

GROUP 1: HANDSPRING / YAMASHITA L6/7 L.8 L.9 L.10

1.101	Handspring	→	10.0	9.0	8.6	8.2
1.102	Handspring	→ ½ t.	10.0	9.1	8.7	8.3
1.103	Yamashita	→	10.0	9.0	8.6	8.2
1.104	Yamashita	→ ½ t.	10.0	9.1	8.7	8.3
1.105	½ t. → ½ t. OR ¼ t. → ¾ t.	10.0	9.2	8.7	8.3	
1.106	¼ or ½ t. on	→ Repulsion	...	10.0	7.0	7.0	7.0
1.201	Handspring	→ 1/1 t.	10.0	9.5	9.0	8.8
1.202	Handspring	→ 1-½ t.	9.7	9.4	9.2	
1.203	Yamashita	→ 1/1 t.	10.0	9.5	9.0	8.8
1.205	½ t. → 1-½ t. OR ¼ t. → 1-¾ t.	9.6	9.3	9.1		
1.206	½ t. → 1/1 t. OR ¼ t. → 1-¾ t.	10.0	9.4	8.9	8.7	
1.207	Full on	→ Hsp. / Yami	...	10.0	9.5	9.0	8.9
1.208	Full on	→ ½ t.	10.0	9.7	9.3	9.1
1.301	Handspring	→ 2/1 t.	10.0	9.9	9.7	
1.306	½ t. → 2/1 t. OR ¼ t. → 2-¼ t.	10.0	9.8	9.6		
1.307	Full on	→ 1/1 t.	9.7	9.6		
1.308	Full on	→ 1-½ t.	9.8			
1.402	Handspring	→ 2-½ t.	10.0	+		
1.504	Yamashita	→ 2-½ t.	10.0	+		

GROUP 2: CUERVO / SALTO FORWARD L.9 L.10

2.301	Handspring	→ Front Tuck	10.0	9.7		
2.302	Handspring	→ Front Tuck ½ t.	10.0	9.9		
2.303	Handspring	→ ½ t. Back Tuck	9.9			
2.304	Handspring	→ Front Pike	10.0	9.8		
2.310	Hsp.on Hsp.	→ Front Tuck	10.0	9.8		
2.311	Hsp.on Hsp.	→ Front Pike	10.0	9.9		
2.402	Handspring	→ Front Tuck 1/1 t.	10.0	+		
2.403	Handspring	→ ½ t. Back Tuck ½ t.	10.0	+		
2.404	Handspring	→ Front Pike ½ t.	10.0	+		
2.405	Handspring	→ ½ t. Back Pike	10.0	+		
2.406	Handspring	→ Front Layout	10.0	+		
2.407	Handspring	→ Front Layout ½ t.	10.0	+		
2.407	Handspring	→ ½ t. Back Layout	10.0	+		
2.408	Handspring	→ Front Pike 1/1 t.	10.0	+		
2.409	Full on	→ Front Tuck	10.0	+		
2.410	Hsp.on Hsp.	→ Front Tuck ½ t.	10.0	+		
2.501	Handspring	→ Double Front	10.0	+		
2.502	Handspring	→ Front Tuck 1-½ t.	10.0	+		
2.507	Handspring	→ Front Layout 1/1 t.	10.0	+		
2.508	Handspring	→ Front Layout 1-½ t.	10.0	+		
2.509	Full on	→ Front Pike	10.0	+		
2.607	Handspring	→ Front Layout 2/1 t.	10.0	+		
2.609	Full on	→ Front Layout	10.0	+		

GROUP 3: TSUKAHARA (1/4 t. – 1/2 t. ON) L.8 L.9 L.10

3.201	Tsukahara	→ Back Tuck	9.8	9.6	9.4	
3.302	Tsukahara	→ Back Tuck 1/1 t.	10.0	9.8		
3.303	Tsukahara	→ Back Pike	10.0	9.7	9.5	
3.304	Tsukahara	→ Back Layout	10.0	9.7		
3.306	Tsukahara	→ ½ or ¾ t. Front Tuck	10.0	9.7		
3.306	Tsukahara	→ Back Tuck ½ t.	10.0	9.7		
3.307	Tsukahara	→ ½ or ¾ t. Front Pike	9.8			
3.307	Tsukahara	→ Back Pike ½ t.	9.8			
3.308	Tsukahara	→ ½ or ¾ t. Front Tuck ½ t.	10.0	9.8		

GROUP 3: TSUKAHARA (1/4 t. – 1/2 t. ON) L.9 L.10

3.402	Tsukahara	→ Back Tuck 1-½ t.	10.0	+		
3.404	Tsukahara	→ Back Layout 1/1 t.	10.0	+		
3.407	Tsukahara	→ ½ or ¾ t. Front Layout	10.0			
3.407	Tsukahara	→ Back Layout ½ t.	10.0			
3.504	Tsukahara	→ Back Layout 1-½ t.	10.0	+		
3.505	Tsukahara	→ Back Layout 2/1 t.	10.0	+		
3.507	Tsukahara	→ ½ or ¾ t. Front Layout ½ t.	10.0	+		
3.509	Tsukahara	→ ½ or ¾ t. Front Tuck 1/1 t.	10.0	+		
3.605	Tsukahara	→ Back Layout 2-½ t.	10.0	+		

GROUP 4: ROUNDOFF ENTRY L.8 L.9 L.10

4.101	Roundoff	→ Repulsion	7.0	7.0	7.0	
4.102	Roundoff	→ ½ Twist	9.1	7.7	7.7	
4.201	Roundoff	→ 1/1 Twist	9.4	9.1	8.9	
4.202	Roundoff	→ 1½ Twist	9.6	9.3	9.1	
4.203	Roundoff	→ Back Tuck	9.8	9.6	9.4	
4.301	Roundoff	→ 2/1 Twist	9.8	9.7		
4.303	Roundoff.	→ Back Tuck 1/1 t.	10.0	9.8		
4.304	Roundoff.	→ Back Pike	10.0	9.7	9.5	
4.305	Roundoff	→ Back Layout	10.0	9.7		
4.306	Roundoff	→ Back Layout 1/1 t.	10.0			
4.307	Roundoff	→ ½ t. Front Tuck	10.0	9.7		
4.307	Roundoff	→ Back Tuck ½ t.	10.0	9.7		
4.308	Roundoff	→ ½ t. Front Pike	9.8			
4.308	Roundoff	→ Back Pike ½ t.	9.8			
4.309	Roundoff	→ ½ t. Front Layout	10.0			
4.309	Roundoff	→ Back Layout ½ t.	10.0			
4.403	Roundoff	→ Back Tuck 1-½ t.	10.0			
4.406	Roundoff	→ Back Layout 1-½ t.	10.0	+		
4.407	Roundoff	→ ½ t. Front Tuck ½ t.	10.0	9.8		
4.503	Roundoff	→ Back Tuck 2/1 t.	10.0	+		
4.506	Roundoff	→ Back Layout 2/1 t.	10.0	+		
4.508	Roundoff	→ ½ t. Front Pike ½ t.	10.0	+		
4.606	Roundoff	→ Back Layout 2-½ t.	10.0	+		

