



AGC

COMPETITION SKILL GUIDE

2024



BAR

BARS

CONNECTION BONUS

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

**REP
LEAGUE**

**PRO
LEAGUE**

B + B Connection

C + B Connection

			Jump to handstand mount	Jump to handstand mount
			Straight body cast to handstand	Straight body cast to handstand
			Cast to handstand 1/2 turn	Cast to handstand 1/2 turn
			Hiccup	Hiccup
			Giant	Giant
			Combination of any of the above skills	Any of the above skills connected to any of the below skills
				Clear hip (or similar) circle to handstand
				Giant 1/2
				Reverse giant
				Giant

BARS

BONUS SKILL

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

**REP
LEAGUE**

**PRO
LEAGUE**

**C or Higher Skill (not
including dismount)**

				Cast to handstand with 1/1 turn
				Any single bar release
				Clear hip (or similar) circle to handstand with 1/2 twist
				Giant 1/1
				Straddle back
				Shoot over (doesn't have to be to handstand)
				Pak

BARS

DISMOUNT BONUS

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

B or Higher

**REP
LEAGUE**

B or Higher

**PRO
LEAGUE**

B or Higher

		Layout flyaway	Toeshoot with any front salto	Toeshoot with any front salto
		Flyaway with ½ turn or 1/1 turn	Flyaway with ½ turn or 1/1 turn	Flyaway with ½ turn or 1/1 turn
				Double back dismount
				Front layout flyaway

BEAM



BEAM

DISMOUNT REQUIREMENT

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

B or Higher

**REP
LEAGUE**

B or Higher

**PRO
LEAGUE**

B or Higher

		Acro Connected to Salto Dismount	Acro Connected to Salto Dismount	Acro Connected to Salto Dismount
		Arabian salto	Arabian salto	Arabian salto
		Any back salto with 1/1 twist	Any back salto with 1/1 twist	Any back salto with 1/1 twist
		Any Front Layout	Any Front Layout	Any Front Layout
			Gainer off end of beam	Gainer off end of beam
				Gainer 1/1 twist off side of beam
				Double salto bwd tucked

BEAM MOUNT BONUS

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

**REP
LEAGUE**

**PRO
LEAGUE**

		Forward roll mount	Front walkover	Front sault mount
		Split leap mount (135°)	Split change	Round off flip
		Jump to split	Jump to split	Front ariel to seated
		Jump to handstand	Press to handstand	Press to handstand
		Cartwheel mount from end of beam	Cartwheel mount from end of beam	Flic to candle ending in support

BEAM ACRO BONUS

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

C or Higher

**REP
LEAGUE**

C or Higher

**PRO
LEAGUE**

C or Higher

		Flic	Flic to land on both feet	Flic to land on both feet
		Korbut	Korbut with 1/1 twist (360°)	Korbut with 1/1 twist (360°)
		Any front sault on beam	Any front sault on beam	Any front sault on beam
		Any back salto on beam	Any back salto on beam	Any back salto on beam
		Onodi	Onodi	Onodi
		Side aerial	Side aerial	Side aerial
		Front aerial	Front aerial	Front aerial
		The Chilli (backward roll to handstand)	The Chilli (backward roll to handstand)	The Chilli (backward roll to handstand)

BEAM

LEAP OR JUMP BONUS

DEVELOPMENT LEAGUE

B or Higher

JUNIOR LEAGUE

B or Higher

CLUB LEAGUE

C or Higher

REP LEAGUE

C or Higher

PRO LEAGUE

Split jump (180°)	Split jump (180°)	Split jump or leap with ½ turn (180°)	Split jump or leap with ½ turn (180°)	
Straddle jump	Straddle jump	Straddle jump with ½ turn	Straddle jump with ½ turn	
Switch Leap (180°)	Switch Leap (180°)	Switch Leap (180°)	Switch Leap with ½ turn (includes tour jeté)	
Side leap	Side leap	Switch to side leap	Switch to side leap	
Pike jump	Pike jump	Switch Leap with ½ turn (includes tour jeté)	Switch Leap with ½ turn (includes tour jeté)	
Jump 1/1 turn	Jump 1/1 turn	Sheep jump	Sheep jump	
	Wolf jump with ½ turn	Wolf jump with ½ turn	Wolf jump with ½ turn	
		Split jump with 1/1 turn	Split jump with 1/1 turn	
		Tuck jump with 1/1 turn	Tuck jump with 1/1 turn	

