

2010 NHSGA Senior Showcase Rules

In this description of the rules to be used at the 2010 SSI, I will also make some comments regarding what is different from the National Federation of High Schools (NFHS) rules. I will start each section by stating the major rules where NFHS is different from USA Gymnastics (USAG). In some cases the rules are a variation of each other and in other cases the NFHS rules will not apply at all.

This is not the complete set of rules; however, all requirements will be outlined. For a complete listing of all the rules, refer to USAG Level 9 rules. The only exceptions to the Level 9 rules are bonus connections on uneven bars and the vault values.

While the NFHS Special Requirements may not be Special Requirements using USAG rules, they may be compositional requirements or just a general part of good routine composition. Therefore, even if it is not required, it may still be a benefit for the routines to incorporate those requirements. The lingo the NFHS uses for "back to back" skills is represented in USAG rules as the value of the skills joined by a "+", e.g. C+C.

The NFHS Rule Book lists several elements in each section with their value. Those elements will be listed here with their USAG value as well for your quick reference.

For quick reference to actual USAG documents (note: there isn't a lot of detail in these documents) you can go to: <http://www.usa-gymnastics.org/women/pages/joooptionals.php>. If you require more detail than this, you will either have to purchase materials from USAG or you are always free to contact Dean Ratliff, NHSGA Technical Director (rdearn@aol.com).

General Rules

General NFHS rules that are different or do not apply:

- NFHS starts at a 9.20 with the possibility of +0.80 in bonus.
- Bonus is not awarded with execution errors of 0.30 or more.
- Value part requirements are: 4 Mediums @ 0.30, 3 Superiors @ 0.50 and 1 High Superior @ 0.30.
- Each event has seven Special Requirements @ 0.20 each.
- Inquiries are limited or have a penalty.

- 1) Start Value is 9.70 with the possibility of 0.30 in bonus.
 - a) Bonus may be any combination of Connection Values or D or E elements.
- 2) Bonus is always awarded regardless of execution errors unless there is a fall.
- 3) Value part requirements are: 3 A's @ 0.10, 4 B's @ 0.30 and 1 C at 0.50.
 - a) D's receive +0.10 in bonus and E's receive +0.20 in bonus.
- 4) Each event has four Special Requirements @ 0.50 each.
- 5) Unlimited inquiries will be allowed without penalty
- 6) Required Composition or Compositional Deductions
 - a) Failure to present before/after (CJ) each time..... 0.10
 - b) Exceeds Floor Ex. Boundary (CJ) each..... 0.10
 - c) Overtime (CJ)..... 0.10
 - d) Coach stands between bars or next to BB throughout exercise (CJ)..... 0.10
 - e) Excessive use of magnesia (chalk) (CJ)..... 0.20
 - f) Incorrect attire/jewelry (after 1 warning) (CJ)..... 0.20
 - g) Signals/verbal cues by coach/team (after warning) (CJ)..... 0.20
 - h) Coach instructs gymnast during routine (CJ)..... 0.20
 - i) Failure to begin exercise within 30 sec, of CJ signal (CJ)..... 0.20
 - j) Exceeds warm-up time (after warning) (CJ)..... 0.20
 - k) Incorrect apparatus specs. (CJ)..... 0.30
 - l) Board on unpermitted surface (CJ)..... 0.30
 - m) Failure to remove board after mount (CJ)..... 0.30
 - n) Use of supplementary mats (CJ)..... 0.30
 - o) No Dismount from Start Value..... 0.30
 - p) Spotting Assistance..... 0.50
 - q) Coach on FX mat (CJ)..... 1.00
 - r) Short Exercise: (UB < 5 Value Parts, BB/FX <30 seconds) (CJ)..... 2.00

7) There are no difficulty restrictions - i.e. they can do as many D and E's as they want to do without penalty.

