# EQUIPMENT 2026-2028

## MATS

- **Base Mat:** 1¼" ± ¼" x 12' x 6' — May be underneath or on top of any landing mat.
- **Landing Mat (Throw Mat):** 4" ± ½" x 12' x 6' (10 cm)
- **Competition Landing Mat (CLM):** 4 3/4" - 8" thick ± ½" x 12' x 8' (12 cm - 20 cm)
- **Skill Cushion:** 4" - 8" ± ½" — Soft, open-celled, shock absorbent foam.
- **Sting Mat:** 1¾" ± ¼" — Manufactured mat containing rebound foam.
- **"Plt pillow": min 4' x 6 'x 8"** — Allowed during warm-ups on all events

### VAULT, UNEVEN BARS, BALANCE BEAM

- **The "Required Minimum Matting" for the working and landing area of V, UB, and BB:**
  - **Matting of at least 4 3/4" thick - this may be a non-slip mat at least 4 3/4" or a base mat with a 4" landing mat**
- **Any combination of additional matting may be used provided the total matting does not exceed 19"**
  - **When add'l mats are used, it is recommended that the mats (except sting mat) be the same width**
  - **The top mat, including a sting mat, shall not be wider than any mat underneath it**

**Exception: A mat placed on top of only a base mat may be wider than the base mat provided it is at least 4" thick**

### FLOOR EXERCISE

- **IN ADDITION, up to 2 manufactured mats may be placed separately on the floor with only one mat per acro pass.**
  - **If 8", the skill cushion must be 5' x 10'**
  - **A sting mat may be placed on top of or under an up to 8" skill cushion (including another sting mat) and the combination of the two mats will count as one of the allowed additional mats**
  - **If a mat is removed during a routine, it may not be placed back on the floor**

## BOARD

- Only unaltered manufactured regulation vaulting boards are allowed. Plywood is **not** permitted underneath the board.

## MOUNTING WITH BOARD

- A board/folded panel mat/mount trainer mat may be used for mounting and placed on 1 or 2 10cm-12cm landing mats or 1 20cm landing mat. Tramp-like/inflatable devices are not allowed. In addition, an up to 4" (10cm) skill cushion or sting mat may be added. A base mat may be underneath or on top of a landing mat. A board may **not** be placed on an 8" skill cushion. A folded panel mat or mount trainer mat **may** be placed on an 8" skill cushion. A mounting device may not be placed on another mounting device and must be removed as soon as possible after the gymnast has mounted. A manufactured safety zone mat **shall** be used around the board for any round-off entry mount.

## MOUNTING WITHOUT BOARD

- May mount **without** a board from a maximum of 19" of matting

## VAULT

- **Required Minimum Matting:** The entire landing area of vault **(18' x 8') must** be matted with at least one base mat and one landing mat **OR** a single nonslip landing mat 12cm - 20cm.
- When landing is over a pit, the surface must provide for a solid landing and meet all specifications.
- All manufactured vault tables (incl. retro-fit) are allowed provided they can be adjusted to height specs.
- Pistons/pedestals (vertical uprights) **shall be padded** with the manufacturer's protective padding.
- **Measure** vault table from the highest point of the mid-point of table to the floor.
- **Height:** 100 cm - 135 cm (39½" - 53¼") - must be within the allowances identified by the manufacturer
- **Runway:** Measured from a point even with the front edge of the table. Minimum 60' and no more than 1" thick ± ½"
- A **manufactured hand placement mat** may be placed across the runway for **RO entry vaults only**. Sting mat is **not** allowed.
- **Safety zone mat** is optional for all vaults and **required for round-off entry vaults**.
- A "pit pillow" (max.4' x 6' x 8") may be used **during warm-ups only.**
- A spotting block or folded panel mat may be used to spot but must be removed after the element is performed.

## UNEVEN BARS

- **Required Minimum Matting:** The working and dismount area shall have non-slip matting at least 4 3/4" (12 cm) thick and at least 36 feet long. Matting between the supports of the bars shall be 7 1/2' wide.
- May adjust either bar to any height/width provided that, after adjustment, they are dual-locked and bars remain within the allowances identified by the manufacturer and the low bar is not lower than 58" and the high bar is not lower than 88". Rails should extend to at least 47.2". Round fiberglass rails are required.
- Maximum dual-lock setting must be marked in red and minimum must be marked in black.
- A spotting block or folded panel mat may be used to spot any element but must be removed after the element is performed.
- A "pit pillow" (min.4' x 6' x 8") is allowed during competition for releases only and must be removed immediately.

## BALANCE BEAM

- **Required Minimum Matting:** The working area of BB (under BB and at least 12' x 8' at each end) shall have non-slip matting at least 4 3/4" (12 cm). Both dismount ends must have a min. of 4'x4' of padding to each side of the dismount mat.
- Height shall be 47¼" ± ½" - 49¼" ± ½" (120 cm) measured from the floor to the top of the beam.
- Padding for the beam uprights is recommended.
- Small chalk markings (not tape) on beam are allowed.
- A spotting block or folded panel mat may be used to spot but must be removed after the element is performed.

## FLOOR EXERCISE

- **Size:** Between 39' 4 ½" X 39' 4 ½" (12 meters) and 40' x 40' in an area 42' x 42'; Floor must be a minimum of 1" thick ± ¼"
- Measure from outside of tape or where carpet changes color. Top of the mat must be joined into one continuous level surface.
- When additional matting is used that covers boundary lines, the lines shall be marked on the top mat. If not marked, a 0.1 Chief Judge deduction will be taken and out-of-bounds will be left to the judge's discretion.

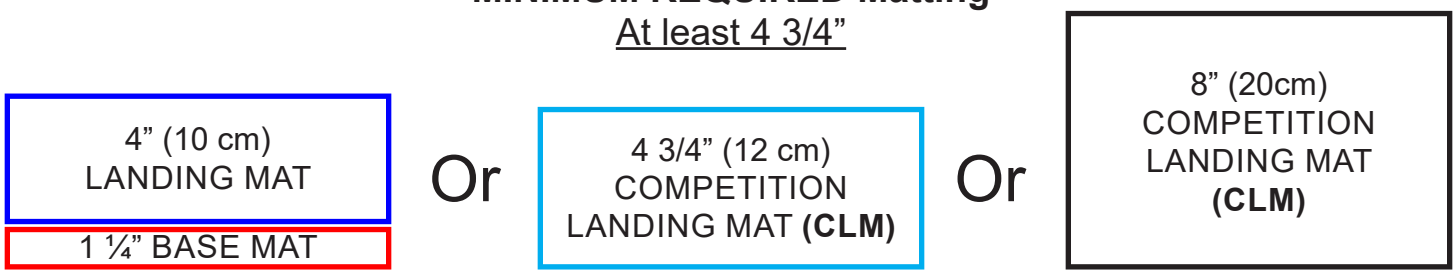
## EQUIPMENT DEDUCTIONS (Chief Judge)

| | |
|---|---|
| 0.3 | failure to remove mounting apparatus / spotting device **or** board on unauthorized surface (from event score) |
| 0.3 | incorrect apparatus specs **or** use of additional mats (from event score) |
| 0.1 | failure to mark additional matting that covers boundary line on FX (from event score) |

**2026-2028**

## MINIMUM REQUIRED Matting

At least 4 3/4”




(Base mat may be under or over any landing mat)

