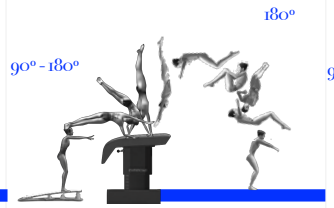
Tourischeva

☑Max 135 cm—
Manufacturer setting

PN	10.0
8N	10.0
DN	10.0
9N	9.6
10N	9.5

301—03

Tsukahara on ➤ BWD Tuck salto w 1/2 (180º) twist off



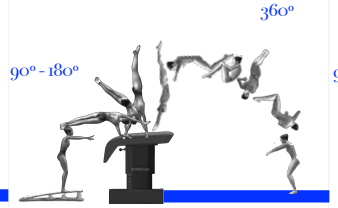
Tsuk - BWD Tuck 1/2

☑Max 135 cm—
Manufacturer setting
☑1/2 turn will be delayed

PN	-
8N	-
DN	10.0
9N	10.0
10N	9.8

301—04

Tsukahara on ➤ BWD Tuck salto w 1/1 (360º) twist off



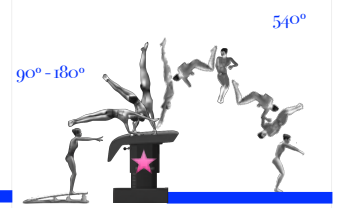
Kim

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	10.0
10N	9.9

301—05

Tsukahara on ➤ BWD Tuck salto w 1-1/2 (540º) twist off



Tsuk - BWD Tuck 1-1/2

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

301—06

Tsukahara on ➤ BWD Pike salto off

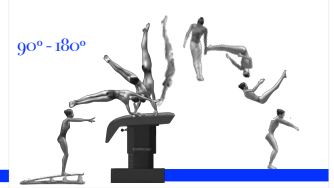
Tsuk - BWD Pike

☑Max 135 cm—
Manufacturer setting

PN	10.0
8N	10.0
DN	10.0
9N	9.7
10N	9.6

301—07

Tsukahara on ➤ BWD Pike salto w 1/2 (180º) twist off



Tsuk - BWD Pike 1/2

☑Max 135 cm—
Manufacturer setting

PN	
8N	
DN	
9N	10.0
10N	9.8

301—08

Tsukahara on ➤ BWD Pike salto w 1/1 (360º) twist off

Staruk

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	10.0
10N	9.9

301—09

Tsukahara on ➤ BWD LO off

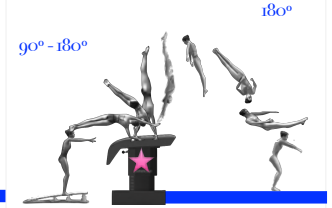
Tsuk - BWD LO

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	10.0
9N	10.0
10N	9.8

301—10

Tsukahara on ➤ BWD LO 1/2 (180º) twist off



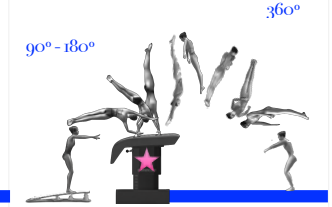
Tsuk - BWD LO 1/2

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

301—11

Tsukahara on ➤ BWD LO 1/1 (360º) twist off



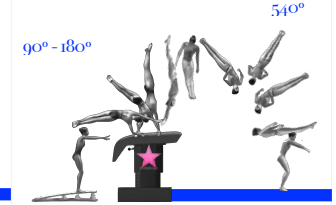
Kim

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

301—12

Tsukahara on ➤ BWD LO 1-1/2 (540º) twist off



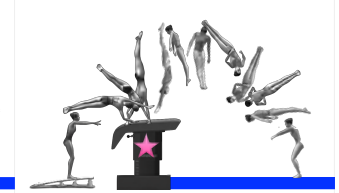
Tsuk - BWD LO 1-1/2

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

301—13

Tsukahara on ➤ BWD LO 2/1 (720º) twist off



Tsuk - BWD LO 2/1

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

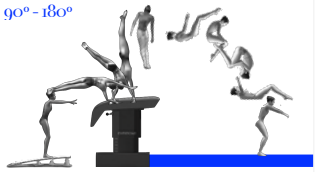
3—TSUKAHARA — 302-Tsuk on ➤ 1/2 Twist-FWD Salto w/wo Twist

302—01

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

180º

90º - 180º



Tsuk - 1/2 FWD Tuck

☑ Max 135 cm—
Manufacturer setting
☑ Twists occurs in (3)

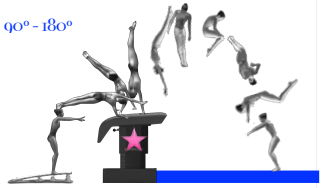
PN	-
8N	-
DN	10.0
9N	10.0
10N	9.8

302—02

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

180º 180º

90º - 180º



Shible

☑ Max 135 cm—
Manufacturer setting
☑ Twists occurs in (3)

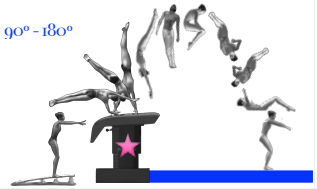
PN	-
8N	-
DN	-
9N	10.0
10N	10.0

302—03

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

180º 360º

90º - 180º



Shill Tuck 1/1

☑ Max 135 cm—
Manufacturer setting
☑ Twists occurs in (3)

PN	-
8N	-
DN	-
9N	-
10N	10.0

302—04

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

90º 540º

90º

Carey

☑ Max 135 cm—
Manufacturer setting
☑ Twists occurs in (3)

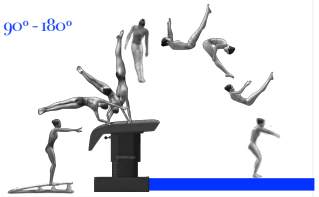
PN	-
8N	-
DN	-
9N	-
10N	10.0

302—05

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

180º

90º - 180º



Tsuk - 1/2 FWD Pike

☑ Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	10.0
10N	9.9

302—06

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

180º

90º - 180º

Tsuk - 1/2 FWD Pike 1/2

☑ Max 135 cm—
Manufacturer setting

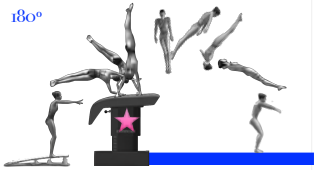
PN	-
8N	-
DN	-
9N	10.0
10N	10.0

302—07

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

180º

180º



Phelps

☑ Max 135 cm—
Manufacturer setting

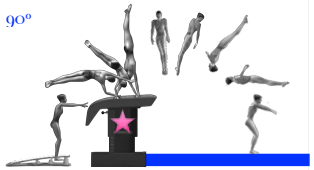
PN	-
8N	-
DN	-
9N	-
10N	10.0

302—08

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

90º

90º



1/4 - 1/4 FWD LO

☑ Max 135 cm—
Manufacturer setting

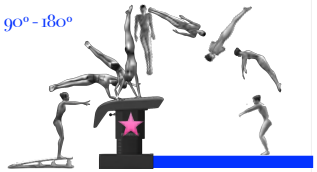
PN	-
8N	-
DN	-
9N	-
10N	10.0

302—09

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

180º 180º

90º - 180º



House

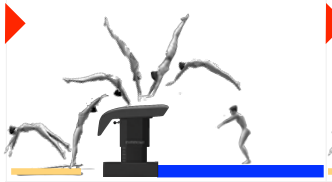
☑ Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

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

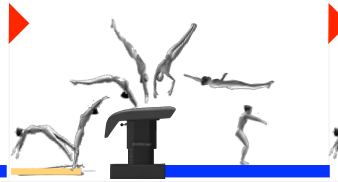
☑Max 135 cm—
Manufacturer setting

PN	9.4
8N	9.1
DN	9.1
9N	8.8
10	8.8

401—02

RO-FF on ➤ 1/2 (180º) twist off

180º



Yurchenko - 1/2

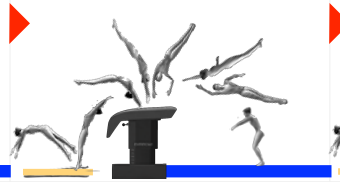
☑Max 135 cm—
Manufacturer setting

PN	9.8
8N	9.5
DN	9.5
9N	9.0
10N	9.0

401—03

RO-FF on ➤ 1/1 (360º) twist off

360º



Yurchenko - 1/1

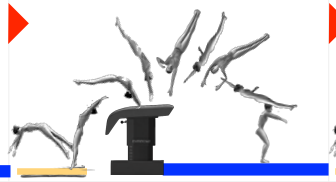
☑Max 135 cm—
Manufacturer setting

PN	10.0
8N	9.7
DN	9.7
9N	9.2
10N	9.2

401—04

RO-FF on ➤ 1-1/2 (540º) twist off

540º



Allen

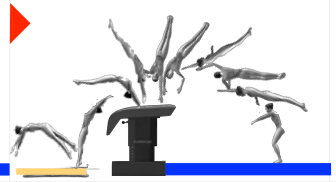
☑Max 135 cm—
Manufacturer setting

PN	10.0
8N	10.0
DN	10.0
9N	9.5
10N	9.5

401—05

RO-FF on ➤ 2/1 (720º) twist off

720º



Allen 2/1

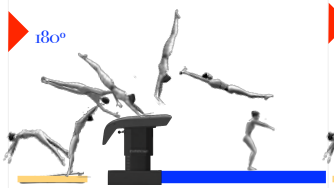
☑Max 135 cm—
Manufacturer setting

PN	-
8N	10.0
DN	10.0
9N	9.9
10N	9.9

402—01

RO-FF w 1/2 (180º) twist on ➤
HS FWD off

180º



Yurchenko 1/2 - HS

☑Max 135 cm—
Manufacturer setting

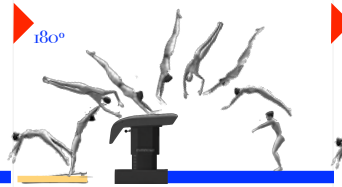
PN	9.9
8N	9.6
DN	9.6
9N	8.9
10N	8.9

402—02

RO-FF w 1/2 (180º) twist on ➤
1/2 (180º) twist off

180º

180º



Yurchenko 1/2 - 1/2

☑Max 135 cm—
Manufacturer setting

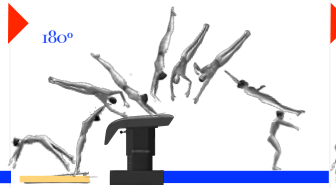
PN	10.0
8N	9.8
DN	9.8
9N	9.1
10N	9.1

402—03

RO-FF w 1/2 (180º) twist on ➤
1/1 (360º) twist off

360º

180º



Yurchenko 1/2 - 1/1

☑Max 135 cm—
Manufacturer setting

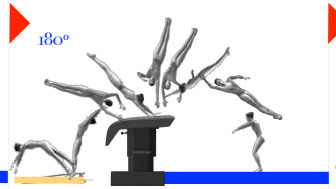
PN	10.0
8N	10.0
DN	10.0
9N	9.3
10N	9.3

402—04

RO-FF w 1/2 (180º) twist on ➤
1-1/2 (540º) twist off

540º

180º



Yurchenko 1/2 - 1-1/2

☑Max 135 cm—
Manufacturer setting

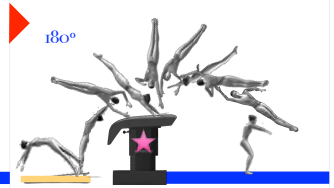
PN	10.0
8N	10.0
DN	10.0
9N	9.5
10N	9.5

402—05

RO-FF w 1/2 (180º) twist on ➤
2/1 (720º) twist off

720º

180º



Yurchenko 1/2 - 2/1

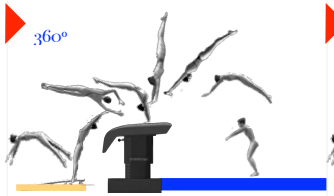
☑Max 135 cm—
Manufacturer setting

PN	10.0
8N	10.0
DN	10.0
9N	10.0
10N	10.0

403—01

RO-FF w 1/1 (360º) twist on ➤
Flight off

360º



Yurchenko 1/1 - Timer

☑Max 135 cm—
Manufacturer setting

PN	-
8N	10.0
DN	10.0
9N	9.3
10N	9.3

403—02

RO-FF w 1/1 (360º) twist on ➤
1/2 (180º) twist off

180º

360º

Yurchenko 1/1 - 1/2

☑Max 135 cm—
Manufacturer setting

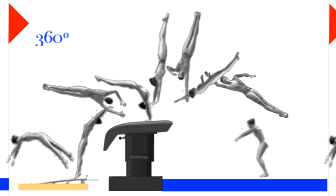
PN	-
8N	10.0
DN	10.0
9N	9.5
10N	9.5

403—03

RO-FF w 1/1 (360º) twist on—
1/1 (360º) twist off

360º

360º



Yurchenko 1/1 - 1/1

☑Max 135 cm—
Manufacturer setting

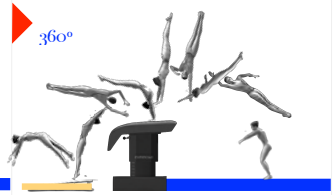
PN	-
8N	10.0
DN	10.0
9N	9.7
10N	9.7

403—04

RO-FF w 1/1 (360º) twist on ➤
1-1/2 (540º) twist off

360º

360º



Yurchenko 1/1 - 1-1/2

☑Max 135 cm—
Manufacturer setting

PN	-
8N	10.0
DN	10.0
9N	10.0
10N	9.9

4—YURCHENKO W SALTO — 404-RO-FF on ➤ BWD w/wo Twist off

404—01

RO-FF on ➤ BWD Tuck salto off

Yurchenko BWD Tuck

☑Max 135 cm—
Manufacturer setting

PN	10.0
8N	10.0
DN	10.0
9N	9.6
10	9.5

404—02

RO-FF on ➤ BWD Tuck salto w 1/2 (180°) twist off

180°

Yurchenko - BWD Tuck 1/2

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	10.0
9N	10.0
10	9.8

404—03

RO-FF on ➤ BWD Tuck salto w 1/1 (360°) twist off

360°

Yurchenko - BWD Tuck 1/1

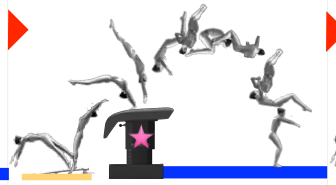
☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	10.0
10	9.9

404—04

RO-FF on ➤ BWD Tuck salto w 1-1/2 (540°) twist off

540°



Yurchenko - BWD Tuck 1-1/2

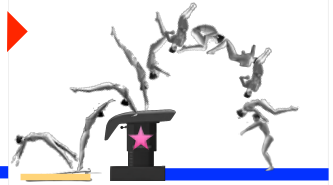
☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10	10.0

404—05

RO-FF on ➤ BWD Tuck salto w 2/1 (720°) twist off

720°



Dungelova

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10	10.0

404—06

RO-FF on ➤ BWD Pike salto off

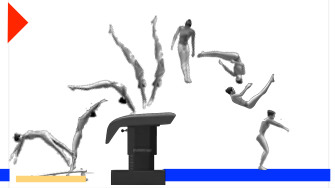
Yurchenko - BWD Pike

☑Max 135 cm—
Manufacturer setting

PN	10.0
8N	10.0
DN	10.0
9N	9.7
10	9.6

404—07

RO-FF on ➤ BWD Pike salto w 1/2 (180°) twist off



Yurchenko - BWD Pike 1/2

☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	10.0
9N	10.0
10	9.9

404—08

RO-FF on ➤ BWD LO salto off

Yurchenko - BWD LO

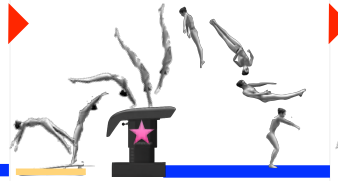
☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	10.0
9N	10.0
10N	9.8

404—09

RO-FF on ➤ BWD LO salto w 1/2 (180°) twist off

180°



Yurchenko - BWD LO 1/2

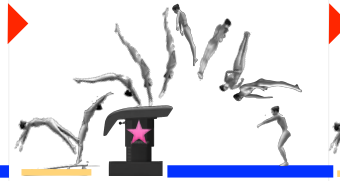
☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	10.0
10N	10.0

404—10

RO-FF on ➤ BWD LO salto w 1/1 (360°) twist off

360°



Yurchenko - BWD LO 1/1

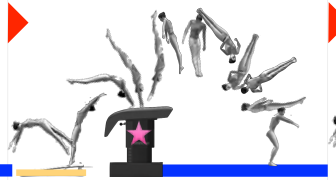
☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

404—11

RO-FF on ➤ BWD LO salto w 1-1/2 (540°) twist off

540°



Yurchenko - BWD LO 1-1/2

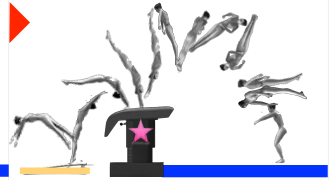
☑Max 135 cm—
Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

404—12

RO-FF on—BWD LO salto w 2/1 (720°) twist off

720°



Baitova

☑Max 135 cm—
Manufacturer setting

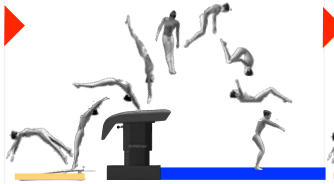
PN	-
8N	-
DN	-
9N	-
10N	10.0

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

405—01

RO-FF on ➤ 1/2 (180º) twist-FWD Tuck salto off

180º



Yurchenko - 1/2 FWD Tuck

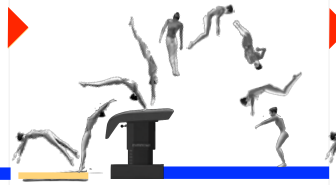
☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	10.0
10N	9.8

405—02

RO-FF on ➤ 1/2 (180º) twist-FWD Tuck salto w 1/2 (180º) twist off

180º 180º



Beckman

☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	10.0
10N	10.0

405—03

RO-FF on ➤ 1/2 (180º) twist-FWD Pike salto off

180º

Yurchenko - 1/2 FWD Pike

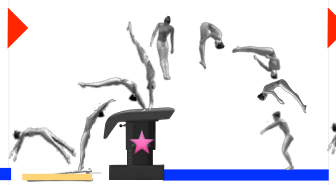
☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	10.0
10N	9.9

405—04

RO-FF on ➤ 1/2 (180º) twist-FWD Pike salto w 1/2 (180º) twist off

180º 180º



Pike Beckman

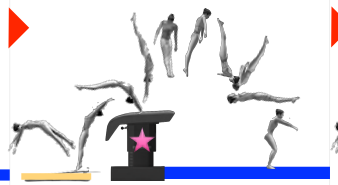
☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

405—05

RO-FF on ➤ 1/2 (180º) twist-FWD LO salto off

180º



Hristakieva

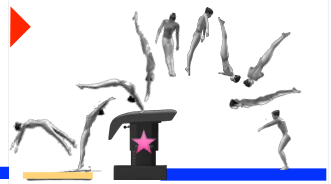
☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

405—06

RO-FF on ➤ 1/2 (180º) twist-FWD LO salto w 1/2 (180º) twist off

180º 180º



Layout Beckman

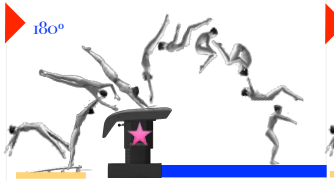
☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

4—YURCHENKO W SALTO — 406-RO FF w 1/2 on ➤ FWD Salto w/wo Twist off — 407-RO FF w 1/2 on ➤ 1/2 Twist-BWD Salto off

406—01

RO FF w 1/2 (180°) twist on ➤ FWD Tuck salto off



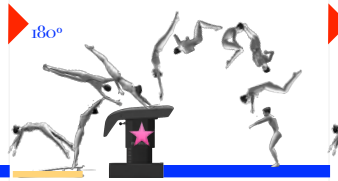
Ivantcheva

☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	10.0
10N	10.0

406—02

RO FF w 1/2 (180°) twist on ➤ FWD Tuck salto w 1/2 (180°) twist off



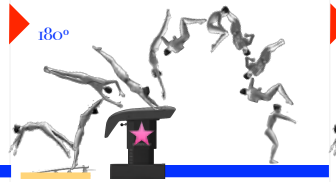
Servante

☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

406—03

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



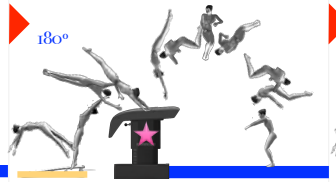
Yurchenko 1/2 - FWD Tuck 1/1

☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

406—04

RO FF w 1/2 (180°) twist on ➤ FWD Tuck salto w 1-1/2 (540°) twist off



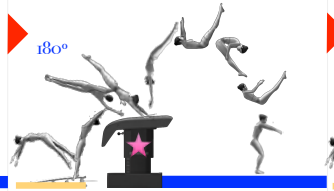
Khorkina

☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

406—05

RO FF w 1/2 (180°) twist on— FWD Pike salto off



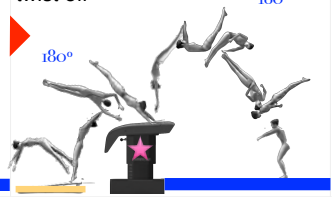
Omelianchik

☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

406—06

RO FF w 1/2 (180°) twist on ➤ FWD Pike salto w 1/2 (180°) twist off



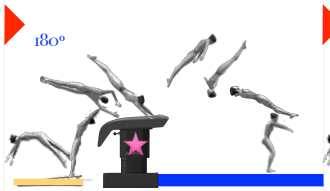
Podkopayeva

☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

406—07

RO FF w 1/2 (180°) twist on ➤ FWD LO salto off



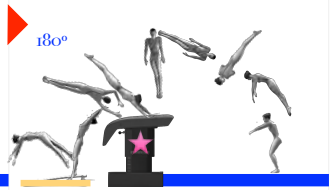
Hristakieva

☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

406—08

RO FF w 1/2 (180°) twist on ➤ FWD LO salto w 1/2 (180°) twist off



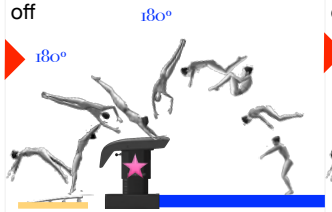
Lopez

☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

407—01

RO FF w 1/2 (180°) twist on ➤ 1/2 (180°) twist-BWD Tuck salto off



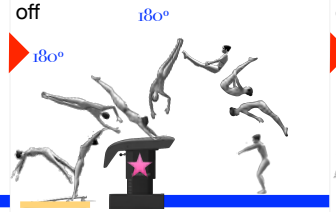
Mroz

☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

407—02

RO FF w 1/2 (180°) twist on ➤ 1/2 (180°) twist-BWD Pike salto off



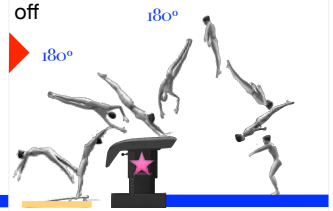
Khorkina

☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

407—03

RO FF w 1/2 (180°) twist on ➤ 1/2 (180°) twist-BWD LO salto off



Yurchenko 1/2 - 1/2 BWD LO

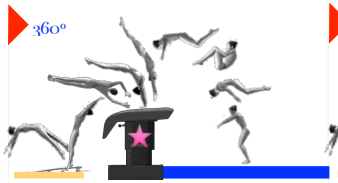
☑Max 135 cm—Manufacturer setting

PN	-
8N	-
DN	-
9N	-
10N	10.0

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



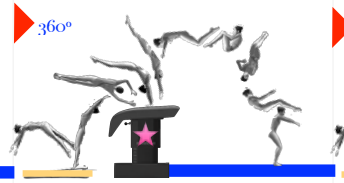
Luconi

- ☑ Max 135 cm—Manufacturer setting
- ☑ Salto may not be as dynamic as a Tsuk due to pre-flight twist

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



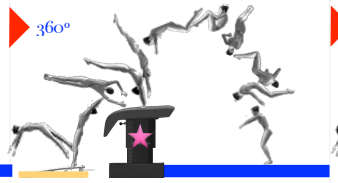
Yurchenko 1/1 - BWD Tuck 1/2

- ☑ Max 135 cm—Manufacturer setting
- ☑ Salto may not be as dynamic as a Tsuk due to pre-flight twist

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



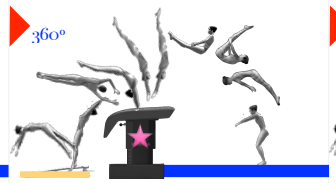
Yurchenko 1/1 - BWD Tuck 1/1

- ☑ Max 135 cm—Manufacturer setting
- ☑ Salto may not be as dynamic as a Tsuk due to pre-flight twist

PN	-
8N	-
DN	-
9N	-
10N	10.0

408—04

RO FF w 1/1 (360°) twist on ➤ BWD Pike salto off



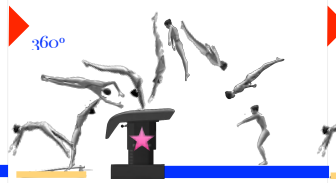
Yurchenko 1/1 - BWD Pike

- ☑ Max 135 cm—Manufacturer setting
- ☑ Salto may not be as dynamic as a Tsuk due to pre-flight twist

PN	-
8N	-
DN	-
9N	-
10N	10.0

408—05

RO FF w 1/1 (360°) twist on ➤ BWD LO salto off



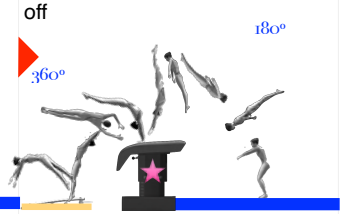
Yurchenko 1/1 - BWD LO

- ☑ Max 135 cm—Manufacturer setting
- ☑ Salto may not be as dynamic as a Tsuk due to pre-flight twist

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



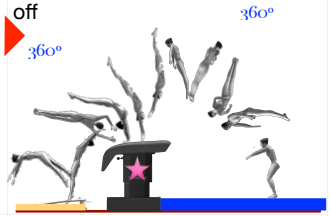
Yurchenko 1/1 - BWD LO 1/2

- ☑ Max 135 cm—Manufacturer setting
- ☑ Salto may not be as dynamic as a Tsuk due to pre-flight twist

PN	-
8N	-
DN	-
9N	-
10N	10.0

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

PN	-
8N	-
DN	-
9N	-
10N	10.0

409—01

RO FF w 1/1 (360°) twist on ➤ 1/2 (180°) FWD Tuck off

Yurchenko 1/1 - 1/2 FWD Tuck

- ☑ Max 135 cm—Manufacturer setting
- ☑ Salto may not be as dynamic as a Tsuk due to pre-flight twist

PN	-
8N	-
DN	-
9N	-
10N	10.0

NGA VAULT SUMMARY

GROUP	VAULT	NGA #	PN	8N	DN	9N	10 N
Handspring On Twist Off	Repulsion off	101—01	9.4	9.1	9.1	9.0	8.8
	1/2 twist off	101—02	9.5	9.2	9.2	9.0	9.0
	1/1 twist off	101—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
	2/1 twist off	**101—05**	-	-	-	10.0	**10.0**
	2-1/2 twist off	**101—06**	-	-	-	10.0	**10.0**
	3/1 twist off	-	-	-	-	-	-
Handspring On Yami Twist Off	Yamashita off	102—01	9.4	9.1	9.1	9.0	8.8
	1/2 twist off	102—02	9.5	9.2	9.2	9.0	9.0
	1/1 twist off	102—03	10.0	9.7	9.7	9.2	9.2
	1-1/2 twist off	102—04	10.0	10.0	10.0	9.5	9.5
	2/1 twist off	**102—05**	-	-	-	10.0	**10.0**
	2-1/2 twist	**102—06**	-	-	-	10.0	**10.0**
HS w 1/4-1/2 On Twist Off	Repulsion off (1/4-1/4)	103—01	9.4	9.1	9.1	8.8	8.8
	1/2 twist off (1/4-3/4)	103—02	9.7	9.4	9.4	9.0	9.0
	1/1 twist off (1/4-1-1/4)	103—03	9.9	9.6	9.6	9.2	9.2
	1-1/2 twist off (1/4-1-3/4)	103—04	10.0	9.8	9.8	9.5	9.5
	2/1 twist off (1/4-2-1/4)	103—05	-	10.0	10.0	9.9	9.9
	2-1/2 twist off	-	-	-	-	-	-
HS w 1/1 On Twist Off	Handspring	104—01	10.0	10.0	10.0	9.6	9.6
	1/2 twist off	104—02	10.0	10.0	10.0	9.6	9.6
	1/1 twist off	104—03	-	10.0	10.0	9.8	9.8
	1-1/2 twist off	**104—04**	-	-	-	10.0	**10.0**
	2/1 twist off	-	-	-	-	-	-
Handspring On Salto Off	Front Tuck	105—01	-	-	10.0	10.0	9.8
	Front Tuck 1/2	105—02	-	-	10.0	10.0	9.9
	Front Tuck 1/1	**105—03**	-	-	-	-	**10.0**
	Front Tuck 1-1/2	**105—04**	-	-	-	-	**10.0**
	Double Front Tuck	-	-	-	-	-	-
	Front Pike	105—06	-	-	10.0	10.0	9.9
	Front Pike 1/2	**105—07**	-	-	-	-	**10.0**
	Front Pike 1/1	**105—08**	-	-	-	-	**10.0**
	Front Layout	**105—09**	-	-	-	10.0	**10.0**
	Front Layout 1/2	**105—10**	-	-	-	-	**10.0**
	Front Layout 1/1	**105—11**	-	-	-	-	**10.0**
	Front Layout 1-1/2	**105—12**	-	-	-	-	**10.0**
	Front Layout 2/1	-	-	-	-	-	-
Handspring On 1/2 Twist-BWD Salto Off	1/2 BWD Tuck	106—01	-	-	-	-	9.9
	1/2 BWD Tuck 1/2	**106—02**	-	-	-	-	**10.0**
	1/2 BWD Pike	**106—03**	-	-	-	-	**10.0**
	1/2 BWD Layout	**106—04**	-	-	-	-	**10.0**
HS w 1/1 On FWD Salto Off	**Front Tuck**	**107—01**	-	-	-	-	**10.0**
	Front Pike	**107—02**	-	-	-	-	**10.0**
	Front Layout	**107—03**	-	-	-	-	**10.0**
RED Font	NGA Restricted—Not offered by NGA						
BLUE Font	+0.1 Bonus						

GROUP	VAULT	NGA #	PN	8N	DN	9N	10 N
FHS-Board-HS On Twist Off	Repulsion off	201—01	-	9.1	9.1	9.1	8.9
	1/2 twist off	201—02	-	9.3	9.3	9.1	9.1
	1/1 twist off	201—03	-	9.6	9.6	9.3	9.3
	1-1/2 twist off	201—04	-	10.0	10.0	9.6	9.6
	2/1 twist off	-	-	-	-	-	-
FHS-Board-HS On Salto Off	Front Tuck	202—01	-	-	10.0	10.0	9.9
	Front Tuck 1/2	**202—02**	-	10.0	10.0	10.0	**10.0**
	Front Pike	**202—03**	-	-	10.0	10.0	**10.0**
	Front Pike 1/2	**202—04**	-	-	-	-	**10.0**
FHS-Board-Tsuk On (1/4-1/2 On) Salto Off	Repulsion off	203—01	-	9.1	9.1	9.1	8.9
	Back Tuck	203—02	-	10.0	10.0	10.0	8.9
	Back Tuck 1/2	203—03	-	-	-	-	9.9
	Back Tuck 1/1	**203—04**	-	-	-	-	**10.0**
	Back Tuck 1-1/2	**203—05**	-	-	-	-	**10.0**
	Back Pike	203—06	-	-	10.0	9.8	9.7
	Back Layout	203—07	-	-	10.0	10.0	10.0
	Back Layout 1/2	**203—08**	-	-	-	-	**10.0**
	Back Layout 1/1	**203—09**	-	-	-	-	**10.0**
	Back Layout 1-1/2	**203—10**	-	-	-	-	**10.0**
	Back Layout 2/1	**203—11**	-	-	-	-	**10.0**
	Back Layout 2-1/2	-	-	-	-	-	-
	Double Back Tuck	-	-	-	-	-	-
Tsuk On (1/4-1/2 On) Salto Off	Repulsion off	301—01	*See 103-01: 1/4-1/2 on, Rep. off*				
	Back Tuck	301—02	10.0	10.0	10.0	9.6	9.5
	Back Tuck 1/2	301—03	-	-	10.0	10.0	9.8
	Back Tuck 1/1	301—04	-	-	-	10.0	9.9
	Back Tuck 1-1/2	**301—05**	-	-	-	-	**10.0**
	Back Pike	301—06	10.0	10.0	10.0	9.7	9.6
	Back Pike 1/2	301—07	-	-	-	10.0	9.8
	Back Pike 1/1	301—08	-	-	-	10.0	9.9
	Back Layout	301—09	-	-	10.0	10.0	9.8
	Back Layout 1/2	**301—10**	-	-	-	-	**10.0**
	Back Layout 1/1	**301—11**	-	-	-	-	**10.0**
	Back Layout 1-1/2	**301—12**	-	-	-	-	**10.0**
	Back Layout 2/1	**301—13**	-	-	-	-	**10.0**
	Back Layout 2-1/2	-	-	-	-	-	-
	Double Back Tuck	-	-	-	-	-	-
Tsuk On (1/4-1/2 On) 1/2 Twist-FWD Salto Off	**1/2 Front Tuck**	302—01	-	-	10.0	10.0	9.8
	1/2 Front Tuck 1/2	**302—02**	-	-	-	10.0	**10.0**
	1/2 Front Tuck 1/1	**302—03**	-	-	-	-	**10.0**
	1/2 Front Tuck 1-1/2	**302—04**	-	-	-	-	**10.0**
	1/2 Front Pike	302—05	-	-	-	10.0	9.9
	1/2 Front Pike 1/2	**302—06**	-	-	-	10.0	**10.0**
	1/2 Front Layout	**302—07**	-	-	-	-	**10.0**
	1/4-1/4 FWD LO	**302—08**	-	-	-	-	**10.0**
	1/2 Front Layout 1/2	**302—09**	-	-	-	-	**10.0**

GROUP	VAULT	NGA #	PN	8N	DN	9N	10N
RO-Board FF On Twist Off	Repulsion off	401—01	9.4	9.1	9.1	8.8	8.8
	1/2 twist off	401—02	9.8	9.5	9.5	9.0	9.0
	1/1 twist off	401—03	10.0	9.7	9.7	9.2	9.2
	1-1/2 twist off	401—04	10.0	10.0	10.0	9.5	9.5
	2/1 twist off	401—05	-	10.0	10.0	9.9	9.9
RO-Board FF 1/2 On Twist Off	Handspring off	402—01	9.9	9.6	9.6	8.9	8.9
	1/2 twist off	402—02	10.0	9.8	9.8	9.1	9.1
	1/1 twist off	402—03	10.0	10.0	10.0	9.3	9.3
	1-1/2 twist off	402—04	10.0	10.0	10.0	9.5	9.5
	2/1 twist off	**402—05**	10.0	10.0	10.0	10.0	**10.0**
RO-Board FF 1/1 On Twist Off	Handspring off	403—01	-	10.0	10.0	9.3	9.3
	1/2 twist off	403—02	-	10.0	10.0	9.5	9.5
	1/1 twist off	403—03	-	10.0	10.0	9.7	9.7
	1-1/2 twist off	403—04	-	10.0	10.0	10.0	9.9
	2/1 twist off	-	-	-	-	-	-
RO-Board FF On BWD Salto Off	Back Tuck	404—01	10.0	10.0	10.0	9.6	9.5
	Back Tuck 1/2	404—02	-	-	10.0	10.0	9.8
	Back Tuck 1/1	404—03	-	-	-	10.0	9.9
	Back Tuck 1-1/2	**404—04**	-	-	-	-	**10.0**
	Back Tuck 2/1	**404—05**	-	-	-	-	**10.0**
	Back Pike	404—06	10.0	10.0	10.0	9.7	9.6
	Back Pike 1/2	404—07	-	-	10.0	10.0	9.8
	Back Layout	404—08	-	-	10.0	10.0	9.8
	Back Layout 1/2	404—09	-	-	-	10.0	10.0
	Back Layout 1/1	**404—10**	-	-	-	-	**10.0**
	Back Layout 1-1/2	**404—11**	-	-	-	-	**10.0**
	Back Layout 2/1	**404—12**	-	-	-	-	**10.0**
	Back Layout 2-1/2	-	-	-	-	-	-
	Double Back Tuck	-	-	-	-	-	-
RO-Board FF On 1/2 FWD Salto Off	1/2 Front Tuck	405—01	-	-	-	10.0	9.8
	1/2 Front Tuck 1/2	405—02	-	-	-	10.0	10.0
	1/2 Front Pike	405—03	-	-	-	10.0	9.9
	1/2 Front Pike 1/2	**405—04**	-	-	-	-	**10.0**
	1/2 Front Layout	**405—05**	-	-	-	-	**10.0**
	1/2 Front Layout 1/2	**405—06**	-	-	-	-	**10.0**
RO-Board FF 1/2 On FWD Salto Off	**Front Tuck**	**406—01**	-	-	-	10.0	**10.0**
	Front Tuck 1/2	**406—02**	-	-	-	-	**10.0**
	Front Tuck 1/1	**406—03**	-	-	-	-	**10.0**
	Front Tuck 1-1/2	**406—04**	-	-	-	-	**10.0**
	Front Pike	**406—05**	-	-	-	-	**10.0**
	Front Pike 1/2	**406—06**	-	-	-	-	**10.0**
	Front Layout	**406—07**	-	-	-	-	**10.0**
	Front Layout 1/2	**406—08**	-	-	-	-	**10.0**
	Front Layout 1/1	-	-	-	-	-	-
	Front Layout 1-1/2	-	-	-	-	-	-
RO-Board FF 1/2 On BWD Salto Off	**1/2 Back Tuck**	**407—01**	-	-	-	-	**10.0**
	1/2 Back Pike	**407—02**	-	-	-	-	**10.0**
	1/2 Back Layout	**407—03**	-	-	-	-	**10.0**
RO-Board FF 1/1 On BWD Salto off	**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**

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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 fulfill SR requirement
- Former A VP
- Former B VP
- Former C VP
- Former D VP
- Former E VP

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

1. Most common elements are BWD circling skills, Glide kips, Swings FWD
2. 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

1. Most common elements are FWD circle skills
2. 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

1. 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

1. 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

1. 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

1. Most commonly used to transfer a FWD Long Swing start to an element to a BWD Long Swing
2. 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

1. Most common is transfer from one direction of Long Swing to another, i.e., BWD Giant 1/2 (REG grip) turn in HS to FWD Giant (REV grip)

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

1. 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

1. Resembles 1/2 pirouette, except base hand does not move
2. 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

1. If prior skill finishes in REV grip, no need to change hand prior to starting Healy
2. 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

1. 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

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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

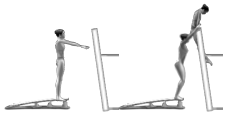
801a—LB—Clear hip Underswing
801b—Pike sole Underswing
801c—Stalder Underswing
802—Tap swing—1/2 turn
803—Cast off—Stand
804—3/4 FWD circle—Stand
805—Squat on—Jump down
806—3/4 BWD Seat circle—Stand

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

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

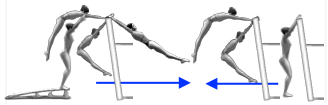
Pullover—1 - 2 feet; also w run

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

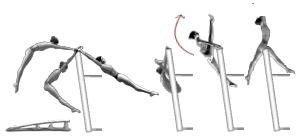


Glide swing

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

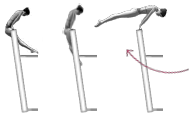
Run out—Glide kip

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

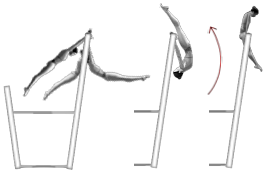


Cast

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

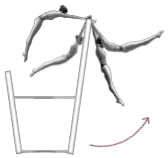


Swing—Long hang pullover

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

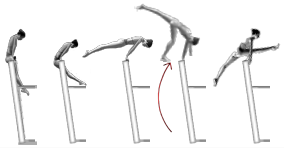


Tap swing

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

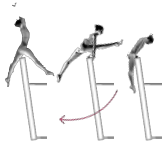
FWD Single-leg cut

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

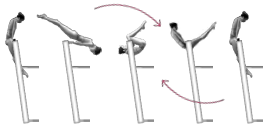


Single leg cut

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



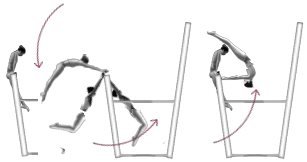
FWD Hip circle —bent legs

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

LB—BWD Baby Giant—Pullover

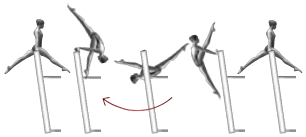


Baby Giant

1. From hang LB—REG grip
2. Giant bent-leg circle swing under LB
3. Continue circle up & over LB
4. Finish Front support

X—701

FWD—Stride circle

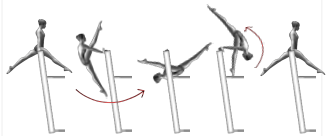


FWD Stride circle

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

X—702

BWD—Stride Circle

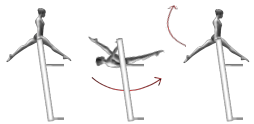


BWD Stride circle

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

X—703

Single-leg—BWD basket swing—Clear support

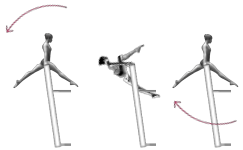


1-Leg Basket swing

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

X—704

Single leg—Bent—Knee swing

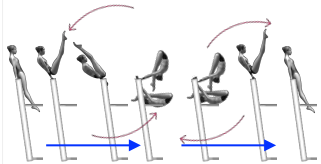


Knee swing

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

X—705

BWD Pike Seat drop (Peach)

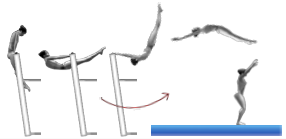


Peach basket

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

LB—Clear Hip underswing BWD—End facing out/in



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

Cast before not required

X—801b

LB—Pike Sole underswing BWD—End facing out/in (Together/Straddle)

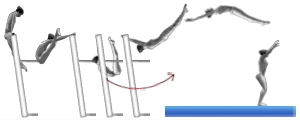
BWD Pike sole U-swing

1. Feet on bar—REG grip
2. Execute BWD Pike Sole underswing
3. Release bar
4. Arrive in stand

Cast before not required

X—801c

LB—Stalder underswing BWD—End facing out/in— (Pike/Straddle)



BWD Stalder U-swing

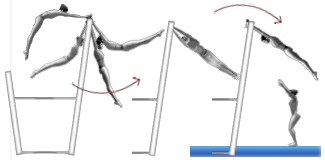
1. Feet off bar—REG grip
2. Execute BWD Stalder underswing
3. Release bar
4. Arrive in stand

Cast before not required

X—802

FWD Tap swing—1/2 turn—End facing HB

180°

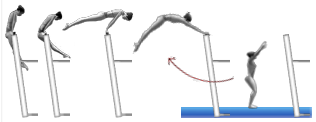


Tap swing—1/2

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

X—803

Cast off—Stand—End facing LB

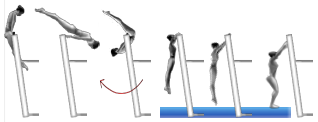


Cast off

1. From front support LB
2. Cast—Push bar away
3. Release bar after height is reached
4. Arrive in stand

X—804

3/4 FWD Hip circle—Stand—End facing LB

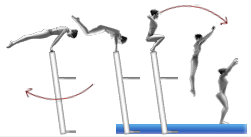


3/4 FWD Hip circle

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

Squat on—Jump FWD & down—End facing out



Squat on—Jump down

1. From clear position
2. Push bar DWN
3. Tuck knees to chest
4. Squat on bar
5. Jump FWD & DWN off bar to stand

X—806

LB—Straddle/Pike sit—Lift legs off bar—3/4 BWD Seat circle—REL 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

**1N, 2N restricted element*

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

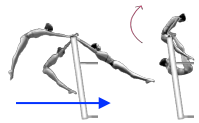
113—RO Board ➤ LB
114—RO Board over LB

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

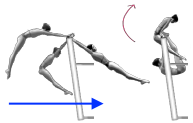


Glide kip in REG grip

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



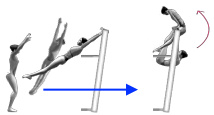
Glide kip in REV grip

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

180º



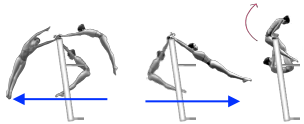
1/2—Glide kip

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

180º



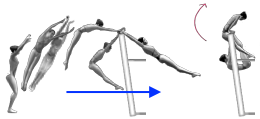
Glide—1/2—Glide kip

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

360º

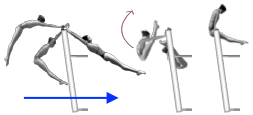


1/1—Glide kip

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)

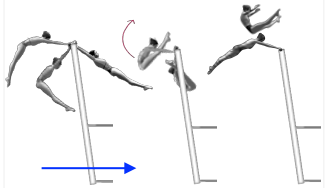
180º

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 RELEASE Bar-Bar

Glide LB OR Swing FWD HB—Stoop thru—BWD kip—Straddle Cut—Hang same bar



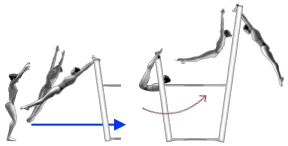
Straddle cut

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

180º



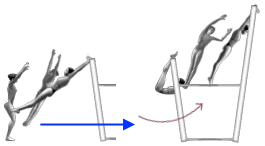
1/2—Glide kip—Catch

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

180º 180º



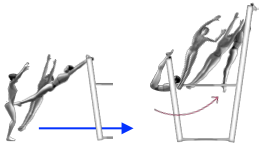
1/2—Glide kip—1/2 Catch

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 FLIGHT LB-HB

Jump 1/2 turn LB—Glide kip—Grip change—1/1 turn—Hang HB

180º 360º



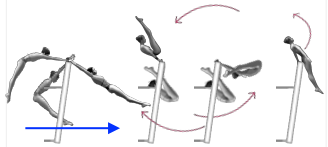
1/2—Glide kip—1/1 Catch

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

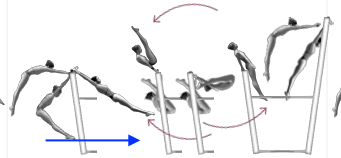


Glide—REV kip

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

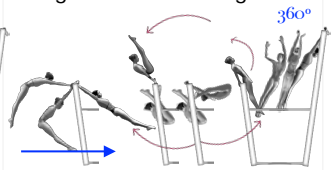


Glide—REV kip—Catch

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 FLIGHT LB-HB

HB—Glide LB OR Swing FWD—Stoop thru—REV back kip—BWD Pike seat swing—Grip change—1/1 turn—Hang HB

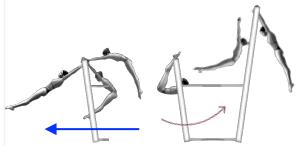


Glide—REV kip—1/1 Catch

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 FLIGHT LB-HB

Glide kip LB—Grip change—Hang HB

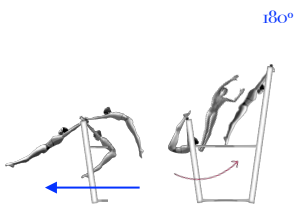


Glide kip—Catch

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 FLIGHT LB-HB

Glide kip LB—Grip change—1/2 turn—Hang HB

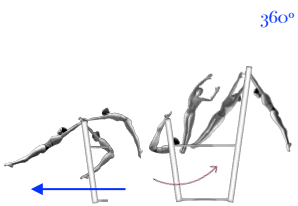


Glide kip—1/2 Catch

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 RELEASE LB-HB

Glide kip LB—Grip change—1/1 turn—Hang HB

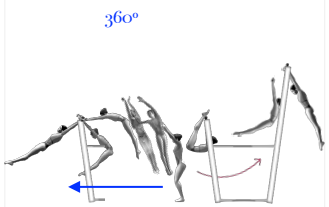


Glide kip—1/1 Catch

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 RELEASE LB-HB

Jump 1/1 turn LB—Kip—Grip change—Hang HB

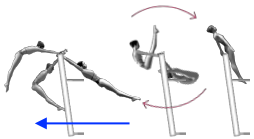


1/1—Kip—Catch

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

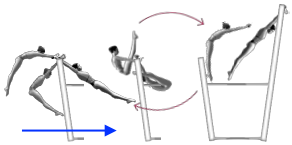


Glide—Stoop thru

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

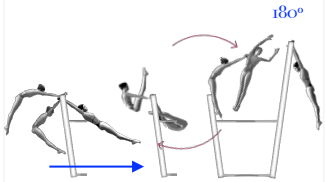


Glide—Stoop thru—Catch

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

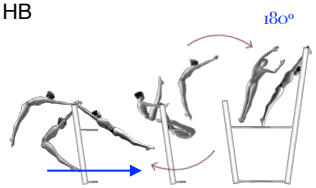


Glide—Stoop thru—1/2 Catch

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 FLIGHT LB-HB

Glide LB—Stoop thru—BWD kip—Thru Clear Rear support—Grip change—1/2 turn—Hang HB

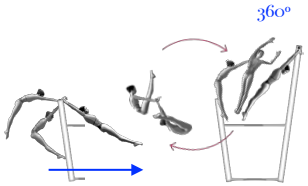


Glide—Clear Stoop—1/2 Catch

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

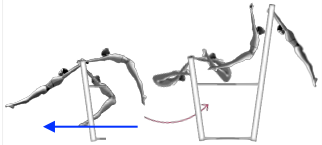


Glide—Stoop—1/1 Catch

1. From hang HB
2. Glide FWD—Straddle/Pike—Stretch
3. Quick feet to bar—Stoop thru
4. Over bar
5. 1/1 (360º) turn—Grip change to HB
6. Finish hang HB

