



2017-18 Girls Program

☆ AK-3 VAULT ☆

Start Value 10.0

Stack Mats – Handspring to Flat back position with Repulsion

10.0

SAFETY-Mat height: Minimum of 32 inches - The athlete will not be allowed to compete her vault if the mat height is not at the minimum mat height.

•Any type of professional manufactured spring board or registered Air-boards may be used for all age group level vaults. No other tramp boards or mini tramps will be allowed.

•Gymnast may perform one or two vaults with the better score counting

•Repulsion is required – See judging guidelines for deductions

•Proper board position is required See judging guidelines for deductions for leaning into the board

•Judging will conclude when the gymnast has contact with mat

NOTE – The usage of a hand mat or a carpet square will not be allowed for any forward entry vaults. The gymnast will not be allowed to compete if these are used. Only a chalk line, Velcro strip or a piece of athletic tape may be used to mark the hurdle line.

Definition of Hollow Body Landing – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow body position should not have any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.



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☆ AK-3 UNEVEN BARS ☆

Start Value 8.8/9.40/10.0

The gymnast may attempt an unspotted Glide kip mount. If the kip is made, the routine will start at 10.0 and the maximum deduction would be 0.30 in execution. If the kip is missed the gymnast would need to start over and execute a pull-over. The start value would be 9.40 for the missed kip then a back hip pull-over.

Mount	Start Value
Glide Kip - MADE	10.0
Glide Kip - MISSED	9.40
No kip attempted Back Hip Pull-over	8.80
Spotted Glide Kip	Not allowed

1. Glide kip

0.60

- If the kip is spotted; the full value of the skill will be taken
- Maximum deduction is 0.30 in execution for a completed kip

Failure to take off both feet at the same time	0.05
Failure to start from a stand	0.30
Failure to lead with the feet forward	Up to 0.10
Failure to close legs at end of glide	0.05
Not pulling the board after the kip has been made	0.20

NOTE: The board/mat can not be removed between the execution of the glide and the pullover. SAFETY: You must pull the board/mat at the completion of the pullover. Recommendation: Place the angled wedge or board with lower end facing the bar so that the angle goes down and forward while the gymnast executes the glide.

---OR---

2. Back hip pull-over (performed if the kip is not made)

0.60

- Must perform a back hip pullover if the attempt to the kip is not made
- No release of the bar after the glide is allowed
- No jump allowed; legs must be straight the entire time

Jumps before pullover	0.20
Releasing the bar between the glide and pullover	0.20
Failure to have straight legs/join feet together by vertical	Up to 0.20
Failure to finish in a extended front support	Up to 0.10
Pulling the board/mat between glide and pull over	0.20
Not pulling the board after the pullover	0.20

2. Front hip circle

0.60

Failure to show a stretch hollow position before front hip	Up to 0.10
Failure to keep straight arms on the stretch position	Up to 0.10

3. Cast (45° below horizontal) and return to front support

0.40

Incorrect body alignment	Up to 0.20
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(straight line from shoulders to feet with chest hollow)

4. Cast back to an immediate single leg shoot through

0.40

- Immediately cast with straight arms

Failure to keep the foot directed forward during cut 0.10

5. Forward Stride circle

0.60

- Must be done in reverse grip

Failure to show clear stride support at beginning and the end Up to 0.20
Hooking knee on the bar to complete circle 0.40

6. Single leg cut back

0.40

Failure to change hand grip prior to leg cut backward 0.10

7. Cast (45° below horizontal)

0.40

Incorrect body alignment Up to 0.20
(straight line from shoulders to feet with chest hollow)

8. Back hip circle

0.60

Failure to maintain straight-hollow position throughout skill Up to 0.20
Failure to maintain hip or upper thigh contact on bar throughout circle 0.10

9. Underswing

0.40

- Cast is not required for the underswing dismount

Failure to maintain straight-hollow position throughout skill Up to 0.20
Insufficient flight Up to 0.20

---OR---

9. Cast; Sole circle on dismount (straddle or pike)

0.40

- Sole circle may be a straddle or pike on

Failure to maintain straight-hollow position throughout skill Up to 0.20
Insufficient flight Up to 0.20



2017-18 Girls Program

☆ AK-3 BALANCE BEAM ☆

Please Note: The routine text is written for a righty. All skills may be reversed.

Starting Position (SP): Stand parallel to the beam, with the beam closest to the Left side of the body. Half the beam will be in front of the gymnast. Space the mount so the whip swing is done in the middle of the beam.

