



## ☆ Girls Advance Optional ☆

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	
<b>9.40</b>	<ul style="list-style-type: none"> <li>• 1 Bar change</li> <li>• Circling skill (360°)</li> <li>• Cast above horizontal</li> <li>• Kip</li> <li>• Salto dismount</li> </ul>	0.50 each	<ul style="list-style-type: none"> <li>• 1/1 turn on one foot</li> <li>• 1 Acro skill with flight or A series of 2 Acro skills with or without flight</li> <li>• Jump or Leap (150°) (may be in a series or isolated)</li> <li>• Gym/Acro or Gym series</li> <li>• Dismount with flight with or without hands</li> </ul>	0.50 each	<ul style="list-style-type: none"> <li>• 1 Acro series (at least 2 skills) with at least one skill being a Salto</li> <li>• 1 Dance series – 2 or more skills</li> <li>• 1 additional Salto or Aerial (may be in series or Isolated)</li> <li>• Minimum “B” level turn on one foot</li> <li>• Jump or Leap (150°)</li> </ul>	0.50 each	
<b>9.60</b>							<ul style="list-style-type: none"> <li>• Handspring - ½ off</li> <li>• Yamashita - ½ off</li> <li>• ½ On - ½ off</li> <li>• ¼ On - ¾ off</li> <li>• ¼ On-repulsion off</li> <li>• ½ On-Repulsion off</li> </ul>
<b>10.0</b>							
<ul style="list-style-type: none"> <li>• Handspring 1/1 off</li> <li>• Yamashita 1/1 off</li> <li>• ½ On - 1/1 off</li> <li>• ¼ On - 1¼ off</li> <li>• 1/1 on Handspring</li> <li>• 1/1 on Yamashita</li> <li>• 1/1 on - ½ off</li> </ul>	• 2 B level skills	0.30 ea	• 2 B level skills	0.30 ea	• 2 B level Skills	0.30 ea	
	• 5 A level skills	0.10 ea	• 5 A level skills	0.10 ea	• 5 A level Skills	0.10 ea	
	No C or D Skills may be performed (unless on the “B” list) i.e. Straddle back to handstand	Void Routine	C Gym/Dance skills may be performed		C Gym/Dance skills may be performed		
			No C Acro or D skills skills may be performed	Void Routine	No C Acro or D skills skills may be performed	Void Routine	

**B Skills**

B skills for this level are found on the skill sheets

**CLARIFICATIONS**

- VAULT - 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.
- BARS - Tap swings on Uneven Bars (i.e. AK-4 tap swings) are a 0.30 deduction for each.
- BARS - The undershoot with 1/1 twist dismount on Uneven Bars will **NOT** meet the special requirement but will still receive a B credit.
- BEAM - Any skill that goes upside down is considered an acro skill.
- BEAM/FLOOR - Only C “Gym” skills are allowed on Floor or Beam without deduction. No “C” or above acro skills are allowed on Beam or Floor..
- BEAM/FLOOR – A Leap and/or Jump must be a minimum split of 120° to receive the credit for the requirement and/or skill.  
A tuck jump is not allowed to meet this requirement but may be used as the second skill in the series.
- FLOOR - A dance series now can be directly or indirectly connected by allowing running steps, small leaps, hops, chasses, assembles, or any kind of turn on one or two feet between the two dance value-part elements.
- There are NO composition deductions. • 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.
- **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.**