C—106b FLIGHT LB-HB

Glide LB—Stoop thru—BWD kip—Straddle Cut—Grip change—Hang HB



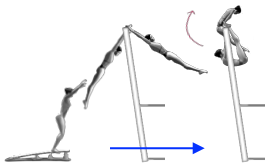
Glide—Stoop—Cut

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



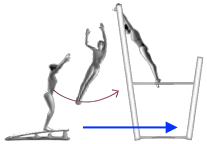
HB Kip

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

180º



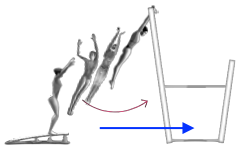
1/2—HB hang

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

360º

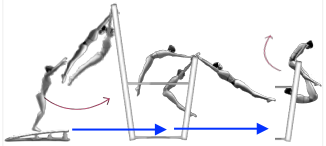


1/1—HB hang

1. Jump from board
2. Execute 1/1 turn—Legs together
3. Grasp HB
4. Finish hang HB

A—107d RELEASE HB-LB

Jump brief hang HB—Grip change—Hang LB—Glide kip—Front support LB



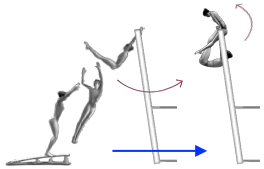
HB—Drop LB kip

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

180º

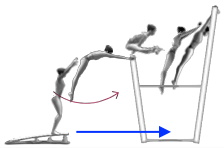


1/2—HB kip

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 RELEASE LB-HB

Tuck/Straddle jump—Over LB—Hand repulsion—Hang HB

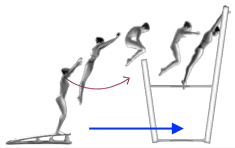


Jump over LB

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

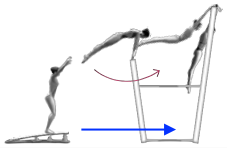


Free jump over LB

1. Jump from board
2. No hand repulsion
3. Execute Free Tuck vault over LB
4. Grasp HB
5. Finish hang HB

B—108b RELEASE LB-HB

Hecht jump—Over LB—Hand repulsion—Hang HB



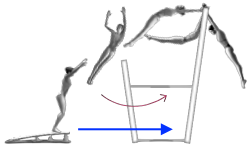
Hecht over LB

1. Jump from board
2. 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

180º



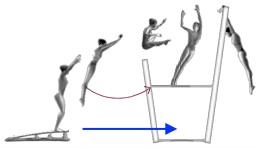
Free 1/2 over LB—Hang

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

180º



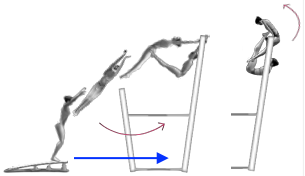
Free Straddle 1/2 over LB

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

180º

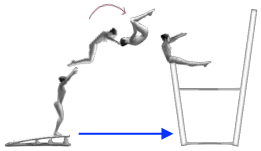


Free 1/2 over LB—Kip

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

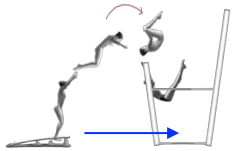


FWD Salto sit LB

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

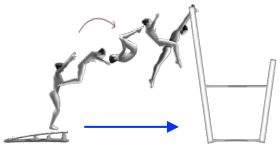


FWD Salto over LB—'L' hang

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

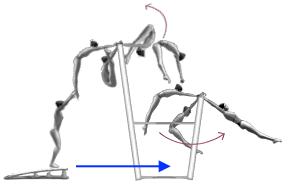


FWD Salto—Hang HB

1. Jump from board
2. Execute FWD Salto tuck
3. Grasp HB
4. Finish hang HB

C—109d RELEASE HB-LB

Jump brief hang HB—BWD salto roll—Straddle/Tuck—Grip change—Hang LB

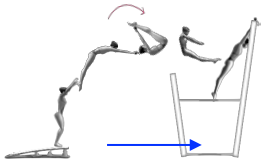


Salto roll HB—LB

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)



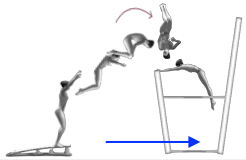
FWD Salto over LB

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

180º



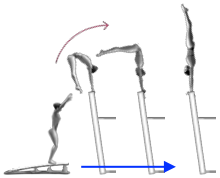
FWD Salto 1/2 over LB

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



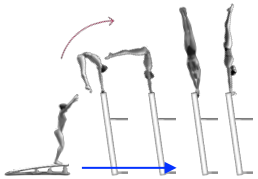
Jump bent hip HS

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°



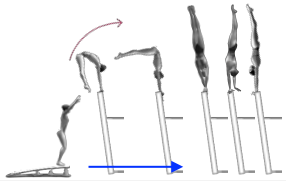
Jump bent hip HS 1/2

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°

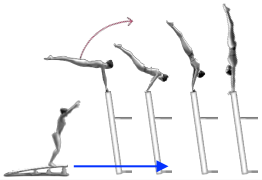


Jump bent hip HS 1/1

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

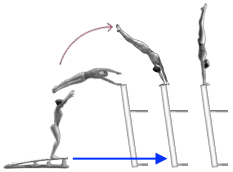
1. Jump from board
2. Grasp LB
3. Execute HS on LB
4. Hips extended
5. Finish HS LB

Note: Shoulder angle allowed

D—111b

Jump—1/2 turn—EXT body—HS LB

180°



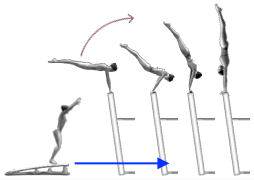
Jump 1/2 straight HS

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°



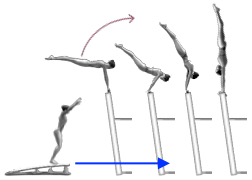
Jump straight HS 1/2

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

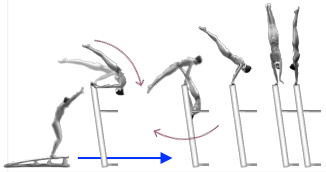
1. Jump from board
2. Grasp LB
3. Execute HS on LB
4. Hips extended
5. Finish HS LB

Note: Shoulder angle allowed

D—111e

Jump clear support LB—REV grip—FWD Clear hip circle—HS—1/2 turn—In HS (Gamer)

180°



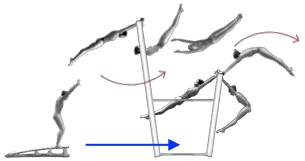
Weiler kip HS 1/2

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 RELEASE HB-LB

Jump hang HB—U-swing 1/2 turn—Flight—Over LB—Glide LB

180°

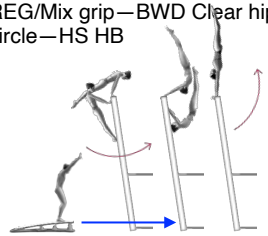


Jump Overshoot

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



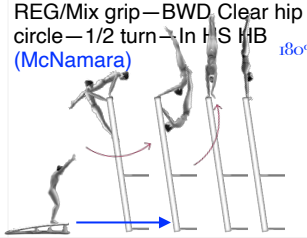
Jump Clear hip HS

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 (McNamara)

180°



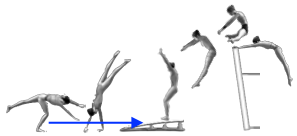
McNamara

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

UB—1-MOUNTS — 113-RO ➤ LB — 114-RO over LB

B—113

RO—Flight BWD—Straddle—Over LB—Clear Straddle Hang LB

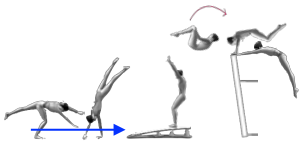


RO—Straddle over ➤ LB

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

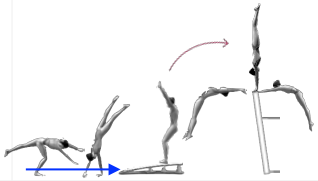


RO—BWD Tuck over LB

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)



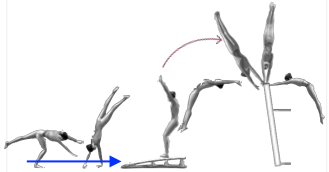
RO—FF HS

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

360°



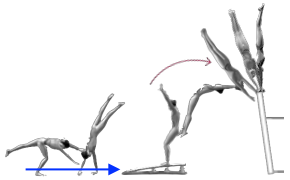
RO—FF 1/1—Clear support

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

360°

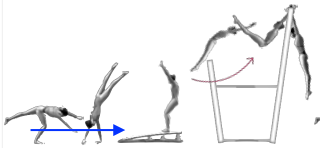


RO—FF 1/1 HS

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



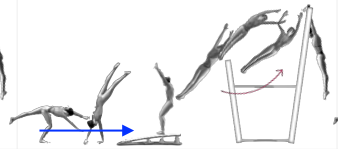
RO—Straddle over to HB

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

360°



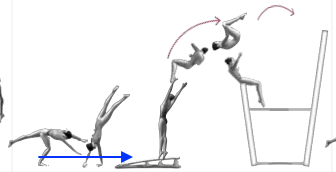
RO—1/1 over to HB

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

180°



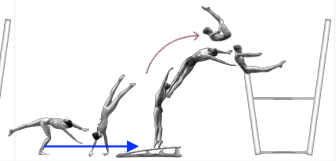
RO—Tuck Arabian sit LB

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

180°



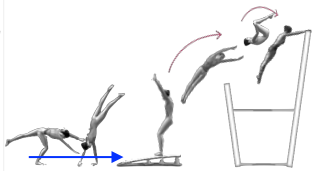
RO—Pike Arabian sit LB

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

180°



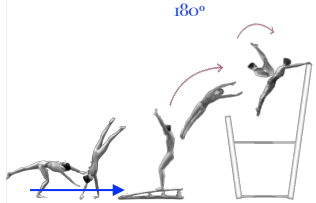
RO—Arabian Tuck over LB

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

180°



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

A—201a

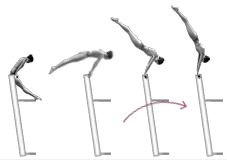
Cast—0º - 45º above HOR

Cast 0º—45º ↑ HOR

1. Front support—REG grip
2. Cast 0º - 45º ➤ HOR
3. Legs straddle/together
4. Hips bent/extended
5. Finish 0º-45º above HOR, any grip

A—201b

Cast—21º - 44º from VER

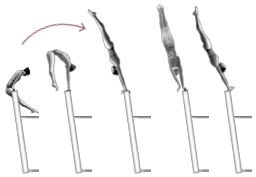


Cast 21º—44º ↑ VER

1. Front support—REG grip
2. Cast 21º - 44º from VER
3. Legs straddle/together
4. Hips bent/extended
5. Finish 21º-44º from VER, any grip

A—201c

Cast—21º - 45º from VER—1/2 turn—Same side of bar (Higgins roll) 180º



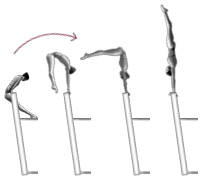
Cast 21º—45º ↑ VER, 1/2 turn

1. Front support—REG grip
2. Cast 21-45º ➤ VER—Hips bent-EXT
3. Initiate 1/2 turn prior to VER finish
4. Finish 21º- 45º of VER in Mix/L grip

NOTE: Front giant type skill will follow

B—201a

Cast HS—20º of VER—Hips Bent/EXT (Straddle/Together)

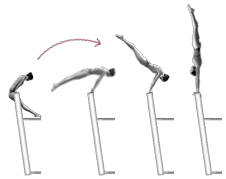


Cast bent HS—20º ↑ VER

1. Front support—Any grip
2. Cast 20º ➤ VER—Hips bent-EXT
3. Legs straddle/together
4. Finish HS any grip

B—201a

Cast HS—20º of VER—Hips EXT

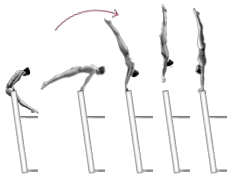


Cast straight HS—20º ↑ VER

1. Front support—Any grip
2. Cast 20º ➤ VER—Hips straight
3. Legs together
4. Finish HS any grip

C—201a

Cast HS—Hop—REV grip—In HS

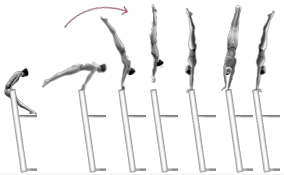


Cast HS—Hop REV

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 180º

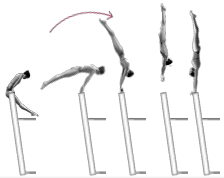


Cast HS—Hop REV—1/2

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

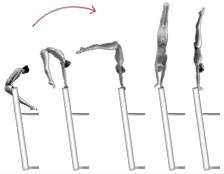


Cast HS—Hop 'L'

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 180º

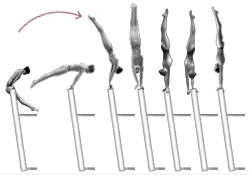


Cast HS—1/2 in HS

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) 360º

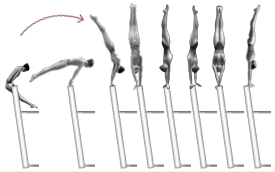


Cast HS—1/1 in HS

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) 540º

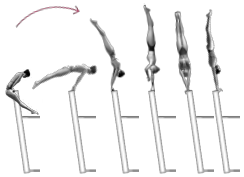


Cast HS—1-1/2 in HS

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) 180º

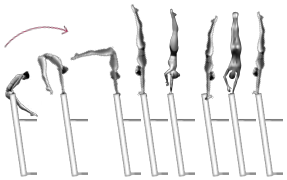


Cast HS—1/2 Higgins

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) 360º

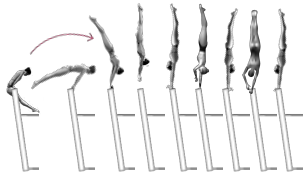


Cast HS—1/1 Healy

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) 360º

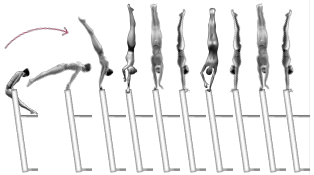


Cast HS—Hop—1/1 Healy

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) 180º 360º



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—StoopStraddle 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

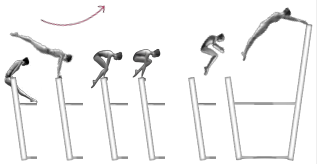
Support LB—Cast—Stoop/Straddle LB—Grip change—Hang HB

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

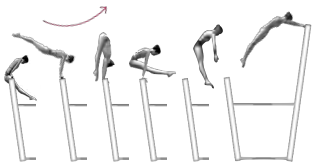


Free Squat over LB

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

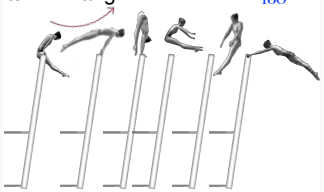


Free Stoop/Straddle over LB

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°

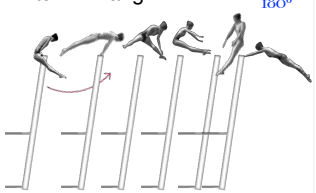


Cast Stoop over bar 1/2

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°

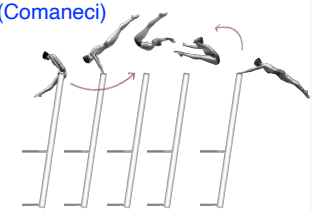


Cast Sraddle over bar 1/2

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

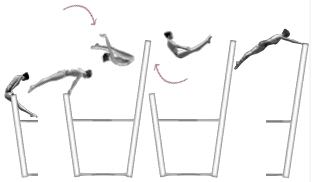
Support HB—BWD Swing—REL—1/1 turn—Hang HB (Caslavska) 360°

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)

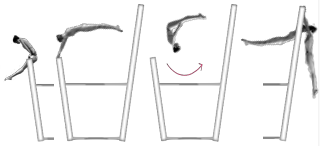


Cast Radochla salto

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°

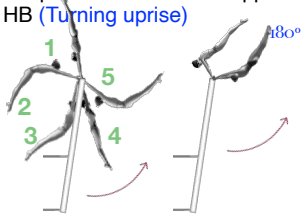
Cast Brause 1/1 salto

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)



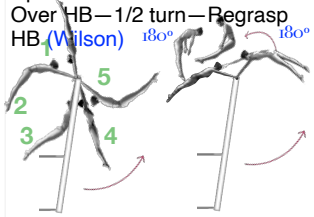
Uprise 1/2

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)



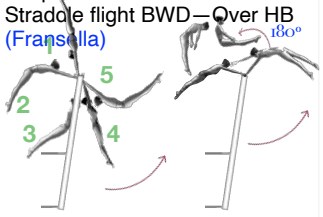
Uprise—Straddle over 1/2

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—Stradole flight BWD—Over HB (Fransella)

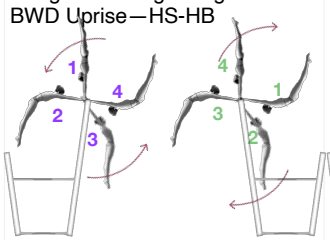


Uprise—1/2 Straddle over

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

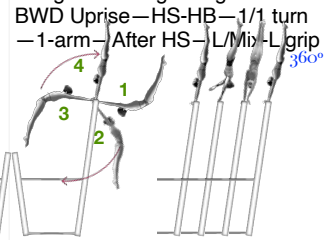


Uprise HS

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

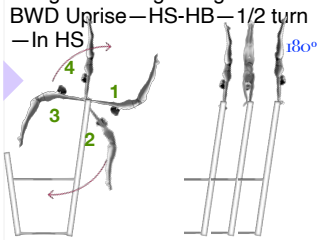


Uprise HS—1/1 Healy

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

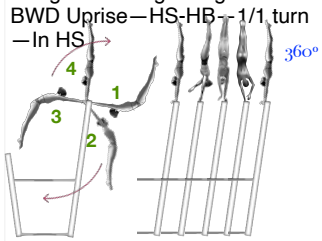


Uprise HS—1/2 in HS

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

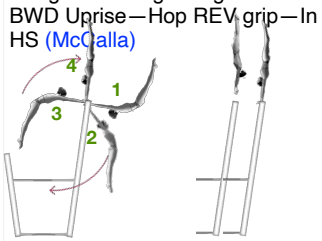


Uprise HS—1/1 in HS

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)

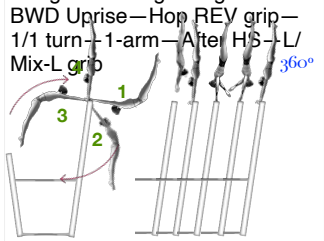


Uprise HS—Hop in HS

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

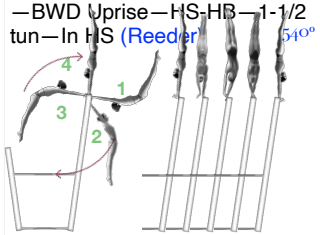


Uprise HS—Hop HS 1/1 Healy

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 tun—In HS (Reeder)

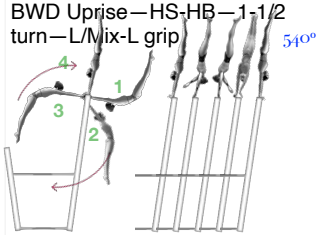


Uprise HS—1-1/2 in HS

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



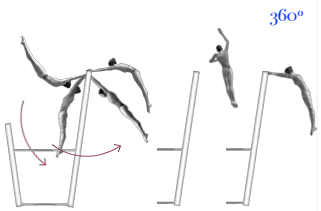
Uprise HS—1-1/2 in HS—Mix

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

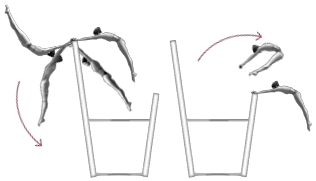


BWD swing 1/1

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



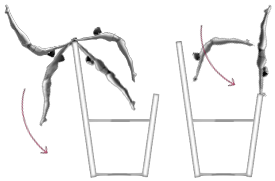
Straddle back

1. From hang HB—Any grip
2. Execute BWD counterswing
3. Release bar
4. Execute Straddle/pike flight over LB
5. Finish hang LB

Direct to D/E REL (Ø FWD c-swing) = C

C—208a RELEASE HB-LB

Hang HB—Long swing BWD—Straddle/pike—Flight—HS LB

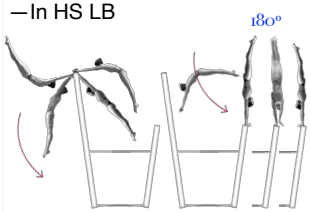


Straddle back HS

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 swingBWD—Straddle/pike—Flight—1/2 turn—In HS LB

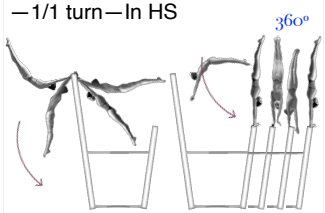


Straddle back HS 1/2

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

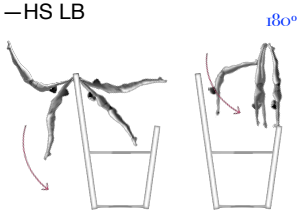


Straddle back HS 1/1

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

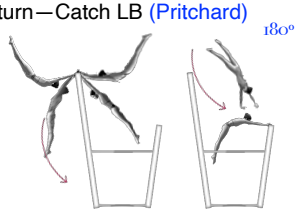


Straddle back 1/2 to HS

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)

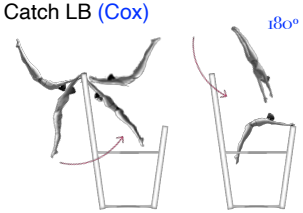


Pritchard

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)

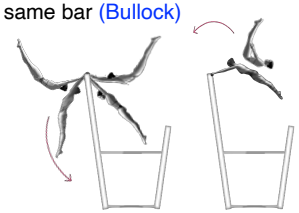


Pritchard LO (Cox)

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)

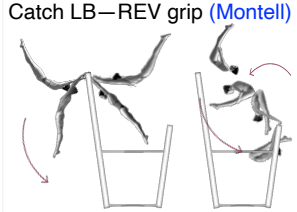


Jaeger between bars (Bullock)

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)

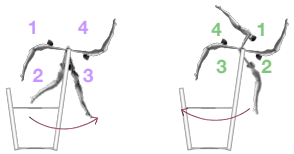


Jaeger between bars to LB

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

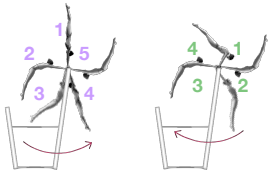


Swing Uprise

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

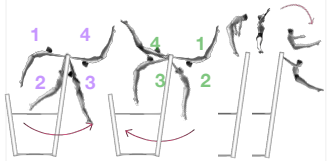


HS Swing Uprise

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)

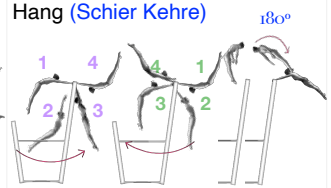


Uprise straddle over HB

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)

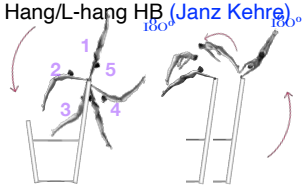


Uprise vault 1/2 over HB

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

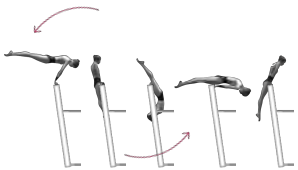
308—FWD Clear Hip w Flight
309—FWD Clear Hip Hecht
310—FWD Clear Hip w REL

X	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—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

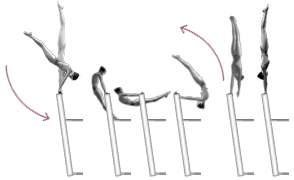
HB/LB—Clear hip circle BWD—REG grip—HS

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 180°

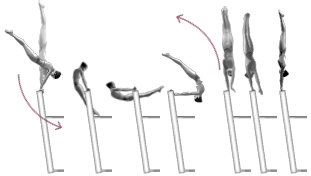


Clear hip HS 1/2

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) 360°

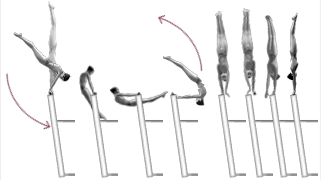


Clear hip HS 1/1

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 540°

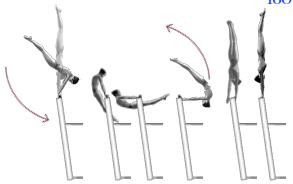


Clear hip HS 1-1/2

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) 180°

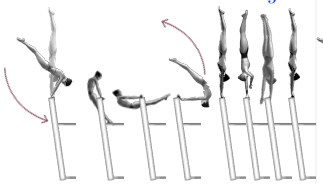


Clear hip HS 1/2 to 'L'

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 360°

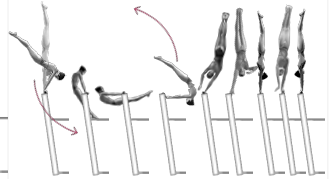


Clear hip HS 1/1 Healy

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 540°



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 RELEASE Bar-Bar

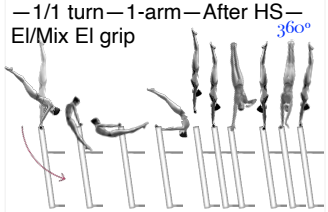
HB/LB—Clear hip circle BWD—HS—Hop—Change grip—In HS

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 RELEASE Bar-Bar

HB/LB—Clear hip circle BWD—HS—Hop—Change grip—In HS—1/1 turn—1-arm—After HS—EI/Mix EI grip 360°



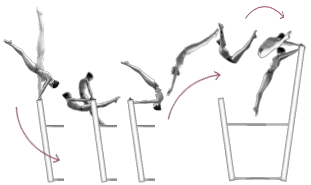
Clear hip HS hop Healy 1/1

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

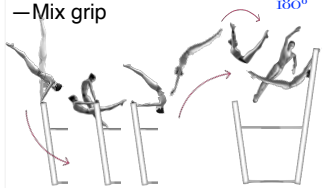


Clear counter hecht to HB

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 180°

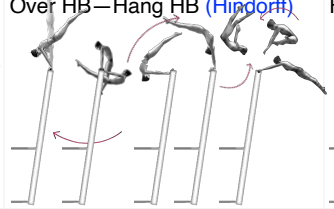


Clear counter hecht 1/2 to HB

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)

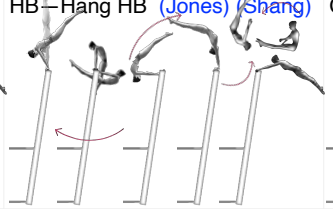


Hindorff

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)

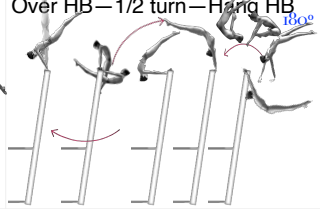


Jones/ Shang

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 180°

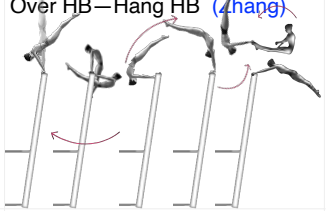


Martins

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

E—304d RELEASE HB-HB

HB—Clear hip circle BWD—Thru HS—Counter Layout—Over HB—Hang HB (Zhang)

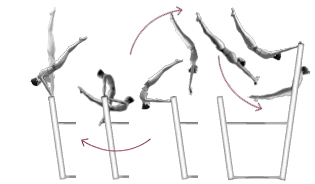


Zhang

1. From HB—REG grip
2. Execute Clear hip circle BWD
3. Thru HS
4. Execute Counter Layout
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)

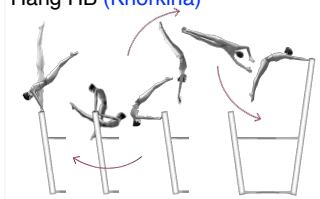


Shaposhnikova

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) 180°

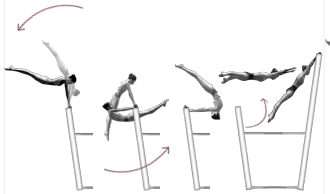


Khorkina

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

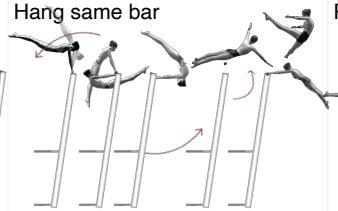
LB—Clear hip circle BWD—Hecht—Over LB—1/2 turn—Hang HB 180°

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 180°

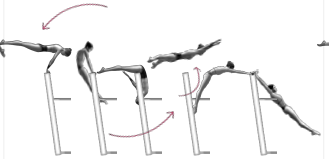


Hecht 1/2 over bar

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

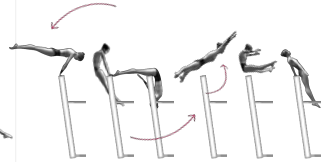


Hip circle hecht

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)

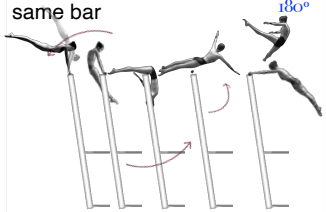


Hip circle hecht—Straddle sit

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 180°



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

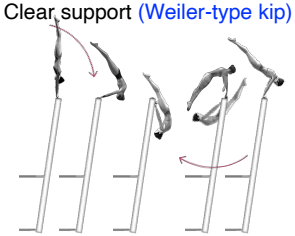
HB/LB—Hip circle FWD—Front support

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

B—308a

HB/LB—Clear hip circle FWD—Clear support (Weiler-type kip)

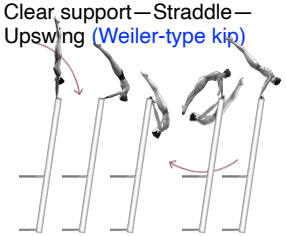


Weiler kip to support

1. From Clear support—REV grip
2. Execute FWD Clear hip circle
3. Finish Clear support

B—308a

HB/LB—Clear hip circle FWD—Clear support—Straddle—Upswing (Weiler-type kip)

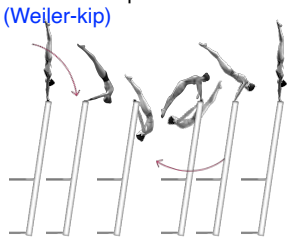


Weiler kip Straddle up

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)

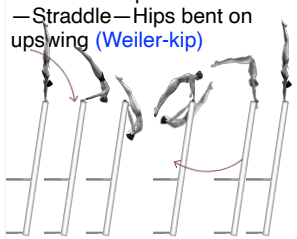


Weiler kip straight HS

1. From HS—REV grip
2. Execute FWD Clear hip circle
3. Legs together—Hips extended
4. Finish HS

D—309a

HS—Clear hip circle FWD—HS—Straddle—Hips bent on upswing (Weiler-kip)

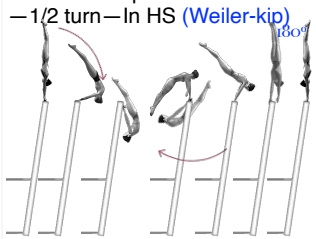


Weiler kip straddle/bent HS

1. From HS—REV grip
2. Execute FWD Clear hip circle
3. Legs straddle—Hips bent
4. Finish HS

D—309b

HS—Clear hip circle FWD—HS—1/2 turn—In HS (Weiler-kip)

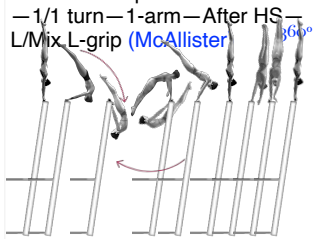


Weiler kip HS 1/2

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

D—309c

HS—Clear hip circle FWD—HS—1/1 turn—1-arm—After HS—L/Mix L-grip (McAllister)

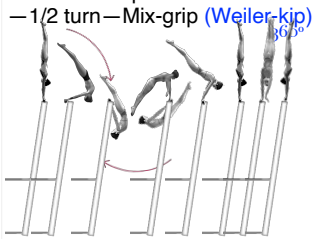


Weiler kip HS 1/1 Healy

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

D—309d

HS—Clear hip circle FWD—HS—1/2 turn—Mix-grip (Weiler-kip)



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

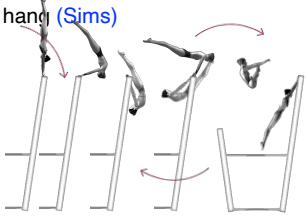
LB—Clear hip circle FWD—FWD salto—Over LB—Catch HB hang (Pelaez)

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

E—310 RELEASE HB-HB

HB—Clear hip circle FWD—Straddle FWD salto—Catch HB hang (Sims)



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

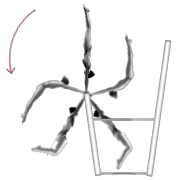
401—BWD LB Giants
402—BWD Giants Swing Turn Ø HS
403—BWD Giant HS Ø Turn
404—BWD Giant HS w Turn
405—BWD Giants w Hop
406—BWD Giant REL HB ➤ LB Ø Salto (Overshoot)
407—BWD Giant REL HB ➤ LB w Salto
408—BWD Giant REL HB ➤ HB (Counter Hecht)
409—BWD Giant REL HB ➤ LB w Salto

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

A—401

LB—Giant BWD HS—Tuck at bottom (either side)



LB BWD Giant

1. From HS LB
2. Execute BWD Giant
3. Bend knees at circle bottom
4. Finish HS LB

B—401

LB—Giant BWD—1/2 turn—HS—Tuck at bottom (either side)

LB BWD Giant 1/2

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

C—401a

LB—Giant BWD—1/1 turn—In HS—Tuck at bottom (either side)

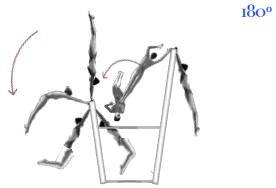
LB BWD Giant 1/1

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

C—401b

RELEASE LB-HB

Face in—3/4 Giant swing BWD—Release—1/2 turn—Tuck—Flight—Catch HB—Face LB



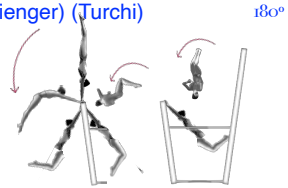
LB BWD Giant REL HB

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

C—401c

RELEASE LB-LB

Face in—3/4 Giant swing BWD—Release—Swing FWD—BWD salto—1/2 turn—Tuck (LB Gienger) (Turchi)

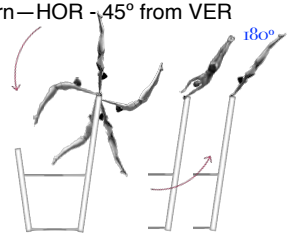


LB BWD Giant REL LB

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

HS-HB—Long swing FWD—1/2 turn—HOR - 45° from VER

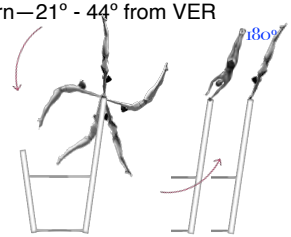


BWD Giant Swing 1/2

1. From HS HB
2. Execute BWD Giant
3. Execute 1/2 turn HOR - 45° ➤ VER
4. Finish hang HB

B—402a

HS-HB—Long swing FWD—1/2 turn—21° - 44° from VER

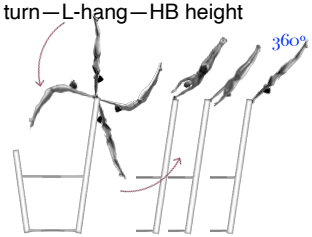


BWD Giant Swing Blind

1. From HS HB
2. Execute BWD Giant
3. Execute 1/2 turn 21° - 44° ➤ VER
4. Finish hang HB

B—402b

HS-HB—Long swing FWD—1/1 turn—L-hang—HB height

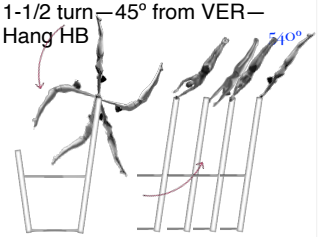


BWD Giant Swing 1/1

1. From HS HB
2. Execute BWD Giant
3. Execute 1/1 turn HOR - 45° ➤ VER
4. Finish L-hang HB

C—402

HS-HB—Long swing FWD—1-1/2 turn—45° from VER—Hang HB

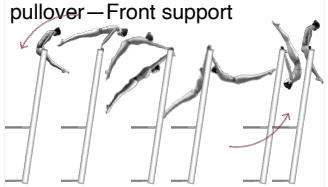


BWD Giant Swing 1-1/2

1. From HS HB
2. Execute BWD Giant
3. Execute 1-1/2 turn 45° ➤ VER
4. Finish hang HB

A—403

Face out—From jump LB OR Front support HB/LB—Cast—Long swing FWD—Long hang pullover—Front support

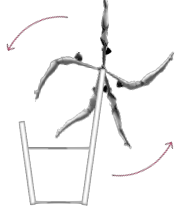


Long Hang Pullover

1. From support HB/LB
2. Cast—Tap swing FWD
3. Execute Long hang pullover
4. Finish Front support HB/LB

B—403a

HS-HB—Giant BWD HS—REG/cross grip (Dussier)

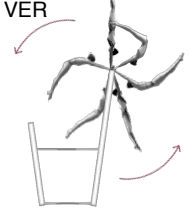


BWD Giant

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

B—403a

HS-HB—Giant BWD HS—REG/cross grip—Bend hip joint—Upper VER

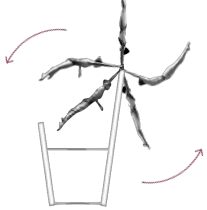


BWD Speed Giant

1. From HS HB
2. Execute BWD Giant
3. REG or Cross grip
4. Hips bend in upper VER
5. Finish HS HB

B—403b

HS-HB—Giant BWD HS—1-arm—REG grip (Liu)



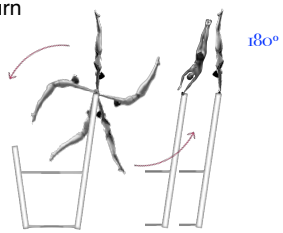
BWD 1-Arm Giant

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

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

C—404a

HS-HB—Giant BWD HS—1/2 turn

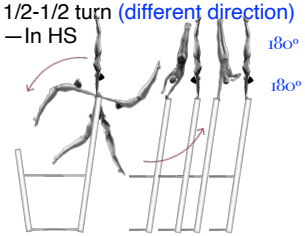


BWD Giant 1/2 (Blind)

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

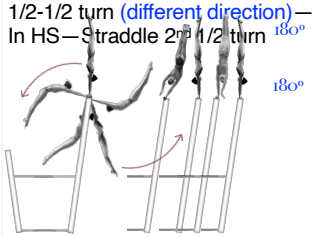


BWD Giant 1/2, 1/2

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

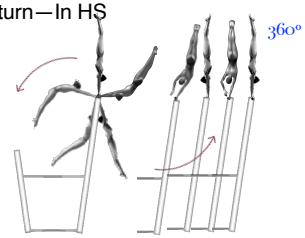


BWD Giant 1/2, Straddle 1/2

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

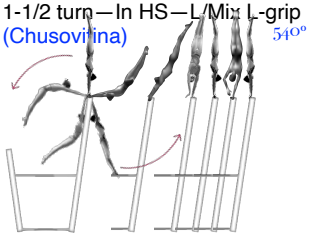


BWD Giant 1/1

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)

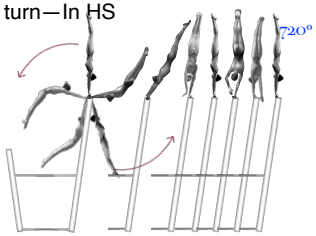


BWD Giant 1-1/2

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

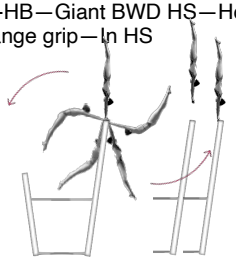


BWD Giant 2/1

1. From HS HB
2. Execute BWD Giant
3. Execute 2/1 turn—In HS
4. Finish HS HB

C—405a RELEASE Bar-Bar

HS-HB—Giant BWD HS—Hop-change grip—In HS

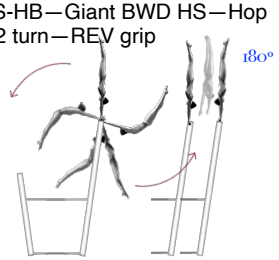


BWD Giant Hop

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 RELEASE Bar-Bar

HS-HB—Giant BWD HS—Hop 1/2 turn—REV grip

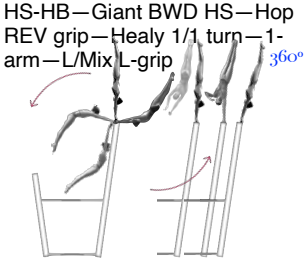


BWD Giant Hop 1/2

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 RELEASE Bar-Bar

HS-HB—Giant BWD HS—Hop REV grip—Healy 1/1 turn—1-arm—L/Mix L-grip

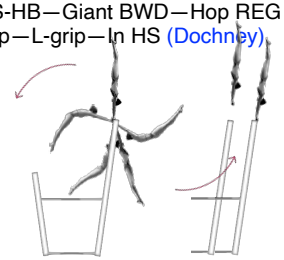


BWD Giant Hop, Healy 1/1

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 RELEASE Bar-Bar

HS-HB—Giant BWD—Hop REG grip—L-grip—In HS (Dochney)

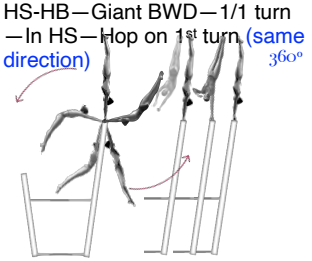


BWD Giant Hop 'L'

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 RELEASE Bar-Bar

HS-HB—Giant BWD—1/1 turn—In HS—Hop on 1st turn (same direction)

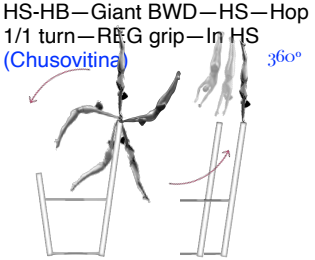


BWD Giant 1/2 Hop 1/2

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 RELEASE Bar-Bar

HS-HB—Giant BWD—HS—Hop 1/1 turn—REG grip—In HS (Chusovitina)



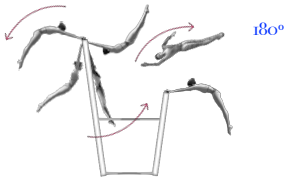
BWD Giant Hop 1/1

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

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

B—406 RELEASE HB-LB

Hang HB—Face in—Long swing FWD—1/2 turn—Flight—Over LB—Hang LB

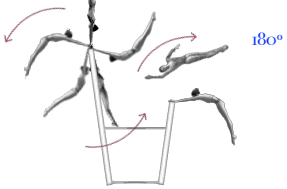


Swing Overshoot

1. From hang HB
2. Tap swing FWD
3. Execute 1/2 turn flight over LB
4. Regrasp LB
5. Finish hang LB

C—406 RELEASE HB-LB

HS-HB—Long swing FWD—1/2 turn—Flight—Over LB—Hang LB (Bail/Overshoot)

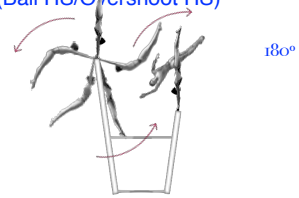


HS Overshoot

1. From HS HB
2. Tap swing FWD
3. Execute 1/2 turn flight over LB
4. Regrasp LB
5. Finish hang LB

D—406 RELEASE HB-LB

HS/hang HB—Long swing FWD—1/2 turn—Flight—To HS LB (Bail HS/Overshoot HS)

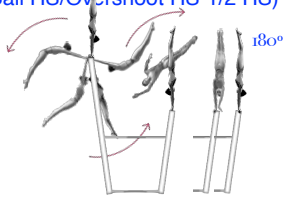


Bail HS

1. From HS or Hang HB
2. Tap swing FWD
3. Execute 1/2 turn flight to LB
4. Finish HS LB

E—406a RaELEASE HB-LB

HS/hang HB—Long swing FWD—1/2 turn—Flight—To HS LB (Bail HS/Overshoot HS-1/2 HS)

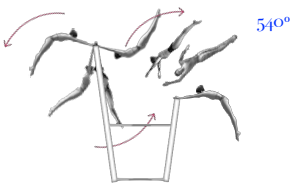


HS Bail HS 1/2

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

E—406b RELEASE HB-LB

Hang HB—Long swing FWD—1-1/2 turn—Flight—Over LB—Hang LB (Strong)

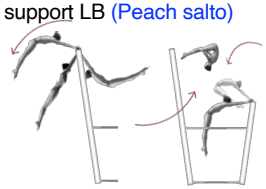


Swing 1-1/2 Overshoot

1. From hang HB
2. Tap swing FWD
3. Execute 1-1/2 turn flight over LB
4. Finish hang LB

C—407a RELEASE HB-LB

Hang HB—Face in—Long swing FWD—Salto roll BWD—Tuck/straddle—Hang/clear straddle support LB (Peach salto)

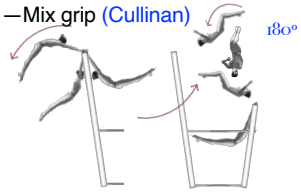


Peach Salto

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 RELEASE HB-LB

Hang HB—Face in—Long swing FWD—BWD salto—Tuck—1/2 turn— Between bars—Catch LB—Mix grip (Cullinan)

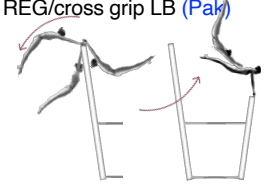


Cullinan Salto

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 RELEASE HB-LB

Hang HB—Face in—Long swing FWD—BWD salto—Stretch—Between bars—Clear support—REG/cross grip LB (Pak)

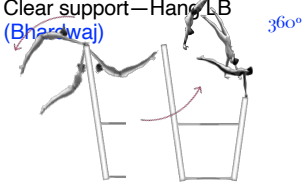


Pak Salto

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 RELEASE HB-LB

Hang HB—Face in—Long swing FWD—BWD salto—Tuck/stretch—1/1 turn—Between bars—Clear support—Hang LB (Bhardwaj)



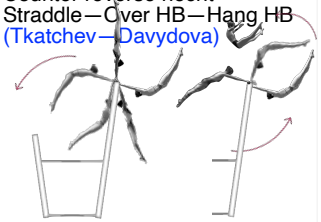
Bhardwaj Salto

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

HS-HB—Long swing FWD—Counter reverse hecht—Straddle—Over HB—Hang HB (Tkatchev—Davydova)

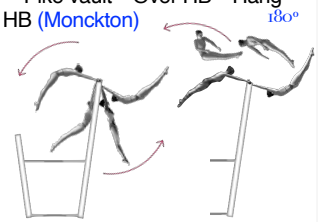


Tkatchev

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

HB—Long swing FWD—1/2 turn—Pike vault—Over HB—Hang HB (Monckton)

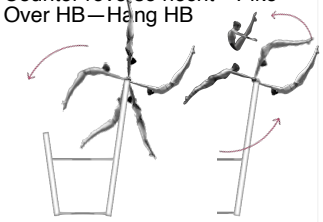


Monckton

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

HS HB—Long swing FWD—Counter reverse hecht—Pike—Over HB—Hang HB

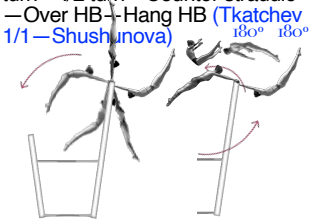


Pike Tkatchev

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

HS-HB—Long swing FWD—1/2 turn—1/2 turn—Counter straddle—Over HB—Hang HB (Tkatchev 1/1—Shushunova)

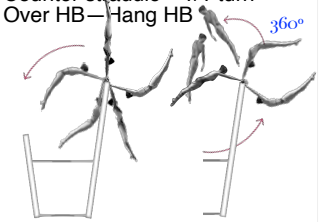


Shushunova 1/1

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

HS-HB—Long swing FWD—Counter straddle—1/1 turn—Over HB—Hang HB

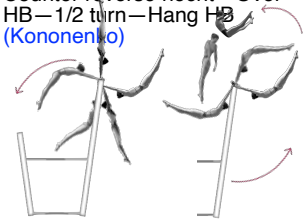


Counter 1/1

1. From HS HB
2. Execute BWD Giant
3. Pull bar—Release ba
4. Execute straddle reverse hecht BWD —1/1 turn over HB
5. Finish hang HB

E—408d RELEASE HB-HB

HS HB—Long swing FWD—Counter reverse hecht—Over HB—1/2 turn—Hang HB (Kononenko)

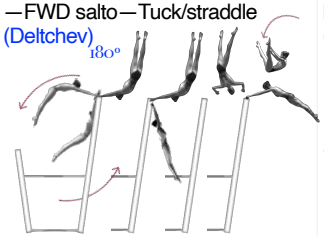


Kononenko

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

HB—Long swing FWD—1/2 turn—FWD salto—Tuck/straddle (Deltchev)

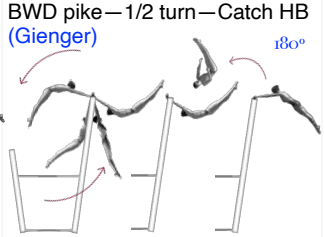


Deltchev

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

HB—Long swing FWD—Salto BWD pike—1/2 turn—Catch HB (Gienger)

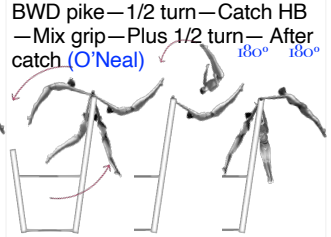


Gienger

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

HB—Long swing FWD—Salto BWD pike—1/2 turn—Catch HB—Mix grip—Plus 1/2 turn— After catch (O'Neal)

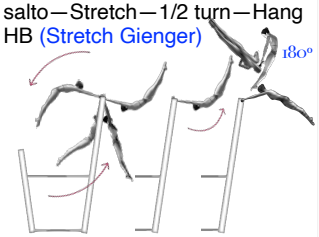


O'Neal / Nyeste

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

HB—Long swing FWD—BWD salto—Stretch—1/2 turn—Hang HB (Stretch Gienger)

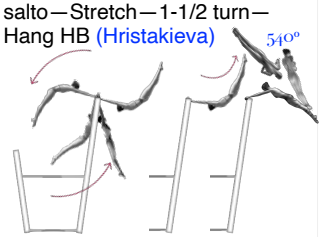


Gienger LO

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

HB—Long swing FWD—BWD salto—Stretch—1-1/2 turn—Hang HB (Hristakieva)

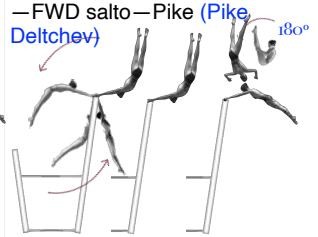


Def / Hristakieva

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

HB—Long swing FWD—1/2 turn—FWD salto—Pike (Pike Deltchev)

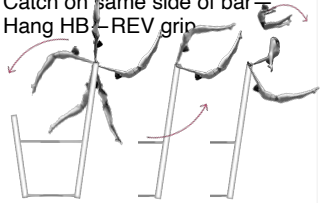


Deltchev Pike

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

HB—Long swing FWD—Counter salto FWD—Straddle—Catch on same side of bar—Hang HB—REV grip



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

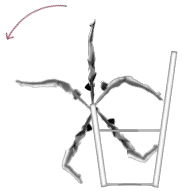
B—503—Swing, 1/2 turn Straddle/Pike Back = C if followed by D/E REL

X	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—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

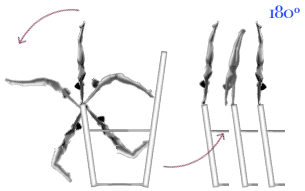


LB FWD Giant

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

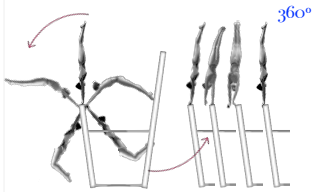


LB FWD Giant 1/2

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

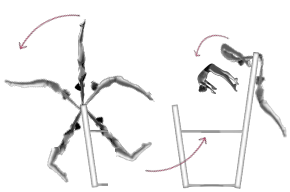


LB FWD Giant 1/1

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

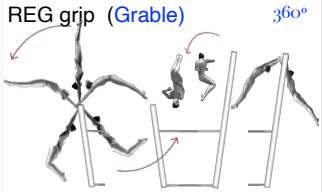


LB FWD Giant REL HB

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)