1. Leg swing mount with ½ (180°) turn (0.20); Whip swing to kneel (0.20); Stand

Note: The rhythm of the mount to stand is quick, with no hesitations or pauses.

From a one-step approach, step on the Left foot and Swing the straight Right leg forward-upward above the beam doing a ½ (180) turn Left, into a straddle sit. Chest up tall throughout the mount.

Arms: During Leg Swing, place Left hand, then Right hand, on the beam about shoulder-width apart. Hands can come together on the beam, in straddle sit. Then immediately make a full circle with both arms by moving both arms downward-backward then upward to crown. Back down forward to hands together on beam.

Start Whip Swing by moving both legs up-forward-straight to create momentum for the Whip Swing. Swing both legs backward to the Left knee on the beam with the Left foot pointed on top of the beam. Come to a sit on the Left foot, right leg straight downward.

Arms: At completion of Whip Swing to sit, Left arm straight behind back diagonal downward, Right arm straight in front diagonal upward.

Immediately lift the buttocks and bring the Right leg up to stand on, passing through kneel on Left knee. Extend both legs straight, standing on Right leg, Left leg straight foot pointed behind.

Arms: At stand, arms move with equal speed. Left arm circles downward-forward to front diagonal upward, and Right arm circles upward-backward to back diagonal downward.

Lack of continuity mounting to the V sit	Up to 0.10
Failure to show lock position	0.10

2. Cross handstand (0.60)

Step forward on straight Left leg, kick the Right leg straight to horizontal.

Arms: Right arm swings downward-forward to meet Left arm, both arms to crown.

Into Right Lunge, lean on right foot forward, Left leg lifts straight backward-upward, maintaining straight line from hands, torso, and Left leg while reaching to beam. Grasp beam into vertical Cross Handstand, legs together (no hold required). Step down lifting arms, maintaining straight line again. Finish in Right lunge.

<u>Cross handstand</u>	
Failure to keep arms by the ears	Up to 0.10
Failure to show "T" position on the beam	Up to 0.20

3. Pivot turn (0.40); Pose

Slide Right foot back to meet in front of left, on releve both legs straight. Lock stand.

Arms: In crown. Quick/sharp $\frac{1}{2}$ (180) Pivot Turn to Left Lock stand.

Arms: In crown. Right foot drops out of releve, leg straight. Left leg stays in forced arch, leg bent.

Arms: From crown, Right arm forward horizontal, Left arm forward up diagonally. Push arms out to side-middle.

Failure to keep arms in crown	0.10
Failure to stay in releve' throughout the turn	0.10

4. Rond De Jambe; Arabesque (45°) (0.60); Pose

(simultaneous with arms to side-middle) point Left foot on beam, stand on straight Right leg. Lift Left leg upward, slightly off the beam. Immediately move the Left leg sideward, then backward, maintaining consistent Left leg height throughout Rond De Jambe. Finish Left foot on the beam pointed straight behind.

Arms: Remain in side-middle.

Torso remains vertical, lift straight Left leg backward-upward a minimum of 45° above beam. Left hip is allowed to “unsquare” to show turn out in Arabesque. Hold for one second. Lower Left leg to point back on the beam again.

Arms: Still in side-middle.

Step back to stand on straight Left leg, foot flat. Right foot in forced arch, leg bent in front.

Arms: From side-middle, simultaneously Left arm horizontal, Right arm in forward-up diagonal.

Failure to maintain a consistent height of leg throughout the rond de jambe	Up 0.10
Failure to lift free leg a minimum of 45 degrees below horizontal on arabesque	Up to 0.10
Failure to hold one second	0.05

5. Straight leg leap (90°) (0.60)

Take a long step forward Left and swing the straight Right leg forward-up to Straight Leg Leap, minimum of 90 even leg separation in leap. Land on Right leg, demi-plie with the Left leg extended behind straight in low arabesque.

Arms: From Pose, arms down by side in step. Immediately lift arms up to side-middle.

Bending lead leg on take off	Up 0.10
Faliure to pause in the landing of the arabeque	0.05

6. $\frac{1}{4}$ (90°) turns (0.20); Pose

Step Left foot long forward, both legs straight, on releve. $\frac{1}{4}$ pivot turn (toward Right)

Arms: Up to crown. At turn Left hand comes down to push from chest to horizontal in front, Right arm remains in crown.

$\frac{1}{4}$ pivot turn (90°) (toward Left)

Arms: Hands come down to hips, arms bent.

Failure to stay on releve on turns	Up to 0.10
Failure to keep arms in crown	Up to 0.10

7. Stretch jump (0.60); Stretch jump (0.60)

Step Right foot in front and together with Left, feet flat on beam legs straight and together.