GROUP 5: ROUNDOFF 1/2t. or 1/1t. ENTRY L.8 L.9 L.10

5.101	Roundoff ½	→ Handspring	9.2	8.9	8.9	
5.201	Roundoff ½	→ Full Twist	9.6	9.2	9.2	
5.202	Roundoff ½	→ 1½ Twist	9.8	9.4	9.4	
5.207	Roundoff Full	→ Full Twist	9.3	9.3		
5.301	Roundoff ½	→ Front Tuck	10.0	9.9		
5.312	Roundoff ½	→ 2/1 Twist	10.0	9.9	9.8	
5.401	Roundoff ½	→ Front Tuck ½ t.	10.0	+		
5.402	Roundoff ½	→ ½ t. Back Tuck	10.0	+		
5.403	Roundoff ½	→ Front Pike	10.0	+		
5.404	Roundoff ½	→ Front Pike ½ t.	10.0	+		
5.405	Roundoff ½	→ ½ t. Back Pike	10.0	+		
5.406	Roundoff ½	→ Front Layout	10.0	+		
5.408	Roundoff Full	→ Back Tuck	10.0			
5.409	Roundoff Full	→ Back Pike	10.0			
5.410	Roundoff Full	→ ½ t. Front Tuck	10.0	+		
5.501	Roundoff ½	→ Front Tuck 1-½ t.	10.0	+		
5.505	Roundoff ½	→ ½ t. Back Layout	10.0	+		
5.505	Roundoff ½	→ Front Layout ½ t.	10.0	+		
5.509	Roundoff Full	→ Back Layout	10.0	+		
5.510	Roundoff Full	→ Back Tuck 1/1 t.	10.0	+		
5.511	Roundoff Full	→ Back Layout 1/1 t.	10.0	+		

USAG UNEVEN BARS

A = 100 MOUNTS		B = 200 MOUNTS		C = 300 MOUNTS	
1.101	Kip LB / Reverse Grip / Glide 1/2t. Kip	1.201	Kip --> catch HB, Kip --> 1/2t. catch HB	1.301	Kip --> 1/1t. catch HB
1.102	Jump 1/2t. Kip LB	1.202	Jump 1/2t. Kip --> HB / --> 1/2t. HB, 1/2t. Back Kip	1.302	Jump 1/2t. Kip --> 1/1t. HB
1.103		1.203	Jump 1/1t. Kip LB	1.303	Jump 1/1t. Kip --> Catch HB
1.104	Stoop (Sit) / Back Kip, LB --> HB, --> 1/2t.	1.204	Kip Cut Catch, Stoop/Strad (Clear) LB -->HB, -->1/2t.	1.304	Stoop LB --> Cut Catch HB / Stoop 1/1t. --> HB
1.105		1.205	Reverse Kip / LB -->catch HB	1.305	
1.106	Jump to HB - Kip / Reverse Grip / Drop to LB	1.206	HB - Jump 1/2t. Kip / Free Jump 1/2t. --> LB to HB	1.306	Jump 1/2t. over LB --> Kip to HB
1.107	Jump 1/2t. - 1/1t. HB hang	1.207	Free Straddle or Tuck over LB --> HB	1.307	Jump F. Salto - HB hang; HB - B. Salto Tuck/Strad --> LB
1.108	Squat or Straddle Vault LB --> HB	1.208	Hecht Jump (legs together) LB --> HB	1.308	Jump Free Straddle LB --> 1/2t. (free) to L-grip HB
1.109		1.209		1.309	
1.110		1.210		1.310	Front Salto --> LB sit, LB L-Hang
1.111		1.211	Roundoff Straddle over LB	1.311	Roundoff over LB --> HB hang
1.112		1.212		1.312	
1.113		1.213		1.313	
1.114		1.214	Jump Bent Hip Handstand - LB	1.314	Jump Bent Hip Handstand LB - 1/2t.
1.115		1.215	Jump HB - Underswing 1/2t. --> LB	1.315	Jump HB - Clear Hip to Handstand (Rev, Mix, Reg)
1.116		1.216		1.316	
CAST & UPRISES		CAST & UPRISES		CAST & UPRISES	
2.101	Cast to 21° with 1/2t.	2.201	Cast Handstand bent / extend	2.301	Cast Handstand (bent/ext.) - Hop Rev., 1/2t., 1/1t. Healy**
2.102	Cast Squat, Stoop, Straddle on LB --> HB	2.202	Cast Free Straddle LB --> HB, Free Stoop 1/2t. HB	2.302	HB - Uprise Straddle or Rear Vault --> over HB (Schier)
2.103		2.203	HB - Uprise to Clear / Turning 1/2t. Uprise to Clear	2.303	HB - Uprise Handstand, Uprise 1/2t.** , 1/1t. Healy **
2.104		2.204	HB - Swing 1/1t. Hang HB	2.304	HB - Cast 1/1t. hang (Caslavska Pirouette)
2.105		2.205	HB - Counterswing Straddle / Pike Back --> LB	2.305	HB - Counterswing --> LB Handstand, 1/2t. IN
2.106		2.206	(no counter swing - from D/E release = C)	2.306	HB - Counterswing Front Salto 1/2t. --> LB clear (Pritchard)
UNDERSWINGS & CLEAR HIPS		UNDERSWINGS & CLEAR HIPS		UNDERSWINGS & CLEAR HIPS	
3.101		3.201	LB - Underswing / Clear 1/2t. --> HB hang	3.301	LB - Clear Swing --> F. Counter to HB, --> 1/2t
3.102	HB - Underswing 1/2t. hang	3.202	HB - Underswing / Clear 1/2t. Flair, 1/2t. Clear	3.302	HB - Underswing / Clear 1-1/2t. hang
3.103		3.203	HB - Underswing (toe-on) 1/2t. --> LB	3.303	HB Handstand Underswing (toe-on) 1/2t. --> LB
3.104	removed - Clear Hip Back Circle below horiz.	3.204	Clear Back Hip Circle - above horizontal	3.304	Clear Hip Handstand
3.105		3.205		3.305	Clear Hip Handstand 1/2t. IN, 1/2t. Higgins, 1/1t. Healy**
3.106	HB Inverted Pike swing - dislocate hang	3.206		3.306	HB - Inverted Pike Dislocate, Hop Hst., --> LB (Schleudern)
3.107		3.207	Clear Hip Forw. - above horz. (Weiler Kip) bent hip ok	3.306	HB - Dislocate Underswing 1/2t. --> LB (Tai)
3.108		3.208		3.308	
BACK GIANTS		BACK GIANTS		BACK GIANTS	