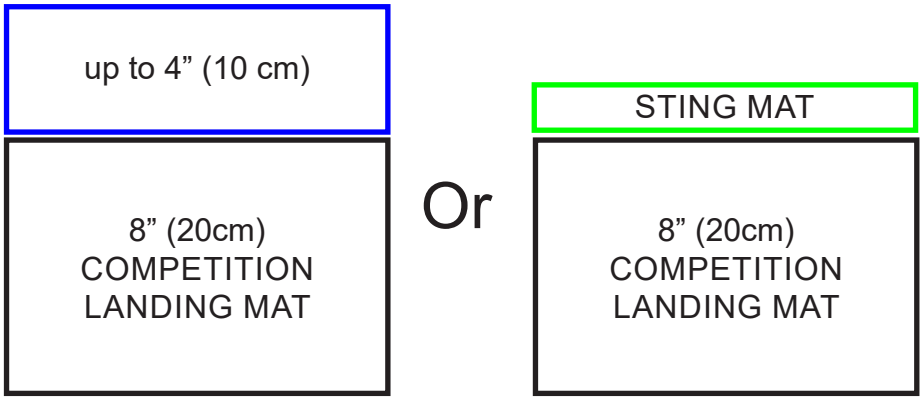
## MAXIMUM ALLOWABLE Matting

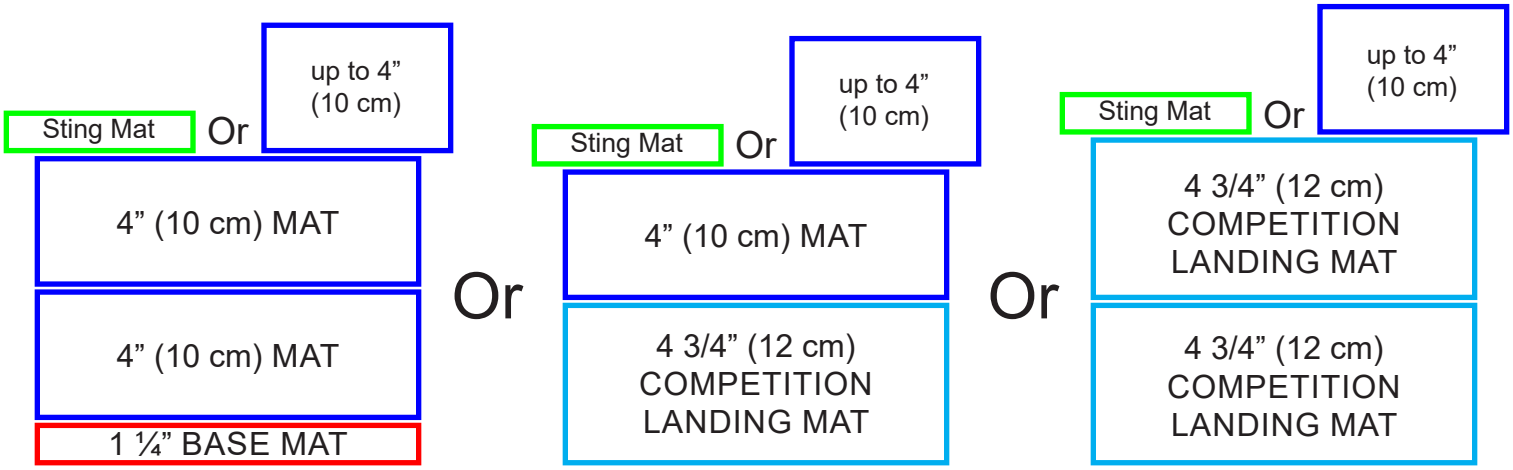
any combination of matting not to exceed 19 inches (48 cm)

## VAULT BOARD, FOLDED PANEL MAT OR MOUNT TRAINER MAT MAY BE USED FOR MOUNTING AND MAY BE PLACED ON

One or two 10 cm or 12 cm mats **or** a 20 cm **CLM** mat.
In addition, an up to 4” (10 cm) skill cushion **or** sting mat may be added.
A mounting device may **not** be placed on top of another mounting device.
Trampoline-like and inflatable rebound devices are **not** permitted.
A vault board may **not** be placed on an 8” **skill** cushion.
A folded panel mat **or** a mount trainer mat **may** be placed on an 8” skill cushion.

**“Pit Pillows”**
(min 4’x6’x8”)
are allowed on all
events for warm-ups
and on bars
during competition
for releases only.




**Floor Exercise—**Up to 2 mats (up to 8”) may be placed separately on the FX area for any element (only one per acro pass). A sting mat may be placed on top of or under an up to 8” skill cushion (including another sting mat) and the combination of the two mats will be counted as one additional mat. If either mat is removed, it may not be placed back on the floor. **Mats must be placed prior to start of routine.**

# BALANCE BEAM

## COMPOSITION (up to 0.6)

- **up to 0.2 - variety of acro and dance**
  - acro flight w/wo hand support / non-flight acro / jumps w/wo twists / leaps / turns
- **up to 0.1 - balance of acro vs. dance**
  - balance in quantity of acro vs dance
  - balance in level of acro vs dance
- **up to 0.1 - lack of acro in 2 directions**
  - one must be forward or sideward
  - one must be backward
  - may include mount
  - handstands are not considered
  - have both **on** the beam - no deduction
  - missing one or both - deduct .1
  - have both but one is dsmt - deduct .05
- **up to 0.1 - level changes and distribution**
  - level changes - high, low, and on the beam
  - level of difficulty not maintained
  - difficult elements not spaced
- **up to 0.1 - artistry and choreography**
  - quality of expression (projection, emotion, focus) and movement to reflect personal style; originality/creativity

## RECOGNITION OF VALUE PARTS

- Elements can receive VP credit twice
- Elements are **different** if:
  - different # in the rulebook
  - saltos have different body position
  - different degree of turn (1/4 not different unless listed in rulebook)
  - takeoff is from 1 or 2 legs on lps/jps/hps
  - support on 1 or 2 arms
  - acros takeoff or land on 1 or 2 legs
  - mount elements are within routine
- AHS leap and jump elements with a 1/2 or 3/4 may be considered different if an add'l 1/4 is added
- Other AHS's with a 1/1, 1 1/2, or 2/1 must add a 1/2 to be considered different.

## DIFFICULTY EXCEPTIONS

- series of cartwheels = S
- series of back walkovers = S
- series of one cartwheel and one back walkover = S

## TIMING

**Not longer than 1:30 -**
(warning at 1:20; overtime -0.1 CJ)
**Less than :30 (short routine) = -2.0 (CJ)**

- Timing begins with takeoff from floor/board
- Time is stopped when gymnast arrives on floor (If in air when final time is called - overtime)
- Evaluate whole routine even if overtime

**Fall timing** - (:45 fall time w/warning at :30)

- Following a fall, time starts when gymnast is on feet and medical assessment is complete
- Stop when feet leave floor to remount
- Resume routine watch w/first movement
- 2nd fall before official time begins - 0.5 fall

## EVENT REQUIREMENTS (ER) (1.0)

- Deduct 0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
  Exception: series may not overlap
- Elements **not** awarded VP credit may **not** fulfill ER

- **min. 360° turn on 1 foot**
- **acro flight element** - must start and finish **on** BB
- **acro series** - must start and finish **on** BB
- **dance series or mixed series (acro and dance)**
  - may **not** include mount or dismount
  - may **not** include dance balances or body waves
- **superior dismount**

## BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)**
  - Second AHS must be different
  - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
  - HS+HS, HS+AHS, AHS+AHS
  - AHS acro directly connected (before or after) to S acro
- **Max. 0.2 may be earned in one of the following ways:**
  a) Low level BBS - same or different(0.1 ea, max. 0.2)
  - S+S, S+HS, S+AHS
  b) 2nd high level BBS - same or different (0.2)
  c) 3rd different Advanced High Superior (0.2)
  - No credit if fall or spot has occurred

**NOTE:** If there is a fall following the second element in a series, BBS credit may be given provided both elements are complete and receive VP credit.

