

UNITED STATES GYMNASTICS FEDERATION



PROPOSED U.S.G.F. RULES AND CODE OF POINTS FOR ELITE DIVISION (Based on the FIG present rule)

JUDGING

The referee or Head Judge must intervene when a judge performs his work in contradiction to the rules, or if he is not objective. All exercises are graded on a 0 to 10 point basis, by tenths of points. The score given will be arrived at by dividing the sum of the two middle marks by two. The difference between the two middle scores will not surpass 2/10 if their average is 9.5 and over 3/10 if their average is between 8.5 and 9.45 5/10 if their average is between 7.0 and 8.45 1 point in all other cases.

As soon as the difference surpasses these limits, the Judges will come to agreement, in conference with the referee or head judge. When a difference surpassing these limits occurs, it stands as a matter of course that the two high and low scores must also be false, and the referee will point out this state of affairs to the 4 judges, so that the penalizing may thereafter proceed correctly.

In order to establish a policy, the 4 judges and referee will meet in consultation for the 1st and 2nd exercise of a contest held on the same day. The same applies if there is a re-organization of the Jury.

Each judge and the referee, will reveal their scores, and if the latter are on a justifiable scale, all arguments on the subject, or discussion of it, will be avoided. On the other hand, if the scores do not conform to the rules, unity of points of view must be arrived at in discussion, and the majority of scores, as well as the referee's score will prevail. Even during the competition, and even if there is NO variance of scores contrary to the rules, the referee has the right to order a conference, if he feels that the judging is conducive to a rupture of harmony.

TYPE OF EXERCISES TO BE PERFORMED IN OPTIONAL AND COMPULSORY EXERCISES.

PARALLEL BARS: Swing, flight, strength and holds (static parts). The swing and flight phases should predominate. The exercise must contain at least one part involving strength and one B component executed over and under the hand grips by simultaneous release of grips. There can be no more than 3 stops.

HORIZONTAL BAR: Exclusively swinging movements with no stops, offering a combination of giant turns (twists) with other variations, or high value connecting movements.

SIDE HORSE: Exclusively swinging movements with no stops, passes of one and both legs, scissors forward and rearward, one of which, at least, must be double. Circles of both legs must predominate in the exercise, and the three parts of the horse must be used. For the REQUIRED exercise, circles of both legs in the opposite direction MAY be considered. (i.e., opposite double leg circles are not required in the optional exercise.)

RINGS: Combined movements of swinging, strength and holds. (Static Parts) without swaying of the rings. The exercise must include at least two handstands of which one must be through strength, and the other in a swing from a hanging position, or an inverted, handgrip, or a half-inverted hang. In addition, it must include at least one hold of GREATER DIFFICULTY, such as the free front horizontal support, the cross, the inverted cross, or others.

FLOOR EXERCISE

The floor exercise MUST form a harmonious and rhythmic whole, through alternating elements involving suppleness and strength, holding and balance, with shifts in different directions, kips, jumps, and handstands. Abusive repetitions are to be avoided, as are transitions and poses that are too simple, and superfluous push-off steps.

The duration of the floor exercise is 70 SECONDS MAXIMUM, and 50 SECONDS MINIMUM, and the limits of the 12 x 12 meter area cannot be gone beyond.

LONG HORSE

The type difficulty, execution, as well as the value of the jumps are covered further on in article.

JUDGING OF REQUIRED AND OPTIONAL EXERCISES

A-Special remarks concerning the required exercise.

1. On the Four apparatus (1), the gymnast

has the option of repeating the required exercises, without deduction of points and insofar as he may hope to obtain better results, the gymnast must warn the jury of his intention to repeat his exercise by raising his hand as soon as he touches the floor, and, in that case, his exercise will not be judged. The repetition must take place after an appropriate period of rest, but before his group has left the apparatus, however. Usually, repetitions are executed in the preceding order of appearance, and only the second performance will determine the suitable score.

