



## 2018-19 Girls Program

### ☆ AK-1 VAULT ☆

Start value 10.0

<b>Vault #1 - Run; Straight jump off board</b>	<b>5.00</b>
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The run is not judged. The board position is judged. Deductions for leaning into the board are found in the judges guidelines.

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| • Alternate feet on the board for takeoff              | 0.20 |
| • Performing the wrong vault (tuck jump straddle jump) | 0.20 |

<b>Vault #2 - Handstand flat fall</b>	<b>5.00</b>
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Vault #2 – Gymnast starts with two feet (feet together on the runway or the bottom half of the board) and will take one step onto the board. Place the hands on the mat for the Handstand flat fall. You may not step onto the mat to execute the vault. No under swing is required for this vault.

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|-------------------------------|------|
| • Hands placed on the board   | 0.20 |
| • Failure to land on the back | 0.20 |

SAFETY - Mat Height: Minimum of 12 inches – The athlete will not be allowed to compete her vault if the mat height is not at the minimum mat height.

- Any type of professional manufactured springboard or registered Air-O boards may be used for all age group level vaults. No other tramp boards or mini tramps will be allowed.
- Incomplete or failed attempts to either vault = 0.5 deduction.

NOTE – The usage of a hand mat or a carpet square will not be allowed for any forward entry vaults. The gymnast will not be allowed to compete if these are used. Only a chalk line, Velcro strip or a piece of athletic tape may be used to mark the hurdle line.



# 2018-19 Girls Program

## ★ AK-1 UNEVEN BARS ★

**Start Value 10.0**

<b>1. Back hip pullover</b>	<b>0.60</b>
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•Hands in an over-grip position •Up to two steps are allowed •Arms may be bent •The legs are to be straight by vertical and the feet are to come together before vertical •Hands shift on the top of the bar •Arms are required to be straight on top of the bar •Show a finished and extended body in the front support

Taking more than two steps that are allowed	0.10 each step
Failure to have straight legs	Up to 0.20
Failure to join feet together by vertical	Up to 0.20
Failure to finish in a extended front support	Up to 0.10

<b>2. Lift leg forward; Lift hips up off the bar - (no hold is required)</b>	<b>0.40</b>
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•Leg to be straight over the bar •Leg may rest against the bar with out deduction •Hips lift up in the stride position  
 •Hand placement is optional •No hold requirement •No leg height requirement

Failure to show lift of hips in stride position	Up to 0.20
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<b>3. Lift leg backward to a full support</b>	<b>0.40</b>
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•Leg to be straight over the bar •Leg may rest against the bar with out deduction •No requirement of the leg height  
 •Hands are to finish in the over-grip position before the cut is completed

Failure to change hand grip prior to leg lift backward	0.10
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<b>4. Cast and return to front support - (no angle requirement)</b>	<b>0.40</b>
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Clarification: This cast is to focus on the proper casting technique necessary for future skill progression •Shoulders are to be slightly forward over the bar •Arms may be slightly bent when the legs are moving forward then backward •During the cast the arms are pushing down on the bar and the legs are straight •During the cast, the body should be in a hollow shape and the head in a neutral position - continuous motion should be shown

Failure to lift the hips off the bar	0.20
Incorrect body alignment (straight line from shoulders to feet with chest hollow)	Up to 0.20

<b>5. Cast – (no angle requirement)</b>	<b>0.40</b>
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See above for cast requirements

Failure to lift the hips off of the bar	0.20
Incorrect body alignment (straight line from shoulders to feet with chest hollow)	Up to 0.20

<b>6. Back hip circle</b>	<b>0.60</b>
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•As the hips return to the bar, lean the shoulders backward •The body should be straight-hollow position •The legs/arms are to be straight throughout the entire skill •The hands will shift to the top of the bar •The head in a neutral position

Failure to maintain straight-hollow position throughout skill	Up to 0.20
Failure to maintain hip or upper thigh contact on bar throughout circle	0.10

