



## ☆ Girls Novice Optional ☆

(Compulsory equivalent: Gymnast going into AK-3 or AK-4)

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>10.0</b>	<ul style="list-style-type: none"> <li>•Glide kip or Pullover mount</li> <li>•Forward circling skill</li> <li>•Backward circling skill</li> <li>•Cast 45° below horizontal</li> <li>•Undershoot, sole circle or counterswing ½ turn dismount (A flyaway in not allowed)</li> </ul>	0.50 each	<ul style="list-style-type: none"> <li>•1/2 turn on one foot</li> <li>•1 Acro skill (flight not required) (may be in a series or isolated)</li> <li>•Jump or Leap (90°) (may be in a series or isolated)</li> <li>•Balance or Hold skill – 2 seconds</li> <li>•Dismount with or without flight</li> </ul>	0.50 each	<ul style="list-style-type: none"> <li>•1 Acro series with 2 flight elements</li> <li>•Forward or sideward skill (No fwd roll)</li> <li>•Backward skill (No backward roll)</li> <li>•Full turn on one foot</li> <li>•One dance series at least 2 skills one must have a leap or jump of 90° (directly or indirectly connected)</li> </ul>	0.50 each
<ul style="list-style-type: none"> <li>•Front Handspring</li> <li>•Yamashita</li> </ul>						
<b>10.0</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>10.0</b>	<ul style="list-style-type: none"> <li>•½ On – ½ off</li> <li>•¼ On – ¾ off</li> </ul>	<b>10.0</b>	<ul style="list-style-type: none"> <li>•½ On – Full off</li> <li>•Handspring 1/1 off</li> </ul>		
<b>10.0</b>	<u>Skill Requirements</u>	<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>
<b>10.0</b>	<ul style="list-style-type: none"> <li>•A minimum of 6 skills</li> </ul>	0.30 each	<ul style="list-style-type: none"> <li>•A minimum of 6 skills</li> </ul>	0.30 each	<ul style="list-style-type: none"> <li>•A minimum of 6 skills</li> </ul>	0.30 each
	<p>NOTE - extra casts or counter-swings are allowed between each element without deduction</p> <p>No C or D Skills may be performed (unless on the “B” list) i.e. Straddle back to handstand</p>		Void routine		No C or D skills may be performed	

### 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 - Extra or counter-swings are allowed between each element without deduction. The gymnast is allowed to go to the high bar.
- BARS - Twisting the undershoot or sole circle dismount is allowed. All undershoots and sole circle dismounts must start from a support.
- BEAM - Any skill that goes upside down is considered an acro skill.
- BEAM/FLOOR - A tuck jump does not meet the Leap/Jump requirement.

- FLOOR - A dive roll is considered a flight skill in the Novice Optional program. The Dive roll may be used as one of the elements in the acro series on Floor Exercise.
- 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.**

**Updated August 2016**