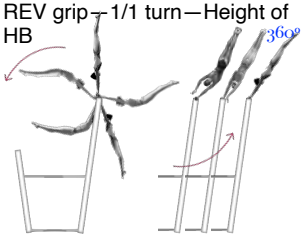


LB FWD Giant 1/1 REL HB

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

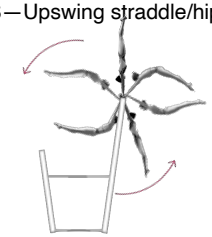


FWD Giant Swing 1/1

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

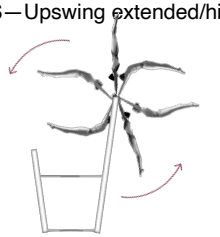


FWD Giant Straddle

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

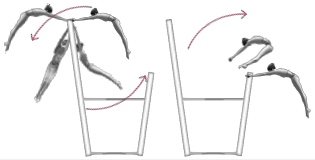


FWD Giant Straight

1. From HS HB—REV grip
2. Execute FWD Giant
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



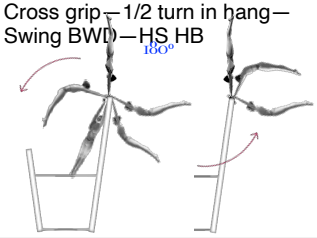
FWD Swing 1/2 Straddle Back

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

Direct to D/E REL (Ø FWD c-swing) = C

C—503a

HS-HB—Long swing FWD—Cross grip—1/2 turn in hang—Swing BWD—HS HB

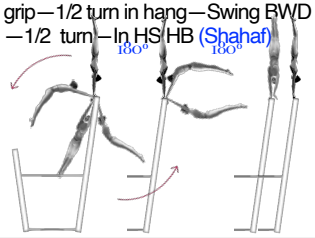


1/2 FWD Giant

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)

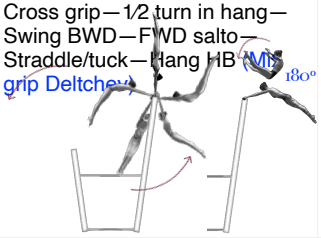


1/2 FWD Giant 1/2

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 (MS grip Deltchev)

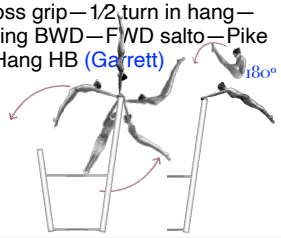


Deltchev

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)



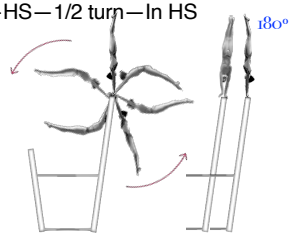
Deltchev Pike

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

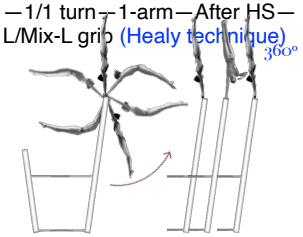


FWD Giant 1/2

1. From HS HB—REV grip
2. Execute FWD Giant
3. Swing BWD
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)

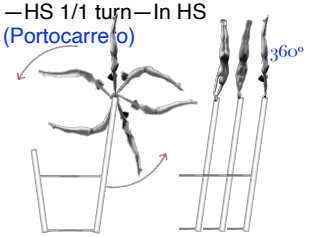


FWD Giant 1/1 Healy

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 (Portocarrero)

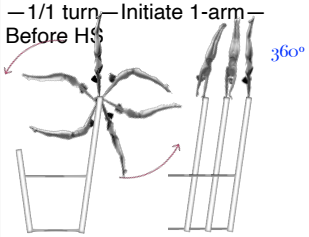


FWD Giant 1/1 in HS

1. From HS HB—REV grip
2. Execute FWD Giant
3. Swing BWD
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

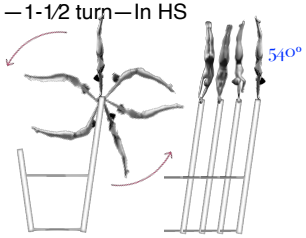


FWD Giant 1/1 before HS

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

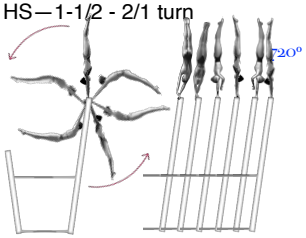


FWD Giant 1-1/2

1. From HS HB—REV grip
2. Execute FWD Giant
3. Swing BWD
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

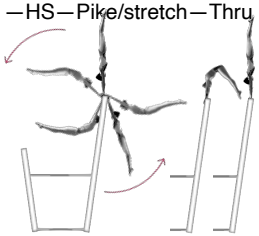


FWD Giant 2/1 L-grip

1. From HS HB—REV grip
2. Execute FWD Giant—REV grip
3. Swing BWD
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

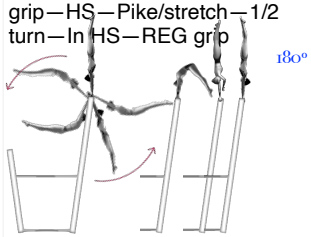


FWD L-grip Giant

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

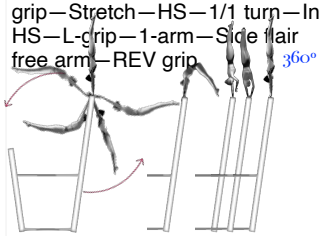


FWD L-grip Giant 1/2

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

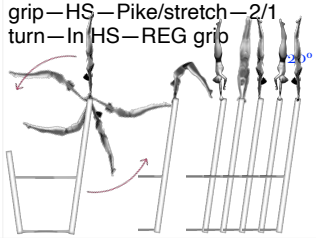


FWD L-grip Flair Giant 1/1

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

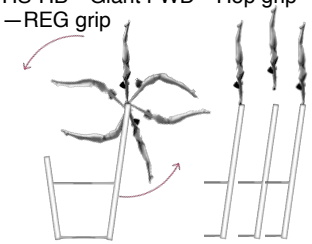


FWD L-grip Giant 2/1

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 RELEASE HB-HB

HS-HB—Giant FWD—Hop grip—REG grip

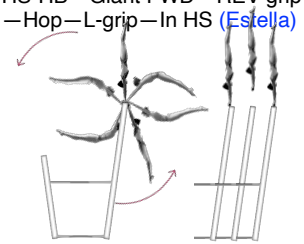


FWD Giant Hop REG grip

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 RELEASE HB-HB

HS-HB—Giant FWD—REV grip—Hop—L-grip—In HS (Estella)

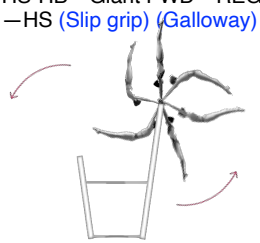


FWD Giant Hop L-grip

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)

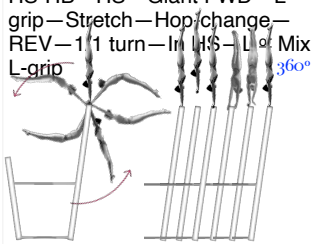


FWD Giant Slip grip

1. From HS HB—REG grip
2. REG grip
3. Execute FWD Giant swing—Slip grip
4. Finish HB REG grip

E—506 RELEASE HB-HB

HS-HB—HS—Giant FWD—L-grip—Stretch—Hop change—REV—1/1 turn—In HS—L or Mix L-grip



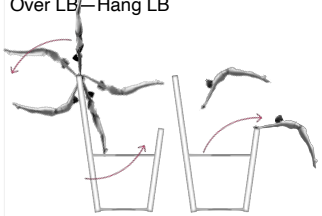
FWD Giant L-grip Hop REV 1/1

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

HS-HB—Long swing BWD—REG/REV grip—Straddle flight BWD—Over LB—Hang LB

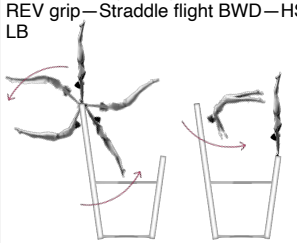


Straddle back

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—507 RELEASE HB-LB

HS-HB—Long swing BWD—REG/REV grip—Straddle flight BWD—HS LB

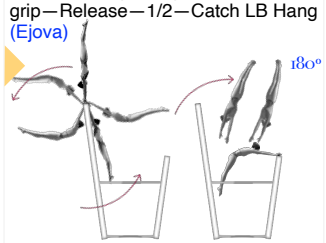


Straddle back HS

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

E—507 RELEASE HB-LB

HS-HB—Long swing BWD—REV grip—Release—1/2—Catch LB Hang (Ejova)

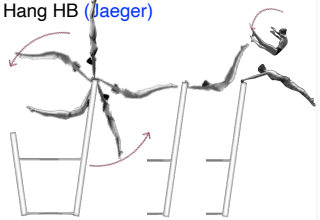


Straddle back 1/2

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

HS-HB—Long swing BWD—REV/L-grip—FWD salto—Straddle/Tuck—Hang HB (Jaeger)

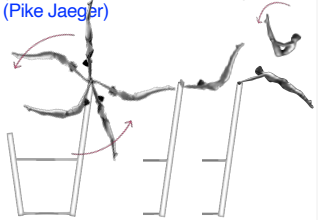


Jaeger

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

HS-HB—Long swing BWD—REV/L grip—FWD salto—Pike—Hang HB (Pike Jaeger)

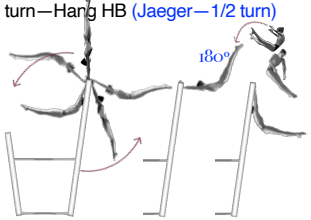


Jaeger Pike

1. From HS —REV/L-grip
2. FWD Giant
3. BWD swing UpWD
4. Execute FWD Pike salto
5. Finish hang HB

E—508b RELEASE HB-HB

HS-HB—Long swing BWD—REV/L grip—FWD salto—Straddle/Tuck—1/2 turn—Hang HB (Jaeger—1/2 turn)

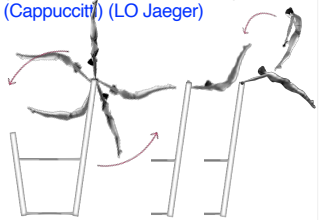


Jaeger 1/2

1. From HS —REV/L-grip
2. FWD Giant
3. BWD swing UpWD
4. Execute FWD Straddle salto 1/2 turn
5. Finish hang HB

E—50bc RELEASE HB-HB

HS-HB—Long swing BWD—REV/L-grip—FWD salto—LO—Hang HB (Cappuccitti) (LO Jaeger)

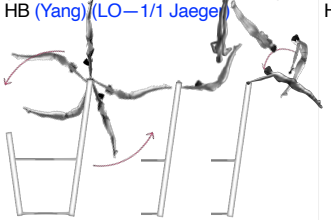


Jaeger LO

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

HS-HB—Long swing BWD—REV/L-grip—FWD salto—LO—1/1—Hang HB (Yang) (LO—1/1 Jaeger)

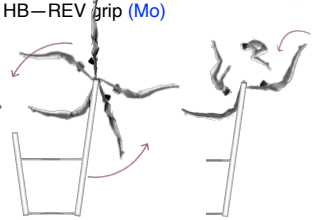


Yang

1. From HS HB
2. FWD Giant—REV/L-grip
3. BWD swing UpWD
4. Execute FWD LO 1/1 salto
5. Finish hang HB

E—508e

HS-HB Long swing BWD—L-grip—FWD salto—Tuck—Over HB—Hang HB—REV grip (Mo)

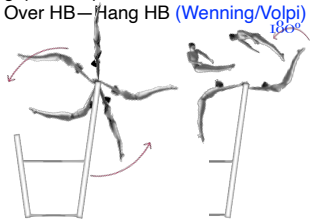


Mo

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

HS-HB—Long swing BWD—REV grip—Stoop/straddle VT—1/2 turn—Over HB—Hang HB (Wenning/Volpi)

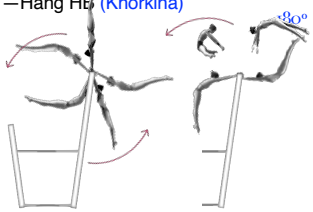


FWD Giant Vault 1/2

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

HS-HB—Long swing BWD—REV grip—1/2 turn—Straddle flight—Over HB—Hang HB (Khorkina)

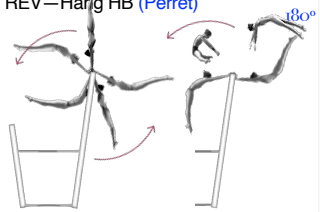


Khorkina

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

HS-HB—Long swing BWD—L-grip—1/2 turn—Straddle flight—Over HB—REV—Hang HB (Perret)



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—FWD Stalder HS w/wo Turn in HS
608—FWD 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	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—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

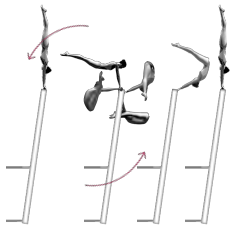
HB/LB—Stalder circle BWD—
Clear support

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

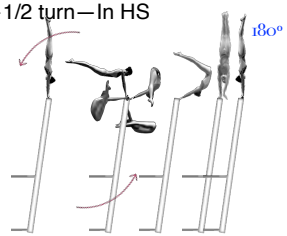


BWD Stalder HS

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

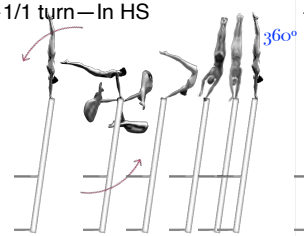


BWD Stalder HS 1/2

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

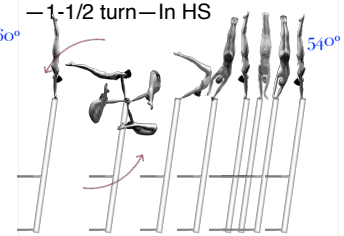


BWD Stalder HS 1/1

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

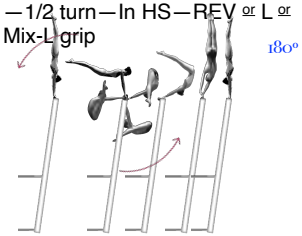


BWD Stalder HS 1-1/2

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

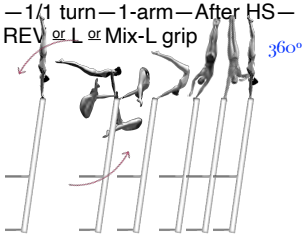


BWD Stalder 1/2 to L-grip

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

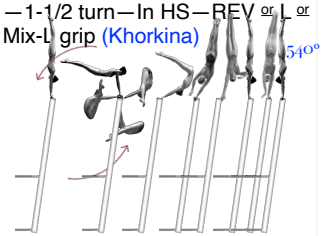


BWD Stalder 1/1 to L-grip

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)

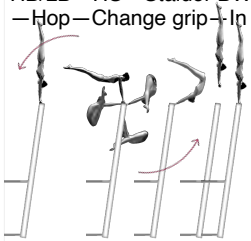


BWD Stalder 1-1/2 to L-grp

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

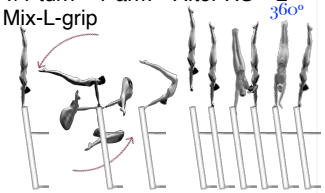


BWD Stalder Hop

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



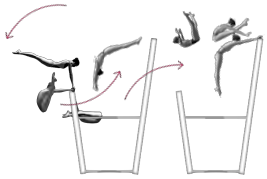
BWD Stalder Hop 1/1 after HS

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

Face in LB—Stalder BWD—Release—Counter movement FWD—In flight—Hang HB

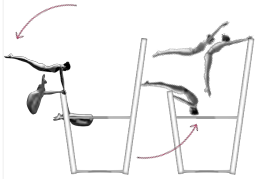


BWD Stalder counter HB

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

C—604b RELEASE LB-HB

Face in LB—Stalder BWD—Release—Hecht—Hang HB (Ray)

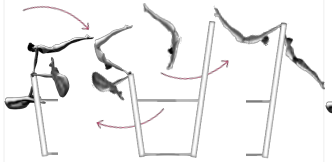


BWD Stalder hecht HB

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

D—604 RELEASE LB-HB

Face out LB—Stalder BWD—Thru HS—Flight—Hang HB

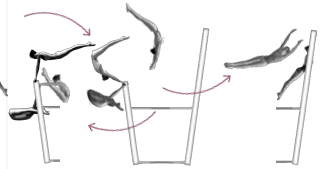


BWD Stalder flight HB

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

E—604a RELEASE LB-HB

Face out LB—Stalder BWD—Thru HS—Flight—1/2 turn—Hang HB 180°

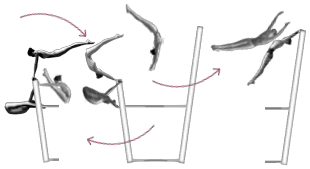


BWD Stalder flight 1/2 HB

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

E—604b RELEASE LB-HB

Face out LB—Stalder BWD—Flight—1/1 turn—Hang HB 360°

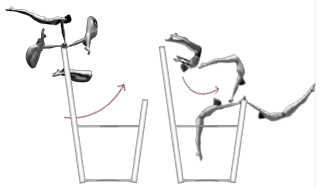


BWD Stalder flight 1/1 HB

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

HB—Clear straddle circle BWD—Grip change—Hang LB

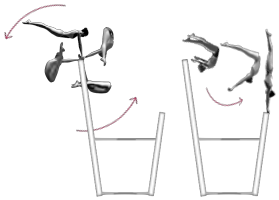


BWD Stalder circle LB

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

D—605 RELEASE HB-LB

HB—Clear straddle circle BWD—Flight—To HS-LB

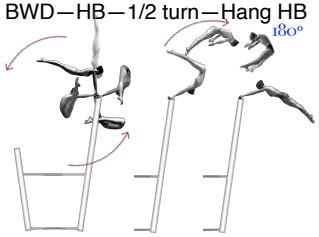


BWD Stalder circle HS LB

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

HS-HB—Clear straddle circle BWD—HB—1/2 turn—Hang HB 180°

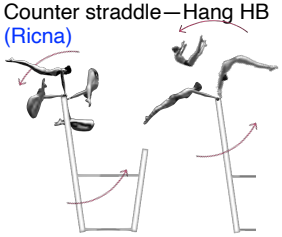


BWD Stalder cirlce 1/2 regrasp

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

E—606a RELEASE HB-HB

HB—Stalder BWD—Thru HS—Counter straddle—Hang HB (Ricna)

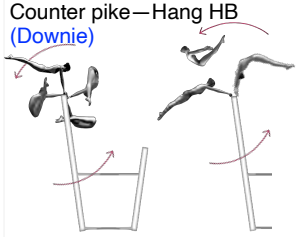


Stalder Tkatchev Straddle

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

E—606b RELEASE HB-HB

HB—Stalder BWD—Thru HS—Counter pike—Hang HB (Downie)

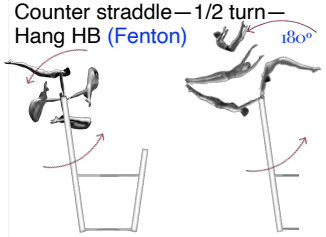


Stalder Tkatchev Pike

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

E—606c RELEASE HB-HB

HB—Stalder BWD—Thru HS—Counter straddle—1/2 turn—Hang HB (Fenton) 180°



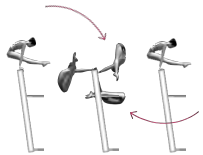
Stalder Tkatchev Straddle 1/2

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

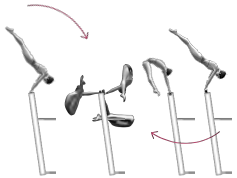


FWD Stalder circle

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

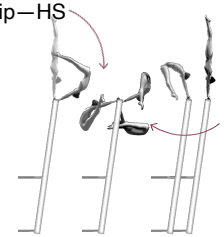


FWD Stalder clear support

1. From Clear support—REV grip
2. Execute FWD Straddle circle
3. Finish Clear support

D—607a

HS—Stalder FWD—HS—REV grip—HS

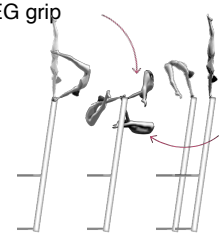


FWD Stalder HS

1. From HS—REV grip
2. Stoop in
3. Execute FWD Stalder
4. Finish HS

D—607b

HB/LB—Stalder FWD—HS—REG grip

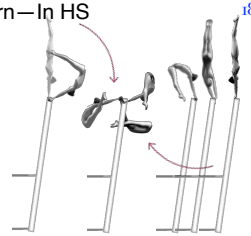


FWD Stalder REG grip

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 180°

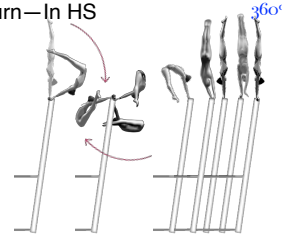


FWD Stalder HS 1/2

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 360°

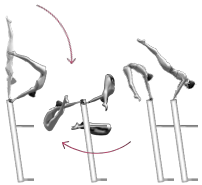


FWD Stalder HS 1/1

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

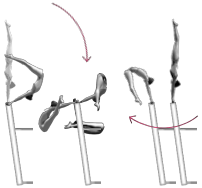


FWD Stalder L grip clear support

1. From HS
2. Execute FWD Stalder HS in L-grip
3. Finish Clear support

D—608a

LB/HB—Stalder FWD—L grip—HS

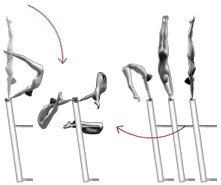


FWD Stalder L grip HS

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 180°

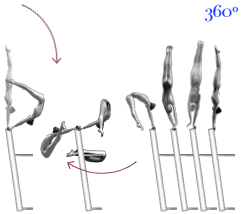


FWD Stalder L grip HS 1/2

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 360°

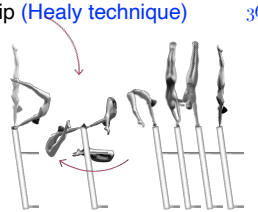


FWD Stalder L grip HS 1/1

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) 360°



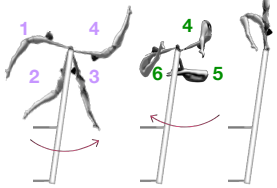
FWD Stalder 1/1 Healy

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

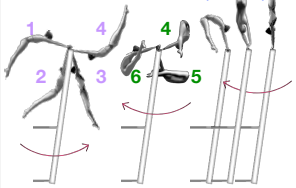


Swing press to clear support

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) 180°



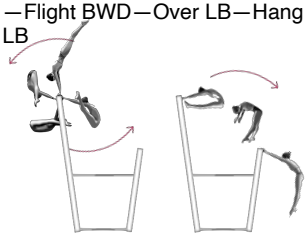
Chow

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

RELEASE HB-LB

HB—Clear straddle circle FWD—Flight BWD—Over LB—Hang LB



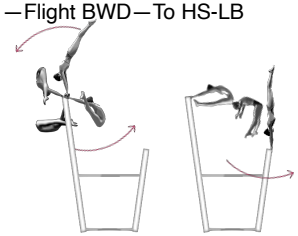
FWD Stalder circle to LB

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

RELEASE HB-LB

HB—Clear straddle circle FWD—Flight BWD—To HS-LB



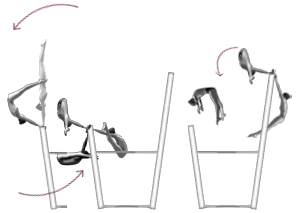
FWD Stalder circle to LB HS

1. Clear support HB
2. Execute FWD Clear straddle circle
3. Release HB
4. Flight BWD—HS-LB
5. Finish HS LB

D—610b

RELEASE LB-HB

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 / EI / Mix EI 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

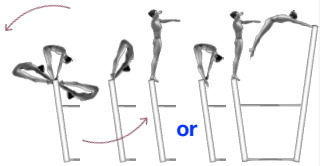
718—FWD Pike Circle w w/o REL
719—FWD Pike Circle Straddle Cut
720—FWD Pike Circle Thru Clear EXT Support
721—FWD Pike Circle Thru to HS

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

A—701

LB—Pike/tuck sole circle BWD—Stand

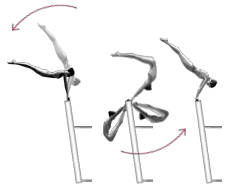


BWD Sole circle

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

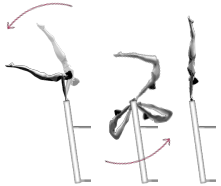


BWD Sole clear support

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

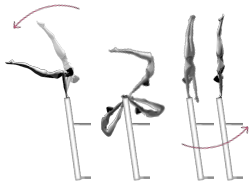


BWD Sole HS

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°

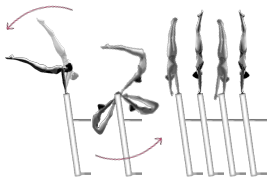


BWD Sole HS 1/2

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°

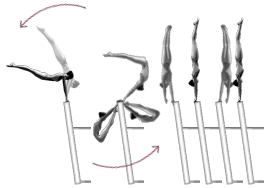


BWD Sole HS 1/1

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°

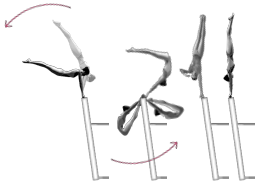


BWD Sole HS 1-1/2

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°

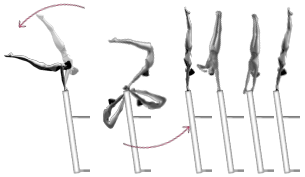


BWD Sole HS 1/2 L-grip

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°

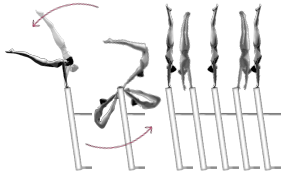


BWD Sole HS 1/1 after

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°



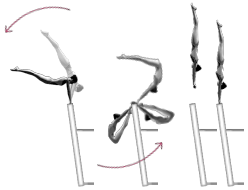
BWD Sole HS 1-1/2 L-grip

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



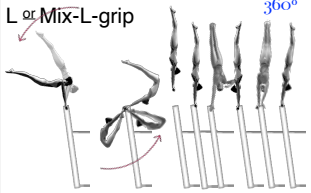
BWD Sole HS Hop

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°



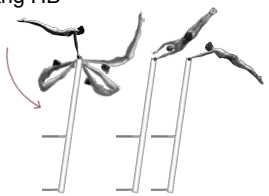
BWD Sole HS Hop 1/2

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

HB—Pike Sole Underswing BWD—1/2 turn ≥ HB height—Hang HB 180°

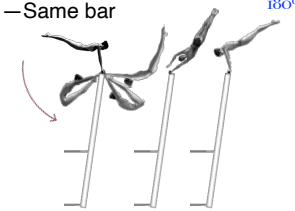


BWD Sole swing 1/2

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

B—704a

LB/HB—Pike Sole Underswing BWD—1/2 turn—Clear support—Same bar 180°

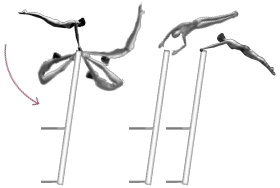


BWD Sole 1/2 clear support

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

B—704a

HB—Pike Sole Underswing BWD—1/2 turn—Side flair arms—In flight—Hang HB 180°

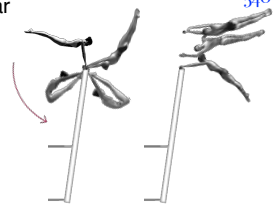


BWD Sole swing flair 1/2

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

C—704

LB/HB—Pike Sole Underswing BWD—1-1/2 turn—Hang same bar 540°

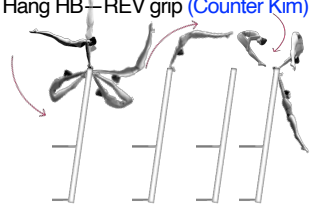


BWD Sole swing 1-1/2

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

E—704 RELEASE HB-HB

HB—Pike Sole Underswing BWD—Counter FWD salto—Straddle—Hang HB—REV grip (Counter Kim)

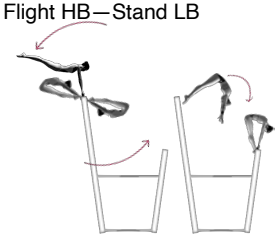


Counter Kim

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

HB—Pike sole circle BWD—Flight HB—Stand LB

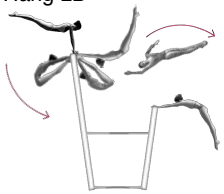


BWD Sole HB stand LB

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

B—705b RELEASE HB-LB

HB—Pike sole Underswing BWD—1/2 turn—Flight—Over LB—Hang LB 180°

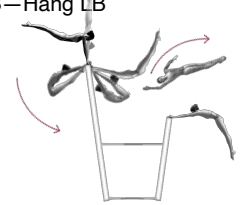


BWD Sole swing Overshoot

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

C—705 RELEASE HB-LB

HB-HS—Pike Sole Underswing BWD—1/2 turn—Flight—Over LB—Hang LB 180°

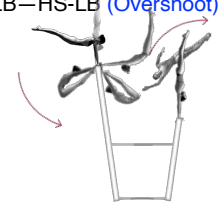


BWD Sole Overshoot

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

D—705 RELEASE HB-LB

HB—Pike Sole Underswing BWD—1/2 turn—Flight—Over LB—HS-LB (Overshoot) 180°

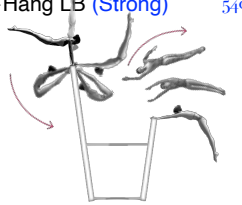


BWD Sole Overshoot HS

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

E—705 RELEASE HB-LB

HB-HS—Pike Sole Underswing BWD—1-1/2 turn—Flight—Over LB—Hang LB (Strong) 540°



BWD Sole 1-1/2 Overshoot

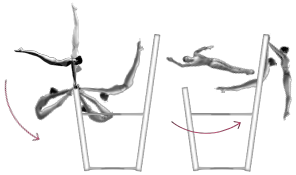
1. From HS—REG grip
2. Execute BWD Pike Sole U-swing
3. Release HB
4. Execute 1-1/2 turn over LB
5. Finish hang LB

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°



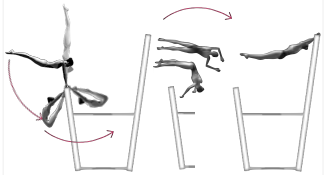
BWD Sole 1/2 to HB

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°

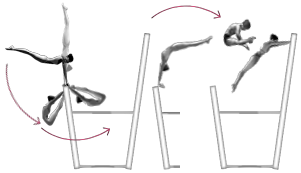


BWD Sole flight 1/2 HB

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



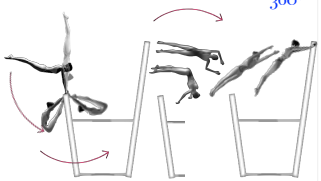
Toe Shoot

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°

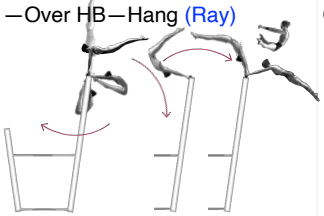


BWD Sole counter 1/1 to HB

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)

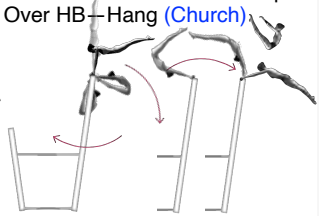


Ray

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)



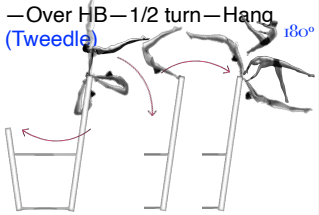
Church

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°

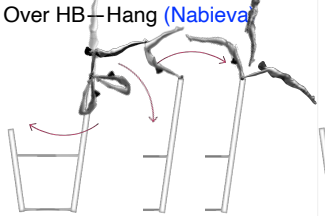


Tweedle

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)



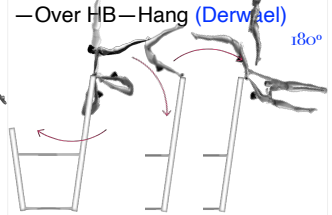
Nabieva

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°

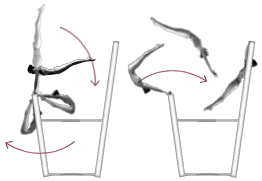


Derwael

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)



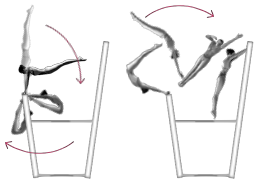
Maloney

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°



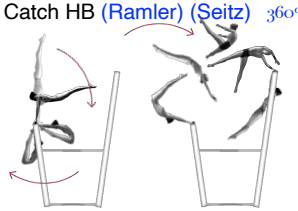
Maloney 1/2

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°



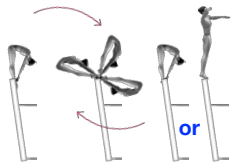
Ramler

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

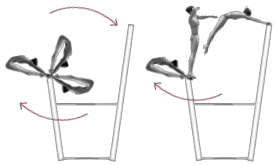


FWD Sole Stand

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

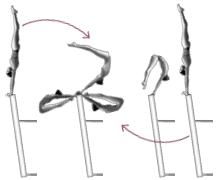


FWD Sole to HB

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

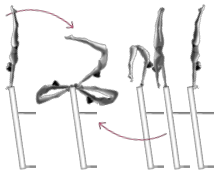


FWD Sole HS

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°

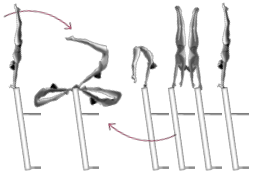


FWD Sole HS 1/2

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°

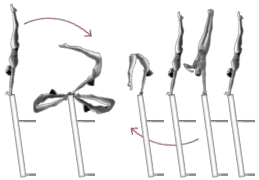


FWD Sole HS 1/1

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°

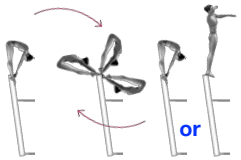


FWD Sole HS 1/1 after

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

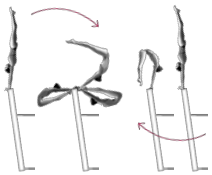


FWD Sole Stand L grip

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

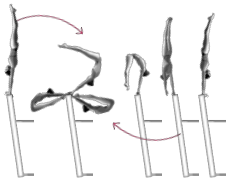


FWD Sole HS L grip

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°

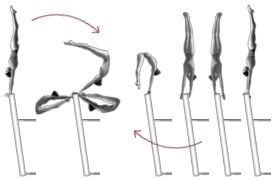


FWD Sole HS 1/2 L grip

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°



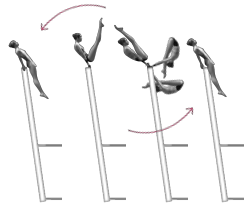
FWD Sole HS 1/1 L grip

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

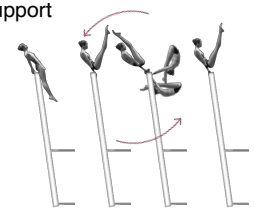


BWD Seat circle

1. From Rear support—REG grip
2. Lift to Clear Rear support
3. Execute BWD seat circle
4. Finish Rear support

B—712

LB/HB—Rear support—Clear pike circle BWD—Clear pike support

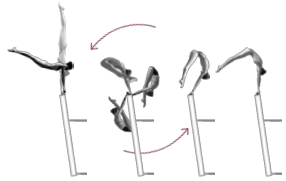


BWD Seat circle clear support

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

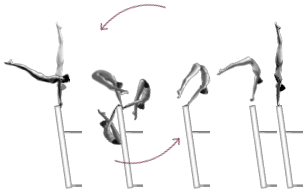


BWD Seat circle disengage

1. From HS—REG grip
2. Stoop in
3. Execute BWD Pike clear circle
4. Disingage 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. Disingage legs ≥ HOR
5. Continue to HS
6. Finish HS

D—712b

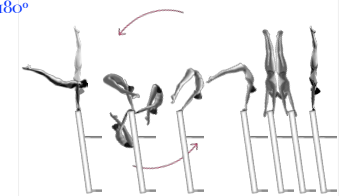
HS-LB/HB—Clear pike circle BWD—HS—1/2 turn in HS 180°

BWD Seat HS 1/2

1. From HS—REG grip
2. Stoop in
3. Execute BWD Pike clear circle
4. Disingage 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 360°

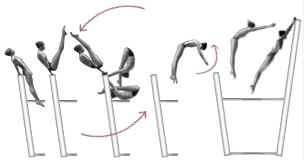


BWD Seat HS 1/1

1. From HS—REG grip
2. Stoop in
3. Execute BWD Pike clear circle
4. Disingage legs ≥ HOR
5. Continue to HS—1/1 turn in HS
6. Finish HS

A—713 RELEASE LB-HB

LB—Rear support—Clear pike circle BWD—Rear support—Grip change—Hang HB

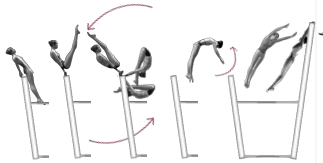


BWD Seat circle to HB

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 RELEASE LB-HB

LB—Rear support—Clear pike circle BWD—1/2 turn—Grip change—Hang HB 180°

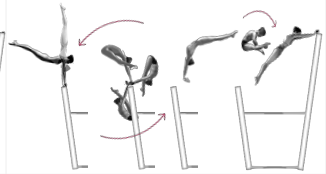


BWD Seat circle 1/2 to HB

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 RELEASE LB-HB

LB—HS—Clear pike circle BWD—REL—Counter flight—Hang HB

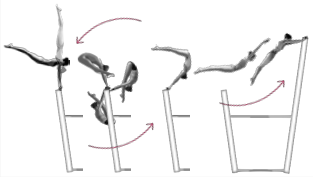


BWD Seat Counter HB

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 RELEASE LB-HB

LB—HS—Clear pike circle BWD—REL—Hecht flight—Hang HB

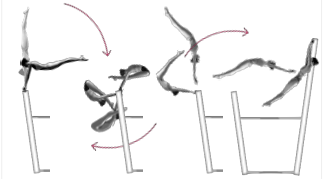


BWD Seat Hecht HB

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 RELEASE LB-HB

LB—HS—Clear pike circle BWD—Thru HS—REL flight—Hang HB (Komova)

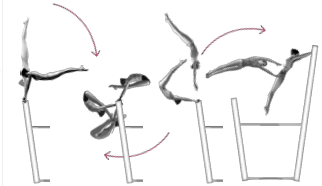


BWD Seat Flight HB

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 RELEASE LB-HB

LB—HS—Clear pike circle BWD—Thru HS—REL flight—1/2 turn—Hang HB (Komova 1/2) 180°

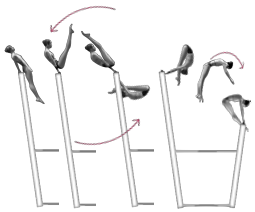


BWD Seat Flight 1/2 HB

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 RELEASE HB-LB

HB—Rear support—Clear pike circle BWD—Release—Stand LB

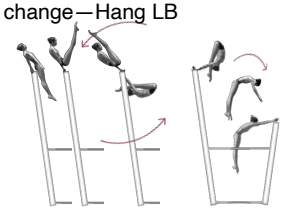


BWD Seat circle HB stand LB

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 RELEASE HB-LB

HB—Rear support—Clear pike circle BWD—Release—Grip change—Hang LB

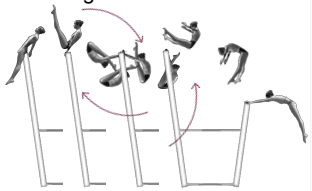


BWD Seat circle HB to LB

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 RELEASE HB-LB

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

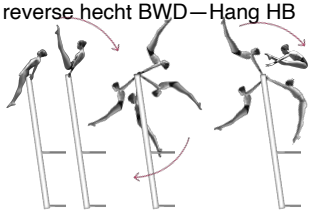
HB—HS—Clear pike circle swing BWD—Rear INV support (Krasnyanska)

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

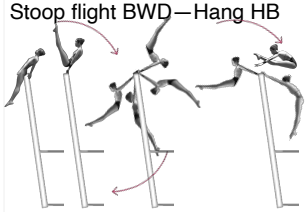


BWD Seat German Stoop Hecht

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

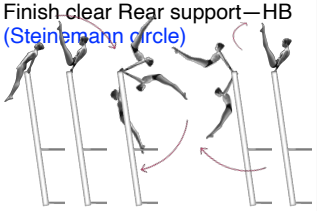


BWD Seat German Stoop Flight

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 (Steinemann circle)

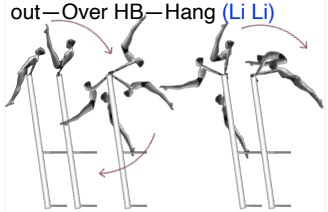


BWD Seat German INV circle

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)

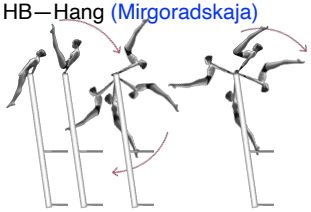


BWD Seat German circle

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)

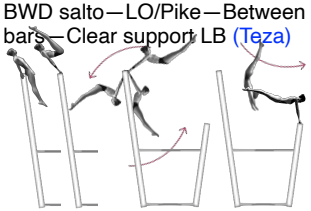


BWD Seat German circle over HB

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)

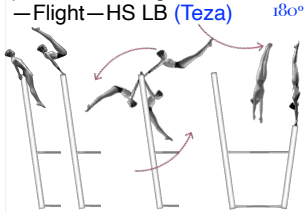


Teza

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°

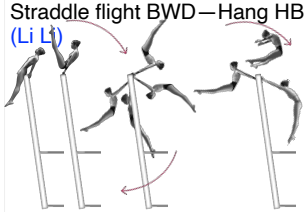


Teza 1/2

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)



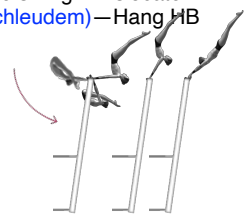
BWD Seat German Straddle back

1. From Rear support HB
2. Lift to Pike Clear Rear support
3. Execute BWD Clear rcircle
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

HB—Underswing BWD—INV Pike swing—Dislocate (Schleudem)—Hang HB



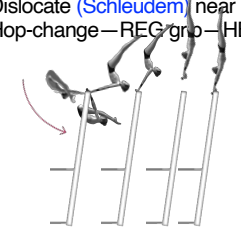
BWD stoop in dislocate hang

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 (Schleudem) near HS—Hop-change—REG grip—HB



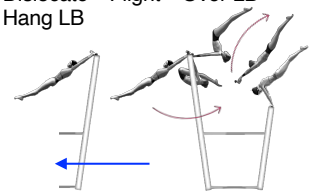
BWD stoop in dislocate hop

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



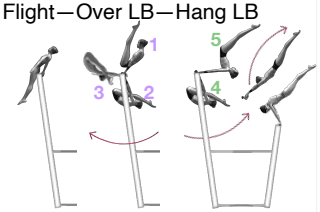
BWD stoop in dislocate over LB

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



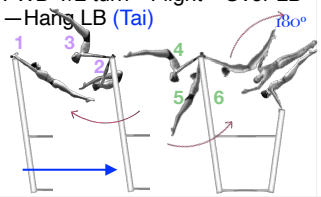
BWD INV seat dislocate over LB

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

C—717d

RELEASE HB-LB

Hang HB—Swing FWD—Stoop thru—Dislocate—Underswing FWD 1/2 turn—Flight—Over LB—Hang LB (Tai)



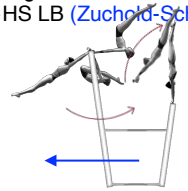
BWD seat dislocate overshoot

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—717a

RELEASE HB-LB

Hang HB—Stoop thru—Underswing BWD—INV Pike swing—HB—Dislocate—Flight—HS LB (Zuchold-Schleudem)



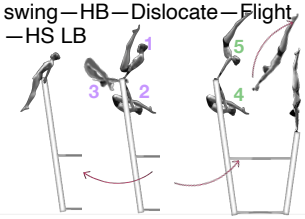
BWD stoop in dislocate HS LB

1. From hang HB
2. Execute BWD counterswing
3. Immediate INV FWD pike swing HB
4. Dislocate—Release w flight
5. Finish HS LB

D—717b

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

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

A—718a

Rear support—Clear Pike circle FWD—Thru Clear rear support

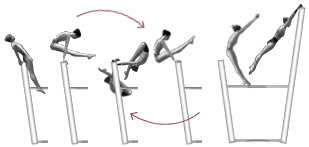
FWD Seat circle

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

A—718b

RELEASE LB-HB

LB—Rear support—Clear Pike circle FWD—Thru Clear rear support—Grip change—Hang HB



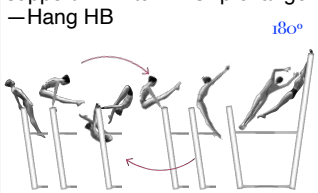
FWD Seat thru clear to HB

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

B—718a

RELEASE LB-HB

LB—Rear support—Clear Pike circle FWD—Thru Clear rear support—1/2 turn—Grip change—Hang HB



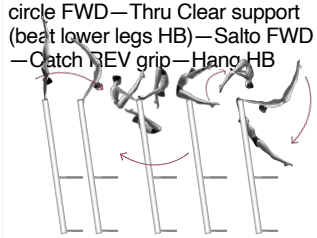
FWD Seat thru clear 1/2 to HB

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

B—718b

RELEASE HB-HB

HB-HS—Stoop in—Clear Pike circle FWD—Thru Clear support (beat lower legs HB)—Salto FWD—Catch REV grip—Hang HB



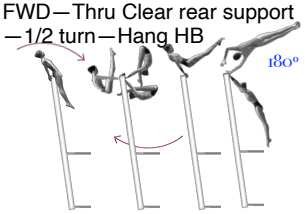
FWD stoop in FWD salto regrasp

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

B—718c

RELEASE Bar-Bar

HB—Hang/Rear support—Stoop thru—BWD kip/Clear Pike circle FWD—Thru Clear rear support—1/2 turn—Hang HB



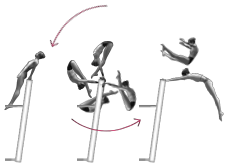
FWD stoop in thru clear 1/2 HB

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

RELEASE Bar-Bar

LB/HB—Rear support—Clear Pike circle FWD—Straddle cut BWD—Hang same bar



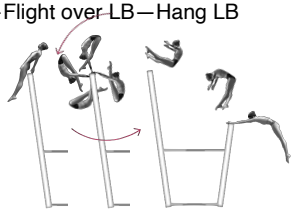
FWD Seat circle Straddle cut

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

C—719a

RELEASE HB-LB

HB—Rear support—Clear Pike circle FWD—Straddle cut BWD—Flight over LB—Hang LB



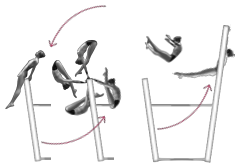
FWD Seat circle Cut over LB

1. Rear support HB—REV grip
2. Lift to Crear support
3. Stoop in—FWD Pike seat swing
4. Execute Straddle cut BWD
5. Flight over LB
6. Finish hang LB

C—719b

RELEASE LB-HB

LB—Rear support—Clear Pike circle FWD—Straddle cut BWD—Grip change—Hang HB



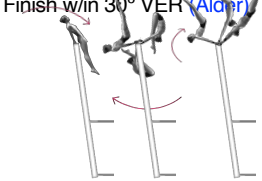
FWD Seat circle Cut to HB

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

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

E—720a

HB—Rear support—Stoop in—Clear Pike circle FWD—Thru Clear EXT support—L-grip—Finish w/in 30° VER (Alder)

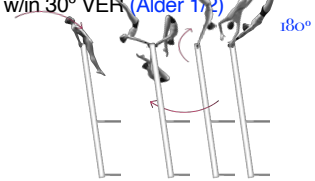


Alder

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)

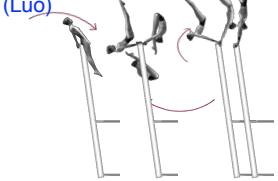


Alder 1/2

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)

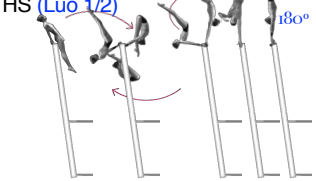


Alder el grip HS

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)

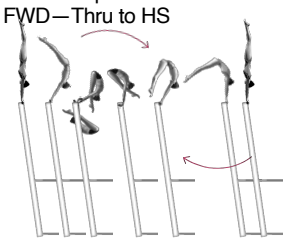


Alder el grip HS 1/2

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

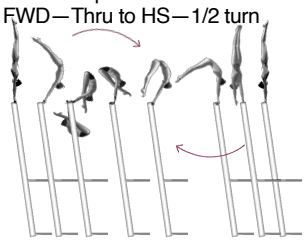


FWD Pike Circle HS

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

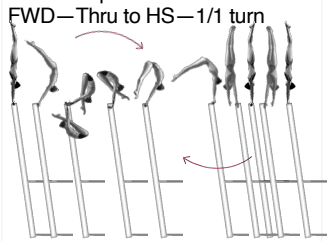


FWD Pike Circle HS 1/2

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

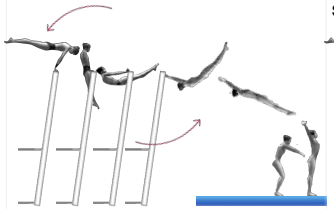
824—BWD Free Hip Circle Hecht w/wo Salto
825—BWD Clear Hip Circle Hecht w/wo Salto

X	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—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

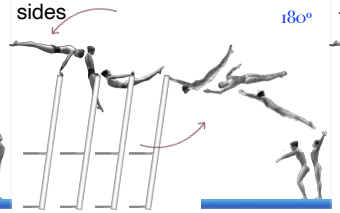


BWD Clear hip U-swing

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

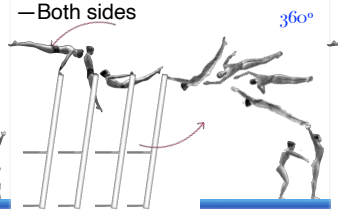


BWD Clear hip 1/2 U-swing

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

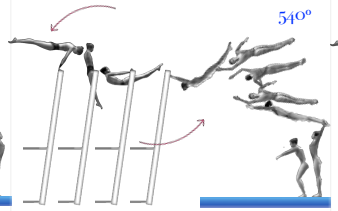


BWD Clear hip1/1 U-swing

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

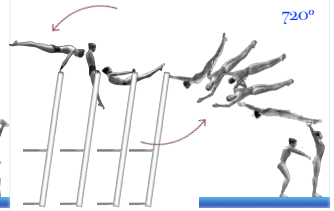


BWD Clear hip 1-1/2 U-swing

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

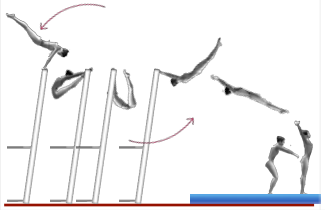


BWD Clear hip 2/1 U-swing

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

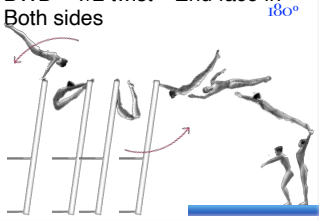


BWD Pike sole U-swing

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

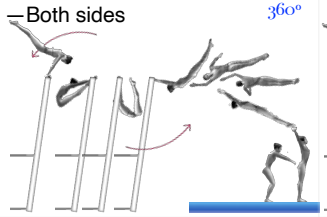


BWD Pike sole 1/2 U-swing

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

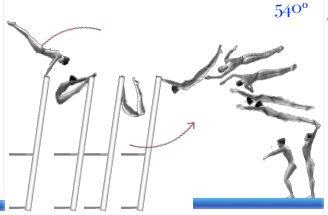


BWD Pike sole 1/1 U-swing

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

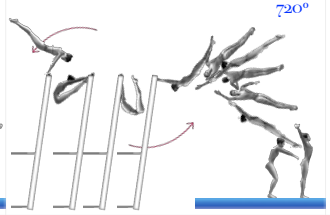


BWD Pike sole 1-1/2 U-swing

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



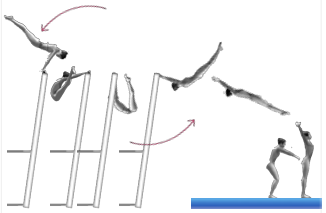
BWD Pike sole 2/1 U-swing

1. Clear support—REG grip
2. Execute BWD Pike Sole underswing
3. Release bar
4. Execute 2/1 twist
5. Arrive in stand

Pike Sole underswing may be performed feet together (feet between hands) or straddle (feet outside of hands)