**NOTE:** In a **direct** connection of 3 or more elements, the second and following elements may be used twice when awarding BBS's

## FALLS

- Contact bottom of 1 or 2 feet on top of BB, then fall -
  - give VP, ER, BBS
  - if AHS - no AHS Bonus but may fulfill difficulty
- No touch (bottom) on BB - no VP, no ER, no Bonus
- Deduct for ex/amp errors in addition to fall
- Do not deduct for balance errors/steps leading to fall
  *** (if hands/soles of feet land simultaneously - do not void, 0.5 fall is applied)

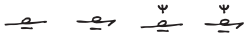
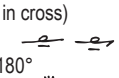
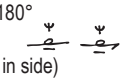
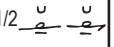
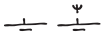
## BALKS (incomplete attempt w/o touch of mount apparatus or beam and w/o running underneath beam)

- If touch or run underneath (-0.5 - judged as a fall)
- No deduction for first balk
- After 2 balks, 3rd attempt allowed with 0.5 deduction
  - Balk-Balk-Mount (-0.5 )
- No 4th attempt allowed

## DISMOUNTS

- Terminates intentionally and does not continue
  -.5 fall w/wo actual fall onto mat
  -.2 no superior dismount
- Dismount of no value (not in rulebook)
  -.2 no superior dismount
- Falls w/o initiating dismount and does not continue
  -.5 fall, -.2 no superior dismount
- Dismount that does not land on the feet first
  -.5 fall, -.2 no superior dismount

# BALANCE BEAM

| Medium | Superior | High Superior | Advanced High Superior |
|---|---|---|---|
| 2.101 tuck jump  | 2.201 tuck jump 1/2  | 2.301 tuck jump 3/4  | 2.401 tuck jump 1/1  |
| 2.102 cat leap  | 2.202 cat leap 1/2  | 2.302 cat leap 1/1  | 2.402 cat leap 1 1/2  |
| 2.103 hopw/free leg above horiz  | 2.203 wolf jump/hop/switch  | 2.303 wolf jump/hop 1/2  | 2.403 wolf jump/hop 3/4  |
| 2.104 | 2.204 pike jump 90°  | 2.304 a. pike jump 90° w/ 1/2 <br>b. pike jump 90° (from side landing in side) <br>c. pike jump 45°  | 2.404 a. pike jump 90° w/ 3/4 <br>b. pike jump 90° w/ 1/2 (from side landing in side) <br>c. pike jump 45° w/ 1/2  |
| 2.105 a. stretched jp w/wo arch; also with beat/change of legs (changement)<br>b. stretched jump 1/2  | 2.205 stretched jump 3/4  | 2.305 stretched jump 1/1  | 2.405 stretched jump 1 1/2  |
| 2.106 split/stag split lp/jp 135°w/wo 1/4  | 2.206 a. split/stag split lp/jp 180° (from cross landing in cross) <br>b. split/stag split lp/jp 180° followed by 1/4 (from cross landing in side)  | 2.306 a. split/stag split lp/jp 180° w/1/2 <br>b. split jp 180° (from side landing in side) <br>c. jump with 1/4 to split 180° (from cross landing in side) <br>d. split jp 180° followed by 1/4 (from side landing in cross)  | 2.406 a. split jump 180° w/ 3/4 <br>b. split jump 180° w/ 1/2 (from side landing in side)  |
| 2.107 | 2.207 side split jp 135°w/wo 1/4  | 2.307 a. side split jp 180° (from cross landing in cross) <br>b. side split jp 180° followed by 1/4 (from cross landing in side)  | 2.407 a. side split jump 180° w/ 1/2 <br>b. side split jp 180° (from side landing in side) <br>c. jump with 1/4 to side split 180° (from cross landing in side) <br>d. side split jp 180° followed by 1/4 (from side landing in cross)  |
| 2.108 | 2.208 | 2.308 a. straddle pike jp (from cross landing in cross) <br>b. straddle pike jp followed by 1/4 (from cross landing in side)  | 2.408 a. straddle pike jump w/ 1/2 <br>b. straddle pike jp (from side landing in side) <br>c. jump with 1/4 to straddle pike (from cross landing in side) <br>d. straddle pike jp followed by 1/4 (from side landing in cross)  |
| 2.109<br>**NOTE:** deduct up to 0.2 if stag into any switch leg leap | 2.209 switch leg lp/jp 135° w/wo 1/4  | 2.309 a. switch leg lp/jp 180° <br>b. split jp 180° w/change of legs (min. 30° leg separation) prior to split (Sweetin)  | 2.409 a. switch lp/jp 180° w/ 1/4 to side split <br>b. switch lp/jp 180° w/ 1/4 to straddle pike <br>c. switch lp/jp to ring at head height <br>d. switch lp/jp 180° w/ 1/2  |
| 2.110 hitchkick, cabriole  | 2.210 | 2.310 | 2.410 |
| 2.111 a. sissone 135° <br>b. stag/double stag lp/jp  | 2.211 a. sissone 180° <br>b. stag/double stag lp/jp w/ 1/2  | 2.311 tour jeté 135°  | 2.411 a. tour jeté 180° <br>b. tour jeté to ring at head height <br>c. tour jeté 135° w/ 1/4 or 1/2  |
| 2.112 | 2.212 ring/stag ring lp/jp at waist height  | 2.312 | 2.412 ring/stag ring lp/jp at head height  |
| 2.113 | 2.213 sheep jump at waist height  | 2.313 | 2.413 sheep jump at head height  |

**NOTES:**

**1:** Jump/leaps to prone shall be evaluated consistent w/ root jump/leap.

**2:** For dance criteria/technique, see Appendix B.

**3.** AHS's that exceed required twist receive AHS credit.

4. Cross position faces the end of the beam; side position faces out

# BALANCE BEAM

## NOTES

- Plywood is **not** permitted under the board
- Trampoline-like and inflatable rebound type devices may not be used for mounting
- Mounting devices may not be stacked on each other
- Spotting - spotting block/folded panel mat allowed
- Less than :30 (short routine) = -2.0 (CJ)

## HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

**Bold = AHS's**

### MOUNTS

1.302a Free jump w/ 1/2 to stand
1.302b Free jump to cross split sit
**1.402 Free jump w/ 1/1 to stand**
1.303 Straddle jump (180°) onto end
1.304 Free switch leg leap to arrive in split sit
**1.404 Split leap with leg change (180°) at end of beam**
1.305a Press handstand from jump or clear support
1.305b Jump w/ hecht phase to cartwheel or handstand
1.306 Jump to handstand (pike), to handspring fwd
**1.406 Hecht to handstand to handspring fwd**
1.307 Head kip
**1.407 Front salto to stand or sit, also w/ 1/2**
1.309 Chest stand 1/1 over shoulder
**1.409 Rear stand - flic-flac to candle to front support/hip circle**
1.310 Round-off, flic-flac to stand/swing down
**1.410 Round-off, back salto**

### LEAPS / JUMPS / HOPS

2.301 Tuck jump 3/4
**2.401 Tuck jump 1/1**
2.302 Cat leap 1/1
**2.402 Cat leap 1 1/2**
2.303 Wolf jump/hop 1/2
**2.403 Wolf jump/hop 3/4**
2.304a Pike jump 90° w/ 1/2
2.304b Pike jump 90° (from side landing in side)
2.304c Pike jump 45°
**2.404a Pike jump 90° w/ 3/4**
**2.404b Pike jump 90° w/ 1/2 (from side landing in side)**
**2.404c Pike jump 45° w/ 1/2**
2.305 Stretched jump 1/1
**2.405 Stretched jump 1 1/2**
2.306a Split/stag split 180° w/ 1/2
2.306b Split jump 180° (from side landing in side)
2.306c Jump w/ 1/4 to split 180° (from cross landing in side)
2.306d Split jump 180° followed by 1/4 (from side landing in cross)
**2.406a Split jump 180° w/ 3/4**
**2.406b Split jump 180° w/ 1/2 (from side landing in side)**
2.307a Side split jump 180° (from cross landing in cross)
2.307b Side split jump 180° followed by 1/4 (from cross landing in side)
**2.407a Side split jump 180° w/ 1/2**
**2.407b Side split jump 180° (from side landing in side)**
**2.407c Jump w/ 1/4 to side split 180° (from cross landing in side)**
**2.407d Side split jump followed by 1/4 (from side landing in cross)**
2.308a Straddle pike jump (from cross landing in cross)
2.308b Straddle pike jump followed by 1/4 (from cross landing in side)
**2.408a Straddle pike jump w/ 1/2**
**2.408b Straddle pike jump (from side landing in side)**
**2.408c Jump w/ 1/4 to straddle pike (from cross landing in side)**
**2.408d Straddle pike jump followed by 1/4 (from side landing in cross)**
2.309a Switch leg leap/jump 180°
2.309b Split jp 180° w/leg change (Sweetin)
**2.409a Switch lp/jp 180° w/ 1/4 to side split**
**2.409b Switch lp/jp 180° w/ 1/4 to straddle pike**
**2.409c Switch lp/jp to ring (head height)**
**2.409d Switch leap 180° w/ 1/2**
2.311 Tour jeté 135°
**2.411a Tour jeté 180°**
**2.411b Tour jeté to ring (head height)**
**2.411c Tour jeté 135° w/ 1/4 or 1/2**
**2.412 Ring/stag ring leap/jump (head height)**
**2.413 Sheep jump (head height)**

