



2018-19 Girls Program

☆ AK-2 VAULT ☆

Start Value 10.0

Stack Mats – Handspring to flat back position

10.00

SAFETY-Mat height: Minimum of 24 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 spring board 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
- Gymnast may perform one or two vaults with the better score counting
- Judging will conclude when the gymnast has contact with mat
- Repulsion not required. NO arms circle required.

- Proper board technique is required, deductions are judges guidelines for leaning into the board.

- Please pay particular attention to the deductions found in the judges guidelines for leaning into the board.

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-2 UNEVEN BARS ★

Start Value 10.0

1. Glide swing	0.60
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•Hands are to be in an over-grip and shoulder width apart •While maintaining a hollow body swing the legs forward in a pike or straddle •The hips are required to open up slightly, if not fully extended, by the end of the glide •At the end of the glide swing, the legs/feet are to come together •As the glide goes backward, maintain **straight** legs •The palm of the hands should be on the top of the bar at the conclusion of the glide swing •Arms/legs are to stay straight throughout •No release of the bar after the glide is allowed •May take up to two steps to get set **take off must be from 2 feet** •One to two second pause is allowed between the skills

NOTE: The board/mat can not be removed between the execution of the glide and the pullover. SAFETY: You must pull the board/mat at the completion of the pullover. Recommendation: Place the angled wedge or board with lower end facing the bar so that the angle goes down and forward while the gymnast executes the glide.

Rhythm and Failure to open hips	Up to 0.20
Feet not together on the back swing	Up to 0.20
Palms not on top of the bar at end of glide	0.10
Releasing the bar between the glide and pullover	0.20
Tapping or brushing the feet against the floor	0.10
Pulling the board/mat between glide and pull over	0.20
Not pulling the board after the pullover	0.20

2. Back hip pullover	0.60
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•The hands are shoulder width apart and in an over-grip position. •The arms will be flexed throughout until the skill is complete. •The legs are together from the stand, lift the legs over the bar while having bent arms •A small jump may be used to initiate the pull over •Continue to lift the hips over the bar •The legs are to be straight as soon as they come off of the floor •The hands will then shift to the top of the bar while straightening the arms •Show a finished and extended body in the front support

Not a 2 foot take off	0.20
Failure to have straight legs by vertical	Up to 0.20
Failure to begin with feet together	Up to 0.20
Failure to finish in a extended front support	Up to 0.10

3. Immediate single leg cut forward	0.40
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•When cutting the single leg forward, shift the weight to one arm and cut the leg over the bar •Finish the skill in an over-grip.

•Arms/legs remain straight throughout •The cutting leg is not allowed to brush or sit on the bar

Failure to finish the skill in over-grip	0.10
Failure to keep leg off of the bar during the cut	Up to 0.20

--- OR ---

3. Immediate cast, single leg shoot through

0.40

- With the shoulders still slightly in front of the bar, swing the legs forward, then backward while pushing down on the bar with the hands
- Extend the shoulders and lift the body off the bar – doing a cast
- While the arms are straight, bend one knee to squat over the bar and between the hands
- The other leg will remain straight
- The squatted leg will straighten by the end of the skill
- Arms will remain straight throughout the whole skill

Failure to keep the foot directed forward during cut 0.10

Failure to keep leg off the bar during the shoot through Up to 0.20

4. Stride circle forward

0.60

- Switch both hands to a reverse grip
- Lift up to a support before the stride circle
- Finish the stride circle; pull up, sit back down on the bar and then switch the hands back to a regular grip getting prepared to complete the backward leg cut
- Legs/arms remain straight throughout

Failure to show clear stride support at beginning and the end Up to 0.20ea.

