



☆ Girls Advance Optional ☆

VAULT	UNEVEN BARS		BALANCE BEAM (No Time Limit)		FLOOR EXERCISE (No Time Limit)
<u>Allowable Vaults & Values</u>	<u>Special Requirements</u>	<u>Value</u>	<u>Special Requirements</u>	<u>Value</u>	<u>Special Requirements</u>
9.40	<ul style="list-style-type: none"> •1 Bar change •Circling skill Swinging skill •Cast 0 – 45 degrees above horizontal •Kip •Salto dismount 	0.50 each	<ul style="list-style-type: none"> •1/1 turn on one foot •1 Acro skill with flight or A series of 2 Acro skills with or without flight •Jump or Leap (150°) (may be in a series or isolated) •Gym/Acro or Gym series •Dismount with flight with or without hands 	0.50 each	<ul style="list-style-type: none"> •1 Acro series with at least one skill being a Salto •1 Dance series – 2 or more skills •1 Salto or Aerial other than the Acro series (may be in series or Isolated) •Minimum “B” level turn on one foot •Jump or Leap (150°)
9.60					
10.0	<ul style="list-style-type: none"> •Handspring 1/1 off •Yamashita 1/1 off •½ On - 1/1 off •¼ On - 1¼ off •1/1 on Handspring •1/1 on Yamashita •1/1 on - ½ off 	Void Routine	<ul style="list-style-type: none"> •2 B level skills •5 A level skills 	Void Routine	<ul style="list-style-type: none"> •2 B level Skills •5 A level Skills
	<ul style="list-style-type: none"> •2 B level skills •5 A level skills 	0.30 ea 0.10 ea	<ul style="list-style-type: none"> •2 B level skills •5 A level skills 	0.30 ea 0.10 ea	<ul style="list-style-type: none"> •2 B level Skills •5 A level Skills
	No C or D Skills may be performed (unless on the “B” list) i.e. Straddle back to handstand	Void Routine	C Gym/Dance skills may be performed No C Acro skills may be performed No D skills may be performed	WARNIN G Void Routine	C Gym/Dance skills may be performed No C Acro skills may be performed No D skills may be performed
Uneven Bar B Skills	<ul style="list-style-type: none"> •Jump ½ turn – glide kip •Jump ½ turn – glide kip to stoop through to rear support •Glide kip jam in or jam up •Straddle cut on either bar •Clear hip circle 		<ul style="list-style-type: none"> •Low bar back giant •Cast to 45° above horizontal or higher •Straddle or stoop circle backward •Straddle or stoop circle forward •Seat circle forward 		<ul style="list-style-type: none"> •Straddle back •Over shoot from high to the low bar •Back up-rise on the high bar •Full twist undershoot dismount •Flyaway in a Pike/Layout position
CLARIFICATIONS					

- VAULT - 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.
- BARS - Tap swings on Uneven Bars (i.e. AK-4 tap swings) are a 0.30 deduction for each.
- BARS - The undershoot with 1/1 twist dismount on Uneven Bars will NOT meet the special requirement but will still receive a B credit.
- BEAM - Any skill that goes upside down is considered an acro skill.
- BEAM/FLOOR - Only C “Gym” skills are allowed on Floor or Beam without deduction. No “C” or above acro skills are allowed on Beam or Floor. A WARNING will be given.
- BEAM/FLOOR – A Leap and/or Jump must be a minimum of 120° to receive the credit for the requirement and/or skill. **A tuck jump is not allowed to meet this requirement.**
- FLOOR - A dance series now can be directly or indirectly connected by allowing running steps, small leaps, hops, chasses, assembles, or any kind of turn on one or two feet between the two dance value-part elements.
- There are NO composition deductions. •The coach may stand between the vault and board, between the bars, by the side of the beam, or on the floor with no deduction.
- All benefit of the doubt is given to the gymnast. EXAMPLE-If a gymnast is going for a skill and happens to over rotate it or over-twist the element. Do not VOID or give a 2.00 deduction. The skill must be shown and be deliberate against the rule. A warning must be given to the coach.**