



## ☆ Boys Intermediate Optionals ☆

<b>Start Score Determination</b>		
<b>DIFFICULTY</b>	<b>0.80</b>	1 B (0.30 ea) → 0.30 5 A (0.10 ea) → 0.50
<b>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</li> </ul>
<b>PRESENTATION</b>	<b>7.20</b>	
<b>START VALUE</b>	<b>10.00</b>	

<b>Element Groups</b>		
Floor Exercise	Mushroom/Pommel Horse Minimum 2 elements continuous	Still Rings
1. Non-acrobatic 2. Acrobatic forward 3. Acrobatic backward 4. Hold skill	1. Legwork, Scissors 2. Circles and Spindles 4. Touch two parts 5. Dismount	1. Swing elements 2. Strength 3. Pull to hold 4. Dismount
Vault	Parallel Bars	Horizontal Bar
9.40 • Front Handspring or Yamashita	1. Support on 2 rails	1. Long hang swings
9.60 • Handspring/Yamashita with ½ twist • ¼ or ½ on, repulsion off	2. Upper arm on bars	2. In bar
9.80 • ½ on – ½ off • ¼ on – ¾ off	4. Hold skill	3. Cast above horizontal
10.0 • ½ on – Full off • Handspring 1/1 off	5. Dismount	4. Dismount
<ul style="list-style-type: none"> <li>• Pommel Horse/Mushroom – a feint is allowed without deduction, one stop allowed without deduction.</li> <li>• Parallel Bars – no end of the bar dismounts allowed</li> <li>• Parallel Bars &amp; High Bar - One extra or counter-swing is allowed between each element without deduction; Execution deduction will apply</li> <li>• All Events – There is no deduction for atypical straddling of the legs</li> <li>• Spotter required on Rings, High bar, Vault (between the board and the vault table or the landing area)</li> </ul>		

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

(\* = A skills in the FIG code raised to B Skills for AmeriKids)

(all beginning elements are raised to "A" skills in AmeriKids)

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

<b>FLOOR EXERCISE</b>	
V sit – 2 secs Any press handstand – 2 secs Any Japanese handstand – 1 sec* Support lever – any position – 2 secs Full pirouette Endo roll to handstand – 2 secs Any scale with 180° – 2 secs Back tuck/pike to prone 2 circles/flairs* Circle/Flair to or from handstand Flair with ½ spindle* Flair with 1/1 spindle in 2 circles Russian 360°*-900° Back extension 1/1 pirouette* Back extension hop 1/1 turn	Dive roll through handstand* Dive roll with ½ twist Jump ½ twist to front handspring* Jump 1/1 twist to front handspring Front salto pike*/Layout Front salto tuck/pike with ½ twist* Front salto tuck with 1/1 or 3/2 twist Front salto layout with ½ twist Front salto to prone Back salto layout Back salto layout ½ twist – any position* Whip back Back salto tuck with 3/2 twist Back salto with ½ twist* Back salto with 1/1 twist

<b>POMMEL HORSE</b>	
Scissor forward with ½ twist* Scissor forward with hop sideaward Scissor backwards* Scissor backward with ½ turn Scissor backward with hop sideways and with ½ turn Two circles/flairs in succession* Circle in side support one pommel Circle with support outside/between pommels Front Loop on the end* Front loop in cross position on the pommel Back loop on the end*	Direct Stockli B Any kehr circle* Wendeswing forward with ½ turn* Circle travel down or up* Wende dismount*

Back loop in cross position between the pommels ¼ Spindle in side support* ½ Spindle in side support Direct Stockli A	
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### STILL RINGS

Forward uprise* Front uprise support through forward roll to hang Inlocate or Dislocate* Back uprise* Kip to support* or to L Back uprise to straddle L Straddle L – 2 secs* V-sit – 2 secs Back lever – 2 secs* Straddle planche – 2 sec Front lever* Any cross – 2 secs Press to handstand with bent body/arms – 2 secs* Press to handstand – any position – 2 secs Forward roll to support*	Forward salto pike/layout* or with ½ twist Back uprise and salto backward* Backward salto pike/layout* or with ½ or 1/1 twist
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### PARALLEL BARS

<p>Handstand hold 2 secs*</p> <p>Straddle cut forward to support or L sit*</p> <p>Straddle cut backward to support*</p> <p>Any press to handstand – hold 2 sec</p> <p>Any Peach, Back toss, Stutz or Streuli</p> <p>Swing to handstand ½ pirouette* or 1/1</p> <p>Reverse pirouette*</p> <p>On end, 1 circle or flair*</p> <p>Front uprise*</p> <p>Backward arm roll*</p> <p>Back uprise*</p> <p>Baby moy to underarm*</p> <p>Glide kip*</p> <p>Cast to upper arm* or support</p> <p>Wende dismount*</p>	<p>Forward salto dismount in any position* or ½ twist</p> <p>Backward salto dismount in any position* or ½ twist</p>
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### HORIZONTAL BAR

<p>Kip with straight arms*</p> <p>Cast to 30° above horizontal*</p> <p>Back uprise*</p> <p>Swing backward 1/1 twist catch to hang</p> <p>Any giant*</p> <p>Any pirouette above the bar*</p> <p>Blind change*</p> <p>Free hip - any height*</p> <p>Layout/pike flyaway*</p> <p>Forward flyaway*</p> <p>Swing backward hop 1/1 turn*</p> <p>Endo or Stalder</p> <p>Forward swing to straddle cut hang or support*</p>	
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