Vault

	#	On	Off	NHSGA Value
Handspring Types	1.1	Handspring		8.8
	1.3	Handspring	½	8.8
	1.2	Yamashita		8.8
	1.4	Yamashita	½	9.0
	1.28	¼ - ½	¾ - ½	8.9
	2.1	¼ - ½		8.8
	1.5	Handspring	1/1	9.2
	1.45	FHS to board, Handspring	1/1	9.3
	1.7	Handspring	1½	9.5
	1.46	FHS to board, Handspring	1½	9.6
	1.6	Yamashita	1/1	9.3
	1.8	Yamashita	1½	9.6
	1.29	¼ - ½	1¼-1/1	9.1
	1.3	¼ - ½	1¾ -1½	9.5
	1.33 1.34	1/1	Handspring/Yamashita	9.6
	1.35	1/1	½	9.6
	1.9	Handspring	2/1	10.0
	1.47	FHS to board, Handspring	2/1	10.0
	1.31	¼ - ½	2¼ - 2/1	9.9
	1.32	¼ - ½	2 ¾ - 2 ½	10.0
	1.36	1/1	1/1	9.8
	1.37	1/1	1½	10.0
	1.38	1/1	2/1	10.0
	1.10	Handspring	2½	10.0
	1.11	Handspring	3/1	10.0
	Handspring Front Types	1.12	Handspring	Front Tuck
1.13		Handspring	Front Tuck ½	9.9
1.14		Handspring	½ off, Back Tuck (Cuervo Tuck)	9.9
1.18		Handspring	Front Pike	9.9
1.42		FHS to board, Handspring	Front Tuck	9.9
1.44		FHS to board, Handspring	Front Pike (Garbarino)	10.0
1.15		Handspring	Front Tuck 1/1	10.0
1.16		Handspring	½ Back Tuck ½ (Cuervo Tuck ½)	10.0
1.19		Handspring	Front Pike ½	10.0
1.20		Handspring	½ Back Pike (Cuervo Pike)	10.0
1.21		Handspring	Front Layout	10.0
1.22 1.23		Handspring	Front Layout ½ or ½ Back Layout	10.0
1.39		1/1	Front Tuck	10.0
1.43		FHS to board, Handspring	Front Tuck ½	10.0
1.27		Handspring	Double Front Tuck	10.0
1.17		Handspring	Front Tuck 1½	10.0
1.24		Handspring	Front Layout 1/1	10.0
1.25		Handspring	Front Layout 1½	10.0
1.40		1/1	Front Pike	10.0
1.26		Handspring	Front Layout 2/1	10.0
1.4	1/1	Front Layout	10.0	

	#	On	Off	NHSGA Value	
Tsukahara Types	2.2	Tsukahara	Back Tuck	9.5	
	2.5	Tsukahara	Back Tuck 1/1	9.9	
	2.5	Tsukahara	Back Pike	9.6	
	2.11	Tsukahara	Back Pike 1/1	10.0	
	2.13	Tsukahara	Back Layout	9.8	
	2.3 2.4	¼-½ ¼ Tsukahara	¾-½ Front Tuck ¼ Front Tuck (land facing out) Back Tuck ½	9.8	
	2.9 2.10	¼-½ ¼ Tsukahara	¾-½ Front Pike ¼ Front Pike (land facing out) Back Pike ½	9.9	
	2.7	Tsukahara	Back Tuck 1½	10.0	
	2.16	Tsukahara	Back Layout 1/1	10.0	
	2.14 2.15	¼-½ ¼ Tsukahara	¾-½ Front Layout ¼ Front Layout (land facing out) Back Layout ½	10.0	
	2.18	Tsukahara	Back Layout 1½	10.0	
	2.19	Tsukahara	Back Layout 2/1	10.0	
	2.17	½	½ Front Layout ½	10.0	
	2.6	¼-½	¾-½ Front Tuck ½	9.9	
	2.12	¼-½	¾-½ Front Pike ½	10.0	
	2.20	Tsukahara	Back Layout 2½	10.0	
	2.21	Tsukahara	Double Back Tuck	10.0	
	Yurchenko Types	3.1	RO,FF		8.8
		3.5	RO,FF	Back Tuck	9.5
		3.8	RO,FF	Back Tuck 1/1	9.9
		3.10	RO,FF	Back Tuck 1½	10.0
3.12		RO,FF	Back Pike	9.6	
3.15		RO,FF	Back Pike 1/1	10.0	
3.17		RO,FF	Back Layout	9.8	
3.20		RO,FF	Back Layout 1/1	10.0	
3.6 3.7		RO,FF	½ Front Tuck or Back Tuck ½	9.8	
3.14 3.15		RO,FF	½ Front Pike or Back Pike ½	9.9	
3.18 3.19		RO,FF	½ Front Layout or Back Layout ½	10.0	
3.2		RO,FF	1/1	9.2	
3.3		RO,FF	1½	9.5	
3.11		RO,FF	Back Tuck 2/1	10.0	
3.22		RO,FF	Back Layout 1½	10.0	
3.4		RO,FF	2/1	9.9	
3.23		RO,FF	Back Layout 2/1	10.0	
3.24		RO,FF	Back Layout 2½	10.0	
3.9		RO,FF	½ Front Tuck ½	9.9	
3.16		RO,FF	½ Front Pike ½	10.0	
3.21		RO,FF	½ Front Layout ½	10.0	
3.25		RO,FF	Double Back Tuck	10.0	
3.26		RO,FF ½	1/1	9.3	
3.27		RO,FF ½	1½	9.5	