### TURNS

**3.401 2/1 turn or more**
3.302 1/1 turn holding leg at min. 45° above horiz
3.303 1/1 turn w/leg at or above horizontal
**3.403 1 1/2 turn or more w/leg at or above horiz**
3.304 1/2 illusion
**3.404 1/1 illusion or more**
3.305 1 1/2 turn in tuckstand on one leg
**3.405 2/1 turn or more in tuckstand on one leg**

### HOLDS - DANCE (2 sec.)

5.301 Stand w/free leg in 180° split (w/o use of hand)

### HOLDS - STANDS

6.301 Handstand, stoop thru to splits/clear "V"
6.302a One-arm handstand (2 sec)
6.302b Planche (2 sec)
6.302c Handstand 1/1

### ROLLS

7.303 Backward roll to handstand

### WALKOVERS / CARTWHEELS

8.301 Walkover forward in side position
**8.401 Aerial walkover forward**
8.302 Walkover forward on one arm
**8.402 Onodi - flic-flac 1/2 to fwd walkover**
8.304a Valdez on one arm
8.304b Valdez 1/1
**8.405 Aerial cartwheel**

### HANDSPRINGS

9.301a Handspring forward
9.301b Handspring forward on one arm
9.302a Gainer flic-flac, also on one arm
9.302b Flic-flac on one arm
**9.402 Chen flic - w/tuck-stretch to cross sit**
9.303a Flic-flac w/ 1/4 to handstand
9.303b Flic-flac w/ 1/2 twist
**9.403a Flic-flac w/ 3/4 - 1/1 to stand**
**9.403b Flic-flac w/ 1/1 to cross sit**

### SALTOS

10.301 Front aerial/salto to sit
**10.401 Salto (fwd/bwd/swd) w/wo twist**

### DISMOUNTS

11.301 Cartwheel 1 3/4
11.302 Handspring 1 1/2
**11.402 1/4 on back salto off (Tsuk dsmt)**
11.303a Aerial walkover 1/1
11.303b Aerial roundoff 1/2
**11.403a Aerial walkover 1 1/2 or more**
**11.403b Aerial roundoff 1/1 or more**
11.304 Salto forward (stretched) w/wo 1/2
**11.404 Salto forward 1/1 or more**
11.305 Arabian salto
**11.405 Double salto (fwd/arabian)**
11.306 Salto backward 1/2
**11.406 Salto backward 1/1 or more**
11.307 Gainer back salto 1/2 at side
**11.407 Gainer back salto 1/1 or more**
11.308 Gainer salto at end (tuck)
**11.408 Gainer salto at end (pike/stretched)**
**11.409 Double salto (bwd)**

# DANCE CRITERIA / TECHNIQUE

## TUCK JUMP

Expectation: Thighs horizontal, knees bent to 90°

- Insufficient tuck (thighs up to 44° below horizontal) - up to .2
- Thighs >44° below horizontal - credit as stretched jump with abstract leg position

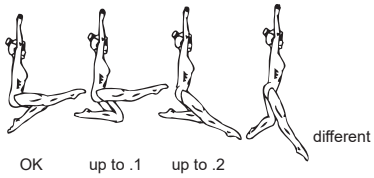


OK up to .2 different

## WOLF JUMP

Expectation: Thighs horizontal, one knee bent to 90°

- Thighs up to 44° below horizontal - up to .1 each
- Thighs >44° below horizontal - credit as stretched jump

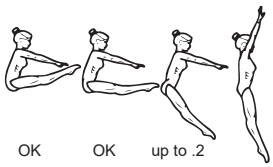


OK up to .1 up to .2 different

## PIKE JUMP

Expectation: 90° closure, legs straight

- Closure 91° - 134° - up to .2
- Closure >134° - credit as stretched jump



OK OK up to .2 different

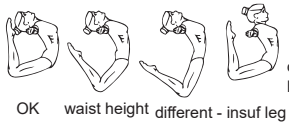
## RING LEAP or JUMP / SHEEP JUMP

Expectation: Head release backward past vertical line, foot at waist or head height required

- No head release - credit as different element
- Waist height required - up to .2 if at least hip height
- Head height required - up to .2 if at least shoulder height
- Front leg should be a minimum of 45° - up to .1



OK shoulder height waist height different - no head release



different - no head release

OK waist height different - insuf leg height

## CAT LEAP

Expectation: Thighs horizontal, 90° hip angle, knees bent, legs turned out, alternate leg lift

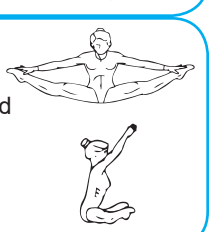
- Thighs up to 44° below horizontal - up to .1 ea
- Incorrect leg position (lack of knee bend) - up to .2



## STRADDLE PIKE JUMP

Expectation: Thighs horizontal, 135° split, legs slightly forward with hips piked

- Thighs up to 44° below horizontal - up to .2
- Split missing up to 44° - up to .2
- Thighs >44° below horizontal or split <91° - credit as different element



## SIDE SPLIT JUMP

Expectation: 135° or 180° split required

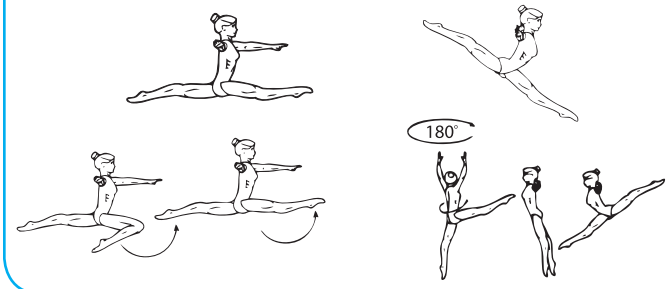
- Split missing up to 44° - up to .2
- Split less than 91° - credit as different element



## SPLIT / STAG SPLIT / SISSONE / TOUR JETE

Expectation: 135° or 180° split required

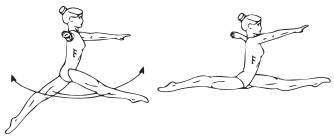
- Split missing up to 44° - up to .2
- Split less than 91° - credit as different element

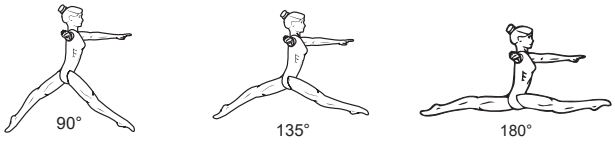



## SWITCH LEG LEAPS

Expectation: 135° or 180° split required after switch, straight leg swing before switch to at least 45°

- Leg swing below 45° - up to .1
- If stag prior to first split - up to .2
- Split missing up to 44° - up to .2
- Split less than 91° - credit as different element



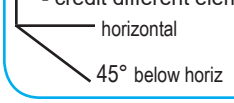



### Tuck, Cat, Wolf, Straddle Pike, Hitchkick

- **horizontal expected**

If up to 44° below horiz,
- deduct up to 0.2

If > 44° below horizontal,
- credit different element




### Pike Jump

- **90° closure expected**

If 91°-134° closure,
- deduct up to 0.2

If > 134°,
- credit as stretched jump




### Split Leaps/Jumps

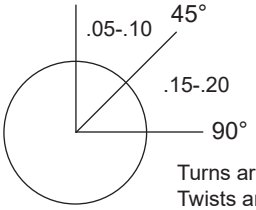
- **135° or 180° split expected**




If up to 44° is missing,
- deduct up to 0.2

If > 44° is missing,
- credit different element

### Dance Turns and Leaps/Jumps w/ Twists




**(1/1 or more)**

1° - 44° deduct .05 - .1
45° - 89° deduct .15 - .2

If > 89° is missing,
- credit different element

Turns are complete when heel drops.
Twists are complete when feet land.

