



## 2017-18 Girls Program

### ☆ AK-4 VAULT ☆

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<b>Vault table – Handspring</b>
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<b>10.00</b>
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- Two vaults are allowed, with the better score to count
- Repulsion is required – See judging guidelines for deductions
- Proper board position is required – See judging guidelines for deductions for leaning into the board
- Any type of professional manufactured springboard or registered Air-O boards may be used for all age group level vaults. No other tramp boards or mini tramps will be allowed.

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.



## 2017-18 Girls Program

### ★ AK-4 UNEVEN BARS ★

Start Value 10.0

#### 1. Mount: Glide kip (straddled or piked) 0.60

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	0.20

#### 2. Cast to horizontal and return to front support 0.60

Insufficient height of cast	Up to 0.30
Incorrect body alignment	Up to 0.20

#### 3. Cast, Squat-on -OR- Pike-on 0.40

• There is NO angle requirement for this cast

Alternate foot placement	0.10
Hip lift only – no leg swing backward	0.05

#### 4. Jump to long hang kip 0.60

Failure to keep body stretched or hollow during the jump	Up to 0.30
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#### 5. Cast to horizontal 0.60

Insufficient height of cast	Up to 0.30
Incorrect body alignment	Up to 0.20

#### 6. Back hip circle 0.40

Unable to maintain straight-hollow body	Up to 0.20
Lack of continuity/control of the circle	Up to 0.10

#### 7. Underswing, First counter swing - (minimum of 30° below horizontal) 0.60

Unable to maintain straight-hollow body	Up to 0.20
Unable to keep head neutral throughout	Up to 0.10

#### 8. Tap swing forward, Second counter swing - (minimum of 15° below horizontal) 0.60

Unable to show slight arch position at bottom of the swing	0.10
Unable to maintain straight-hollow body on forward swing (upward)	Up to 0.20

**9. Tap swing forward with ½ (180°) turn dismount****0.60**

Unable to show slight arch position at bottom of the swing	0.10
Unable to maintain straight-hollow body on forward swing (upward)	Up to 0.20
Starting the turn before 45 degrees below horizontal	0.10
Unable to complete the half turn before contact with the bar	0.10
Failure to have contact with the bar with the free hand	0.10



## 2017-18 Girls Program

# ☆ AK-4 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.  $\frac{1}{4}$  of the beam will be in front of the gymnast. Space the mount so the whip swing is done near the end of the beam.

### 1. Leg swing mount with $\frac{1}{2}$ (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 into a  $\frac{1}{2}$  (180°) turn to the Left to 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-upward to crown. Back down forward to hands together on beam.

Start Whip Swing by moving both legs upward-forward-straight to create momentum for the Whip Swing. Swing both legs backward and upward 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-back to straight behind back diagonal downward.

Lack of flow in  $\frac{1}{2}$  turn to straddle sit      Up to 0.10

### 2. Cartwheel $\frac{1}{4}$ turn inward (0.60); Backward Steps (0.20)

With the Left leg, kick the Right leg forward-up to horizontal or above.

Arms: Right arm circles forward-upward to meet Left arm up at crown.

Right lunge, lift Left leg backward-upward, maintaining a straight line from the hands, torso, and Left leg while reaching down to the beam. Place hands sideways on the beam, into a Cartwheel. Step down on the Left foot, flat, stand up maintaining a straight line from hands, torso and Right leg to Left lunge.

Arms: Remain in high crown throughout cartwheel and turn out to diagonal high in Lunge.

Pull up to releve' on both feet taking two steps backward.

Arms: Arms pull up to crown for the releve'. During steps, Right arm starts arm circle from crown backward-downward, Left arm follows when Right arm reaches down by the hip. Arms will look like a windmill and end in crown after one arm circle.

Failure to pass through handstand      Up to 0.30  
Lack of rhythm in backward steps      Up to 0.10

## 2. Backwalkover (120°) (0.60); Backward Steps (0.20)

Lift the right leg forward-upward. Anytime during the leg lift, arch the upper back while reaching backward to grasp the beam with the hands side-by-side, thumbs on top of the beam. As the left foot pushes off the beam, push the shoulders over the hands to execute a Back Walkover, passing through a handstand position, shoulders extended, and focus on the hands. Step down using the levering action to finish in a right lunge pressing the right knee and both hips forward.