Split leaps and jumps will be paid if they are within 10° of full split (180°)

BEAM TURN BONUS

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

B or Higher

**CLUB
LEAGUE**

**REP
LEAGUE**

**PRO
LEAGUE**

C or Higher

	1½ turn			Horizontal 1/1 turn on one foot
	Wolf ½ turn (does not replace turn requirement)			Vertical 1/1 turn on one foot
	Horizontal 1/1 turn			Wolf 1½ turn
	Vertical 1/1 turn			2/1 turn
				Illusion 1/1 turn

BEAM

TURN CONNECTION BONUS

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

**REP
LEAGUE**

**PRO
LEAGUE**

B + A Connection

B + A Connection

B + A Connection

		1½ turn	1½ turn	1½ turn
		Wolf ½ turn	Wolf ½ turn	Wolf ½ turn
		Horizontal 1/1 turn	Horizontal 1/1 turn	Horizontal 1/1 turn
		Vertical 1/1 turn	Vertical 1/1 turn	Vertical 1/1 turn
		Connected to any other 1/1 turn	Connected to any other 1/1 turn	Connected to any other 1/1 turn

Both turns must be in the same direction to be paid

BEAM

MIXED SERIES BONUS

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

**REP
LEAGUE**
B + A Connection

**PRO
LEAGUE**

			Split jump (180°)	
			Straddle jump	
			Fouetté hop with ½ turn to land in arabesque	
			Side leap	
			Pike jump	
			Jump 1/1 turn	
			Switch Leap (180°)	

Connected to any acro

BEAM MIXED SERIES BONUS

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

**REP
LEAGUE**
B + A Connection

**PRO
LEAGUE**

			Round-off	
			Any front handspring	
			Backward walkover to land in splits	
			Flic	
			Korbut	
			Any front sault on beam	
			Any back salto on beam	
			Onodi	
			Side aerial	
			Front aerial	

**Connected to any leap or
jump**

BEAM

SERIES BONUS

PRO LEAGUE

Round-off	Any front handspring	Backward walkover to land in splits	Flic	Korbut
Any front sault on beam	Any back salto on beam	Onodi	Side aerial	Front aerial
Split jump (180°)	Straddle jump	Side leap	Pike jump	Jump 1/1 turn
		Wolf jump 1/2		

CONNECTED TO

Flic to land on both feet	Korbut with 1/1 twist	Any front sault on beam	Any back salto on beam	Onodi
Side aerial	Front aerial	Split jump or leap with ½ turn	Straddle jump with ½ turn	Switch Leap
Switch to side leap	Tuck jump with 1/1 turn	Split jump with 1/1 turn	Switch Leap with ½ turn (includes tour jeté)	

BEAM LEAP OR JUMP SERIES BONUS

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

**REP
LEAGUE
C+B**

**PRO
LEAGUE**

			Split jump (180°)	
			Straddle jump	
			Fouetté hop with ½ turn to land in arabesque	
			Side leap	
			Pike jump	
			Jump 1/1 turn	
CONNECTED TO				
			Split jump or leap with ½ turn	
			Straddle jump with ½ turn	
			Switch Leap	
			Switch to side leap	
			Sheep jump	
			Tuck jump with 1/1 turn	
			Wolf jump with ½ turn	

BEAM DISMOUNT BONUS

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

**REP
LEAGUE**

**PRO
LEAGUE**

		Acro with Flight Connected to Salto Dismount	Acro with Flight Connected to Salto Dismount	Flight acro, arabian salto
		Gainer off end of beam	Gainer 1/1 twist off side of beam	Flight acro, any back salto with 1/1 twist
				Any front salto with 1/1 twist
				Double salto bwd tucked

A gymnast is captured from a rear-quarter perspective, performing a floor routine on a red mat. She is wearing a black, long-sleeved leotard with a decorative pink crescent moon and small white dots on the back and sleeves. Her right arm is raised high, with her hand in a specific pose. The background is a blurred audience seated in a gymnasium, with a large fan visible on the wall.

