



☆ Boys Novice Optionals ☆

Start Score Determination		
DIFFICULTY	0.60	6 A (0.10 ea) → 0.60
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 (all beginning elements are raised to "A" skills in AmeriKids)
PRESENTATION	7.40	
START VALUE	10.00	

Element Groups		
Floor Exercise	Mushroom – Pommel Horse 2 stops allowed 6 difficulty parts combined	Still Rings
1. Non-acrobatic 2. Acrobatic forward 3. Acrobatic backward 4. Hold skill	1. Swings single leg work 2. Circles & Flairs 3. Spindles & Moore 4. Dismount	1. Swing elements 2. Strength 3. Pull to hold 4. Dismount
Vault-All vaults have 10.0 start value	Parallel Bars	Horizontal Bar
<ul style="list-style-type: none"> •Front handspring •Yamashita •¼ on, repulsion off •½ on – ½ off •½ on – Full off 	<ul style="list-style-type: none"> •Handspring – ½ off •Yamashita – ½ off •½ on – repulsion off •¼ on – ¾ off •Handspring 1/1 off 	1. Long hang swings 2. In bar 3. Cast horizontal 4. Dismount
<ul style="list-style-type: none"> •Mushroom/pommel horse – minimum 6 parts between the two apparatus. Two stops are allowed without deduction •Parallel Bars – No end of the bar dismounts allowed •Rings, 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) 		

Exceptions

Spotting

A spotter is required, for all levels, to be in position to safely spot the entire routine on the Horizontal Bar, Still Rings and between the board and the vault table/landing area for Vaulting. A spotter is allowed for all levels on the Parallel Bars and Floor Exercise with out deduction. The gymnast will not be allowed to begin the routine without the presence of the required spotter.