4.101	HB - Back Swing 1/2t. @ 45o vertical	4.201	HB - Back Swing 1/1t. @ horizontal, L-grip	4.301	HB - Back Swing 1-1/2t. @ 45o vertical
4.102	HB - Long Hang Pullover, LB Back Giant	4.202	HB - Back Giant, Cross (Dussier), Bent, One-arm (Liu)	4.302	HB - Back Giant Hop IN - Grip Change
4.103	(Note: all LB Giants with extended body & legs = HB Giant values)	4.203	LB - Back Giant 1/2t. Handstand	4.303	HB - Giant 1/2t., 1/2t.-1/2t., 1/1t. Healy** , LB 1/1t. (Borkan)
4.104		4.204	HB - Bail Swing 1/2t. --> LB (from D/E release = C)	4.304	HB - Handstand Bail Swing 1/2t. --> LB
4.105		4.205	catch with extended body at horizontal	4.305	
4.206		4.206		4.306	HB - B. Salto T/Str. --> LB/Clear, 1/2t. --> LB mix (Cullinan)
4.207		4.207		4.307	LB - B. Giant 1/2t. Tuck --> HB hang (Laumann)
FRONT GIANTS		FRONT GIANTS		FRONT GIANTS	
5.101		5.201	HB - Handstand Front Giant 1/1t. @ horizontal	5.301	
5.102		5.202	LB - Front Giant, 1/2t. (handstand to handstand)	5.302	HB - Front Giant, HOP, 1/2t., 1/1t. Healy** , LB 1/1t.
5.103		5.203		5.303	HB - Front Giant (reg./rev.) --> over LB
5.104		5.204		5.304	HB - B. Giant (cross grip) 1/2t. Front Giant, 1/2t. (Shahaf)
5.105		5.205		5.305	LB - Front Giant --> Front Salto HB
5.106		5.206		5.306	HB - F. Giant (rev.) Free stoop/str. 1/2t. HB (Wenning/Volpi)
5.107		5.207		5.307	
STALDERS		STALDERS		STALDERS	
6.101	Clear Straddle Forward - Clear Support	6.201	Clear Straddle Forward to Clear Support	6.301	F. Stalder** , 1/2t. IN** , 1/1t. Healy** , Kip Str. 1/2t. (Chow)
6.102		6.202	Clear Straddle Back HB --> LB, 1/2t. Catch HB	6.302	HB - Clear Straddle Circle Forward --> over LB
6.103		6.203		6.303	Front Stalder (L-Grip) to Clear Support
6.104	Clear Straddle Back - Clear "L" Support	6.204	Back Stalder Circle - Clear Support	6.304	Back Stalder** , 1/2t. IN** , 1/1t. Healy**
6.105		6.205		6.305	LB - Back Stalder Release --> HB (Ray), Hecht --> HB
CIRCLES & HECHTS		CIRCLES & HECHTS		CIRCLES & HECHTS	
7.101	Hip Circle F/B (with or without support)	7.201		7.301	LB - Clear Hip Hecht --> HB, -->1/2t.
7.102	Free Back Hip "false pop" --> regrasp bar	7.202	LB - Back Hip --> free straddle to sit (Korbut)	7.302	Removed Back Hip Circle Hecht
7.103	Sole Circles F/B, Tuck/Pike, LB -->HB	7.203	HB - Piked Back Sole Circle --> LB stand	7.303	
7.104	Front Seat Circle / LB --> HB	7.204	LB - Front Seat --> 1/2t., HB Stoop -->1/2t. / P. Salto	7.304	
7.105		7.205	Front Seat Circle --> Straddle Cut Catch	7.305	HB - (F/B) Pike Cut --> LB, LB - F. Seat --> Cut HB
7.106	Back Seat Circle / LB --> HB	7.206	LB - Back Seat --> 1/2t. HB, HB - Back Seat --> LB	7.306	HB - Clear Back Pike Circle - Clear (Steinmann circle)
7.107		7.207		7.307	
7.108		7.208		7.308	Front Pike Sole Circle - Handstand, 1/2t. IN, 1/1t. Healy**
7.109		7.209	Piked Back Sole Circle - Clear Support (toe on-off)	7.309	Back Pike Sole Circle - Handstand, 1/2t. IN, 1/1t. Healy**
7.110		7.210		7.310	LB - B. Pike Sole Circle --> Counter HB, 1/2t. (Reinhardt)
7.111		7.211		7.311	1/1t. Healy, Uprise 1/2t.** = D (NCAA)
7.112		7.212		7.312	Stalder, Stalder 1/2t.** = D (NCAA)
7.113		7.213		7.313	LB - Clear Back Pike --> Hecht / Counter to HB
DISMOUNTS		DISMOUNTS		DISMOUNTS	
8.101	HB - Toe-on or Clear, 1/2t., 1/1t.	8.201	HB - Toe-on or Clear 1-1/2t., 2/1t.	8.301	HB - Toe-on or Clear Front Salto T/P, 1/2t.
8.102		8.202		8.302	Underswing / Clear 1/2t. B. Salto T/P (Comaneci)
8.103	From HB - Flyaway - Back Salto T / P / S	8.203	Flyaway - Back Salto T/P/S, 1/2t., 1/1t.	8.303	Flyaway - Back Salto T/P/S 1-1/2t, 2/1t.
8.104		8.204		8.304	Double Back Salto - Tuck or Pike
8.105		8.205		8.305	
8.106		8.206		8.306	
8.107	HB - F.Giant - F. Salto T/P/S	8.207	Clear Front Straddle / Giant - Front Salto 1/2t., 1/1t.	8.307	F.Giant - F.Salto, T. 1-1/2t., 2/1t., Str.1-1/2t. (Pechstein)
8.108	(allowed to counterswing into Front Salto)	8.208	Hecht or Clear Hecht	8.308	Hecht 1/1t. or Clear Hecht 1/1t.
8.109		8.209	Cast Near Handstand - F. Salto Tuck	8.309	Cast Near Handstand - F. Salto Pike, B. Salto T/P
8.110		8.210	Straddle Cut --> Whip-Salto (Tanac) T/P/S (LB/HB)	8.310	Clear Hip / Giant - B. Salto (Gonzales), Tanac 1/1t., 1-1/2t.
				8.310	Back Giant 1/2t. - Back Salto Tuck

