



☆ Boys - AK Advanced Optionals ☆

| <b>Start Score Determination</b> |              |   |
|----------------------------------|--------------|---|
| <b>DIFFICULTY</b>                | <b>1.00</b>  | 2 B (0.30 ea) → 0.60<br>4 A (0.10 ea) → 0.40  |
| <b>FIG ELEMENT GROUPS</b>        | <b>2.00</b>  | <ul style="list-style-type: none"> <li>• Minimum of A value skills to receive element group credit</li> <li>• 0.50 for each element group (all beginning elements are raised to "A" skills in AmeriKids)</li> </ul>   |
| <b>PRESENTATION</b>              | <b>7.00</b>  | <ul style="list-style-type: none"> <li>• Pommel Horse – a feint in allowed without deduction</li> <li>• Parallel Bars – no end of the bar dismounts allowed</li> <li>• All Events: There is no deduction for atypical straddling of the legs</li> <li>• All Events: Spotter required on Rings, High bar, Vault (between the board and the vault table or the landing area)</li> </ul> |
| <b>START VALUE</b>               | <b>10.00</b> |   |

| <b>Element Groups</b>  |  |  |
|--|--|--|
| <b>Floor Exercise</b>  | <b>Pommel Horse</b>  | <b>Still Rings</b>   |
| 1. Non-acrobatic<br>2. Acrobatic forward<br>3. Acrobatic backward<br>4. Hold skill | 1. Legwork, Scissors<br>2. Circles and Spindles<br>3. Touch three parts (different than other levels)<br>4. Dismount | 1. Swing elements<br>2. Strength<br>3. Above ring skill (different than other levels)<br>4. Dismount |
| <b>Vault</b>   | <b>Parallel Bars</b>   | <b>Horizontal Bar</b>  |
| See vault value table  | 1. Support on 2 rails<br>2. Upper arm on bars<br>3. Hold skill<br>4. Dismount  | 1. Long hang swings<br>2. In bar<br>3. Cast 30° above horizontal<br>4. Dismount                      |

## B Elements & Exceptions to the FIG Code of Points

(\* = Not allowed for Advanced Optionals to receive B credit)

Mens FIG code may be downloaded for free at [fig-gymnastics.com](http://fig-gymnastics.com)

| <b>FLOOR EXERCISE</b>  |   |   |
|--|---|---|
| V sit – 2 secs<br>Any press handstand – 2 secs<br>Any Japanese handstand – 1 sec*<br>Support lever – any position – 2 secs<br>Full pirouette<br>Endo roll to handstand – 2 secs<br>Any scale with 180° – 2 secs<br>Back tuck/pike to prone<br>2 circles/flairs*<br>Circle/Flair to or from handstand<br>Flair with ½ spindle*<br>Flair with 1/1 spindle in 2 circles<br>Russian 360°*-900°<br>Back extension 1/1 pirouette*<br>Back extension hop 1/1 turn | Dive roll through handstand*<br>Dive roll with ½ twist<br>Jump ½ twist to front handspring*<br>Jump 1/1 twist to front handspring<br>Front salto pike*/Layout<br>Front salto tuck/pike with ½ twist*<br>Front salto tuck with 1/1 or 3/2 twist<br>Front salto layout with ½ twist<br>Front salto to prone<br>Back salto layout<br>Back salto layout ½ twist – any position*<br>Whip back<br>Back salto tuck with 3/2 twist<br>Back salto with ½ twist*<br>Back salto with 1/1 twist | * = Not allowed for Advanced Optionals to receive<br>“B” credit |
| <b>POMMEL HORSE</b>  |   |   |
| Scissor forward with ½ twist*<br>Scissor forward with hop sideward<br>Scissor backwards*<br>Scissor backward with ½ turn<br>Scissor backward with hop sideways and with ½ turn<br>Two circles/flairs in succession*<br>Circle in side support one pommel<br>Circle with support outside/between pommels<br>Front Loop on the end*<br>Front loop in cross position on the pommel<br>Back loop on the end*<br>Back loop in cross position between the        | Direct Stockli B<br>Any kehr circle*<br>Wendeswing forward with ½ turn*<br>Circle travel down or up*<br>Wende dismount*   | * = Not allowed for Advanced Optionals to receive<br>“B” credit |

|   |  |  |
|---|--|--|
| <p>pommels<br/> <math>\frac{1}{4}</math> Spindle in side support*<br/> <math>\frac{1}{2}</math> Spindle in side support<br/> Direct Stockli A</p> |  |  |
|---|--|--|

