



☆ Girls Open Optional ☆

VAULT	UNEVEN BARS		BALANCE BEAM (No Time Limit)		FLOOR EXERCISE (No Time Limit)	
<u>Allowable Vaults & Values</u>	<u>Special Requirements</u>	<u>Value</u>	<u>Special Requirements</u>	<u>Value</u>	<u>Special Requirements</u>	<u>Value</u>
See Open Optional Vault Chart	#1 Minimum of 1 bar change	0.50	#1 Acro series with minimum of 2 elements, with or without flight	0.50	#1 One acro series with two saltos	0.50
	#2 Cast 45° above horizontal	0.50	#2 1 Acro Flight skill	0.50	#2 Three different saltos in the routine	0.50
	#3/#4 Any two requirements from the list below	0.50			#3 Dance series with 2 different elements •One must be a Jump or Leap (180° cross or side split)	0.50
	•Turn Skill (180°)	0.50	#3 Jump or Leap (180°)	0.50	#4 Min of A salto as last salto or in last connection of saltos	0.50
	•Release Skill	0.50	#4 Minimum 360° turn on one foot	0.50	#5 Minimum of B turn on one foot	0.50
	•A Circling skill on High or Low bar	0.50	#5 Aerial or Salto dismount; Min A	0.50		
•one from groups Underswing/Clear hip circles/Stalder circles/Circle swings/Hechts						
#5 Salto or Hecht dismount; Min A	0.50					
<u>Skill Requirements</u>		<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>
•3 B level skills		0.30 ea	•3 B level skills	0.30 ea	•3 B level skills	0.30 ea
•4 A level skills		0.10 ea	•4 A level skills	0.10 ea	•4 A level skills	0.10 ea
All C skills may be performed			All C skills may be performed		All C skills may be performed	
No D Skills may be performed		Void Routine	No D skills may be performed	Void Routine	No D skills may be performed	Void Routine

CLARIFICATIONS

- BARS - Tap swings on Uneven Bars (i.e. AK-4 tap swings) are a 0.30 deduction for each. **A cast to horizontal must be shown to receive skill value.**
- BARS - Skill requirements 2 & 3 - both requirements may come from the same category. The circling skill requirement must be fulfilled by being on both the high and low and will count for one requirement. A handstand pirouette will count for one requirement (have to do a handstand to complete a pirouette). A cast to handstand; clear hip will count for two.
- BEAM - Any skill that goes upside down is considered an acro skill.
- BEAM - A Side Aerial is an allowable skill for the beam and will count for a C level skill.
- BEAM/FLOOR - A Leap and/or Jump must be a minimum split of 150° to receive the credit for the requirement and/or skill.
A tuck jump is not allowed to meet this requirement however it may be used as the second skill in a 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
- C skills are allowed on Floor/Bars/Beam without deduction. All C skills performed may count towards an A or B level skills.
- Any D skills performed will VOID the routine. •There are NO composition deductions.
- Spot (touch) of a gymnast while in her routine will result in an up to 0.50 deduction for each occurrence.
- 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.**



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NOTE - The usage of a hand mat or a carpet square will not be allowed for any forward entry vaults (Groups 1 & 3). 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.

NOTE - A safety zone is required for all Yurchenko (Group 4 and 5) vaults. The gymnast will not be able to compete if one is not used.

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								
Handspring - 1/1	9.80					RO, FF on - Back Tuck	10.00		
Handspring - 1½	10.00					RO, FF on - Back Pike	10.00		
Yamashita - 1/1	9.80					RO, FF on - Back Layout	10.00		
¼ on - 1¼ off	10.00					**You are allowed two steps backwards on landing without deduction.			
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								