#	On	Off	NHSGA Value
3.29	RO,FF ½	Front Tuck	9.9
3.39	RO,FF 1/1	1/1	9.7
3.40	RO,FF 1/1	1½	9.9
3.41	RO,FF 1/1	2/1	10.0
3.30	RO,FF ½	Front Tuck ½	10.0
3.31	RO,FF ½	½ Back Tuck	10.0
3.33	RO,FF ½	Front Pike	10.0
3.34	RO,FF ½	Front Pike ½	10.0
3.35	RO,FF ½	½ Back Pike	10.0
3.36	RO,FF ½	Front Layout	10.0
3.42	RO,FF 1/1	Back Tuck	10.0
3.44	RO,FF 1/1	Back Pike	10.0
3.43	RO,FF 1/1	½ Front Tuck	10.0
3.28	RO,FF ½	2/1	10.0
3.32	RO,FF ½	Front Tuck 1½	10.0
3.37 3.38	RO,FF ½	½ Back Layout or Front Layout ½	10.0
3.45	RO,FF 1/1	Back Layout	10.0
3.46	RO,FF 1½	1/1	10.0

Uneven Bars

Uneven Bars NFHS rules that are different or do not apply:

- Circle/Swing element (USAG: general composition)
- Superior release element (USAG: Special Requirement)
- 2 elements on each bar (USAG: not required)
- Salto element or an element with 1/1 turn (USAG: general composition)
- Kip (USAG: not required)
- Handstand (USAG: not required)
- Superior dismount (USAG: Special Requirement)

1) Special Requirements

- a) Minimum of 2 bar changes
- b) One flight element, minimum B
- c) A second (different) flight element (minimum C) OR one element with LA turn (minimum C)
- d) Salto or hecht dismount, minimum B

2) Connection Bonus

- a) C+C = +0.10 if there is no turn/flight in either element, but they must be different elements
- b) C+D = +0.10, no turn/flight requirement
- c) C+C = +0.20, if there is turn/flight in both elements
- d) D+D = +0.20, no turn/flight requirement

3) Required Composition or Compositional Deductions

- a) Uncharacteristic elements each 0.10
- b) ¼ forward Giant circle (w/ or w/o grip change) each 0.10
- c) Failure to perform both forward & backward circles & releases 0.05
- d) More than 1 element before mount 0.20

