

British Gymnastics Under 12 Supplementary 'a' Value Elements

Element Group	1	2	3	4
Floor	Non acrobatic elements	Acrobatic elements forward	Acrobatic elements backward & Arabian elements	Dismounts
	Backward roll to handstand straight arms	Round off		
Pommel	Single leg swings and scissors	Circle & flairs, with and/or without spindles, handstands, Kehrswing, etc	Travel type elements	Dismounts
	1/2 scissor (one only either fwd or bwd)			
Rings	Kip and swing elements & swings through or to handstand	Strength elements and hold elements	Swing to strength hold elements	Dismounts
		Muscle up		
P.Bar	Elements in support or through support on 2 bars	Elements starting in upper arm position	Long swings in hang on 1 or 2 bars and underswings	Dismounts
	Stutz to 45°	Back uprise to support	Moynihan to upper arm	Back salto tucked. Also from long hang
H.Bar	Long hang swings and without turns	Flight elements	In bar and Adler elements	Dismounts
			Stoop/straddle on & off backwards	