USAG UNEVEN BARS

D = 400 MOUNTS		E = 500 MOUNTS	
1.401		1.501	
1.402		1.502	
1.403		1.503	
1.404		1.504	
1.405		1.505	
1.406		1.506	
1.407		1.507	
1.408		1.508	
1.409		1.509	
1.410	Free Front Tuck / Pike Salto over LB --> HB hang, 1/2t. --> LB Hang	1.510	
1.411	Roundoff over LB --> 1/1t. HB hang	1.511	
1.412	Roundoff Back Tuck --> LB (Jentsch), LB Handstand (Gonzalez)	1.512	Roundoff Flic Flac 1/1t. Clear / Handstand LB (Gurova)
1.413	Roundoff Arabian Tuck / Pike - LB sit	1.513	Roundoff Arabian Tuck / Pike over LB --> HB
1.414	Bent Hip Handstand 1/1t., Extended Handstand or 1/2t. IN	1.514	
1.415	Jump HB - Clear Hip Handstand 1/2t. IN (McNamara)	1.515	
1.416	Jump LB - Clear Support (Rev Grip) - Clear Forward Hip Circle Hst. 1/2t. (Garner)	1.516	
CAST & UPRISES		CAST & UPRISES	
2.401	Cast Handstand 1/1t. (Pacheco), Hop to L-grip, 1-1/2t. Healy, 1-1/2t. (Miller)**	2.501	Note: Handstand 1-1/2t.** = E (NCAA)
2.402	LB in/out - Cast Front Salto --> HB (Brause), B. Giant 1/2t.-1/2t. Rear Vault HB (Janz)	2.502	LB - Cast Front Salto 1/1t. --> HB (Brause 1/1t.), Cast Front Salto (Comaneci)
2.403	Uprise -1/1t., Hop (McCalla), Hop 1/1t.Healy, 1-1/2t.Healy, 1-1/2t. (Reeder)**	2.503	
2.404	Turning Uprise - Straddle Forw. 1/2t. (Wilson), 1/2t. Straddle Back (Franzella)	2.504	
2.405	Counterswing --> LB Handstand 1/1t. IN, 1/2t. --> LB Handstand	2.505	
2.406	Counterswing --> F. Salto Stretch 1/2t. to LB (Cox), Straddle Salto --> HB (Bullock)	2.506	
2.406	Counterswing --> F. Salto --> catch LB in reverse grip (Montell)		
UNDERSWINGS & CLEAR HIP		UNDERSWINGS & CLEAR HIP	
3.401	LB - Clear Hip --> HB (Schaposhnikova)	3.501	LB - Clear Hip --> 1/2t. HB (Khorkina)
3.402		3.502	Clear Hip Handstand - Counter Straddle (Hindroff), Piked (Jones)
3.403	HB - Underswing (toe-on) 1/2t. --> LB Handstand	3.503	Underswing / Clear 1-1/2t. flight --> LB (Strong)
3.404	Clear Hip Hop - IN Handstand phase	3.504	
3.405	Clear Hip Circle - Handstand 1/1t. IN (Ma)	3.505	Clear Hip Handstand 1-1/2t.
3.406	HB - Inverted Pike Swing Dislocate --> LB Handstand (Zuchold-Schleudern)	3.506	
3.407	Clear Hip Forw. Hst. (Weiler Kip Hst.) bent hip ok, 1/2t. IN, 1/1t. Healy (McAllister)	3.507	
3.408	LB - Clear Hip Forward --> F. Salto over LB to HB (Pelaez)	3.508	Clear Hip Forward - 1/1t. IN or Front Salto Straddled (Sims)
BACK GIANTS		BACK GIANTS	
4.401		4.501	
4.402	HB - Back Giant - Hop to L-grip IN (Dochney)	4.502	HB - Back Giant - Hop 1/1t. (Chusovitina)
4.403	HB - Back Giant 1/1t., 1/2t. +1/1t. Healy, Hop 1/2t.-1/2t., 1-1/2t.(Dawes)**	4.503	Back Giant 2/1t.
4.404	HB - Bail Swing 1/2t. --> LB Handstand	4.504	Bail Swing 1-1/2t. --> over LB
4.405	HB - Reverse Hecht Straddle (Tkatchev)	4.505	Back Giant - Reverse Hecht - Pike, 1/2t.-1/2t., 1/1t. (Schuschnova)
4.406	HB - Back Salto Stretch --> LB (Pak) regular or cross grip	4.506	Swing --> F. Salto (Counter Kim), Pak Salto 1/1t. T/S (Phillips/Bhardwaj)
4.407	HB - Back Salto 1/2t., T/Str. (Deltchev), Pike (Gienger), Pike 1/2t. (O'Neal)	4.507	Stretched Back Salto 1-1/2t. (Hristakieva), 1/2t. (Hubbard/Martinjak)
FRONT GIANTS		FRONT GIANTS	
5.401		5.501	
5.402	Front Giant - Slip Grip (Galloway), 1/1t. (Portocarreo), Hop to L-grip (Estella)	5.502	Front Giant (one arm) 1/1t. to Handstand, Front Giant 1-1/2t.
5.403	Front Giant (reg./rev.) --> LB Handstand, Front Giant 1/2t. --> LB (Ejova)	5.503	
5.404	Back Swing - Cross Grip 1/2t. Front Salto Straddle / Tuck (Mixed Grip Deltchev)	5.504	HB Handstand Swing Cross Grip 1/2t. --> F. Salto Pike catch HB (Garrett)
5.405	F. Giant (rev./L) - F.Salto Tuck, Str. (Jaeger), LB - F.Salto 1/1t.--> HB (Graeble)	5.505	F. Giant - Salto Pike, Tuck --> over HB (Mo), Straddle (Cappuccitti) / 1/2t.
5.406	Front Giant (rev.) - 1/2t. Free Straddle --> HB (Khorkina)	5.506	F. Giant (L-grip) 1/2t. Free Straddle --> HB (Perret)
5.407	Front Giant (L-grip) Pike / Stretched, 1/2t. (Zaytseva)	5.507	F. Giant (L-grip) 1/1t., (Karpenko) to L-grip (Ling), 1-arm flair (Bi), 1-1/2t., 2/1t.
STALDERS		STALDERS	
6.401	F. Stalder - Handstand 1/1t. IN**, F. Stalder Overgrip (Boniforti)	6.501	Note: Stalders 1/1t.** = E (NCAA)
6.402	(HB) - Clear Straddle Circle (F/B) --> LB Hst., (LB out) F. Stalder --> F. Salto HB	6.502	
6.403	L-grip Front Stalder Handstand, 1/2t. (White)	6.503	Front Stalder (L-grip) Handstand 1/1t.
6.404	Back Stalder - Hop IN, 1/1t. IN** (Frederick)	6.504	Back Stalder 1-1/2t. Mix (Chow), L-grip (Khorkina)
6.405		6.505	(LB) Back Stalder --> HB hang, 1/2t. hang / B. Stalder --> Rev. Hecht (Ricna)
CIRCLES & HECHTS		CIRCLES & HECHTS	
7.401	Free Hecht / Clear Hecht over bar --> 1/2t. hang	7.501	
7.402		7.502	
7.403		7.503	
7.404	Clear Pike Forward L-grip Handstand (Adler), 1/2t.	7.504	Clear Pike Forward IN L-grip Handstand (Luo); 1/2t.
7.406	Clear Back Pike - rear inverted pike support	7.505	
7.406	Clear Back Pike - hang (Mirgorodskaja), --> LB salto (Teza), 1/2t. LB Hst. (Teza)	7.506	
7.407	Clear Back Pike --> Reverse Hecht Straddle / Stoop (Li-Li)	7.507	
7.408	(L-grip) Front Pike Sole to Handstand or 1/2t., Front Pike Sole 1/1t. to Handstand	7.508	(L-grip) Front Pike Sole 1/1t. to Handstand
7.409	Back Pike Sole - Hop IN, Sole 1/1t. L-grip (Maloney)	7.509	Back Pike Sole Circle - Handstand 1-1/2t., L-grip (Lucke)
7.410	Back Pike Sole (LB out) --> HB (Maloney); Toe Shoot 1/1t. (Oster)	7.510	Back Pike Sole (LB in/out) --> 1/2t. HB (Byhovskiy)
7.411		7.511	Back Pike Sole Circle --> Reverse Hecht Strad. (Ray), 1/2t. (Tweedle), Piked
7.412	Clear Pike Forward to Handstand, 1/2t. (Endo Pike)	7.512	Clear Pike Forward to Handstand 1/1t. (Endo Pike Full)
7.413	Clear Pike Backward to Handstand, 1/2t.	7.513	Clear Pike Backward to Handstand 1/1t.
DISMOUNTS		DISMOUNTS	
8.401	HB Toe-on or Clear F. T/P 1/1t., Stretch (Kennedy), Clear B. Pike Cir. --> F. Stretch 1/2t.	8.501	HB Toe-on or Clear Front Salto Tuck / Pike 1-1/2t.
8.402	Underswing / Clear - 1/2t. Back Salto Stretch (Okino), 1/2t. Back Salto 1/2t. (Haba)	8.502	Underswing - 1/2t. Back Salto Tuck 1/1t. (Kraeker)
8.403	Back Salto Stretched 2-1/2t. (Ji)	8.503	Flyaway - Back Salto Stretched 3/1t. (Bar)
8.404	Double Back Salto Tuck - 1/2t. in 2nd Salto (Elmore)	8.504	Double Back Tuck 1/1t. (Ch), 2/1t. (Fab), 1/2t.B.-F.Pike1/2t. (Var), 3x Back (Mag)
8.405	Double Back Salto Pike-Layout or Layout-Pike	8.505	Double Back Salto - Stretched, Scissor (Rickett), 1/2t. (Peele), 1/1t., 2/1t. (Ray)
8.406		8.506	Back 1/2t. - F.Tuck (Fontaine), 1/2t. (Beckman), F.Stretch (Bianco), D.F.Tuck
8.407	HB - Forward Swing --> Front Salto Stretched 2-1/2t., 1/2t. Double Back T/P (Goerlitz)	8.507	Front Giant - Double Front Tuck, 1/2t., Front 1/2t. Back Out
8.408	Hecht or Clear Hecht - Back Salto Tuck (Muchina)	8.508	Hecht / Clear Hecht - 1/2t. Front Salto, Hecht Back Salto 1/1t. (Ma)
8.409		8.509	
8.410	Back Stalder Hst. - B.Tuck / Pike, Back Giant --> B.Tuck 1/1t. Over HB (Harriman)	8.510	
8.410	Straddle Cut to Whip-Salto (Tanac) 2/1t. (Bronson)		Note: Any Double Salto flyaway with twists on first or second salto = E