4) Element Values

- a) Mounts
 - i) Jump ½ turn catch LB, kip with ½ to catch HB B
 - ii) Jump with stretched body to HS on LB, with or without ½ turn D
 - iii) Salto mounts to catch either bar C, D or E
 - iv) Clear hecht over LB, catch HB B

v)	Jump with ½ turn, kip to HB.....	B
vi)	Jump with ½ turn or round-off, rear straddle pike over LB	B
b) Circles		
i)	Clear back hip circle to HS	C
ii)	Clear back hip circle to HS with ½ turn.....	C
iii)	Clear hip circle LB, hecht with or without ½ turn to catch HB	C
iv)	Clear hip circle through HS on LB, flight to catch HB (Shaposhnikova)	D
v)	Sole circle to HS	C
vi)	Sole circle to HS with ½ turn	C
vii)	Sole circle/clear underswing on LB, counterflight to catch HB	C
viii)	Sole circle/clear underswing on HB, ½ turn over LB to catch LB	B
ix)	From HS on HB, ½ turn over LB to catch LB.....	C
x)	From HB, ½ turn over LB to HS on LB	D
xi)	Rear support on HB (facing LB), turn backward with 1/1 to catch LB	NA
xii)	Dislocation on HB, shoot over LB to suspension under LB.....	C
xiii)	Dislocation on HB, shoot to HS on LB.....	D
xiv)	Giant swing backward on HB.....	B
xv)	Giant swing backward on HB with turn.....	C, D or E
xvi)	Giant swing forward on HB.....	C
xvii)	Stalder to HS	C
c) Kips		
i)	Glide kip, 1/1 turn, catch HB.....	C
d) Passing of the legs		
i)	Counterflight over LB in pike position to suspension under LB.....	B
ii)	Counterflight over LB to HS on LB	C
iii)	Flank vault over HB.....	C
iv)	Glide, straddle cut ½ turn to catch HB	B
e) Uprises		
i)	Long uprise to clear support on HB, with or without turn	B
ii)	Long uprise to HS on HB	C
f) Turns/Twists		
i)	From HB, cast backward, 1/1 turn to catch HB.....	B
ii)	Underswing/sole circle 1½ turn to catch HB or LB.....	C or E
iii)	Support on LB facing out, front salto from LB to HB.....	D
iv)	Support on LB facing HB, uphill salto LB to HB	D
v)	Flyaway between bars	B, C, D or E
vi)	Tkatchev, Deltchev, Geinger, Jaeger	D
g) Inverted Supports		
i)	Cast to HS ½ turn or hot to grip change in HS	C
ii)	Cast to HS with 1/1 turn, or more, in HS or after	C or D
iii)	Kreisel	NA
h) Dismounts		
i)	Sole circle/underswing on HB, front salto	C
ii)	Hecht 1/1 or clear hecht	B or C
iii)	Korbut back over LB or with 1/1 turn	NA
iv)	Tanac with 1/1 turn.....	C
v)	Flyaway back salto stretch.....	A
vi)	Flyaway back salto with ½ turn	B
vii)	Flyaway back salto with 1/1 turn (tuck/pike)	B
viii)	Flyaway back salto with 1/1 turn (stretch).....	B
ix)	Flyaway back salto with 1½ turn (tuck/pike).....	C
x)	Flyaway double salto (front or back)	C, D or E
xi)	From long swing, inward front salto, with or without ½ turn	A or B
xii)	Inward front salto with 1/1 turn	B

- xiii) From front support on HB, inward front salto B
- xiv) Comaneci..... C
- xv) Deltchev, with or without additional ½ turn
(USAG would consider this a poorly performed flyaway)..... B
- xvi) Deltchev with additional 1/1
(USAG would consider this a poorly performed flyaway)..... C
- xvii) On HB from near handstand, clear hip through HS
or giant circle, back salto from hands..... C

Balance Beam

Balance Beam NFHS rules that are different or do not apply:

- 1/1 twist or turn (USAG: full turn on one foot Special Requirement)
- Jump/leap, minimum Medium (USAG: Special Requirement)
- Handspring/salto/aerial (USAG: not specifically required)
- Tumbling series of difficulty (USAG: Special Requirement)
- Dance series of difficulty (USAG: compositional requirement)
- Dance-tumbling/tumbling-dance series (USAG: not required)
- Superior Dismount (USAG: Special Requirement)

