



A Light P B Dark
Team Fouls

AGC

COMPETITION SKILL GUIDE
2025

A photograph of an aerialist in a red leotard with black accents, seen from behind, sitting on a horizontal wooden bar. The bar is supported by a metal frame. The background is dark with a large, glowing, ethereal light source, possibly a projection or a large light fixture, creating a dramatic atmosphere. Several spotlights are visible at the top of the frame.

BARS

BARS

BONUS SKILL

DEVELOPMENT
LEAGUE

JUNIOR
LEAGUE

CLUB
LEAGUE

REP
LEAGUE

PRO
LEAGUE

			LA Turn (must be above bar, not including mt/dismt)	Cast to handstand with 1/1 turn
				Any single bar release with significant amplitude
				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
				Stalder to handstand
				Toe on to Handstand
				LA Turn (must be above bar, not including mt/dismt)

BARS

DISMOUNT BONUS

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

**REP
LEAGUE**

**PRO
LEAGUE**

		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**

**REP
LEAGUE**

**PRO
LEAGUE**

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

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 (within 20° of full split)	Round-off back handspring
		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	Flip to candle ending in support

BEAM TURN BONUS

DEVELOPMENT LEAGUE

JUNIOR LEAGUE

CLUB LEAGUE

REP LEAGUE

PRO LEAGUE

	1½ turn	1½ turn	2/1 turn	2/1 turn connected to reverse 1/1 turn
	Wolf ½ turn (does not replace turn requirement)	Wolf 1/1	Wolf 1½ turn	Wolf 2/1 turn
	Horizontal 1/1 turn	Horizontal 1/1 turn	Illusion 1/1 (cannot touch the beam)	Illusion 1/1 (cannot touch the beam)
		Vertical 1/1 turn	Vertical 1/1 turn	Horizontal 1½ turn
		1/1 turn connected to reverse 1/1 turn	Horizontal 1/1 turn connected to reverse 1/1 turn	Horizontal 1/1 turn connected to reverse 1/1 turn

BEAM

LEAP OR JUMP BONUS

DEVELOPMENT LEAGUE

JUNIOR LEAGUE

CLUB LEAGUE

REP LEAGUE

PRO LEAGUE

Split jump	Split jump	Split jump or leap with ½ turn	Split jump or leap with ½ turn	Split jump with ½ turn
Straddle jump (legs at horizontal)	Straddle jump (legs at horizontal)	Straddle jump with ½ turn (legs at horizontal)	Straddle jump with ½ turn (legs at horizontal)	Straddle jump with 1/1 turn (legs at horizontal)
Switch Leap	Switch Leap	Switch Leap	Switch side leap	Switch to ring leap
Pike jump (legs at horizontal)	Pike jump (legs at horizontal)	Switch side leap	Switch Leap with ½ turn (includes tour jeté)	Switch Leap with ½ turn (includes tour jeté)
Jump 1/1 turn	Jump 1/1 turn	Switch Leap with ½ turn (includes tour jeté)	Switch leap connected to split jump	Switch leap connected to split jump 1/2 turn
	Wolf jump with ½ turn	Wolf jump with ½ turn	Switch leap connected to wolf jump 1/2 turn	Switch side leap connected to split jump 1/2 turn
		Tuck jump with 1/1 turn	Switch side leap connected to split jump 1/2 turn	
		Sheep jump	Sheep jump	

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

BEAM ACRO BONUS

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

**REP
LEAGUE**

**PRO
LEAGUE**

		Any front sault on beam	Any front sault on beam	Any front sault on beam
		Korbut	Korbut with 1/1 twist (360°)	Korbut with 1/1 twist (360°)
		Onodi	Onodi	Onodi
		Side aerial	Side aerial	Side aerial
		Front aerial	Front aerial	Front aerial
		Back handspring	Flip to two feet	
		Any back salto on beam	Any back salto on beam	
		The Chilli (backward roll to handstand)	The Chilli (backward roll to handstand)	