# FLOOR EXERCISE

## COMPOSITION (up to 0.6)

- **up to 0.2 - variety of acro and dance**
  - acro flight w/wo hand support / non-flight acro / jumps w/wo twists / leaps / turns
- **up to 0.1 - balance of acro vs. dance**
  - balance in quantity of acro vs dance
  - balance in level of acro vs dance
- **0.1 - lack of acro in 2 directions**
  - one must be forward or sideward
  - one must be backward
  - must be within a pass
  - excludes roundoff and handstand
- **up to 0.1 - use of floor and distribution**
  - level of difficulty not maintained
  - difficult elements not spaced
- **up to 0.1 - artistry and choreography**
  - quality of expression (projection, emotion, focus) and movement to reflect personal style; originality/creativity

## RECOGNITION OF VALUE PARTS

- Elements can receive VP credit twice
- Elements are **different if:**
  - different # in the rulebook
  - saltos have different body position
  - different degree of turn (1/4 not different unless listed in rulebook)
  - support is on 1 or 2 arms
  - takeoff for leaps or jumps is from 1 or 2 legs
- Elements are the **same if:**
  - takeoff for acro elements is from 1 or 2 legs
- Note: AHS elements with a 1/1, 1 1/2, or 2/1 must add a 1/2 to be considered different.

## ADDITIONAL MATTING

- Add'l matting may be used for any type of element
- up to 2 mats (max. 8") may be placed separately on FX
- If 8", the skill cushion must be 5'x10'
- A sting mat may be placed on top of or under an up to 8" skill cushion (including another sting mat) and the combination of the 2 mats will count as 1 of the allowed additional mats
- Only one mat may be used per acro pass
- If mat covers boundary, boundary must be marked
- Failure to mark boundary on mat = -0.1 CJ
- There is no requirement to remove additional mats
- If removed, may not be placed back on FX
- Stepping inside boundary to place, adjust, or remove mat is permissible

## EVENT REQUIREMENTS (ER) (1.0)

- Deduct 0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Elements **not** awarded VP credit may not fulfill ER

- **min. 180° twisting salto**
  - entire twist must be in air
- **3 acro passes**
  - 3 directly connected acro elements
  - **or** 2 directly connected acro flight elements that include a HS, AHS, or BBS. No rolls allowed.
  - **or** 1 AHS acro element (may be isolated)
  - except for the round-off, all elements in a pass must receive Value Part credit
  - all elements may be in any direction (bwd/fwd/swd)
- **superior acro dismount**
  - may be in 3rd acro pass
  - **or** may be the last acro element in the routine
  - credit may be awarded if 1st or 2nd pass is broken
- **superior turn on 1 foot**
  - may be isolated or within a series or dance passage
- **dance passage**
  - must include 2 different Group 1 leaps/jumps
  - may be directly or indirectly connected
  - must include a leap (cross or side split position)
  - must include a superior

## BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)**
  - Second AHS must be different
  - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
  - HS+HS, HS+AHS, AHS+AHS
  - AHS acro directly connected (before or after) to S salto
- **Max. 0.2 may be earned in one of the following ways:**

a) Low level BBS - same or different (0.1 ea, max. 0.2)
- S+S, S+HS, S+AHS

b) 2nd high level BBS - same or different (0.2)

c) 3rd different Advanced High Superior (0.2)
- No credit if fall or spot has occurred

**NOTE:** In a **direct** connection of 3 or more elements, the second and following elements may be used twice when awarding BBS's. For acro elements only, the connection may be **direct or indirect.**

## DIFFICULTY EXCEPTIONS

- series of flic-flacs (back handsprings) = S
- series of front handsprings = S

## TIMING

**Not longer than 1:30 -**

- Timing begins with first movement
- Time stops with gymnast's final position
- Evaluate whole routine even if overtime
- No warning is called

**Less than :30 (short routine) = -2.0 (CJ)**

# FLOOR EXERCISE

| Medium | Superior | High Superior | Advanced High Superior |
|---|---|---|---|
| 1.101 tuck jp w/wo 1/2  | 1.201 tuck jp 1/1  | 1.301 tuck jp 1 1/2  | 1.401 tuck jp 2/1  |
| 1.102 cat lp w/wo 1/2  | 1.202 cat lp 1/1  | 1.302 cat lp 1 1/2  | 1.402 cat lp 2/1  |
| 1.103 wolf jp/hop/switch  | 1.203 wolf jp/hop 1/2  | 1.303 wolf jp/hop 1/1  | 1.403 wolf jp/hop 1 1/2  |
| 1.104 pike jp 90°  | 1.204 pike jp 90° w/ 1/2  | 1.304 pike jp 90° w/ 1/1  | 1.404 pike jp 90° w/ 1 1/2  |
| 1.105 stretched jp 1/1  | 1.205 stretched jp 1 1/2  | 1.305 stretched jp 2/1  | 1.405 stretched jp 3/1  |
| 1.106 a. split/stag split lp/jp 180°  b. stag/double stag lp/jp w/wo 1/2  | 1.206 a. split/stag split lp/jp 180° w/ 1/2  b. stag/double stag lp/jp w/ 1/1  c. jeté en tournant (1/4 to 1/2 into 180° split leap)  | 1.306 split lp/jp 180° w/ 1/1  | 1.406 a. split jp 180° w/ 1 1/2  b. lp 1 1/2 tw in horiz to prone (Khorkina)  |
| 1.107 side split lp/jp 135°  | 1.207 side split lp/jp 180° w/wo 1/2  | 1.307 side split jp 180° w/ 1/1  | 1.407 side split jp 180° w/ 1 1/2  |
| 1.108 | 1.208 a. straddle pike jp w/wo 1/2  b. Schushunova w/wo 1/2  | 1.308 a. straddle pike jp w/ 1/1 (Popa)  b. Schushunova w/ 1/1  | 1.408 straddle pike jp w/ 1 1/2  |
| 1.109 switch leg lp 135°  **NOTE:** deduct up to 0.2 if stag into any switch leg leap | 1.209 a. switch leg lp 180°  b. switch leg lp 180° to split sit  | 1.309 a. switch leg lp 180° w/ 1/2  b. switch leg lp 180° w/ 1/4 to side split  c. switch leg lp 180° w/ 1/4 to straddle pike  d. switch leg lp to ring at head height  | 1.409 a. switch leg lp 180° w/ 1/4 to side split w/ additional 1/2  b. switch leg lp 180° w/ 1/4 to straddle pike w/ additional 1/2  c. switch leg lp 180° w/ 1/1  |
| 1.110 hitchkick, cabriole  | 1.210 | 1.310 | 1.410 |
| 1.111 a. sissone 180°  b. tour jeté 135°  | 1.211 a. tour jeté 180°  b. tour jeté 180° to split sit  | 1.311 a. tour jeté 135° w/ 1/2  b. tour jeté 135° to ring at head height  | 1.411 a. tour jeté 180° w/ 1/2 (Strug)  b. tour jeté 135° to ring w/ 1/2  |
| 1.112 ring/stag ring lp/jp at waist ht  | 1.212 ring/stg ring lp/jp w/wo 1/2 at head ht  | 1.312 stag ring jp w/ 1/1 at head height  | 1.412 ring jp w/ 1/1 at head ht  |
| 1.113 sheep jp at waist height  | 1.213 sheep jp at head height w/wo 1/2  | 1.313 sheep jp w/ 1/1 at head height  | 1.413 |
| 1.114 hop 1/2, free leg extended above horizontal  | 1.214 a. hop 1/1, free leg extended above horizontal  b. fouetté-hop to land in scale  | 1.314 hop 1 1/2, free leg extended above horizontal  | 1.414 hop 2/1, free leg extended above horizontal  |

**NOTES:** 1. Jump/leaps to prone shall be evaluated consistent w/ root jump/leap. 2. For dance criteria/technique, see Appendix B 3. AHS's that exceed required twist receive AHS credit..

## HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

### LEAPS / JUMPS / HOPS

1.301 Tuck jump 1 1/2
**1.401 Tuck jump 2/1**
1.302 Cat leap 1 1/2
**1.402 Cat leap 2/1**
1.303 Wolf jump/hop 1/1
**1.403 Wolf jump/hop 1 1/2**
1.304 Pike jump 90° w/ 1/1
**1.404 Pike jump 90° w/ 1 1/2**
1.305 Stretched jump 2/1
**1.405 Stretched jump 3/1**
1.306 Split leap/jump 180° w/ 1/1
**1.406a Split jump 180° w/ 1 1/2**
**1.406b Leap 1 1/2 in horiz to prone (Khorkina)**
1.307 Side split jump 180° w/ 1/1
**1.407 Side split jump 180° w/ 1 1/2**
1.308a Straddle pike jump w/ 1/1 (Popa)
1.308b Schuschunova w/ 1/1
**1.408 Straddle pike jump w/ 1 1/2**
1.309a Switch leap 180° w/ 1/2 twist
1.309b Switch leap 180° w/ 1/4 to side split
1.309c Switch leap 180° w/ 1/4 to straddle pike
1.309d Switch leap to ring (head height)
**1.409a Switch 180° w/ 1/4 to side split w/ 1/2**
**1.409b Switch 180° w/ 1/4 to straddle pike w/ 1/2**
**1.409c Switch leap 180° w/ 1/1 (Frolova)**
1.311a Tour jeté 135° w/ 1/2
1.311b Tour jeté 135° to ring (head height)
**1.411a Tour jeté 180° w/ 1/2 (Strug) or more**
**1.411b Tour jeté 135° to ring w/ 1/2 (Jackson)**
1.312 Stag ring jump 1/1 (head height)
**1.412 RIng jump 1/1 (head height)**
1.313 Sheep jump w/ 1/1 (head height)
1.314 Hop 1 1/2, free leg above horizontal
**1.414 Hop 2/1, free leg above horizontal**

### TURNS

2.301 2/1 - 2 1/2 turn
**2.401 3/1 turn**
2.302 1 1/2 turn w/ leg at horizontal
**2.402 2/1 turn w/ leg at horizontal**
2.303 1 1/2 turn w/ leg held at 180°
**2.403 2/1 turn w/ leg held at 180° (Memmel)**
2.304 1 1/2 Illusion
**2.404 2/1 Illusion**
2.305 1 1/2 turn in tuckstand on one leg
**2.405 2/1 turn in tuckstand on one leg**

### HANDSTANDS

3.301 Handstand w/ 2/1 or more

### ROLLS

4.301 1/1 twist to hecht roll
4.302 Bwd roll to handstand w/ 2/1 or more

### HANDSPRINGS

6.301 Handspring forward w/ 1/1
6.305 Flic-flac w/ 1/1

### SALTOS - FWD

8.301 Salto fwd stretched w/wo 1/2
**8.401 Salto fwd w/ 1/1 or more**
**8.403 Double salto fwd, also w/ 1/2**

### SALTOS - BWD

9.301 Salto backward w/ 1/1 twist
**9.401 Salto backward w/ 1 1/2 or more**
**9.403 Double salto bwd, also w/twist**
9.304 Whip salto backward w/ 1/1

### ARABIAN SALTOS

10.301 Arabian stretched
**10.401 Arabian double salto**

**Bold = AHS's**

# GENERAL

## Spotting
- **Touch with Assist**
  - deduct .5 for spot (assist)
  - no VP credit is given
  - no credit for ER/Bonus
- **Touch w/ No Assist**
  - deduct . 5 for spot (touch)
  - give VP credit
  - give credit for ER/BBS
- **Catch Falling Gymnast**
  - if fall and spot occur simultaneously, deduct only for the fall

## Difficulty Required

| | |
|---|---|
| 1 HS/AHS @ .3 | .3 |
| 3 S @ .5 | 1.5 |
| 4 M @ .3 | 1.2 |
| Total | 3.0 |

- Higher value elements may be used to replace missng lower value elements on a one-to-one basis and will retain their value

## Range of Scores

| | |
|---|---|
| 9.5 - 10.0 | .2 |
| 8.5 - 9.475 | .3 |
| 7.0 - 8.475 | .5 |
| Below 7.0 | 1.0 |

- Average score determines the range

## Equipment Failure
**Includes broken/torn handgrip (not incl. bandages or footwear)**
- **If Gymnast Stops**
  - may repeat from point of interruption after reasonable amount of rest (CJ determines time)
- **If FX Routine is Completed**
  - gymnast decides whether or not to repeat from point of interruption prior to receiving score
  - if repeated, second score is final

# VAULT

## GENERAL
- Spotting - Spotting block or folded panel mat may be used.
- One hand placement mat may be placed on runway for RO vaults only
- A sting mat may not be placed on the runway.
- Pit pillow is allowed in warm-ups only
- Tape or velcro (max. 2"x3'), (no chalk), may be placed on runway and must be removed at the end of the rotation.
- Tape, chalk, or other substances are not permitted on table.
- Tape is not allowed on the hand placement mat, chalk is OK

## PERFORMANCE
- 2 vaults, same or different; average each, better score counts
- Vault value determined by vault performed.
- Body position for majority of vault determines vault performed.
- No penalty for not announcing vault or for performing a different vault than announced
- Vault w/o signal from Chief Judge = -0.5 from next vault performed (Vault w/o signal does **not** count as one of the 3 attempts)
- Coach between board and table = -0.5 (unless spotting the 1st flight of a handspring)

## ROUND-OFF ENTRY VAULTS
- Safety zone mat must be around front and sides of board
- Judging begins with takeoff from board

## BALKS
- Balk is an attempt **w/wo** touch of board, table, hand placement mat, or safety zone mat that does **not** result in rest or support on top of vault table (fall on runway is considered a balk). Rest/support on table = VOID vault
- 3 attempts to complete one or both vaults
- No 4th attempt allowed

balk - vault - vault } **OK**
vault - balk - vault }

balk - balk - vault } **OK** but no 2nd vault
balk - vault - balk }
vault - balk - balk }

balk - balk - balk } score = 0

## FACILITATING VAULTS
- Spotting that does not facilitate or spot on landing = -0.5
- Spotting assistance/facilitating vault = VOID
  (ex: handspring - 1st and/or 2nd flight = -1.0 each time)
  (ex: salto vaults - 1st flight = VOID; 2nd flight = -1.0)

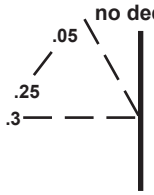
## TIMING
- Following a fall on the 1st vault, gymnast has 45 seconds after on feet and medical assessment is complete to begin the 2nd vault

2026-2028

## Over/Under Rotated Turn on Landing

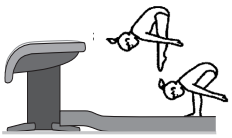
| | |
|---|---|
| 1° - 30° | .05 -.1 |
| 31° - 60° | .15 -.2 |
| 61° - 89° | .25 -.3 |
| 90° or more | diff. vault |