1) Special Requirements

- a) Acro series: minimum of 2 flight elements. (Both elements must start & finish on beam)
- b) One leap/jump requiring 180° split (isolated or in a series)
- c) Minimum of 360° turn on one foot
- d) Aerial or salto dismount, minimum B

2) Connection Bonus

- a) Acro Flight (2 element connections may not include the mount or dismount)
 - i) B+C = +0.10, C must be a salto
 - ii) B+D/E, C/D+C/D = +0.20
 - iii) B+ B +C = +0.10
 - iv) B+C+C, B+B+D = +0.20
- b) Dance/Mix Connections (excluding dismount)
 - i) A+D, B+C = +0.10
 - ii) C +C = +0.10, if same dance elements
 - iii) B/C+D = +0.20
 - iv) C+C = +0.20, if different dance elements
- c) Turns
 - i) A+C = +0.10
- d) All acro elements used for CV must have flight

3) Required Composition or Compositional Deductions

- a) Missing Acro backward & forward or sideward each..... 0.10
 - i) If only in dismount 0.05
- b) More than 2 pivot (straight leg ½ turns) throughout exercise 0.10
- c) More than 2 dance elements of the same shape (tuck/wolf or straddle) each type 0.10
- d) More than 1 leap/jump to front support each..... 0.10
- e) More than 1 element before mount 0.20
- f) Lack of dance series (Minimum 2 dance elements from Groups 1, 2, 3) 0.20

4) Element Values

- i) Mounts
 - i) Free switch leg leap to arrive in splits A
 - ii) Free jump from 2 feet to splits or with ½ turn to stand B
 - iii) Free jump from 2 feet with 1/1 to stand D
 - iv) Straddle cut to clear pike/straddle support B
 - v) Jump with ½ turn to clear pike support B
 - vi) Press HS from stand or clear support B

vii)	Jump to HS, 1/1 turn.....	C
viii)	Shoulder wheel with full turn.....	C
ix)	Jump with flight to side cartwheel or tinsica.....	B
x)	Bent hip FHS with flight.....	C
xi)	Straight body FHS with flight.....	D
xii)	Headspring.....	B
xiii)	Front salto.....	C, D or E
xiv)	Round-off, BHS to stand or swing down.....	C
xv)	Round-off, back salto.....	E
b) Balances		
i)	Balance with extreme body position.....	A, B, C or D
ii)	Free scale with 180° split without holding leg.....	A, B, C or D
c) Turns		
i)	1/1 illusion or more.....	E
ii)	1/1 turn with leg extended at horizontal.....	C
iii)	1 ½ turn with leg extended at horizontal.....	D
iv)	1/1 turn with 180° split throughout.....	C
v)	2/1 turn on one foot.....	D
d) Jumps/Leaps		
i)	Tuck jump with ¾ turn.....	C
ii)	Tuck jump with 1/1 turn.....	D
iii)	Cat leap with 1/1 turn.....	C
iv)	Cat leap with 1½ turn.....	D
v)	Wolf jump with ½ turn.....	B
vi)	Wolf jump with ¾ turn.....	C
vii)	Pike jump 45° (USAG considers this a stretch jump).....	A
viii)	Pike jump 45° with ½ turn (USAG considers this a stretch jump).....	A
ix)	Pike jump 90° with ½ turn.....	C or D
x)	Pike jump 90° with ¾ turn.....	C or D
xi)	Stretch jump with 1/1 turn.....	C
xii)	Stretch jump with 1½ turn.....	D
xiii)	Split or stag split with 180° split and ½ turn.....	C
xiv)	Split or stag split with 180° split and 1/1 turn.....	E
xv)	Side split jump (straddle) with 180° split, with or without ¼ turn.....	B or C
xvi)	Side split jump (straddle) with 180° split, with ½ turn.....	D
xvii)	Straddle pike jump with or without ¼ turn.....	B or C
xviii)	Straddle pike jump with ½ turn.....	D
xix)	Switch leg leap with 180° split.....	C
xx)	Switch leg leap with ¼ turn to 180° side split or straddle pike.....	D
xxi)	Switch leg leap to ring (foot head height).....	E
xxii)	Tour jeté with 135° split (USAG considers this a split leap).....	A
xxiii)	Tour jeté with 180° split.....	D
xxiv)	Tour jeté to ring (foot head height).....	E
xxv)	Tour jeté with 135° split with ¼ or ½ turn (USAG considers this a split leap).....	A
xxvi)	Ring leap/jump (foot head height).....	C
xxvii)	Sheep jump (feet head height).....	D
e) Inverted Balances		
i)	HS, clear shoot through to splits.....	NA
ii)	HS pike through to clear pike/straddle support.....	B
iii)	Press HS.....	B
iv)	HS on one arm.....	C
v)	HS 1/1 turn.....	A
vi)	Planche.....	C
f) Flexibilities		
i)	Walkover (facing out) (assuming this means side position).....	
ii)	Front walkover on one arm.....	