A—803a

HB—Stalder underswing BWD—End face out

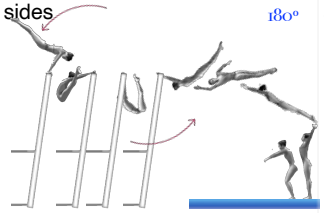


BWD Stalder U-swing

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

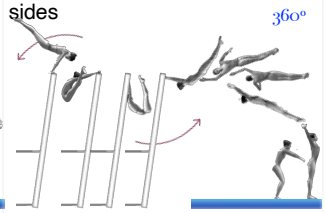


BWD Stalder 1/2 U-swing

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

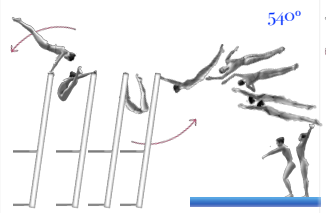


BWD Stalder 1/1 U-swing

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

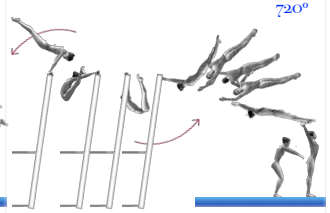


BWD Stalder 1-1/2 U-swing

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



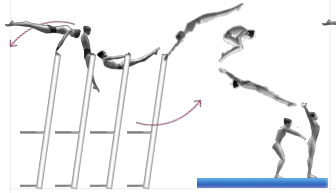
BWD Stalder 2/1 U-swing

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

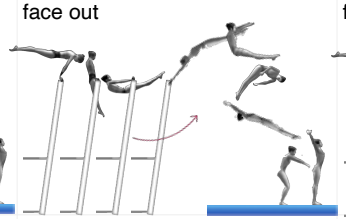


BWD Clear hip FWD Tuck

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

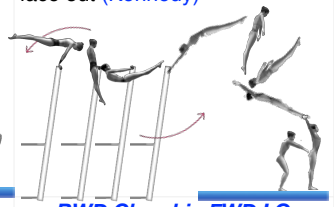


BWD Clear hip FWD Pike

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)

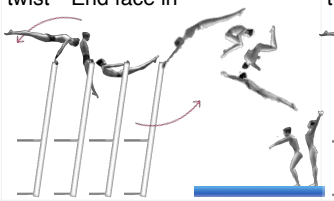


BWD Clear hip FWD LO

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°

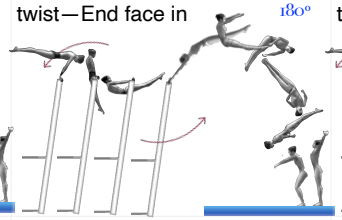


BWD Clear hip FWD Tuck 1/2

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°

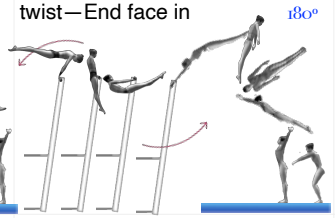


BWD Clear hip FWD Pike 1/2

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°

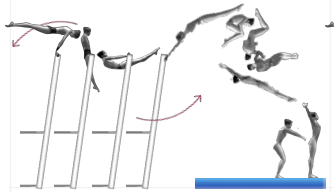


BWD Clear hip FWD LO 1/2

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°

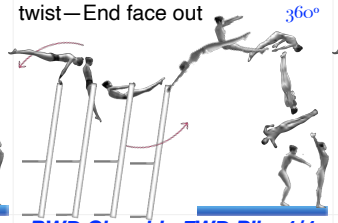


BWD Clear hip FWD Tuck 1/1

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°

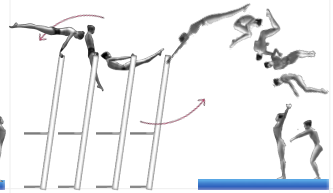


BWD Clear hip FWD Pike 1/1

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°



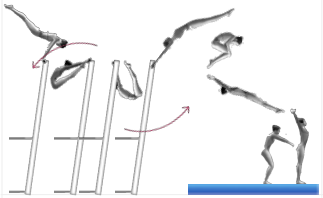
BWD Clear hip Tuck 1-1/2

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

HB—Pike Sole underswing BWD—FWD salto—Tuck—End face out

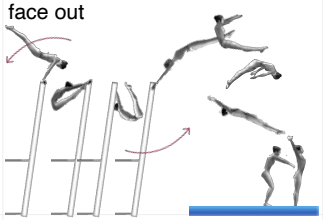


BWD Pike sole FWD Tuck

1. Clear support HB—REG grip
2. Execute BWD Pike sole underswing
3. Execute FWD Tuck salto
4. Arrive in stand

C—805b

HB—Pike Sole underswing BWD—FWD salto—Pike—End face out

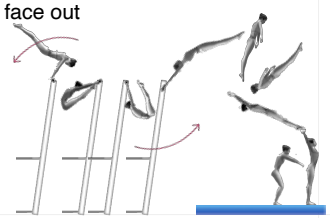


BWD Pike sole FWD Tuck

1. Clear support HB—REG grip
2. Execute BWD Pike sole underswing
3. Execute FWD Tuck salto
4. Arrive in stand

D—805a

HB— Pike Sole underswing—BWD—FWD salto—LO—End face out

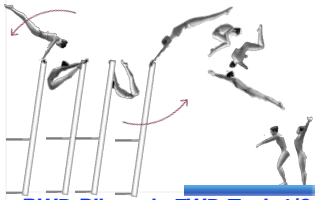


BWD Pike sole FWD LO

1. Clear support HB—REG grip
2. Execute BWD Pike sole underswing
3. Execute FWD Layout salto
4. Arrive in stand

D—805b

HB—Pike Sole underswing BWD—FWD salto—Tuck—1/2 twist—End face in 180°

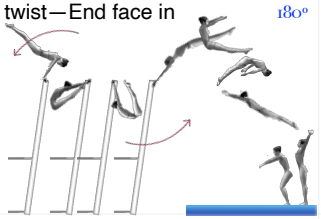


BWD Pike sole FWD Tuck 1/2

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

HB—Pike Sole underswing BWD—FWD salto—Pike—1/2 twist—End face in 180°

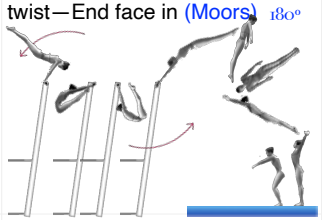


BWD Pike sole FWD Pike 1/2

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

HB— Pike Sole underswing—BWD—FWD salto—LO—1/2 twist—End face in (Moors) 180°



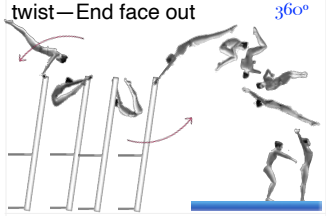
BWD Pike sole FWD LO 1/2

1. Clear support HB—REG grip
2. Execute BWD Pike sole underswing
3. Execute FWD Layout salto—1/2 twist
4. Arrive in stand

Pike Sole underswing may be performed feet together (feet between hands) or straddle (feet outside of hands)

E—805a

HB— Pike Sole underswing—BWD—FWD salto—Tuck—1/1 twist—End face out 360°

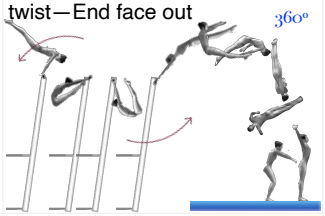


BWD Pike sole FWD Tuck 1/1

1. Clear support HB—REG grip
2. Execute BWD Pike sole underswing
3. Execute FWD Tuck salto—1/1 twist
4. Arrive in stand

E—805b

HB— Pike Sole underswing—BWD—FWD salto—Pike—1/1 twist—End face out 360°

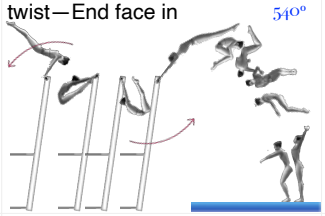


BWD Pike sole FWD Pike 1/1

1. Clear support HB—REG grip
2. Execute BWD Pike sole underswing
3. Execute FWD Pike salto—1/1 twist
4. Arrive in stand

E—805c

HB—Pike Sole underswing—BWD FWD salto—Tuck—1-1/2 twist—End face in 540°



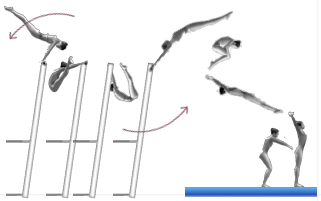
BWD Pike sole FWD Tuck 1-1/2

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

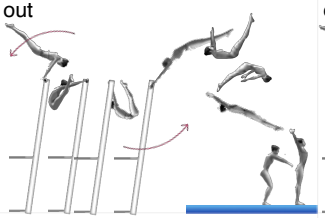


BWD Stalder FWD Tuck

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

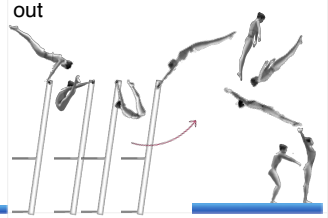


BWD Stalder FWD Pike

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

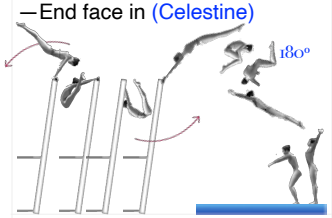


BWD Stalder FWD LO

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)

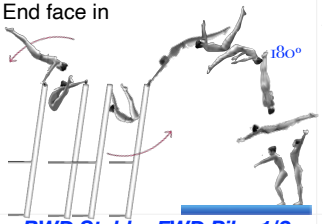


BWD Stalder FWD Tuck 1/2

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

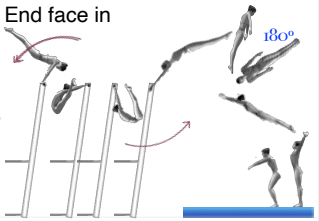


BWD Stalder FWD Pike 1/2

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

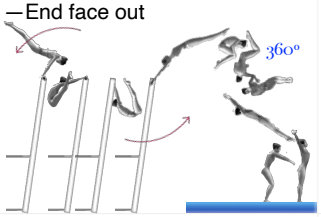


BWD Stalder FWD LO 1/2

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

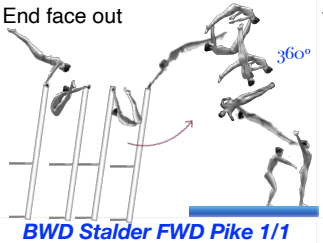


BWD Stalder FWD Tuck 1/1

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

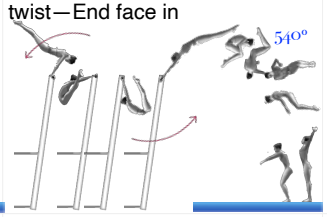


BWD Stalder FWD Pike 1/1

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

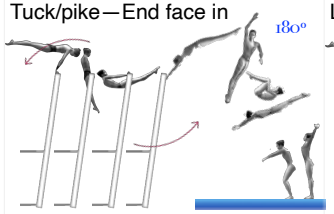
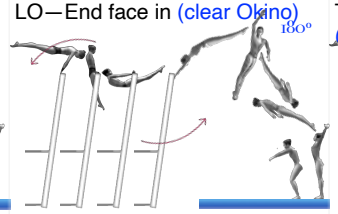
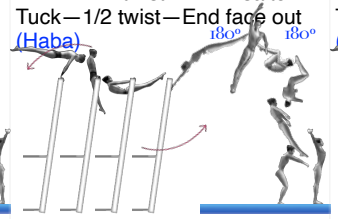
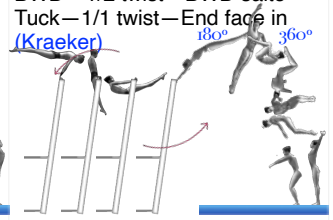
HB—Stalder underswing BWD —FWD salto—TucK/pike—1-1/2 twist—End face in

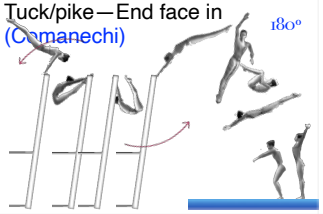
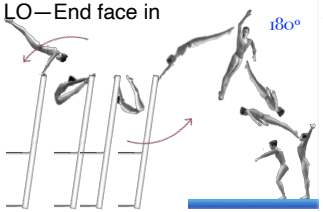
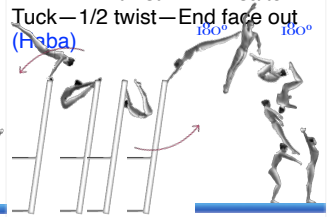
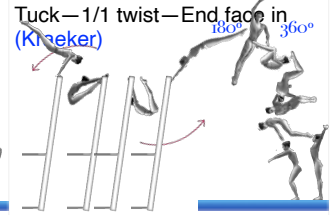


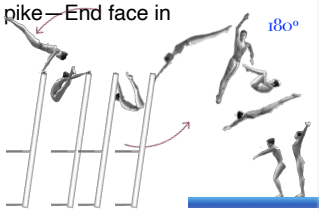
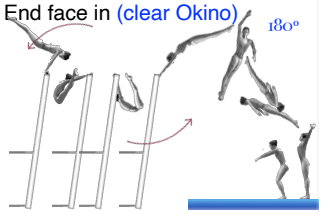
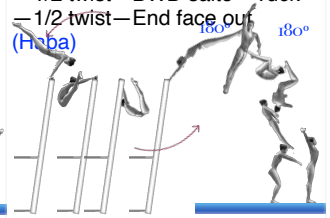
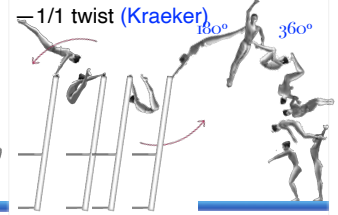
BWD Stalder FWD Tuck 1-1/2

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	D—807a	D—807b	E—807		
HB—Clear Hip underswing BWD—1/2 twist—BWD salto—Tuck/pike—End face in 	HB—Clear Hip underswing BWD—1/2 twist—BWD salto—LO—End face in (clear Okino) 	HB—Clear Hip underswing BWD—1/2 twist—BWD salto—Tuck—1/2 twist—End face out (Haba) 	HB—Clear Hip underswing BWD—1/2 twist—BWD salto—Tuck—1/1 twist—End face in (Kraeker) 		
BWD Clear hip 1/2 BWD Tuck	***BWD Clear hip 1/2 BWD LO***	***BWD Clear hip 1/2 BWD Tuck 1/2***	***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 4. Arrive in stand	1. Clear support HB—REG grip 2. Execute BWD Clear hip underswing 3. Execute—1/2 turn—BWD LO salto 4. Arrive in stand	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	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		

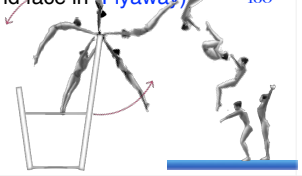
C—808	D—808a	D—808b	E—808		
HB—Pike Sole underswing BWD—1/2 twist—BWD salto—Tuck/pike—End face in (Comanechi) 	HB—Pike Sole underswing BWD—1/2 twist—BWD salto—LO—End face in 	HB—Pike Sole underswing BWD—1/2 twist—BWD salto—Tuck—1/2 twist—End face out (Haba) 	HB—Pike Sole underswing BWD—1/2 twist—BWD salto—Tuck—1/1 twist—End face in (Kraeker) 		*Pike Sole underswing may be performed feet together (feet between hands) or straddle (feet outside of hands)*
Comanechi	***BWD Pike sole 1/2 BWD LO***	***BWD Pike sole 1/2 BWD Tuck 1/2***	***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 4. Arrive in stand	1. Clear support HB—REG grip 2. Execute BWD Pike sole underswing 3. Execute—1/2 turn—BWD LO salto 4. Arrive in stand	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	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		

C—809	D—809a	D—809b	E—809		
HB—Stalder underswing BWD 1/2 twist—BWD salto—Tuck/pike—End face in 	HB— Stalder underswing BWD—1/2 twist—BWD salto—LO—End face in (clear Okino) 	HB— Stalder underswing BWD—1/2 twist—BWD salto—Tuck—1/2 twist—End face out (Haba) 	HB— Stalder underswing BWD—1/2 twist—BWD salto—Tuck—1/1 twist (Kraeker) 		
BWD Stalder 1/2 BWD Tuck	***BWD Stalder 1/2 BWD LO***	***BWD Stalder 1/2 BWD Tuck 1/2***	***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 4. Arrive in stand	1. Clear support HB—REG grip 2. Execute BWD Stalder underswing 3. Execute—1/2 turn—BWD LO salto 4. Arrive in stand	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	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

HB—Long swing FWD—REG Cross grip—1/2 turn—Swing BWD—FWD salto—T/P/LO—End face in (Flyaway) 180°

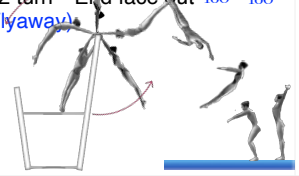


1/2 FWD T/P/LO

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

HB—Long swing FWD—REG Cross grip—1/2 turn—Swing BWD—FWD salto—T/P/LO—1/2 turn—End face out (Flyaway) 180° 180°

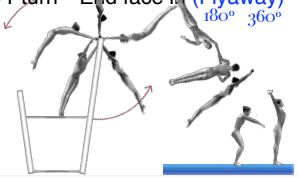


1/2 FWD T/P/LO 1/2

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

HB—Long swing FWD—REG Cross grip—1/2 turn—Swing BWD—FWD salto—T/P/LO—1/1 turn—End face in (Flyaway) 180° 360°

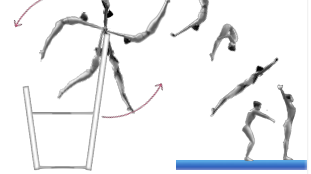


1/2 FWD T/P/LO 1/1

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

HB—Long swing FWD—BWD salto—Tuck/pike—End face out (Flyaway)

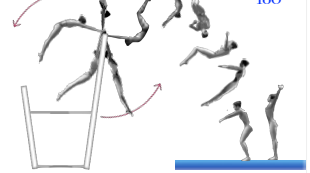


BWD Tuck/Pike

1. Handstand HB—REG grip
2. Execute Long swing FWD
3. Execute BWD Pike salto
4. Arrive in stand

B—811a

HB—Long swing FWD—BWD salto—Tuck/pike—1/2 twist—End face in (Flyaway) 180°

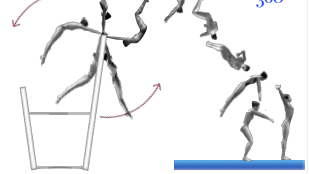


BWD Tuck 1/2

1. Handstand HB—REG grip
2. Execute Long swing FWD
3. Execute BWD Tuck salto—1/2 twist
4. Arrive in stand

B—811a

HB—Long swing FWD—BWD salto—Tuck/pike—1/1 twist — End face out (Flyaway) 360°

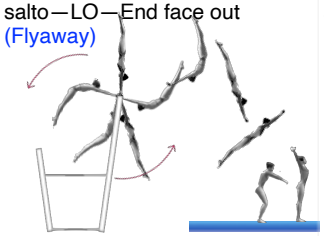


BWD Tuck 1/1

1. Handstand HB—REG grip
2. Execute Long swing FWD
3. Execute BWD Tuck salto—1/1 twist
4. Arrive in stand

A—811a

HB—Long swing FWD—BWD salto—LO—End face out (Flyaway)

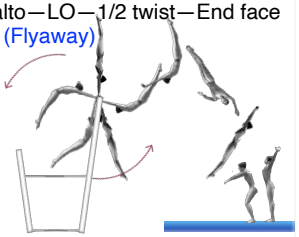


BWD LO

1. Handstand HB—REG grip
2. Execute Long swing FWD
3. Execute BWD LO salto
4. Arrive in stand

B—811a

HB—Long swing FWD—BWD salto—LO—1/2 twist—End face in (Flyaway)

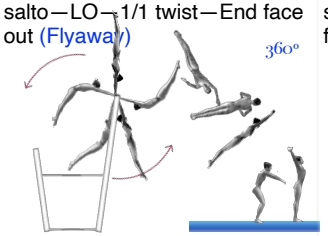


BWD LO 1/2

1. Handstand HB—REG grip
2. Execute Long swing FWD
3. Execute BWD LO salto—1/2 twist
4. Arrive in stand

B—811a

HB—Long swing FWD—BWD salto—LO—1/1 twist—End face out (Flyaway) 360°

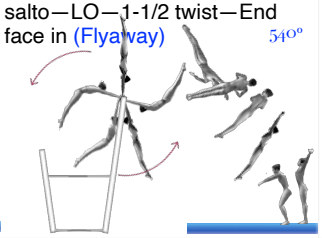


BWD LO 1/1

1. Handstand HB—REG grip
2. Execute Long swing FWD
3. Execute BWD LO salto—1/1 twist
4. Arrive in stand

C—811

HB—Long swing FWD—BWD salto—LO—1-1/2 twist—End face in (Flyaway) 540°

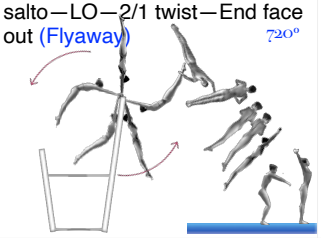


BWD LO 1-1/2

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

HB—Long swing FWD—BWD salto—LO—2/1 twist—End face out (Flyaway) 720°

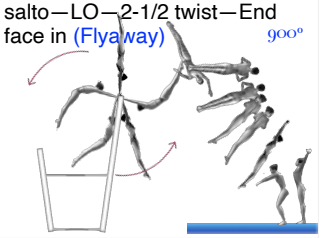


BWD LO 2/1

1. Handstand HB—REG grip
2. Execute Long swing FWD
3. Execute BWD LO salto—2/1 twist
4. Arrive in stand

E—811

HB—Long swing FWD—BWD salto—LO—2-1/2 twist—End face in (Flyaway) 900°

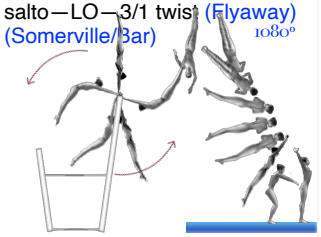


BWD LO 2-1/2

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

HB—Giant swing BWD—BWD salto—LO—3/1 twist (Flyaway) (Somerville/Bar) 1080°



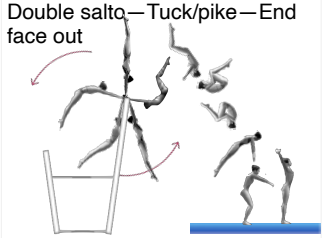
BWD LO 3/1

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

HB—Long swing FWD—BWD Double salto—Tuck/pike—End face out

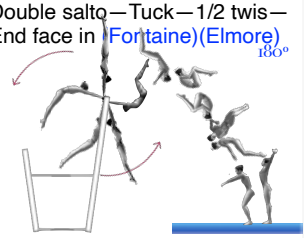


BWD 2/1 Tuck

1. Handstand HB—REG grip
2. Execute Long swing FWD
3. Execute BWD Double Tuck salto
4. Arrive in stand

E—812a

HB—Long swing FWD—BWD Double salto—Tuck—1/2 twis—End face in (Fontaine)(Elmore)

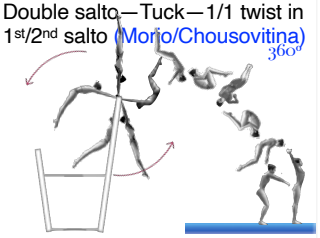


BWD 2/1 Tuck 1/2

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

HB—Long swing FWD—BWD Double salto—Tuck—1/1 twist in 1st/2nd salto (Morio/Chousovitina)

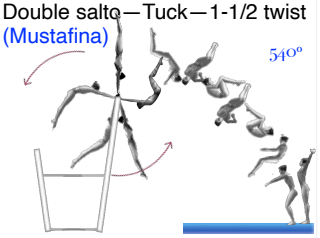


BWD 2/1 Tuck 1/2 in, 1/2 out

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

HB—Long swing FWD—BWD Double salto—Tuck—1-1/2 twist (Mustafina)

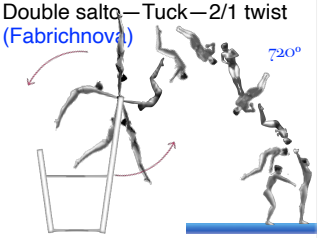


BWD 2/1 Tuck 1-1/2

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

HB—Long swing FWD—BWD Double salto—Tuck—2/1 twist (Fabrichnova)

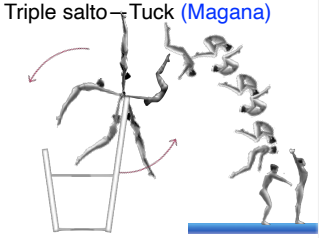


BWD 2/1 Tuck 2/1

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

HB—Long swing FWD—BWD Triple salto—Tuck (Magana)

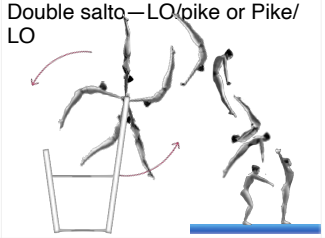


Magana

1. Handstand HB—REG grip
2. Execute Long swing FWD
3. Execute BWD Triple Tuck salto
4. Arrive in stand

D—813

HB—Long swing FWD—BWD Double salto—LO/pike or Pike/LO

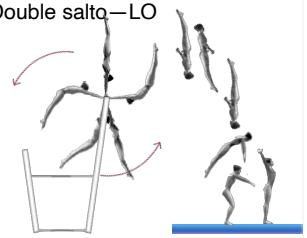


BWD 2/1 LO/Pike

1. Handstand HB—REG grip
2. Execute Long swing FWD
3. Execute BWD Double LO/Pike salto
4. Arrive in stand

E—813a

HB—Long swing FWD—BWD Double salto—LO

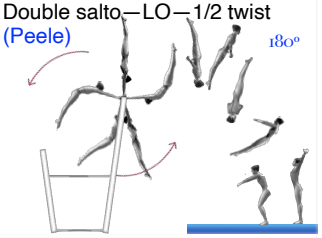


BWD 2/1 LO

1. Handstand HB—REG grip
2. Execute Long swing FWD
3. Execute BWD Double LO salto
4. Arrive in stand

E—813b

HB—Long swing FWD—BWD Double salto—LO—1/2 twist (Peele)

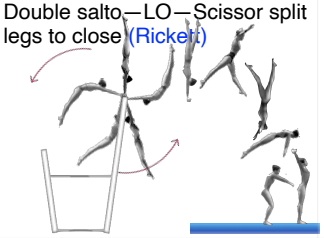


BWD 2/1 LO 1/2 out

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

HB—Long swing FWD—BWD Double salto—LO—Scissor split legs to close (Rickett)

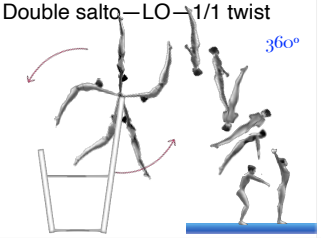


BWD 2/1 LO Scissor

1. Handstand HB—REG grip
2. Execute Long swing FWD
3. Execute BWD Double LO salto—Scissor split
4. Arrive in stand

E—813d

HB—Long swing FWD—BWD Double salto—LO—1/1 twist

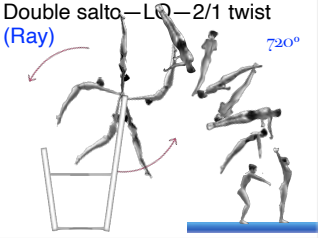


BWD 2/1 LO 1/1

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

HB—Long swing FWD—BWD Double salto—LO—2/1 twist (Ray)

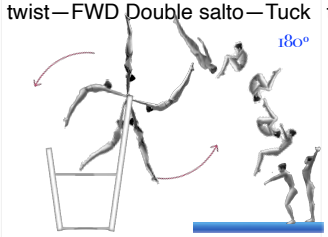


BWD 2/1 LO 2/1

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

HB—Long swing FWD—1/2 twist—FWD Double salto—Tuck

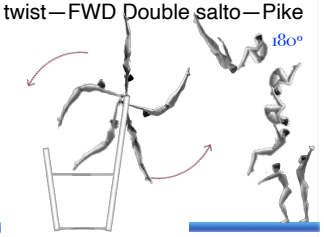


1/2 FWD 2/1 Tuck

1. Handstand HB—REG grip
2. Execute Long swing FWD
3. Execute 1/2 twist —FWD DoubleTuck salto
4. Arrive in stand

E—814b

HB—Long swing FWD—1/2 twist—FWD Double salto—Pike

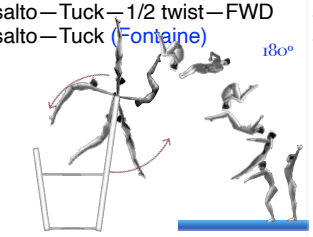


1/2 FWD 2/1 Pike

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

HB—Long swing FWD—BWD salto—Tuck—1/2 twist—FWD salto—Tuck (Fontaine)

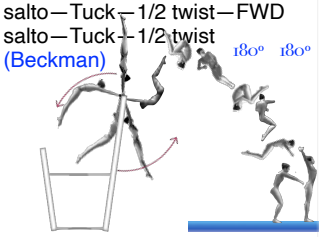


BWD Tuck 1/2 FWD Tuck

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

HB—Long swing FWD—BWD salto—Tuck—1/2 twist—FWD salto—Tuck—1/2 twist (Beckman)

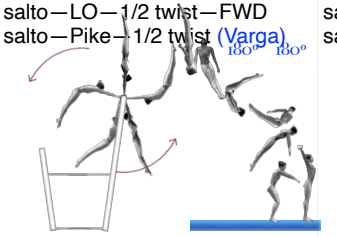


BWD Tuck 1/2 FWD Tuck 1/2

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

HB—Long swing FWD—BWD salto—LO—1/2 twist—FWD salto—Pike—1/2 twist (Varga)

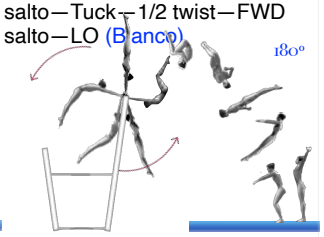


BWD LO 1/2 FWD Pike 1/2

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

HB—Long swing FWD—BWD salto—Tuck—1/2 twist—FWD salto—LO (Blanco)



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

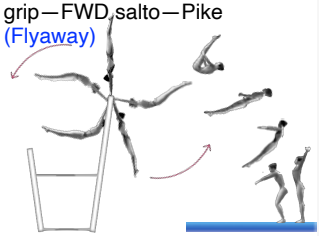
HB—Long swing BWD—REV grip—FWD salto—Tuck (Flyaway)

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)

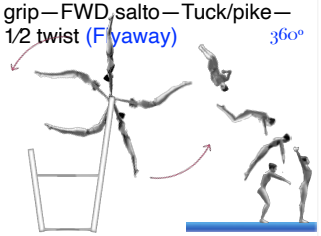


FWD Tuck

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°

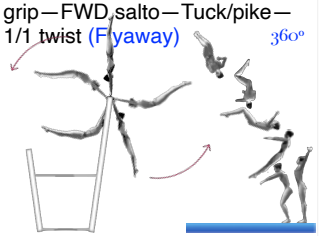


FWD Tuck 1/2

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°

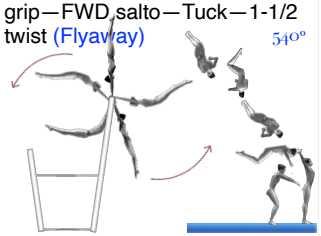


FWD Tuck 1/1

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°

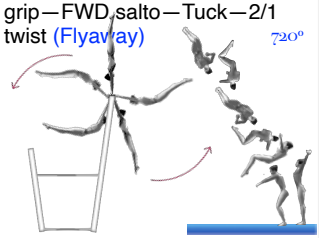


FWD Tuck 1-1/2

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°

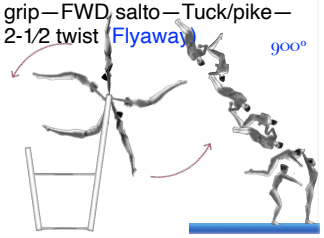


FWD Tuck 2/1

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°

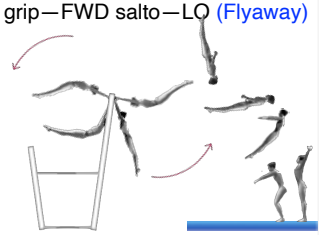


FWD Tuck 2-1/2

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)

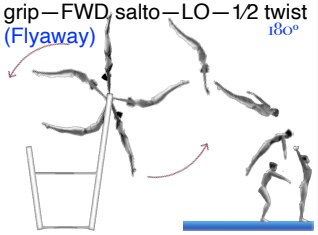


Swing to FWD LO

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°

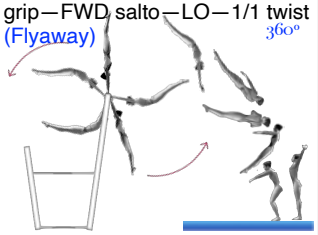


FWD LO 1/2

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°

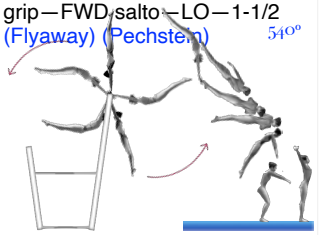


FWD LO 1/1

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 (Flyaway) (Pechstein) 540°

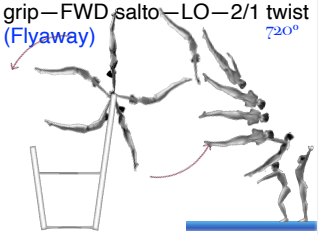


FWD LO 1-1/2

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°

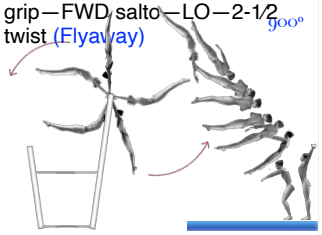


FWD LO 2/1

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°



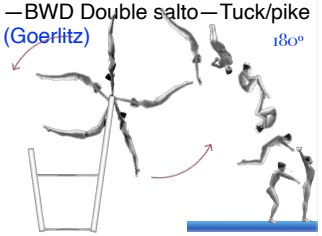
FWD LO 2-1/2

1. Handstand HB—REV grip
2. Execute Long swing BWD
3. Execute FWD LO salto—2-1/2 twist
4. Arrive in stand

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

D—817

HB—Long swing BWD—1/2 turn—BWD Double salto—Tuck/pike (Goerlitz)

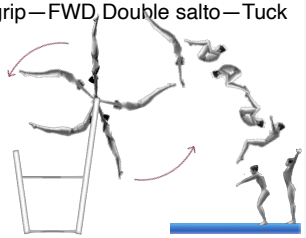


FWD 1/2 BWD 2/1 Tuck

1. Handstand HB—REV grip
2. Execute Long swing BWD
3. Execute 1/2 twist—BWD Tuck salto
4. Arrive in stand

E—817a

HB—Long swing BWD—REV/L grip—FWD Double salto—Tuck

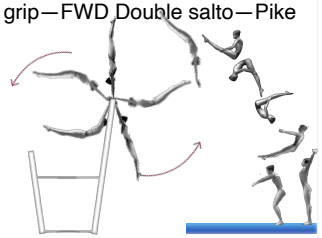


FWD 2/1 Tuck

1. Handstand HB—REV grip
2. Execute Long swing BWD
3. Execute FWD Double Tuck salto
4. Arrive in stand

E—817b

HB—Long swing BWD—REV/L grip—FWD Double salto—Pike

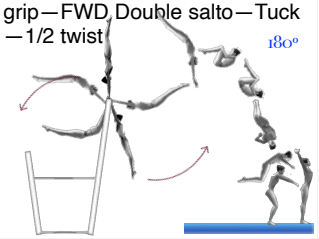


FWD 2/1 Tuck

1. Handstand HB—REV grip
2. Execute Long swing BWD
3. Execute FWD Double Pike salto
4. Arrive in stand

E—817c

HB—Long swing BWD—REV/L grip—FWD Double salto—Tuck—1/2 twist

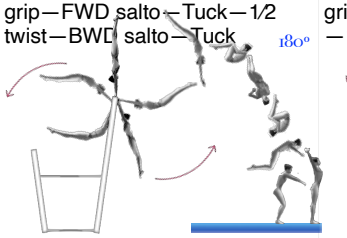


FWD 2/1 Tuck 1/2

1. Handstand HB—REV grip
2. Execute Long swing BWD
3. Execute FWD Double Tuck salto—1/2 twist
4. Arrive in stand

E—817d

HB—Long swing BWD—REV/L grip—FWD salto—Tuck—1/2 twist—BWD salto—Tuck

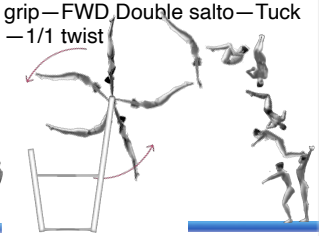


FWD Tuck 1/2 BWD TUCK

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

E—817e

HB—Long swing BWD—REV/L grip—FWD Double salto—Tuck—1/1 twist

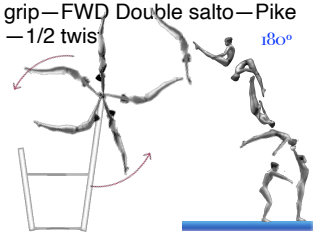


FWD 2/1 Tuck 1/1

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

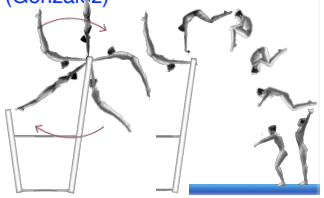
HB—Long swing BWD—REV/L grip—FWD Double salto—Pike—1/2 twist

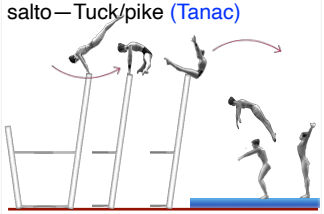
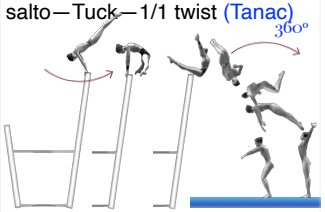
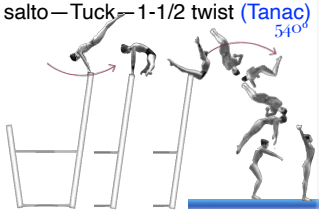
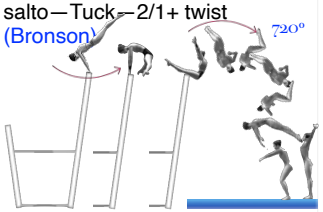


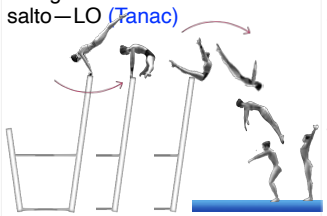
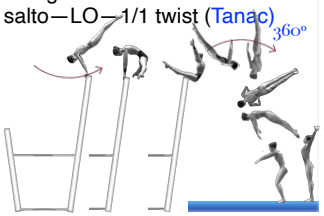
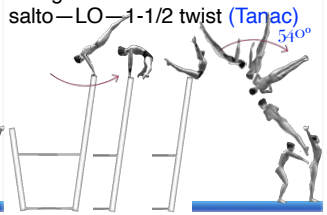
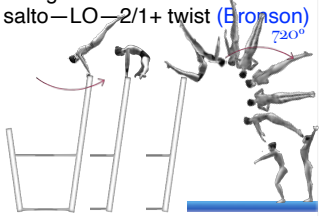
FWD 2/1 Pike 1/2

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	D—818			
HB—Long swing FWD (face LB) —BWD salto—Tuck—Over HB (Gonzalez) 	HB—Long swing FWD (face LB) —BWD salto—Tuck—Over HB —1/1 twist (Harriman)			
BWD Tuck over HB	***BWD Tuck 1/1 over HB***			
1. Handstand HB—REG grip 2. Execute Long swing FWD—Over bar 3. Execute BWD Tuck salto 4. Arrive in stand	1. Handstand HB—REG grip 2. Execute Long swing FWD—Over bar 3. Execute BWD Tuck salto—1/1 twist 4. Arrive in stand			

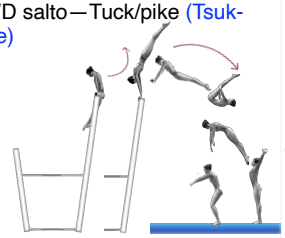
B—819	C—819a	C—819b	D—819
LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—Tuck/pike (Tanac) 	LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—Tuck—1/1 twist (Tanac) 	LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—Tuck—1-1/2 twist (Tanac) 	LB/HB—Cast—Uprise/Back swing—Straddle cut—BWD salto—Tuck—2/1+ twist (Bronson) 
Tanac salto Tuck	***Tanac salto Tuck 1/1***	***Tanac salto Tuck 1-1/2***	***Tanac salto Tuck 2/1***
1. Clear support LB/HB—REG grip 2. Execute Straddle cut thigh bounce 3. Execute BWD Pike salto 4. Arrive in stand	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	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	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	C—820a	C—820b	D—820
LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—LO (Tanac) 	LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—LO—1/1 twist (Tanac) 	LB/HB—Cast—Uprise/back swing—Straddle cut—BWD salto—LO—1-1/2 twist (Tanac) 	LB/HB—Cast—Uprise/Back swing—Straddle cut—BWD salto—LO—2/1+ twist (Bronson) 
Tanac salto LO	***Tanac salto LO 1/1***	***Tanac salto LO 1-1/2***	***Tanac salto LO 2/1***
1. Clear support LB/HB—REG grip 2. Execute Straddle cut thigh bounce 3. Execute BWD LO salto 4. Arrive in stand	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	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	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

HB—Cast near HS—Snap—BWD salto—Tuck/pike (Tsuk-type)

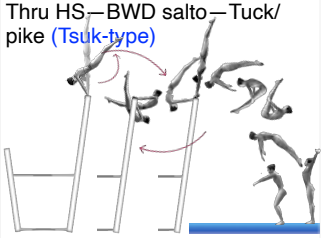


Cast Tsuk Tuck

1. Cast near HS HB—REG grip
2. Execute Body snap
3. Execute BWD Tuck salto
4. Arrive in stand

C—821b

HB—Clear Hip circle BWD—Thru HS—BWD salto—Tuck/pike (Tsuk-type)

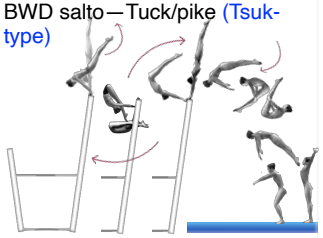


Clear hip Tsuk Tuck

1. Handstand HB—REG grip
2. Execute BWD Clear hip circle—Thru HS
3. Execute BWD Tuck salto
4. Arrive in stand

D—821

HB—Stalder BWD—Thru HS—BWD salto—Tuck/pike (Tsuk-type)

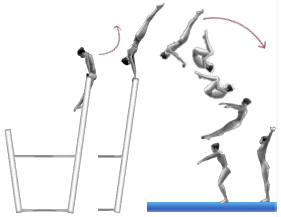


Stalder Tsuk Tuck

1. Handstand HB—REG grip
2. Execute BWD Stalder circle—Thru HS
3. Execute BWD Tuck salto
4. Arrive in stand

B—822

HB—Cast near HS—Inward FWD salto—Tuck

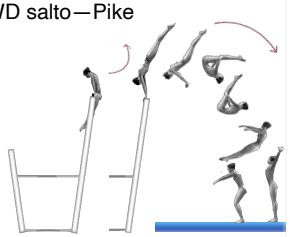


Inward FWD salto Tuck

1. Cast near HS HB—REG grip
2. Execute Body snap
3. Execute FWD Tuck salto
4. Arrive in stand

C—822

HB—Cast near HS—Inward FWD salto—Pike

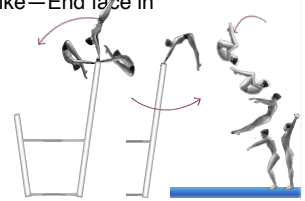


Inward FWD salto Pike

1. Cast near HS HB—REG grip
2. Execute Body snap
3. Execute FWD Pike salto
4. Arrive in stand

B—823a

HB—Stalder underswing FWD—REV grip—FWD salto—Tuck/pike—End face in

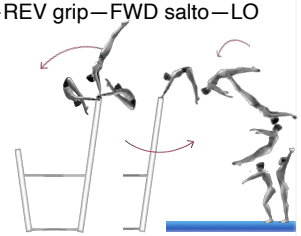


FWD Stalder FWD salto Tuck

1. Handstand HB—REV grip
2. Execute FWD Stalder underswing
3. Execute FWD Tuck salto
4. Arrive in stand

B—823b

HB—Stalder underswing FWD—REV grip—FWD salto—LO

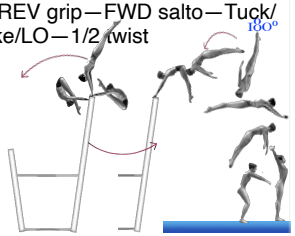


FWD Stalder FWD salto LO

1. Handstand HB—REV grip
2. Execute FWD Stalder underswing
3. Execute FWD LO salto
4. Arrive in stand

B—823c

HB—Stalder underswing FWD—REV grip—FWD salto—Tuck/pike/LO—1/2 twist

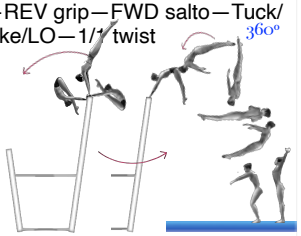


FWD Stalder FWD salto 1/2

1. Handstand HB—REV grip
2. Execute FWD Stalder underswing
3. Execute FWD LO salto—1/2 twist
4. Arrive in stand

B—823d

HB—Stalder underswing FWD—REV grip—FWD salto—Tuck/pike/LO—1/1 twist

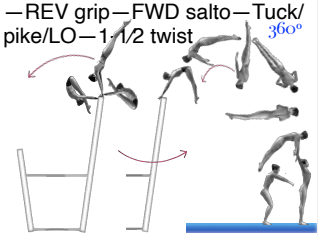


FWD Stalder FWD salto 1/1

1. Handstand HB—REV grip
2. Execute FWD Stalder underswing
3. Execute FWD LO salto—1/1 twist
4. Arrive in stand

D—823

HB—Stalder underswing FWD—REV grip—FWD salto—Tuck/pike/LO—1-1/2 twist

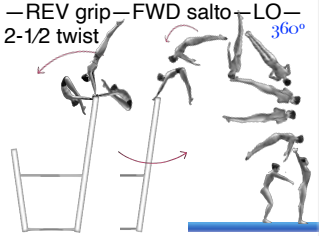


FWD Stalder FWD salto 1-1/2

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

HB—Stalder underswing FWD—REV grip—FWD salto—LO—2-1/2 twist



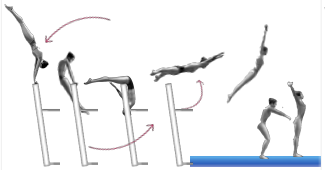
FWD Stalder FWD salto 2-1/2

1. Handstand HB—REV grip
2. Execute FWD Stalder underswing
3. Execute FWD LO salto—2-1/2 twist
4. Arrive in stand

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

B—824

LB/HB—Hip circle BWD—Hecht—Straddle/Straight over bar—End face out

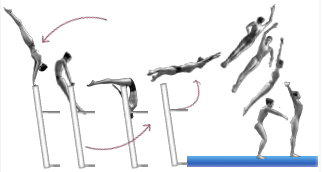


BWD hip Hecht

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°

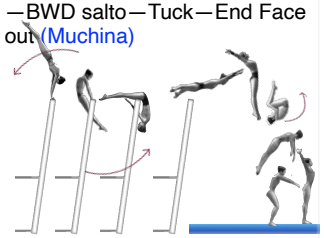


Hecht 1/1

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)

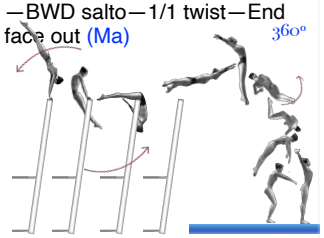


Muchina

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°

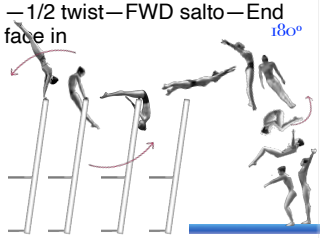


Hecht BWD Tuck 1/1

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

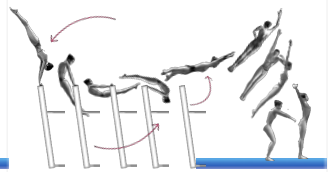
LB/HB—Clear Hip circle BWD—Hecht—Straddle/Straight over bar—End face out

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°

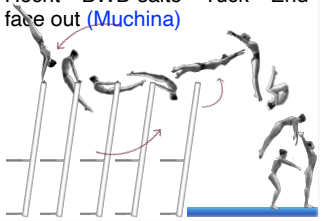


Clear Hecht 1/1

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)

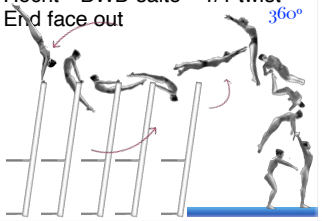


Clear Hecht Tuck

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°

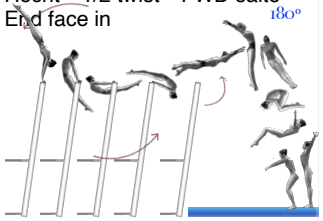


Clear Hecht Tuck 1/1

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

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BALANCE BEAM

BALANCE BEAM—DIRECTIVES

X-SKILLS

BALANCE BEAM ELEMENTS

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

2—LEAPS, JUMPS, HOPS
- Stag Leaps
- Leaps
- Split Jumps
- Straddle Jumps
- Stretch Jump Variations
- Hops
- Shape Jumps

3—TURNS
- One Leg, BWD Attitude, FWD Attitude Turns
- Arabesque, 'L' Turns
- Illusion, Tuck TurnsOn 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 — A—101
- B = 0.30 — B—101
- C = 0.50 — C—101
- D = +0.10 — D—101
- E = +0.20 — E—101

SYMBOLS

- Cannot fulfill SR requirement
- Former A VP
- Former B VP
- Former C VP
- Former D VP
- Former E 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 = < 90º hip angle / < 90º knee angle

Pike = < 90º 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

2

- 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

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—102a and A—102a)
- Adding a 1/4 (90º) 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

1. All Ring jumps/Leaps are required to show an obvious head release to the back foot position
2. Head release position means eye-focus is upward and backward

STAG / DOUBLE STAG LEAPS / JUMPS

- Stag—Front leg stag = Knee bend minimum 45º
- Double Stag—Both legs stag = Knee bend 90º 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

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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—Hold 1s
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 2s
507—FWD/SWD Relevé Kick—Mark 1s
508—Needle Kick 120°+, hand touch
509—Front split—w/wo hand grasp—Hold 2s
510—Center split—w/wo hand grasp—Hold 2s
511—Knee Scale—Hold 2s
512—Press Hold—Hold 1s