BEAM

MIXED SERIES BONUS

**DEVELOPMENT
LEAGUE**

**JUNIOR
LEAGUE**

**CLUB
LEAGUE**

**REP
LEAGUE**

**PRO
LEAGUE**

		Split jump*	Split jump connected to back handspring	Switch leap connected to backsault
		Straddle jump*	Round-off connected to split jump	Split jump connected to back sault
		Side leap*	Switch leap connected to back handspring	Split jump connected to flip to 2 feet
		Pike jump (legs at horizontal)*	Switch Leap connected to korbet	Side ariel connected to split jump
		Jump 1/1 turn*	Split jump connected to korbet	Split jump 1/2 connected to back handspring
		Switch Leap*	Round-off connected to straddle jump	Straddle jump connected to back sault
				Any leap bonus connected to any acro bonus

**Connected to any acro*

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

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 connected to arabian salto
		Gainer off end of beam	Gainer 1/1 twist off side of beam	Flight acro connected to any back salto with 1/1 twist
		Front layout	Any back salto with 1/1 twist	Any front salto with 1/1 twist
			Front aerial 1/1 twist	

A cheerleader is captured from behind, performing a floor routine. She is wearing a purple leotard with a white top and a purple bottom. Her hair is pulled up in a bun. Her arms are extended horizontally to the sides, and her legs are spread wide. The background is dark, suggesting an indoor arena. The word "FLOOR" is overlaid in large white letters across the center of the image.

FLOOR

FLOOR TURN REQUIREMENT

DEVELOPMENT
LEAGUE

JUNIOR
LEAGUE

CLUB
LEAGUE

REP
LEAGUE

PRO
LEAGUE

				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**

**PRO
LEAGUE**

			Front layout salto connected to front sault	Front layout salto connected to front layout salto
			Front sault connected to back layout with 1/2 twist	Front sault connected to back layout 1/1
			Front layout salto connected to back layout salto	Front layout 1/1 connected to back layout
			Back layout with 1/2 twist connected to layout	Back layout with 1/2 twist connected to any layout with 1/1 twist

FLOOR ACRO BONUS

**DEVELOPMENT
LEAGUE**

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LEAGUE**

**CLUB
LEAGUE**

**REP
LEAGUE**

**PRO
LEAGUE**

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

**Must be pre-approved before
competition season*

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competition season*

FLOOR

LEAP OR JUMP BONUS

DEVELOPMENT LEAGUE

JUNIOR LEAGUE

CLUB LEAGUE

REP LEAGUE

PRO LEAGUE

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	Ring leap or jump (can be split or sissone)	Switch Leap with ½ turn (includes tour jeté)	Switch Leap with 1/1 turn (includes tour jeté ½)	Switch leap with 1 ½ turn (includes tour jeté 1/1)
Split jump with ½ turn	Split Jump with 1/1 turn	Switch leap to ring position	Switch leap to ring position	Switch leap to ring with ½ turn
Straddle jump with ½ turn	Straddle jump with ½ turn	Split Jump with 1/1 turn	Split Jump with 1 ½ turn	Split Jump with 1 ½ turn
Tuck jump with 1/1 turn	Wolf jump with 1/1 turn	Straddle jump with 1/1 turn	Straddle jump with 1/1 turn	Straddle jump with 1 ½ turn
	Switch Leap with ½ turn (includes tour jeté)	Jump 2/1 turn	Jump 2/1 turn	Jump 2/1 turn
	Sheep jump			

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

FLOOR TURN BONUS

DEVELOPMENT LEAGUE

JUNIOR LEAGUE

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REP LEAGUE

PRO LEAGUE

2/1 turn	2/1 turn	Wolf 2/1 turn	Wolf 2/1 turn	Wolf 3/1 turn
Horizontal 1/1 turn	Horizontal 1/1 turn	Vertical 1/1 turn	Reverse 2/1 turn	3/1 turn
Wolf 1/1 turn	Wolf 1/1 turn	2/1 turn connected to reverse 1/1 turn	2/1 turn connected to reverse 1/1 turn	2/1 turn connected to reverse 2/1 turn
	Illusion 1/1 turn*	Horizontal 1/1 turn connected to reverse 1/1 turn	Vertical 1/1 turn connected to reverse 1/1 turn	Vertical 1/1 turn connected to reverse 2/1 turn
	Vertical 1/1 turn	1/1 turn connected to illusion 1/1*	Horizontal 1/1 turn connected to illusion 1/1*	Vertical 1/1 turn connected to illusion 1/1*

**Cannot touch the floor*

Connected turns must be in the same direction to be paid