

# Common FIG Skill values

Updated 10/07. Please contact Karen Heilman with questions, comments, changes, etc ([heilmankaren@alumni.purdue.edu](mailto:heilmankaren@alumni.purdue.edu)). Check NAIGC.net for updates.

## Bars:

B	C	D	E
Jump 1/1 kip	Toe on hecht from LB to HB		
Straddle cut			
Straddle back	Straddle back to HS or from HS	Straddle back from HS and to HS	
Shoot over/bail	Shoot over/bail to HS or from HS	Shoot over/bail from HS and to HS	
HS	HS ½ pirouette		
Clear hip	Clear hip to HS or HS 1/2 pirouette		Hindorff
Uprise	Uprise to HS		
Giant		Tkatchev	
		Pak salto	
		Geinger	
Front giant		Jaeger	
Flyaway ½ or 1/1	Double back flyaway		
	Toe on front dismount		

## Beam:

B	C	D	E
Straight jump ¾	Straight jump 1/1		
Tuck ½	Tuck ¾	Tuck 1/1	
Pike jump	Pike ½ or ¾ or sideways on beam		Pike 1/1
Wolf ½	Wolf ¾	Wolf 1/1	
	Straddle jump or straddle ¼	Straddle ½ or ¾	Straddle 1/1
Split jump	Split jump ½ or sideways on beam	Split jump ¾	Split 1/1
Cat leap ½	Cat leap 1/1		
	Ring jump	Sheep jump	
Side leap or leap 1/4	Switch leap	Switch side	
	Fouette	Tourjete	
1 ½ turn on toe	1/1 turn on toe, leg at horiz	2/1 turn on toe	
Front shoulder roll			
Free fwd roll (no hands)			
Back extension roll			
Dive cartwheel or round off		Aerial	
Fwo	Fhs		
Bhs	One arm bhs or bhs ½		
	Back tuck/pike	Back layout**	
	Front tuck to sit	Front tuck	
Fhs 1/1 dsmt			
Barani 1/1 dsmt			
Front lo off two feet dsmt			

Arabian dsmt			
Front 1/1 dsmt			
Gainer tuck 1/1 dsmt	Gainer layout 1/1 dsmt		
Gainer tuck dsmt at end of beam			
Back tuck or lo with ½ or 1/1 dsmt			Double back

\*\*Back layout step out (D) is only given a C value for connective bonus.\*\*

Floor:

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