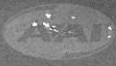



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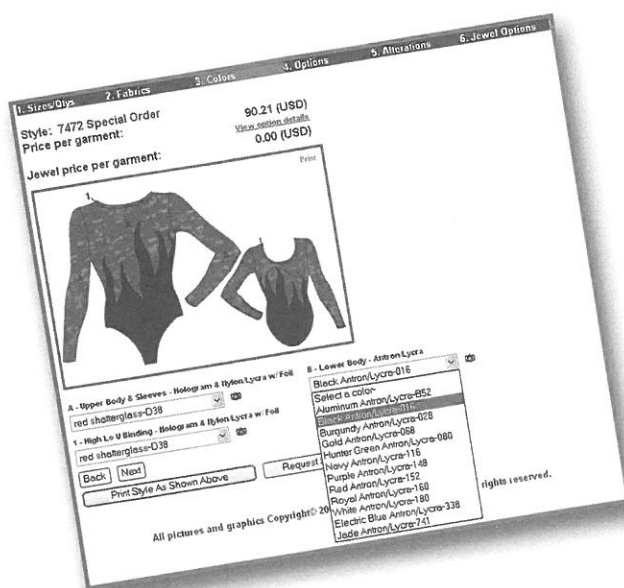
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# WOMEN'S JUNIOR OLYMPIC COMPULSORY EXERCISES

SECOND EDITION: EFFECTIVE AUG. 1, 2008 - JULY 31, 2013

## USA GYMNASTICS EXTENDS ITS DEEPEST APPRECIATION TO THE FOLLOWING CONTRIBUTORS TO THE 2005-2013 JUNIOR OLYMPIC COMPULSORY PROGRAM:

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### SPECIAL THANKS TO:

All members of the Jr. Olympic and Technical Committees who proofed the text and illustrations over the last three years of refining this book.

**Wally Eyman** for the additional artwork for the library of computer illustrations for the exercises.

**Dennis Miller**, composer/orchestration of the Compulsory music.

**Laurie Reid** and **Tom Koll** for the narration on the Floor music CD and Tom Koll for the narration on the DVD.

**Cheryl Jarrett** for the excellent preparation of the beam and floor demonstrators for the DVD and Master workshops.

**John Geddert** for the preparation of the vault and bars demonstrators for the DVD.

**Kent Koven**, for the production of the Compulsory DVD.

USA Gymnastics is forever indebted to **Tom Koll** for the countless hours spent on every aspect of the development of these exercises. His creative genius, boundless energy, and total commitment to the Jr. Olympic Program continues to be unequalled.

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Second Edition, 1st printing - September 2008

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Executive Editor: Connie Maloney, USAG Women's Jr. Olympic Program Director

Printed by Sport Graphics, Inc., Indianapolis, IN

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# **WOMEN'S JUNIOR OLYMPIC PROGRAM**

**Effective August 1, 2005 to July 31, 2013**

**The USA Gymnastics Jr. Olympic Program for Women consists of ten levels.**

## **Compulsory Levels 1-4**

These levels are designed to prepare gymnasts for competition by providing a non-competitive, achievement-oriented program of basic skills and progressions. However, these levels may also be used as an introductory/recreational competitive program.

In order to advance to Level 5, the gymnast should pass the required points (listed in shaded boxes at the end of each exercise) with 75% proficiency at each event and level. There is no competition requirement at Levels 1-4 to advance to Level 5.

This developmental program includes suggested exercises in the areas of conditioning and flexibility. A minimum proficiency should be achieved in both of these areas to ensure a safe and successful experience.

## **Compulsory Levels 4-6**

Local, sectional and State competitions are conducted by USA Gymnastics for these levels. Since Level 4 is not a required competitive level, there are no score (mobility) requirements to advance to Level 5. The Level 4 gymnast need only to successfully meet the 75% proficiency score. Level 5 and 6 athletes must meet minimum standards in order to advance to the next level. These "mobility" scores are published annually in the *USAG Women's Program Rules and Policies*.