2. On the Long Horse Vault, the gymnast can execute two jumps, the better one counting.

3. The floor exercise cannot be repeated.

4. Beside the necessary "A" parts, the required exercise contains 3-4 "B" parts, and its value in comparison with the optional exercises is from 9.2 to 9.4 points. For the judge, and on the question of combination and difficulty, the value will be 10 points, nevertheless. The Judge will therefore watch only that the exercise be performed in accordance with the printed texts and instructions. If such is not the case, deductions for a performance not conforming to the text will be the following:

a. For Movements not executed, the TOTAL VALUE assigned to this movement according to part d., then, it must be seen whether or not this act does not facilitate the execution of the following or preceding movement, and then there will be cause to add an additional penalty which can be as high as 1 POINT;

b. Added Movements: If a contestant adds one or several unforeseen movements, there will be on each occasion a penalty of .3 to .5. Then it must be seen if the added movements do not facilitate the execution of the following or preceding part. In that case, the penalty can be increased by .1 to .5.

c. For all other faults, such as unrelated kips, touches, sitting down, falls, interrupting the exercise, bad dress, imperfect execution from the technical viewpoint, etc. see deductions for imperfect execution, under "B".

a. To facilitate Judging, each required exercise is divided into several parts having a value in proportion to the parts and connecting movements involved.

R. Imperfect Execution of Required and Optional Exercises.

1. Deductions will be made for faulty execution as well as for imperfections of technical nature. Under **Faulty Execution** are classified bad position of feet, legs, body, head, etc., whereas, **Faults of Technical Nature** are: Poor execution of movements and connecting movements, such as a forward half-twist with shoulders too far forward or the body too arched, grips delayed in rearward basket, or shoulders too far forward when the body comes to support position on the parallel bars, mounts made too low, lack of amplitude in circles of the legs, or scissors made too low on the side horse, handstand without the body being perpendicular to the floor, or with shoulders forward, waltzes in handstand in which the body is not in perpendicular position, hangs and horizontal supports too low or too high, etc.

2. **General Faults in Execution.** Poor position of feet, legs, arms, head and body, in addition to split-leg positions where technique is not observed, deduction on each occasion—.1 to .3. **Touching** the end of the horse, the pommels, the hand-grips, the bar supports, the beams on the floor in front of or inside the bars with the feet in swinging, the horizontal bar or the supports of the horizontal, or ring ropes with the feet, legs, seat, or another part of the body of touching (contact) is not required by the nature of the exercise: Deduction on each occasion—.2 to .5.

Faults during execution, according to the seriousness of the case, and in consideration of the difficulty of the series giving rise to them, will be penalized on each occasion by—.3 to .7.

When the gymnast sits in noticeable manner, the deduction will be on each occasion—.5 to .7.

3. For Faults of Technical Execution, the applicable deduction will be the following, on each occasion: a. Walking in handstand .1 per step—.1 to .5. b. Two or several attempts to take position for hold—.2 to .5. c. Interruption of press to handstand—.1 to .3. d. Swinging parts executed in strength or parts of strength executed with swinging (impetus)—.1 to .3. e.

THE DURATION OF HELD PARTS IS THE FOLLOWING: On Parallel Bars and Floor Ex.—2 sec. and NOT MORE THAN 4 sec. On Still Rings—3 sec. and NOT MORE THAN 5 sec. **DEDUCTIONS WILL BE MADE AS FOLLOWS:** On Parallel Bars and Floor Ex.—Only 1 sec. or more than 4—.2. On Still Rings—Only 2 sec. or more than 5—.2. Only 1 sec. or more than 6—.4.

On Still Rings—Handstand with arms bent or touching ropes with arms—.2 to .3. Handstand with arms bent and touching ropes with arms—.3 to .5. Cross, inverted cross and free from horizontal support with arms bent—.1 to

.5. Too much swaying of ropes—.1 to .3. Forward Fall with tumble from handstand, insofar as a fault is patently involved—(falling from handstand)—.3 to .5.

Floor Exercise—Faults of balance or stand at end, and during exercise in accordance with part 4 below—.1 to .5. Lack of harmony, rhythm, and suppleness on each occasion—.2. Lack of harmony, rhythm, and suppleness during ENTIRE exercise—.1.0.

Side Horse—Lack of amplitude in leg circles—.1 to .3. Scissors without disengaging hips—.1 to .3.

General—Horizontal supports, horizontal hangs, or rt. angle and split rt. angle, too high or too low, horizontal stands on one leg distorted, passes too rapid, (fleeting from one movement to the next), handstands not perpendicular to floor, or with shoulders forward, etc.—.1 to .3.