**STILL RINGS**

|   |   |  |
|---|---|--|
| <p>Forward uprise*<br/> Front uprise support through forward roll to hang<br/> Inlocate or Dislocate*<br/> Back uprise*<br/> Kip to support* or to L<br/> Back uprise to straddle L<br/> Straddle L – 2 secs*<br/> V-sit – 2 secs<br/> Back lever – 2 secs*<br/> Straddle planche – 2 sec<br/> Front lever*<br/> Any cross – 2 secs<br/> Press to handstand with bent body/arms – 2 secs*<br/> Press to handstand – any position – 2 secs<br/> Forward roll to support*</p> | <p>Forward salto pike/layout* or with <math>\frac{1}{2}</math> twist<br/> Back uprise and salto backward*<br/> Backward salto pike/layout* or with <math>\frac{1}{2}</math> or <math>1/1</math> twist</p> | <p>* = Not allowed for Advanced Optionals to receive<br/> “B” credit</p> |
|---|---|--|

**PARALLEL BARS**

|   |   |   |
|---|---|---|
| Handstand hold 2 secs*<br>Straddle cut forward to support or L sit*<br>Straddle cut backward to support*<br>Any press to handstand – hold 2 sec<br>Any Peach, Back toss, Stutz or Streuli<br>Swing to handstand ½ pirouette* or 1/1<br>Reverse pirouette*<br>On end, 1 circle or flair*<br>Front uprise*<br>Backward arm roll*<br>Back uprise*<br>Baby moy to underarm*<br>Glide kip*<br>Cast to upper arm* or support<br>Wende dismount* | Forward salto dismount in any position* or ½ twist<br>Backward salto dismount in any position* or ½ twist | * = Not allowed for Advanced Optionals to receive<br>“B” credit |
|---|---|---|

| <b>HORIZONTAL BAR</b>  |  |   |
|--|--|---|
| Kip with straight arms*<br>Cast to 30° above horizontal*<br>Back uprise*<br>Swing backward 1/1 twist catch to hang<br>Any giant*<br>Any pirouette above the bar*<br>Blind change*<br>Free hip - any height*<br>Layout/pike flyaway*<br>Forward flyaway*<br>Swing backward hop 1/1 turn*<br>Endo or Stalder<br>Forward swing to straddle cut hang or support* |  | * = Not allowed for Advanced Optionals to receive<br>“B” credit |



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| <b>ALLOWABLE VAULTS &amp; VALUES</b> |      |                |  |                |       |                             |      |                |      |
|--------------------------------------|------|----------------|--|----------------|-------|-----------------------------|------|----------------|------|
| <b>Group 1</b>                       |      | <b>Group 2</b> |  | <b>Group 3</b> |       | <b>Group 4</b>              |      | <b>Group 5</b> |      |
| 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  |  |                       |       |                       |   |                       |       |  |
|                    |       |  |                       |       |                       | RO, FF on - Back Tuck   | 10.00                 |       |  |
|                    |       |  |                       |       |                       | RO, FF on - Back Pike   | 10.00                 |       |  |
|                    |       |  |                       |       |                       | RO, FF on - Back Layout   | 10.00                 |       |  |
| Handspring - 1/1   | 9.80  |  |                       |       |                       | **You are allowed two steps backwards on landing without deduction. |                       |       |  |
| Handspring - 1½    | 10.00 |  |                       |       |                       |   |                       |       |  |
| Yamashita - 1/1    | 9.80  |  |                       |       |                       |   |                       |       |  |
| ¼ on - 1¼ off      | 10.00 |  |                       |       |                       |   |                       |       |  |
| 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   |       |  |                       |       |                       |   |                       |       |  |
| FHS - 2/1 off      | 10.00 |  |                       |       |                       |   |                       |       |  |
| ¼ on - 2 ¼ off     | 10.00 |  |                       |       |                       |   |                       |       |  |
| ½ on - 2/1 off     | 10.00 |  |                       |       |                       |   |                       |       |  |

Updated – August 2017