## Insufficient Extension / Opening










(deduction should reflect body shape prior to landing)

## VAULT DEDUCTIONS (Vertical Vaults)

### First Flight

| | |
|---|---|
| Failure to take-off from board with 2 feet | .2 |
| Legs crossed | up to .1 |
| Incorrect foot form | up to .1 |
| Leg separations | up to .2 |
| Bent knees | up to .3 |
| Hip angle (pike) | up to .3 |
| Arched Body | up to .2 |
| Incomplete Twist | up to .3 |

### Repulsion Phase

| | |
|---|---|
| Bent arms | up to .5 |
| Head on table (includes arms) | 2.0 |
| Too long in support (non-salto vaults) | up to .5 |
| Legs bent in support (salto vaults) | up to .3 |
| Shoulder angle | up to .2 |
| Arched body | up to .2 |
| Not thru vertical | up to .3 |
| Staggered/alt hands (fwd entry vaults) | up to .1 |
| Alternate repulsion (fwd entry vaults) | up to .2 |
| Add'l hand placements | up to .3 |
| Twist too soon | up to .3 |
| One hand vault (CJ) | 1.0 |
| No hand contact | VOID |

### Second Flight

| | |
|---|---|
| Legs crossed | up to .1 |
| Incorrect foot form | up to .1 |
| Leg separations | up to .2 |
| Bent knees | up to .3 |
| Insuf. tuck/pike/stretch | up to .3 |
| Insuf. exactness of twist | up to .1 |
| Late completion of twist | up to .3 |
| Height | up to .5 |
| Length | up to .3 |
| Extension (str. vaults) | up to .3 |
| Insuf/Late ext (⋀,V) | up to .25 |
| No extension (⋀,V) | .3 |
| Under rotation (saltos) | up to .1 |
| Brush/hit on table | up to .2 |

### Landing

| | |
|---|---|
| Incomplete/Over Twist | up to .3 |
| Direction | up to .3 |
| Dynamics | up to .3 |

### Landing

| | |
|---|---|
| Slight hop/adjustment/ feet staggered | up to .1 |
| Extra arm swings | up to .1 |
| Add'l trunk movements | up to .2 |
| Body posture on landing | up to .2 |
| Small/medium steps (max .4) | .1 - .15 each |
| Large step/jump (3'+, max .4) | .2 each |
| Squat on landing (hips lower than knees) | up to .3 |
| Brush/touch w/hand(s) on mat (no support) | up to .3 |
| Fall/support on mat w/ hand(s) | .5 |
| Fall to knees/hips | .5 |
| Fall against apparatus | .5 |
| Land in sit/lie/stand on table | VOID |
| Not to feet first landing | VOID |

** Feet first = any part of the bottom of the feet (if hands/feet land simultaneously - do not void)

# UNEVEN BARS

## COMPOSITION (up to 0.6)

- **up to 0.2 - lack of variety of elements**
  - kips / casts / counterswings / uprises / hip circles / giants / straddle circles / stalder circles / circle-swings / pirouettes / releases / uncharacteristic (-0.1)
- **0.1 - lack of two bar changes**
  - fall from 1 bar, continue on other bar counts as a bar change
- **0.1 - lack of a direction change**
  - must be in an element of value
  - must continue in opposite direction
  - may not be in the mount or dismount
- **up to 0.1 - lack of using all space/levels**
  - above/below, inside/outside bars
- **up to 0.1 - lack of distribution**
  - level not maintained
  - difficult elements not spaced

## RECOGNITION OF VALUE PARTS

- Elements can receive VP credit twice
- Elements are **different** if:
  - different # in the rulebook
  - saltos have different body position
  - kips end in a different position
  - different degree of turn - 1/2, 1/1, 1 1/2
  - support on 1 or 2 arms
  - legs together or straddled in saltos or Tkatchevs
  - mounts performed within routine
- Elements are the same if:
  - finish in a different grip
  - legs together or straddled (not incl. saltos/Tkatchevs)

## DISMOUNTS

- Terminates intentionally and does not continue
  - -.5 fall w/wo actual fall onto mat
  - -.2 no superior dismount
- Dismount of no value (not in rulebook)
  - -.2 no superior dismount
- Falls w/o initiating dismount and does not continue
  - -.5 fall, -.2 no superior dismount
- Dismount that does not land on the feet first
  - -.5 fall, -.2 no superior dismount

## NOTES

- Plywood is **not** permitted under the board
- Trampoline-like and inflatable rebound type devices may not be used for mounting
- Mounting devices may not be stacked on each other
- Spotting - spotting block/folded panel mat allowed
- A pit pillow is allowed for warm-ups on all events
- A pit pillow is allowed during competition for bar releases only and must be removed immediately
- Tap swings are considered extra swings (-0.3)
  - 2 or more consecutive extra swings (-0.5)
- When a turn follows a handstand or circling element to handstand, the turn is part of that element and all is considered as 1 element
- Less than 5 elements (short routine) = -2.0 (CJ)

## EVENT REQUIREMENTS (ER) (1.0)

- Deduct 0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Elements **not** awarded VP credit may **not** fulfill ER

- **superior release/flight element -** excludes dismount
- **360° clear circle ending in clear support/handstand - (clear hip circle, stalder circle, or pike sole circle)**
- **kip**
- **stretched element within 20° of vertical or that passes thru vertical**
- **superior dismount**

## BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)**
  - Second AHS must be different
  - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
  - HS+HS, HS+AHS, AHS+AHS
- **Max. 0.2 may be earned in one of the following ways:**
  - a) Low level BBS - same or different (0.1 ea, max. 0.2)
    - S+S, S+HS, S+AHS
  - b) 2nd high level BBS - same or different (0.2)
  - c) 3rd different Advanced High Superior (0.2)
    - No credit if fall or spot has occurred

**NOTE:** In a **direct** connection of 3 or more elements, the second and following elements may be used twice when awarding BBS's

## FALLS

- Contact with bar, then fall -
  - give VP, ER, BBS
  - if AHS - no AHS Bonus but may fulfill difficulty
- No touch of bar - no VP, no ER, no Bonus
- Deduct for ex/amp errors in addition to fall
- Do not deduct for steps leading to fall on dismount
  - *** (if hands/bottom of feet land simultaneously - do not void, 0.5 fall is applied)
- If after extra swing(s), the gymnast jumps down from the bars, deduct only 0.5 for a fall

## BALKS (incomplete attempt w/o touch of mount apparatus or bars and w/o running underneath bars)

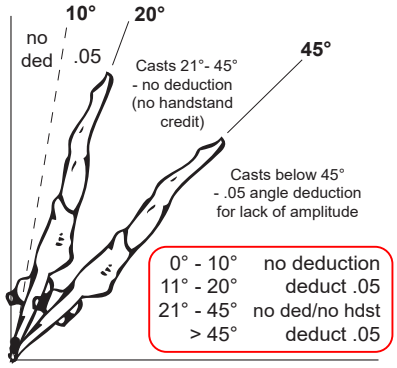
- If touch or run underneath (-0.5 - judged as a fall)
- No deduction for first balk
- After 2 balks, 3rd attempt allowed with 0.5 deduction
  - Balk-Balk-Mount (-0.5 )
- No 4th attempt allowed

## FALL TIMING

- :45 fall time w/warning at :30
- Following a fall, time starts when gymnast is on feet and medical assessment is complete
- Stop when feet leave floor to remount
- Coach may lift gymnast to bar after a fall
- 2 pump swings allowed to initiate swing
- Resume judging with first element performed

# UNEVEN BARS

## CASTS TO HANDSTANDS & FLIGHT TO HANDSTANDS ON LB

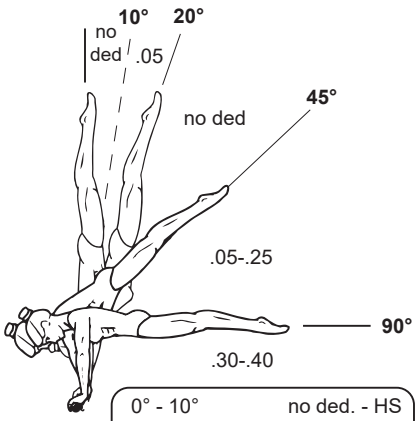



| | |
|---|---|
| 0° - 10° | no deduction |
| 11° - 20° | deduct .05 |
| 21° - 45° | no ded/no hdst |
| > 45° | deduct .05 |

Although vertical is expected of all handstands, attempts within 20° of vertical receive superior credit.