4. **STAND BEFORE AND AFTER EXERCISE.** Initial and Final presentation. For an exercise not beginning or ending in a perfect stand, the deductions are as follows:

Small Step or jump upon hitting the floor, poor position before or after exercise—.1 to .2. Several steps or jumps upon hitting floor, or slight hand contact with floor, without leaning, or poor position before or after exercise—.2 to .3.

Sitting or kneeling or fall of ANY kind, very poor position before or after the exercise—.3 to .5.

Leaving the area without VALID reason and BEHAVIOR CONTRARY TO GYMNASTIC REGULATIONS—.1 to .3.

5. INTERRUPTION OF THE EXERCISE THROUGH

FALLING OR TOUCHING FLOOR. When an exercise is interrupted by a fall, or other circumstances, or if the gymnast touches the floor with his feet on the Side Horse and Parallel Bars, the gymnast can proceed with his exercise IMMEDIATELY, or at latest 30 seconds later, but he will have to accept a deduction of points. During those 30 seconds the gymnast enjoys freedom of action. If, however, the exercise is not resumed after 30 seconds have elapsed, it is held to be ended, and the scoring will be based only on parts executed. The referee or head judge will gauge time, and will inform the gymnast or his captain of the elapsing of 10, 20, and 30 seconds.

DEDUCTIONS ARE THE FOLLOWING: Interruption of Side Horse and Parallel Bar exercises by contact of feet with floor, without releasing grips—.8.

Interruption of exercise by releasing grips, then immediate continuation of exercise or after at most 30 seconds time at the spot where it was interrupted—.1.0.

Clothing damaged, or defective tapes, as well as wounds, or hand guards torn, cannot influence the ordnance concerning interruption.

6. **ASSISTANCE TO THE GYMNAST:** a. To prevent accidents, a second is permitted to stand near the apparatus at the Horizontal Bar, Parallel Bars, Rings and Horse Vault, without touching the gymnast. If, however, the second touches the gymnast the deduction is—.3. b. Helping the gymnast in the execution of an exercise will invoke a deduction of—.5 to 1.0. c. On the Side Horse and Floor exercise, the presence of a second is not permitted. d. On the Horizontal bar and Rings, a gymnast may be assisted in jumping into place on the apparatus. e. **IN NO CASE** will the captain or any other person speak to the gymnast while executing his exercise during the competition.

OPTIONAL EXERCISES

A. GENERAL REMARKS—Two important scoring factors supplement execution and precision: **Difficulty** and **Combination**. These two factors represent the value of the exercise. Optional exercises cannot be repeated, except for the Long Horse vault in which two tries are permitted.

Optional exercises on all 4 apparatus and on the floor exercise are scored from 0 to 10 points by deductions of tenths and whole points. The score of 10 points is composed in the following manner: **VALUE OF THE EXERCISE—DIFFICULTY—3.4, COMBINATION—1.6—Total 5.0. EXECUTION—5.0, 10.0 Total.**

On the Parallel Bars, the use of only one elastic Reuther board is authorized. It is permitted to place it on the horizontal steel supports or the mats, the height of which does not exceed the upper limit of those supports.

B. DIFFICULTY

To obtain the maximum score on the 4 apparatus and on the Floor exercise the exercise must be composed of at LEAST: 6 Principle parts—Parts "A". 4 Difficult parts—Part B. 1 Part of great difficulty C.

AT THE WORLD CHAMPIONSHIPS, OLYMPIC GAMES, EUROPEAN CHAMPIONSHIPS AND OTHER SUCH MANIFESTATIONS, THE EXERCISES MUST CONTAIN AT LEAST 6 Parts—"A". 4 Parts—B. 2 Parts—C.

5. Boring of Difficulty

Deduction for missing parts "A", "B", "C":

Part "A"—.2. Part "B"—.4. Part "C"—.6. If a part "C" is replaced by a part "B" the difficult score will be reduced by .2 points. If the maximum score requires one part "C" and the part "C" is replaced by a part "B", the maximum score that may be granted cannot surpass 9.8 points.

If the maximum score requires two parts "C" (Finals), and one of them or both are replaced by parts "B", the maximum score that may be granted is as follows: 1 part C replaced by a part B—9.8 points. 2 parts C replaced by 2 parts B—9.6 points.

