RECOGNIZABLE GYMNASTICS SKILLS
Women’s Artistic Gymnastics

UNEVEN BARS
- Any skills that receive a value in the Levels 1 & 2 Uneven Bars routines will be Recognizable Gymnastics Skills

ADDITIONAL SKILLS
Single leg cut
Single or double leg shoot through
Stride/mill circle
Basket swing
Cast, squat on
Cast, squat on, jump to high bar
Underswing dismount
Sole circle dismount

BALANCE BEAM
- Any skills that receive a value in the Levels 1 & 2 Balance Beam routines will be Recognizable Gymnastics Skills
- Variations on the skills listed below will be Recognizable Gymnastics Skills (for example: 90° pivot turn on 2 feet can be in a stand or squat)

ADDITIONAL SKILLS
Switch leg, swing over mount
Step up mount
Squat or straddle mount
V-sit
Knee scale
Arabesque/scale (no minimum degree of angle, no hold time required)
Chasse
Jumps not listed in FIG (beat jump, cabriole, hitchkick, jumps with ¼ turn, etc.)
Leaps not listed in FIG
90° pivot turn on 2 feet
90° turn on 1 foot
Body waves
Forward or backward roll
Forward or backward shoulder roll
Handstand (3/4 to vertical with/without feet together)
Tic-Toc
Jump dismount in a fixed shape (tuck, straddle/star, straight)
Round-off dismount
Front Handspring dismount
Cross handstand to dismount
Aerial dismount not listed in FIG
FLOOR EXERCISE

• Any skills that receive a value in the Levels 1 & 2 Floor Exercise routines will be Recognizable Gymnastics Skills
• Variations on the skills listed below will be Recognizable Gymnastics Skills (for example: Rolls – either legs together or straddle)

ADDITIONAL SKILLS
V-sit
Jumps not listed in FIG
Leaps not listed in FIG
360° turns not listed in FIG
Body waves
Arabesque/scale
Balance holding leg with hand
Rolls (forward, backward, sideways)
Dive forward roll
Handstand forward roll
Back extension roll
Backbend or bridge
1-arm cartwheel
Walkovers, Tic-Toc