**7. Under-swing****0.60**

No Cast for the under-swing dismount •Hollow shape should be seen throughout the skill

- Straight arms and a hollow position should be shown throughout the skill (on the cast and the dismount)
- Maintain a tight body in the flight of the skill and land in a controlled landing position
- Cast not deducted if performed

Failure to maintain straight-hollow position throughout skill	Up to 0.20
Insufficient flight	Up to 0.20

--- OR ---

**7. Cast; Sole circle dismount - (straddle/pike)****0.60**

- Straight arms and a hollow position should be shown throughout the skill
- Maintain a tight body in the flight of the skill and land in a controlled landing position

Failure to maintain straight-hollow position throughout skill	Up to 0.20
Insufficient flight	Up to 0.20



**2018-19 Girls Program**  
**☆ AK-1 BALANCE BEAM ☆**

Elements may be reversed

Start Value 10.0

**1. Mount - Jump to support; Leg cut to “V”**

**0.40**

•Set both hands on the beam and jump to a front support, swing a leg over the beam and rotate the body 90 degrees to a straddle sit facing the long end of the beam •Arms reach forward/upward at the completion of the mount •Hands grasp the beam behind the back with straight or bent arms •Lift legs to a tuck sit with toes pointed to the beam, extend the legs to a V-sit •No hold or angle required

Lack of continuity mounting to the V sit Up to 0.10

**2. Swing to squat (Tuck stand); Stand in lock position**

**0.40**

•From the V-sit Swing the legs backward •Bend the knees to land on the balls of the feet in a tuck stand on top of the beam •Arms move forward and up while rising to stand, finish in a crown and locked position

--- OR --- **No Lock position in all three options Up to 0.10**

**2. Swing to knee; Step up to stand; Stand in lock position**

**0.40**

•From the V-sit Swing the legs backward •Land on one shin on top of the beam, other leg pointed to the floor •Step up on one foot and then the other •Arms move forward and up while rising to stand, finish in a crown and locked position

--- OR ---

**2. Swing to push-up position; Tuck stand; Stand in lock position**

**0.40**

•From the V-sit Swing the legs backward •Bring the legs together to end up in a pushup position •Jump the legs forward to arrive in a tuck stand •Arms move forward and up while rising to stand, finish in a crown and locked position

**3. Arabesque (Hold 1 second)**

**0.40**

•Lower the heel to the beam and move a straight leg backward with the foot pointed on the beam •Keep the chest vertical and upright, lift the turned-out straight leg backward – minimum of 30° off of the beam •Hold for one second •Lower leg to point on the beam •Arms may be out to the side middle position or may be in crown

Failure to lift free leg minimum of 30° off beam Up to 0.20  
Failure to hold arabesque one second Up to 0.10

**4. 2 Leg swings – one on each leg - (min. of 45° below horizontal)**

**0.40**

•Step forward onto a straight leg with the foot slightly turned out; not in releve’ •Hands are on the hips •Swing the leg to a minimum of 45° below horizontal •Step forward and swing other leg to a minimum of 45° below horizontal •Hips stay square throughout the skill

Failure to execute each leg swing 45° below horizontal Up to 0.10 ea.

**5. Leg balance in passe (hold 2 secs); Releve' balance (hold 2 secs)****0.40<sub>ea</sub>**

- One step forward to flat feet, pull the back leg up to a forward bent knee passe', toe pointed at the straight leg knee
- Hands are on the hips •Hold two seconds •Step the bent leg forward through a demi-plie to finish with both legs straight with the back toe pointed on the beam •Releve' on one foot and then bring in the other to join in a lock position •Hold 2 seconds •Arms are to lift forward and up to a crown position