An added part "C" may replace a missing part B. This clause is equally valid for parts B offered in preference to parts A.

6. EXERCISE WHOSE SCORING IS DIFFICULT TO DETERMINE

When a gymnast presents an exercise involving numerous failings, and not permitting scoring as a difficulty, the following scores will be given without regard to the maximum of 3.4 points.

For an exercise executed in $\frac{3}{4}$, maximum of 7.5 points. For an exercise executed in $\frac{1}{2}$, maximum of 5.0 points. For an exercise executed in $\frac{1}{4}$, maximum of 2.5 points.

7. The difficulty of an exercise must not be pushed to the detriment of perfect technical execution and presentation. Parts of an exercise or position that are incorrect, bad comportment, poor swings, passes with too much rapidity from one part to another, lack of mastery in execution, entail necessary deductions. **The exercise must correspond to the capacities of the gymnast, for in artistic gymnastics, the gymnast must be able to master his body with ease and assurance.** (Editors Emphasis)

C. Combination

The exercise must correspond to the type suited to the apparatus.

Each exercise must end in an effective dismount which corresponds to the whole of what is contained in the exercise.

The essential parts must be joined in a smart and sustained manner. Intermediate and excess kips, abusive repetitions and parts which are too easy and worthless, in relation to the difficulty and character of the exercise as a whole, are to be avoided.

The composition of the optional exercise must be noticeably different from that of the required exercise. Nevertheless, the fact that it may contain parts and connecting parts already contained in the required exercise does not necessarily constitute a fault to be penalized, as such, if the transitions which precede and follow it are different.

Series of value, presenting **great risks or marked originality**, will be judged **MORE FAVORABLY**, in the matter of small faults in execution, than those lacking originality, risk and virtuosity.

The **DURATION OF THE FLOOR EXERCISE IS SET AT ONE MINUTE**, with a margin of 10 seconds more or less.

The floor for the floor exercise is limited to a 12 x 12 meter square.

PENALIZING OF THE COMBINATION

If the composition of the exercise does not correspond to the requirements the deduction will be, each time—.1 to .3.

For each interpolated kip, the deduction will be—.3 to .5.

If the exercise does not end in an effective dismount, corresponding to the difficulty of the exercise as a whole—.1 to .3.

For each part or transition without value, or abusive repetitions—.1 to .3.

If the combination of the optional exercises resembles the required exercise too closely—.1 to .5.

If the optional exercise ends with the dismount of the required exercise with the same preliminary transition—.2.

Exercises offering transitions of value, great risks, or a marked originality will be more favorably judged, in the matter of small faults in execution, than those performed without originality, risk & virtuosity.

EXCEEDING THE TIME LIMIT OF THE FLOOR EX. WILL BE PENALIZED AS FOLLOWS:

Up to 2 seconds, over or under—.1. Up to 5 seconds, over or under—.2. Up to 9 seconds, over or under—.3. More than 9 seconds—.5. Stepping out of the floor area set for the floor exercises will be penalized as follows:

Touching the floor with one part of the body, each time—.1. Touching the floor with two feet or two hands, each time—.2. Sitting, kneeling or lying down each time—.3.

The maximum deduction for the combination is 2.6 points.

THE LONG HORSE VAULT

A. All vaults must be executed with support from one or both hands. The running take-off is as the gymnast desires. The take-off approach must be at least 18 meters long.

The vault is considered to be **begun** at the moment the springboard or horse are touched, it ends when the gymnast is well balanced in a normal stance. It is thus permitted to avoid or go around the springboard or horse without

touching it, but twice at the most. In such a case, the gymnast, will be entitled to a third and final vault.

The required and optional vaults may be executed twice, and the best score obtained will count. In the optional vault, the gymnast has the option of presenting the same vault twice, or two different vaults. The two vaults must immediately follow, one upon the other.

AT FINALS OF WORLD CHAMPIONSHIPS, OLYMPIC GAMES, AND EUROPEAN CHAMPIONSHIPS, as well as in INTERNATIONAL EXHIBITIONS of this type, EACH FINALIST IS REQUIRED TO PRESENT TWO DIFFERENT VAULTS, with two tries for each vault of which the better one will determine the score. THE FINAL SCORE IS OBTAINED BY ADDING THE SCORES OF THE BEST TWO VAULTS AND DIVIDING BY TWO.