USAG BALANCE BEAM

A = 100 MOUNTS		B = 200 MOUNTS		C = 300 MOUNTS	
1.101	Free Leap / Jump - 1 or 2 ft. / Scale	1.201	Free Jump 1/2t., Straddle Split Jump to Stand	1.301	Switch Split Leap
1.102	Scissors sit / 1/2t. Cross, Side 1/2t. to support	1.202	Thief vault - Free Leap over beam to rear sit	1.302	
1.103	Flank over to rear support, Straddle Cut Sit	1.203	Flank over 1/2t. to rear support	1.303	Two Flank Circles - Leg Flairs (Baitova)
1.104	Jump - Straddle / Free, Side / Cross Splits	1.204	Jump 1/2t. Clear Straddle	1.304	Roundoff Straddle Back - Hip Circle
1.105	Leap / Switch - Cross Split Sit (one hand)	1.205		1.305	Free Jump - Cross Split Sit or 1/2t. side / diagonal
1.106	Jump - Tuck, Squat, Stoop - rear support	1.206	Squat / Stoop thru - Clear Pike Support -2 sec.	1.306	
1.107	Forward Roll, Swing Forward Roll	1.207	Free Forward Roll at the end	1.307	Hecht Roll (extended hips)
1.108	Cheststand or Headstand	1.208	Jump - Neckst. 1/2t. Chest St., 1/2t. Neckst. (side)	1.308	Jump - Cheststand 1/1t. (Silivas) = Sideward Comp.
1.109	From Side Stand - Back Pullover off 1 or 2 feet	1.209	Headspring	1.309	Piked Handspring step out
1.110		1.210	Jump, Press, Swing, Clear - Hst. or 1/2t.	1.310	Jump, Press, Swing - Hst. 1/1t. to 2/1t.
1.111		1.211	Jump - Side Planche above Horizontal (2 sec.)	1.311	Jump Planche @ Horiz (Schus), Hst. Planche/Clear Pike 2 s
1.112		1.212	Press Side - Hop 1/4t. - Cross Hst. (Lori-Hop)	1.312	Jump, Press Hst. - shift to 1-Arm 2 sec.
1.113		1.213	Hecht - Cartwheel, 1-arm, Handst., Roff. (end)	1.313	(side) 1/4t.-1/4t.Hst., Roff 1/2t. clear/circle (Gurova)
1.114	Front Walkover (off board) to Sit	1.214	Handspring or Front Aerial to sit or 1/4t. thigh	1.314	Front Tuck to Sit (end / diagonal) (Poulin), Pike sit
1.115		1.215		1.315	Roundoff Flic Flac / 1-arm / Swing down
				1.315	Roundoff - Back Tuck Swing down (Milosovici)
LEAPS, JUMPS, HOPS		LEAPS, JUMPS, HOPS		LEAPS, JUMPS, HOPS	
2.101	Leap: Stag / 1/4t., Split / Stag-Split (same)	2.201	(Cross) Split Jump, Split Leap or Jump 1/4 t.	2.301	Split 1/2t., (Side) Split Jump or Rear leg up (Henrich)
2.101	Double Stag Leap or Jump, 1/4t.	2.201	Stag Leap / Jump 1/2t., (Side) 1/4t. Split Jump	2.301	(Cross) Split Jump 1/4t. Side, Beat Split Jump (Sweetin)
				2.301	Leap with back leg grasp - Vertical Split Stand (Dillman)
2.102		2.202	(Cross) Strad Split Jump, 1/4t. Side, (Side) 1/4t.	2.302	(Side) Straddle Jump, 1/4t. Side-Cross, 1/4t. Cross-Side
2.103		2.203	Straddle Jump to prone (cross)	2.303	Straddle Jump (side), 1/4t. Prone/Circle (cross/side)
2.104	Hop (leg above horizontal)	2.204		2.304	Hop 1/2t. or Fouette Hop Scale (leg above horizontal)
2.105	Stag Switch Split Leap / Switch Wolf Leap	2.205		2.305	Switch Leap, Scale, 1/4t. Prone/Circle, Straddle (Clauson)
2.106		2.206	Pike Jump (cross) Hips < 90o	2.306	Pike Jump (side), 1/2t. (cross), Hips < 90o
2.107	Sissone, (2 ft. take off) - OK Large Leap	2.207		2.307	Ring Leap / Jump - @ head NCAA = D
2.108	Stretch / Arch Jump, Jump 1/2t., Beat Jump	2.208	Stretch jump 3/4t.	2.308	Stretch Jump 1/1t., 1-1/4t.
2.109	Cat Leap / Hitchkick / Cabriole (F/B)	2.209	Cat Leap 1/2t.	2.309	Cat Leap 1/1t.
2.110	Tuck Jump or Hop	2.210	Tuck Jump or Hop 1/2t.	2.310	Tuck Jump or Hop 3/4t.
2.111	Wolf Jump or Hop (leg above horizontal)	2.211	Wolf Jump or Hop 1/2t. (cross/side), Prone	2.311	Wolf Hop or Jump 3/4t.(cross/side), prone
TURNS		TURNS		TURNS	
3.101	1/1 Turn	3.201	1-1/2 Turn	3.301	
3.102		3.202	1/1t. - (back leg) thigh at 45o below horizontal	3.302	1/1t. - (back leg) thigh at or above horizontal
3.103		3.203	1/1t. - (front leg) heel at 45o below horizontal	3.303	1/1t. - (front leg) heel at or above horizontal
3.104		3.204		3.304	Scale - 1/1t. - Scale (free leg above horizontal)
3.105		3.205		3.305	1/2 illusion Turn - one hand touch
3.106	Knee stand 1/1t. (alternate hand support)	3.206	F. Tuckstand 1/1t., Knee Scale 1-1/2t.	3.306	F. Tuckstand 1-1/2t., 1-3/4t. (Ferguson), Knee Scale 2/1t.
3.107	Prone 1/2t. (alternate hand support)	3.207	Prone 1/1t. to 1-1/2t. - alternate hands	3.307	Back Spin 1-1/4t. in kip position (Li-Li)
3.108		3.208	Flank Circle 1/1t. - legs together	3.308	One Leg Circle with Flair (Talavera)
3.109		3.209	1/1t. - (hold leg min. horizontal to 45°)	3.309	1/1t. - (hold leg min. 45° above horizontal)
BODY WAVES		BODY WAVES		BODY WAVES	
4.101	Forward Body Wave - 2 sec.	4.201	Forward Body Wave - Balance one leg - 2 sec.	4.301	
