



## ☆ Boys Novice Optionals ☆

<u>Start Score Determination</u>		
<b>DIFFICULTY</b>	<b>0.60</b>	6 A (0.10 ea) → 0.60
<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 skill from an element group (all beginning elements are raised to "A" skills in AmeriKids)</li> </ul>
<b>PRESENTATION</b>	<b>7.40</b>	
<b>START VALUE</b>	<b>10.00</b>	

<u>Element Groups</u>		
<b>Floor Exercise</b>	<b>Mushroom – Pommel Horse</b> <b>2 stops allowed 6 difficulty parts combined</b>	<b>Still Rings</b>
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
<b>Vault-All vaults have 10.0 start value</b>	<b>Parallel Bars</b>	<b>Horizontal Bar</b>
<ul style="list-style-type: none"> <li>• Front handspring</li> <li>• Yamashita</li> <li>• ¼ on, repulsion off</li> <li>• ½ on – ½ off</li> <li>• ½ on – Full off</li> </ul>	<ul style="list-style-type: none"> <li>• Handspring – ½ off</li> <li>• Yamashita – ½ off</li> <li>• ½ on – repulsion off</li> <li>• ¼ on – ¾ off</li> <li>• Handspring 1/1</li> </ul>	1. Support on 2 rails 2. Upper arm on bars 3. Hold skill 4. Dismount
		1. Long hang swings 2. In bar 3. Cast horizontal 4. Dismount

	off	
<ul style="list-style-type: none"> <li>•Mushroom/pommel horse – minimum 6 parts between the two apparatus. Two stops are allowed without deduction</li> <li>•Parallel Bars – No end of the bar dismounts allowed</li> <li>•Rings, Parallel Bars, 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>•All Events – Spotter required on Rings, High bar, Vault (between the board and the vault table or the landing area)</li> </ul>		

### 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.