Note: the Level 4 section includes both the points for evaluation as well as the "deductions" if used as a competitive level.

## **Level 7 - 10**

Level 7 is the entry level for Optional competition. The emphasis on this level is execution, artistic performance, and development of basic optional skills; therefore, this level is not evaluated on composition. Clubs may choose to develop a specific routine for all their Level 7s or each gymnast may perform an individualized routine. Competition is conducted at local, sectional, and state levels.

Level 8 is the first level in which the gymnast must develop an individual Optional exercise in each of the four events. This level is designed to provide the gymnast with a competitive opportunity in which the emphasis is on good execution and presentation, rather than the performance of difficult elements. Competition is conducted at local, sectional, state and regional levels.

Levels 9 and 10 provide a competitive opportunity for the Intermediate and Advanced Jr. Olympic athlete. Local, sectional, state, and regional competitions are conducted, with a culminating East/West Championships for Level 9 and a National Championships for Level 10.

For further information regarding the Optional levels, please refer to the current *Jr. Olympic Code of Points* and the current *Women's Rules and Policies*.



## **REGULATIONS FOR LEVELS 1 - 4**

- 1. In order to pass Levels 1 through 4, the gymnast must satisfactorily complete 75% of the routine requirements.**

**There are twelve points to be evaluated for each exercise, with the exception of vault. The gymnast must successfully complete nine of the twelve points listed in order to pass. In the case of vault, there are four (or twelve points) per skill. The gymnast must successfully complete three out of the four points listed in order to pass.**

**If the gymnast has successfully completed ten or more points listed for the exercise (or all four points on vault), but has a fall, it will be considered a successful attempt.**

- 2. In order to pass a level, all events must be successfully completed.**
- 3. Gymnasts may progress and move through the levels at their own rate on individual events. However, in order to advance to Level 5, all events at Level 1 through 4 must be successfully completed.**
- 4. At Levels 1, 2 and 3, Floor Exercise may be evaluated in its entirety, or it may be evaluated as two separate sequences (acrobatic skills and dance skills). If evaluated separately, add the total number of points passed successfully.**
- 5. All exercises may be reversed in their entirety; however no single element may be reversed unless so indicated in the text.**

**For information and materials relative to the Women's Jr. Olympic Program, please contact USA Gymnastics Member Services:  
1-800-345-4719 or visit our web site's online store at [www.usa-gymnastics.org](http://www.usa-gymnastics.org)**





# CONDITIONING

Strength training is an integral part of all gymnastics training, from the early stages up to the highest competitive levels. Proper strength/power training provides the athlete with the ability to not only perform skills more easily, but also with greater amplitude and less chance of injury. The attention to proper body positions during the strength exercises is of utmost importance and the coach should be ready to supervise and constantly correct any misalignments in order that the athlete receive the full benefit of the exercise.

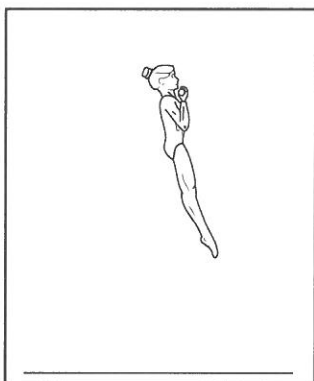
Three main parts of the body will be addressed in the following exercises: the arms, the abdominals, and the legs. It is recommended that the coach provide charts to record the individual athlete's progress, either by an increase in the number of repetitions, increase in resistance, or an improvement in time.

Note: **SP** indicates starting position.

