

Uneven Bars

Skill	Value
Mounts	
Kip Mount	A
Jump 1/1 turn Kip mount	B
Jump to kip on HB	A
Casts/Counter swings	
Cast 21 - 45 deg from vertical	A
Cast to HS	B
Squat on LB	A
Uprise on HB to clear support	B
Straddle back over LB	B
Under swings/Clear hip circles	
clear hip circle to clear support	B
Giant Swings Backward	
Giant swing backward to HS	B
HB swing with 1/2 forward w/flt to LB	B
Circle Swings	
Back hip circle	A
Dismounts	
Underswing to stand	A
Flyaway T/P/S	A
Flyaway with 1/2 or 1/2 twist	B

Floor Exercise

Skill	Value
Leaps, Jumps	
Switch wolf	A
Switch split leap 180 degrees	B
Pike jump	B
Side split leap	B
Straddle Jump	B
Schuschunova	B
Sissone	A
Jump full turn	A
Jump one and 1/2 turn	B
Cat leap, also with 1/2 turn	A
Cat leap 1/1 turn	B
Tuck Jump, also with 1/2 turn	A
Tuck Jump 1/1 turn	B
Wolf Jump or hop	A
Wolf Jump or hop with 1/2 turn	B
Turns	
Full turn	A
One and 1/2 turn	B
Full turn free leg at or above horiz.	B
Rolls	
Forward Roll or Handstand forward roll	A
Back extension roll	A
Back extension roll with 1/1 turn	B
Handstand one and 1/2 turn	B
Walkovers, Cartwheels	
Front or Back walkover	A
Front or Back Handspring	A
Side Aerial	A
Round off	A
Saltos	
Front Tuck	A
Front Pike or Layout, also with 1/2 twist	B
Back Tuck, Pike or Layout	A
Back Tuck, Pike or Layout	B
Arabian salto	B
Back T, P, or L with 1/2 or 1/1 turn	B
Whip back	A

Balance Beam

Skill	Value	Skill	Value
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Mounts

Jump to sit or tuck	A
Scissors leap to cross sit	A
Flank over to rear support	A
Jump to split sit	A
Jump to clear support held 2 seconds	B
Forward roll on	A
Chest or head stand	A
Jump, press or swing to HS	B

Rolls

Roll forward	A
Dive roll forwards	B
Shoulder roll forward	A
Roll forward without hand support	B
Handstand forward roll	A
Backwards roll	A
Back extension roll	B

Leaps, Jumps & Hops

split leap forward	A
Split leap or jump with 1/4 turn	B
Split jump from both legs	B
Switch wolf jump	A
Switch leap 180 degrees	C
Pike Jump	B
Sissone	A
Stretch jump forward, also with 1/2 turn	A
Stretch jump forward with 3/4 turn	B
Hitch Kick	A
Cat Leap	A
Cat Leap 1/2 turn	B
Tuck Jump	A
Tuck Jump 1/2 turn	B
Wolf Jump or Hop	A
Wolf Jump or Hop with 1/2 turn	B

Turns

1/1 turn	A
1 1/2 turn	B

Holds

Scale forward	A
Scale forward on toe, hold for 2 seconds	B
Needle scale	A
Handstand, also with 1/2 turn	A

Walkovers, Cartwheels

Back walkover	A
Front Walkover	A
Front Handspring	B
Cartwheel, also with 1 arm	A
Dive Cartwheel	B
Tic-Toc	A
Tinsica	A
Valdez	A
Back handspring, also landing 2 ft	B
Gainer back handspring	B

Dismounts

Front Handspring 1/2 twist	A
Front Handspring 1/1 twist	B
Free aerial walkover, also with 1/2 twist	B
Cartwheel 1/4 twist	A
Front tuck	B
Front layout, also with 1/2 twist	A
Arabian salto	A
Back T, P, L, also with 1/2 twist	A
Back T, P, L, with 1/1 twist	B
Gainer salto T,P,L, also with 1/2 twist	A
Gainer salto tucked with 1/1 twist	B