



# Skill Interpretations

**NOTE: Unless otherwise specified, these apply only to NAIGC Modified Developmental and NAIGC Modified Level 9**

## FLOOR

### A value (No Element Group):

Cartwheel  
Round-Off  
Pike up through handstand  
Backward roll through handstand

## POMMEL HORSE

### A value (No Element Group):

False Scissor  
Single Leg Stockli  
Single Leg Travel  
 $\frac{1}{2}$  Circle Dismount

### C value:

Any combination of two flops on one pommel\*\*

### D value:

$\frac{3}{4}$  Kehr to one pommel ( $\frac{3}{4}$  Sohn) to immediate  $\frac{3}{4}$  Reverse Stockli (Group II)\*\*

## STILL RINGS

### A value (No Element Group):

Muscle Up  
Shoulderstand (2 s.)  
Back uprise to shoulderstand (2 s.)  
Felge to shoulderstand (2 s.)  
Tuck Planche (2 s.)

### A value:

Tuck or pike salto, front or back (Group IV)  
Back uprise to tuck planche (2 s.) (Group III)

## VAULT

None

## PARALLEL BARS

### A value (No Element Group):

Moy to upper arm  
Back uprise to support from upper arm  
Forward roll to upper arm  
Salto forward to upper arm  
Shoulderstand (2 s.)  
Wende dismount  
Stutz dismount

### A value:

Tuck or pike salto, front or back (Group IV)

### B value:

Stutz to support (Group I)  
Giant swing to support (Group III)

## HIGH BAR

### A value (No Element Group):

Back uprise to support  
Kip to support  
Back hip circle  
Free hip circle to horizontal  
Front hip circle  
 $\frac{3}{4}$  Back giant to support  
Swing  $\frac{1}{2}$  turn  
Pull over  
 $\frac{3}{4}$  Front giant (to hop out)  
Cast to horizontal

### A value:

Tuck or pike salto, front or back (Group IV)  
Jam (Adler) to El grip below 90°(Group III)

### B value:

Jam (Adler) to El grip 45-90°(Group III)

### C value:

Jam (Adler) to El grip 0-45°(Group III)

\*\* All levels (Including NAIGC Modified NCAA)