4.102	Backward Body Wave - 2 sec.	4.202	Backward Body Wave - Balance one leg - 2 sec.	4.302	Note: Balance Stand - ball of foot on High Releve
4.103	Sideward Body Wave - 2 sec.	4.203	Sideward Body Wave - Balance one leg - 2 sec.	4.303	
4.104		4.204	Kneeling - Toe Rise to stand (no required hold)	4.304	
HOLDS		HOLDS		HOLDS	
5.101	2 sec. Scale (above horizontal), leg held	5.201	2 sec. Scale (on toe - above horizontal), leg held	5.301	
5.102	2 sec. Needle Scale (hand support)	5.202		5.302	2 sec. Standing Split backward (on whole foot)
5.103	2 sec. Free Leg @ +90o - For/Side, Hold OK	5.203	2 sec. Free Leg @ +140o side on toe, Hold OK	5.303	
5.104	2 sec. Free Lying - large leg/torso position	5.204	2 sec. Clear Pike "V" or Straddle support	5.304	
5.105	2 sec. Planche with support - one / both arms	5.205		5.305	2 sec. Element to Handstand - Planche
5.106	2 sec. Kick to Handstand, 1/2t. (not sideward)	5.206	2 sec. Hst. arch/pike bent knee, Cross Hst. 1/1t.	5.306	2 sec. Reverse Planche - legs horizontal .
5.107		5.207		5.307	2 sec. One-Arm Hst., Side Handstand. - flank to sit
5.108		5.208	2 sec. Jump to Handstand, Cheststand	5.308	(side) Jump 1/2t. Chest Stand legs straddled (Kmiecik)
ROLLS		ROLLS		ROLLS	
6.101	Forw. Roll / Swing Forw. Roll / Shoulder Roll	6.201	Dive Forward Roll, Stretch Shoulder Roll, hands	6.301	
6.102		6.202	Free Forward Roll	6.302	Free Shoulder Roll Forward Stretched (Garrison)
6.103		6.203	Kick, Press Handstand Forward Roll / Free Roll	6.303	
6.104	Backward Roll / Shoulder Roll	6.204	Backward Roll - Handstand	6.304	Free Back Shoulder Roll Stretched (Kreifels)
6.105		6.205	Side Roll T/P/S, Neckst.1/2t., Stretch Side Roll	6.305	Neck Roll Stretched 1/1t. or 1-1/2t.
6.106		6.206		6.306	
WALKOVERS		WALKOVERS		WALKOVERS	
7.101	Front Walkover to Bridge 1/1t. Sit	7.201	Front Walkover / Tinsica / One Arm	7.301	(side) Front Walkover
7.102		7.202	Front Handspring / Tinsica Spring	7.302	Front Handspring - Switch Leg Landing, One Arm Hsp.
7.103	Cartwheel / 1-Arm / Forearm-cheststand	7.203	Dive Cartwheel / Pop Cartwheel / Roundoff	7.303	
7.104	B.Walkover / 1-Arm / Sw.down / Bridge 1/1t.Sit	7.204	Scale 1/2t. Back Walkover	7.304	(side) Back Walkover
7.105	Tic-Toc, Walkover Forward-Backward	7.205	Back Walkover clear support	7.305	Back Walkover stoop thru 1 leg --> splits
7.106		7.206	Valdez, One Arm, 1/2t.	7.306	Valdez 1/2t.-1/2t., One Arm Horizontal Valdez (Garrison)
7.107	Back Walkover, 1/2t.	7.207	Walkover 1/2t. - Walkover (F/B); Forward Roll	7.307	Element 1/1t - 2/1t. in Handstand
7.108		7.208	Flic-flac Step-out	7.308	One Arm Flic Flac, Flic Flac 1/2t. after hand support
7.109		7.209		7.309	(side) Flic-flac to support / hip circle
7.110		7.210	Flic-flac (2 feet)	7.310	One Arm Flic-flac (2ft), Flic-flac 1/4t.Side Handstand
7.111		7.211	Gainer Flic-flac	7.311	Gainer One Arm Flic-flac
7.112		7.212	Flic-flac or Gainer swing down (Korbut)	7.312	Tuck (Chen), Pike (Rueda), Gainer Pike Swing Down
SALTOS		SALTOS		SALTOS	
8.101		8.201		8.301	Front Salto Sit (Poulin), Free (Portocarrero) NCAA = D
8.102		8.202		8.301	Swing Front Salto to Straddle sit (Kivisto)
8.103		8.203		8.303	Back Salto Tucked / Scale - 2 sec.
8.104		8.204		8.304	Back Salto Pike, Stretch stepout / swing down (Pearce)
8.105		8.205		8.305	Gainer Back Salto T/P
8.106		8.206		8.306	
DISMOUNTS		DISMOUNTS		DISMOUNTS	
9.101	Handspring or Handspring 1/2t.	9.201	Handspring 1/1t.	9.301	Handspring 1-1/2t.
9.102	Front Aerial Walkover or 1/2t., Aerial Roff.	9.202	F. Aerial 1/1t., Gainer F. 1/1t. (side) (Mabrey)	9.302	Front Aerial 1-1/2t., Gainer F.1-1/2t. Tuck (Jawarowicz)
9.103	Cartwheel 1/4t. or 3/4t.	9.203	Cartwheel 1-1/4t. or 1-3/4t.	9.303	Cartwheel 1/4t. (Tsuk.) - Back Tuck (Lawson) Pike (Keck)
9.104	Front Salto Tuck / Pike or 1/2t.	9.204	Front Salto Stretch or 1/2t., (side) Swing F. 1/2t.	9.304	F. Salto 1/1t. or 1-1/2t. Tuck / Stretched NCAA = D
9.105		9.205	Arabian Salto T/P - Jump 1/2t. Front Salto	9.305	
9.106	Back Salto Tuck / Pike / Stretch	9.206	Back Salto T/P/S 1/2t. - 1/1t., 1ft. or 2 ft.	9.306	Back Salto Tuck / Pike / Stretched 1-1/2t., 2/1t.
9.107		9.207		9.307	
9.108	(side) Gainer Back Salto T/P/S	9.208	(side) Gainer Back Tuck 1/1t., Stretch 1/2t.	9.308	(side) Gainer Back 1/1t., 1-1/2t., Str. 1-1/2t. NCAA = D
9.109		9.209	(end) Gainer Back Tuck Salto	9.309	(end) Gainer Back Salto Tuck or Pike 1/1t. NCAA = D
9.110		9.210	Jump 1/2t. Back Salto T/P	9.310	Jump 1/2t. Back Salto Stretched

