



A comprehensive list of all allowable skills not found in the Code of Points
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:

- [Double Scissor fwd with travel swd. and ½ turn**](#)

E 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 \(2 s.\)](#)
- [Felge tucked to support](#)
- [Tuck Planche \(2 s.\)](#)

A value:

- [Tuck 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):

- [Underswing to long hang bwd uprise to support \(EJ\)](#)
- [Peach to upper arm](#)
- [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 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](#)
- [Straddle Cut \(Callahan\)](#)

A value:

- [Tuck 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°\(Group III\)](#)

* Dismount Credit for Developmental Only

** All levels (Including NAIGC Modified NCAA)