FLOOR

FLOOR TURN REQUIREMENT

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

**REP
LEAGUE**

**PRO
LEAGUE**
D or Higher

				2/1 turn
				Horizontal 1/1 turn
				Vertical 1/1 turn
				Illusion 1/1 turn
				Wolf 1/1 turn

FLOOR

SALTO CONNECTION BONUS

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

**REP
LEAGUE**
A + B in same tumble line

**PRO
LEAGUE**
A + B in same tumble line

			Front layout salto	Front layout salto
			Any front salto with ½ twist	Any front salto with ½ twist
			Back layout salto with ½ twist	Back layout salto with ½ twist
			Any back salto with 1/1 twist	Any back salto with 1/1 twist
			Connected to any other salto	Connected to any other salto

FLOOR ACRO BONUS

DEVELOPMENT
LEAGUE

JUNIOR
LEAGUE

CLUB
LEAGUE

REP
LEAGUE
C or Higher

PRO
LEAGUE
C or Higher

			Front layout with 1/1	Front layout with 1/1
			Back layout with 1½	Back layout with 1/1 twist
			Arabian with 1/1 twist	Front layout with 2/1 twist (Double bonus)
			Double salto bwd tucked	Bwd layout salto with 2½ twist (Double bonus)
				Double salto tucked (Double bonus)

FLOOR

LEAP OR JUMP BONUS

DEVELOPMENT LEAGUE

B or Higher

JUNIOR LEAGUE

B or Higher

CLUB LEAGUE

C or Higher

REP LEAGUE

C or Higher

PRO LEAGUE

D or Higher

Switch to side leap	Switch to side leap	Switch to side leap with ½ turn	Switch to side leap with ½ turn	Switch to side leap with 1/1 turn
Switch leap (180°)	Switch leap (180°)	Switch Leap with ½ turn (includes tour jeté) (180°)	Switch Leap with ½ turn (includes tour jeté) (180°)	Switch leap with 1 ½ turn (includes tour jeté 1/1)
Ring leap or jump (can be split or sissone) (180°)	Ring leap or jump (can be split or sissone) (180°)	Switch leap to ring position (180°)	Switch leap to ring position (180°)	Switch leap to ring with ½ turn (180°)
Split jump with ½ turn (180°)	Split Jump with 1/1 turn (180°)	Split Jump with 1/1 turn (180°)	Split Jump with 1/1 turn (180°)	Split Jump with 1 ½ turn (180°)
Straddle jump with ½ turn	Straddle jump with ½ turn	Straddle jump with 1/1 turn	Straddle jump with 1/1 turn	Straddle jump with 1/1 turn
Tuck jump with 1/1 turn	Tuck jump with 1/1 turn	Jump 2/1 turn	Jump 2/1 turn	Jump 2/1 turn
Split leap with ½ (180°)	Split leap with ½ (180°)	Split leap with 1/1 (180°)	Split leap with 1/1 (180°)	
Wolf jump with 1/1 turn	Wolf jump with 1/1 turn	Pike jump with 1/1 turn	Pike jump with 1/1 turn	
Shushunova with 1/1 turn	Shushunova with 1/1 turn	Hop with 1/1 turn, leg above horizontal throughout	Hop with 1/1 turn, leg above horizontal throughout	
Sheep jump	Sheep jump			

Split leaps and jumps will be paid if they are within 10° of full split (180°)

FLOOR TURN BONUS

**DEVELOPMENT
LEAGUE**
B or Higher

**JUNIOR
LEAGUE**
B or Higher

**CLUB
LEAGUE**
A + B Connection

**REP
LEAGUE**
A + B Connection

**PRO
LEAGUE**
A + B Connection

2/1 turn	2/1 turn	2/1 turn	2/1 turn	2/1 turn
Horizontal 1/1 turn	Horizontal 1/1 turn	Horizontal 1/1 turn	Horizontal 1/1 turn	Horizontal 1/1 turn
Vertical 1/1 turn	Vertical 1/1 turn	Vertical 1/1 turn	Vertical 1/1 turn	Vertical 1/1 turn
Illusion 1/1 turn	Illusion 1/1 turn	Illusion 1/1 turn	Illusion 1/1 turn	Illusion 1/1 turn
Wolf 1/1 turn	Wolf 1/1 turn	Wolf 1/1 turn	Wolf 1/1 turn	Wolf 1/1 turn

Connected to any other
1/1 turn

Connected to any other
1/1 turn

Connected to any other
1/1 turn

Both turns must be in the same direction to be paid

FLOOR

ADDITIONAL TURN BONUS

DEVELOPMENT
LEAGUE

JUNIOR
LEAGUE

CLUB
LEAGUE

REP
LEAGUE

PRO
LEAGUE
D or Higher

				3/1 turn
				Horizontal 2/1 turn
				Vertical 2/1 turn
				Illusion 2/1 turn
				Wolf 2/1 turn