Passe' balance

Failure to hold bent knee leg to passe' Up to 0.10

Failure to hold 2 seconds Up to 0.20

Releve balance

Failure to show lock position Up to 0.10

Failure to hold 2 seconds Up to 0.20

**6. Straight jump****0.40**

- Lower down from releve lock position •Demi-plie both legs with the heels down on the beam •Push off the beam, extending both legs through the hips/knees/ankles/toes with legs together, extending the hips/legs in the air to a stretched position before landing •Land on both feet in demi-plie, pressing through the balls of the feet to lower the heels onto the beam, one foot in front of the other foot with the feet slightly turned out •Arms lower sideward/downward to low position during the demi-plie' •During the jump, lift arms forward/upward to crown •Arms remain in crown upon landing
- Extend the legs to finish in a straight stand (not in releve')

Failure to keep body straight during the jump Up to 0.20

Failure to lift arms forward/upward to crown Up to 0.10

Failure to show amplitude (lift the feet off the beam) 0.20

**7. ¼ (90°) Pivot turn****0.30**

- Pull up to a releve' position •Arms overhead in a crown position •Pivot 90° to face outward •Legs should remain straight throughout the skill

Failure to keep arms overhead in crown Up to 0.10

Failure to remain in releve' throughout the turn Up to 0.10

**8. Tuck jump dismount****0.60**

- Demi-plie both legs and jump off the beam •Extend both legs through the hips/knees/ankles/toes with the legs together
- Then bend both knees to a minimum of 90° in both the knees/hips •Extend the hips/legs in the air to a stretched position before landing •Land on both feet in a demi-plie (stick position) •Arms move sideward/downward on the demi-plie' and forward/upward to high position on the jump •Arms on landing should not drop lower than horizontal with head in neutral position

Failure to bend both knees to a minimum of 90° in both the knees/hips Up to 0.20

Failure to land in a demi-plie position Up to 0.10

Failure to show arms horizontal or above upon landing Up to 0.10

Failure to land with chest up Up to 0.20

Failure to squat on landing &lt; 90degree plie Up to 0.20



# 2018-19 Girls Program

## ★ AK-1 FLOOR EXERCISE ★

**Elements may be reversed. Music is not required. Start Value 10.0**

### **1. Pose; Pike sit** **0.20**

•Sit on floor with the legs bent in front of the body and in a double stag position to one side of the body (Optional stylization for legs and feet as long as they are in a stag position and to one side) •Opposition arm should be extended straight forward and horizontal to the ground •The other hand will be behind with palm on the floor with the fingers pointing backwards •Bring the legs forward and together to execute a pike sit •Arms will come forward placing the chest flat on the legs touching the toes with her fingers

Not touching toes with the hands	Up to 0.10
Not touching the chest to the legs	Up to 0.10

### **2. Roll back to candlestick – hold 1 sec; Roll up to a step out; stand** **0.40**

•Pick the chest up •Arms come forward and upward above the head as she roll backwards •As she rolls backward lift the legs/feet upward to point to the ceiling •Arms remain above the head to lay flat against the floor •Hold one second •Roll forward stepping with one foot in front of the other, **or feet together** •Arms will come forward and upward to finish above the head

Lack of full extension of hips	Up to 0.10
Lack of 1 sec. hold	Up to 0.10
Arms not above the head when back is flat on the floor	0.10
Lack of continuity/flow from the candlestick to the stand	Up to 0.10

### **3. Forward roll to stand** **0.40**

•Bend the knees, reach forward placing the hands on the floor •Lower the back of the head to the floor and keep the back rounded, lift the hips to place the back of the shoulders on the floor •Roll forward with the legs together •Finish in a stand with arms next to ears

Failure to close legs/feet	Up to 0.10
Failure to finish with the arms next to ears	Up to 0.10

### **4. Step kick cartwheel; ¼ turn inward with legs together** **0.60**

•Step onto a straight leg •Kick the straight leg forward/upward •Lift the other legs sideward/upward maintaining a straight body from the hands to the foot •Execute the cartwheel **showing the weight shift from hand to hand** through a lever position and finish with legs/feet together •Arms should remain by the ears and in crown position throughout the skill

