

Common FIG skill values

Updated 12/09. Please contact Karen Heilman with questions, comments, changes, etc. (heilmankaren@alumni.purdue.edu). Check naigc.net for updates.

Bars:

B	C	D	E
Jump 1/1 kip			
Free tuck or straddle jump over LB, hang on HB OR Hecht jump with hand repulsion over LB, hang on HB			
Jump to HS on LB			
HS	HS ½ pirouette		
	HS hop to reverse grip		
Uprise or ½ turn uprise	Uprise to HS		
Straddle back	Straddle back to HS or from HS	From HS straddle back to HS	
Shoot over/bail	From HS shoot over/bail	From HS shoot over/bail to HS	
Clear hip to above horizontal	Clear hip to HS or HS 1/2 pirouette	Clear hip HS hop change in HS phase	Hindorff (straddle or pike)
Weiler kip		Weiler kip to HS	
Straddle cut	Toe on hecht from LB to HB		
Giant	Giant ½ (blind, Higgins, or hop)	Straddle Tkatchev	Piked Tkatchev
On HB salto roll backwards to hang on LB		Pak salto	
		Geinger (piked) or Delchev (straddled)	Layout Geinger
Front giant on LB	Front giant on HB, also with ½ turn	Jaeger (tucked or straddled)	Jaeger (piked or stretched)
Stalder forward or backward to clear support	Stalder backward to HS		
Pike sole circle backward to clear support	Pike sole circle backward to HS		
Flyaway ½ or 1/1	Layout flyaway 1 ½ or 2/1 twist		
	Double back flyaway (tucked or piked)		Double back flyaway (stretched)
	Toe on front dismount		

Beam:

B	C	D	E
Side leap or leap 1/4	Switch leap	Switch side	
Split jump	Split jump ½ or split in side position	Split jump ¾	Split 1/1
Straddle jump	Straddle ¼ or straddle in side position	Straddle ½ or ¾	Straddle 1/1
	Fouette to land in scale	Tourjete	
Pike jump	Pike in side position or pike ½ or ¾ from cross position	Pike ½ or ¾ from side position	Pike 1/1
Straight jump ¾	Straight jump 1/1		
Cat leap ½	Cat leap 1/1		
Tuck ½	Tuck ¾	Tuck 1/1	
Wolf ½	Wolf ¾	Wolf 1/1	
	Ring jump	Sheep jump	

1 ½ turn on toe, 1/1 turn with leg fwd or bwd at 45 degrees throughout turn	1/1 turn on toe, leg at horiz	2/1 turn on toe	
	Illusion ½ turn		
Front shoulder roll, extension through vertical			
HS forward roll			
Free fwd roll (no hands)			
Back extension roll			
Fwo or Fhs	One arm fhs	Front aerial	
Dive cartwheel or round off		Aerial	
Valdez			
Bhs	One arm bhs or bhs ½		
	Back tuck, pike or layout step out, gainer tuck	Gainer salto (pike or stretched)	
	Front tuck to sit	Front tuck	
Fhs 1/1 dsmt, front aerial 1/1 dismount			
Barani 1 ¼ dsmt (land facing beam)			
Front lo off two feet dsmt	Front 1/1 dsmt off two feet (tuck or stretched)		
Arabian dsmt			
Gainer tuck 1/1 dsmt, gainer layout ½ dsmt	Gainer layout 1/1 dsmt		
Gainer tuck dsmt at end of beam	Gainer pike dsmt at end of beam	Gainer stretched dsmt at end of beam	
Back tuck or lo with ½ or 1/1 dsmt			Double back

Floor:

B	C	D	E
Split jump/leap ¼ or ½	Split jump 1/1		
Switch leap	Switch side		
Pike or pike ½	Pike 1/1		
Straddle jump or straddle ½	Straddle 1/1		
Schush	Schush 1/1		
Tourjete	Tourjete ½ , tourjete ring		
Ring jump, sheep jump	Ring ½ or 1/1, Switch ring		
Straight jump 1 ½	Straight jump 2/1		
Cat leap 1/1	Cat leap 1 ½	Cat leap 2/1	
Tuck 1/1	Tuck 1 ½	Tuck 2/1	
Wolf ½	Wolf 1/1	Wolf 1 ½	
1 ½ turn	2/1 turn	3/1 turn	
1/1 turn with leg at horiz	1 ½ turn with leg at horiz		
1/1 Illusion turn			
1 ½ pirouette, b ext 1/1, bwo 1/1			
Front tuck ½, front pike, pike ½, front layout or layout ½	Front tuck 1/1, pike 1/1 or layout 1/1	Front 1 ½	
Back salto ½ or 1/1 (in any position)	Back salto (in any position) 1 ½ or 2/1	Back salto (in any position) 2 ½	
Arabian			
Whip salto ½		Double back (tuck or pike)	