



☆ Boys Intermediate Optionals ☆

Start Score Determination		
DIFFICULTY	0.80	1 B (0.30 ea) → 0.30 5 A (0.10 ea) → 0.50
ELEMENT GROUPS	2.00	<ul style="list-style-type: none"> • Minimum of A value skills to receive element group credit • 0.50 for each element group
PRESENTATION	7.20	
START VALUE	10.00	

Element Groups		
Floor Exercise	Mushroom/Pommel Horse Minimum 2 elements continuous	Still Rings
1. Non-acrobatic 2. Acrobatic forward 3. Acrobatic backward 4. Hold skill	1. Legwork, Scissors 2. Circles and Spindles 4. Touch two parts 5. Dismount	1. Swing elements 2. Strength 3. Pull to hold 4. Dismount
Vault	Parallel Bars	Horizontal Bar
9.40 • Front Handspring or Yamashita	1. Support on 2 rails 2. Upper arm on bars 4. Hold skill 5. Dismount	1. Long hang swings 2. In bar 3. Cast above horizontal 4. Dismount
9.60 • Handspring/Yamashita with ½ twist • ¼ or ½ on, repulsion off		
9.80 • ½ on – ½ off • ¼ on – ¾ off		
10.0 • ½ on – Full off • Handspring 1/1 off	<ul style="list-style-type: none"> • Pommel Horse/Mushroom – a feint is allowed without deduction, one stop allowed without deduction. • Parallel Bars – no end of the bar dismounts allowed • Parallel Bars & High Bar - One extra or counter-swing is allowed between each element without deduction; Execution deduction will apply • All Events – There is no deduction for atypical straddling of the legs • All Events – Spotter required on Rings, High bar, Vault (between the board and the vault table or the landing area) 	

B Elements & Exceptions to the FIG Code of Points

(* = A skills in the FIG code raised to B Skills for AmeriKids)

(all beginning elements are raised to "A" skills in AmeriKids)

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
POMMEL HORSE	
Scissor forward with ½ twist* Scissor forward with hop sideward 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*

STILL RINGS

Forward uprise*
 Front uprise support through forward roll to hang
 Inlocate or Dislocate*
 Back uprise*
 Kip to support* or to L
 Back uprise to straddle L
 Straddle L – 2 secs*
 V-sit – 2 secs
 Back lever – 2 secs*
 Straddle planche – 2 sec
 Front lever*
 Any cross – 2 secs
 Press to handstand with bent body/arms – 2 secs*
 Press to handstand – any position – 2 secs
 Forward roll to support*

Forward salto pike/layout* or with ½ twist
 Back uprise and salto backward*
 Backward salto pike/layout* or with ½ or 1/1 twist

PARALLEL BARS

Handstand hold 2 secs*
 Straddle cut forward to support or L sit*
 Straddle cut backward to support*
 Any press to handstand – hold 2 sec
 Any Peach, Back toss, Stutz or Streuli
 Swing to handstand ½ pirouette* or 1/1
 Reverse pirouette*
 On end, 1 circle or flair*
 Front uprise*
 Backward arm roll*
 Back uprise*
 Baby moy to underarm*
 Glide kip*
 Cast to upper arm* or support
 Wende dismount*

Forward salto dismount in any position* or ½ twist
 Backward salto dismount in any position* or ½ twist

HORIZONTAL BAR

Kip with straight arms*
 Cast to 30° above horizontal*
 Back uprise*
 Swing backward 1/1 twist catch to hang
 Any giant*
 Any pirouette above the bar*
 Blind change*
 Free hip - any height*
 Layout/pike flyaway*
 Forward flyaway*
 Swing backward hop 1/1 turn*
 Endo or Stalder
 Forward swing to straddle cut hang or support*