

FLOOR

A	Round off					
A	backhandspring		0.1			
B	back tuck		0.1	II		
A	front flip tuck		0.1	III		
A	two foot handspring		0.1			
A	split					
A	press handstand bent arms		0.2	I		
A	arabian dive roll		0.1	IV		
A	scale		0.1			
B	layout back		0.2	V		
						Start Value
			0.80	2.5	5.5	<b>8.80</b>
A	round off					
A	back handspring		0.1			
C	double full		0.3	II		
C	front full		0.3	III		
A	split		0.1			
B	press handstand		0.2	I		
B	arabian front		0.2	IV		
A	scale		0.1			
B	back full		0.2	V		
			1.5	2.5	5.5	<b>9.50</b>
C	RO ff double back		.3 +.1	II		
A	front handspring		0.1			
C	front flip full twist		0.3	III		
A	split		0.1			
B	V seat		0.2	I		
B	Jona	JUMP1/2TWIST TO BACK	0.2	IV		
A	scale		0.1			
C	ro ff double full		0.3	V		
			1.7	2.5	5.5	<b>9.70</b>

## Pommel Horse

A	cross support circle		.1			
A	1/4 spindle		.1			
A	leg cut		.1			
	simple travel up					
A	scissor	I	.1			
B	scissor hop 1/2		.2			
A	simple travel up		.1			
A	circle	II	.1			
A	travel down	III	.1			
0	circle			0.00		
A	loop off	V	.1			
				Difficulty	0.90	
				e.g	1.80	
				ex pres	5.50	
				start value		8.20
B	jump to moore mount	IV	.2			
A	leg cut		.1			
A	scissor	I	.1			
B	scissor hop 1/2		.2			
A	simple travel up		.1			
A	circle	II	.1			
A	travel down	III	.1			
0	circle			0.00		
C	handstand dismount	V	.3			
				Difficulty	1.20	
				e.g	2.50	
				ex pres	5.50	
				start value		9.20
B	Jump to scissor 1/1	I	.2			
B	moore	IV	.2			
B	baile to saddle		.2			
B	2/3 sivado	III	.2			
A	cross support circle	II	.1			
D	magyar		.4			
A	cross support circle rearw		.1			
B	russian	V	.2			
				Difficulty	1.60	
				e.g	2.50	
				ex pres	5.50	
				start value		9.60

# RINGS

A	back lever	IV	.1			
A	inlocate	I	.1			
A	back uprise		.1			
A	L		.1			
A	roll backward		.1			
A	dislocate		.1			
A	layout	V	.1			
				Difficulty	0.70	
				e.g	1.30	
				ex pres	5.50	
				start value		7.50
A	inlocate	I	.1			
B	back uprise straddle L		.2			
B	planche straddle	IV	.2			
A	L seat		.1			
A	Press HS		.1			
0	Back Roll			0.00		
A	Dislocate		.1			
B	Back Full or double back	V	.2			
				Difficulty	1.00	
				e.g	1.50	
				ex pres	5.50	
				start value		8.00
A	inlocate	I	.1			
	inlocate			0.00		
A	back uprise HS	-	.1			
	bail, inlocate			0.00		
C	uprise straddle planche	III	.3			
A	L		.1			
B	Press HS	IV	.2			
A	bail, dislocate		.1			
B	double back	V	.2			
				Bonus	0.1	
				Difficulty	1.10	
				e.g	2.00	
				ex pres	5.50	
				start value		8.70
A	inlocate	I	.1			
	inlocate			0.00		
C	back uprise HS st arms	II	.3			
	bail, inlocate			0.00		
C	uprise straddle planche	III	.3			
A	L		.1			
B	Press HS	IV	.2			
B	dislocate through HS		.2			
C	1/2 in 1/2 out	V	.3			
				Bonus	0.1	
				Difficulty	1.50	
				e.g	2.50	
				ex pres	5.50	
				start value		9.60

## P-BARS

A	Glide kip	IV	.1			<b>beginner level</b>
A	moy upper arm		.1			
			0.00			
A	back uprise		.1			
A	L	I	.1			
B	Press HS	I	.2			
A	front uprise	II	.1			
A	swing hs	I	.1			
A	back tuck	V	.1			
				Difficulty	1.10	
				e.g	1.80	
				ex pres	5.50	
				start value		8.40
A	cast upper arm	IV	.1			<b>medium level</b>
A	back uprise		.1			
A	L	I	.1			
B	Press HS	I	.2			
A	front uprise	II	.1			
C	Moy support	III	.3			
A	swing hs	I	.1			
B	back layout 1/2	V	.2			
				Difficulty	1.20	
				e.g	2.50	
				ex pres	5.50	
				start value		9.20
B	Peach glide	IV	.2			<b>upper level</b>
A	kip to support	III	.1			
C	giant hs	III	.3			
C	Diamidov	I	.3			
C	Stutz hs	I	.3			
A	cast upper arm	IV	.1			
B	back rise strad cut	II	.2			
A	swing hs	I				
C	double tuck	V	.3			
				Bonus	0.1	
				Difficulty	1.80	
				e.g	2.50	
				ex pres	5.50	
				start value		9.90