



☆ Girls Intermediate 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
9.40	<ul style="list-style-type: none"> • Bar change • Circling skill (360°) • Cast above horizontal • Kip • Dismount from high bar (Any dismount will be allowed with extra tap swings or counter swings) 	0.50 each	<ul style="list-style-type: none"> • 1/1 turn on one foot • 1 Acro skill (flight not required) • Jump or Leap (120°) • Balance or Hold skill - minimum of 2 second hold • Dismount with flight with or without hands 	0.50 each	<ul style="list-style-type: none"> • 1 Acro series with at least 2 flight elements • 1 Dance series – 2 or more skills • 1 Salto or Aerial (may be in series or isolated) • Minimum 360° turn on one foot • Jump or Leap (120°) 	0.50 each
<ul style="list-style-type: none"> • Front Handspring • Yamashita 						
9.60						
<ul style="list-style-type: none"> • ¼ On, repulsion off • ½ On, repulsion off • Handspring -½ off 	Skill Requirements	Value	Skill Requirements	Value	Skill Requirements	Value
<ul style="list-style-type: none"> • ½ On – ½ off • ¼ On – ¾ off 	<ul style="list-style-type: none"> • 1 B level skill 	0.30 ea	<ul style="list-style-type: none"> • 1 B level skill 	0.30 ea	<ul style="list-style-type: none"> • 1 B level skill 	0.30 ea
10.0	<ul style="list-style-type: none"> • 6 A level skills 	0.10 ea	<ul style="list-style-type: none"> • 6 A level skills 	0.10 ea	<ul style="list-style-type: none"> • 6 A level skills 	0.10 ea
<ul style="list-style-type: none"> • ½ On – Full off • Handspring 1/1 off 	<p>No C or D Skills may be performed (unless on the “B” list) i.e. Straddle back to handstand</p>	Void Routine	<p>C Gym/Dance skills may be performed</p> <p>No C Acro or D skills skills may be performed</p>	Void Routine	<p>C Gym/Dance skills may be performed</p> <p>No C Acro or D skills skills may be performed</p>	Void Routine

B Skills **All B Skills for this level can be found on the skills 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 - One tap swings/counter swing is allowed before the dismount. Any additional swing will receive a 0.30 deduction for each.
- 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 have a minimum split of 100 degree’s to fulfill the requirement deductions for insufficient split may be taken up to 120°**
- 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. •Any D skills performed will VOID the routine. •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.**