

## **AmeriKids**

### **Optional Level's Skills Chart**

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The following pages contain a detailed listing of skills and their values for all AmeriKids Optional Levels. The skill charts have been reviewed by the entire AmeriKids Advisory Committee as well as by a group of AmeriKids coaches and judges.

Please note that on bars skills such as casts and circling skills are awarded different values based on their angles. Beam jumps and leaps also have different values based on the angle of the skills and also have minimum angle requirements to be awarded the skill value. There is currently a deduction of up to .2 for insufficient split or swing / cast angle.

Each skill has a specific number assigned to it. The first number is the event with bars being 2, beam 3 and floor 4. The second number is the value A is 1, B is 2 and C is 3. The third number is the skill category and the last two are the skill number.

**Coaches:** If you have a skill you would like to use that is not listed please contact Ed Aasen to have the skill evaluated and added to the list. Any skills that are added to the charts will be disseminated to the judges and coaches upon approval of the AmeriKids Advisory Committee.

**Judges:** If you see a skill that is not on the list please use your best judgement as to its value by comparing it to similar skills that are included on the skills charts.

**Note:** Just because a skill is not on the charts does not mean it can not be used. These skill charts, although quite comprehensive, may not have every possible skill on them.

# Uneven Bars

## AmeriKids Optional Level's Skills Chart

<b>MOUNTS (100's)</b>		
<b>A</b>	<b>B</b>	<b>C</b>
2.1101 Pull-Over	2.2101 Glide Double Leg Jam	2.3101 Jump 1/1 Turn Glide Kip
2.1102 Glide Single Leg Uprise	2.2102 Jump ½ Turn Glide Kip	2.3102 Jump to Handstand
2.1103 Glide Kip	2.2103 Glide ½ Turn Glide Kip	2.3103 Jump to Handstand ½ Pirouette
	2.2104 Glide Straddle Cut Catch	
	2.2105 Jump to Nominal Handstand (Above Horizontal)	
<b>SWINGS (200's)</b>		
<b>A</b>	<b>B</b>	<b>C</b>
2.1201 Drop Kip	2.2201 Cast Above Horizontal	2.3201 Cast Handstand
2.1202 Single Leg Basket	2.2202 Straddle Cut Catch	2.3202 ½ Pirouette or More
2.1203 Double Leg Basket	2.2203 Back Up Rise	2.3203 Toe Shoot to High Bar
2.1204 Long Hang Pull-Over		2.3204 Straddle Back
2.1205 Long Hang Kip		2.3205 Bail to Low Bar
2.1206 Squat / Pike On		
2.1207 Leg Cut Forward		
2.1208 Leg Cut Backward		
2.1209 Single Leg Shoot Through		
2.1210 Cast Below Horizontal		

# Uneven Bars

## AmeriKids Optional Level's Skills Chart

<b>CIRCLES (300's)</b>		
<b>A</b>	<b>B</b>	<b>C</b>
2.1301 Back Hip Circle	2.2301 Toe Circle Pike / Straddle	2.3301 Toe Shoot Above Horizontal
2.1302 Front Hip Circle	2.2302 Stalder Circle Below Horizontal	2.3302 Stalder Above Horizontal
2.1303 Back Mill Circle	2.2303 Clear Hip Below Horizontal	2.3303 Clear Hip Above Horizontal
2.1304 Front Mill Circle		2.3304 Back Giant
		2.3305 Front Giant
<b>DISMOUNTS (400's)</b>		
<b>A</b>	<b>B</b>	<b>C</b>
2.1401 Undershoot	2.2401 Sole Circle 1/1 Turn	2.3401 Fly Away ½ or 1/1
2.1402 Undershoot ½ Turn	2.2402 Long Hang Swing 1/1 Turn	2.3402 Front Fly Away ½ or 1/1
2.1403 Sole Circle Pike / Straddle	2.2403 Undershoot 1/1 Turn	
2.1404 Sole Circle ½ Turn	2.2404 Fly Away (any height)	
2.1405 Long Hang Swing ½ Turn	2.2405 Fly Away Pike / Lay	
	2.2406 Front Fly Away	