B. JUDGING OF THE REQUIRED AND OPTIONAL LONG HORSE VAULTS.

Judging of the horse vault is divided into 4 factors, as follows: 1. Difficulty of the optional vault, or interpretation of the required vit. 2. Placing of one or both hands. (Placing area.) 3. Take-off and flight in the second phase of the vault. 4. Execution and technical interpretation.

C. Difficulty of Vaults, and Form. The sketches which are printed (we do not have) show the form and different phases of the 18 vaults, and execution must adhere to these: indications, including the distance from the end of the horse to the gymnast's feet in normal stance.

Difficulty of Vaults not provided for in the scale of difficulties will be scored in the spirit of the line of conduct outlined by the scale. To stimulate execution of vaults involving greater difficulty, superior to the difficulty of the vaults listed in the 10 point scale, small faults in execution will be less severely penalized.

D. Placing of hands and support Zones.

The length of the horse is broken up into 5 zones, which follow each other, from end to end, 400 millimeters, 200 mm, 200mm, 400mm. The markings setting off the zones must be 10mm, (1cm.) wide, and be clearly drawn in **WHITE** on the back of the horse in such a way that the **OUTSIDE EDGE OF THE STRIPE SETS OFF THE ZONE.**

TO OBTAIN MAXIMUM POINTS, placing of hands or hand must be made clearly within the outer zone of neck or croup. As soon as a zone is encroached upon by one or both hands there is a loss of **ONE POINT PER ZONE.**

TAKE OFF UP TO PLACING OF HANDS AND FLIGHT TO STAND

The maximum of 10 points will be given, if the angle formed at the hand support by the stretched body (meaning the line from hands to feet.) with the horse's back points upward at least 30 degrees.

The maximum will be no more than 9.5 points, for a support that is merely horizontal.

The maximum will be no more than 9.0 points, if the feet are only as high as the horse's back, and it will go down proportionally, if the feet are still lower. Obviously, scores ranging in between, 9.1, 9.2, 9.6, 9.7, etc., may be applied.

As a general rule, vaults must be developed especially in their second phases, (Free Flight in Height and Length according to the sketches).

For vaults with placing of hands on croup, the take-off and flight in height and length must correspond to the phases in the sketches.

PENALIZATION OF EXECUTION FROM THE VIEWPOINT OF TECHNIQUE AND COMPORTMENT

For practical reasons, this section will include deductions for execution as well as for position of hands, relating to difficulty, take-off and flight in the second part of the vault.

1. Take-off and hand support at lower than 30 degrees—.1 to .0. 2. Flight not high and long enough after placing hands—.1 to .5. 3. When the gymnast is not at a distance from the end of the horse corresponding to the sketch after the vault and in coming to stand—.1 to .5. 4. Too pronounced bending of body forward before coming to stand—.1 to .5. 5. Parts of vaults poorly oriented, (if legs are not brought downward in the DIRECTION of vault, or if they are lowered alongside the horse—.1 to .5. 6. Placing hand or hands in the 200 mm zone on the neck or croup side or encroaching upon those zones—1.0. 7. Placing hand or hands in the 400mm zone at center of horse, or encroaching upon that zone—.2.0. 8. Poor posture of feet, legs, body, head, useless split of legs each time—.1 to .3. 9. If the faults mentioned in (8) are committed during the entire vault—.4 to 1.0. 10. Touching Horse's body with feet, legs, knees or other parts of the body—.2 to .5. For more serious cases—.6 to 1.0. 11 Arms bent upon execution of handstand—.1 to 1.0. 12. Knees bent upon execution of pike vault—.1 to 1.0.

POSITION AFTER VAULT

Position after the vault is judged in the same way as on the apparatus and in the floor exercise, namely, Small step or small jump—.1 to .2. Several Steps or jumps, touching the floor with hands without leaning—.2 to .3. Sitting, kneeling, fall, or very poor posture—.3 to .5. Leaving the area without valid cause, behavior not corresponding to gymnastic regulations—.1 to .3.