Hooking knee on the bar to complete circle 0.40

5. Backward leg cut

0.40

- Lower to a stride sit and immediately change both hands at the same time to an over-grip
- Shift the weight to the opposite side of the leg that is being cut
- Cut the leg backward over the bar, bringing both legs together at its completion
- Finish the skill in an extended straight body front support
- Legs are to be straight throughout

Failure to change hand grip prior to leg cut backward 0.10

6. Cast - no angle requirement

0.60

Clarification: This cast is to focus on the proper casting technique wanted for future skill progression.

- Shoulders should be leaning over the bar while the hips come off the bar while having straight arms
- Shoulders slightly forward over the bar, swing both legs forward, then backward and upward
- Swinging backward, she should be pushing down on the bar with the arms/legs are straight
- The body should be in a hollow position and the head in a neutral state
- Continuous motion should be shown

Incorrect body alignment Up to 0.20

(straight line from shoulders to feet with chest hollow)

7. Back hip circle

0.60

- When the hips return back to the bar, lean the shoulders backward
- The body will circle around the bar in a straight/hollow body position
- The legs/arms must stay straight throughout the entire skill
- The hands will shift to the top of the bar, finishing in a front support
- The body should be extended and 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

8. Underswing

0.40

Cast is not required for the underswing dismount

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

Insufficient flight Up to 0.20

--- OR ---

8. Cast; Sole circle on dismount - (straddle or pike)

0.40

- Execute a cast with the same requirements as above
- At the peak of the cast, place the balls of the feet on the bar and perform a straddle or pike on
- Apply pressure on the bar with the feet
- Allow the swing to go downward maintaining straight the arms and a hollow position throughout
- As the hips rise, release the feet from the bar and press the bar backward to perform an extended body position
- Maintain a tight body in the flight of the skill and land in a demi-plie in a controlled landing
- The sole circle may be executed in a straddle or pike position

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

Insufficient flight Up to 0.20



2018-19 Girls Program

☆ AK-2 BALANCE BEAM ☆

Elements may be reversed

Start Value 10.0

1. Mount - Jump to support; Leg cut to "V"

0.60

- 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

Bent Legs on the mount Up to 0.20

2. Swing to squat (Tuck stand); Stand

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 ---

2. Swing to knee; Step up to stand; Stand

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

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

Execution deductions on all three options Up to 0.20 ea

3. Arabesque (2 second hold)

0.60

- Lower the heel to the beam and move the extended leg backward with the foot pointed on the beam
- Keep the chest vertical/upright, lift the turned out straight leg backward/upward a minimum of 30° off of the beam-Hold for 2 seconds
- Lower the leg to point behind on the beam-Arms may be out to the side/middle or in crown to emphasize the developmental position for the scale or T-position for a lever Lower the heel to the beam and move the extended leg backward with the foot pointed on the beam

Failure to lift the free leg 30 degrees off the beam Up to 0.20

Failure to hold 2 seconds Up to 0.20

4. Partial cross handstand; Pull up to passe' balance (2 second hold) 0.80

- Step forward with one foot and execute a lunge position with the arms by the ears •Lift the back leg maintaining a straight line from the hands all the way through the body to the foot •The legs are not required to join together but may
- The split leg lever must be shown with the bottom foot off of the beam and the back leg must reach minimally horizontal
- Pull the back leg up to forward passe' position with toe pointed at beside knee •Hands on hips on the passé balance •Hold 2 secs

<u>Partial cross handstand</u>	
Failure to keep arms by the ears	Up to 0.10
Failure to bring support foot off the beam	0.20
Failure to bring back leg to horizontal	Up to 0.20
<u>Passe' balance</u>	
Incorrect passe' position	Up to 0.10
Failure to hold 2 seconds	Up to 0.20

5. Waltz step (3 step); Finish in lock position 0.40

- From the passé-stand step the bent leg forward through demi-plie – Arms drop backward/downward •2ndstep-releve' step with locked knees – Arms swing forward to mid-forward •Arms finish in crown/lock position