iii)	Series of front walkovers/tinsicas	NA
iv)	Diamidov - valdez with 1/1 turn	
v)	Valdez on one arm.....	B
vi)	Thomas flair	C
g) Tumbling		
i)	Back extension roll	B
ii)	Aerial cartwheel, aerial walkover.....	D
iii)	Round-off with flight directly connected to a Superior	B
iv)	BHS directly connected to a Superior	B
v)	Gainer BHS.....	B
vi)	BHS on one arm	C
vii)	BHS ½ turn.....	C
viii)	BHS to HS with or without ¼ turn.....	NA or C
ix)	BHS with 1/1 turn.....	D
x)	FHS.....	B
xi)	FHS on one arm	C
xii)	Flyspring.....	B
xiii)	Salto (front, back or side).....	C, D or E
xiv)	Front salto to valdez sit	C
xv)	Back salto kick out to cross straddle sit.....	C
h) Dismounts		
i)	Barani with ½ turn	B
ii)	Barani with 1/1 turn	C
iii)	Back salto with ½ turn.....	B
iv)	Back salto with 1/1 turn.....	B
v)	Gainer back salto off end - tuck.....	B
vi)	Gainer back salto off end - pike.....	C
vii)	Gainer back salto off end with ½ turn	NA
viii)	Gainer back salto off side with ½ turn.....	B
ix)	Gainer back salto with 1/1 turn.....	B, C, D or E
x)	Aerial walkover with 1/1 turn	B
xi)	Aerial walkover with 1½ turn.....	C
xii)	Front layout salto with or without ½ turn	B
xiii)	Front salto with 1/1 turn.....	C
xiv)	Double salto (front or back)	E
xv)	Arabian salto	B

Floor Exercise

Floor Exercise NFHS rules that are different or do not apply:

- ½ twist aerial/salto (USAG: not required)
- Superior aerial/salto in tumbling pass (USAG: compositional requirement)
- 3 tumbling passes in 2 of 3 directions (USAG: not required)
- Last tumbling pass with Superior element (USAG: Special Requirement)
- Jump/leap of Superior difficulty (USAG: general composition)
- Dance series of 3 dance skills of difficulty (USAG: Special Requirement, only 2 elements, however)
- Tumbling-Dance-Tumbling/Dance-Tumbling-Dance series (USAG: not required)

1) Special Requirements

- a) One Acro series with 2 saltos, OR 2 directly connected saltos (same or different)
- b) Three different saltos within the exercise
- c) Dance Passage with minimum of 2 different Group 1 elements (directly or indirectly connected) - one, a LEAP with 180° cross or side split
 - i) An indirect connection would allow for running steps, small leaps, hops, chassés, assemblés or chaîné turns between the two VP elements.
 - (1) No pauses or stops are allowed within the dance passage.
 - (2) Pivots on two feet and 1/1 turns (or more) on one foot are not permitted because they are stationary. (Exception: Chainé turns (½ turns on alternating feet) are allowed because they are traveling steps.
 - (3) Acro elements performed between the dance elements will break the dance passage.