6—ROLLS

601—Candlestick roll—Hold 2s
602—Whip—Squat stand

7—WALKOVERS, CARTWHEELS, SPRINGS

701—Push—Bridge—Hold 1s

9—DISMOUNTS

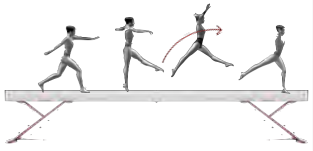
901—Cartwheel—Partial HS
902—Partial to HS
903—Stretch jump
904—Tuck jump
905—Straddle jump—Min 90°
906—Any shape jump—180° turn
907—Any shape jump—360° turn
908—Knee Scale whip

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

BALANCE BEAM—X SKILLS

X-201

Split leap—1-leg▶1-leg—Min 45º



Split Leap 45º

1. From optional start
2. Small plié, step FWD
3. Execute Split leap
4. Land plié
5. Straighten to finish

X-202

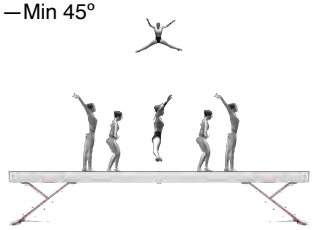
Split jump—2-legs▶2-legs—Min 45º

Split Jump 45º

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 45º



Straddle Jump 45º

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 (90º) turn—2-legs▶2-legs

90º

Tuck jump 1/4

1. From stand
2. Execute Tuck jump w 90º turn
3. Side landing
4. Optional exit

X—205

Straight jump—1/4 (90º)—2-feet▶2-feet—Side landing

90º

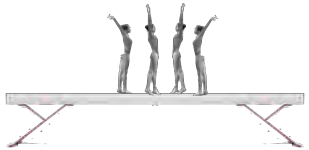
Straight jump 1/4

1. From stand
2. Execute Straight jump w 90º turn
3. Side landing
4. Optional exit

X-301

Pivot turn 1/2 (180º)—2-feet

180º



Pivot Turn

1. From staggered stand
2. Relevé
3. 1/2 turn (180º)—Finish in relevé
4. Exit—drop heels from relevé
5. Optional finish

X-302

1/2 turn (180º)—1-foot—Any technique

180º

1/2 Turn

1. From optional prep
2. Relevé—optional leg entry
3. Lift to high relevé, free leg optional
4. 1/2 turn (180º) in relevé—Finish relevé
5. Exit—drop heel from relevé
6. Optional finish

X-303

Swing turn 1/2 (180º)—FWD—1-foot

180º

FWD Swing Turn

1. From optional prep
2. Swing leg to front, relevé
3. 1/2 turn (180º)—keep leg over BM
4. Exit—drop heel from relevé
5. Finish—back leg in arabesque

X-304

Swing turn 1/2 (180º)—BWD—1-foot

180º

BWD Swing Turn

1. From optional prep
2. Swing leg to back, relevé
3. 1/2 turn (180º)—keep leg over BM
4. Exit—drop from relevé
5. Finsh—front leg in front arabesque

X-305

Squat turn 1/2 (180º)—1-foot

180º

Squat Turn

1. From staggered stand
2. Relevé
3. Demi to full squat in relevé
4. 1/2 turn (180º)
5. Exit—straighten in relevé
6. Finish—drop heels

X—306

Toe Flick turn 1/2 (180º)—1-foot

180º

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 90º

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

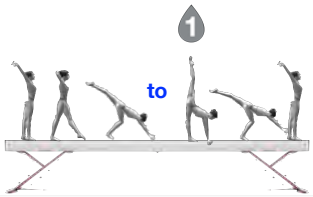
Arabesque balance (1N-2N only)

Arabesque

1. From stand
2. Lift (1) leg back, min 45º
3. Stand demi plie or straight
4. Exit—Lower leg to return
5. Optional finish

X-502

Lever—Touch beam—Hold 1s

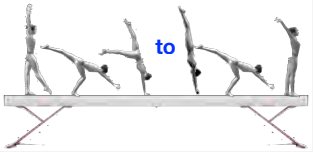


Lever

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 45º from VER

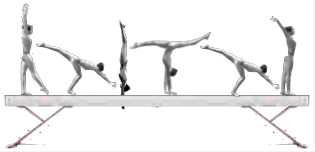


Partial HS

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)*

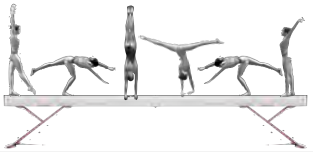


Cross HS — Ø Hold

1. From stand
2. Enter prep position
3. Transfer weight to hands, invert
4. Optional 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. Optional leg position
5. Exit optional
6. Must finish on feet

X—506

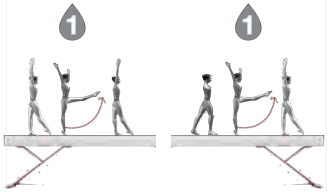
Prone position—Hold 2s

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

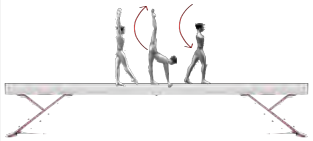


FWD/SWD Relevé kick

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—120º-180º



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

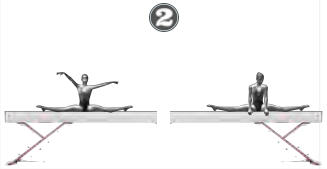
Front split—W/wo hand grasp—Hold 2s

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

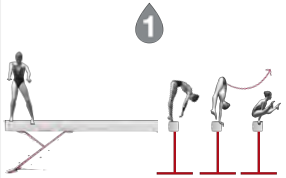
Knee scale—Leg above HOR—Hold 2s

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

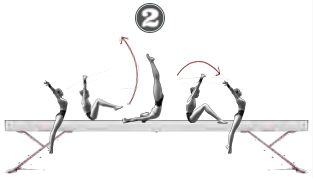


Press Hold

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—Hold 2s



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

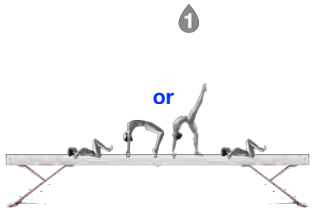
Whip Squat stand

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

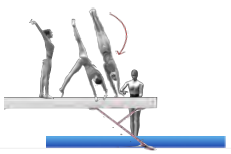


Bridge

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

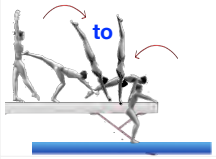


Partial CW HS

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)

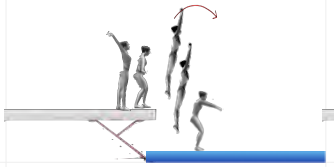


Partial HS

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

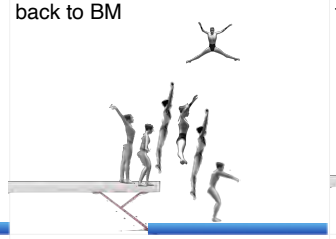
Tuck jump—End back to BM

Tuck jump

1. From optional entry
2. Small plie
3. Jump
4. Straight to Tuck jump to straight
5. Land plie

X—905

Straddle jump—Min 90°—End back to BM

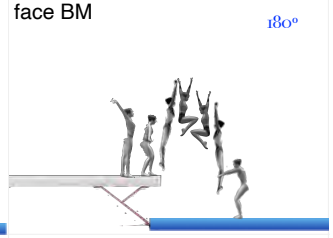


Straddle jump

1. From optional entry
2. Small plie
3. Jump
4. Straight to Straddle jump to straight
5. Land plie

X—906

Any jump—1/2 (180°) turn—End face BM

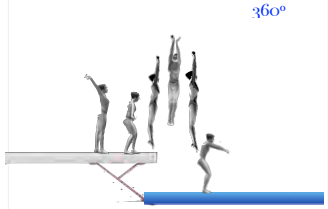


Jump 1/2

1. From optional entry
2. Small plie
3. Jump straight
4. Execute any jump w 1/2 (180°)
5. Return to straight
6. Land plie

X—907

Any jump—1/1 (360°) turn—End back to BM

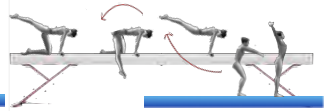


Jump 1/1

1. From optional entry
2. Small plie
3. Jump straight
4. Execute any jump w 1/1 (360°)
5. Return to straight
6. Land plie

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. Simultaniously 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—90º to BM ➤ Jump Clear Straddle

Splits/Chest Stands

107—Diagonal to BM ➤ 1-Leg Jump-Splits
108—90º to ➤ BM Jump Legs thru to Support
109—90º 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—90º to BM ➤ HS/Chest stand
121—90º 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—90º 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 Saltos
129—End of BM ➤ RO 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 ➤ Sit/Support

A—101a

Free leap—1-foot ➤1-foot—Middle/End/Diagonal of BM

Leap ➤1-foot

1. With board—End of BM
2. Take off 1-leg
3. Execute small Split Leap
4. Land 1 leg

Not req'd to show full split prior to land

A—101b

Free leap—1-foot ➤1-foot—Lower to scale—End/Diagonal to BM

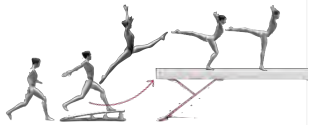
Leap ➤scale

1. With board—End of BM
2. Take off 1-leg
3. Execute small Split Leap
4. Land 1 leg
5. Execute scale

Not req'd to show full split prior to land

A—101c

Free leap—1-foot ➤1-foot—Leg extended—Middle/End/Diagonal of BM



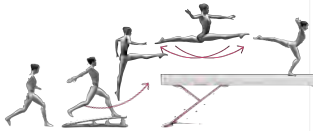
Straight leap ➤1-foot

1. With board—End of BM
2. Take off 1-leg
3. Execute Split Leap from board
4. Land 1 leg

Show extended split

D—101

Free leap—1-foot ➤1-foot—Switch split leap FWD—180°—End of BM



Switch leap ➤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

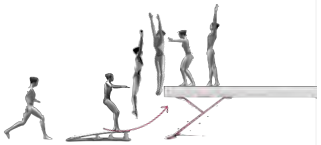
Jump ➤ 2-feet

1. With board—End of BM
2. Execute Straight Jump from 2 feet
3. Land 2 feet simultaneous

Feet side-by-side or staggered

B-102a

Free jump—2-feet ➤2-feet—1/2 turn—Tuck/straight stand—End/Diagonal of BM 180°



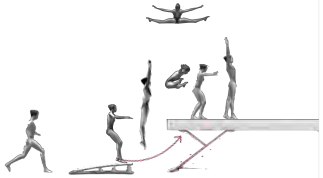
Jump 1/2 ➤ 2-feet

1. With board—End of BM
2. Execute Straight jump—1/2 turn
3. Land 2 feet simultaneous

Feet side-by-side or staggered

B—102b

Free jump—2-feet ➤2-feet—Straddle 180°—Tuck/straight stand—End of BM



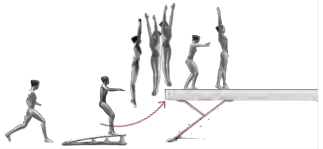
Straddle jump ➤ 2-feet

1. With board—End of BM
2. Execute Straddle jump
3. Land 2 feet simultaneous

Feet side-by-side or staggered

D—102

Free jump—2-feet ➤2-feet—1/1 turn—Tuck/straight stand—End/Diagonal of BM 360°



Straight jump 1/1 ➤ 2-feet

1. With board—End of BM
2. Execute Straight jump—1/1 turn
3. Land 2 feet simultaneous

Feet side-by-side or staggered

A—103a

Scissors leap—1-foot ➤Cross stag sit—Diagonal to BM

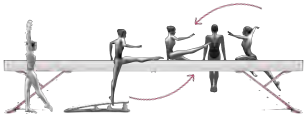
Scissor ➤ stag sit

1. W/wo 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

Hands may contact on landing

A—103b

Scissors leg swing—1/2 turn—1-foot ➤Cross stag—Diagonal to BM 180°



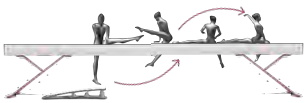
Scissor 1/2 ➤ stag sit

1. W/wo 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

Hands may contact on landing

A—103c

Scissors leg swing—3/4 turn—1-foot ➤Cross stag sit—Diagonal to BM 270°



Scissor 3/4 ➤ stag sit

1. W/wo 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

Hands may contact on landing

A—103d

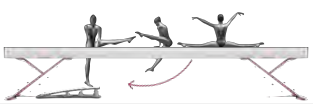
Leg swing 1/4-1/4 turn (total 180°)—1-foot ➤ Front support—90° to BM 90° 90°

Leg swing 1/4-1/4 ➤ F. Support

1. W/wo 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 180°



Scissor 1/2 ➤ straddle sit

1. W/wo 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

Hands may contact on landing

B—103

Free leap over BM—Thief Vault—1-foot ➤ Rear support—90° to BM

Leap ➤Thief vault

1. W/wo board—90° to BM
2. Leap from 1 leg
3. Execute Front Thief vault
4. Finish Side Rear sit

Hands may contact on landing

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

A—104a

Flank over—2-feet ➤Rear support—90° to BM

Jump ➤Flank vault

1. W/wo board—90° to BM
2. Jump—Shift weight to one arm
3. Execute Flank over BM
4. Finish Side Rear support

Hands may contact on landing

A—104b

Straddle cut FWD—2 feet ➤ Rear support—90° to BM

Jump ➤Straddle cut sit

1. W/wo board—90° to BM
2. Jump—Through Front support
3. Execute Straddle over BM
4. Finish Side Rear support

Hands may contact on landing

B—104

Double leg swing—1/2 turn—2-feet Rear support—90° to BM

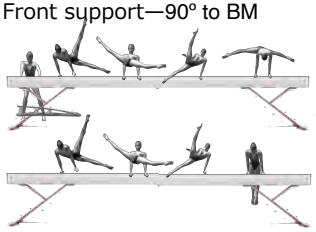
180°

Jumjp ➤Double flank 1/2 turn

1. W/wo 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

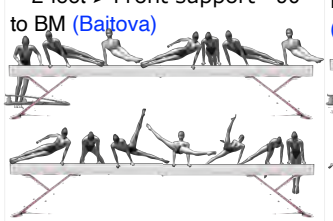


Two Flairs

1. W/wo 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 (Baitova)

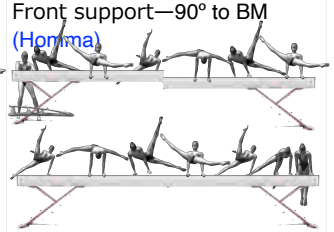


Two Flanks + One Flair

1. W/wo 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 (Homma)



Three Flairs

1. W/wo 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. W/wo board—90° to BM
2. Jump—Press HS
3. Lower to Straddle stand, straight/pike

Hand contact allowed

A—105b

Jump w/wo hand support—2-feet ➤Split sit—90° to BM

Jump ➤Center split

1. W/wo board—90° to BM
2. Jump—Press HS
3. Lower to Center Split sit

Hand contact allowed

A—105c

Jump w/hand support—1/4 turn —2-feet ➤Front split sit—90° to BM

90°

Jump ➤1/4 front split

1. W/wo board—90° to BM
2. Jump—Press HS
3. Lower w 1/4 turn to Front Split sit

Hand contact allowed

B—106a

Jump—FWD—1/2 turn—2-feet ➤Clear straddle support—90° to BM

180°

Jump 1/2 ➤Straddle 'L'

1. W/wo board —90° to BM
2. Execute Straight Jump 1/2 turn
3. Land Side Straddle 'L' sit

B—106b

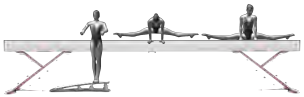
Jump—BWD—Clear straddle jump over BM—2-feet➤Front support—90° to BM

Jump ➤Straddle back

1. W/wo 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 ➤Center split

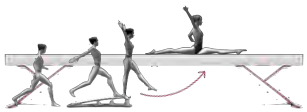
1. W/wo board —90° to BM
2. Execute Straight Jump BWD
3. Straddle to BM
4. Arrive Center Split sit

Hand contact allowed

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

A—107a

Leap—1-foot ➤Cross split sit—Support 1-hand permitted—Diagonal to BM



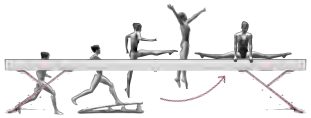
Leap ➤Front split

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 90º



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

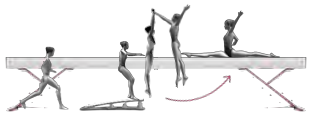
Free jump ➤Front split

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 180º



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—180º 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—90º to BM

Jump ➤Tuck stand

1. W/wo board—90º to BM
2. Execute jump—Lift hips
3. Land Tuck stand

A—108b

Jump—Squat thru—2-feet ➤ Rear support—90º to BM

Jump ➤Squat thru

1. W/wo board—90º to BM
2. Execute jump—Lift hips
3. Squat thru
4. Finish Rear support

A—108c

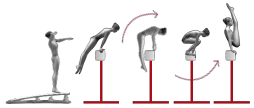
Jump—Stoop thru—2-feet ➤ Rear support—90º to BM

Jump ➤Stoop thru

1. W/wo board—90º to BM
2. Execute jump—Lift hips
3. Stoop thru
4. Finish Rear support

B—108a

Jump—Squat thru—2-feet ➤ Clear pike support—90º to BM—Hold 2s



Jump Squat thru ➤'V' hold

1. W/wo board—90º 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—90º to BM—Hold 2s

Jump Stoop thru ➤'V' hold

1. W/wo board—90º to BM
2. Execute jump—Lift hips
3. Stoop thru
4. Finish Clear 'V' support

A—109a

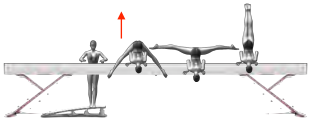
Back hip pullover—1 OR 2-feet ➤ Front support—90º to BM

BWD hip pullover

1. W/wo board—90º to BM
2. Execute BWD hip pullover
3. Finish Front support

A—109b

Jump—2-feet ➤Chest/Headstand—90º to BM

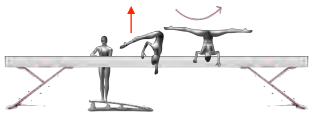


Jump ➤Chest stand

1. W/wo board—90º 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—90º to BM 180º

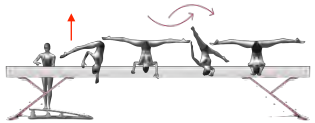


Jump 1/2 ➤Shoulder stand

1. W/wo board—90º 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—90º to BM (Silivas) 180º

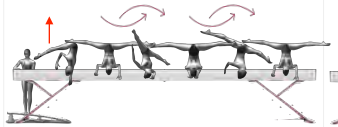


Jump ➤Silivas

1. W/wo board—90º 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—90º to BM 180º 180º 180º

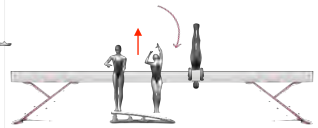


Jump ➤Silivas 1/2

1. W/wo board—90º 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—90º to BM 180º



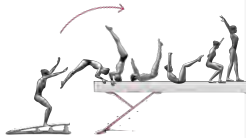
FF Jump 1/2 ➤Chest stand

1. W/wo board—90º 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 ACRO MT

Jump—FWD roll—2-feet ➤End/middle of BM

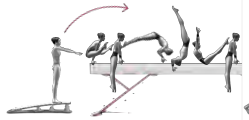


Jump ➤FWD roll

1. W/wo board—End/Middle of BM
2. Execute Jump
3. Execute FWD roll
4. Optional ending

A—110b ACRO MT

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 ACRO MT

Free FWD roll—2-feet ➤ Optional exit—End of BM

Jump ➤Free roll

1. With board—End of BM
2. Jump—Lift hips
3. Execute Free FWD roll
4. Optional ending

Free of hand contact

B—110b ACRO MT

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 ACRO MT

Hecht roll—Extend hip angle flight phase—2-feet ➤Optional exit—End/diagonal to BM

Jump ➤Dive FWD roll

1. With board—End/Diagonal to BM
2. Jump—Extended hips
3. Execute FWD Hecht roll
4. Optional ending

B—111a ACRO MT

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 ACRO MT

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 ACRO MT

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 ACRO MT

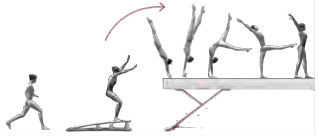
Jump HS—Hip angle (pike)—Handspring FWD—Step-out—Cross stand—2-feet ➤1-foot—End of BM

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 ACRO MT

Jump—FWD Handspring—Hecht (extend hip angle)—Before/after BM hand support—2-feet ➤1-foot—End/Diagonal to BM



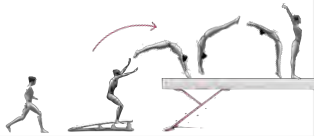
Jump ➤FHS Hecht

1. With board—End of BM OR Diagonal
2. Jump—Extended Hip angle
3. Execute FWD hand spring step out
4. Finish Cross stand

Hecht before/after hand contact

D—111b ACRO MT

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 ACRO MT

Jump—Bend knee HS—Lower to Cross straddle sit—2-feet ➤Straddle sit—End of BM

Jump ➤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 ACRO MT

Jump—Extend hips—Cartwheel—2 arms/cross HS—Lower—2-feet ➤2-feet—Stand/Optional touch—End of BM 180°

Jump ➤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 ACRO MT

Jump—Extend hips—Cartwheel—1-arm Cross HS—Lower—2-feet ➤2-feet—Stand/Optional touch—End of BM 180°

Jump ➤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 ACRO MT

Jump—Extend hips—Cross HS—Lower—2-feet ➤2-feet—Stand/Optional touch—End of BM

Jump ➤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 ACRO MT

Jump—Hecht—Round off—2-feet ➤2-feet—End of BM 180°

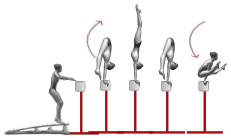
Jump ➤Hecht RO

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 ACRO MT

Jump/Press/Swing—HS—2-feet➤Lower to BM OR Clear straddle 'L'—90º/End of BM

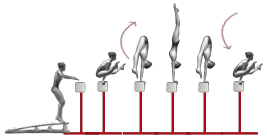


Straddle HS ➤ 'L'

1. W/wo board— 90º/End of BM
2. Execute Jump HS
3. Execute Clear straddle 'L'
4. Optional exit

B—113b ACRO MT

Clear straddle 'L' Press—HS—2-feet➤Lower to BM OR Clear straddle 'L'— 90º/End of BM

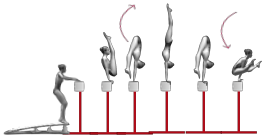


'L' Press HS ➤'L'

1. W/wo board— 90º/End of BM
2. Execute Jump straddle 'L'
3. Execute Press HS
4. Lower to Clear straddle 'L'
5. Optional exit

B—113c ACRO MT

Clear pike 'V' Press—HS—2-feet➤Lower to BM OR Clear straddle 'L'— 90º/End of BM

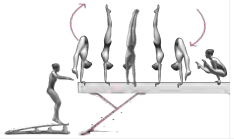


'V' ➤ Press HS ➤'L'

1. W/wo board— 90º/End of BM
2. Execute Jump pike 'V'
3. Execute Press HS
4. Lower to Clear straddle 'L'
5. Optional exit

B—113d ACRO MT

Jump/Press/Swing—HS—1/2 turn—2-feet➤Lower to BM OR Clear straddle 'L'—90º/End of BM 180º

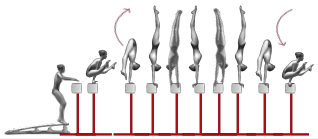


Press HS 1/2 ➤ 'L'

1. W/wo board—90º/End of BM
2. Execute Press HS—1/2 turn
3. Lower to Clear straddle 'L'
4. Optional exit

C—113 ACRO MT

Jump/Press/Swing—HS—1/1 - 2/1 turn—2-feet➤Lower to BM OR Clear straddle 'L'— 90º/End of BM 360º



'L' ➤Press HS 1/1-2/1 ➤'L'

1. W/wo board— 90º/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 ACRO MT

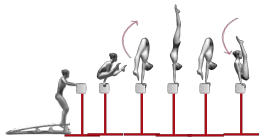
Jump/Press/Swing—HS—2-feet➤Lower to Clear pike 'V'—90º/End of BM

Press HS ➤ 'V'

1. W/wo board— 90º/End of BM
2. Execute Press HS
3. Lower to Clear pike 'V'
4. Optional exit

C—114b ACRO MT

Clear straddle 'L' Press—HS—2-feet➤Lower to Clear pike 'V'— 90º/End of BM

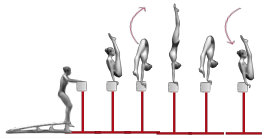


'L' ➤Press HS ➤ 'V'

1. W/wo board—9 90º/End of BM
2. Execute Jump Clear straddle 'L'
3. Execute Press HS
4. Lower to Clear pike 'V'
5. Optional exit

C—114c ACRO MT

Clear pike 'V' Press—HS—2-feet➤ Lower to Clear pike 'V'—90º/End of BM

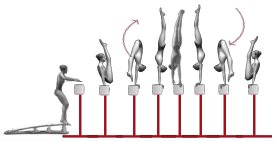


'V' ➤Press HS ➤ 'V'

1. W/wo board— 90º/End of BM
2. Execute Jump Clear pike 'V'
3. Execute Press HS
4. Lower to Clear pike 'V'
5. Optional exit

C—114d ACRO MT

Jump/Press/Swing—HS—1/2 turn—2-feet➤Lower to Clear pike 'V'— 90º/End of BM 180º

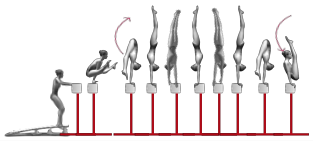


'V' ➤Press HS 1/2 ➤ 'V'

1. W/wo board— 90º/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 ACRO MT

Jump/Press/Swing—HS—1/1-2/1 turn—2-feet➤Lower to Clear pike 'V'— 90º/End of BM 360º

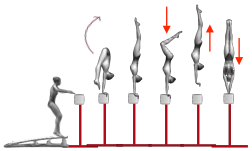


'V' ➤Press HS 1/1-2/1 ➤ 'V'

1. W/wo board— 90º/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 ACRO MT

Jump—Press—HS—Bend-stretch legs—Hop 1/4 turn—2-feet➤Land Cross HS—90º to BM (Lori-hop) 90º

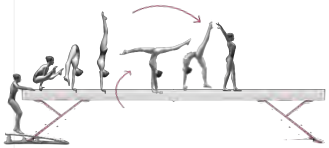


Lori Hop

1. W/wo board—90º 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 ACRO MT

Jump/press/swing—HS—2-feet➤ Front Walk out—End of BM

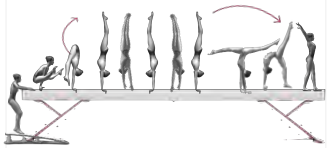


'L' press HS Walkout

1. W/wo board—End of BM
2. Execute Jump Clear straddle 'L'
3. Execute Press HS
4. Front Walkover out
5. Optional exit

C—115a ACRO MT

Jump/press/swing—HS—1/1 - 2/1 turn—2-feet➤Front Walk out—End of BM 360º

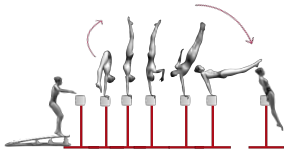


'L' press HS 1/1-2/1 Walkout

1. W/wo 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 ACRO MT

Jump/Press/Swing—HS—Diamidov—2-feet➤Rear support—90º to BM 180º

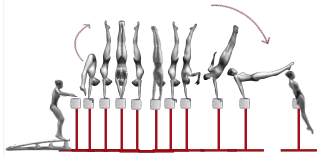


Press HS ➤Diamidov➤R.Supp

1. W/wo board—90º to BM
2. Execute Jump Press HS
3. Execute Diamidov 1-arm twist
4. Land Rear support
5. Optional exit

D—115a ACRO MT

Jump/Press/Swing—HS 1/1 turn—Diamidov—2-feet➤Rear support—90º to BM 360º

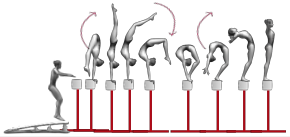


Press HS➤Diamidov 1/1

1. W/wo board—90º 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 ACRO MT

Jump—Press HS—2-feet➤FWO—Stand—90º to BM (Phillips)



Phillips

1. W/wo board—90º 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

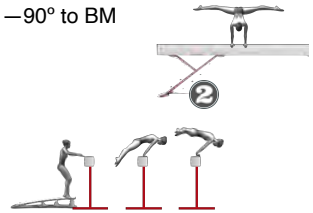
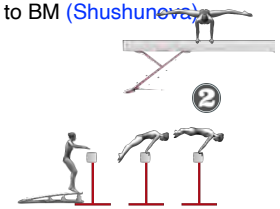


Planche above HOR

1. W/wo 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 (Shushunova)

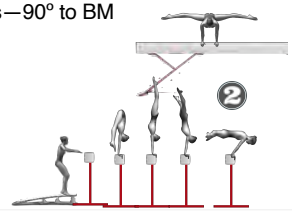


Shushunova Planche

1. W/wo board—90° to BM
2. Execute Jump Planche
3. Hold 2s—HOR
4. Optional exit

C—116b ACRO MT

Jump/Press/Swing—HS—2-feet➤Lower to Planche—Hold 2s—90° to BM

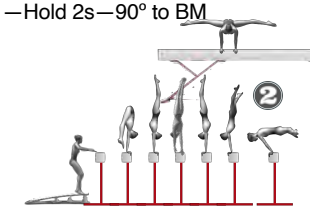


HS lower to Planche

1. W/wo board—90° to BM
2. Execute Jump Press HS
3. Lower to Planche
4. Hold 2s—HOR
5. Optional exit

C—116c ACRO MT

Jump/Press/Swing—HS—1/2 turn—2-feet➤Lower to Planche—Hold 2s—90° to BM

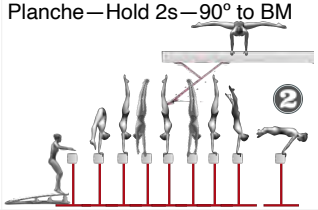


HS 1/2 lower to Planche

1. W/wo 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 ACRO MT

Jump/Press/Swing—HS—1/1-2/1 turn—2-feet➤Lower to Planche—Hold 2s—90° to BM

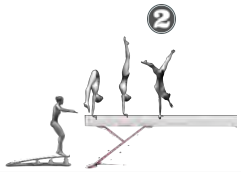


HS 1/1-2/1 lower to Planche

1. W/wo 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 ACRO MT

Jump—Press HS—1-arm Cross HS—Hold 2s—End of BM

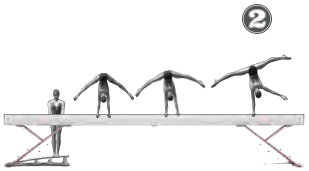


1-arm Cross HS

1. W/wo board—End of BM
2. Execute Jump Press HS
3. Shift to 1-arm HS—Hold 2s
4. Optional exit

C—117b ACRO MT

Jump/Press—HS—Shift—1-arm Side HS—Hold 2s—90° to BM



1-arm Side HS

1. W/wo board—90° to BM
2. Execute Jump Press HS
3. Shift to 1-arm HS—Hold 2s
4. Optional exit

D—117a ACRO MT

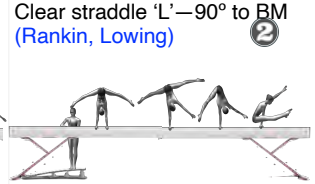
Jump/Swing—2-feet➤1-arm HS—Hold 2s—90° to BM (Rankin)

Jump to 1-arm HS

1. W/wo board—90° to BM
2. Execute Jump Press 1-arm HS
3. Hold 2s
4. Optional exit

D—117b ACRO MT

Jump/Press/Swing—HS—Shift weight—1-arm HS—Hold 2s—Lower—1/4 turn—2-feet➤1-arm Clear straddle 'L'—90° to BM (Rankin, Lowing)

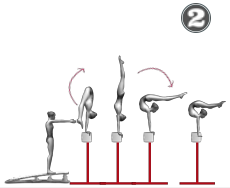


1-arm HS lower to 1-arm 'L'

1. W/wo 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 ACRO MT

Jump—Press HS—Reverse Planche HS—Legs Straddle OR Together—Hold 2s—90° to BM

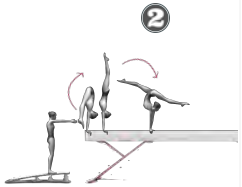


Reverse Planche

1. W/wo board—90° to BM
2. Execute Jump Press HS
3. Lower to Reverse Planche HS
4. Hold 2s
5. Optional exit

C—118b ACRO MT

Jump—Press HS—Reverse Planche split HS pose—Hold 2s—End of BM

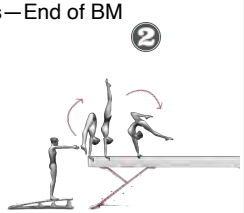


Reverse split Planche

1. W/wo board—End of BM
2. Execute Jump Press HS
3. Lower to Reverse Planche split HS
4. Hold 2s
5. Optional exit

C—118c ACRO MT

Jump—Press HS—Reverse Planche stag split HS pose—Hold 2s—End of BM

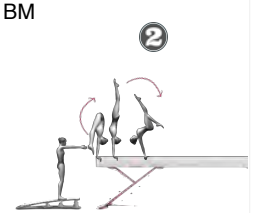


Reverse stag split Planche

1. W/wo 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 ACRO MT

Jump—Press HS—Yogi Planche HS pose—Hold 2s—End of BM



Yogi Planche

1. W/wo 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 — 120-90º - BM ➤ HS/Chest stand/F. support — 121-90º - BM ➤ FWD Acro

A—119a

Jump—Elbow planche—HOR—Hold 2s—End of BM

Elbow Planche

1. W/wo 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

Elbow Planche 1-arm

1. W/wo 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—90º to BM

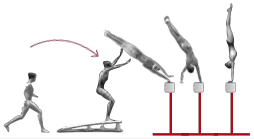
180º

Side Chest cartwheel

1. W/wo board—90º to BM
2. Execute chest Cartwheel (1/2 turn)
3. Candle-chest stand
4. Lower to Front support
5. Optional exit

B—120b ACRO MT

Jump—Extend hips—1/4 turn—Thru HS—1-arm—Immediate 1/4 turn—Support 2nd arm—Side HS—90º to BM 90º 90º



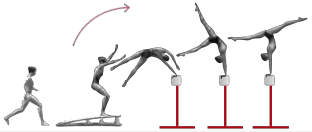
Jump ➤Straight 1/4-1/4 HS

1. With board—90º to BM
2. Execute Jump HS w 1/4 + 1/4 turn
3. To HS
4. Optional exit

C—120a ACRO MT

Jump—Extended hips—1/2 turn—In flight—Side HS—90º to BM

90º 90º

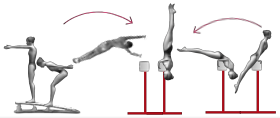


Jump ➤Straight 1/2 HS

1. With board—90º to BM
2. Execute Jump extended hips
3. Execute 1/4-1/4 turn—HS
4. Optional exit

C—120b ACRO MT

Rear stand—FF—1/2 turn—Over BM—Candle-Chest stand—Lower to Front support—W/WO BWD Hip Circle—90º to BM

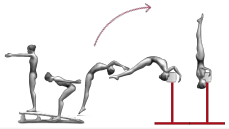


FF 1/2 ➤Chest stand

1. With board—90º 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 ACRO MT

Rear stand—FF to BM—Candle-Chest stand—Lower to Front support—W/WO BWD Hip Circle—90º to BM (Beukes)

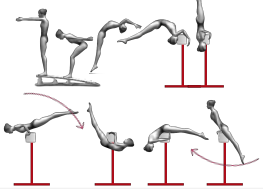


FF ➤Chest stand

1. With board—90º to BM
2. Execute Jump extended hips
3. Execute chest stasnd
4. Optional exit

D—120b ACRO MT

Rear stand—FF to BM—Candle-Chest stand—Lower to BWD Hip circle—90º to BM



FF Chest stand ➤BHC

1. With board—90º to BM
2. Execute Jump FF
3. Candle-chest stand
4. Lower to Front support + BWD hip circle
5. Optional exit

A—121a

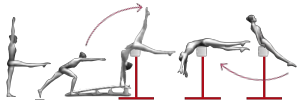
Cartwheel—Alternate hands on springboard—Front support—90º to BM

FWD Cartwheel ➤F.Support

1. With board—90º 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—90º to BM



FWD Walkover ➤R.Support

1. With board—90º 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—90º to BM

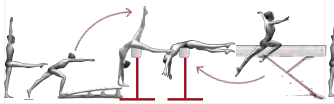
FHS ➤R.Support

1. With board—90º 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—90º to BM

90º

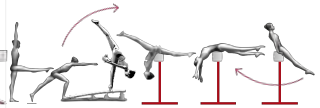


FHS 1/4 ➤Sit

1. With board—90º 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—90º to BM



FWD Aerial ➤R.Support

1. With board—90º 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—90º to BM

90º

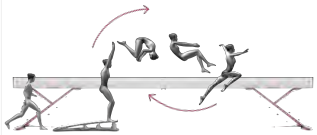
FWD Aerial 1/4 ➤Sit

1. With board—90º 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 ➤Sit — 123-End FWD Salto/Aerial — 124-FHS to Board FWD Salto ➤Feet

C—122a ACRO MT

FWD salto—Tuck—2-legs to 1-leg—Extend-Tuck Cross thigh sit—Hand support behind hips—Diagonal to BM (Poulin)

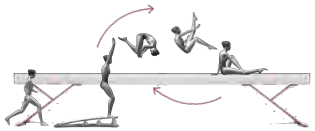


FWD Tuck ➤Side sit

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

C—122b ACRO MT

FWD salto—Tuck—2-legs to Cross sit—Hand support behind hips—Diagonal to BM (Poulin)

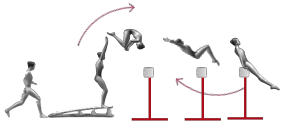


FWD Tuck ➤Valdez sit

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

D—122a ACRO MT

FWD salto—Tuck—Rear support—Grasp BM prior to landing—90° to BM

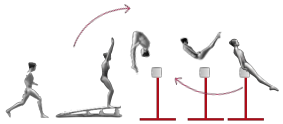


FWD Tuck ➤R.Support

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

D—122b ACRO MT

FWD salto—Pike—Rear support—Grasp BM prior to landing—90° to BM



FWD Pike ➤R.Support

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 ACRO MT

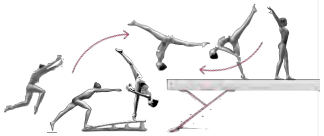
FWD Salto—Tuck—Cross stand—End of BM

FWD Tuck ➤2-Feet

1. With board—End of BM
2. Jump 2-feet
3. Execute FWD Tuck Salto
4. Land 2-legs—Cross stand
5. Optional exit

E—123b ACRO MT

FWD Aerial—Cross stand—End of BM

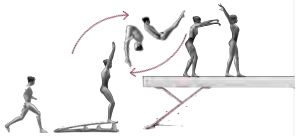


FWD Aerial ➤1-Foot

1. With board—End of BM
2. Jump 1-foot
3. Execute FWD Aerial Walkover
4. Land 1-leg—Cross stand
5. Optional exit

E—123c ACRO MT

FWD salto—Pike—Cross stand—End of BM

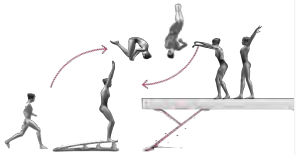


FWD Pike ➤2-Feet

1. With board—End of BM
2. Jump 2-feet
3. Execute FWD Pike Salto
4. Land 2-legs—Cross stand
5. Optional exit

E—123d ACRO MT

FWD salto—Tuck—1/2 turn—Cross stand—End of BM 180°

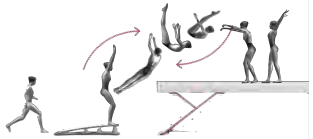


FWD Tuck 1/2 ➤2-Feet

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

E—123e ACRO MT

1/2 turn—BWD salto—Pike—Cross stand—End of BM

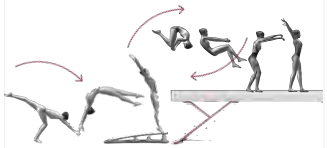


1/2 BWD Pike ➤2-Feet

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 ACRO MT

FWD handspring—FWD salto—Tuck—Cross stand—End of BM



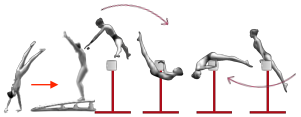
FHS FWD Tuck ➤2-Feet

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 ACRO MT

RO—BWD Straddle jump—Pike—Over BM—BWD hip circle—90° to BM

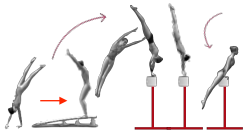


RO Straddle back ➤F.Supp

1. With board—90° to BM
2. Execute RO-BWD Straddle jump—Over BM
3. Execute BWD hip circle
4. Optional exit

C—125b ACRO MT

RO—Jump—1/2 turn—Near side HS—Lower to Front support—90° to BM (Gurova) 180°

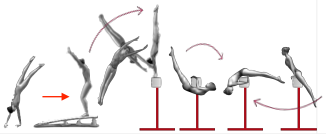


RO 1/2 HS ➤F.Support

1. With board—90° to BM
2. Execute RO-FF—1/2 turn—Near HS
3. Lower to Front support
4. Optional exit

D—125 ACRO MT

RO—FF—1/1 twist—BWD Hip circle—90° to BM (Zamolodchikova) 360°

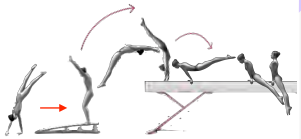


RO FF 1/1➤BHC➤F.Support

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 ACRO MT

RO—FF—Thru HS—1-2 arms—Swing down—Cross straddle sit—End of BM

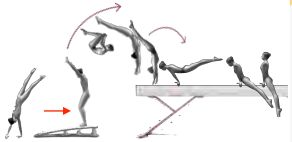


RO FF ➤Swing down

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 ACRO MT

RO—FF—Tuck-stretch—Thru HS—2-arms—Swing down—Cross straddle sit—End of BM

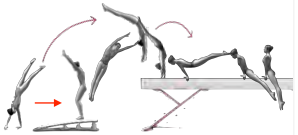


RO Tuck-open ➤Swing down

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 ACRO MT

RO—FF—1/1 twist—Swing down—Cross straddle sit—End of BM (Tsavdaridou) 360°

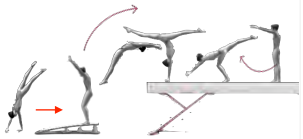


RO FF 1/1 ➤Swing down

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 ACRO MT

RO—FF—Thru HS—2 arms—Cross stand—End of BM

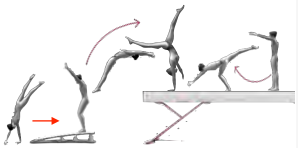


RO FF SO ➤1-Foot

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 ACRO MT

RO—FF—Thru HS—1 arm—Cross stand—End of BM

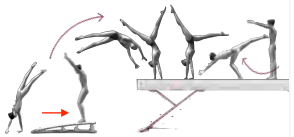


RO FF 1-arm ➤1-Foot

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 ACRO MT

RO—FF—1/1 twist—Cross stand—End of BM (Luconi) 360°

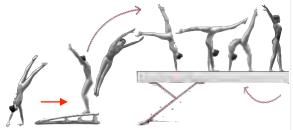


RO FF 1/1 ➤1-Foot

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 ACRO MT

RO—FF—1/2 turn—FWD Walkover—End of BM (Dunn) 180°



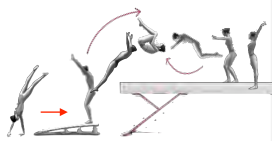
RO Arabian ➤FWD Walkout

1. With board—End of BM
2. Execute RO-FF—1/2 turn
3. Execute FWD Walkover
4. Finish Cross stand
5. Optional exit

BM—1-MOUNTS — 128-End of BM ➤ RO BWD Saltos, 129-End of BM ➤ RO ARB Saltos

E—128a ACRO MT

RO—BWD salto—Tuck—Cross stand—End of BM

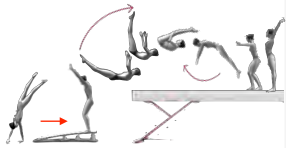


RO BWD Tuck ➤2-Feet

1. With board—End of BM
2. Execute RO-BWD Tuck salto
3. Finish Cross stand
4. Optional exit

E—128b ACRO MT

RO—BWD salto—Pike—Cross stand—End of BM

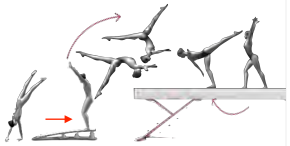


RO BWD Pike ➤2-Feet

1. With board—End of BM
2. Execute RO-BWD Pike salto
3. Finish Cross stand
4. Optional exit

E—128c ACRO MT

RO—BWD salto—Stretch—Step-out—Cross stand—End of BM

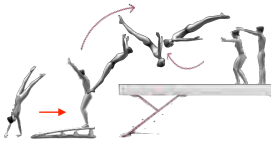


RO Layout SO ➤1-Foot

1. With board—End of BM
2. Execute RO-BWD Stretch Step out salto
3. Finish Cross stand
4. Optional exit

E—128d ACRO MT

RO—BWD salto—Stretch—Cross stand—End of BM (Garrison)



RO Layout ➤2-Feet

1. With board—End of BM
2. Execute RO-BWD Stretch salto
3. Finish Cross stand
4. Optional exit

E—128e ACRO MT

RO—BWD salto—Tuck—1/1 twist—Cross stand—End of BM

360°

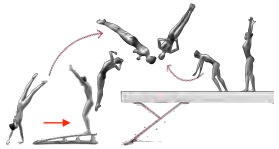
RO Tuck 1/1 ➤2-Feet

1. With board—End of BM
2. Execute RO-BWD Tuck salto—1/1 twist
3. Finish Cross stand
4. Optional exit

E—128f ACRO MT

RO—BWD salto—Stretch—1/1 twist—Cross stand—End of BM (Garrison)

360°



RO Layout 1/1 ➤2-Feet

1. With board—End of BM
2. Execute RO-BWD Stretch salto—1/1 turn
3. Finish Cross stand
4. Optional exit

E—129 ACRO MT

RO—SWD Arabian salto—Tuck—Cross stand—End of BM

RO Arabian Tuck ➤2-Feet

1. With board—End of BM
2. Execute RO-SWD Arabian salto
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

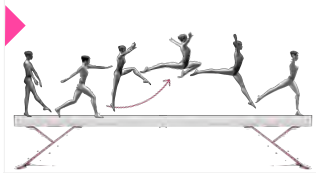
Cannot use VP for Split SR requirement

X	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—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

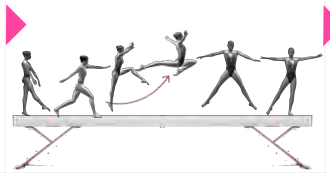


Stag Leap

1. Opt. approach—Take off 1-leg Cross
2. Execute Stag leap
3. Front leg bent—Thigh parallel to BM
4. 180º split—Knee to toes
5. Land 1-leg Cross

A—201a

Stag leap—1/4 turn—Cross➤Side—1-leg➤1-leg 90º

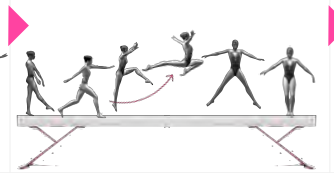


Stag Leap 1/4 ➤ 1-leg

1. Opt. approach—Take off 1-leg Cross
2. Execute Stag leap—1/4 turn
3. Front leg bent—Thigh parallel to BM
4. 180º split—Knee to toes
5. Land 1-leg Side

A—201a

Stag leap—1/4 turn—Cross➤Side—1-leg➤2-legs 90º

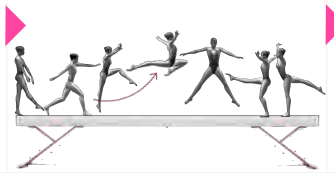


Stag Leap 1/4 ➤ 2-legs

1. Opt. approach—Take off 1-leg Cross
2. Execute Stag leap—1/4 turn
3. Front leg bent—Thigh parallel to BM
4. 180º split—Knee to toes
5. Land 2-legs Side

B—201a

Stag leap—1/2 turn—Cross➤Cross—1-leg➤1-leg 180º

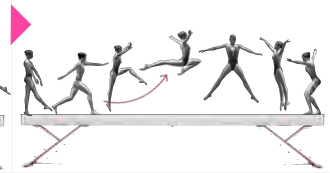


Stag Leap 1/2 ➤ 1-leg

1. Opt. approach—Take off 1-leg Cross
2. Execute Stag leap—1/2 turn
3. Front leg bent—Thigh parallel to BM
4. 180º split—Knee to toes
5. Land 1-leg Cross

B—201a

Stag leap—1/2 turn—Cross➤Cross—1-leg➤2-legs 180º

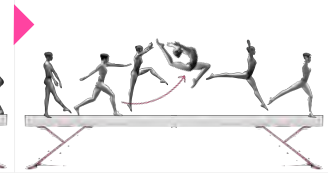


Stag Leap 1/2 ➤ 2-legs

1. Opt. approach—Take off 1-leg Cross
2. Execute Stag leap—1/2 turn
3. Front leg bent—Thigh parallel to BM
4. 180º 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

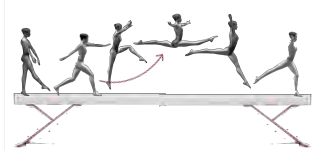


Stag Leap Ring ➤ 1-leg

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—180º front split—Cross➤Cross—1-leg➤1-leg

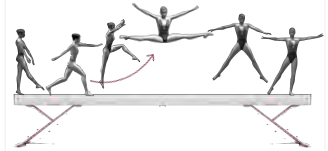


Stag Split Leap ➤1-Leg

1. Opt. approach—Take off 1-leg Cross
2. Execute Stag split leap
3. 180º front split—after stag open
4. Land 1-leg Cross

B—202a

Stag split leap—1/4 turn—180º side split—Cross➤Side—1-leg➤1-leg 90º

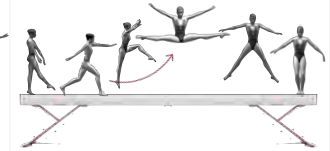


Stag Split Leap 1/4 ➤ 1-leg

1. Opt. approach—Take off 1-leg Cross
2. Execute Stag split leap—1/4 turn
3. 180º side split—after stag open
4. Land 1-leg Side

B—202a

Stag split leap—1/4 turn—180º side split—Cross➤Side—1-leg➤2-leg 90º

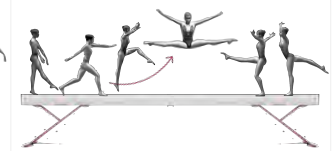


Stag Split Leap 1/4 ➤ 2-legs

1. Opt. approach—Take off 1-leg Cross
2. Execute Stag split leap—1/4 turn
3. 180º side split—after stag open
4. Land 2-legs Side

C—202a

Stag split leap—1/2 turn—180º side split—Cross➤Cross—1-leg➤1-leg 180º

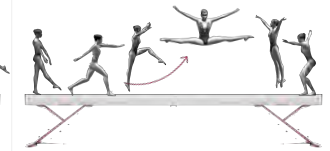


Stag Split Leap 1/2 ➤ 1-leg

1. Opt. approach—Take off 1-leg Cross
2. Execute Stag split leap—1/2 turn
3. 180º side split—after stag open
4. Land 1-leg Cross