FLEXIBILITY OF DEDUCTIONS FOR FAULTY POSITION

In particularly difficult vaults, involving very GREAT HEIGHT and GREAT DISTANCE in their second phase, deduction for faults of poor stance should be made flexible by .1 to .2 points.

ORGANIZATION OF JURY FOR LONG HORSE VAULTS

1. The 4 judges will take position so that two can observe the vault head-on, and in its second phase, particularly in the trajectory. The two others will concentrate particularly on its first phase.

2. The two judges of hand positions will take place on either side of the horse in such a manner that they may observe those positions.

3. The chief judge takes a position diagonally in front of the horse so that he may observe the vault in its entirety without disturbance.

4. In order to expedite judging, the contestant, as he is called, must announce the type of vault which he will execute to the jury.

ADDITION TO THE NEW SCORING CODE OF THE INTERNATIONAL FEDERATION

The presentation of difficulty sections, A, B, AND C in three columns corresponding to their origins is the reason why repetitions of parts or connecting movements under headings of different origins are to be found within the category of movements related to the same apparatus. In order to avoid misunderstandings when we are confronted with identical parts or connecting movements, we call attention to the pertinent numbers.

The tables also include certain parts or connecting movements which must be performed in very definite fashion, technically, in order to be counted as part B or C. In addition, we find parts or connecting movements which, extending beyond part C, also have the value of part B or A, and others which, beyond part B, have the additional strength of an A or B. Wherever this is the case, the description will mention pertinent indications.

At the end of parts A, B, C on each apparatus, appear examples of connected or multiple exercises, showing the number of values, A, B, C. This procedure should help technicians to approach the subject, and that will facilitate definition of other examples while enabling comparisons.

By way of general orientation, we must specify that Postures in Parallel Bar and Floor exercises must be carried out in a position of stability lasting at least 2 seconds, and on the rings for at least 3 seconds.

REPETITION OF PARTS B OR C IN THE SAME EXERCISE

As a general rule, a part or connecting movement recognized as A, B, or C, difficulty will count only once within the scope of an exercise. It may count two, or several times, providing that the part or connecting movement which precedes, or follows, are of a different nature. However, if a same part is repeated too often, the combination and originality will suffer in consequence, and deductions will have to be made on that account.

We have tried to present as many examples as possible, but must point out that in regard to parts figuring in all the tables, the examples are not restrictive, but are of schematic character.

THE A, B, C's OF GYMNASTICS A PROPOSAL FOR THE NEW CODE OF DIFFICULTY FOR U.S.G.F. (Based on the FIG present rule)


SIDE HORSE	
Principles	
1. Successive double rear vaults	B
2. Travel—double rear vaults	B
3. Moore at the side—travel without intermediate circle	B
4. Moore on the pommel part	B
5. Stockl (into dismount, also)	B
Generally	
1. 2 B's with or without intermediate moves	2B's
2. 2 B's without an intermediate move may be 1C (permissible to have two incomplete B's)	
3. 1B connected with a reasonably difficult combination to another B	1C+1B
4. Travel—double rear vault—travel—double rear vault	1C+2B
5. Shaginam (Stocklout—stocklin)	1C+1B
6. Russian Moore	2B
7. Double rear vault (out)—double rear vault (in)—travel (out)—double rear vault (in)	1C