ARMS: High throughout. Open sideward-diagonally-upward on the lunge.

Failure to show continuous leg lift	Up to 0.10
Incorrect hand placement	0.10
Insufficient leg separation <than 120°	Up to 0.20
Lack of rhythm in backward steps	Up to 0.10

## 3. Pose; Rond De Jambe; Arabesque (45°) (0.40); Scale (horizontal) (0.40); Pose

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

Arms: From side-middle, Right arm in forward-down diagonal, Left arm in forward-up diagonal. Push arms sideward to side-middle.

(Simultaneously 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 off the beam pointed in Arabesque, torso remains vertical, minimum of 45° above beam. Left hip is allowed to “unsquare” to show turn out in Arabesque. No Hold, show skill.

Arms: Remain in side-middle.

Chest may lower, but still above horizontal. Left leg Lifts to minimum of Horizontal in Scale, hold for one second.

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, Left arm forward-horizontal; Right arm in forward-up diagonal.

Failure to lift leg 45 degrees above the beam before the rond de jambe and in the arabesque	Each up to 0.10
No pause in the arabesque	0.05
Failure to lift leg to horizontal in the scale	0.10
No hold in the scale	Up to 0.10

## 4. Straight Leg Leap (90°) (0.60); Pose

Take a long step forward Left and swing the straight Right leg forward-upward into Straight Leg Leap, minimum of 90 degrees even leg separation in leap. Land on Right leg, demi-plie with the Left leg extended behind straight in low arabesque. Show slight pause after arabesque position.

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

Lock Left foot behind Right foot, on releve (immediately after Straight Leg Leap).

Arms: Left arm bends in front of torso palm in, Right arm bends on back torso palm out.

Staggering the leg on takeoff	0.10
No pause after arabesque position	0.05

## 5. Cross handstand (0.60)

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

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

From Right Lunge 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. Hold for one second. Step down lifting arms, maintaining straight line again. Finish in Right lunge.

Failure to show vertical	Up to 0.30
Unable to join legs/feet together side by side	0.10
No one second hold in handstand	Up to 0.10

## 6. Forward, backward straight leg swing (0.20); ½ pivot turn (0.20)

Stand on straight Right leg, flat foot.

Arms: Down to side-middle.

Swing the Straight Left leg forcefully forward to horizontal or above. At the highest point of the Forward Leg Swing, pull the Left leg down quickly to Swing the leg backward to 45 to execute a Backward Leg Swing.

Arms: Remain side-middle

Immediately step Left foot in front of the Right foot in a 'lock' stand (on releve). ½ Pivot Turn (quick/sharp) to the Right.

Arms: Lift sideward-upward to crown.

## 7. Split jump (120°) (0.60); Stretch jump (0.40)

Lower to feet flat on beam legs straight and together.

Arms: Both arms down-sideward to side.

Push off both legs evenly, extending both legs to a Split Jump minimum of 120 even leg separation with Right leg in front, Left leg behind. Land on both feet in demi-plie legs together.

Arms: Lift sideward-upward to side-middle during Split Jump. Lower both arms sideward-downward during landing.

Immediately push off both legs evenly, extending both legs straight stretched through the hips, knees, ankles and toes legs together in Stretch Jump. Heel of Right foot stays close to top of Left foot. Land on both feet in demi-plie legs together still.

Arms: At the Stretch Jump, circle arms forward-upward to crown. Both circle straight sideward-downward ending at side.

Unable to land with close feet	Up to 0.10
Unable to land with both feet at the same time on each jump	0.10
Lack of continuity between the jumps	Up to 0.20

## 8. ¼ turns; Cross behind step (0.20); Pose

Large Step Left on releve', Turn Right ¼. Remain on releve', heels inward, legs straight.

Arms: In Turn arms are on crown, at the end of Turn Left arm bends down to push from chest forward-horizontal.

Still facing sideways, step the Right foot behind the left in a Cross Behind Step.

Arms: Right drops sideward-down to side-middle, Left pulls sideward to side-middle.