USAG BALANCE BEAM

D = 400		E = 500	
MOUNTS		MOUNTS	
1.401	Free Jump 1/1t. (diagonal or end)	1.501	
1.402		1.502	
1.403	3 Flying Flairs (Homma)	1.503	
1.404		1.504	
1.405	Switch Leap - Free (no hands) Cross Split Sit (Whitney)	1.505	
1.406		1.506	
1.407		1.507	
1.408		1.508	
1.409	Hecht - Hsp., Roundoff - 1/2t. F. Hsp.(Dunn), Pike Flyspring (McCool)	1.509	
1.410		1.510	
1.411	Handstand 1/1t. to 2/1t. to Planche / Clear - 2 sec.	1.511	
1.412	One Arm Press Hst. (Rankin), to Clear (Rankin/Lowing)	1.512	
1.413	Side - Hecht 1/2t. - Side Handstand	1.513	(side) Roundoff - Flic Flac 1/1t. Hip circle (Zamolodchikova)
1.414	F.Tuck - T/P free-sit (side), Stand (end), F.Aerial (end), Hsp.F.Tuck (Kewitz)	1.514	Front Salto Pike (end), Front Salto Tuck 1/2t. (end)
1.415	Roundoff Flic Flac 1/1t. (Luconi), Swing Down (Tsavidaridou)	1.515	Arabian Front Salto to Stand
1.416	Roundoff Back Salto Tuck / Pike / Stretch-step out. to cross/side stand	1.516	Roundoff Back Salto Stretch, Stretch 1/1t. (Garrison)
LEAPS, JUMPS, HOPS		LEAPS, JUMPS, HOPS	
2.401	Split Jump 3/4t. (cross/side)	2.501	Over-Split Jump - Arch, Side (Teza), Split Jump 1/1t., Cross (Yang Bo)
2.402			
2.402	Straddle Pike Jump 1/2t. or 3/4t.(cross/side)	2.502	Straddle Pike Jump 1/1t.(cross/side)
2.403	Straddle Jump 1/2. or 3/4t. Prone / Circle (cross/side)	2.503	Straddle Jump 1/1t. Prone / Circle (cross/side)
2.404	Tour Jete, Tour Jete 1/4t.	2.504	Tour Jete + 1/2t.
2.405	Switch Side Leap or 1/4t. (Johnson), (Side) Switch Split 1 or 2 ft. (Concannon)	2.505	Switch Leap 1/2t., Switch Side 1/2t., 3/4t. (Ikoma), Switch Bo (Courville)
2.406	Pike Jump 1/2t. (side), 3/4t. (cross/side)	2.506	Pike Jump 1/1t. (cross/side) (Cox)
2.407	Sheep Jump w/arch @ head; Switch Stag-Ring Leap / Jump - @ head	2.507	Switch Split - Ring Leap, (side) Switch Double Stag-Ring (Concannon)
2.408	Stretch Jump 1-1/2t.	2.508	
2.409	Cat Leap 1-1/2t.	2.509	
2.410	Tuck Jump or Hop 1/1t., 1-1/4t.	2.510	Tuck Jump or Hop 1-1/2t. (Barclay, Rosette)
2.411	Wolf Hop or Jump 1/1t. (cross/side)	2.511	Wolf Jump or Hop 1-1/2t. (Vituj)
TURNS		TURNS	
3.401	Double Turn 2/1t.	3.501	Triple Turn 3/1t. (Okino)
3.402	1-1/2t. - (back leg) thigh at or above horizontal	3.502	
3.403	1-1/2t. - (front leg) heel at or above horizontal	3.503	
3.404	Scale - 1-1/2t. - Scale (free leg above horizontal)	3.504	
3.405		3.505	1/1 illusion Turn - one hand touch, to Scale (Jarred / Medvitz)
3.406	Forward Tuckstand 2/1t., 2-1/2t. (Humphrey)	3.506	
3.407		3.507	
3.408		3.508	
3.409		3.509	
BODY WAVES		BODY WAVES	
4.401		4.501	
4.402		4.502	
4.403		4.503	
4.404		4.504	
HOLDS		HOLDS	
5.401		5.501	
5.402	2 sec. Scale backward (on toe)	5.502	
5.403		5.503	
5.404		5.504	
5.405		5.505	
5.406		5.506	
5.407	2 sec. (side) Back Walkover Hst. - One Arm, with Planche (Shaposhnikova)	5.507	
5.408		5.508	
ROLLS		ROLLS	
6.401		6.501	
6.402		6.502	
6.403		6.503	
6.404		6.504	
6.405		6.505	
6.406		6.506	
WALKOVERS		WALKOVERS	
7.401		7.501	
7.402	Front Aerial, Swing thru Front Aerial (George), Swing thru to Kneel/sit (Stevens)	7.502	Jump 1/2t. - F. Walkover (Onodi), F. Aerial - swing Scale 2 sec. (Luikin)
7.403	Side Aerial, Swing Aerial, 1/4t. (Perry), from kneeling (Clore), Aerial Roundoff Side Aerial, Free Leg Hold (above 140o) (Marinez)	7.502	Front Aerial - 2ft. (Davidson)
7.404	(side) Press Handstand - Front Walkover 2 ft. (Phillips)	7.503	Butterfly, Aerial Cartwheel (side), Switch Leg Side Aerial (Baudhuin)
7.406			Side Aerial - Scale 2 sec. @ horizontal (Peko)
7.407		7.506	
7.408		7.507	
7.409	(side) Flic Flac (Tousek), (side) Flic Flac 1/2t. Handstand (Kolesnikova)	7.508	Flic-Flac 3/4 - 1/1t. before hand support (Kochetkova)
7.410	Flic-Flac 3/4t. - Side Hst. (Omelianchik), 1/4t.+1/1t. support (Fortunato)	7.509	(side) Flic-flac 1/1t. - hip circle (Teza)
7.411		7.511	Gainer Flic-Flac 3/4t. - 1/1t. before hand support (Khorkina)
7.412	Flic-Flac 1/1t. swing down (Rulfova) NCAA = E	7.512	
SALTOS		SALTOS	
8.401	Front Salto Tuck to Stand (cross or side), takeoff 1 ft. (Rowe), 2 ft.	8.501	Front Tuck (off 1 ft.) - swing Scale 2 sec., F. Pike, F. Tuck 1/2t. (Grigoras)
8.402	Side Salto (Tuck / Pike) - side stand, Swing thru Side Salto (George)	8.502	Arabian Front Tuck Salto; off 1 ft. Front Pike 1/4t. to 2ft. (Oswalt)
8.403	Back Tuck (side-side) or Back Tuck 1/4t. (cross-side)	8.503	
8.404	Back Salto Stretch stepout or 2 ft. with pike down NCAA = D	8.504	Back Salto Stretch to 2 feet, 1/1t. Tuck (Schischova), 1/1t. Stretch
8.404	Back Salto Stretched Stepout - Scale 2 sec. @ horizontal (Edlin)	8.504	Jump 1/2t. Back Salto Piked (Prodnunova)
8.405	Gainer Back Salto Stretched Stepout	8.506	
DISMOUNTS		DISMOUNTS	
9.401		9.501	
9.402	Front Aerial 2/1t. (Muhr)	9.502	
9.403		9.503	
9.404	Front Salto Stretched 2/1t. (Araujo) NCAA = E	9.504	Double Front Salto
9.405	Jump 1/1t. Front Salto Tuck / Pike / Stretched	9.505	Arabian Double Front Salto (Patterson)
9.406	Back Salto Stretched 2-1/2t. NCAA = E	9.506	Back Salto Stretched 3/1t. (triple full)
9.407		9.507	Double Back Salto Tuck / Pike, Tuck 1/1t.
9.408	(side) Gainer Back Salto Stretched 2/1t., 2-1/2t. (Khorkina) NCAA = E	9.508	(side) Gainer Stretched 3/1t. (Plante)
9.409	(end) Gainer Back Salto Stretched, Gainer Pike 1/1t. (Rinaldo)*	9.509	(end) Gainer Back Salto Stretched 1/1t., 2/1t. (Wolf)
9.410		9.510	