C—202a

Stag split leap—1/2 turn—180º side split—Cross➤Cross—1-leg➤2-legs 180º

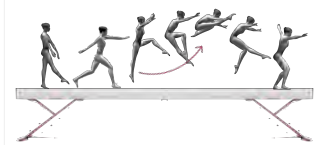


Stag Split Leap ➤ 2-legs

1. Opt. approach—Take off 1-leg Cross
2. Execute Stag split leap—1/4 turn
3. 180º side split—after stag open
4. Land 2-legs Cross

A—203a

Split leap—Leg change—Wolf position—Cross➤Cross—1-leg➤1-leg

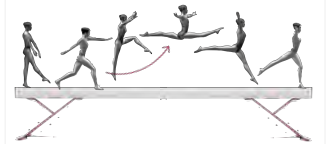


Switch Wolf ➤2-legs

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/180º front split—Cross➤Cross—1-leg➤1-leg

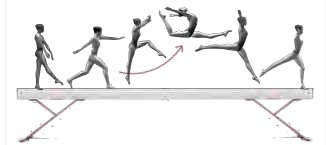


Stag Switch Leap ➤1-leg

1. Opt. approach—Take off 1-leg Cross
2. Execute Stag Switch leg leap
3. 180º front split—after stag open
4. Land 1-leg Cross

D—203

Stag Switch leg leap—Ring—Rear leg head height—Head REL—Stag/180º split—Cross➤Cross—1-leg➤1-leg



Stag Switch Ring ➤1-leg

1. Opt. approach—Take off 1-leg Cross
2. Execute Stag Switch leg leap—Ring
3. 180º 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

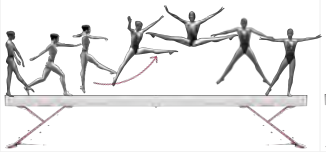
Split leap—Straight leg entry—180° front split—Cross➤Cross—1-leg➤1-leg

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°

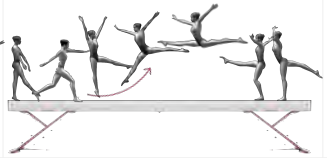


Split Leap 1/4

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 180°



Split Leap 1/2 ➤ 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

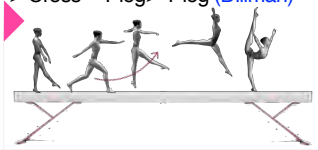
Split leap—1/2 turn—180° front split—Cross➤Cross—1-leg➤2-leg 180°

Split Leap 1/2 ➤ 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—Cross➤Cross—1-leg➤1-leg (Dillman)

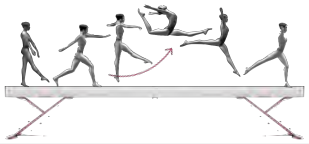


Dillman

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

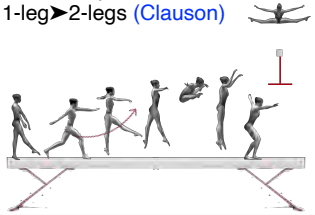


Split Ring

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 OR 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—Cross➤Side—Front support OR BWD Hip circle 90°

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

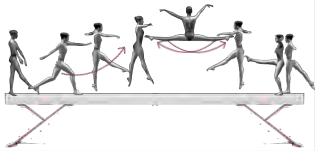
Switch leg split leap—1/4 turn—45°/Straddle split—Cross➤Side—1-leg➤2-legs (Johnson) 90°

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—1-leg➤1-leg 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

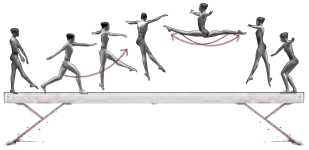
Switch leg split leap—1/4 turn—1/2 turn—Cross➤Side—1-leg➤2-legs (Johnson 1/2) (Ikoma) 90° 180°

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°

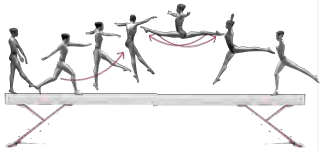


Switch 1/2

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°

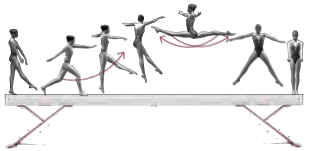


Switch 1/2 Scale

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°

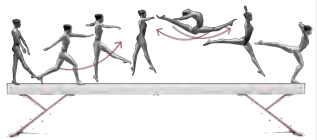


Switch 3/4

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—Cross➤Cross—1-leg➤1-leg (Switch Yang Bo) (Courville)

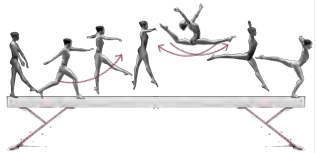


Switch Yang Bo

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



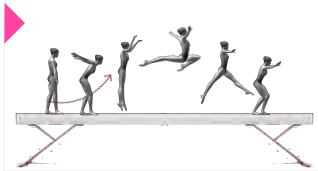
Switch Ring

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

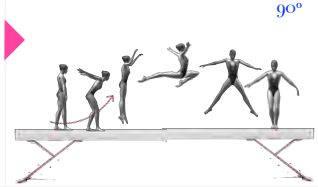
1. Opt. start—Take off 2-legs Cross
2. Execute Stag/Double jump
3. Front leg bent—Thigh parallel to BM
4. 180° split—Knee to toes
5. Land 2-legs Cross

Double stag: Back leg bent min 90° UpWD

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

Double stag: Back leg bent min 90° UpWD

B—206

Stag jump—1/2 turn—Cross➤Cross—2-leg➤2-legs

180°

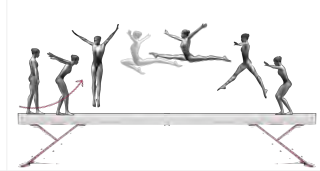
Stag 1/2

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°

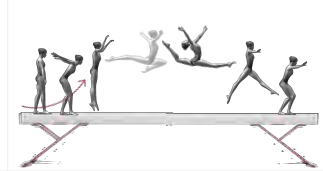


Stag Split 1/2

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

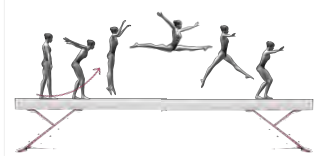


Stag Splt Ring

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



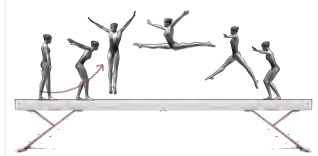
Split Jump

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°

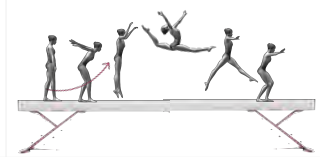


Split 1/2

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



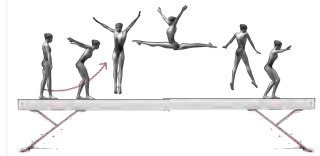
Split Ring

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°

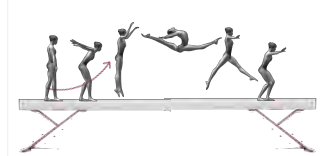


Split 1/1

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°

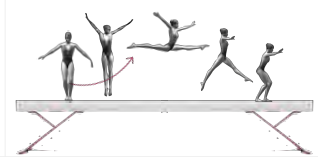
Split 1/4

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°

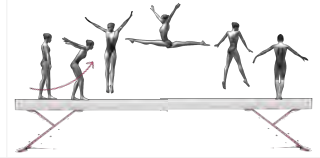
1/4 Split Cross➤Side

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°



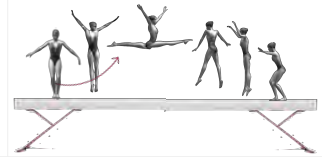
Split 3/4 Cross➤Side

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°



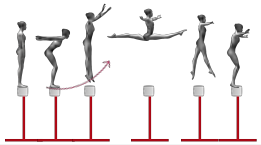
Split 3/4 Side➤Cross

1. Opt. start—Take off 2-legs Side
2. Execute Split jump—3/4 turn
3. 180° front split
4. Land 2-legs Cross

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

C—209a

Split jump—180° front split—Side➤Side—2-legs➤2-legs

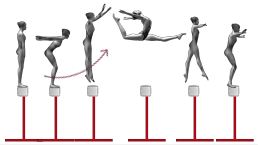


Split Side➤Side

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)



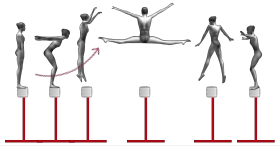
Heinrich

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

180°



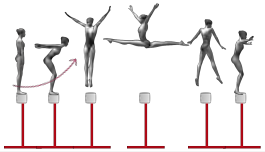
Split 1/2 Side➤Side

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

360°

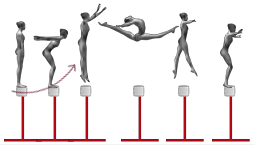


Split 1/1 Side➤Side

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

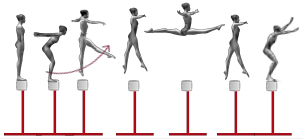
Stand—Switch leg split jump—30°/180° front split—Cross➤Cross—2-legs➤2-legs (Sweetin)

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➤1or2-legs (Concannon)

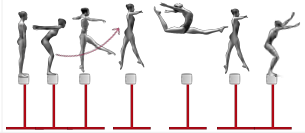


Switch Side/Side

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➤1or2-legs (Henrich 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)

180°

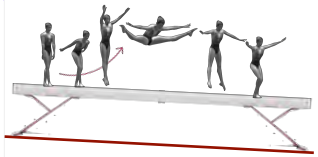
Sweetin 1/2

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—211a

Straddle jump—180° cross split—Cross➤Cross—2-legs➤2-legs



Straddle Jump Cross➤Cross

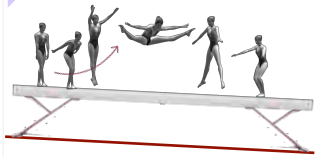
1. Opt. start—Take off 2-legs Cross
2. Execute Straddle jump
3. 180° cross split
4. Land 2-legs Cross

Start foot/end foot in front is optional

B—211b

Straddle jump—180° cross split—1/4 turn—Cross➤Side—2-legs➤2-legs

90°



Straddle 1/4 Cross➤Side

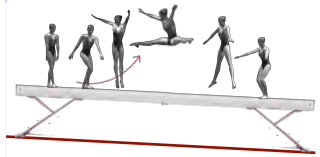
1. Opt. start—Take off 2-legs Cross
2. Execute Straddle jump—1/4 turn
3. 180° cross split
4. Land 2-legs Side

Start foot in front is optional

B—211b

1/4 turn—Straddle jump—180° side split—Cross➤Side—2-legs➤2-legs

90°



1/4 Straddle Cross➤Side

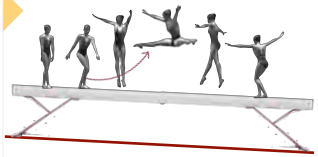
1. Opt. start—Take off 2-legs Cross
2. Execute 1/4 turn—Straddle jump
3. 180° side split
4. Land 2-legs Side

Start foot in front is optional

C—211

Straddle jump—180° side split—1/2 turn—Cross➤Cross—1-leg➤1 or 2-legs (Concannon)

180°



Straddle 1/2 Cross➤Cross

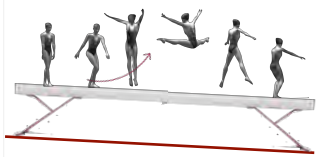
1. Opt. start—Take off 2-legs Cross
2. Execute Straddle jump—1/2 turn
3. 180° side split
4. Land 2-legs Cross

Start foot/end foot in front is optional

D—211b

Straddle jump—3/4 turn—180° cross split—Cross➤Side—2-legs➤2-legs

180°



Straddle 3/4 Cross➤Side

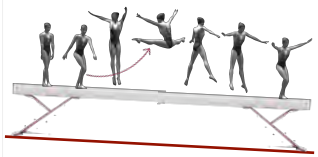
1. Opt. start—Take off 2-legs Cross
2. Execute Straddle jump—3/4 turn
3. 180° cross split
4. Land 2-legs Side

Start foot in front is optional

E—211

Straddle jump—1/1 turn—180° cross split—Cross➤Cross—2-legs➤2-legs (Popa)

360°



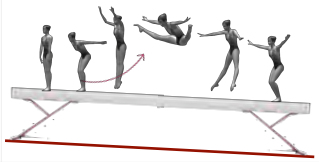
Straddle 1/1 Cross➤Cross

1. Opt. start—Take off 2-legs Cross
2. Execute Straddle jump—1/1 turn
3. 180° cross split
4. Land 2-legs Cross

Start foot/end foot in front is optional

B—212a

Straddle jump—180° side split—Side➤Side—2-legs➤2-legs



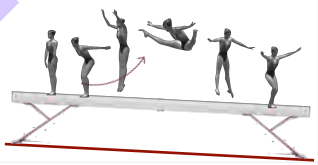
Straddle Jump Side➤Side

1. Opt. start—Take off 2-legs Side
2. Execute Straddle jump
3. 180° side split
4. Land 2-legs Side

B—212b

Straddle jump—180° side split—1/4 turn—Side➤Cross—2-legs➤2-legs

90°



Straddle 1/4 Side➤Cross

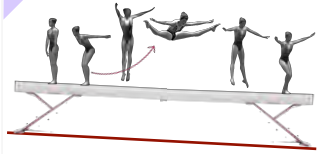
1. Opt. start—Take off 2-legs Side
2. Execute Straddle jump—1/4 turn
3. 180° side split
4. Land 2-legs Cross

End foot in front is optional

B—212b

1/4 turn—Straddle jump—180° cross split—Side➤Cross—2-legs➤2-legs

90°



1/4 Straddle Side➤Cross

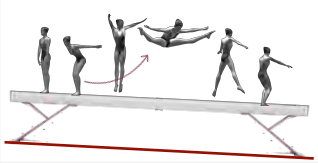
1. Opt. start—Take off 2-legs Side
2. Execute 1/4 turn—Straddle jump
3. 180° cross split
4. Land 2-legs Cross

End foot in front is optional

D—211b

Straddle jump—1/2 turn—180° cross split—Side➤Side—2-legs➤2-legs (Borden)

180°



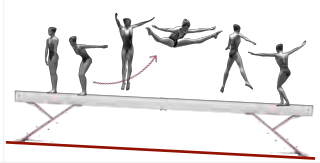
Straddle 1/2 Side➤Side

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

270°



Straddle 3/4 Side➤Cross

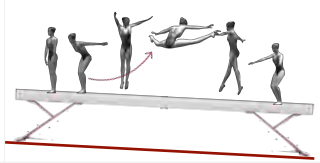
1. Opt. start—Take off 2-legs Side
2. Execute Straddle jump—3/4 turn
3. 180° cross split
4. Land 2-legs Cross

End foot in front is optional

E—212

Straddle jump—1/1 turn—180° side split—Side➤Side—2-legs➤2-legs (Popa)

360°

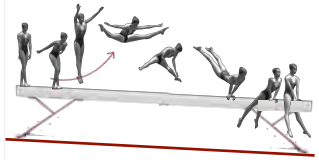


Straddle 1/1 Side➤Side

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

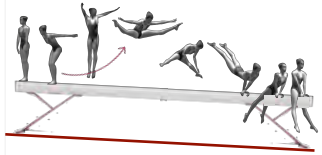
1. Opt. start—Take off 2-legs Cross
2. Execute Straddle jump
3. 180° cross split
4. Land hand support—Swing down
5. Finish cross straddle sit

Start foot in front is optional

C—213

Straddle jump—1/4 turn—180° cross split—Side➤Cross—2-legs➤Swing down—Cross straddle sit

90°



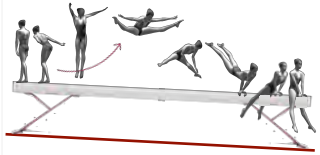
Straddle 1/4 Swing Down

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)

180°



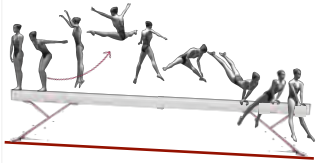
Straddle 1/2 Swing Down

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

270°



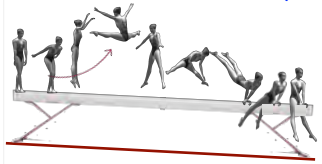
Straddle 3/4 Swing Down

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

270°



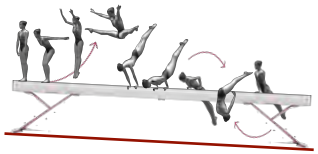
Straddle 1/1 Swing Down

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 OR BWD hip circle (Furnon)

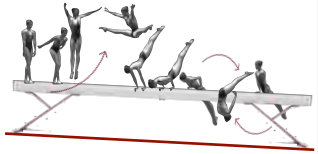


Straddle ➤Front Support

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 OR BWD hip circle

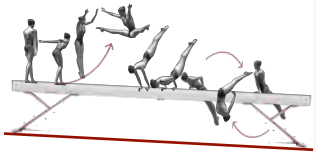


Straddle 1/4 ➤Front Support

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 OR BWD Hip circle (Companioni)

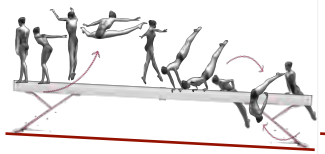


Straddle 1/2 ➤Front Support

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 OR BWD hip circle

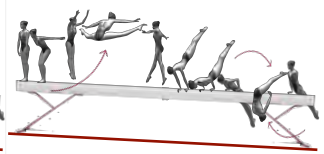


Straddle 3/4 ➤Front Support

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 OR BWD Hip circle

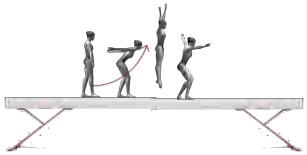


Straddle 1/1 ➤Front Support

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

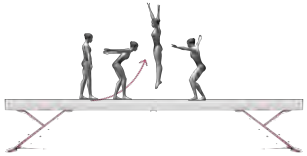
Beat Jump

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°



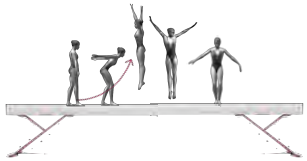
Stretch 1/2

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°



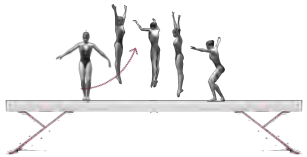
Stretch 3/4 Cross/Side

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°



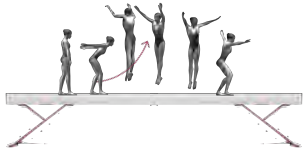
Stretch 3/4 Side/Cross

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°



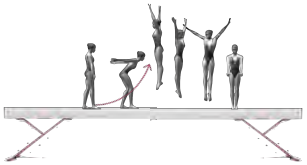
Stretch 1/1

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°



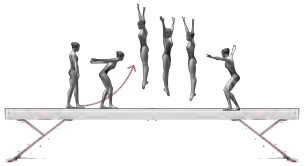
Stretch 1-1/4

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°

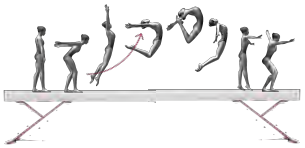


Stretch 1-1/2

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



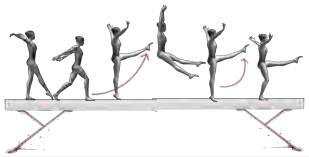
Sheep Jump

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

Front Cabriole—45º front kick beat—Cross➤Cross—1-leg➤1-leg

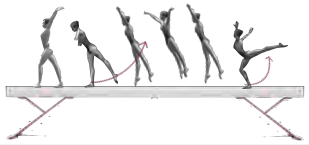


Front Cabriole

1. Opt. start—Take off 1-leg Cross
2. Execute Cabriole—Front kick beat
3. 45º front calf beat
4. Land 1-leg Cross

A—216b

Back Cabriole—Cross➤Cross—1-leg➤1-leg

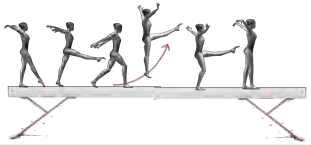


Back Cabriole

1. Opt. start—Take off 1-leg Cross
2. Execute Cabriole—Back kick beat
3. 45º back calf beat
4. Land 1-leg Cross

A—216c

Hop—Free leg EXT—Above HOR—Cross➤Cross—1-leg➤1-leg

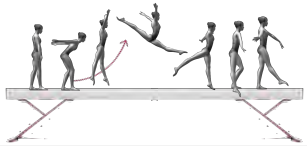


Hop 'L'

1. Opt. start—Take off 1-leg Cross
2. Execute 1-leg Hop
3. EXT leg > HOR
4. Land 1-leg Cross

B—216

Sissone—Legs diagonal—180º cross split—Cross➤Cross—2-legs/➤-leg



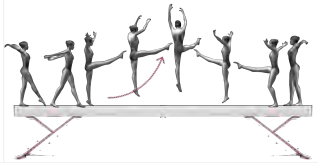
Sissone

1. Opt. start—Take off 2-legs Cross
2. Execute Sissone jump
3. 180º diagonal cross split
4. Land 1-leg Cross

C—216

Hop—1/2 turn—Free leg EXT—Above HOR—Cross➤Cross—1-leg/➤-leg

180º



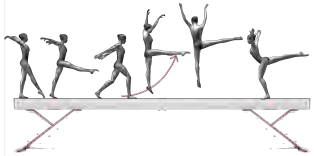
Hop 'L' 1/2

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

180º



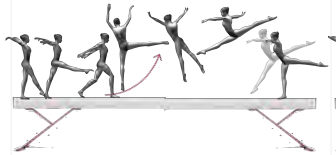
Fouette

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—180º cross split—Cross➤Cross—1-leg➤1 OR 2-legs

180º



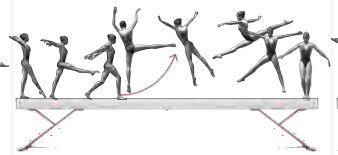
Tour Jeté

1. Opt. start—Take off 1-leg Cross
2. Execute Tourjeté
3. 180º front split
4. Land 1-leg OR 2-legs Cross

E—217a

Tour jete—180º cross split—1/4 turn—Cross➤Side—1-leg➤1 OR 2-legs

180º 90º



Tour Jeté 1/4

1. Opt. start—Take off 1-leg Cross
2. Execute Tourjeté—1/4 turn
3. 180º front split
4. Land 1-leg OR 2-legs Side

E—217b

Tour jete—180º cross split—1/2 turn—Cross➤Cross—1-leg➤2-legs (Strug)

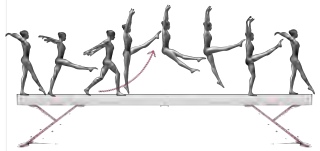
180º 180º

Strug

1. Opt. start—Take off 1-leg Cross
2. Execute Tourjeté—1/2 turn
3. 180º front split
4. Land 1-leg OR 2-legs Cross

A—218a

Hitch kick—Cross➤Cross—1-leg➤1-leg

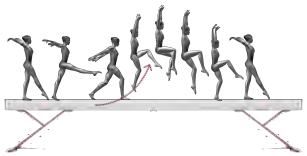


Hitch Kick

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

180º

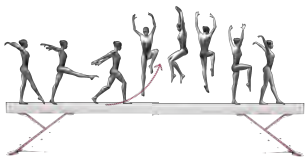
Cat Leap 1/2

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

360º



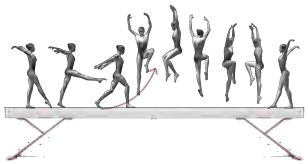
Cat Leap 1/1

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

540º



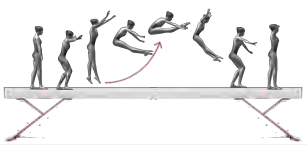
Cat Leap 1-1/2

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

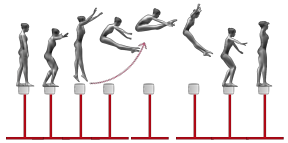


Pike Jump Cross➤Cross

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)

180°

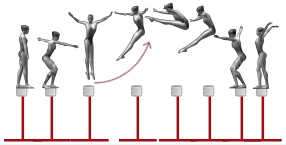
Pike 1/2 Cross➤Cross

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

180°



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

270°

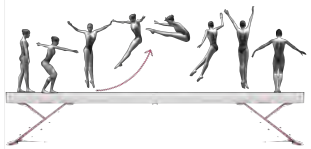
Pike 3/4 Cross➤Cross

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

270°



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

360°

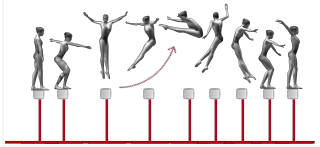
Pike 1/1 Cross➤Cross

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

360°



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

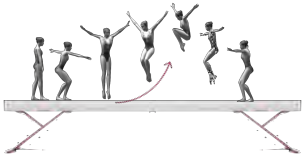
Tuck Jump

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

180°



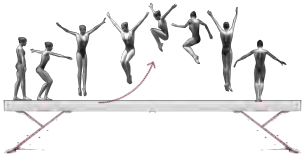
Tuck 1/2

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

270°



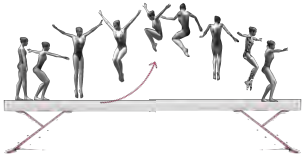
Tuck 3/4

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

360°



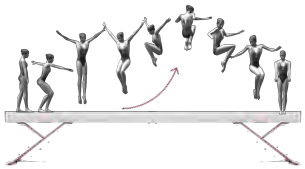
Tuck 1/1

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

360°



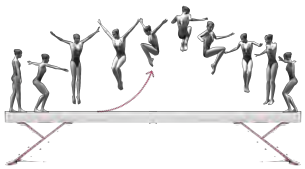
Tuck 1-1/4

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)

540°



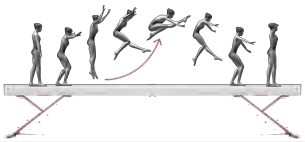
Tuck 1-1/2

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

BM—2-SHAPE JUMPS — 221-Wolf Jumps

A—221a

Wolf jump/hop—Cross➤Cross—2-legs➤2-legs

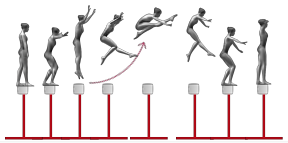


Wolf Cross➤Cross

1. Optional start—Take off 2-legs Cross
2. Execute Wolf jump
3. Chest to thigh—Heels under glutes
4. Land 2-legs Cross

A—221a

Wolf jump/hop—Side➤Side—2-legs➤2-legs



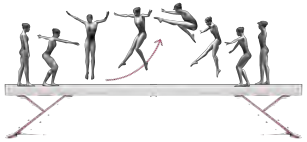
Wolf Side➤Side

1. Optional start—Take off 2-legs Side
2. Execute Wolf jump
3. Chest to thigh—Heels under glutes
4. Land 2-legs Side

B—221a

Wolf jump/hop—1/2 turn—Cross➤Cross—2-legs➤2-legs

180º



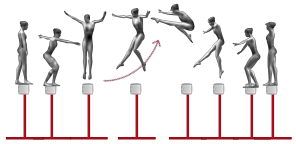
Wolf 1/2 Cross➤Cross

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

B—221a

Wolf jump/hop—1/2 turn—Side➤Side—2-legs➤2-legs

180º



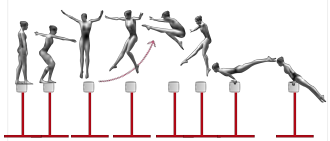
Wolf 1/2 Side➤Side

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

B—221b

Wolf jump/hop—1/2 turn—Side➤Side—2-legs➤Front support

180º



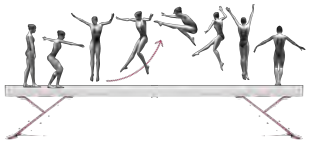
Wolf 1/2 Side➤Front Support

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

C—221a

Wolf jump/hop—3/4 turn—Cross/Side—2-legs/2-legs

270º



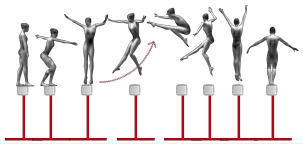
Wolf 3/4 Cross/Side

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

Wolf jump/hop—3/4 turn—Side➤Cross—2-legs➤2-legs

270º



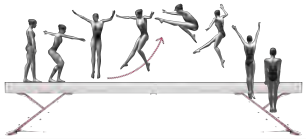
Wolf 3/4 Side➤Cross

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

C—221a

Wolf jump/hop—3/4 turn—Cross➤Front Support—2-legs➤Front support

270º



Wolf 3/4 Cross➤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

D—221a

Wolf jump/hop—1/1 turn—Cross➤Cross—2-legs➤2-legs

360º

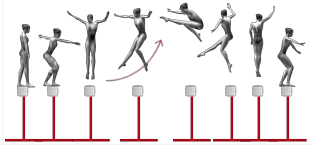
Wolf 1/1 Cross➤Cross

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

D—221a

Wolf jump/hop—1/1 turn-Side➤Side—2-legs➤2-legs

360º



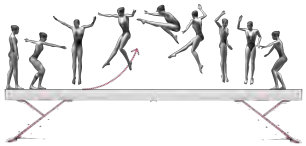
Wolf 1/1 Side➤Side

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

E—221a

Wolf jump/hop—1-1/2 turn—Cross➤Cross—2-legs/➤2-legs (Vituj)

540º



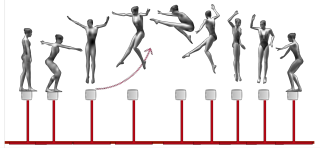
Wolf 1-1/2 Cross➤Cross

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

E—221a

Wolf jump/hop—1-1/2 turn—Side➤Side—2-legs➤2-legs (Vituj)

540º



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

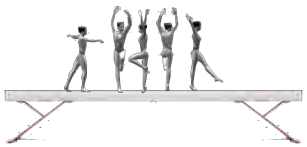
X	X-SKILLS
1	MOUNTS
2	LEAPS, JUMPS, HOPS
3	TURNS
4	WAVES
5	HOLDS, STANDS
6	ROLLS
7	WALKOVERS, CARTWHEELS, SPRINGS
8	SALTOS
9	DISMOUNTS

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

A—301

1/1 turn—1-leg—Free leg optional

360°



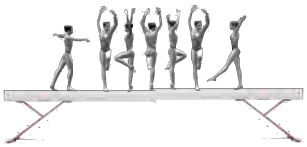
1/1 Turn

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°



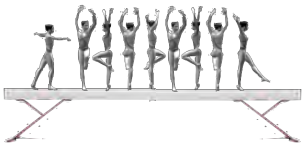
1-1/2 Turn

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°



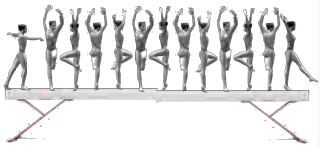
2/1 Turn

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 ≧ HOR thru out 360º ***1/1 BWD Arabesque high*** 1. Optional entry prep 2. Releve on 1-foot—Free leg back arabesque above HOR 3. Execute 1/1 turn 4. Optional exit	1-1/2 turn—BWD Arabesque—Leg ≧ HOR—Thru out 360º ***1/1 BWD Arabesque high*** 1. Optional entry prep 2. Releve on 1-foot—Free leg back arabesque above HOR 3. Execute 1-1/2 turn 4. Optional exit	

B—305a	C—305a	D—305a
1/1 turn—FWD 'L'—Heel HOR - 45º 360º ***1/1 FWD 'L' low*** 1. Optional entry prep 2. Releve on 1-foot—Free leg front 'L' 45º to HOR 3. Execute 1/1 turn 4. Optional exit	1/1 turn—FWD 'L'—Leg 45º > HOR 360º ***1/1 FWD 'L' high*** 1. Optional entry prep 2. Releve on 1-foot—Free leg front 'L' above HOR 3. Execute 1/1 turn 4. Optional exit	1-1/2 turn—FWD 'L'—Leg 45º > HOR 360º ***1-1/2 FWD 'L' high*** 1. Optional entry prep 2. Releve on 1-foot—Free leg front 'L' above HOR 3. Execute 1-1/2 turn 4. 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

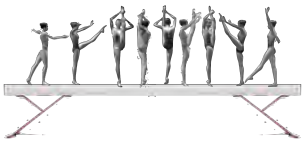
FWD Split Turn 1/1

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



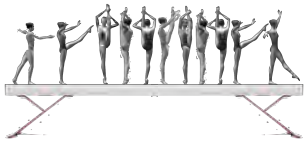
FWD Split Turn 1-1/2

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 (Sugihara)



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

E—308d

4/1 turn (1440°)—Tuck stand 1-leg—Free leg FWD HOR—Place free leg end of 3-3/4 turn

Wolf turn 4/1

1. Optional entry prep
2. Wolf position, Releve bent knee foot
3. Execute 4/1 turn—Wolf position
4. Straight leg placed end of 3-3/4 turn
5. Optional exit

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—308b

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

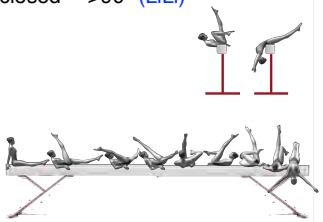
E—308c

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— >90º (LiLi)
			
Prone turn 1/2	***Prone turn 1/1***	***Prone turn 1-1/2***	***Supine turn 1-1/4***
1. Optional entry prep 2. Prone position 3. Execute 1/2 turn—Prone position 4. Use alternate hand push 5. Optional exit	1. Optional entry prep 2. Prone position 3. Execute 1/1 turn—Prone position 4. Use alternate hand push 5. Optional exit	1. Optional entry prep 2. Prone position 3. Execute 1-1/2 turn—Prone position 4. Use alternate hand push 5. Optional exit	1. Optional entry prep 2. Supine Wolf position 3. Execute 1-1/4 turn—Supine position 4. Use alternate hand push 5. Optional exit

B—310	C—310
1/1 turn—Flank circle—Legs together	1-leg “flair” circle—Legs separated (Talavera)
Flank circle 1/1	***Talavera Flair***
1. Optional entry prep 2. Legs together 3. Execute 1/1 Flank circle 4. Optional exit	1. Optional entry prep 2. Legs Straddled 3. Execute 1/1 Flair circle 4. Optional exit

BALANCE BEAM

4—WAVES

Body Waves

401—FWD Body Waves
402—BWD Body Waves
403—SWD Body Waves

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

A—401	B—401
Body wave—FWD—Balance stand on relevé—2-legs—2s ②	Body wave—FWD—Balance stand on relevé—1-leg—2s ②
FWD Body wave 2-legs	***FWD Body wave 1-leg***
1. Optional entry prep 2. Execute FWD body wave action 3. Finish releve—2 feet 4. Optional exit	1. Optional entry prep 2. Execute FWD body wave action 3. Finish releve—1 foot 4. Optional exit

A—402	B—402a	B—402b
Body wave—BWD—Balance stand on relevé—2-legs—2s ②	Body wave—BWD—Balance stand on relevé—1-leg—2s ② 360°	Body wave—BWD —Kneel sit position—Rise UpWD—Thru toe-balance stand (Toe rise)—Ø hold
SWD Body wave 2-legs	***SWD Body wave 1-leg***	***Toe Rise***
1. Optional entry prep 2. Execute BWD body wave action 3. Finish releve—2 feet 4. Optional exit	1. Optional entry prep 2. Execute BWD body wave action 3. Finish releve—1 foot 4. Optional exit	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	B—403
Body wave—SWD—Balance stand on relevé—2-legs—2s ②	Body wave—SWD—Balance stand on relevé—1-leg—2s ②
SWD Body wave 2-legs	***SWD Body wave 1-leg***
1. Optional entry prep 2. Execute SWD body wave action 3. Finish releve—2 feet 4. Optional exit	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	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—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. Releve—Arms optional
3. Execute BWD Arabesque
4. Leg hold optional
5. Optional exit

C—501

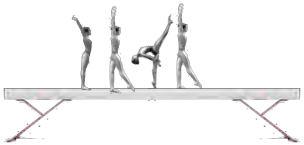
BWD Scale—180° split—Hold 2s—Whole foot

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. Releve—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

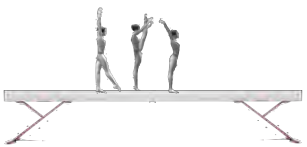
Y' Scale—SWD/UpWD—Ø hold free leg— > 140°—Hold 2s—Balance stand—Relevé

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

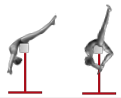


FWD 'Y' Scale 140°

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)

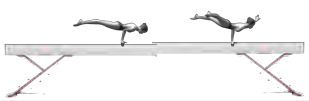


Supine free arch

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

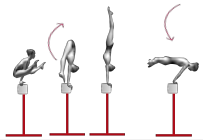
'V' Hold—Clear pike/straddle 'V' support—Hold 2s—Ø Acro skill

'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

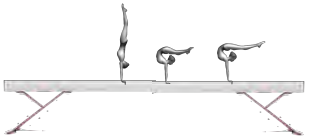


Press HS lower to Planche

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

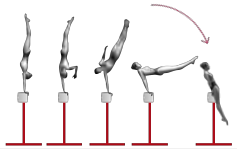


Reverse Planche

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)



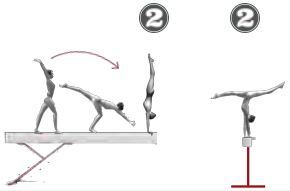
HS Diamidov

1. Optional entry prep
2. Execute HS—Diamidov (1-arm falling pirouette to sit)
3. Finish rear support
4. Optional exit

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

A—504a NON-FLIGHT ACRO

Kick—Cross/Side HS—2s hold —Various leg positions—End position optional



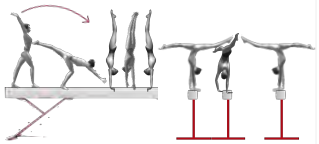
HS

1. Optional entry
2. Execute HS
3. Legs together or split—Cross or side
4. Hold 2s
5. Optional exit

A—504b NON-FLIGHT ACRO

Kick—Cross/Side HS—1/2 turn —Various leg positions—Ø hold required—End position optional

180°



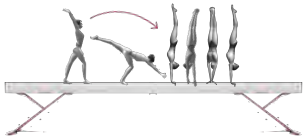
HS 1/2

1. Optional entry
2. Execute HS—1/2 turn
3. Legs together or split—Cross or side
4. Ø Hold required
5. Optional exit

B—504a NON-FLIGHT ACRO

Kick—Cross/Side HS—Various leg positions—1/1 turn—Ø hold required—End position optional

360°

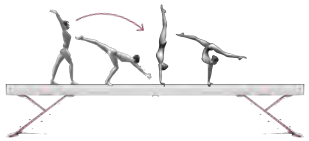


HS 1/1

1. Optional entry
2. Execute HS—1/1 turn
3. Legs together or split—Cross or side
4. Ø Hold required
5. Optional exit

B—504b NON-FLIGHT ACRO

Kick/Swing/Press/Walkover/ Cartwheel—Cross/Side HS— Large arch span—Hold 2s—End position optional

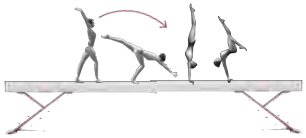


Split Reverse Planche

1. Optional entry
2. Execute HS
3. Execute Reverse Planche—Legs split
4. Hold 2s
5. Optional exit

B—504b NON-FLIGHT ACRO

Kick/Swing/Press/Walkover/ Cartwheel—Cross/Side HS— INV Wolf—Hold 2s—End position optional

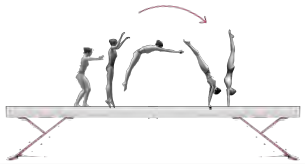


Yogi Planche HS

1. Optional entry
2. Execute HS
3. Execute Reverse Planche—One leg VER, similar to INV Wolf (Yogi)
4. Hold 2s
5. Optional exit

A—505 FLIGHT ACRO

Jump—Flight—Cross/Side HS— Hold 2s—End position optional



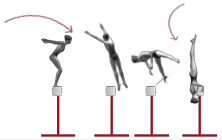
Jump HS

1. Optional entry
2. Execute Jump to HS
3. Legs together or split—Cross or side
4. Hold 2s
5. Optional exit

C—505a FLIGHT ACRO

Side stand—Jump 1/2 turn in straddle—Arrive chest stand—Ø hold required—Side/Side (Kmieciak)

180°

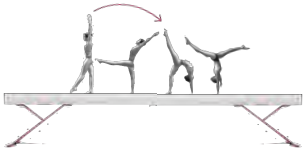


Jump 1/2 ➤Chest Stand

1. Optional Side entry
2. Execute Jump1/2 turn in straddle
3. Arrive Chest stand
4. Optional exit

C—505b NON-FLIGHT ACRO

BWD walkover—HS 1-arm— Cross/Cross—Hold 2s—End position optional

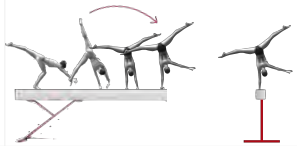


BWO 1-Arm ➤Cross HS

1. Optional prep
2. Execute BWO to HS—1-arm
3. Hold 2s
4. Optional exit

C—505c NON-FLIGHT ACRO

Kick—1-arm HS—Cross/Side— Hold 2s—End position optional

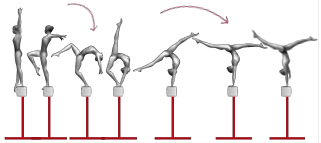


Cartwheel 1-Arm ➤Side HS

1. Optional prep
2. Execute Kick to HS—1-arm
3. Hold 2s
4. Optional exit

D—505 NON-FLIGHT ACRO

BWD Walkover—HS—Side/Side —Shift weight—1-arm—Hold 2s (Shaposhnikova)



Side BWO ➤1-Arm HS

1. Optional prep
2. Execute BWO to HS—1-arm
3. Side/Side
4. Hold 2s
5. Optional exit

BALANCE BEAM

6—ROLLS

601—FWD Rolls
602—BWD Rolls
603—SWD Rolls

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

A—601a NON-FLIGHT ACRO

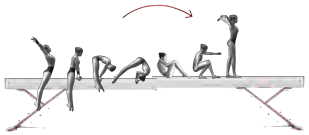
FWD roll—Cross/Cross—Entry/Exit Optional

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

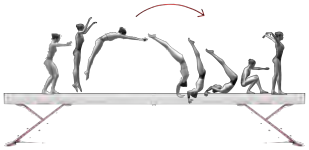
FWD Shoulder roll—Cross/Cross—Entry/Exit Optional

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

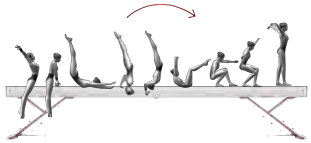


FWD Dive Roll

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

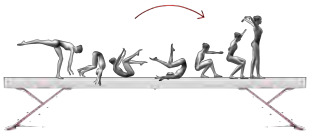


FWD VER Shoulder Roll

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

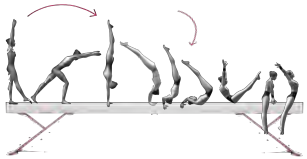


FWD Roll Ø Hands

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

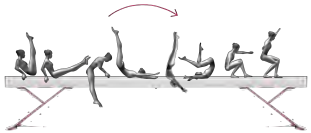


HS FWD Roll

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)

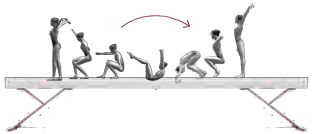


FWD Free Shoulder roll

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

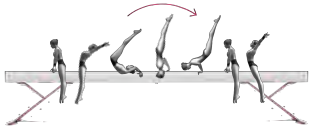


BWD roll

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

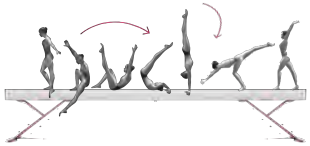


BWD Shoulder roll

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

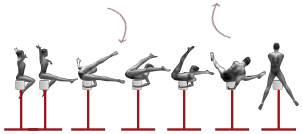
BWD Free shoulder roll—Cross/Cross—Optional entry/Straddle sit (BWD Garrison roll) (Kreifels)

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

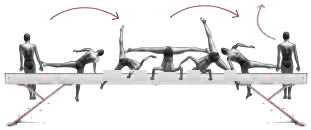


SWD roll

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°

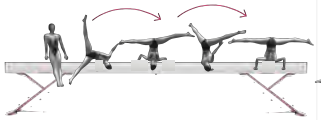


SWD roll thru Neck stand

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°

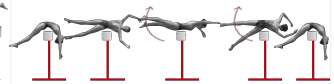


SWD roll Neck-Shoulder

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°

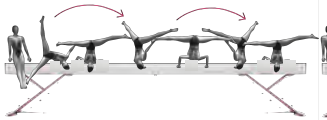


SWD roll Stretch

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°

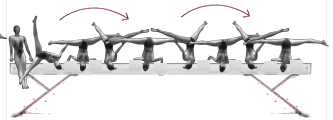


SWD Neck roll 1/1

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

A—701a NON-FLIGHT ACRO

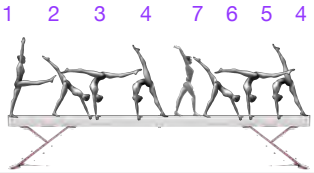
FWD walkover—Bridge 1/1 turn—To sit—Cross➤Cross—1-leg➤1-hand/foot support 360°

FWO 1-foot spin ➤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



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

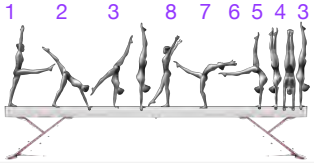
FWD walkover—Alternate hands—Cross➤Cross—1-leg➤1-leg (Tinsica)

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°

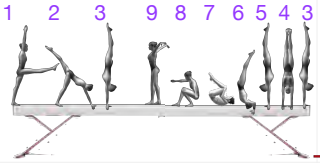


FWO 1/2 ➤FWO

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°

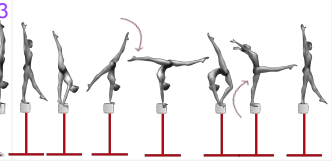


FWO FWD ➤Roll

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

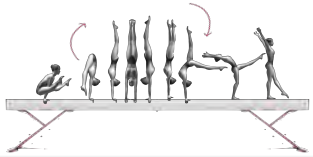


FWO Side

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

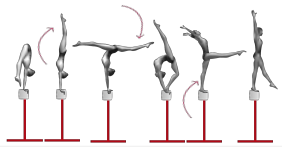
FWD walkover—1/1 - 2/1 turn in HS—Cross➤Cross—1-leg➤1-leg 360°

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—Side➤Side—Hands➤1-leg

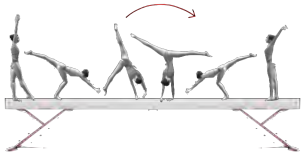


Press FWO Side

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/➤-leg

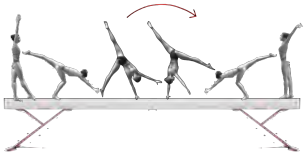


Cartwheel

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—Cross➤Cross—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—Supine➤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

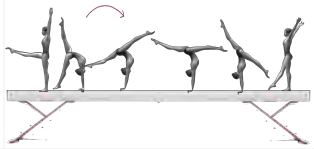
BWD walkover—Bridge 1/1 turn 1-foot—1-hand support—Cross➤/Cross—1-leg➤Sit 360°

BWO Bridge 1/1 ➤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°

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

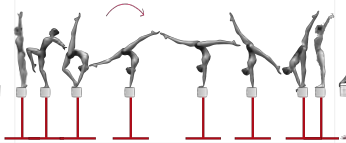
BWD walkover—1/2 turn—FWD roll—Cross➤Cross—1-leg➤Optional 180°

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➤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 ➤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

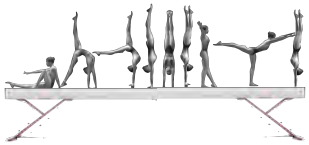
Valdez—BWO—Cross➤Cross—EXT tuck sit➤1-leg

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—Cross➤Side (Garrison)

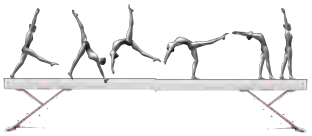
Garrison

1. Optional prep—Cross Tuck sit
2. Execute HOR Valdez
3. Finish Side
4. Optional exit

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

B—705a FLIGHT ACRO

FHS—Step out—Flight after—Cross➤Cross/1-leg➤1-leg

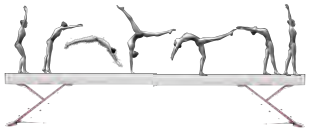


FHS SO

1. Optional prep—Cross
2. Execute FHS—Flight after
3. Finish Cross
4. Optional exit

B—705b FLIGHT ACRO

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

B—705c FLIGHT ACRO

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

C—705a FLIGHT ACRO

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

C—705b FLIGHT ACRO

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 FLIGHT ACRO

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 FLIGHT ACRO

FHS—Together—Flight before & after—Cross➤Cross—2-legs➤2-legs

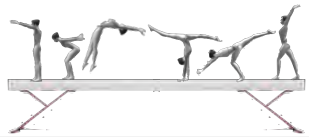
Flyspring

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

1. Optional prep—Cross
2. Execute BHS Step out
3. Finish Cross
4. Optional exit

C—707a FLIGHT ACRO

BHS—Step out—1-arm—Cross➤Cross—1-leg➤1-leg

BHS SO 1-arm

1. Optional prep—Cross
2. Execute BHS Step out—1-arm
3. Finish Cross
4. Optional exit

C—707b FLIGHT ACRO

BHS—Step out—1/2 turn—Cross➤Cross—1-leg➤1-leg 180°

BHS SO 1/2

1. Optional prep—Cross
2. Execute BHS Step out—1/2 twist
3. Finish Cross
4. Optional exit

E—707a FLIGHT ACRO

BHS—3/4-1/1 twist—Side HS—Optional exit—Cross➤Cross—2-legs➤1-leg (Kolesnikova) 270°

BHS SO 3/4 HS

1. Optional prep—Cross
2. Execute BHS—1/4 + 3/4 turn
3. Step out
4. Finish Cross
5. Optional exit

E—707b FLIGHT ACRO

BHS—Step out—1/2 twist—FWD walkover —Cross➤Cross—1-leg➤1-leg (Onodi) 180°

Onodi

1. Optional prep—Cross
2. Execute BHS Step out—1/2 twist
3. FWD Walkover out
4. Finish Cross
5. Optional exit

E—707b FLIGHT ACRO

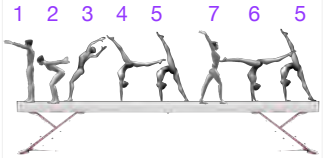
BHS—Step out—1/2 twist—1-arm FWD walkover —Cross➤Cross—1-leg/➤-leg (Onodi) 180°

Onodi 1-arm

1. Optional prep—Cross
2. Execute BHS Step out—1/2 turn—1-arm
3. FWD Walkover out—1-arm
4. Finish Cross
5. Optional exit

E—707c FLIGHT ACRO

BHS—Step out—1/2 twist—Tic-Toc—Cross➤Cross—1-leg/1-leg (Onodi➤ 180°

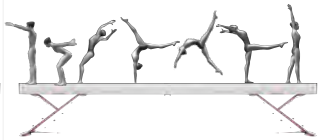


Onodi Tic-Toc

1. Optional prep—Cross
2. Execute BHS Step out—1/2 turn
3. Execute Tic-Toc
4. Finish Cross
5. Optional exit

E—707d FLIGHT ACRO

BHS—Step out—1/2 twist—Spring—Cross➤Cross—1-leg➤2-legs (Onodi) 180°



Onodi Spring

1. Optional prep—Cross
2. Execute BHS Step out—1/2 turn
3. FWD Spring out
4. Finish Cross
5. Optional exit

E—707e FLIGHT ACRO

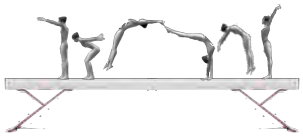
BHS—2-feet—1/2 twist—Spring—Cross➤Cross—2-legs➤2-legs (Worley) 180°