Failure to pass through vertical	Up to 0.30
Failure to keep arms by the ears throughout the cartwheel	Up to 0.10
Failure to show weight shift from hand to hand	Up to 0.10
Failure to show the lever position	Up to 0.10
Failure to finish with the legs/feet together	0.10

**5. Backward Roll to pike stand (Bent arms are allowed)****0.40**

•Bend the knees to arrive in a tuck sit •Roll backward with the head tucked, chin on the chest •Place the hands on the floor by the ears palms down •Bent arms are allowed •Push down against the floor and extend the arms •Extend the legs in a pike position to a straight stand •Arms come up to crown and then finish •There is NO straight jump before the backward roll. (A 0.2 deduction will be given for the addition of the jump)

Hands placed in floor during squat phase prior to rolling backward	Up to 0.10
Failure to extend legs into the pike position	Up to 0.10
Failure to keep knees/feet together throughout the skill	Up to 0.10
Stepping of the hands while attempting to stand up	Up to 0.10
Straight jump executed before the backward roll	0.20

**6. Step kick; Handstand****0.60**

•Step forward onto a straight leg, execute a lunge with the arms overhead in a crown position •Place the hands on the floor through a lever position •Kick the free leg backward/upward, joining the other leg together •Kick to a vertical position (No hold required – may hold without a deduction) •Must show vertical position •Step down using the levering action to finish in a lunge •Finish with arms in high position then diagonally/sideward/upward

Failure to attain vertical	Up to 0.30
Failure to close legs together in vertical	Up to 0.10
Failure to maintain the arms by the ears throughout the skill	Up to 0.10

**7. Straight leg balance (min 45° below horizontal) - Hold 1 sec****0.40**

•Lift the free leg straight/upward to a minimum of 45° below horizontal •Hold for one second •Hands to be placed on the hips •Once the feet are together the arms come to a sideward with them horizontal to the ground

Leg not at correct height (minimum of 45° below horizontal)	Up to 0.20
Failure to keep <b>back straight</b> during skill	Up to 0.10
Failure to hold one second	Up to 0.10

**8. Step together; Split jump (30°)****0.40**

•Demi-plie' the legs while stepping the feet together lowering the arms to a down position •Jump to a 30° split jump with straight legs •The arms will raise to sideward/upward position horizontal to the ground •Land in a demi-plie' position, the arms will drop to a low position •Straighten the legs and raise the arms to a sideward/upward position

Insufficient leg separation	Up to 0.20
<b>Unbalanced split</b>	<b>Up to 0.10</b>
Failure to land with legs/feet close	Up to 0.10

**9. Step lock, ½ (180°) Pivot turn****0.40**

•Step forward then close the foot behind the other foot in a releve' lock position •Hands on the **hips** •Execute a ½ (180°) pivot turn in a releve' lock position •Maintain a straight body alignment and high releve' throughout •Arms remain on the hips

Failure to show a releve' lock position	Up to 0.10
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**10. Forward chasse****0.20**

•Lower the heel onto the floor; demi-plie' the leg while stepping forward onto the slightly turned out foot •Through a 4<sup>th</sup> position, demi-plie' with the heels on the floor •Push off the floor with both feet to execute a forward chasse', closing **one** foot behind the other foot in the air •Land in demi-plie' with the foot turned out slightly •Arms are to be in sideward/upward position throughout the skill

Failure to chasse with <b>feet joined in the air</b>	<b>0.10</b>
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## 11. Pose

- With a bent leg, rock forward through 4<sup>th</sup> position
- Demi-plié' through a weight transfer, extend both legs to finish
- Arms are to come forward/upward to a crown while executing the weight transfer
- Finish with the arms diagonally/sideward/upward

Failure to pose with front foot turned out 0.05

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