- ii) The objective is to create a large, flowing traveling movement pattern.
 - iii) The leap requiring 180° split may be in cross or side.
 - iv) Leaps and hops may land on one or both feet as the first and/or second element in the dance passage.
 - v) Jumps (take-off from two feet) must land on one foot as the first element and may land on one or both feet for the second element.
 - vi) The second element may land in prone or split-sit position.
- d) Minimum of B salto as last salto or in last connection of saltos

2) Connection Bonus

- a) Indirect Acro
 - i) A/B+ A/B +C/D, C+C, A/B+D = +0.10
 - ii) C+D = +0.20
- b) Acro Direct
 - i) B+B, A+C, A+A+C = +0.10
 - ii) B/C+C, A/B+D, A+A+D = +0.20
- c) Dance/Mix Connections (No bonus for a turn followed by a jump)
 - i) B+D = +0.10
 - ii) C+C = +0.10, if different dance elements
 - iii) D salto+A jump = +0.10, this order only
 - iv) C+D = +0.20

3) Required Composition or Compositional Deductions

- a) Failure to perform saltos in 2 diff. directions (backward & forward or sideward) 0.10
- b) More than 2 dance elements of the same shape (tuck/wolf or straddle) each type 0.10
- c) More than 1 leap/jump to prone position each 0.10
- d) Lack of turn on 1 foot, Minimum B 0.20
- e) Lack of Minimum of B salto 0.30

4) Element Values

- a) Jumps/Leaps
 - i) Tuck jump or cat leap with 1½ turn C
 - ii) Tuck jump or cat leap with 2/1 turn D
 - iii) Wolf jump with 1/1 turn C
 - iv) Wolf jump with 1 ½ turn D
 - v) Pike jump 45°-90° with 1/1 turn C
 - vi) Pike jump 45°-90° with 1½ turn D
 - vii) Stretch jump with 2/1 turn C
 - viii) Stretch jump with 3/1 turn D
 - ix) Split or side split (straddle) with 180° split and 1/1 turn C
 - x) Split or side split (straddle) with 180° split and 1½ turn D
 - xi) Straddle pike 1/1 turn (Popa) C
 - xii) Straddle pike 1½ turn D
 - xiii) Schushonova with 1/1 turn C
 - xiv) Leap 1½ turn in horizontal to prone (Khorkina) C
 - xv) Switch leg leap with 180° split with ½ turn C
 - xvi) Switch leg leap with 180° split with ¼ turn to side split or straddle pike C
 - xvii) Switch leg leap to ring (foot head height) C
 - xviii) Tour jeté with 135° split to ring NA
 - xix) Tour jeté with 135° split with ½ turn (USAG considers this a split leap) A
 - xx) Tour jeté with 180° split with ½ turn C
- b) Turns
 - i) 1 ½ turn with leg at horizontal C
 - ii) 2 ½ turn C
 - iii) 2/1 turn with leg at horizontal D
 - iv) 3/1 turn D
 - v) 1½ illusion turn (or more) D
- c) Inverted Balances

- i) HS with 2/1 turn B
- d) Rolls, Wheels
 - i) Layout dive roll with 1/1 turn B
- e) Handsprings
 - i) FHS or BHS with 1/1 turn B or C
 - ii) Series of flysprings NA
 - iii) Flyspring to front salto NA
- f) Aerials
 - i) Series of butterflies NA
- g) Saltos
 - i) Double saltos D or E
 - ii) Series of back saltos NA
 - iii) Back salto with 1/1 turn B
 - iv) Series of back saltos with 1/1 turn (directly connected) NA
 - v) Back salto with at least 1½ turn C, D or E
 - vi) Series of whipbacks followed by a difficulty NA
 - vii) Front salto stretch with or without ½ turn B
 - viii) Series of front saltos, tuck or pike NA
 - ix) Series of front saltos, stretch NA
 - x) Front salto with 1/1 turn C
 - xi) Arabian salto, stretch B