Worley Spring

1. Optional prep—Cross
2. Execute BHS 2-feet—1/2 turn
3. Spring out 2-feet
4. Finish Cross
5. Optional exit

B—708 FLIGHT ACRO

BHS—2-feet—Cross➤Cross—2-legs➤2-legs



BHS 2-feet

1. Optional prep—Cross
2. Execute BHS 2-feet
3. Finish Cross
4. Optional exit

C—708a FLIGHT ACRO

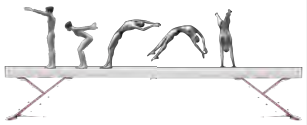
BHS—2-feet—1-arm—Cross➤Cross—2-legs➤2-legs

BHS 2-feet 1-arm

1. Optional prep—Cross
2. Execute BHS 2-feet—1-arm
3. Finish Cross
4. Optional exit

C—708b FLIGHT ACRO

BHS—2-feet—1/4 twist—Side HS Ø hold—Cross➤Side HS—2-legs➤2-legs 90°

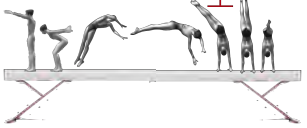


BHS 2-feet 1/4 Side HS

1. Optional prep—Cross
2. Execute BHS 2-feet—1/4 turn HS
3. Finish Side HS
4. Optional exit

E—708a FLIGHT ACRO

BHS—2-feet—3/4 twist—Side HS Ø hold—Cross➤Side—2-legs➤Side HS (Omelianchik) 270°

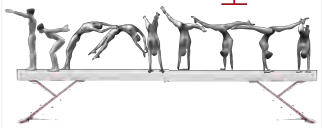


BHS 2-feet 3/4 Side HS

1. Optional prep—Cross
2. Execute BHS 2-feet—3/4 turn HS
3. Finish Side HS
4. Optional exit

E—708b FLIGHT ACRO

BHS—1/4 + 1/1—Side HS—Cross➤Side—2-legs➤Front support also optional end position (Fortunato) 90° + 360°



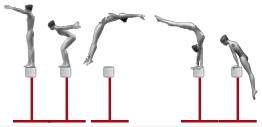
BHS 1/4 + 1/1 Side HS

1. Optional prep—Cross
2. Execute BHS 2-feet—1/4 + 1/1 turn HS
3. Finish Side HS
4. 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

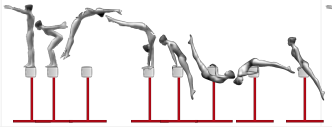


BHS Side 2-feet

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

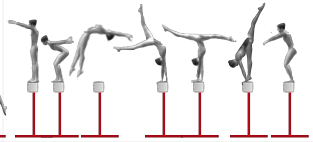


BHS Side ➤BWD Hip Circle

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)

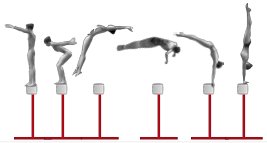


BHS Side SO

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°

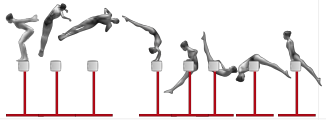


BHS 1/2 ➤Side HS

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°

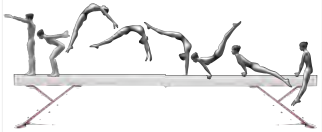


BHS 1/1 Side ➤BWD Hip Circle

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

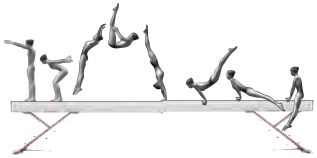
BHS—Tuck/stretch hips in flight swing down—Cross➤Cross—2-legs➤Cross Straddle sit (Chen Flic)

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)

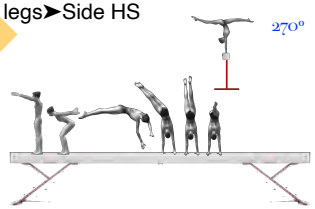


BHS Pike-Open ➤Swing Down

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°

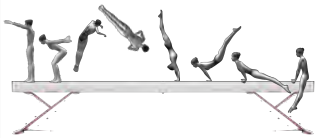


BHS 2-feet 3/4 ➤Side HS

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/➤ross 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

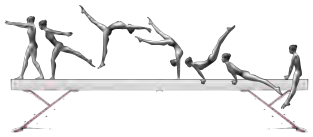
Gainer BHS—Cross➤Cross—1-leg➤1-leg

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)

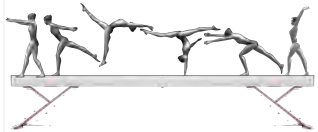


Gainer BHS Swing Down

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/➤-leg

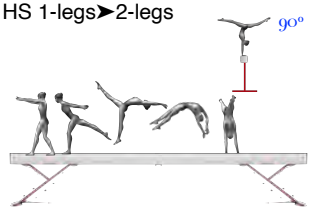


Gainer BHS 1-arm

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

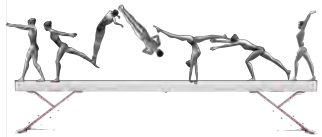
Gainer BHS—Pike/stretch in flight swing down—Cross➤Cross—1-leg➤Cross Straddle sit

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

FWD Aerial—Cross➤Cross—1-leg➤1-leg

FWD Aerial

1. Optional prep—Cross
2. Execute FWD Aerial
3. Finish Cross
4. Optional exit

E—712a AERIAL

FWD Aerial—Cross➤Cross—1-leg➤Scale 2s ≥ HOR

FWD Aerial to Scale

1. Optional prep—Cross
2. Execute FWD Aerial—Swing to Scale
3. Finish Cross
4. Optional exit

E—712b AERIAL

FWD Aerial—Cross➤Cross—1-leg➤2-legs (Davidson)

FWD Aerial 2-feet

1. Optional prep—Cross
2. Execute FWD Aerial—Land 2-feet
3. Finish Cross
4. Optional exit

D—713a AERIAL

Gainer FWD Aerial—Cross➤Cross—1-leg➤1-leg (George)

Gainer FWD Aerial

1. Optional prep—Cross
2. Execute Gainer FWD Aerial
3. Finish Cross
4. Optional exit

D—713b AERIAL

Gainer FWD Aerial—Cross➤Cross—1-leg/➤Sit➤kneel (Stevens)

Gainer FWD Aerial to Sit

1. Optional prep—Cross
2. Execute FWD Aerial
3. Finish Cross sit
4. Optional exit

E—714a AERIAL

Aerial RO—Cross➤Cross—1-leg➤2-legs

180°

Aerial RO (Brani)

1. Optional prep—Cross
2. Execute Aerial RO
3. Finish Cross
4. Optional exit

E—714b AERIAL

Gainer Aerial RO—Cross➤Cross—1-leg➤2-legs (Burgess)

180°

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—Knee➤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—Kneel➤1-leg (Clore)

180°

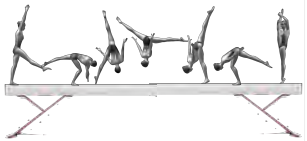
SWD Aerial 1/4 from Knee

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)

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

C—801 SALTO

Straddle Cast—Whip FWD Straddle salto—Cross➤Cross—Straddle sit➤Straddle sit (Kivisto)

Straddle Whip FWD

1. Optional prep—Cross Straddle sit
2. Execute Straddle Whip—FWD roll
3. Finish Cross Straddle sit
4. Optional exit

D—801a SALTO

One leg or Gainer FWD salto—Tuck—Cross➤Cross—1-leg➤2-legs (Rowe)

Gainer FWD Tuck

1. Optional prep—Cross
2. Execute Gainer FWD Salto—Tuck
3. Finish Cross 2-legs
4. Optional exit

D—801b SALTO

One leg or Gainer FWD salto—Tuck—Cross➤Cross—1-knee➤1-foot simultaneous (Hawthorne)

Gainer FWD Tuck Sit

1. Optional prep—Cross
2. Execute Gainer FWD Salto—Tuck
3. Finish Cross 1-foot/1-kmee stand
4. Optional exit

D—801c SALTO

One leg or Gainer FWD salto—Tuck—Cross➤Cross—1-leg➤EXT tuck sit—W/w/o hand support (Puolin/Portocarrero)

Gainer FWD Tuck Sit

1. Optional prep—Cross
2. Execute Gainer FWD Salto—Tuck
3. Finish Cross Valdez sit
4. Optional exit

E—801 SALTO

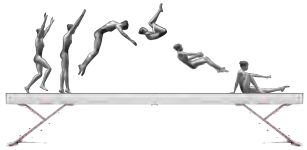
Gainer FWD salto—Tuck—Cross➤Cross—1-leg➤Scale ≥ HOR 2s

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

FWD salto—Tuck—Cross➤Cross—2-legs➤EXT tuck sit—W/w/o hand support (Puolin)



FWD Tuck Sit

1. Optional prep—Cross
2. Execute FWD Salto—Tuck
3. Finish Cross Valdez
4. Optional exit

E—802a SALTO

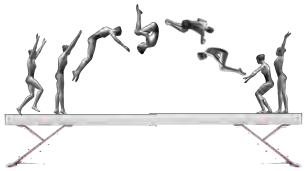
FWD salto—Tuck—Cross➤Cross—2-legs➤2-legs

FWD Tuck

1. Optional prep—Cross
2. Execute FWD Salto—Tuck
3. Finish Cross 2-legs
4. Optional exit

E—802b SALTO

FWD salto—Tuck—1/2—Cross➤Cross—2-legs➤2-legs (Grigoras) 180°

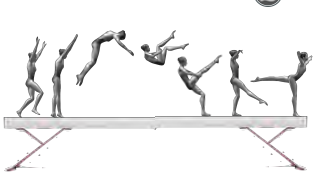


FWD Tuck 1/2

1. Optional prep—Cross
2. Execute FWD Salto—Tuck—1/2 twist
3. Finish Cross
4. Optional exit

E—802c SALTO

FWD salto—Tuck—Cross➤Cross—1-leg➤Scale ≥ HOR 2s



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

One leg or Gainer FWD salto—Pike—Cross➤Cross—1-legs➤2-legs

Gainer FWD Pike

1. Optional prep—Cross 1-leg
2. Execute FWD Gainer Salto—Pike
3. Finish Cross 2-legs
4. Optional exit

E—803b SALTO

FWD salto—Pike—Cross➤Cross—2-leg➤2-legs

FWD Pike

1. Optional prep—Cross
2. Execute FWD Salto—Pike
3. Finish Cross 2-legs
4. Optional exit

E—803b SALTO

FWD salto—Pike—1/4 turn Cross➤Side—1-leg➤2-legs (Oswalt) 90°

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

SWD salto—Tuck—Cross➤Side—1-leg➤1-Alternate

SWD Tuck

1. Optional prep—Cross
2. Execute SWD Salto—Tuck
3. Finish Side 1-leg alternate
4. Optional exit

D—804b SALTO

SWD salto—Tuck—Cross➤Side—2-legs➤1 Alternate

SWD Tuck

1. Optional prep—Cross
2. Execute SWD Salto—Tuck
3. Finish Side 1-leg alternate
4. Optional exit

E—804 SALTO

SWD salto—Tuck—1/2 turn—Cross➤Side—1-leg➤2-legs (Schaefer) 180°

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—Cross➤Cross—2-legs➤2-legs 180°

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

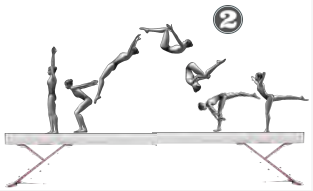
BWD salto—Tuck—Cross➤Cross—2-legs/➤-legs

BWD Tuck

1. Optional prep—Cross
2. Execute BWD Salto—Tuck
3. Finish Cross 2-legs
4. Optional exit

C—807b SALTO

BWD salto—Tuck—Cross➤Cross—Scale 2s—2-legs➤1-leg



BWD Tuck Scale

1. Optional prep—Cross
2. Execute BWD Salto—Tuck
3. Execute scale
4. Finish Cross 1-leg
5. Optional exit

C—807a SALTO

BWD salto—Tuck—Step-out—1/4 turn—Cross➤Side—2-legs➤2-Alternate (DeVries)

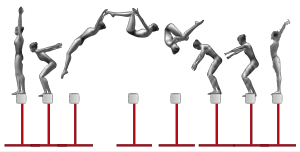
90°

BWD Tuck 1/4 SO

1. Optional prep—Cross
2. Execute BWD Salto—Tuck—1/4 twist
3. Finish Side 2-legs
4. Optional exit

E—807a SALTO

BWD salto—Tuck—Side➤Side—2-legs/➤-legs



Side BWD Tuck

1. Optional prep—Side
2. Execute BWD Salto—Tuck
3. Finish Side
4. Optional exit

D—807 SALTO

BWD salto—Tuck—1/4 turn—Cross➤Side—2-legs➤2-legs (Rosette)

90°

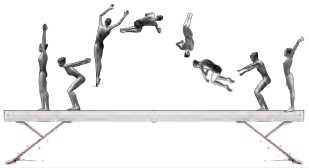
BWD Tuck 1/4

1. Optional prep—Cross
2. Execute BWD Salto—Tuck—1/4 twist
3. Finish Side 2-legs
4. Optional exit

E—807b SALTO

BWD salto—Tuck—1/1 twist—Cross/➤ross—2-legs➤2-legs (Schischova)

360°



BWD Tuck 1/1

1. Optional prep—Cross
2. Execute BWD Salto—Tuck—1/1 twist
3. Finish Cross 2-legs
4. Optional exit

C—808a SALTO

BWD salto—Pike—Cross➤Cross—2-legs➤2-legs

BWD Pike

1. Optional prep—Cross
2. Execute BWD Salto—Pike
3. Finish Cross 2-legs
4. Optional exit

C—808a SALTO

BWD salto—Pike—Step out—Cross➤Cross—2-legs➤2 Alternate

BWD Pike SO

1. Optional prep—Cross
2. Execute BWD Salto—Pike SO
3. Finish Cross Alternate legs
4. Optional exit

C—809a SALTO

Gainer BWD salto—Tuck—Cross➤Cross—2-legs➤2-legs

Gainer BWD Tuck

1. Optional prep—Cross
2. Execute Gainer BWD Salto—Tuck
3. Finish Cross 2-legs
4. Optional exit

C—809b SALTO

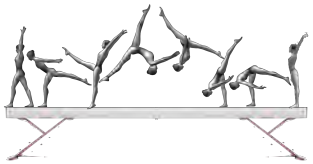
Gainer BWD salto—Pike—Cross➤Cross—2-legs➤2-legs

Gainer BWD Pike

1. Optional prep—Cross
2. Execute Gainer BWD Salto—Pike
3. Finish Cross 2-legs
4. Optional exit

D—809 SALTO

Gainer BWD salto—LO-SO—Cross➤Cross—2-legs➤1-leg



Gainer BWD LO-SO

1. Optional prep—Cross
2. Execute Gainer BWD Salto—LO-SO
3. Finish Cross 1-leg
4. Optional exit

E—809 SALTO

Gainer BWD salto—LO-SO—Switch in flight—Cross➤Cross—2-legs➤1-leg

Gainer BWD Switch LO-SO

1. Optional prep—Cross
2. Execute Gainer BWD Salto—LO-SO
3. Execute switch legs
4. Finish Cross 1-leg
5. Optional exit

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

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

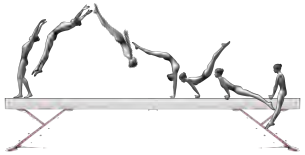
Jump FWD—1/2 twist—BWD salto—Pike—Cross➤Cross—2-legs➤2-legs (Produnova) 180°

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 (Pearce)

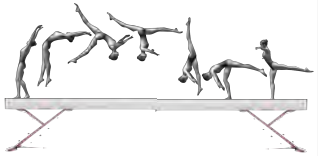


BWD LO Swing Down

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 (Edlin) 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

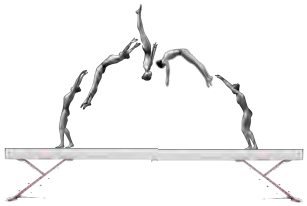
BWD salto—LO-SO—Cross➤Cross—2-legs➤1-Alternate

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

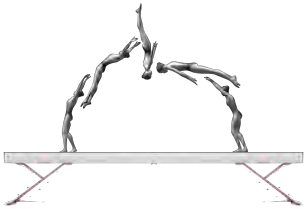


BWD LO/Pike

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/➤-legs

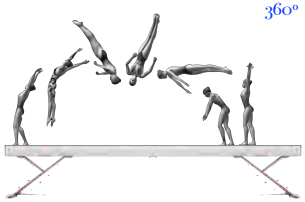


BWD LO

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

9—Dismounts

Hand Elements

901—Cartwheel
902—FWD HS
903—Aerials

FWD Saltos

904—FWD Salto Tuck
905—FWD Salto Pike
906—FWD Salto LO

Gainer Saltos

907—Gainer FWD Salto Tuck
908—Gainer FWD Salto LO
909—Gainer BWD Salto Tuck/Pike
910—Gainer BWD Salto LO
911—Jump FWD, Salto FWD
912—Gainer BWD Salto Tuck End
913—Gainer BWD Salto Pike End
914—Gainer BWD Salto LO End

Arabian

915—ARB Salto

BWD Saltos

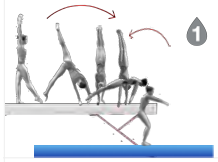
916—BWD Saltos Tuck
917—BWD Saltos Pike
918—BWD Saltos LO

BM—9-DISMOUNTS — 901-Cartwheel

A—901a

HS—1/4 (90º) turn—Any entry—Hold 1s—Side of BM

90º



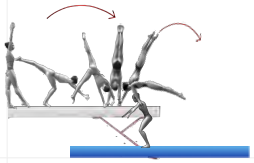
HS 1/4

1. From optional approach
2. Optional entry—Straight or bent leg
3. Handstand
4. 1/4 (90º) turn to land plie next to BM
5. Hand remains in contact w BM

A—901b

Cartwheel—1/4 twist after hand support (RO)—Cross stand—Side of BM

90º



Cartwheel 1/4 (RO)-Side

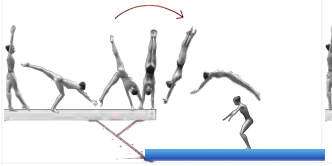
1. Optional prep—Cross
2. Execute Cartwheel—1/4 twist (RO)
3. Finish stand—Face in

*Performed at end or middle of BM

A—901b

Cartwheel—1/4 twist after hand support (RO)—Cross stand—End of BM

90º



Cartwheel 1/4 (RO)-End

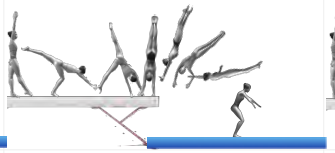
1. Optional prep—Cross—
2. Execute Cartwheel—1/4 twist (RO)
3. Finish stand—Face in

*Performed at end or middle of BM

A—901c

Cartwheel—3/4 twist after hand support—Cross stand—End of BM

270º



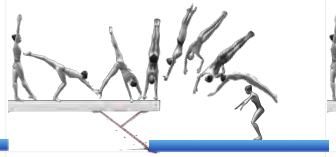
End Cartwheel 3/4

1. Optional prep—Cross—End of BM
2. Execute Cartwheel—3/4 twist
3. Finish stand—Face out

B—901a

Cartwheel—1-1/4 twist—After hand support—Cross stand—End of BM

450º



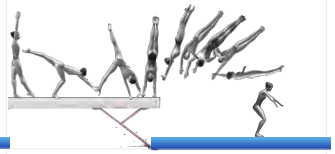
End Cartwheel 1-1/4

1. Optional prep—Cross—End of BM
2. Execute Cartwheel—1-1/4 twist
3. Finish stand—Face in

B—901b

Cartwheel—1-3/4 twist—After hand support—Cross stand—End of BM

630º



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)

90º

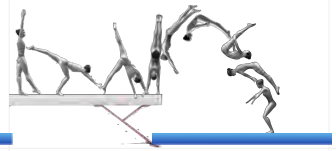
Tsuk Tuck

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)

90º



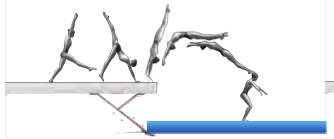
Tsuk Pike

1. Optional prep—Cross—End of BM
2. Execute Cartwheel—Repulsion 1/4 twist
3. Execute Tsukahara Pike
4. Finish stand—Face in

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

A—902a

FWD handspring—End of BM



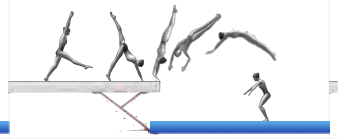
FHS

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

180°



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

360°

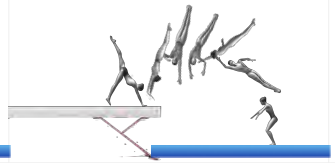
FHS 1/1

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

540°



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

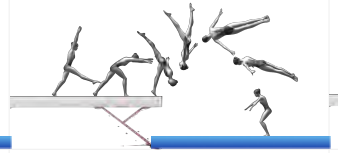
FWD Aerial LO

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

90°



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

90°

Brani

1. Optional prep—Cross—End of BM
2. Execute Aerial RO—Brani
3. Take off 1-leg
4. Finish stand—Face in

B—903a

FWD Aerial walkover—1/1 twist—Cross stand—End of BM

360°

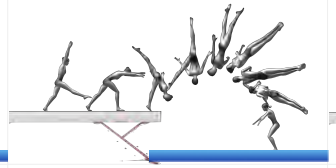
FWD Aerial LO 1/1

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

540°



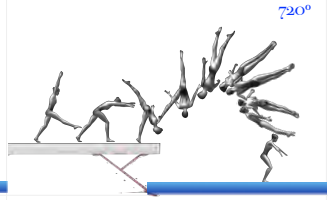
FWD Aerial LO 1-1/2

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

720°



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

B—903b

SWD Aerial cartwheel—1/2 twist—Cross stand—End of BM

360°

SWD Aerial LO 1/2

1. Optional prep—Cross—End of BM
2. Execute SWD Aerial—LO—1/2 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

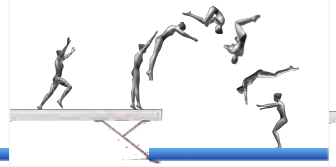
FWD Tuck

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°



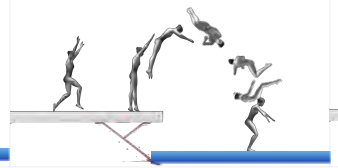
FWD Tuck 1/2

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°



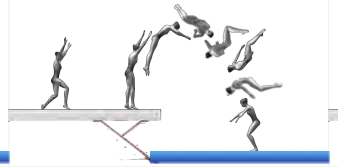
FWD Tuck 1/1

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°

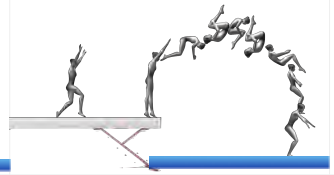


FWD Tuck 1-1/2

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

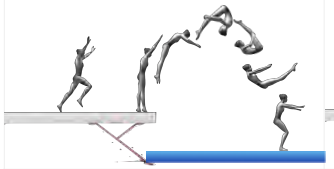


FWD Double Tuck

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



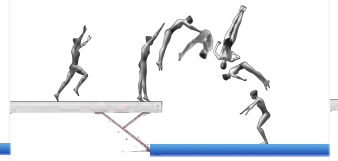
FWD Pike

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°



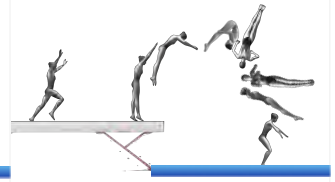
FWD Pike 1/2

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°

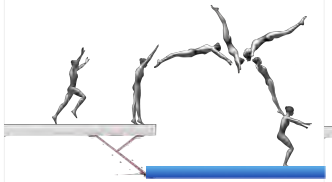


FWD Pike 1/1

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



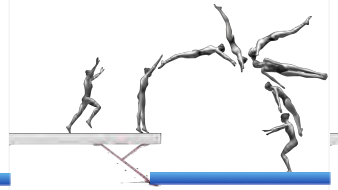
FWD LO

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°



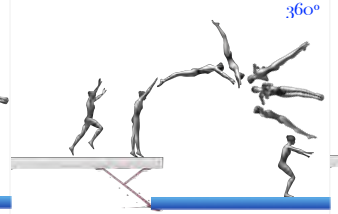
FWD LO 1/2

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°



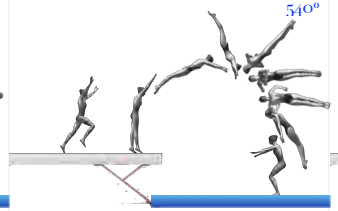
FWD LO 1/1

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°



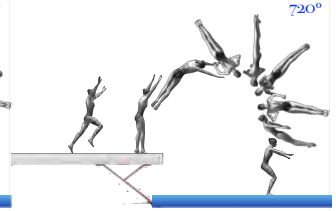
FWD LO 1-1/2

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°



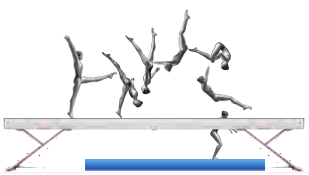
FWD LO 2/1

1. Optional prep—Cross—End of BM
2. Execute FWD Salto—LO
3. Take off 2-legs
4. Finish stand—Face out

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

A—907a

Gainer FWD salto—Tuck—Side of BM



Side Gainer FWD Tuck

1. Optional prep—Cross—End of BM
2. Execute Gainer FWD Salto—Tuck
3. Take off 1-leg
4. Finish stand—Face out

A—907b

Gainer FWD salto—Pike—Side of BM

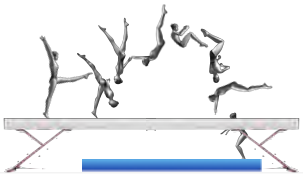
Side Gainer FWD Pike

1. Optional prep—Cross—End of BM
2. Execute Gainer FWD Salto—Pike
3. Take off 1-leg
4. Finish stand—Face out

A—907c

Gainer FWD salto—Tuck—1/2 twist—Side of BM

180°



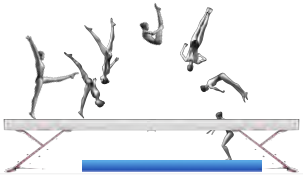
Side Gainer FWD Tuck 1/2

1. Optional prep—Cross—End of BM
2. Execute Gainer FWD Salto—Tuck—1/2 twist
3. Take off 1-leg
4. Finish stand—Face out

A—907d

Gainer FWD salto—Pike—1/2 twist—Side of BM

180°



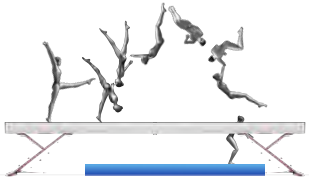
Side Gainer FWD Pike 1/2

1. Optional prep—Cross—End of BM
2. Execute Gainer FWD Salto—Pikee—1/2 twist
3. Take off 1-leg
4. Finish stand—Face out

B—907

Gainer FWD salto—Tuck—1/1 twist—Side of BM (Mabrey)

360°



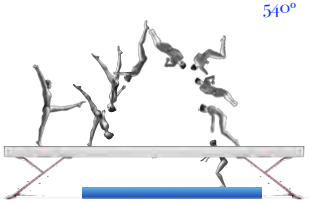
Side Gainer FWD Tuck 1/1

1. Optional prep—Cross—End of BM
2. Execute Gainer FWD Salto—Tuck—1/1 twist
3. Take off 1-leg
4. Finish stand—Face out

D—907

Gainer FWD salto—Tuck—1-1/2 twist—Side of BM (Jawarowicz)

540°

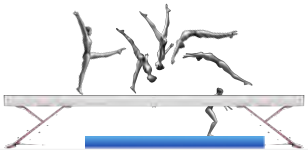


Side Gainer FWD Tuck 1-1/2

1. Optional prep—Cross—End of BM
2. Execute Gainer FWD Salto—Tuck—1-1/2 twist
3. Take off 1-leg
4. Finish stand—Face in

A—908

Gainer FWD salto—LO—Side of BM



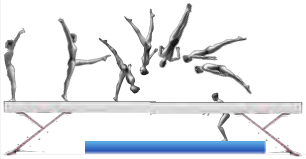
Side Gainer FWD LO

1. Optional prep—Cross—End of BM
2. Execute Gainer FWD Salto—LO
3. Take off 1-leg
4. Finish stand—Face in

B—908

Gainer FWD salto—LO—1/2 twist—Side of BM

180°



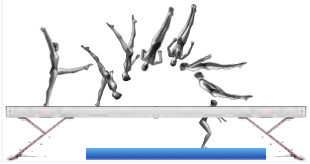
Side Gainer FWD LO 1/2

1. Optional prep—Cross—End of BM
2. Execute Gainer FWD Salto—LO—1/2 twist
3. Take off 1-leg
4. Finish stand—Face in

C—908

Gainer FWD salto—LO—1/1 twist—Side of BM

360°



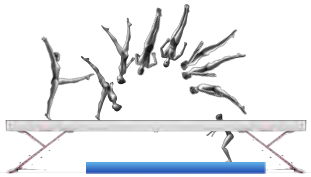
Side Gainer FWD LO 1/1

1. Optional prep—Cross—End of BM
2. Execute Gainer FWD Salto—LO—1/1 twist
3. Take off 1-leg
4. Finish stand—Face out

D—908

Gainer FWD salto—LO—1-1/2 twist—Side of BM

540°



Side Gainer FWD LO 1-1/2

1. Optional prep—Cross—End of BM
2. Execute Gainer FWD Salto—LO—1-1/2 twist
3. Take off 1-leg
4. 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

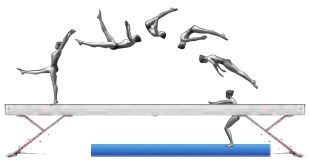
Gainer BWD salto—Tuck—Side of BM

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

Gainer BWD salto—Pike—Side of BM

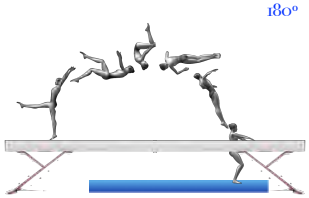


Side Gainer BWD Tuck 1/2

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

Gainer BWD salto—Tuck—1/2 twist—Side of BM

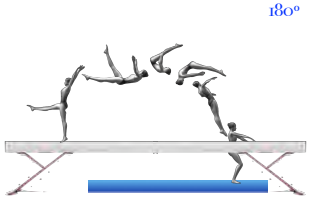


Side Gainer BWD Tuck 1/2

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

Gainer BWD salto—Pike—1/2 twist—Side of BM

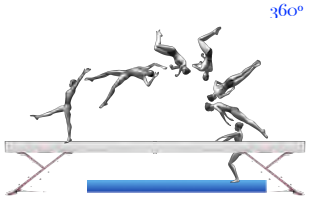


Side Gainer BWD Pike 1/2

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

Gainer BWD salto—Tuck—1/1 twist—Side of BM

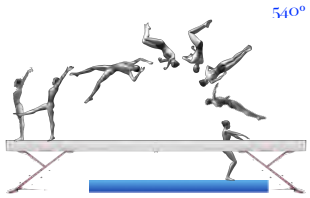


Side Gainer BWD Tuck 1/1

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

Gainer BWD salto—Tuck—1-1/2 twist—Side of BM

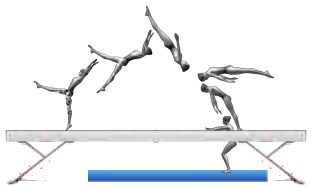


Side Gainer BWD Tuck 1-1/2

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

Gainer BWD salto—LO—Side of BM

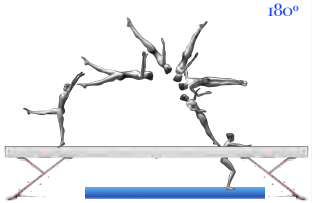


Side Gainer BWD LO

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

Gainer BWD salto—LO—1/2 twist—Side of BM

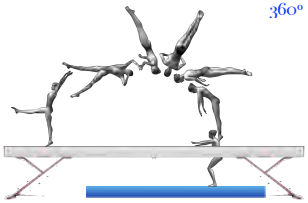


Side Gainer BWD LO 1/2

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

Gainer BWD salto—LO—1/1 twist—Side of BM

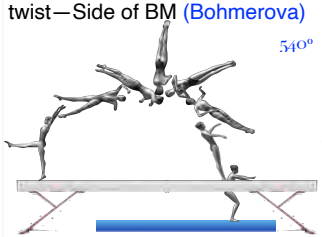


Side Gainer BWD LO 1/1

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

Gainer BWD salto—LO—1-1/2 twist—Side of BM (Bohmerova)

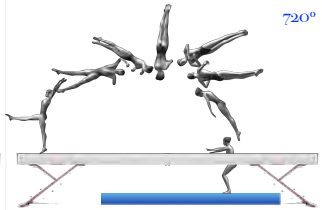


Bohmerova

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

Gainer BWD salto—LO—2/1 twist—Side of BM

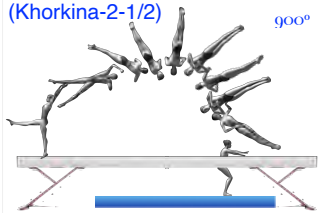


Side Gainer BWD LO 2/1

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

Gainer BWD salto—LO—2-1/2 - 3/1 twist—Side of BM (Khorkina-2-1/2)

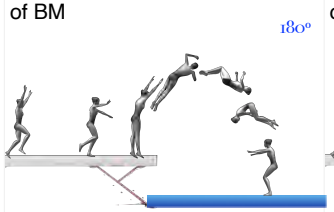


Side Gainer BWD LO 2-1/2

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

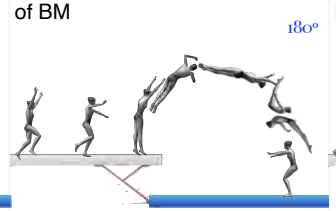


Jump 1/2 BWD Tuck

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

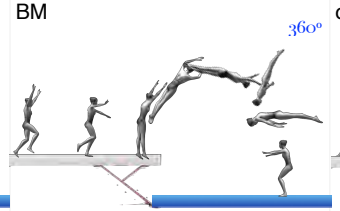


Jump 1/2 BWD Tuck

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

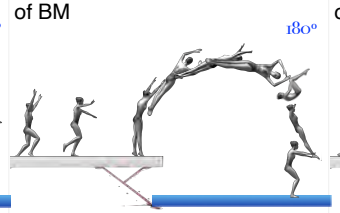


Jump 1/2 BWD LO

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

Stretch jump FWD—2-legs—1/1 twist—FWD salto—Tuck—End of BM

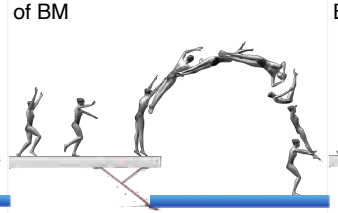


Jump 1/1 FWD Tuck

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

Stretch jump FWD—2-legs—1/1 twist—FWD salto—Pike—End of BM

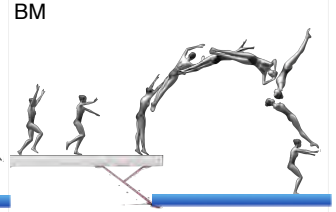


Jump 1/1 FWD Pike

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

Stretch jump FWD—2-legs—1/1 twist—FWD salto—LO—End of BM



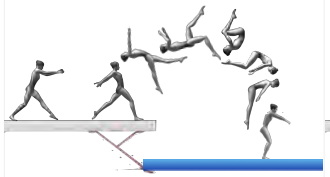
Jump 1/1 FWD LO

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

180°

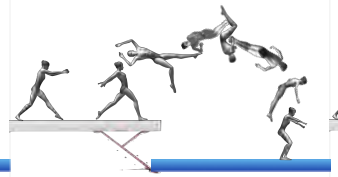
End Gainer BWD Tuck 1/2

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

360°



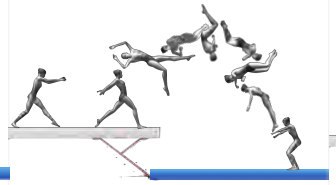
End Gainer BWD Tuck 1/1

1. Optional prep—Cross—End of BM
2. Execute Gainer BWD salto—Tuck—1/1twist
3. Take off 1-leg
4. Finish stand—Face out

E—912a

Gainer BWD salto—Tuck—1-1/2 twist—End of BM (Wolf)

540°



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 (Wolf)

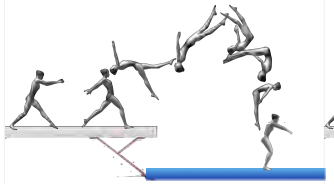
720°

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



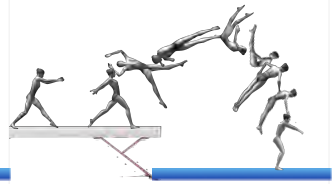
End Gainer BWD Pike

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 (Rinaldo)

360°

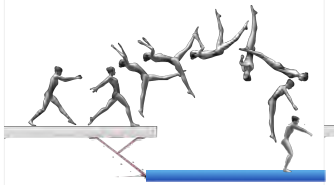


End Gainer BWD Pike 1/1

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



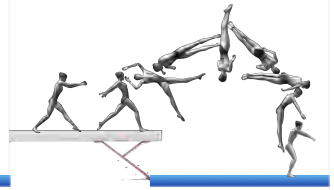
End Gainer BWD LO

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 (Steingruber)

360°



Steingruber

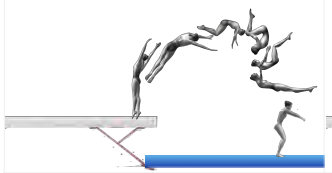
1. Optional prep—Cross—End of BM
2. Execute Gainer BWD salto—LO—1/1 twist
3. Take off 1-leg
4. Finish stand—Face out

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°

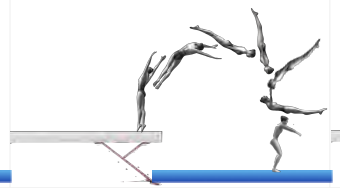
Arabian Pike

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°



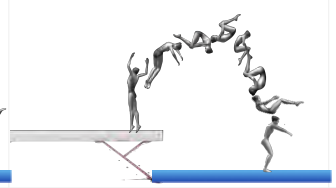
Arabian LO

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°

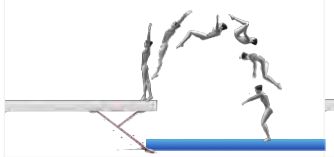


Arabian Double Tuck

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



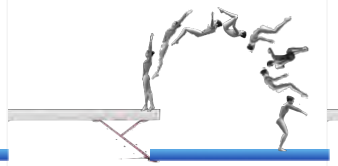
BWD Tuck

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°



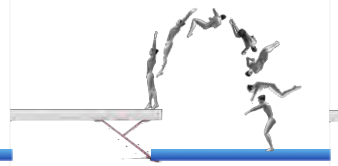
BWD Tuck 1/2

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°



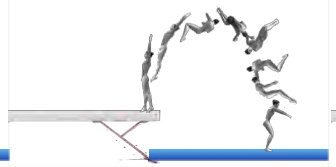
BWD Tuck 1/1

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°



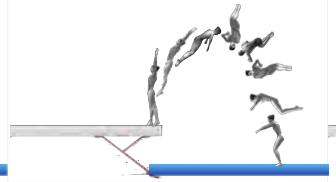
BWD Tuck 1-1/2

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°

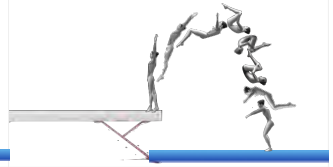


BWD Tuck 2/1

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



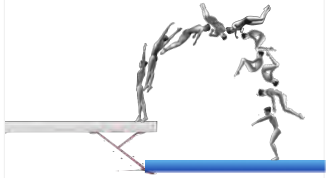
BWD Double Tuck

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°



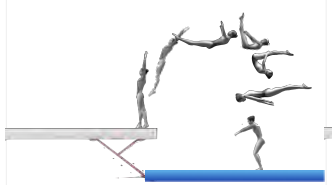
BWD Double Tuck 1/1

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

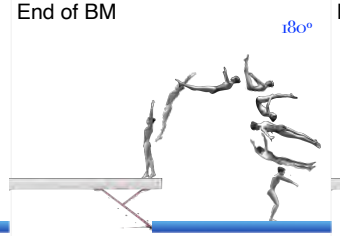


BWD Pike

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

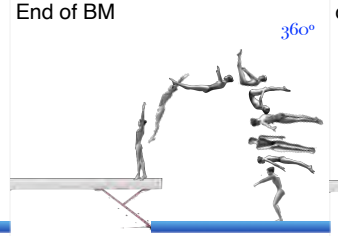


BWD Pike 1/2

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

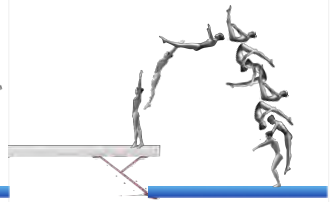


BWD Pike 1/1

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

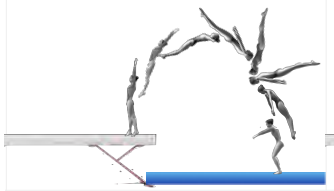


BWD Double Pike

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

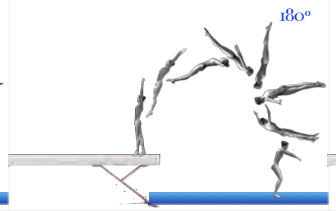


BWD LO

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

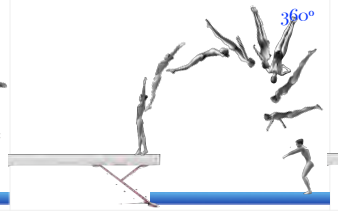


BWD LO 1/2

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

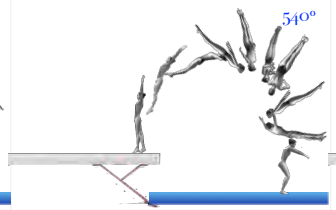


BWD LO 1/1

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

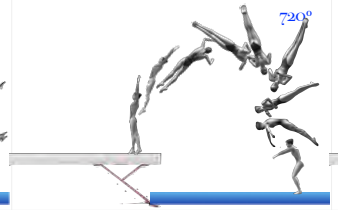


BWD LO 1-1/2

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

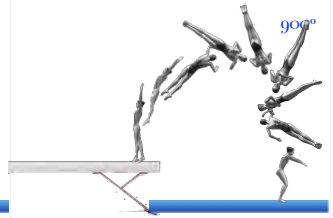


BWD LO 2/1

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

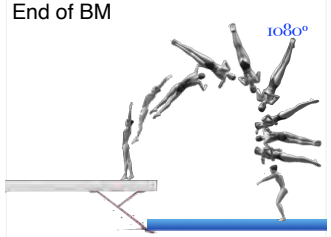


BWD LO 2-1/2

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

USMGCA

US Men's Gymnastics
Coaches Association

U.S.E.C.A.

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

FLOOR EXERCISE

FLOOR EXERCISE—DIRECTIVES

X-SKILLS

FLOOR EXERCISE ELEMENTS

1—LEAPS, JUMPS, HOPS

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

2—TURNS

3—HANDSTANDS

4—ROLLS

- Forward
- Backward

5—WALKOVERS, CARTWHEELS, SPRINGS

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

6—FWD SALTOS

- FWD Single Salto
- FWD Double Saltos

7—SWD/ARABIAN SALTOS

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

8—BWD SALTOS

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

FLOOR EXERCISE DIRECTIVES

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 — A—101
- B = 0.30 — B—101
- C = 0.50 — C—101
- D = +0.10 — D—101
- E = +0.20 — E—101

SYMBOLS

- Cannot fulfill SR requirement
- Former A VP
- Former B VP
- Former C VP
- Former D VP
- Former E VP

X-SKILLS BY LEVEL

- FX X-skills used by 1N, 2N, BN, 3N, SN, 4N, GN
- All X-skills = A VP

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

2

- 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

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

1. *All Ring jumps/Leaps are required to show an obvious head release to the back foot position*
2. *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

1. *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

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EVENT TABLE OF CONTENTS

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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—Hold 2s
302—VER HS—Split—Hold 2s
303—VER HS—Together—Hold 2s
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)—Hold 2s
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	LEAPS, JUMPS, HOPS
2	TURNS
3	HANDSTANDS
4	ROLLS
5	WALKOVERS, CARTWHEELS, SPRINGS
6	FWD SALTOS
7	SWD/ARABIAN SALTOS
8	BWD SALTOS

FLOOR EXERCISE X-SKILLS

X-101

Split leap—Min 60°

Split Leap

1. From optional approach
2. Step to plie (hips behind foot)
3. Execute single leg split leap
4. Land plie
5. Optional back leg (in back or swing FWD)

X-102

Split jump—Min 60°

Split Jump

1. From optional approach
2. Step to plie (hips behind foot)
3. Execute Split jump
4. Land plie
5. Optional exit

~~X-103~~

Assemblé—Straight leg—HOR or above

Not considered an element

Assemble

1. From steps OR runs
2. Swing straight back leg front to HOR
3. Arrive both feet simultaneously
4. Optional exit

NOTE: Usually used for jump prep

X-104

Leg swing hop—Free leg any angle

L' Hop

1. From optional approach
2. Step to plie (hips behind foot)
3. Swing leg FWD, simultaneously hop
4. Land plie, leg in front upon landing
5. Finish optional

~~X-105~~

Entrechat (Beat jump)

Not considered an element

Beat

1. From 3rd or 5th position
2. Jump straight
3. Change back foot to front and return
4. Beat with thighs, not feet
5. Land plié

~~X-106~~

Front OR Side Chassé

Not considered an element

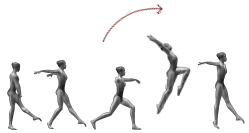
Chassé

1. From one leg in front
2. Step off one leg
3. Join legs together in air
4. Feet side by side or back to front
5. Land on back leg, front foot pointed

~~X-107~~

Arch Passé Hop—Thigh HOR

Not considered an element



Arch Passé Hop

1. From optional entry
2. Take off one leg
3. Execute Arch hop, leg in front passé
4. Passé thigh HOR
5. Land same leg as take-off
6. Front foot pointed in passé

X-108

Straddle jump—Min 60°

Straddle Jump

1. From optional approach
2. Step to plie (hips behind foot)
3. Execute Straddle jump
4. Land plie
5. Optional exit

X-201

Swing turn—FWD

180°

FWD Swing Turn

1. From optional prep
2. Swing leg FWD to any height
3. Keep leg in front
4. Execute 1/2 (180°) turn in relevé
5. Leg finishes in back
6. Drop from relevé at completion

X-202

Swing turn—BWD

180°

BWD Swing Turn

1. From optional prep
2. Swing leg BWD to any height
3. Keep leg in back
4. Execute 1/2 (180°) turn in relevé
5. Leg finishes in front
6. Drop from relevé at completion

X-203

1/2 turn—Any technique

180°

1/2 Turn

1. From optional prep
2. Relevé—optional leg entry
3. Execute 1/2 (180°) turn
4. Optional technique, ending
5. Drop from relevé at completion

X-204

1/2 Illusion—Hand contact allowed

180°

1/2 Illusion

1. From optional entry
2. Kick one leg to needle scale
3. Execute 1/2 turn
4. Hand contact allowed
5. Finish upright

X-301

Front Split—Optional entry—Optional exit—No hand contact during 2s hold

2

Front Split

1. From optional prep
2. Slide, roll, etc to front split
3. Straight legs
4. FX hand contact allowed
5. Optional exit

X-302

VER HS—Legs split

2

VER HS Split

1. From optional entry
2. Reach FWD—hand contact FX
3. Both legs to VER
4. HS leg position optional
5. Optional exit
6. Optional ending

X-303

VER HS—Legs together

2

VER HS

1. From optional entry
2. Reach FWD/SWD—hand contact FX
3. Both legs to VER
4. HS leg position optional
5. Optional exit
6. Optional ending

X-304

Partial HS—Min 45°

HS 45°

1. From optionl entry
2. Reach FWD—hand contact FX
3. Lead leg to reach min 45° from VER
4. Option to close legs
5. Optional exit
6. Optional ending

X-305

Headstand—No hold required

Headstand

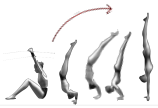
1. From optional entry
2. Reach FWD—hands/head contact FX
3. Move hips over head
4. Move toes up over head
5. Optional exit
6. Optional ending

FLOOR EXERCISE X-SKILLS

X-401

BWD Roll—Bent arm push to HS

No deduction for bent arms



HS 45º

1. From optional entry
2. Execute BWD roll—Bent arm to HS
3. Both legs to reach VER before step out
4. Option to pike down
5. Optional exit

X-402

BWD roll—Push up position—Arms bent or straight

No deduction for bent arms

BWD Roll Push up

1. From optional entry
2. Execute BWD roll
3. Extend hips flat
4. Push off FX—weight off head/neck
5. End in push up

X-403

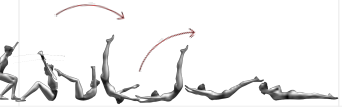
FWD Shoulder roll—Optional entry—Optional entry/exit

FWD Shoulder Roll

1. From optional prep
2. Drive heels UpWD
3. As heels get VER, turn head to side, arms out to side
4. Roll over shoulder
5. Optional exit

X-404

BWD Shoulder roll—Optional entry—Optional entry/exit



BWD Shoulder Roll

1. From optional prep
2. Roll BWD thru candle
3. As toes get VER, turn head to side, arms out to side
4. Roll over shoulder
5. Optional exit

X-405

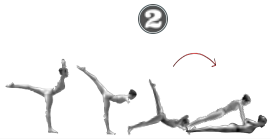
HS Chest roll—HS not required to be held—Mark only w/ feet together

HS Chest Roll

1. From optional prep
2. Kick up to HS
3. Keeping toes VER, control drop to chest
4. Roll to prone position
5. Optional exit after prone

X-406

Swedish fall (1 or 2 legs)



Swedish Fall

1. From one leg balance
2. Lift leg BWD UpWD
3. 'Fall' to prone position
4. Legs together or split (scale)
5. Optional ending after prone

X-407

Candlestick roll

Candlestick Roll

1. From optional start
2. Enter BWD roll position
3. Execute Candlestick
4. Exit BWD roll psotion
5. Optional ending

X-501

Push up—Bridge—Kick over

Bridge Kickover

1. From optional entry
2. Supine push up to bridge
3. Lift leg to initiate kick over
4. Go thru HS position, legs optional
5. Optional exit
6. Optional finish

X-502

Side cartwheel

90º

Side Cartwheel

1. From optional start position
2. Reach to FX
3. Execute side Cartwheel
4. Exit tall
5. Optional ending

X-503

Cartwheel—Step-in

180º

Cartwheel Step-in

1. From optional start position
2. Reach to FX
3. Execute front Cartwheel
4. Exit tall
5. Step in ending

X—504

1-Arm Cartwheel—Near or Far arm

180º

1-Arm Cartwheel

1. From optional start position
2. Reach to FX
3. Execute front 1-arm Cartwheel
4. Exit tall
5. Optional ending

X-505

FWD Limber—Optional entry—Feet shoulder-width apart or closer

FWD Limber

1. From optional start position
2. Reach to FX
3. Execute HS
4. Fall into bridge position
5. Push off hands to stand
6. End standing—Feet together/apart

X-506

BWD Limber—Optional exit—Feet shoulder-width apart or closer

BWD Limber

1. From optional prep
2. Feet slightly apart
3. Feet leave FX simultaneously
4. Show (Ø hold) HS position
5. Optional exit after HS

