

9. Additional Elements Level 7 And Level 8 Only

| | Element | Group | Value | Symbol |
|-----------------------|--|-------|-------|--------|
| F X | <i>Either Cartwheel or Round-Off (not both)</i> | I | A | |
| POMMELS | False scissor | I | A | |
| | DLC in side support on outer zone | II | A | |
| | Reverse Stockli and wendeswing dismount | V | A | |
| | Beat dislocate from piked hang (different skill to stretched) | I | A | |
| RINGS | Press to handstand with bent arms, bent body, straddled | IV | A | |
| | Vertical pull up with bent arms to support (Muscle Up) | IV | A | |
| | Stutzkehre forward to horizontal support | I | A | |
| PARALLEL BARS | Salto backward to horizontal support | I | A | |
| | Straddled press with straight arms / bent body | I | A | |
| | Salto forward from support to upper arm | I | A | |
| | Back uprise to horizontal support | II | A | |
| | Moy to upper arm | III | A | |
| | Giant swing backward to horizontal support | III | A | |
| | Drop kip from support | IV | A | |
| | Salto dismount forward tucked or backward tucked (side or end) | V | A | |
| HORIZONTAL BAR | Cast to Handstand | I | A | |
| | Back uprise to horizontal | I | A | |
| | Giant swing backward with ½ turn to mixed elgrip | I | A | |
| | Double handed hop to top grip at least 45° above horizontal | I | A | |
| | Swing ½ turn at least 45° above horizontal | I | A | |
| | Kip to support | III | A | |
| | Backward free hip circle to horizontal | III | A | |
| | Hip circle forwards | III | A | |
| | Stoop Circle Rearward Fwd (dislocate) at least horizontal | IV | A | |
| | Salto backward tucked, piked or stretched | V | A | |
| | Salto forward tucked, piked or stretched | V | A | |