# Balance Beam

## AmeriKids Optional Level's Skills Chart

A	B	C
<b>MOUNTS</b> (100's)		
3.1101 Jump with Leg Swing Over Beam	3.2101 Jump to Stand W/O Hands	3.3101 Jump to Dive Roll
3.1102 Forward Stand Step and Swing Leg	3.2102 Jump to Arabesque	3.3102 Jump or Press to Handstand
3.1103 Jump to Tuck Stand With Hands	3.2103 Jump to Splits W/O Hands	3.3103 Jump to Cartwheel
3.1104 Jump to Straddle Stand With Hands	3.2104 Jump or Press to Chest Stand	3.3104 Jump to Front Walk Over
3.1105 Jump to Splits With Hands	3.1105 Cartwheel to Front Support	
3.1106 Pull Over to Front Support	3.2106 Back Walk Over to Support	
3.1107 From Side Stand Step and Swing Outside Leg around and Over Beam	3.2107 Front Walk Over to Rear Lying Support or Rear Support	
<b>TURNS</b> (200's) <i>(Leg Positions are optional unless otherwise stated.)</i>		
3.1301 Pivot Turn any position	3.2301 1 ½ Turn	3.3301 1/1 Wolf Turn
3.1302 ½ Turn	3.2302 1/1 Turn Leg 45° Below	3.3302 1/1 Turn Leg Above Horizontal
3.1303 Heel Snap Turn	3.2303 ½ Wolf Turn	3.3303 2/1 Turn
3.1304 1/1 Turn	3.2304 1/1 Turn in Attitude (F/B)	
<b>Holds / Balance Skills</b> (300's) <i>(2 second hold required)</i>		
3.1201 Arabesque	3.2201 Needle Scale Full Split With or W/O Hands	3.3201 Scorpion with Straight Leg and Full Split
3.1202 Scale	3.2202 Scale in Releve	3.3202 Straight Arm Planch
3.1203 Passe	3.2203 Scorpion with Bent Leg	
3.1204 Straddle or Pike 'L' Hold	3.2204 Straddle or Pike 'V' Hold	
	3.2205 One Arm Elbow Planch	

# Balance Beam

## AmeriKids Optional Level's Skills Chart

<b>LEAPS and JUMPS (400's)</b>		
<b>A</b>	<b>B</b>	<b>C</b>
3.1401 Straight Jump	3.2401 Tuck Jump ½ turn	3.3401 Tuck Jump ¾ Turn
3.1402 Straight Jump ¼ or ½ Turn	3.2402 Straight Jump ¾ Turn	3.3402 Straight Jump 1/1 Turn
3.1403 Tuck Jump	3.2403 Wolf Jump	3.3403 Split Jump ½ Turn or More
3.1404 Tuck Jump ¼ Turn	3.2404 Pike Jump 90° or less	3.3404 Wolf Jump ½ Turn
3.1405 Flutter Jump	3.2405 Split Leap 180° (120° for credit)	3.3405 Pike Jump ½ Turn
3.1406 Assemble	3.2406 Split Jump 180° (120° for credit) Also with ¼ Turn	3.3406 Straddle Jump also with ¼ 180° (120° for Credit)
3.1407 Cat Leap	3.2407 Sissone 180° (120° for credit)	3.3407 Cat Leap 1/1 Turn
3.1408 Split Jump 120° (90° for credit) Also with Turn	3.2408 Straddle Jump 120° (90° for Credit)	3.3408 Switch Leap 180° (120° for Credit)
3.1409 Split Jump 120° ¼ Turn (90° for credit)	3.2409 Cat Leap ½ Turn	3.3409 Switch Leap to Wolf 180° (120° for Credit)
3.1410 Split Leap 120° (90° for credit)	3.2410 Switch Leap 120° (90° for credit)	3.3410 Ring Leap or Jump 180° (120° for Credit)
3.1411 Sissone 120° (90° for credit)	3.2411 Switch Leap to Wolf 120° (90° for credit)	
3.1412 Straddle Jump 90° (60° for Credit)	3.2412 Ring Leap or Jump 120° (90° for credit)	
	3.2413 Hitch Kick (Above Horizontal)	

# Balance Beam

## AmeriKids Optional Level's Skills Chart

<b>A</b>	<b>B</b>	<b>C</b>
<b>ACRO SKILLS (500's)</b>		
3.1501 Handstand (1 second Hold)	3.2501 Handstand ½ Pirouette	3.3501 1/1 Pirouette
3.1502 Forward Roll	3.2502 Press to Handstand	3.3502 One Arm Front Walk Over
3.1503 Backward Roll	3.2503 Handstand Forward Roll	3.3503 Back Extension Roll to HS
3.1504 Forward Shoulder Roll	3.2504 Back Extension Roll above 45°	3.3504 Back Walk Over ½ Turn to Front Walk Over
3.1505 Backward Shoulder Roll	3.2505 One Arm Cartwheel	3.3505 One Arm Back Handspring
3.1506 Cartwheel	3.2506 One Arm Back Walkover	3.3506 Gainer Back Handspring
3.1507 Back Walk Over	3.2507 Front Walk Over	3.3507 Standing Back Tuck or Pike
	3.2508 Tick Tock	3.3508 Front Handspring
	3.2509 Valdez	3.3509 Aerial
	3.2510 Back Handspring	
	3.2511 Dive Forward Roll	
	3.2512 Dive Cartwheel	
	3.2513 Round Off	
<b>DISMOUNTS (600's)</b>		
3.1601 Jump off in Any Position Also with ½ Turn	3.2601 Salto Dismount Front or Back	3.3601 Back Salto with ½ or More
3.1602 Front Handspring	3.2602 Aerial Dismount	3.3602 Front Salto with ½ or More
3.1603 Round Off Dismount	3.2603 Front Handspring with 1/1 Turn	3.3603 Gainer Salto with ½ or More
3.1604 Side Handstand ¼ Turn Off	3.2604 Gainer Salto off Side	3.3604 Gainer Salto off End