- 3. Swing uprise handstand reverse pirouette C
- 4. Swing uprise straddle cut A
- 5. Swing uprise straddle to L B
- 6. Swing uprise straddle cut to back stutz C
- 7. Front uprise A
- 8. Front uprise stutz (feet higher than the bar) to support B
- 9. Front uprise stutz (body higher than level) to support C
- Kip**
- 1. Upper arm kip A
- 2. Glide kip support A
- 3. Glide kip L A
- 4. Glide kip with 1/2 turn to upper arm hang B
- 5. Cast to hang A
- 6. Cast to support B
- 7. Cast to hang with 1/2 turn B
- 8. Cast to support L C
- Backward roll**
- 1. Backward shoulder roll to handstand (streili) A
- 2. Same as above and hold B
- 3. Peach basket—upper arm hang—shoot to handstand (hold) C
- Stutz**
- 1. Stutz (body level) A
- 2. Stutz (body 45° angle) B
- 3. Stutz (body 45° angle) to upper arm hang B
- 4. Stutz to handstand (hold) or to pirouette C
- 5. Uprise stutz (feet above bar) B
- 6. Uprise stutz (body above level) C
- 7. Back stutz to upper arm hang A
- 8. Back stutz to support B
- 9. Back stutz—back stutz (hang or support) C
- 10. Back stutz—Moore C
- Peach Basket**
- 1. Peach basket—hang A
- 2. Peach basket upper arm hang A
- 3. Peach basket support A
- 4. Support—peach basket—hang B
- 5. Support—peach basket—upper arm hang B
- 6. Support—peach basket—support B
- 7. Peach basket to handstand (hold) C
- 8. Peach basket to straddle cut forward C
- Moore**
- 1. Moore B
- 2. Moore—double rear vault B
- 3. Double Moore C
- 4. Russian Moore C
- Back Catch** (back sommersault)
- 1. Back sommy to arm hang A
- 2. Back catch to support B
- 3. Back catch to handstand (hold) C
- 4. Back sommy off B
- 5. Back sommy off 1/2 turn C
- 6. Stutz (body above 45°)—back sommy C
- 7. Back catch—stutz (body above level) B
- 8. Back catch—stutz (body above 45°) C
- Front Sommy**
- 1. Front off B
- 2. Front off 1/2 twist B
- 3. Front sommy to upper arm hang C
- 4. Front sommy to support C
- Pirouette**
- 1. Half pirouette (on to one bar)—handstand A
- 2. Pirouette B
- 3. Pirouette—reverse pirouette C
- 4. Hop pirouette B
- 5. Hop pirouette—stutz C
- 6. Hop pirouette—back catch C
- 7. Hop pirouette—handstand (hold) C
- Press handstand**
- 1. Bent bent (bent arms, bent hips) A
- 2. Stiff bent B
- 3. Bent stiff B
- 4. Stiff stiff B
- 5. Handstand (all kinds of) on one bar C
- Upper lever**
- 1. Upper lever A
- 2. One arm lever B
- 3. Upper arm lever (arm stretched) 2 sec. C
- Mount**
- 1. (at the end standing on the floor facing inside) straddle cut mount—L A
- 2. (at the end facing inside) jump to support—cut backward—glide kip B
- 3. Double in (side) A
- 4. Double in (side) to handstand B
- 5. Double in (side) to upper lever (stiff stiff) 2 sec. C
- 6. Double rear vault in A
- 7. Double rear vault in—Moore B
- 8. (at the end facing out) pull over to support L A
- 9. (at the end facing out) peach basket—stutz (45°) B
- 10. (at the end facing out) peach basket—handstand (hold) C
- 11. (facing side) pull over A
- 12. (facing side) pull over to glide kip B
- 13. (facing side) pull over to glide kip to handstand C