Failure to show rhythm	Up to 0.10
Failure to finish in lock position	0.10

6. (180°) Pivot turn 0.20

- With one foot in front of the other and in releve', perform a pivot turn •Arms are optional: Hands be on hips, hands down or arms in crown •The turn should be completed with straight legs and in releve'

Failure to stay in releve' throughout the turn	0.20
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7. Tuck jump 0.40

- Lower both heels to the beam and demi-plie' both legs and push off the beam, extending both legs through the hips/knees/ankles/toes with the legs together •Bend both knees to a minimum of 90° in both the knees/hips •Knees horizontal to the beam •Extend the hips/legs in the air to a stretched position before landing •Arms remain in crown throughout the tuck jump •Land on both feet in a demi-plie' •Arms land sideward/upward position

Insufficient hip/knee closure (minimum of 90° bend is required)	0.10
Insufficient extension before opening	0.10

8. Cartwheel to side handstand dismount – No hold 0.60

- Step forward onto a straight leg with a flat foot •The arms should be overhead and in crown •Kick forward with the other leg, step into a lunge by levering into the skill •Both legs are to come together by the time they arrive in vertical handstand •Straight arms and legs throughout the skill •Arms on landing should not drop lower than horizontal with head in neutral position •The dismount may land on either side of the beam (with or without ¼ turn) •Must hit vertical position – no matter which side she comes down on •No hold is required

Failure to keep arms by the ears and in crown	Up to 0.10
Failure to attain vertical	Up to 0.20
Failure to show arms horizontal or above upon landing	Up to 0.10
Failure to join feet together on dismount	Up to 0.20



2018-19 Girls Program

★ AK-2 FLOOR EXERCISE ★

Elements may be reversed. Music is not required

Start Value 10.0

1. Handstand forward roll	0.60
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- Step forward onto a straight leg and 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 deduction)
- Roll forward with the arms bent or straight and legs together
- Hands in front of the body
- The knees/feet remain together to a straight stand

Failure to attain vertical	Up to 0.20
Failure to close legs together	Up to 0.10
Pushing off the floor with hands to arrive in tuck stand	0.20

2. Round-off with flight– 2 steps backward	0.60
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- Take one to three running steps and hurdle
- Take a long step forward maintaining a straight lever position
- Continue the lever action, lifting the back leg backward/upward as the chest lowers
- Finish with the feet together and on the floor
- Execute a **stretch rebound up and backwards** with straight arms and legs
- Arms should be by the ears
- May do two running steps afterwards without deduction and finish in a straight stand**

Failure to pass through vertical	Up to 0.30
Failure to land on feet simultaneously	0.10
Failure to show flight during roundoff and rebound	Up to 0.30ea.

--OR--

2. Running cartwheel with flight– 2 steps backward	0.60
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- Take one to three running steps and hurdle
- Take a long step forward maintaining a straight lever position
- Continue the lever action, lifting the back leg backward/upward as the chest lowers
- Finish bringing one foot to the floor and then joining the other with it
- Arms should be by the ears
- May do two running steps afterwards without deduction

Failure to keep arms by the ears	0.10
Failure to keep head in neutral position	0.10
Failure to show flight on the cartwheel	Up to 0.30

3. Backward roll with straight arms to pike stand	0.40
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- Roll backward with the head tucked, chin on the chest
- Place the hands on the floor palms down
- Arms are required to be straight
- As the hips roll backward, push down against the floor
- As the body rolls over the head 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
Straight jump executed before the backward roll	0.20

--OR--

3. Backward roll with straight arms to a push up position to pike stand 0.40

•After executing the backward roll, extend the legs outward while pushing down on the floor with the arms •Finish the backward roll in a push-up position with the body straight from the shoulders to the feet •Must jump into the pike stand once finished with the push-up position •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 push up position/pike position	Up to 0.10
Failure to keep knees/feet together throughout the skill	Up to 0.10
Straight jump executed before the backward roll	0.20
Walking feet or hands into the pike stand	Up to 0.20

4. Back walkover –or- Backbend kick over 0.60

•Begin with the feet flat on the floor, legs together/separated •Arch the upper back; press the hips/thighs forward and reach backward, placing the hands on the floor side-by-side-shoulder width apart •Kick the leg overhead while pushing off the floor with the other leg passing through vertical in handstand with the legs separated •Step down finish in a lunge, pressing the knee and both hips forward •Finish the step down with arms in high position; then open to sideward/diagonally/upward.

