



Boys Program

☆ POMMEL HORSE & MUSHROOM ☆

Amerikids boys program has adopted the position recommended by the advisory committee to add pommel horse and floor mushroom to the compulsory routines. The consensus is the pommel horse helps strengthen the upper body and wrists of our athletes thus decreasing injuries and lost training time and the floor mushroom better trains the circling skills for young athletes.

All floor mushroom dismounts are to side leaning position with straight arm then release position and stand to finish.

LEVEL 2 - FLOOR MUSHROOM

1. ¼ Jump, ¼ Jump, ¼ Jump, ¼ Jump x 2	0.30ea
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- Step to side and jump to one half double leg circle, from front support to extended rear support.

-OR-

1. ½ Circle; Reset to beginning; ½ Circle	0.60ea
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•Each half circle will finish in the front of the mushroom •While walking around simulate the backward half of the circle to

reset

- Must keep one hand on the mushroom when walking around to reset keeping the hip facing forward

POMMEL HORSE

1. Jump to support	.60ea part
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2. Small pendulum swings with weight shift x 2 or more

Swings need to be in straddle position with feet reaching the bottom of the horse on each swing. Legs coming together = -0.2 each occurrence.

3. Push off dismount

Stop the swing and push off to stand

LEVEL 3 - FLOOR MUSHROOM

1. Double leg circle <STOP>	1.20
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¾ Circle stop reset is allowed

- The body should show a stretched position with legs together and toes pointed

2. ½ Double leg circle with a ¼ turn to flank dismount	0.60
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- Finish the dismount in front of the mushroom in support of the inside arm return to stand and finish

-OR-

1. Double leg circle <STOP> Double leg circle	0.60ea
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- Maintain extension in the stretched position with legs together and toes pointed

2. ½ Double leg circle with a ¼ turn to flank dismount	0.60
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- Finish the dismount in front of the mushroom in support of the inside arm return to stand and finish

-OR-

1. 2 Double leg circles <Continuous>	1.20
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- Maintain extension in the stretched position with legs together and toes pointed

2. ½ Double leg circle with ¼ turn to flank dismount	0.60ea
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- Finish the dismount in front of the mushroom in support of the inside arm return to stand and finish

LEVEL 3 – POMMEL HORSE

1. Jump to support	1.20
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2. Pendulum swings with weight shift x 2 or more	0.60
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- swings in straddle with swing height at the top of the horse hand lifting off of the pommel on the weight shift. Feet coming together on the swings -0.2 each occurrence.

3. Forward Leg Cut – Forward Leg Cut	0.60ea
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4. Push off dismount	0.60
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- Finish the dismount in front of the horse

LEVEL 4 - FLOOR MUSHROOM

1. Double leg circle <Continuous> X 3	0.60
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- Stops = -0.3

4. ½ double leg circle with ¼ turn to flank dismount	0.60
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- Finish in support of the inside arm return to stand and finish

LEVEL 4 - POMMEL HORSE

1. Jump to Support	0.60ea
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2. Pendulum Swings x 4 or more	0.60
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- Legs in straddle swings to 30 degrees above the horse. Feet coming together on the swings -0.2ea.

3. Forward Leg cuts x 2	0.60ea
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4. Backward Leg cuts x 2	0.60
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5. Push off Dismount	0.60ea
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Updated July 27, 2017