- Dismount**
- 1. Double rear vault off A
- 2. Side off A
- 3. Pirouette off (all kinds) B
- 4. Straddle off (one or two arms) B
- 5. Stoop off (one or two arms) B
- 6. Straddle off to the front bar (double bar cut) C
- 7. Stoop off to the front bar (double bar cut) C
- 8. Sommy off (front or back) B
- 9. Sommy off 1/2 twist C
- Other combinations**
- 1. Peach basket—shoot to handstand (streili) B
- 2. Shoot to handstand—peach basket B
- 3. Shoot to handstand—stutz B
- 4. Peach basket—shoot to handstand—back catch C
- 5. Peach basket—shoot to handstand—stutz C
- HIGH BAR**
- Kip**
- 1. Kip A
- 2. Back kip A
- 3. Kip with over grip cast with changing grip—under grip handstand B
- 4. Kip to dislocated giant C
- 5. Kip with over grip Change grip—cast with half turn support or swing B
- 6. Kip with over grip cast with half turn—handstand (under-grip) C
- 7. Kip to straddle support A
- 8. Kip to straddle (sole on the bar) A
- 9. Kip to stoop in A
- 10. Kip to stoop (sole on the bar) A
- 11. Kip to straddle cut—rear support B
- 12. Kip to straddle cut—front seat circle C
- 13. Back kip A
- 14. Back kip to cast back—half german giant B
- 15. Back kip German giant C
- 16. Back uprise to straddle (support on foot) A
- 17. Back uprise to straddle cut—rear support B
- 18. Back uprise to straddle cut dislocate hang—1/2 turn kip C
- Uprise**
- 1. Uprise with mixed grip—straddle rear vault A
- 2. Uprise without stop—straddle rear vault B
- 3. Front Giant—double rear vault C
- 4. Uprise—flank vault—rear support A
- 5. Rear vault to catch B
- 6. Full turn pirouette (support) C
- 7. (with mixed grip) stoop in 1/2 twist—cast—uprise B
- Forward Hip circle**
- 1. Forward roll to handstand A
- 2. Forward roll with changing grip to handstand B
- 3. Forward roll to cast with half turn—hang or support B
- 4. Forward roll to cast with changing grip into dislocation giant C
- 5. Forward roll to cast with reverse half turn to undergrip handstand C
- Backward Roll**
- 1. Backward free hip circle A
- 2. Backward free hip circle to handstand B
- 3. Backward free hip circle with half turn into front giant C
- 4. Backward free hip circle to straddle sole circle (or stoop sole circle) A
- 5. Backward free hip circle to straddle or stoop B
- 6. Backward free hip circle to side vault dismount A
- 7. Support—underswing—sommy off. B
- 8. Support—underswing—sommy off 1/2 turn C
- Giant swings**
- 1. Forward giant—pirouette—back giant A
- 2. Forward giant—pirouette into cross giant—front giant B
- 3. Cross giant to full turn—cross giant—forward giant (pivot arm should be changed) C
- 4. Dislocation giant—half turn—back giant B
- 5. Forward giant—hop to dislocation giant C
- 6. Back giant—pirouette—forward giant B
- 7. Back giant—pirouette—forward giant B
- 8. Back giant—hop to change—forward giant B
- 9. Back giant—hop to change—stoop thru C
- Combination of Giant and others**
- 1. Back giant—sole circle A
- 2. Back giant—sole circle—handstand B
- 3. Back giant—free sheet circle—back giant C
- 4. Front giant—free sheet circle—front giant C

- 6. Front giant—stoop through—shoot to dislocate—uprise with change of grip B
- 7. Front giant—stoop through—(or straddle)—sheet circle—front giant C
- 8. Front giant—stoop through—shoot with 1/2 turn—ordinary giant B
- 9. Front giant full turn to mixed grip C
- German**
- 1. Pike inverted hang—swing back Pike half turn to catch with ordinary grasp A
- 2. Pike front swing uprise to stoop position B
- 3. German C
- Dislocation giant**
- 1. Dislocation swing uprise A
- 2. Dislocation giant B
- 3. Undergrip hang—cast, hop, regrasp to dislocation—dislocation giant C
- 4. Forward giant, hop, regrasp to dislocation C
- 5. Dislocation giant—half turn to handstand C
- Full turn**
- 1. Full turn to catch B
- 2. Full turn to support C
- 3. Front giant—full turn C
- Cast**
- 1. Cast with half turn—(straddle or not) A
- 2. Cast 1/2 turn—stoop thru—free seat circle front B
- 3. Cast 1/2 turn—change grip—stoop thru—dislocated giant or eagle C
- 4. Cast to handstand B
- Dismount**
- 1. Straddle (pushing the bar) A
- 2. Hecht (pushing the bar) A
- 3. Straddle or hecht with pulling the bar B
- 4. Straddle or hecht with pulling the bar with 1/2 twist C
- 5. Flyaway (front, back) A
- 6. Flyaway with 1/2 turn B
- 7. Flyaway with full turn C
- 8. Pike flyaway A
- 9. Pike—stretch flyaway (jack-knife—Takemoto) B
- 10. Double flyaway C
- 11. Handspring off (Vega) A
- 12. Standing on the sole—somersault A
- 13. Standing on the sole—somersault 1/2 turn B
- 14. Standing on the sole—somersault 1 full turn C
- 15. Sole circle (stoop)—immediate somersault B
- 16. Sole circle stoop—immediate 1/2 turn C
- 17. Cast forward—front somersault C
- 18. Free hip circle backward—side vault dismount A
- 19. Free hip circle—flyaway B
- 20. Free hip circle—flyaway 1/2 turn C

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