



☆ Girls - Level 7 ☆

| VAULT | UNEVEN BARS | | BALANCE BEAM (No Time Limit) | | FLOOR EXERCISE (No Time Limit) | | |
|--|--|-------------------------------------|--|--|--|----------------------------------|------|
| Allowable Vaults & Values | Special Requirements | Value | Special Requirements | Value | Special Requirements | Value | |
| 10.0 | #1 One cast (minimum 45° from vertical) | 0.50 | #1 Acro series with minimum of 2 A or B elements with or without flight | 0.50 | #1 A 3 flight series that includes a Back Layout | 0.50 | |
| <ul style="list-style-type: none"> •Front Handspring •Handspring - ½ off •Yamashita •Yamashita - ½ off •¼ on - ¾ off •½ on - ½ off •Tsuk timer with flight to feet •Handspring - 1/1 off •Yamashita - 1/1 off •¼ on - 1 ¼ off •½ on - 1/1 off •1/1 on - Handspring or Yamashita off •1/1 on - ½ off | #2 & #3 Two 360° clear circling elements, same or different | 0.50 | #2 One acro flight elements (may be in a series or isolated) | 0.50 | #2 A connection of 2 or more forward flight skills. One skill must be a salto | 0.50 | |
| | <ul style="list-style-type: none"> •one must be a “B” •one from Group 3, 6, or 7 | & | 0.50 | #3 Jump or Leap (180°) | 0.50 | #3 Minimum 360° turn on one foot | 0.50 |
| | #4 Salto Dismount (minimum A) | 0.50 | #4 Minimum 360° turn on one foot | 0.50 | #4 Dance series with 2 different elements One must be a Jump or Leap (180° cross or side split) | 0.50 | |
| | Skill Requirements | Value | Skill Requirements | Value | Skill Requirements | Value | |
| | <ul style="list-style-type: none"> •2 B level skills •5 A level skills | 0.30 ea 0.10 ea | <ul style="list-style-type: none"> •2 B level skills •5 A level skills | 0.30 ea 0.10 ea | <ul style="list-style-type: none"> •2 B level skills •5 A level skills | 0.30 ea 0.10 ea | |
| No C or D Skills may be performed (unless on the “B” list) | Void Routine | C Gym/Dance skills may be performed | WARNING | C Gym/Dance skills may be performed | WARNING | | |
| | | No C Acro skills may be performed | Void Routine | No C Acro skills may be performed | Void Routine | | |
| | | No D skills may be performed | | No C Acro or D skills may be performed | Void Routine | | |

CLARIFICATIONS

- Only C “Gym” skills are allowed on Floor or Beam without deduction. No “C” or above acro skills are allowed on Beam or Floor. WARNING will be given.
- Any D skills performed will VOID the routine.
- There are NO composition deductions.
- Spot (touch) of a gymnast while in her routine will result in a 0.50 deduction for each occurrence.
- The coach may stand between the vault and board, between the bars, by the side of the beam, or on the floor with no deduction.
- Tap swings on Uneven Bars (i.e. Level 5 & 6 tap swings) are a 0.30 deduction for each
- **All benefit of the doubt is given to the gymnast. EXAMPLE-If a gymnast is going for a skill and happens to over rotate it or over-twist the element. Do not VOID or give a 2.00 deduction. The skill must be shown and be deliberate against the rule. A warning must be given to the coach.**

→ B skills are listed in the Junior Olympic Code available through the merchandise department of the USA Gymnastics ←