

Texas High School Skill Exception List

2022

	A - NO EG	A	B	C	D				
FX	Cartwheel	Front Tuck/Pike	EG2	Frnt Tuck w 1/1	EG2	Frnt Stretch w 1/1	EG2	Double Frt Tuck	EG2
	Press to handstand	Front Pike	EG2	Frnt Tuck w 3/2	EG2	Frnt Stretch w 3/2	EG2	Double Frt Tuck w 1/2	EG2
	Any backward roll			Frnt Stretch	EG2	Bk Stretch w 3/2	EG3	<b>E</b>	
	Headspring			Frnt Stretch w 1/2	EG2	Bk Stretch w 2/1	EG3		
	Round-off			Bk Stretch	EG3		Double Frt Pike		EG2
	Swedish fall			Bk Whip/Tempo	EG3		Double Frt Pike w 1/2		EG2
	<b>No EG Awarded</b>			Bk Stretch w 1/2	EG3				
Bk Stretch w 1/1				EG3					

	A - NO EG	C	
PH	False Scissor	Circle to Hand on dismount	EG4
	Single leg stockli		
	Single leg travel		
	Flair in any position		
	Loop w 1/4 turn to leg cut		
	Any Flank Dismount		
	<b>No EG Awarded</b>		

	A - NO EG	A	B	B			
R	Shoulder stand or giant to shoulder stand	Front/Back salto tucked	EG4	Front/Back salto stretched w 1/2	EG4	Back uprise back salto (pike/stretch)	EG4
	Tuck planche			Felge to handstand with bent arms	EG1	Back uprise to handstand with bent arms	EG1
	German hang						
	Hanging "L" hold						
	Muscle up to support unassisted						
	Handstand bail						
	<b>No EG Awarded</b>						

	A - NO EG	A	B	B			
PB	Forward roll or shoulder stand	Front/Back salto dismount	EG4	V, Planche, Manna <b>*Same Box* use only 1 (NO bonus)</b>	EG1	Stutz to support <b>*No Bonus*</b>	EG1
	Back uprise to support	Wende dismount	EG4	Back Toss to supp. <b>*No Bonus*</b>	EG1	Giant to support <b>*No Bonus*</b>	EG1
	Moy to upper arm						
	Drop kip			Back salto stretch w 1/2	EG4	Front salto pike w 1/2	EG4
	Flank, Stutz dismount						
<b>No EG Awarded</b>							

	A - NO EG	A	B	All Adler Skill Modifications			
HB	Pull over	Front or back salto, tuck, pike, stretched	EG4	Toe-on Toe-off forward	Adler to Hand	FIG Value	
	Swing 1/2			<b>No Bonus and No EG</b>	Adler (15*-45*)	Lower 1 value - NO angle ded.	
	Front and Back hip circle			Toe-on Toe-off backwd	Adler (44*-horiz.)	Lower 2 values - NO angle ded.	
	3/4 giant forward			Back salto stretch w 1/1	EG4	Adler below horiz.	Junior "A" value - Large angle ded.
	3/4 giant backward						
	Any kip to support			Front salto pike/stretch w 1/2	EG4	<b>All Adlers above horizontal will receive EG credit</b>	
	Back uprise						
<b>No EG Awarded</b>							