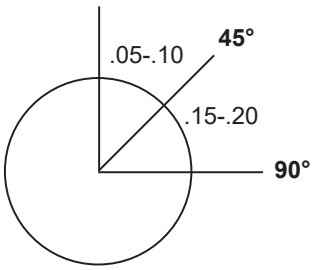
**Note:** Cast deductions are **not** applied to casts prior to a squat/stoop/straddle onto LB, jump to grasp HB. Deduct .05 if no backward swing of legs prior to feet contacting bar (lift of hips only).

## AMPLITUDE AT COMPLETION (Clear Hip Circles Only)




| | |
|---|---|
| 0° - 10° | no ded. - HS |
| 11° - 20° | deduct .05 - HS |
| 21°- 45° | no ded. - S |
| 46°-89° | deduct .05-.25 - S |
| 90°-below | deduct .30-.40 - S |

## DISMOUNTS w/ TWISTS

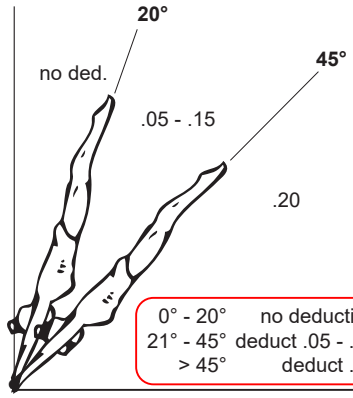



| | |
|---|---|
| 1° - 44° | deduct .05 - .10 |
| 45° - 89° | deduct .15 - .20 |

**If 90° or more is missing, credit the value part for element performed. Twists are complete when feet contact floor.**

## AMPLITUDE AT TURN COMPLETION (Pirouettes & Hop Grip Changes)

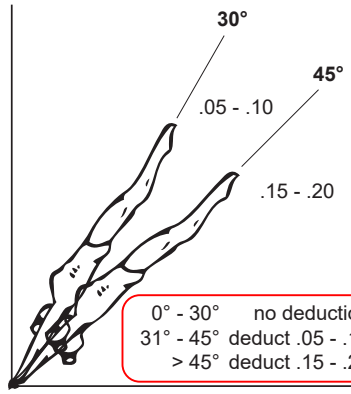
**Turns IN Handstand (180°, 360° to any grip)**




| | |
|---|---|
| 0° - 20° | no deduction |
| 21° - 45° | deduct .05 - .15 |
| > 45° | deduct .20 |

## AMPLITUDE AT TURN COMPLETION

**Turns AFTER Handstand (Healy's)**




| | |
|---|---|
| 0° - 30° | no deduction |
| 31° - 45° | deduct .05 - .10 |
| > 45° | deduct .15 - .20 |

## HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

### MOUNTS
1.301 Jump (bent) to hdst on LB w/ 1/2
**1.401 Jump (stretched) to hdst on LB, w/wo 1/2**
1.302a Jump 1/2, flight bwd over LB
1.302b Roundoff, flight bwd over LB
**1.402 Salto to sit or to catch either bar**
1.303 Hecht over LB to catch HB
1.305 Glide w/ 1/1 to catch HB
1.308 Jump 1/2, kip to HB
1.309 Glide LB, cut catch HB, also w/ 1/2

### CASTS
2.301a Cast handstand hop to grip change
2.301b Cast handstand 1/2
**2.401a Cast handstand w/ 1/1 after (Healy)**
**2.401b Cast handstand w/ 1/1 in handstand**
2.302 Rear vault/stoop or straddle w/ 1/2 over HB
**2.402 Salto roll fwd LB to HB**
**2.403 Brause**
**2.404 From HB - cast front salto to catch HB**

### COUNTERSWINGS/UPRISES
3.301 Counterflight over LB (piked) to catch LB
**3.401 Counterflight to handstand on LB**
**3.402 From hdst - swing fwd w/flight over LB or to handstand on LB**
3.303 Uprise to clear support on HB, w/wo turn, or with flank/rear/straddle vault over HB
**3.403 Uprise to hdst on HB, w/wo turn or hop**

### HIP CIRCLES
4.301 Clear hip hecht LB to catch HB, w/wo 1/2
**4.401 Schaposchnikova**
4.302 Clear hip handstand
**4.402a Clear hip handstand w/ turn**
**4.402b Clear hip handstand hop to grip change**
4.303 Clear underswing LB, counterflight catch HB
**4.403 Hindorff**
4.304 Weiler kip to clear support
**4.404 Weiler kip to handstand**

### GIANT SWINGS - BWD
5.301 Giant circle backward on HB
**5.401a Giant circle backward w/turn**
**5.401b Giant circle hop to grip change**
**5.402a Flyaway HB to LB - tuck**
**5.402b Flyaway HB to LB - stretched (Pak)**
**5.403 Back tuck 1/2 - LB to HB (Laumann)**
**5.404 Deltchev**
**5.405 Geinger**
**5.406 Tkatchev**

### GIANT SWINGS - FWD
**6.401 Giant circle forward w/wo turn**
**6.402 Jaeger**
**6.403 Jaeger from LB to HB**
**6.404 From hdst - swing fwd, 1/2 straddle bwd over HB (Khorkina)**

### STRADDLE/STALDER CIRCLES
7.301 Stalder bwd LB, counterflight catch HB (Ray)
**7.402 Stalder fwd to handstand w/wo turn**
**7.403 Stalder bwd to handstand w/wo turn**

### CIRCLES/SWINGS
8.301 Dislocate w/ flight over LB
**8.401 Dislocate w/ flight to handstand on LB**
8.302 Toe-on underswing LB counterflight catch HB
**8.402 Toe-on bwd thru hdst, flight to hang on HB**
8.303 Toe-on fwd or bwd to handstand
**8.403 Toe-on fwd or bwd to handstand w/turn**
8.304a From hang - swing 1/2 over LB (bail)
8.304b From support on HB - swing 1/2 over LB
**8.404a Swing 1/2 to handstand on LB**
**8.404b From hdst - swing 1/2 over LB**
**8.404c From hdst - swing 1/2 to hdst on LB**
8.306 Swing fwd w/ 1 1/2 twist
8.307 From HB - cast bwd w/ 1/1 to recatch HB

### DISMOUNTS
9.301 Underswing 1 1/2
**9.401 Toe-on/clr undrswng front salto w/wo twist**
9.302a Hecht with 1/1 twist
9.302b Clear hip hecht w/wo twist
**9.402 Toe-on 1/2 back salto (Comaneci)**
**9.403a Near hdst - salto bwd from hands**
**9.403b Clear hip - salto bwd from hands**
**9.403c Stalder - salto bwd from hands**
**9.403d Giant - salto bwd from hands**
9.304 Tanac w/ 1/1
9.305a Flyaway - tuck/pike w/ 1/1
9.305b Flyaway - stretched w/wo 1/2
**9.405a Flyaway - tuck/pike w/ 1 1/2**
**9.405b Flyaway - stretched w/ 1/1 or more**
**9.405c Flyaway - any double salto**
9.306a Inward fwd salto w/wo 1/2
9.306b Cross grip, 1/2, inward fwd salto
**9.406a Inward fwd salto w/ 1/1 or more**
**9.406b Support on HB - cast inward salto**

**Bold = AHS's**