Arms: Both arms down at side.

Push off both legs evenly, into Stretch Jump. Heel of Right foot stays close to top of Left foot. Land on both feet in demi-plie legs together still.

Arms: Both arms forward-up to crown (optional: to circle arms straight down-sideward or remain in crown) and arms down at side.

Push off both legs evenly, into Stretch Jump. Heel of Right foot stays close to top of Left foot. Land on both feet in demi-plie legs together still.

Arms: Both circle straight down-sideward ending at side.

Failure to keep body straight during the jump	Up to 0.20 on each
Failure to do complete correct arm path	Up to 0.10 on each
Failure to keep feet together in landing of jumps	Up to 0.10 on each

8. ½ (180°) turn in forward passe' (Heal snap turn) (0.60); Pose

Step forward on Left foot.

Arms: Remain at side, but preparing for turn

Step Right onto **flat foot**, straight leg. Pull Left leg bent, left foot to to Right knee (passe').

Arms: Right arm forward-upward to forward-middle curved. Simultaneously lift Left arm up to side-middle for preparation into turn.

Push down to releve on Right foot, and Snap the Heel around to perform a ½ (180) Turn In Forward Passe (Heel Snap Turn), toward the Right. **Finish turn in releve**. At turn completion, **lower Right heel flat to beam**, show passe position (do not have to hold).

Arms: At 'Snap' initiate Turn by closing left arm to forward-middle curved. Remain forward-middle curved throughout Turn.

Step forward onto Left leg in demi-plie. Immediately straighten legs, point Right foot backward on beam.

Arms: Both arms upward-diagonal salute.

Step on flat Right foot, keep knees together and bend left leg to lift foot backward-upward a minimum of 90.

Arms: From salute, circle down-sideward to back of hands on lower back, arms bent.

Leg not in the correct position	Up to 0.10
Arms in incorrect position during the turn	Up to 0.10
Failure to lower the heel at the end of the turn	0.05

9. Cartwheel to side handstand with ¼ turn (0.60)

Step forward on straight Left leg, swing Right leg straight forward-upward to horizontal or above.

Arms: Arms drop down and swing forward-upward to crown.

From Right Lunge, lean on right foot forward, Left leg lifts straight backward-upward, maintaining straight line from hands, torso, and Left leg while reaching to beam. Grasp beam into vertical Side Handstand, legs together. No hold required. Raise the upper body, maintaining a straight body position as the legs lower in preparation for landing. Execute a ¼ turn while coming down. Demi-plie when feet land simultaneously on mat in stick.

Arms: Hands remain, on beam till landing.

Incorrect hand placement	0.05
Failure to show vertical position in handstand	Up to 0.20
Incomplete turn before landing	Up to 0.10
Failure to keep hand contact with the beam throughout	Up to 0.10



2017-18 Girls Program

☆ AK-3 FLOOR EXERCISE ☆

Elements may be reversed. Music is not required Start Value 10.0

No deduction for extra steps

Please Note:

1. When arms say crown, options are round or straight, but fundamentally meaning up above head and near ears.
2. Focus is included where it is essential for dance sequences.
3. The routine is written for a righty. All skills may be reversed for lefty's.

Starting Position: Start in first position with feet, facing the corner with about $\frac{3}{4}$ of floor in front. Arms are pushed back diagonally straight.

1. Handstand to bridge (0.30); Back kick-over (0.30)

Failure to keep arms by the ears throughout skill	Up to 0.10
Failure to have legs together in vertical phase	Up to 0.10
Failure to land with legs shoulder width apart or less on the bridge	0.05
Extra kicks to complete kick over	0.20

---OR---

1. Front Limber (0.60)

Step Left, leg swing Right leg forward straight. Kick into Handstand, bringing feet down into a Bridge.

Arms: Circle forward-upward to crown, and remain.

Arms: Remain in crown, in lunge salute.

Failure to keep arms by the ears throughout skill	Up to 0.10
Failure to have legs together in vertical phase	Up to 0.10
Failure to land with legs shoulder width apart or less	0.05

2. Forced arch poses

Slide Left leg up to Right. Left foot pushes up to forced arch, bending knee. Right leg is straight and flat beside.

Arms: Slowly flow arms forward-downward by the sides.

Right leg switches to forced arch, simultaneously Left leg switches to straight and flat foot.

Arms: Remain by side.

Both legs push straight and together.

Arms: Down to sides.

