



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

A value:

Any side aerial (Group II)

POMMEL HORSE

A value (No Element Group):

False Scissor
Single Leg Stockli
Single Leg Travel
½ Circle Dismount

C value:

Any combination of two flops on one pommel**

D value:

¾ Kehr to one pommel (¾ Sohn) to immediate ¾ 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)
Uprise bwd to tuck planche (2 s.) (Group III) **(Sharpe)**

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
¾ Back giant to support
Swing ½ turn
Pull over
¾ 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)