X-507

Backbend—Kick over

Backbend Kickover

1. From feet together/apart
2. Reach BWD to bridge on FX
3. Kick over
4. Go thru HS position
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	X SKILLS
1	LEAPS, JUMPS, HOPS
2	TURNS
3	HANDSTANDS
4	ROLLS
5	WALKOVERS, CARTWHEELS, SPRINGS
6	FWD SALTOS
7	SWD/ARABIAN SALTOS
8	BWD SALTOS

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

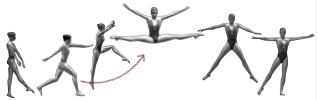
Stag Split Leap

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—180º front split—1-leg➤1-leg

Split Leap

1. Opt. approach—Take off 1-leg
2. Execute Straight leg leap
3. 180º front split
4. Land 1-leg

B—104a

Split leap—1/4 (90º) turn—180º side split—1-leg➤1-leg

90º

Split Side Leap

1. Opt. approach—Take off 1-leg
2. Execute Straight leg leap—1/4 turn
3. 180º side split
4. Land 1-leg

B—104b

Split leap—1/2 (180º) turn—180º front split—1-leg➤1-leg

180º

Split 1/2 Leap 1-leg

1. Opt. approach—Take off 1-leg
2. Execute 1/2 turn—Straight leg leap
3. 180º front split
4. Land 1-leg

B—104b

Split leap—1/2 (180º)—180º front split—1-leg➤2-legs

180º

Split 1/2 Leap 2-legs

1. Opt. approach—Take off 1-leg
2. Execute 1/2 turn—Straight leg leap
3. 180º front split
4. Land 2-legs

B—104c

Split leap—Ring—180º 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. 180º front split
4. Rear leg head height
5. Head release
6. Land 1-leg

C—104

Split leap—1/1 (360º)—180º front split—1-leg➤2-legs

360º

Split 1/1 Leap 2-legs

1. Opt. approach—Take off 1-leg
2. Execute Straight leg leap—Ring
3. 180º front split
4. Rear leg head height
5. Head release
6. Land 2-legs

B—105a

Switch leg split leap—45º/180º front split—1-leg➤1-leg

Switch Leap

1. Opt. approach—Take off 1-leg
2. Execute Switch leg leap
3. 45º front switch to 180º front split
4. Land 1-leg

B—105b

Jeté en tournant—1/4 (90º)–1/2 (180º) turn—1-leg➤1-leg

90º - 180º

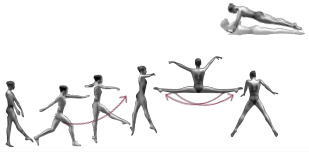
Barrel Leap

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 (90º) turn—45º/Straddle split—1-leg➤Prone

90º



Switch 1/4 Prone

1. Opt. approach—Take off 1-leg
2. Execute 1/4 turn—Switch leg leap
3. 45º front switch to 180º side split
4. Land Prone

C—105b

Switch leg split leap—1/4 (90º) turn—45º/Straddle split—1-leg➤2-legs (Johnson)

90º

Johnson

1. Opt. approach—Take off 1-leg
2. Execute 1/4 turn—Switch leg leap
3. 45º front switch to 180º side split
4. Land 2-legs

C—105c

Switch leg split leap—1/2 (180º) turn—45º/180º front split—1-leg➤Prone

180º

Switch 1/2 Prone

1. Opt. approach—Take off 1-leg
2. Execute Switch leg leap— 1/2 turn
3. 45º front switch to 180º front split
4. Land Prone

C—105d

Switch leg split leap—1/2 (180º) turn—45º/180º front split—1-leg➤2-legs (Frolova)

180º

Switch 1/2

1. Opt. approach—Take off 1-leg
2. Execute 1/4 turn—Switch leg leap 1/2 turn
3. 45º front switch to 180º side split
4. Land 2-legs

C—105e

Switch leg split leap—Ring—45º/180º 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. 45º front switch to 180º 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 180º split
4. Land 2-legs

C—105g

Switch leg leap—Rond-de-jambe—1/2 (180º) turn—1-leg➤1-leg or 1-leg➤2-legs (Plataroti 1/2)

180º

Plataroti 1/2

1. Opt. approach—Take off 1-leg
2. Execute Ronde jambe Switch leg leap—1/2 turn
3. Front 180º split
4. Land 1-leg or 2-legs

D—105a

Switch leg split leap—1/4 (90º) turn—1/2 (180º) turn—1-leg➤2-legs (Johnson 1/2) (Ikoma)

90º 180º

Johnson 1/2

1. Opt. approach—Take off 1-leg
2. Execute 1/4 turn—Switch leg leap 1/2 turn
3. 45º front switch to 180º side split
4. Land 2-legs

D—105b

Switch leg leap—1/1 (360º) turn—1-leg➤1-leg or 1-leg➤2-legs (Frolova)

360º

Switch 1/1

1. Opt. approach—Take off 1-leg
2. Execute Switch leg leap—1/1 turn
3. 45º front switch to 180º front split
4. Land 1-leg or 2-legs

D—105c

Switch leg leap—1/2 (180º) turn—Ring leap—1-leg➤1-leg (Trevor)

180º

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. 45º front switch to 180º 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. 180º split—Knee to toes
5. Land 2-legs

Double stag: Back leg bent min 90º UpWD

A—106b

Stag jump—1/2 (180º) turn—2-legs➤2-legs

180º

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. 180º split—Knee to toes
5. Land 2-legs

A—106c

Stag split jump—1/2 (180º) turn—2-legs➤2-legs

180º

Stag Split 1/2

1. Opt. start—Take off-legs
2. Execute Stag split jump—1/2 turn
3. Stag to 180º 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 180º 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 (360º) turn—2-legs➤2-legs

360º

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 (360º) turn—2-legs➤2-legs

360º

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—180º front split—2-legs➤2-legs

Split Jump

1. Opt. start—Take off 2-legs
2. Execute Split jump
3. 180º front split
4. Land 2-legs

B—108a

Split jump—1/2 (180º) turn—180º front split—2-legs➤2-legs

180º

Split Jump 1/2

1. Opt. start—Take off 2-legs
2. Execute Split jump—1/2 turn
3. 180º 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. 180º front split
6. Land 2-legs

C—108

Split jump—1/1 (360º) turn—180º front split—2-legs➤2-legs

360º

Split Jump 1/1

1. Opt. start—Take off 2-legs
2. Execute Split jump—1/1 turn
3. 180º front split
4. Land 2-legs

D—108a

Split jump—1-1/2 (540º) turn—2-leg➤2-legs

540º

Split Jump 1-1/2

1. Opt. start—Take off 2-legs
2. Execute Split jump—1-1/2 turn
3. 180º front split
4. Land 2-legs

D—108b

Split jump—Ring—1/1 (360º) turn—2-legs➤2-legs (Johnson)

360º

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. 180º 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)

Shushunova

1. Opt. start—Take off 2-legs
2. Execute Straddle pike jump
3. 180° side split
4. Land Prone

B—108b

Straddle pike/Side split jump—180° split—1/2 (180°) turn—2-legs➤Prone (Shushunova—1/2)

180°

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

B—108c

Hop—1/1 (360°) turn—Straddle—2-legs➤Prone (Martinez)

360°

Martinez

1. Opt. start—Take off 1-leg
2. Execute 'L' Hop—1/2 turn
3. 180° side split
4. Land Prone

C—108a

Straddle pike/Side split jump—180° split—1/1 (360°) turn—2-legs➤Prone (Shushunova—1/1)

360°

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

C—108b

Split leap—1-1/2 (540°) turn—HOR—Legs together—1-leg➤Prone (Khorkina)

540°

Khorkina

1. Opt. start—Take off 1-leg
2. Execute HOR jump—1-1/2 turn
3. Legs together
4. Land Prone

D—108

Split Leap—2-1/2 (900°) turn—HOR—Legs together—1-leg➤Prone (Toussaint)

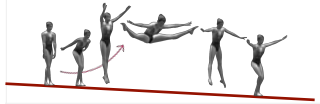
900°

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



Straddle

1. Opt. start—Take off 2-legs
2. Execute Straddle/Side Split jump
3. 180° cross split
4. Land 2-legs

B—110b

Straddle pike/Side split jump—1/2 (180°) turn—180° side split—2-legs➤2-legs

180°

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

C—110

Straddle pike/Side split jump—1/1 (360°) turn—180° side split—2-legs➤2-legs (Popa)

360°

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

D—110

Straddle pike/Side split jump—1-1/2 (540°) turn—180° side split—2-legs➤2-legs (Popa 1/2)

540°

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

180°

Stretch 1/2

1. Opt. start—Take off 2-legs
2. Execute Straight jump—1/2 turn
3. Land 2-legs

A—111b

Stretch/Arch jump—1/1 (360°) turn—2-legs➤2-legs

360°

Stretch 1/1

1. Opt. start—Take off 2-legs
2. Execute Straight jump—1/1 turn
3. Land 2-legs

B—111

Stretch jump—1-1/2 (540°) turn—2-legs➤2-legs

540°

Stretch 1-1/2

1. Opt. start—Take off 2-legs
2. Execute Straight jump—1-1/2 turn
3. Land 2-legs

C—111a

Stretch jump—2/1 (720°) turn—2-legs➤2-legs

720°

Stretch 2/1

1. Opt. start—Take off 2-legs
2. Execute Straight jump—2/1 turn
3. Land 2-legs

C—111b

Stretch jump—2-1/2 (900°) turn—2-legs➤2-legs

900°

Stretch 2-1/2

1. Opt. start—Take off 2-legs
2. Execute Straight jump—2-1/2 turn
3. Land 2-legs

D—111

Stretch jump—3/1 (1080°) turn—2-legs➤2-legs

1080°

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°

Chassé 1/1

1. Opt. start—Take off 1-leg
2. Execute Chassé—1/1 turn
3. Travels
4. Land 1-leg

B—112

Sheep jump—Upper back arch—Feet head height—Head REL—2-legs➤2-legs

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

C—112

Sheep jump—1/1 (360°) turn—Upper back arch—Feet head height—Head REL—2-legs➤2-legs

360°

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

Sissone

1. Opt. start—Take off 2-legs
2. Execute Sissone jump
3. 180° diagonal cross split
4. Land 1-leg

A—113b

Front Cabriole—45° front kick beat—1-leg➤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

A—113c

Back Cabriole—45° back kick beat—1-leg/➤-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

A—113d

Front Hitch kick—1-leg➤1-leg

Front Hitch Kick

1. Opt. start—Take off 1-leg
2. Execute FWD Hitch Kick—Scissor kick
3. Land 1-leg

A—113e

Back Hitch kick—1-leg➤1-leg

Back Hitch Kick

1. Opt. start—Take off 1-leg
2. Execute BWD Hitch Kick—Scissor kick
3. Land 1-leg

B—113

Hitch kick Scissor leap FWD—Stretched legs—1/4 (90°) - 1/4 (90°)—1-leg➤1-leg

90° 90°

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°

Tour jeté

1. Opt. start—Take off 1-leg
2. Execute Tour jeté
3. 180° front split
4. Land 1 OR 2-legs

C—114a

Tour jete (180°)—180° cross split—1/2 (180°) turn—1-leg➤1 OR 2-legs (Strug)

180° 180°

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

C—114b

Tour jeté (180°)—180° cross split—1/2 (180°) turn—1-leg➤Split sit (Produnova)

180° 180°

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

C—114c

Tour jeté (180°) —180° cross split—Ring leg—1-leg➤1 OR 2-legs (Boucher)

180°

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

D—114a

Tour jeté (180°)—1/1 (360°) turn—1-leg➤1 OR 2-legs (Gogean)

180° 360°

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

D—114b

Tour jeté (180°)—Ring leg—1/2 (180°) turn—1-leg➤1 OR 2-legs (Jackson) (Ferarri)

180°

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°

Fouette

1. Opt. start—Take off 1-leg
2. Execute Fouette
3. EXT leg > HOR
4. Land 1-leg scale

A—115b

Hop—1/2 (180°) turn—Free leg EXT—Above HOR—1-leg➤1-leg

180°

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

C—115

Hop—1/1 (360°) turn—Free leg EXT—Above HOR—1-leg➤1-leg

360°

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

D—115

Hop—1-1/2 (540°) turn—Free leg EXT—Above HOR—1-leg➤1-leg

540°

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

E—115

Hop—2/1 (720°) turn—Free leg EXT—Above HOR—1-leg➤1-leg

720°

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

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

A—116b

Cat leap—1/2 (180°) turn—1-leg➤1-leg

180°

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

B—116a

Cat leap—1/1 (720°) turn—1-leg➤1-leg

360°

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

B—116b

Cat leap—1/1 (360°) turn—1-leg➤Split sit

360°

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

C—116

Cat leap—1-1/2 (540°) turn—1-leg➤1-leg (Garrison)

540°

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

D—116

Cat leap—2/1 (720°) turn—1-leg➤1-leg (Benton)

720°

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

Pike Jump

1. Opt. start—Take off 2-legs
2. Execute Pike jump
3. Hip angle closed—< 90°
4. Land 2-legs

B—117b

Pike jump—Hip angle < 90°—2-legs➤Prone

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

B—117c

Pike jump—1/2 (180°) turn—Hip angle < 90°—2-legs➤2-legs

180°

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

B—117d

Pike jump—1/2 (180°) turn—2-legs➤Prone

180°

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

C—117a

Pike jump—1/1 (360°) turn—2-legs➤2-legs

360°

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

C—117b

Pike jump—1/1 (360°) turn—2-legs➤Prone

360°

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

FX—1-SHAPE JUMPS — 118-Tuck Jumps

A—118a

Tuck hop/jump—1 OR 2-legs➤2-legs

Tuck Jump

1. Opt. start—Take off 1 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 OR 2-legs➤2-legs

Tuck Jump to Prone

1. Opt. start—Take off 1 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 OR 2-legs➤2-legs

180°

Tuck Jump 1/2

1. Opt. start—Take off 1 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 OR 2-legs➤2-legs

180°

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

360°

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

540°

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

540°

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

540°

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

720°

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)

720°

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

Wolf jump/hop—2-legs➤2-legs

180º

Wolf Jump

1. Opt. start—Take off 2-legs
2. Execute Wolf jump
3. Chest to thigh—Heels under glutes
4. Land 2-legs

A—119b

Wolf jump/hop—1/2 (180º) turn —2-legs➤Prone

180º

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

B—119a

Wolf jump/hop—1/2 (180º) turn —2-legs➤2-legs

180º

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

B—119b

Wolf jump/hop—1/2 (180º) turn —2-legs➤Prone

180º

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

C—119a

Wolf jump/hop—1/1 (360º) turn —2-legs➤2-legs

360º

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

C—119b

Wolf jump/hop—1/1 (360º) turn —2-legs➤Prone

360º

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

Wolf jump/hop—1-1/2 (540º) turn—2-leg➤2-legs

540º

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

D—119b

Wolf jump/hop—1-1/2 (540º) turn—2-leg➤Prone

540º

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

E—119

Wolf jump/hop—2/1 (720º) turn —2-leg➤/2-legs

720º

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

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 (360º) turn—Free leg optional 360º	1-1/2 (540º) turn—Free leg optional 540º	2/1 (720º) turn—Free leg optional 720º	2-1/2 (900º) turn—Free leg optional 900º	3/1 (1080º) turn—Free leg optional 1080º	4/1 (1440º) turn—Free leg optional (Gomez) 1440º
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 (360º) illusion—Hand touch permitted 360º	1/1 (360º) illusiion—Hand touch NOT permitted 360º	2/1 (720º) illusion—Hand touch NOT permitted 720º
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. 180º split 4. Hand contact allowed 5. Optional exit	1. Optional prep 2. Execute Needle relevé turn—1/1 turn 3. 180º split 4. Ø Hand contact allowed 5. Optional exit	1. Optional prep 2. Execute Needle relevé turn—2/1 turn 3. 180º split 4. Ø Hand contact allowed 5. Optional exit

B—203	C—203	D—203a	D—203b
1/1 (360º) turn—‘L' leg 360º	1-1/2 (540º) turn—‘L' leg 540º	2/1 (720º) turn—‘L' leg 720º	2-1/2 (900º) turn—'L' leg 900º
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 — 204-180º Split Turn — 205-Back Spin, Flair — 206-HOR Scale Turn — 207-Land in Scale — 208-Tuck Stand

B—204

1/1 (360º) turn—Leg hold in 180º split

360º

Split 1/1 Turn

1. Optional prep
2. Execute Relevé turn—1/1 turn
3. Leg hold in 180º split
4. Optional exit

C—204

1-1/2 (540º) turn—Leg hold in 180º split

540º

Split 1-1/2 Turn

1. Optional prep
2. Execute Relevé turn—1-1/2 turn
3. Leg hold in 180º split
4. Optional exit

D—204

2/1 (720º) turn—Leg hold in 180º split (Memmel)

720º

Split 2/1 Turn

1. Optional prep
2. Execute Relevé turn—2/1 turn
3. Leg hold in 180º split
4. Optional exit

B—205

2/1 (720º) spin or more on back —In kip position

720º

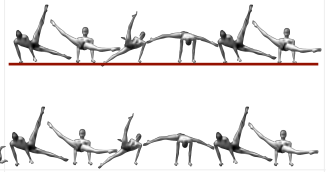
2/1 Back Spin Turn

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 (720º) turn—Flair (Homma)

720º



2/1 Flair Turn

1. Optional prep
2. Execute Leg flairs—2/1 turn (2 Flairs)
3. Optional exit

B—206

1/1 (360º) turn—Free leg in scale > HOR

360º

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 (540º) turn—Free leg hold in scale > HOR

540º

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 (720º) turn—Free leg leg hold in scale > HOR (Semenova)

720º

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 (360º) turn—Free leg optional—Land scale > HOR—Hold 2s

360º

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

540º

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 (720º) turn—Free leg optional—Land scale > HOR—Hold 2s

720º

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 (360º) turn—Free leg straighr—Tuck stand

360º

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 (540º) turn—Free leg straighr—Tuck stand

540º

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 (720º) turn—Free leg straighr—Tuck stand

720º

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 (1080º) turn—Free leg straighr—Tuck stand

1080º

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

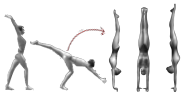
4—ROLLS

401—FWD Rolls
402—BWD Rolls

Cannot use VP for Acro SR requirement

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

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 (180º) pirouette—Optional entry/any exit 180º	Handstand—1/1 (360º) pirouette—Optional entry/any exit 360º	Handstand—1-1/2 (540º+) or more pirouette—Optional entry/any exit 540º
		
HS 1/2	***HS 1/1***	***HS 1-1/2***
1. Optional prep 2. Optional entry—Kick, Press, Walkover, Cartwheel 3. Execute HS—1/2 turn 4. Optional leg position 5. Optional exit	1. Optional prep 2. Optional entry—Kick, Press, Walkover, Cartwheel 3. Execute HS—1/1t urn 4. Optional leg position 5. Optional exit	1. Optional prep 2. Optional entry—Kick, Press, Walkover, Cartwheel 3. Execute HS—1-1/2 + turn 4. Optional leg position 5. Optional exit

A—302a 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	
1. Optional prep—From 2-legs 2. Execute jump HS 3. Optional leg position 4. Optional exit	1. Optional prep—From 2-hands on FX 2. Execute straddle 'L' position 3. Press Handstand 4. Hold 2s 5. Optional exit

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

A—401a NON-FLIGHT ACRO

FWD roll—Tuck/Pike/Straddle—Optional entry➤Optional exit

FWD roll

1. Optional prep—Optional entry
2. Execute FWD roll—Together, Straddle, Pike
3. Optional exit

A—401b NON-FLIGHT ACRO

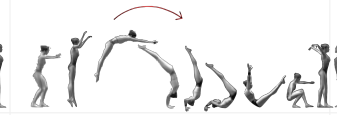
Handstand FWD roll—Optional entry➤Optional exit

HS FWD Roll

1. Optional prep—Optional entry
2. Execute Handstand—FWD roll
3. Optional exit

A—401c FLIGHT ACRO

FWD Hecht roll—1 OR 2-legs➤Optional exit



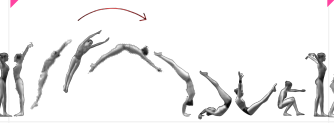
FWD Dive Roll

1. Optional entry
2. Execute Dive FWD roll
3. Optional exit

B—401a FLIGHT ACRO

BWD take off—Stretched jump—1/2 (180°) twist—FWD Hecht roll—2-legs➤Optional exit

180°



1/2 FWD Dive Roll

1. Optional prep
2. Execute FWD Hecht roll from BWD take off 1/2 turn
3. Optional exit

B—401b FLIGHT ACRO

Stretch jump—1/1 (360°) twist—FWD Hecht roll—2-legs➤Optional exit

360°

1/1 Dive roll

1. Optional prep
2. Execute jump FWD Hecht roll—1/1 turn
3. Optional exit

A—402a NON-FLIGHT ACRO

BWD roll—Tuck/Pike/Straddle—Optional entry➤Optional exit

BWD Roll

1. Optional prep—Optional entry
2. Execute BWD roll
3. Optional exit

A—402b NON-FLIGHT ACRO

BWD extension roll—Arms bent or straight—Optional entry➤Optional exit

BWD EXT

1. Optional prep—Optional entry
2. Execute BWD EXT roll—Handstand
3. Optional exit

A—402c NON-FLIGHT ACRO

BWD extension roll—1/2 (180°) turn—Optional entry➤Optional exit

180°

BWD EXT 1/2

1. Optional prep—Optional entry
2. Execute BWD EXT roll—Handstand 1/2 turn
3. Optional exit

B—402 NON-FLIGHT ACRO

BWD extension roll—1/1 (360°) turn or more—In handstand—Optional entry➤Optional exit

360°

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

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

A—501a NON-FLIGHT ACRO

BWD walkover—1-leg➤1-leg

BWO

1. Optional prep
2. Execute BWO
3. 180° split
4. Optional exit

A—501b NON-FLIGHT ACRO

BWD walkover—1-arm—1-leg➤1-leg

BWO 1-Arm

1. Optional prep
2. Execute BWO—1-arm
3. 180° split
4. Optional exit

A—501c NON-FLIGHT ACRO

BWD walkover—Alternate hands—1-leg➤1-leg (Tinsica)

BWD Tinsica

1. Optional prep
2. Execute BWO—Tinsica
3. 180° split
4. Optional exit

B—501 NON-FLIGHT ACRO

BWD walkover—1/1 turn in handstand—1-leg➤1-leg—(All leg variations)

360°

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

Valdez—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

A—502b NON-FLIGHT ACRO

Valdez—1-arm—EXT sit ➤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

A—502c NON-FLIGHT ACRO

Valdez—1/2 turn in HS—EXT Sit➤Optional exit

180°

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

B—502 NON-FLIGHT ACRO

Valdez—1/1 turnin HS—EXT Sit➤Optional exit

360°

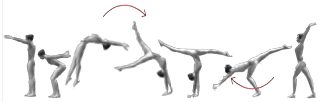
Valdez 1/1

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

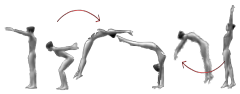


BHS SO

1. Optional prep
2. Execute BHS—Step out
3. Optional exit

A—503a FLIGHT ACRO

BWD Handspring—Together—2-legs➤2-legs



BHS together

1. Optional prep
2. Execute BHS—Together
3. Optional exit

A—503b FLIGHT ACRO

BWD Handspring—Step out—1-arm—2-legs➤1-leg

BHS 1-arm

1. Optional prep
2. Execute BHS—Step out—1-arm
3. Optional exit

B—503a FLIGHT ACRO

BWD Handspring—1/1 twist before hand support—Step out—2-legs➤1-leg

360°

1/1 BHS

1. Optional prep
2. Execute BHS Step out—1/1 twist
3. Optional exit

B—503a FLIGHT ACRO

BWD Handspring—Together—1/1 twist before hand support—2-legs➤2-legs

360°

1/1 BHS

1. Optional prep
2. Execute BHS Together—1/1 twist
3. Optional exit

A—504a FLIGHT ACRO

Gainer BWD handspring—Step out—1-leg➤1-leg

Gainer BHS SO

1. Optional prep
2. Execute Gainer BHS—Step out
3. Optional exit

A—504a FLIGHT ACRO

Gainer BWD handspring—Together—1-leg➤2-legs

Gainer BHS 2-feet

1. Optional prep
2. Execute Gainer BHS—Together
3. Optional exit

A—504b FLIGHT ACRO

Gainer BWD handspring—Step out—1-arm—1-leg➤1-leg

Gainer BHS SO 1-Arm

1. Optional prep
2. Execute Gainer BHS Step out—1-arm
3. 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

1. Optional prep
2. Execute Gainer BHS Step out—1/1 twist
3. Optional exit

A—505a NON—FLIGHT ACRO

Cartwheel—1-leg➤1-leg

90°-180°

Cartwheel

1. One-leg prep
2. Execute FWD/SWD Cartwheel
3. Land 1-foot then the other
4. Optional finish and exit

A—505b FLIGHT ACRO

Cartwheel w/flight—Before or After hand support—1-leg➤1-leg

90°-180°

Dive Cartwheel

1. One-leg prep
2. Execute FWD/SWD Cartwheel
3. With flight before or after
4. Land 1-foot then the other
5. Optional finish and exit

A—505c FLIGHT ACRO

Round off—1-leg➤2-legs

180°

Round off

1. One-leg prep
2. Execute FWD Roundoff
3. Land 2-feet
4. Optional finish and exit

B—506 FLIGHT ACRO

Jump BWD—1/2 twist—FWD Handspring—2-legs➤1-leg

180°

Arabian Spring SO

1. Optional prep
2. Execute BHS—1/2 turn FHS
3. Optional exit

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

A—507a NON-FLIGHT ACRO

FWD walkover—1-leg➤1-leg

FWO

1. Optional prep
2. Execute FWO
3. 180º split
4. Optional exit

A—507b NON-FLIGHT ACRO

FWD walkover—1-arm—1-leg➤1-leg

FWO 1-arm

1. Optional prep
2. Execute FWO—1-arm
3. 180º split
4. Optional exit

A—507c

FWD walkover—Alternate hands—1-leg➤1-leg

FWD Tinsica

1. Optional prep
2. Execute FWO—Tinsica
3. 180º 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 (180º) twist—1-leg➤2-legs

360º

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 (360º) twist—Before hand support—2-legs➤1-leg (Mostepanova)

360º

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 (360º) twist—After hand support—2-legs➤1-leg (Mostepanova)

360º

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

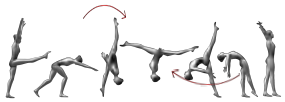
Flyspring

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

FWD Aerial walkover—1-leg➤1-leg



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

A—510b AERIAL

FWD Aerial walkover—Tucked position (kick over front)—1-leg➤2-leg OR kneel position

NOT a "salto" for SR

Kick over FWD Aerial

1. One-leg stand
2. Execute FWD Aerial walkover—Tuck
3. Land 2 feet
4. Optional finish and exit

C—510 AERIAL

FWD Aerial walkover—1/1 (360°) twist—1-leg➤2-legs

360°

FWD Aerial 1/1

1. One-leg stand
2. Execute FWD Aerial walkover—1/1 twistStraight legs
3. Land 1-foot then the other
4. Optional finish and exit

A—511a AERIAL

SWD aerial cartwheel—1-leg➤1-leg

180°

SWD Aerial

1. One-leg stand
2. Execute SWD Aerial—Straight legs
3. Land 1-foot then the other
4. Optional finish and exit

A—511b AERIAL

One butterfly—FWD—SWD entry—1-leg➤1-leg

360°

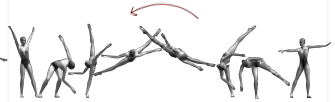
FWD Butterfly

1. One-leg stand
2. Execute FWD lateral Butterfly—Straight legs
3. Land 1-foot then the other
4. Optional finish and exit

A—511c AERIAL

One butterfly—BWD—SWD entry—1-leg➤1-leg

360°



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

Aerial round-off—2-legs➤2-legs (Brani)

180°

Brani

1. From punch
2. Execute FWD takeoff—Brani
3. Land both feet
4. Optional finish and exit

A—513a FLIGHT ACRO

Head kips—Optional entry➤Optional exit—All variations

Head Kip

1. Optional prep
2. Optional entry—
3. Execute Head kip—Pike to Arch
4. Optional leg position
5. Optional exit

A—513b FLIGHT ACRO

Neck kips—Optional entry➤Optional exit—All variations

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

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

A—601a 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

A—601a SALTO

FWD salto—Tuck—Step out—2-legs➤1-leg

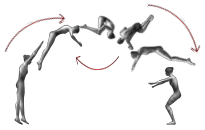
FWD Tuck SO

1. With FWD upright takeoff
2. Execute FWD salto—Tuck step out
3. Land 1-foot at a time
4. Optional finish and exit

B—601 SALTO

FWD salto—Tuck—1/2 (180º) twist—2-legs➤2-legs

180º



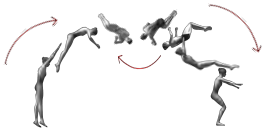
FWD Tuck 1/2

1. With FWD upright takeoff
2. Execute FWD salto—Tuck—1/2 twist
3. Land 2-feet
4. Optional finish and exit

C—601a SALTO

FWD salto—Tuck—1/1 (360º) twist—2-legs➤2-legs

360º



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

C—601a SALTO

FWD salto—Tuck—1/1 (360º) twist—Step out—2-legs➤1-leg

360º

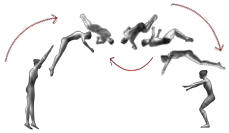
FWD Tuck 1/1 Step out

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

D—601 SALTO

FWD salto—Tuck—1-1/2 (540º) twist—2-legs➤2-legs (Rudi)

540º

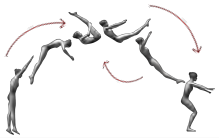


FWD Tuck 1-1/2

1. With FWD upright takeoff
2. Execute FWD salto—Tuck—1-1/2 twist
3. Land 2-feet
4. Optional finish and exit

B—602a 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

B—602a 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

B—602b SALTO

FWD salto—Pike—1/2 (180º) twist—2-legs➤2-legs

180º

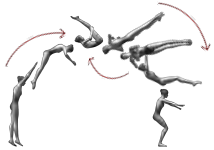
FWD Pike 1/2

1. With FWD upright takeoff
2. Execute FWD salto—Pike 1/2 twist
3. Land 2-feet
4. Optional finish and exit

C—602 SALTO

FWD salto—Pike—1/1 (360º) twist—2-legs➤2-legs

360º



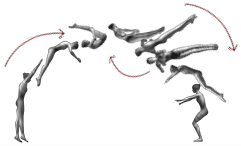
FWD Pike 1/1

1. With FWD upright takeoff
2. Execute FWD salto—Pike 1/1 twist
3. Land 2-feet
4. Optional finish and exit

D—602 SALTO

FWD salto—Pike 1-1/2 (540º) twist—2-legs➤2-legs

540º



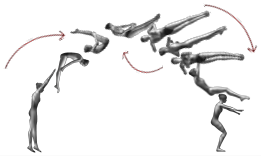
FWD Pike 1-1/2

1. With FWD upright takeoff
2. Execute FWD salto—Pike 1-1/2 twist
3. Land 2-feet
4. Optional finish and exit

E—602 SALTO

FWD salto—Pike—2/1 (720º) twist—2-legs➤2-legs

720º



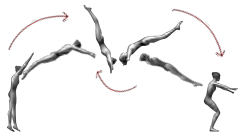
FWD Pike 2/1

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

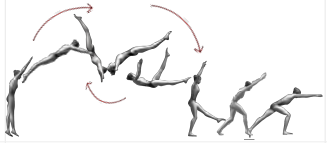


FWD LO

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



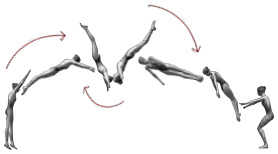
FWD LO SO

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 (180º) twist—2-legs➤2-legs

180º



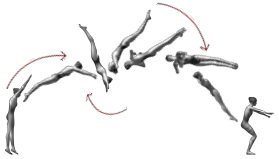
FWD LO 1/2

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 (360º) twist—2-legs➤2-legs

360º



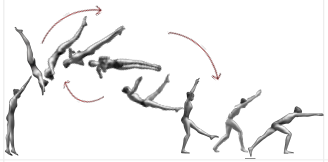
FWD LO 1/1

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 (360º) twist—Step out—2-legs➤1-leg

360º



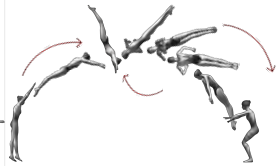
FWD LO 1/1 SO

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 (540º) twist—2-legs➤-legs

540º



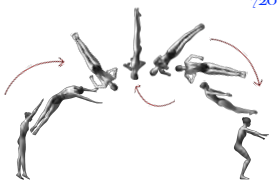
Rudi

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 (720º) twist—2-legs➤2-legs (Tarasevich)

720º



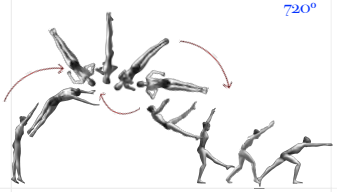
Tarasevich

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 (720º) twist—Step out—2-legs➤1-leg

720º



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 (900º) twist—2-legs➤2-legs (Cojocar)

900º

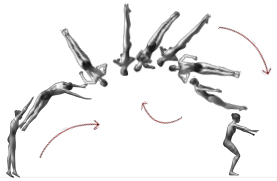
Cojocar

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 (1080º) twist—2-legs➤2-legs (Maldonado)

1080º

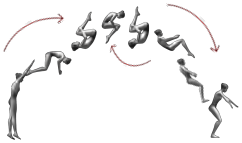


Maldonado

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 (180º) twist—2-legs➤2-legs (Podkopaeva 1/2)

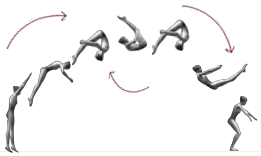
180º

Podkopaeva 1/2

1. With FWD upright takeoff
2. Execute FWD salto—Tuck 2/1—1/2 (180º) twist
3. Land 2-feet
4. Optional finish and exit

E—604c SALTO

FWD Double salto—Pike—2-legs➤2-legs (Dowell)



Dowell

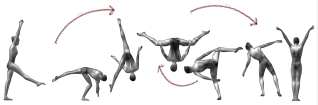
1. With FWD upright takeoff
2. Execute FWD salto—Pike 2/1
3. Land 2-feet
4. Optional finish and exit

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

A—701a SALTO

FWD take-off—SWD salto—Tuck—1-leg➤1-leg

90°



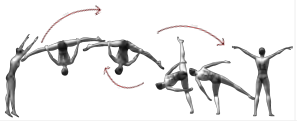
SWD Somi Tuck

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

A—701b SALTO

FWD take-off—SWD salto—Pike/LO—1-leg➤1-leg

90°



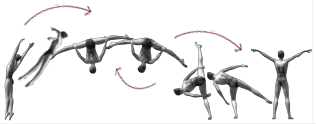
SWD Somi Pike / LO

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

B—701 SALTO

BWD take off—1/4 (90°) turn SWD salto—LO—1-leg➤1-leg

90°



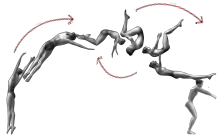
SWD Somi LO

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

Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—Tuck—2-legs➤2-legs

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

B—702a SALTO

Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—Tuck Step out—2-legs➤1-leg

180°

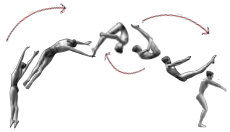
Arabian Tuck SO

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

B—702b SALTO

Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—Pike—2-legs➤2-legs

180°



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

B—702b SALTO

Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—Pike Step out—2-legs➤1-leg

180°

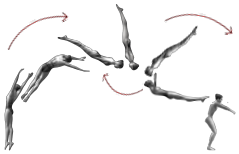
Arabian Pike SO

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

B—702c SALTO

Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—LO—2-legs➤2-legs

180°



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

B—702c SALTO

Arabian salto—BWD takeoff—1/2 (180°) turn—FWD salto—LO—Step out—2-legs➤1-leg

180°

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

Arabian salto—BWD takeoff—1/2 (180°) turn—FWD Double salto—Tuck—2-legs➤2-legs (Andreasen)

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

E—703b SALTO

Arabian salto—BWD takeoff—1/2 (180°) turn—FWD Double salto—Tuck—1/2 twist—2-legs➤2-legs (Andreasen 1/2)

180°

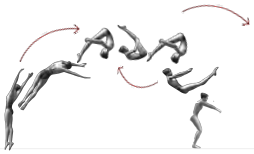
Andreasen 1/2

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

E—703c SALTO

Arabian salto—BWD takeoff—1/2 (180°) turn—FWD Double salto—Pike—2-legs➤2-legs (Dos Santos)

180°



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

E—703d SALTO

Arabian salto—BWD takeoff—1/2 (180°) turn—FWD Double salto—Pike—1/2 (180°) twist—2-legs➤2-legs (Oliveria)

180° 180°

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

E—703e SALTO

Arabian salto—BWD takeoff—1/2 (180°) turn—FWD Double salto—LO—2-legs➤2-legs (Dos Santos LO)

180°

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

Gainer salto—Tuck—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

A—801b SALTO

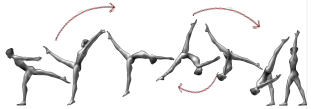
Gainer salto—Pike—1-leg➤2-legs

Gainer Pike

1. With 1-leg takeoff
2. Execute BWD Gainer Salto—Pike
3. Land feet together
4. Optional finish & exit

A—801c SALTO

Gainer salto—LO—Step out—1-leg➤1-leg



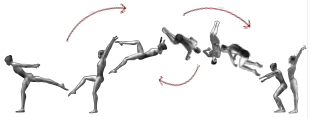
Gainer LO

1. With 1-leg takeoff
2. Execute BWD Gainer Salto—Layout SO
3. Land 1-leg then the other
4. Optional finish & exit

B—801 SALTO

Gainer BWD salto—Tuck—1/1 (360°) twist—1-leg➤2-legs

360°

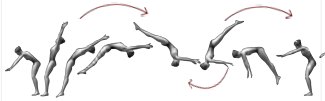


Gainer Tuck 1/1

1. With 1-leg takeoff
2. Execute BWD Gainer Salto—Tuck 1/1
3. Land feet together
4. Optional finish & exit

A—802 SALTO

Whip back—2-legs➤2-legs



Whip

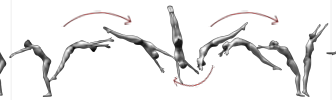
1. With 2-leg takeoff
2. Execute BWD Whip salto
3. Land 2 feet
4. Optional element following

Used as transitioning element, not meant as an ending skill

B—802a SALTO

Whip back—1/2 (180°) twist—2-legs➤2-legs

180°



Whip 1/2

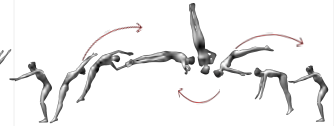
1. With 2-leg takeoff
2. Execute BWD Whip salto—1/2 turn
3. Land 2 feet
4. Optional element following

Used as transitioning element, not meant as an ending skill

B—802b SALTO

Whip back—1/1 (360°) twist—2-legs➤2-legs

360°



Whip 1/1

1. With 2-leg takeoff
2. Execute BWD Whip salto—1/1 turn
3. Land 2 feet
4. Optional element following

Used as transitioning element, not meant as an ending skill

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

A—803a SALTO

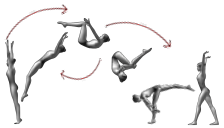
BWD salto—Tuck—2-legs➤2-legs

Tuck

1. With BWD upright takeoff
2. Execute BWD Salto—Tuck
3. Land feet together
4. Optional finish & exit

A—803a SALTO

BWD salto—Tuck—Step out—2-legs➤1-leg



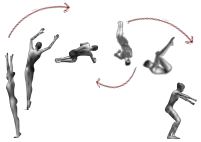
Tuck SO

1. With BWD upright takeoff
2. Execute BWD Salto—Tuck
3. Land feet together
4. Optional finish & exit

B—803a SALTO

BWD salto—Tuck—1/2 (180º) twist—2-legs➤2-legs

180º



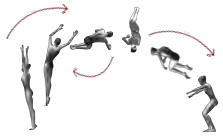
Tuck 1/2

1. With BWD upright takeoff
2. Execute BWD Salto—Tuck—1/2 twist
3. Land feet together
4. Optional finish & exit

B—803b SALTO

BWD salto—Tuck—1/1 (360º) twist—2-legs➤2-legs

360º



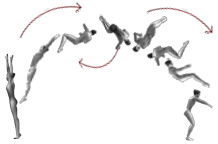
Tuck 1/1

1. With BWD upright takeoff
2. Execute BWD Salto—Tuck—1/1 twist
3. Land feet together
4. Optional finish & exit

C—803a SALTO

BWD salto—Tuck—1-1/2 (540º) twist—2-legs➤2-legs

540º



Tuck 1-1/2

1. With BWD upright takeoff
2. Execute BWD Salto—Tuck—1-1/2 twist
3. Land feet together
4. Optional finish & exit

C—803b SALTO

BWD salto—Tuck—2/1 (720º) twist—2-legs➤2-legs

720º

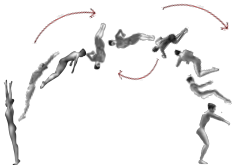
Tuck 2/1

1. With BWD upright takeoff
2. Execute BWD Salto—Tuck—2/1 twist
3. Land feet together
4. Optional finish & exit

D—803 SALTO

BWD salto—Tuck—2-1/2 (900º) twist—2-legs➤2-legs

900º



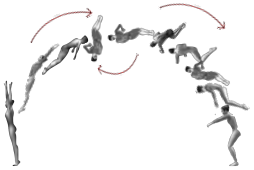
Silvias

1. With BWD upright takeoff
2. Execute BWD Salto—Tuck—2-1/2 twist
3. Land feet together
4. Optional finish & exit

E—803 SALTO

BWD salto—Tuck—3/1 (1080º) twist—2-legs➤2-legs

1080º



Biles 2

1. With BWD upright takeoff
2. Execute BWD Salto—Tuck—3/1 twist
3. Land feet together
4. Optional finish & exit

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

A—804a SALTO

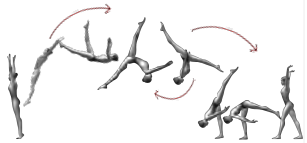
BWD salto—Pike/LO—2-legs➤2-legs

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

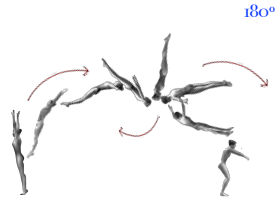


BWD LO SO

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

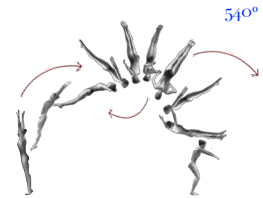
BWD salto—Pike/LO—1/1 (360° twist—2-legs➤2-legs

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

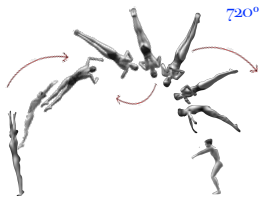


BWD LO 1-1/2

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

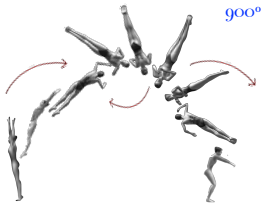


BWD LO 2/1

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

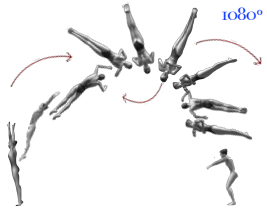


BWD LO 2-1/2

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



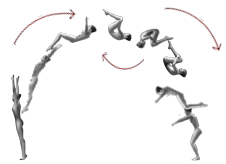
BWD LO 3/1

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)

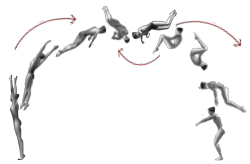


Kim

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 (360º) twist in—2-legs➤2-legs (360º)

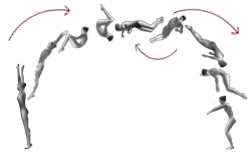


Double Tuck Full-in

1. With BWD upright takeoff
2. Execute BWD 2/1 Salto—Tuck/Pike—1/1 (360º) twist on 1st rotation
3. Land feet together
4. Optional finish & exit

E—805b SALTO

BWD Double salto—Tuck/pike—1/1 (360º) twist out—2-legs➤2-legs (Muchina) (360º)

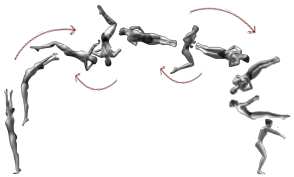


Muchina Tuck

1. With BWD upright takeoff
2. Execute BWD 2/1 Salto—Tuck/Pike—1/1 (360º) twist on 2nd rotation
3. Land feet together
4. Optional finish & exit

E—805c SALTO

BWD Double salto—Tuck—1-1/2 (540º) twist—2-legs➤2-legs (540º)

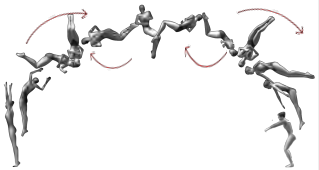


Double Tuck 1-1/2

1. With BWD upright takeoff
2. Execute BWD 2/1 Salto—Tuck—1-1/2 (540º) twist within double rotation
3. Land feet together
4. Optional finish & exit

E—805d SALTO

BWD Double salto—Tuck—2/1 (720º) twist—2-legs➤2-legs (Silivas) (720º)

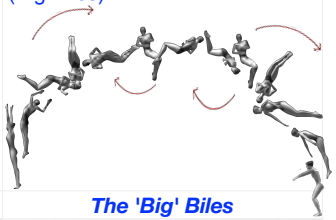


Silvias

1. With BWD upright takeoff
2. Execute BWD 2/1 Salto—Tuck—2/1 (720º) twist within double rotation
3. Land feet together
4. Optional finish & exit

E—805e SALTO

BWD Double salto—Tuck—3/1 (1080º) twist—2-legs➤2-legs (Big Biles) (1080º)



The 'Big' Biles

1. With BWD upright takeoff
2. Execute BWD 2/1 Salto—Tuck—3/1 (1080º) twist within double rotation
3. Land feet together
4. Optional finish & exit

D—806 SALTO

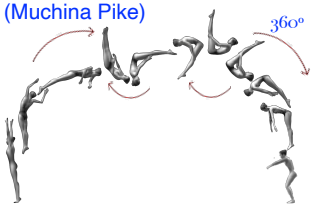
BWD Double salto—Pike—2-legs➤2-legs

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 (360º) twist in—2-legs➤2-legs (Muchina Pike) (360º)

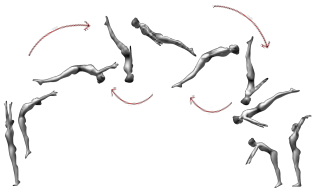


Muchina Pike

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

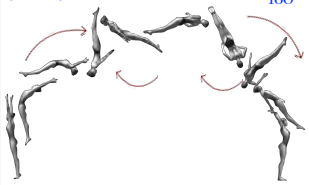


Double LO

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 (189ª) twist out—2-legs➤2-legs (Biles) (180º)

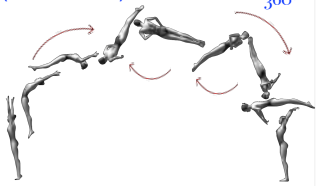


Biles

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 (360º) twist in—2-legs➤2-legs (Chusovitina) (360º)

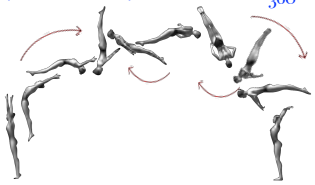


Chusovitina

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 (360º) twist out—2-legs➤2-legs (Tchusovitina) (360º)

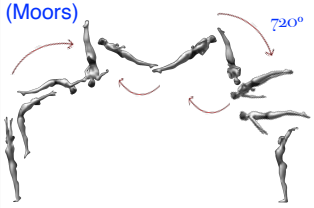


Tchusovitina

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 (720º) twists—2-legs➤2-legs (Moors) (720º)

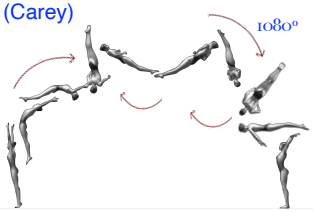


Moors

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

BWD Double salto—LO—3/1 (900º) twists—2-legs➤2-legs (Carey) (1080º)



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

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" ± 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 ± 2in | 30cm ± 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 BOARS

- Plywood allowed under board for UB/BM mounts

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/10/N: Table height—Min 110cm—Max 135cm

VT ADDITIONAL MATTING

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

MATS

VAULT MATS

IN	CM
.75in	2cm
1.25in	4cm
2in	5cm
4in	10cm
4.5in	12cm
8in	20cm
10in	25cm
12in	30cm
16in	40cm
18in	45cm
24in	60cm
30in	76cm
32in	80cm
36in	90cm

Mat	Size ft	Size cm
Skill	~~4 x 5~~	120 x 150
	~~4 x 6~~	120 x 180
	~~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
	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
	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
	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
	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
	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
Pillow	4 x 6	120 x 180

Available Mats

- Skill Cushion (SC) — 8in | 20cm
- Skill Cushion (SC) — 10in | 25cm
- Skill Cushion (SC) — 12in | 30cm
- Sting Mat (SM)— .625/1.5/2in | 1.5/4.0/5.0cm
- Throw Mat (TM)— 4in | 10cm
- Pit Pillow (PP) — 8in | 20cm
- Panel Mat (PM) — 1.375/1.625/2.0in | 3.5/4.0/5.0cm
- Competition Landing Mat (CLM) — 4-4.5in | 10-12cm
- Competition Landing Mat (CLM) — 8in | 20cm
- Resi Mat (RM) — 12in | 30cm
- Resi Mat (RM) — 16in | 40cm
- Resi Mat (RM) — 18in | 45cm
- Resi Mat (RM) — 24in | 60cm
- Resi Mat (RM) — 32in | 80cm
- Air Bag (AB)— 30in | 76cm
- Air Bag (AB) — 36in | 90cm

Vault Mat Configuration — Example: 1N

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

ALLOWED
CLM = 8-9in | 20-24cm
Optional SM = 8in | 20cm
Optional Throw = 4in | 10cm
TOTAL = 20in | 50cm

- Throw Mat (SM) — 4in | 10cm
- Skill Cushion Mat (SM) — 8in | 20cm
- Competition Landing Mat (CLM) — 4-4.5in | 10-12cm
- Competition Landing Mat (CLM) — 4-4.5in | 10-12cm

ALLOWED
CLM = 8in | 20cm
Optional SM = 8in | 20cm
TOTAL = 16in | 40cm

- Skill Cushion Mat (SM) — 8in | 20cm
- Competition Landing Mat (CLM) — 8in | 20cm

ALLOWED
CLM = 8-9in | 20-24cm
Optional SM = 8in | 20cm
TOTAL = 16in | 40cm

- Skill Cushion Mat (SM) — 8in | 20cm
- Competition Landing Mat (CLM) — 4-4.5in | 10-12cm
- Competition Landing Mat (CLM) — 4-4.5in | 10-12cm

ALLOWED
CLM = 4-4.5in | 10-12cm
Optional SM = 8in | 20cm
TOTAL = 12in | 30cm

- Skill Cushion Mat (SM)— 8in | 20cm
- Competition Landing Mat (CLM) — 4-4.5in | 10-12cm

ALLOWED
CLM = 4-4.5in | 10-12cm

- Competition Landing Mat (CLM)— 4-4.5in | 10-12cm

NOT ALLOWED
Missing CLM

- Skill Cushion Mat (SM) — 8in | 20cm
- Panel Mat — 1.375/1.625/2.0in | 3.5/4.0/5.0cm

NOT ALLOWED
Missing CLM

- Skill Cushion Mat (SM) — 8in | 20cm

CLM = Competition Landing Mat
SM = Supplemental Mat