Put the weight on the Right foot and bring the Left leg around to ¼ Turn Left. Right leg remains straight and flat, Left foot in forced arch leg bent.

Arms: Left arm curled low, hand straight up palm facing in. Right arm curled high, hand straight up palm facing in.

## 9. ½ (180°) turn in forward passé (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 to to Right knee.

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

Immediately step into releve on Right foot, and perform a ½ (180) Turn In Forward Passe, toward the Right. Finish turn in releve. At turn completion, lower Right heel flat to beam, show passé position (do not have to hold).

Arms: At releve 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.

Hop, Step onto flat Right foot, keep knees together and bend left leg to lift foot back-upward a minimum of 90°.

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

Leg in incorrect position	0.10
Using the heel snap technique	0.20

## 10. 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 (hands side by side) push off beam with Right leg to arrive to vertical Side Handstand, legs together. Minimum hold of one second. Raise the upper body, maintaining a straight body position as the torso turns on the Right hand and off the left arm. The dismount turns and lands in a Demi-plie' in 'stick'.

Arms: Right hand remains on beam till landing.

Unable to hit vertical in the handstand	Up to 0.30
No hold in the handstand	Up to 0.10
Turn not complete or overturned	Up to 0.10
Unable to keep hand on the beam on landing	0.05



## 2017-18 Girls Program

# ☆ AK-4 FLOOR EXERCISE ☆

**Elements may be reversed**

**Music required**

**Start Value 10.0**

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.

Starting Position (SP): 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. Step Back; Pose

Step back on straight Right leg, turning towards the right slightly. Left foot remains and knee bends.  
Arms: Left hand remains down. Right arm circles forward-upward and around.

Focus: Over Right shoulder.

At the end of arm circle step Right foot back together.  
Arms: Drop back down.

### 2. Straddle jump (120°) (0.60); Stretch jump with $\frac{1}{2}$ turn (0.40)

Straddle Jump minimum of 120, legs equally separated. Land in demi-plie, feet together, position optional.  
Arms: Lift arms sideward-upward to diagonally-upward. Remain up at land.

Immediately jump to Stretch Jump with  $\frac{1}{2}$  Turn to the Right. Land in demi-plie, feet together.  
Arms: Remain in Crown

Unable to land with feet together on either jump	0.10
Unable to keep legs together in air while performing half turn	Up to 0.10

### 3. Pivot; Front handspring to two feet (0.60); Rebound

On releve, Step Right and 'lock' the left foot behind. Pivot  $\frac{1}{2}$  Turn.  
Arms: Remain in Crown

Run with no specific amount of steps, hurdle, Front Handspring to Two Feet. Rebound immediately, land demi-plie, step Right point Left leg straight behind.  
Arms: Remain in crown till step then salute.

Unable to keep arms by ears	Up to 0.10
Diving onto hands	0.10
Hands not placed side by side	0.10
Lack of repulsion	Up to 0.30
Unable to land with feet together	0.10

#### 4. Glide; Pose; Step lock

Take large step with the Left and Glide onto the Left leg.

Arms: Right arm drops sideward-downward to side-middle, Left arm stays in side-diagonal-upward.

Focus: Down at Right arm.

Step back into Right leg, bending Left leg into forced arch.

Arms: Drop down to side low.

Immediately step towards the Right. Demi-plie on Right leg, point Left foot behind Right foot on the floor.

Arms: From the elbows both arms circle Right. Palms flip around, after circle Right arm is straight down-diagonal and Left is curled at elbow, palm in, across body.

Focus: At arm circle completion, down over Right hand.

Immediately after arms circle, step on Left foot on releve and Lock the Right foot behind.

Arms: Arms on crown.

#### 5. Sequential wave bow (0.40); Step pose

Sequential Wave, bending at knees and contracting the torso.

Arms: Remain in crown till bottom of wave, then bend in toward body. Roll from elbows and wrists back to stand and crown.

Focus: Down

Stand back up to 'lock' straight stand. quickly step Left and Tuck Right foot in front and bend knees, remain in releve.

Arms: Simultaneously drop sideward-downward to hands on hips, arms bent.

