

HIGH BAR

Age	Level	Skill							
16 & up	HP Senior	D and E skill of choice							
	HP junior	double doule layout/triple bk							
		kovac skill							
		ribalko skill							
		stoop 1/2 or 1/1							
		additional D release							
13-15yrs	HP TYRO	tchachev							
16 & up	National Open	hop 1/1 turn							
		double layout/half half tuck							
		stoop shoot handstand							
		healy to eagle							
		5 hop 1/2 turn in a row hndst							
11-12yrs	HP ARGO	stalder							
12 & up	National youth	endo							
		double back							
		blind change							
		early pirouette both ways							
		5 swing 1/2 in a row hndst							
9-10yrs	HP ARGO	back giant flyaway							
10 & up	Level 4	front giant							
		back giant							
		free hip to handstand							
		back uprise underswing							
7-8yrs	pre-comp 12 hrs	kip cast handstand							
	pre-comp 9 hrs	str arm free hip 45 degrees							
9 & up	Level 2	flyaway layout							
		longswing 1/2 turn							
		kip cast to 45 degrees							
5-7 yrs	pre-comp 6hrs	glideswing kip							
	super dudes 3h	stoop (pike off) dismount							
8 & up	Level 1	cast 45, back hipcircle str arms							
		longswings proper shapes							
		pullover							