



☆ Boys - AK Advanced Optionals ☆

<u>Start Score Determination</u>		
DIFFICULTY	1.00	2 B (0.30 ea) → 0.60 4 A (0.10 ea) → 0.40
FIG ELEMENT GROUPS	2.00	<ul style="list-style-type: none"> • Minimum of A value skills to receive element group credit <ul style="list-style-type: none"> • 0.50 for each element group (all beginning elements are raised to "A" skills in AmeriKids)
PRESENTATION	7.00	<ul style="list-style-type: none"> • Pommel Horse – a feint is allowed without deduction • Parallel Bars – no end of the bar dismounts allowed • All Events: There is no deduction for atypical straddling of the legs
START VALUE	10.00	<ul style="list-style-type: none"> • All Events: Spotter required on Rings, High bar, Vault (between the board and the vault table or the landing area)

<u>Element Groups</u>		
Floor Exercise	Pommel Horse	Still Rings
1. Non-acrobatic 2. Acrobatic forward 3. Acrobatic backward 4. Hold skill	1. Legwork, Scissors 2. Circles and Spindles 3. Touch three parts (different than other levels) 4. Dismount	1. Swing elements 2. Strength 3. Above ring skill (different than other levels) 4. Dismount
Vault	Parallel Bars	Horizontal Bar
See vault value table	1. Support on 2 rails 2. Upper arm on bars 3. Hold skill 4. Dismount	1. Long hang swings 2. In bar 3. Cast 30° above horizontal 4. Dismount

B Elements & Exceptions to the FIG Code of Points

(* = Not allowed for Advanced Optionals to receive B credit)

Mens FIG code may be downloaded for free at fig-gymnastics.com

FLOOR EXERCISE		
V sit – 2 secs Any press handstand – 2 secs Any Japanese handstand – 1 sec* Support lever – any position – 2 secs Full pirouette Endo roll to handstand – 2 secs Any scale with 180° – 2 secs Back tuck/pike to prone 2 circles/flairs* Circle/Flair to or from handstand Flair with ½ spindle* Flair with 1/1 spindle in 2 circles Russian 360°*-900° Back extension 1/1 pirouette* Back extension hop 1/1 turn	Dive roll through handstand* Dive roll with ½ twist Jump ½ twist to front handspring* Jump 1/1 twist to front handspring Front salto pike*/Layout Front salto tuck/pike with ½ twist* Front salto tuck with 1/1 or 3/2 twist Front salto layout with ½ twist Front salto to prone Back salto layout Back salto layout ½ twist – any position* Whip back Back salto tuck with 3/2 twist Back salto with ½ twist* Back salto with 1/1 twist	* = Not allowed for Advanced Optionals to receive “B” credit

POMMEL HORSE		
Scissor forward with ½ twist* Scissor forward with hop sideaward Scissor backwards* Scissor backward with ½ turn Scissor backward with hop sideways and with ½ turn Two circles/flairs in succession* Circle in side support one pommel Circle with support outside/between pommels Front Loop on the end* Front loop in cross position on the pommel Back loop on the end* Back loop in cross position between the pommels ¼ Spindle in side support* ½ Spindle in side support Direct Stockli A	Direct Stockli B Any kehr circle* Wendeswing forward with ½ turn* Circle travel down or up* Wende dismount*	* = Not allowed for Advanced Optionals to receive “B” credit

STILL RINGS

<p>Forward uprise*</p> <p>Front uprise support through forward roll to hang</p> <p>Inlocate or Dislocate*</p> <p>Back uprise*</p> <p>Kip to support* or to L</p> <p>Back uprise to straddle L</p> <p>Straddle L – 2 secs*</p> <p>V-sit – 2 secs</p> <p>Back lever – 2 secs*</p> <p>Straddle planche – 2 sec</p> <p>Front lever*</p> <p>Any cross – 2 secs</p> <p>Press to handstand with bent body/arms – 2 secs*</p> <p>Press to handstand – any position – 2 secs</p> <p>Forward roll to support*</p>	<p>Forward salto pike/layout* or with ½ twist</p> <p>Back uprise and salto backward*</p> <p>Backward salto pike/layout* or with ½ or 1/1 twist</p>	<p>* = Not allowed for Advanced Optionals to receive “B” credit</p>
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PARALLEL BARS

<p>Handstand hold 2 secs*</p> <p>Straddle cut forward to support or L sit*</p> <p>Straddle cut backward to support*</p> <p>Any press to handstand – hold 2 sec</p> <p>Any Peach, Back toss, Stutz or Streuli</p> <p>Swing to handstand ½ pirouette* or 1/1</p> <p>Reverse pirouette*</p> <p>On end, 1 circle or flair*</p> <p>Front uprise*</p> <p>Backward arm roll*</p> <p>Back uprise*</p> <p>Baby moy to underarm*</p> <p>Glide kip*</p> <p>Cast to upper arm* or support</p> <p>Wende dismount*</p>	<p>Forward salto dismount in any position* or ½ twist</p> <p>Backward salto dismount in any position* or ½ twist</p>	<p>* = Not allowed for Advanced Optionals to receive “B” credit</p>
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HORIZONTAL BAR

<p>Kip with straight arms*</p> <p>Cast to 30° above horizontal*</p> <p>Back uprise*</p> <p>Swing backward 1/1 twist catch to hang</p> <p>Any giant*</p> <p>Any pirouette above the bar*</p> <p>Blind change*</p> <p>Free hip - any height*</p> <p>Layout/pike flyaway*</p> <p>Forward flyaway*</p> <p>Swing backward hop 1/1 turn*</p> <p>Endo or Stalder</p> <p>Forward swing to straddle cut hang or support*</p>		<p>* = Not allowed for Advanced Optionals to receive “B” credit</p>
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ALLOWABLE VAULTS & VALUES									
Group 1		Group 2		Group 3		Group 4		Group 5	
Handspring	9.40			Tsukahara Tuck	10.00	RO, FF on - repulsion off**	9.60	RO, FF ½ on –	9.60
Handspring - ½	9.60			Tsukahara Pike	10.00	RO, FF on - ½ off	9.80	Handspring off	
Yamashita	9.40			Tsukahara Layout	10.00	RO, FF on - 1/1 twist	10.00	RO, FF ½ on - 1/1 off	10.00
Yamashita - ½	9.60			Tsukahara Tuck with ½	10.00	RO, FF on - 1½ twist	10.00	RO, FF ½ on - 1½ off	10.00
¼ on - ¾ off	9.60					RO, FF on - 2/1 twist	10.00	RO, FF ½ on - 2/1 off	10.00
½ on - ½ off	9.60								
¼ on - Block off	9.40								
½ on - Block off	9.40								
						RO, FF on - Back Tuck	10.00		
						RO, FF on - Back Pike	10.00		
						RO, FF on - Back Layout	10.00		
Handspring - 1/1	9.80					**You are allowed two steps backwards on landing without deduction.			
Handspring - 1½	10.00								
Yamashita - 1/1	9.80								
¼ on - 1¼ off	10.00								
½ on - 1/1 off	10.00								
¼ on - 1¾ off	10.00								
½ on - 1½ off	10.00								
1/1 on - FHS/Y off	10.00								
1/1 on - ½ off	10.00								
1/1 on - 1/1 off	10.00								
FHS - 2/1 off	10.00								
¼ on - 2 ¼ off	10.00								
½ on - 2/1 off	10.00								

Updated – September 2018