



2017-18

☆ Girls Open 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>	<u>Value</u>
<u>See Open Optional Vault Chart</u>	#1 Minimum of 1 bar change	0.50	#1 Acro series with minimum of 2 elements, one with flight	0.50	#1 One acro series with two saltos	0.50
	#2 Cast to Minimum 45 degrees above horizontal to nominal handstand	0.50 & 0.50	Or 1 Flight skill and a Acro series with minimum of 2 elements without flight	0.50	#2 Three different saltos in the routine	0.50
	#3 Any two requirements from the below list		#2 Jump or Leap (180°)	0.50	#3 Dance series with 2 different elements	
	<ul style="list-style-type: none"> •Turn Skill (B level) •Flight Skill (B level) •A Circling skill on High and Low bar (both) •one from groups Underswing/Clear hip circles/Stalder circles/Circle swings/Hechts 	0.50	#3 Minimum 360° turn on one foot	0.50	<ul style="list-style-type: none"> •One must be a Jump or Leap (180° cross or side split) 	0.50
	#4 Salto or Hecht dismount; Min A	0.5	#4 Aerial or Salto dismount; Min A		#4 Min of A salto as last salto or in last connection of saltos	0.50
	<u>Skill Requirements</u>	<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>
	•3 B level skills	0.30 ea	•3 B level skills	0.30 ea	•3 B level skills	0.30 ea
	•4 A level skills	0.10 ea	•4 A level skills	0.10 ea	•4 A level skills	0.10 ea
	All C skills may be performed		All C skills may be performed		All C skills may be performed	
	No D Skills may be performed	Void Routine	No D skills may be performed	Void Routine	No D skills may be performed	Void Routine
CLARIFICATIONS						

- BARS - Tap swings on Uneven Bars (i.e. AK-4 tap swings) are a 0.30 deduction for each. **A cast to horizontal must be shown to receive skill value.**
- BARS - Skill requirements 2 & 3 - both requirements may come from the same category. The circling skill requirement must be fulfilled by being on both the high and low and will count for one requirement. A handstand pirouette will count for one requirement (have to do a handstand to complete a pirouette). A cast to handstand; clear hip will count for two.
- BEAM - Any skill that goes upside down is considered an acro skill.
- BEAM - A Side Aerial is an allowable skill for the beam and will count for a C level skill.
- BEAM/FLOOR - A Leap and/or Jump must be a minimum of 150° 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
- C skills are allowed on Floor/Bars/Beam without deduction. All C skills performed may count towards an A or B level skills.
- Any D skills performed will VOID the routine. •There are NO composition deductions.
- Spot (touch) of a gymnast while in her routine will result in an up to 0.50 deduction for each occurrence.
- 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.**



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NOTE - The usage of a hand mat or a carpet square will not be allowed for any forward entry vaults (Groups 1 & 3). 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.

NOTE - A safety zone is required for all Yurchenko (Group 4 and 5) vaults. The gymnast will not be able to compete if one is not used.

ALLOWABLE VAULTS & VALUES									
Group 1		Group 2		Group 3		Group 4		Group 5	
Handspring	9.40			Tsukahara Tuck	10.00	RO, FF on - repulsion off**	9.60	RO, FF ½ on –	9.60
Handspring - ½	9.60			Tsukahara Pike	10.00	RO, FF on - ½ off	9.80	Handspring off	
Yamashita	9.40			Tsukahara Layout	10.00	RO, FF on - 1/1 twist	10.00	RO, FF ½ on - 1/1 off	10.00
Yamashita - ½	9.60			Tsukahara Tuck with ½	10.00	RO, FF on - 1½ twist	10.00	RO, FF ½ on - 1½ off	10.00
¼ on - ¾ off	9.60					RO, FF on - 2/1 twist	10.00	RO, FF ½ on - 2/1 off	10.00
½ on - ½ off	9.60								
¼ on - Block off	9.40								
½ on - Block off	9.40					RO, FF on - Back Tuck	10.00		
						RO, FF on - Back Pike	10.00		

Handspring - 1/1	9.80			RO, FF on - Back Layout	10.00	
Handspring - 1½	10.00			**You are allowed two steps backwards on landing without deduction.		
Yamashita - 1/1	9.80					
¼ on - 1¼ off	10.00					
½ on - 1/1 off	10.00					
¼ on - 1¾ off	10.00					
½ on - 1½ off	10.00					
1/1 on - FHS/Y	10.00					
off	10.00					
1/1 on - ½ off	10.00					
1/1 on - 1/1 off						
FHS - 2/1 off	10.00					
¼ on - 2 ¼ off	10.00					
½ on - 2/1 off	10.00					

Updated – August 2017