

High School skills exceptions list (Includes JD A's)

Skills in black standard text can fulfill EG requirements

*Skills in blue italics text will **not** fulfill EG requirement*

FLOOR	A	B	C	D
EG I: Non Acro	<i>Cartwheel</i>			
	<i>Press to handstand</i>			
	<i>Any Backward Roll</i>			
	<i>Headspring</i>			
	<i>Round-off</i>			
	<i>Swedish Fall</i>			
EG II: Forward tumbling				
EG III: Backward tumbling				

POMMEL HORSE	A	B	C	D
EG I: Single leg swings	<i>False scissor</i>			
	<i>Single leg stockli</i>			
	<i>Single leg travel</i>			
EG II: Circles	<i>Flair in any position</i>			
	<i>Loop with ¼ turn to leg cut</i>			
EG III: Travels		Circle with travel hop backward 1/3 *EG III Eligible*		Circle with travel hop backward 3/3 *EG III Eligible*
EG IV: Dismounts	<i>Any flank off dismount</i>			

RINGS	A	B	C	D
EG I: Swings		Felge upward to handstand or uprise backward to handstand with bent arms *EG I Eligible*		
EG II: Strength	<i>Shoulder stand or giant to should stand</i>			
	<i>Tuck planche</i>			
	<i>German hang</i>			
	<i>Hanging "L" hold</i>			
	<i>Muscle up to support unassisted</i>			
EG III: Swing to strength				
EG IV: Dismounts	Front or back salto tucked *Partial EG IV Eligible*	Layout back or front ½ *EG IV Eligible*		
		Back uprise back salto pike/layout (Koste) *EG IV Eligible*		

PARALLEL BARS	A	B	C	D
EG I: Support	<i>Forward roll or shoulder stand</i>	Stutz, Giant and Back Toss *No Bonus* *EG I Eligible*		
		V, Straddle Planche and Manna *Same box* *EG I Eligible*		
EG II: Upper arm	<i>Back up rise to support</i>			
EG III: Hang	<i>Moy to upper arm</i>			
	<i>Drop kip</i>			
EG IV: Dismounts	Front or back salto tucked *Partial EG IV Eligible*	Back, ½ (stretched), or front ½ (pike or stretched) *EG IV Eligible*		
	<i>Flank, Stutz, Wende</i>			

HIGH BAR	A	B	C	D
EG I: Long hang	<i>Pull over</i>			
	<i>¾ giant forward or backwards (Baby giant)</i>			
	<i>Swing ½ turn</i>			
EG II: Flight				
EG III: In bar	<i>Front or back hip circle</i>			
		Toe on Toe off either direction *Not Eligible for Bonus or EG Credit*		
EG IV: Dismounts	<i>Any kip to support</i>			
	forward or backward tucked, piked, or stretched salto *Partial EG IV Eligible*	layout flyaway dismount with a 1/1 twist backward *EG IV Eligible*		
		pike or layout flyaway dismount with a ½ twist forward *EG IV Eligible*		