Leg drops or lifts after the arching backward has begun	Up to 0.10
Incorrect (staggered or alternate) hand placement	0.10
Bent Knees	Up to 0.20ea.

5. Front leg balance (45° below horizontal) - (1 second hold) 0.40

•Step forward onto a straight leg with the foot slightly turned out-not in releve' •Lift the other leg forward/upward-slightly turned out •Leg should be 45° below horizontal •Hold for one second •Arms required to be on the hips

Leg not at correct height	Up to 0.10
Failure to keep back leg straight during skill	Up to 0.10
Failure to hold one second	Up to 0.10

6. Forward chasse 0.20

•Demi-plie' both legs and step forward onto the one foot with it slightly turned out through 4th position •Demi-plie' with both heels on the floor •Push off with both legs and perform the chasse •Close the legs in the air •Land in demi-plie' on one leg-the other leg is pointing down toward the floor

Failure to chasse with foot turned out	Up to 0.10
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7. Straight leg leap (60°) 0.60

•Step or run two steps - swing the straight leg forward/upward and push off the floor with the other leg •Swing the other leg backward/upward to execute a leap •The legs should be separated evenly in the air •Land on one leg in demi-plie' with the other leg extended backward, slightly turned out, passing through a low arabesque position •Arms should lower sideward/downward by bending the elbows in toward the body to finish in low position at the side of the body

Bending the lead/front leg on take off	Up to 0.10
Insufficient leg separation	Up to 0.20
Uneven split	Up to 0.20

8. 1/2 (180°) Turn in forward passe'

0.20

•Step forward onto a straight leg – not in releve' •Kick the other leg forward and step forward •Bend the other leg and pull the pointed foot forward to touch the knee of the leg you just kicked (passe') •Left arm remains side/middle •Move the arm to forward/middle curved position •Push down on the floor with the foot and begin to execute the half turn in releve •Finish through demi-plie straight leg finish with the back foot pointed on the floor •Lift arms forward/upward to crown then open to sideward/diagonally/upward •Immediately close the foot beside the other

Failure to step onto flat foot - not in releve'	0.05
Failure to place foot in passe'	0.10
Failure to turn in releve'	Up to 0.10

9. Stretch jump

0.40

•Demi-plie both legs with the heels down on the floor-Push off the floor, 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 •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') •The stretch jump is to be connected directly to the split jump (0.20 deduction if there is no connection)

Failure to keep body straight during the jump	Up to 0.20
Failure of the feet to leave the beam – insufficient height	Up to 0.20

10. Split jump (60°)

0.40

•Demi-plie' both legs with the heels down on the floor-Push off the floor, extending both legs through the hips/knees/ankles/toes with the legs together •Push off both legs evenly, extending both legs to a split jump minimum of 60° even leg separation with one leg in front, other leg behind. Land on both feet in demi-plie legs together •Arms goes outward and sideward during the split jump

Failure to land with feet closed and simultaneously	Up to 0.10
Insufficient leg separation	Up to 0.20
Insufficient height	Up to 0.20

11. Pose

•Demi-Plie' the leg and step forward onto a bent leg turned slightly out •Showing a rocking motion through use of the legs through 4th position demi-plie' with both heels on the floor •Perform a weight transfer onto the leg •Extend both legs to finish with the backward leg extended with the foot pointed on the floor

Failure to pose with front foot in 4 th position	0.05
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