



## ☆ Girls Intermediate Optional ☆

VAULT	UNEVEN BARS		BALANCE BEAM (No Time Limit)		FLOOR EXERCISE (No Time Limit)		
<u>Allowable Vaults &amp; Values</u>	<u>Special Requirements</u>	<u>Value</u>	<u>Special Requirements</u>	<u>Value</u>	<u>Special Requirements</u>	<u>Value</u>	
<b>9.40</b>	<ul style="list-style-type: none"> <li>• Bar change</li> <li>• Circling, <b>Swinging skill</b></li> <li>• <b>Cast skill to horizontal</b></li> <li>• Kip</li> <li>• Dismount from high bar (Any dismount will be allowed with <b>extra tap swings or counterswings</b>)</li> </ul>	0.50 each	<ul style="list-style-type: none"> <li>• 1/1 turn on one foot</li> <li>• 1 Acro skill (flight not required)</li> <li>• Jump or Leap (120°)</li> <li>• Balance or Hold skill - minimum of 2 second hold</li> <li>• Dismount with flight with or without hands</li> </ul>	0.50 each	<ul style="list-style-type: none"> <li>• 1 Acro series with at least 2 flight elements</li> <li>• 1 Dance series – 2 or more skills</li> <li>• 1 Salto or Aerial (may be in series or isolated)</li> <li>• Minimum 360° turn on one foot</li> <li>• Jump or Leap (120°)</li> </ul>	0.50 each	
<ul style="list-style-type: none"> <li>• Front Handspring</li> <li>• Yamashita</li> </ul>							
<b>9.60</b>							
<ul style="list-style-type: none"> <li>• ¼ On, repulsion off</li> <li>• ½ On, repulsion off</li> <li>• Handspring -½ off</li> </ul>	<b>9.80</b>	<u>Skill Requirements</u>	<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>
<ul style="list-style-type: none"> <li>• ½ On – ½ off</li> <li>• ¼ On – ¾ off</li> </ul>	0.30 ea	0.30 ea	0.30 ea	0.30 ea	0.30 ea	0.30 ea	
<b>10.0</b>	0.10 ea	0.10 ea	0.10 ea	0.10 ea	0.10 ea	0.10 ea	
<ul style="list-style-type: none"> <li>• ½ On – Full off</li> <li>• Handspring 1/1 off</li> </ul>	Void Routine	Void Routine	WARNING	WARNING	Void Routine	Void Routine	
<b>Uneven Bar B Skills</b>	<ul style="list-style-type: none"> <li>• Jump ½ turn – glide kip</li> <li>• Jump ½ turn – glide kip to stoop through to rear support</li> <li>• Glide kip jam in or jam up</li> <li>• Straddle cut on either bar</li> <li>• Clear hip circle</li> </ul>	<ul style="list-style-type: none"> <li>• Low bar back giant</li> <li>• Cast to 45° above horizontal or higher</li> <li>• Straddle or stoop circle backward</li> <li>• Straddle or stoop circle forward</li> <li>• Seat circle forward</li> </ul>	<ul style="list-style-type: none"> <li>• Straddle back</li> <li>• Over shoot from high to the low bar</li> <li>• Back up-rise on the high bar</li> <li>• Full twist undershoot dismount</li> <li>• Flyaway in a Pike/Layout position</li> </ul>				
<b>CLARIFICATIONS</b>							

- 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/counterswings are allowed before the dismount.** Any additional swing will receive a 0.30 deduction for each.
- 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 minimum of 100° to receive 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.
- Any D skills performed will VOID the routine.      •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.**

**Updated August 2016**