3. Split jump (90°) (0.60); Stretch jump (0.40); Pose steps

Jump into Straight leg Split jump (90°). End in demi-plie feet together.

Arms: To side-middle

Connect into Stretch Jump. End in demi-plie feet together.

Arms: Forward-upward to crown. Into demi-plie sideward-downward to sides.

Step forward on Left leg. Right leg taps straight out to Right side.

Arms: Up to side-middle.

Focus: Over Right hand.

Step forward on Right leg. Left leg taps straight out to Left side.

Arms: Remain side-middle.

Focus: Over Left hand.

<u>Split jump</u>	
Failure to land with feet closed and simultaneously	Up to 0.10
Insufficient leg separation	Up to 0.20
<u>Stretch jump</u>	
Failure to keep body straight during the jump	Up to 0.20

4. Handstand forward roll step out with straight arms (0.60)

Step Left, leg swing Right leg forward straight. Kick into Handstand Forward Roll with Straight Arms, Step Out with Right leg in front.

Arms: Circle forward-upward to crown and remain. In Step Out arms can salute.

Failure to attain vertical	Up to 0.20
Failure to close legs together	Up to 0.10
Failure to have straight arms	Up to 0.20
Pushing off the floor with hands to arrive in tuck stand	0.20

5. Forward chasse; Straight leg leap (90°) (0.60); Leg swing in releve

Forward Chasse on Left foot. Connect into Straight Leg Leap with Right. Immediately step Left and Leg Swing in Releve with Right leg.

Arms: Drop sideward to side-middle and remain till Left step, drop down by sides. In Leg Swing arms forward-upward to crown and remain.

Bending the lead/front leg on take off	Up to 0.10
Insufficient leg separation	Up to 0.20

6. Pose; Backward roll to push-up position with straight arms(0.60)

NOTE: A back extension to partial handstand and handstand is allowed.

Step feet together. Up to releve, bend knees, turning torso slightly to Right.

Arms: Drop forward down to front-middle. Left arm remains, Right arm continues to circle downward-backward to back-middle.

Turn back forward to lock.

Arms: Swing back forward to crown.

Perform Backward Roll to Push Position. Legs should be together and straight.

Arms: In Push Position hands are directly below shoulders and straight.

Focus: Down

Hands placed in floor during squat phase prior to rolling backward	Up to 0.10
Failure to extend legs into push up position/pike position	Up to 0.10
Failure to keep knees/feet together throughout the skill	Up to 0.10
Straight jump executed before the backward roll	0.20

7. Forward split (0.60)

Pull knees together forward towards hands. Kneel on both knees hips extended.

Arms: Forward-upward to crown.

Right leg bends forward, kneel forward on bent Right leg. Push Right leg straight and sliding into Forward Split.

Arms: Remain in crown.

Failure to show full split position	Up to 0.20
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8. Prone; Cross leg sit; Stand

Lean to the Left to lay directly perpendicular to the legs, on stomach. Bring legs together straight, to Prone

Arms: Hands drop to the floor so when laying down they are directly next to the chest.

Roll onto the Right side of the body, reaching the Left foot back, bent at a 90 angle. Place the Left toes on the floor behind the back to turn, bringing the Right leg around over top Left. Cross Sit, Left leg is bent on its side, underneath the Right leg bent, knee up, foot in forced arch.

Arms: Right arm sweeps around to crown, left arm remains on floor slightly behind hip.

Push up to Right leg kneel and Stand on Right leg.

Arms: Right arm, out to forward-upward-diagonal.

Step together

Arms: Down at side.

9. ½ (180°) turn in forward passe (0.60)

Step Left then Right into 1/2 Turn. End in Passe, at completion of turn. Step forward onto Right, Left leg pointed back straight

Arms: Down on Left step, and Right forward to middle-curved in, Left side-middle. In Turn Left joins Right middle-curved in. At completion upward to salute.

Failure to step onto straight leg - not in releve'	0.05
Failure to place foot in passe'	0.10

10. Round off (0.40); Back handspring (0.60); Rebound

Optional amount of steps into hurdle, Round off, into immediate back handspring, and connect Rebound stick.

Arms: Into Round off forward-upward to crown and remain.

<u>Round-off</u>	
Failure to pass through vertical	Up to 0.20
Failure to land on feel simultaneously	0.10
<u>Back handspring</u>	
Squat into back handspring	Up to 0.20
Failure to land with feet together	0.10
No rebound immediately	0.05

11. Tuck to sit; Pose

Sequential Fall to Right on Knees and side buttocks.

Arms: Gracefully place on floor near body (for support sitting up). Then two poses (optional)