# Floor Exercise

## AmeriKids Optional Level's Skills Chart

<b>A</b>	<b>B</b>	<b>C</b>
<b>BACKWARD ACRO SKILLS (100's)</b>		
4.1101 Backward Roll Tuck or Pike	4.2101 Back Extension Roll with Straight Arms	4.3101 Back Layout 1½ Twist
4.1102 Back Extension Roll to Push Up	4.2102 Back Extension Roll with ½ Pirouette (Bent or Straight Arms)	4.3102 Back Layout 2/1 Twist
4.1103 Back Extension Roll to Handstand with Bent Arms	4.2103 Back Walk Over 1/1 Pirouette	
4.1104 Back Bend Kick Over	4.2104 Valdez 1/1 Pirouette	
4.1105 Back Walk Over	4.2105 Back Tuck or Layout ½ Twist	
4.1106 Valdez	4.2106 Back Tuck or Layout 1/1 Twist	
4.1107 Back Handspring	4.2107 Whip ½ Twist	
4.1108 Back Salto Tuck, Pike or Layout	4.2108 Whip 1/1 Twist	
4.1109 Whip Back		

# Floor Exercise

## AmeriKids Optional Level's Skills Chart

<b>A</b>	<b>B</b>	<b>C</b>
<b>FORWARD ACRO SKILLS (200's)</b>		
4.1201 Handstand also with 1/1 Pirouette	4.2201 Handstand 1½ Pirouette	4.3201 Handstand 2/1 Pirouette
4.1202 Forward Roll Tuck or Pike	4.2202 Front Fly Spring	4.3202 Front Handspring with 1½ Twist
4.1203 Dive Forward Roll	4.2203 Front Handspring with 1/1 Twist	4.3203 Front Salto with 1/1 Twist
4.1204 Handstand Bridge Kick Over	4.2204 Front Salto Pike or Layout	
4.1205 Front Limber	4.2205 Front Tuck or Layout with ½ Turn	
4.1206 Front Walk Over	4.2206 Aerial Front Walk Over	
4.1207 Front Handspring	4.2207 Arabian Front Handspring	
4.1208 Front Handspring Step Out	4.2208 Arabian Dive Roll	
4.1209 Front Handspring ½ Twist	4.2209 Arabian Front Tuck, Pike, Layout	
4.1210 Front Salto Tuck		
<b>SIDE ACRO SKILLS (300's)</b>		
4.1301 Cartwheel	4.2301 Aerial Cartwheel	4.3301 Front Aerial 1/1 Twist
4.1302 One Arm Cartwheel	4.2302 Barani	4.3302 Barani ½ Twist
4.1303 Dive Cartwheel		
4.1304 Round Off		



# Floor Exercise

## AmeriKids Optional Level's Skills Chart

A	B	C
<b>Leaps and Jumps (400's)</b> <i>(All Leaps and Jumps are to be 180° unless otherwise stated.)</i>		
4.1401 Straight Jump	4.2401 Straight Jump 1½ Turn	4.3401 Straight Jump 2/1 Turn
4.1402 Straight Jump ½ or 1/1 Turn	4.2402 Tuck Jump 1/1 Turn	4.3402 Tuck Jump 1½ Turn
4.1403 Tuck Jump	4.2403 Wolf Jump ½ Turn	4.3403 Wolf Jump 1/1 Turn
4.1404 Tuck Jump with ½ Turn	4.2404 Pike Jump ½ Turn	4.3404 Pike Jump 1/1 Turn
4.1405 Wolf Jump	4.2405 Split Jump ½ Turn	4.3405 Split Jump 1/1 Turn
4.1406 Pike Jump	4.2406 Straddle Jump also with ½ Turn	4.3406 Switch Side Leap
4.1407 Split Jump	4.2407 Ring Leap	4.3407 Switch Ring Leap
4.1408 Split Leap or Stag Split Leap	4.2408 Switch Leap (Also in Stag)	4.3408 Tour Jete' ½
4.1409 Sissone	4.2409 Cat Leap 1/1 Turn	4.3409 Popa
4.1410 Assemble'	4.2410 Tour Jete' (180°)	4.3410 Cat Leap 1½ Turn
4.1411 Cat Leap Also with ½ turn		
4.1412 Fouette'		
4.1413 Tour Jete (90°)		
<b>TURNS (500's)</b> <i>(Free Leg is optional unless otherwise stated)</i>		
4.1501 ½ Turn	4.2501 1½ Turn	4.3501 1½ Turn with Leg Horizontal
4.1502 1/1 Turn	4.2502 Full Turn with Leg Horizontal	4.3502 2/1 Turn
4.1503 ½ Wolf Turn	4.2503 Full Turn in Attitude	4.3503 1½ Wolf Turn
	4.2504 Full Wolf Turn	