Lack of rhythm and continuity	Up to 0.20
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#### 6. Back extension to handstand with straight arms (0.60); Kneel

Step flat foot (or releve), and lock' feet together. Back extension to handstand with straight arms, step down on Right to lunge.

Arms: Remain in crown.

Step farther forward on Right leg, to come to a kneel on the Left knee.

Arms: Down by side.

Placing hands before rolling back	0.20
Hands wider than shoulder width apart	Up to 0.10
Unable to pass through vertical	Up to 0.20

## 7. Contract to bow; Forward split (0.60)

Allow Right leg to straighten, while contracting forward to sit on Left foot, bending at the torso to bow over the straight Right leg.

Arms: Circle downward-backward-upward to crown for contraction.

Focus: Down at leg.

Contract back up and immediately push to Forward Split on Right leg.

Arms: To side-middle.

Unable to achieve full split position      Up to  
0.20

## 8. Prone (0.20); Cross sit (0.20); Stand; Chasse; Poses ½ turn

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 Right is next to the chest, Left is straight by ear.

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.

Chasse forward on Left leg to forced arch Right leg straight.

Arms: Drop down then immediately up to side-middle.

With legs still apart push up to releve, ½ turn towards the Left. Drop on straight Left leg and forced arch Right leg.

Arms: Drop arms low for turn and remain.

## 9. Sissone (120°) (0.60); Forward chasse; Straight leg leap (120°) (0.60); Leg Swing

Push to Right leg Sissone.

Arms: Upward-sideward to side-middle.

Connect a Left Forward Chasse immediately into Right Straight Leg Leap, and immediately into step Left, Right Leg Swing.

Arms: Optional to remain side-middle in between skills. Arms crown in Leg Swing.

Stagging/bending the front leg on take off      Up to 0.10

## 10. Side pose; Grape vine (0.20); Contract; Step

Step to Right stand on straight leg, Left leg bends behind Right. Left foot taps behind Right foot.

Arms: Right out side-middle, Left curved in crown.

Focus: Over Right hand.

Step back Left.

Arms: Forward-upward to crown.

¼ turn to Left, into Grape Vine two times, step to the Right, Left step behind, step to the Right (same direction), Left step in front. Step to the Right, Left step behind.

Arms: Sideward-downward to side-middle. Palms down till third Right step, then palms up.

Focus: Over Right shoulder.

Step on bent Right leg, Left leg straight following. Bend slightly over Left side in Contract.

Arms: Right up to sideward-diagonal. Left to Low diagonal.

Focus: Over Left shoulder.

Step Left foot together with Right. Straighten Left leg forward, and immediately circle around and back and step back lock.

Arms: Straight up to crown.

## 11. Back walkover (150°) (0.60)

Point Right leg straight in front. Perform Right Back Walkover, into Right lunge.

Arms: Forward-upward to crown and remain.

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

## 12. Full (360°) turn in forward passe' (0.60)

Arms: Down by side.

Step Right into 1/1 Turn. Through Passe to left lunge.

Leg lifts then drops/stops/lifts after bending backward has started	Up to 0.10
Unable to place hands side by side evenly	0.10

## 13. Step sequential wave (0.20)

Step back feet together.

Arms: Remain in crown.

Sequential Wave, bending at knees and contracting the torso.

Arms: Remain in crown till bottom of wave, then bend in toward body. Roll from elbows and wrists back to stand and crown.

## 14. Round off (0.40); Back handspring (0.60); Back handspring (0.60); Rebound

Optional number of steps into hurdle, Round Off, into immediate back handspring, Back handspring, and connect Rebound stick.

Arms: Into Round Off crown and remain.

Unable to pass through vertical in round-off	Up to 0.10	
Unable to land with feet together on round-off or back handspring		0.10
Failure to show rebound	0.10	

## 15. Stretch jump; Sequential fall; Scissor roll; Pose

Small Stretch Jump to the Right, Sequential Fall to Right on Knees and side buttocks, down to lay on side..

Arms: Gracefully place on floor for support.

Focus: Down.

Sit up on hips. Kick Left leg straight then Right in Scissor Roll to the Left, back to legs bent underneath buttocks facing opposite direction.

Arms: Left arm moves to Left side for support in Scissor Roll. Then two poses (optional)

Updated August 2017