USAG FLOOR EX

A = 100		B = 200		C = 300	
LEAPS, JUMPS, HOPS		LEAPS, JUMPS, HOPS		LEAPS, JUMPS, HOPS	
NOTE	1/4t. or land in split sit or prone = Root Element	NOTE	Jumps with 1/2t. or 3/4t. = Same Value	NOTE	All Leaps & Jumps with 1/1t. = C
1.101	Split/Stag - Leap (same), Split/Stag Jump (same)	1.201	Tuck - Split Jump / Double Stag 1/1t. Leap or Jump	1.301	
1.102		1.202	Split Leap 1/4t. or 1/2t., Split Jump 1/2t. (Differnt)	1.302	Split Jump - 1/1t. (Rivarola)
1.103		1.203	Split Leap Back - 1/4t. or 1/2t.	1.303	
1.104	Leap to Wolf / Stag Switch / Switch < 135o	1.204	Switch Leap (45o lead leg)	1.304	Switch Leap 1/2t., Rond-de-Jambe (Plataroti), 1/2t.
1.105		1.205		1.305	Switch Side Leap. 1/2t. - 3/4t., Prone (Kosowski)
1.106		1.206	Pike Jump, Pike 1/2t. Prone (legs above horiz.)	1.306	Pike Jump 1/1t. (legs above horiz.)
1.107		1.207	Straddle Jump / Side Split Jump / Straddle 1/2t.	1.307	Straddle Pike Jump 1/1t. (Popa), Side Split Jump 1/1t.
1.108		1.208	Side Split Jump Prone (Schuschunova), 1/2t.	1.308	Side Split Jump 1/1t. Prone, Leap 1-1/2t. Prone (Khorkina)
1.109	Scissor Leap (hitchkick) / Cabriole, F./B.	1.209	Hitchkick 1/4 - 1/4t. / Tour Jete Leap	1.309	TourJete Leap 1/2t., 2ft. (Strug), split (Produnova), 3/4t.
1.110	Sissone Jump	1.210	Ring Leap / Jump - rear leg @ head	1.310	TourJete-Ring (Boucher),1/2t.(Jackson),1/1t.(Johnson)
1.111		1.211	Sheep Jump @ head: Switch Double Stag	1.311	Switch Split Leap - Ring, Sheep Jump 1/1t. (Dunn)
1.112	Jump 1/2t. or 1/1t., Chasse 1/1t.	1.212	Stretch Jump 1-1/2t.	1.312	Stretch Jump 2/1t. or 2-1/2t.
1.113	Cat Leap / Cat Leap 1/2t.	1.213	Cat Leap 1/1t., Split Sit	1.313	Cat Leap 1-1/2t. (Garrison)
1.114	Hop 1/2t. (Leg above Horizontal)	1.214	Hop 1/1t. (Leg above Horizontal), Fouette	1.314	Hop 1-1/2t. (Leg above Horizontal)
1.115	Tuck Jump / Tuck Jump 1/2t. (off 1 or 2 ft.)	1.215	Tuck Jump 1/1t. (off 1 or 2 ft.)	1.315	Tuck Jump 1-1/2t. (off 1 or 2 ft.)
1.116	Wolf Hop or Jump (Leg Horizontal)	1.216	Wolf Hop or Jump 1/2t. (Leg Horizontal)	1.316	Wolf Hop or Jump 1/1t. (Leg Horizontal), to Prone
TURNS		TURNS		TURNS	
2.101	Full (1/1) turn	2.201	One & Half (1-1/2) turn	2.301	Double (2/1) turn
2.102		2.202	1/1t. Free Leg Horizontal	2.302	1-1/2t. Free Leg Horizontal
2.103		2.203	1/1t. to Scale - 2 sec. (finish / hold in RELEVE)	2.303	1-1/2t. to Scale - 2 sec.
2.104		2.204	Scale - 1/1t. Scale (free leg above horizontal)	2.304	Scale - 1-1/2t. - Scale (free leg above horizontal)
2.105	Illusion 1/1t. (with brief one hand touch)	2.205	Illusion 1/1t. (without touching free leg or hand)	2.305	
2.106		2.206	Tuckstand 1/1t.	2.306	Tuckstand 1-1/2t.
2.107		2.207	Back (kip position) Spin 2/1t.	2.307	Double Flair (Homma)
2.108		2.208	1/1t. Free Leg Held upward @ 180°	2.308	1-1/2t. Free Leg Held upward @ 180°
HANDSTANDS		HANDSTANDS		HANDSTANDS	
3.101	Jump Hst. / Kick or Press Hst. 1/2t. or 1/1t.	3.201	Handstand 1-1/2t. - 2/1t. +	3.301	
ROLLS		ROLLS		ROLLS	
4.101	Forward Roll, Handst. Roll, Dive/Hecht Roll	4.201	Jump 1/2t. or 1/1t. - Dive/Hecht Roll	4.301	Jump 1-1/2t. - Dive/Hecht Roll (Esslinger)
4.102	Backward Roll T/P, Back Roll - Handstand, 1/2t.	4.202	Backward Roll - Handstand 1/1t. +	4.302	
WALKOVERS		WALKOVERS		WALKOVERS	
5.101	Forward / Backward Walkovers, Valdez	5.201	Back Walkover 1/1t., Valdez 1/1t.	5.301	
5.102	Handspring / Handspring 1/2t. / Flyspring (1 ft.)	5.202	Arabian Front Handspring / Flyspring (2 ft.)	5.302	Handspring 1/1t. or 1/1t. Handsp. (Mostepanova)
5.103	Front Aerial, Kick-over Front / to Knees	5.203		5.303	Front Aerial 1/1t.
5.104	Cartwheel, Dive / Side Aerial / Butterflies (F/B)	5.204		5.304	
5.105	Roundoff / Aerial Roundoff	5.205		5.305	
5.106	Flic-flac / Gainer Flic-flac / One-Arm Flic-flac	5.206	1/1t. Flic-flac	5.306	
5.107	Head Kips / Neck Kips	5.207		5.307	
FRONT SALTOS		FRONT SALTOS		FRONT SALTOS	
6.101	Front Salto Tuck	6.201	Front Salto Pike ** / Stretched, T/P/S 1/2t.	6.301	Front Salto Tuck / Pike / Stretch 1/1t.
6.102		6.202	Note: Front Salto Pike ** = A (NCAA)	6.302	
SIDE SALTOS		SIDE SALTOS		SIDE SALTOS	
7.101	(Forward Takeoff) Side Salto Tuck/Pike/Stretch	7.201	(Backward Takeoff) Side Salto Stretched	7.301	
7.102		7.202	Arabian Salto T/P/S (back 1/2t. front)	7.302	
BACK SALTOS		BACK SALTOS		BACK SALTOS	
8.101	Back Salto T/P/S	8.201	Back Salto T/P/S 1/2t. (half) or 1/1t. (full)	8.301	Back Salto 1-1/2t. or 2/1t. (Double Full)
8.102	Whip-Salto Backward	8.202	Whip-Salto 1/2t., 1/1t. (full)	8.302	
8.103		8.203		8.303	
8.104		8.204		8.304	
8.105	Gainer Back Salto Tuck/Pike/Stretch	8.205	Gainer Back Salto - Tucked 1/1t.	8.305	
8.106		8.206	Jump 1/2t. - Back Salto T/P	8.306	Jump 1/2t. - Back Salto Stretch

USAG FLOOR EX

D = 400		E = 500	
LEAPS, JUMPS, HOPS		LEAPS, JUMPS, HOPS	
NOTE	1/4t. or land in split sit or prone = Root Element	NOTE	1/2t., 1/1t., 1-1/2t. = Different Elements
1.401		1.501	
1.402	Split Jump 1-1/2t.	1.502	
1.403		1.503	
1.404	Switch Leap 1/1t. (Forlova)	1.504	
1.405		1.505	
1.406		1.506	
1.407	Straddle Pike Jump 1-1/2t.	1.507	
1.408	Leap 2-1/2t.to Prone (Toussaint)	1.508	
1.409	TourJete Leap - 1/1t. to 2 ft.(Gogean)	1.509	
1.410		1.510	
1.411		1.511	
1.412	Stretch Jump 3/1t.	1.512	
1.413	Cat Leap 2/1t. (Benton)	1.513	
1.414	Hop 2/1t. (Leg above Horizontal)	1.514	
1.415	Tuck Jump 2/1t. (off 1 or 2 ft.), Prone (Ziganshiva)	1.515	
1.416	Wolf Hop or Jump 1-1/2t. (Leg Horizontal)	1.516	Wolf Hop or Jump 2/1t. (Leg Horizontal)
TURNS		TURNS	
2.401	Triple (3/1) turn	2.501	Quad (4/1) turn (Gomez)
2.402	2/1t. to 2-1/2t. Free Leg Horizontal (start to end)	2.502	
2.403	2/1t. to Scale - 2 sec.	2.503	
2.404	Scale - 2/1t. - Scale (free leg above horizontal)	2.504	
2.405	2/1t. Illusion Turn (without touching free leg or hand)	2.505	
2.406	Tuckstand 2/1t.	2.506	
2.407		2.507	
2.408	2/1t. Free Leg Held upward @ 180° (Mommel)	2.508	
HANDSTANDS		HANDSTANDS	
3.401		3.501	
ROLLS		ROLLS	
4.401		4.501	
4.402		4.502	
WALKOVERS		WALKOVERS	
5.401		5.501	
5.402		5.502	
5.403		5.503	
5.404		5.504	
5.405		5.505	
5.406		5.506	
5.407		5.507	
FRONT SALTOS		FRONT SALTOS	
6.401	Front Salto Tuck / Pike / Stretch 1-1/2t. (Rudi)	6.501	Front Salto Stretched 2/1t. (Tarasevich), 2-1/2t., 3/1t.
6.402		6.502	Double Front Salto or 1/2t. (Podkopayeva)
SIDE SALTOS		SIDE SALTOS	
7.401		7.501	
7.402		7.502	Arabian Double Front Salto or 1/2t. (Andreasen), Pike (Dos Santos)
BACK SALTOS		BACK SALTOS	
8.401	Back Salto 2-12t. (Two & Half)	8.501	Back Salto 3/1t. (Triple Full), 3-1/2t. (Three & Half)
8.402		8.502	
8.403	Double Back Salto - Tuck or Pike	8.503	Double Back Salto - Tuck / Pike 1/1t. (Muchina), 1-1/2t. Tuck (Jones)
8.404		8.504	Double Back Salto - Stretch, Double Back Tuck or Stretch 2/1t. (Silivas)
8.405		8.504	Double Back Salto - Stretch 1/1t. IN (Tougikova), 1/1t. OUT (Chusovitina/Silivas)
8.406		8.506	