## ARM STRENGTH

### 1. PULL-UPS

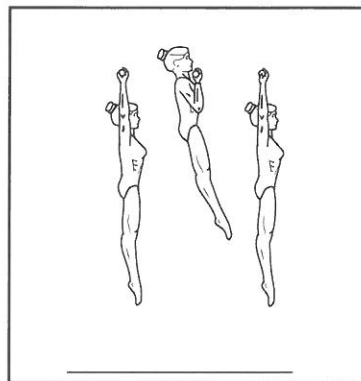
#### 1A. STATIC CHIN HOLD



**SP:** Hang on the HB with an undergrip without swing.

The coach lifts the gymnast to a flexed arm position with chin above, but not touching the bar. The gymnast then maintains this position with no assistance, progressively increasing the length of time held.

#### 1B. PULL-UPS



**SP:** Hang on the HB with an undergrip without swing.

Execute a pull-up by flexing the arms until the forehead is parallel to the bar. Repeat, progressively increasing the number of repetitions.

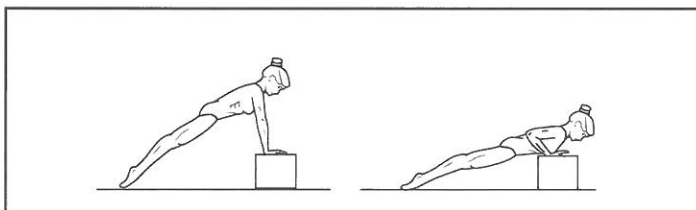
### 2. PUSH-UPS

Use the following variations in start position to challenge the gymnast as she becomes stronger.

Flex the arms (keeping the elbows by the ribs) to lower the body to within two inches of the block or floor. Maintain a straight body position parallel to the floor. Extend the arms to return to a straight body prone support. Repeat, progressively increasing the number of repetitions.

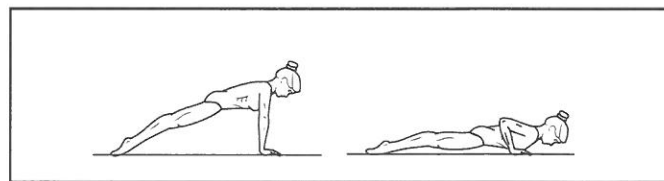
#### 2A.

**SP:** Straight body prone support with hands on a spotting block or mat.



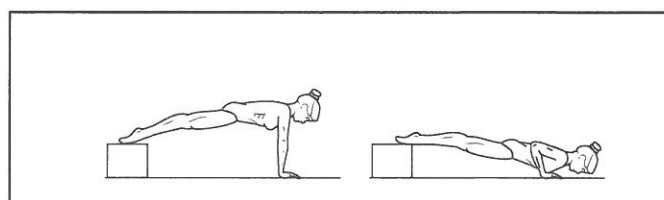
#### 2B.

**SP:** Straight body prone support.



#### 2C.

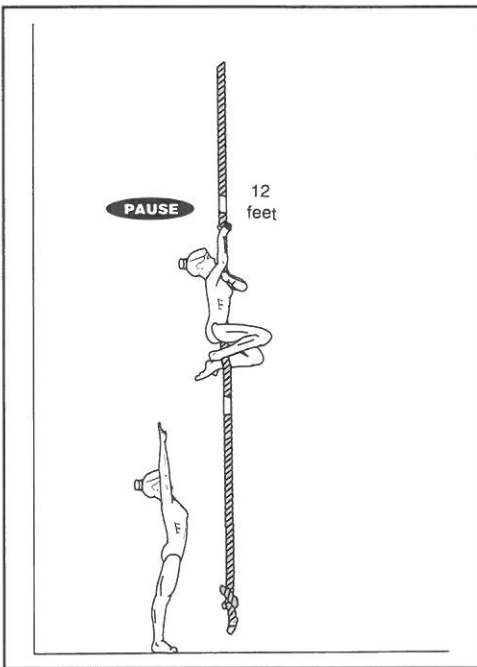
**SP:** Straight body prone support with the feet on a spotting block or mat.



## ROPE CLIMB

A rope with or without knots may be used.

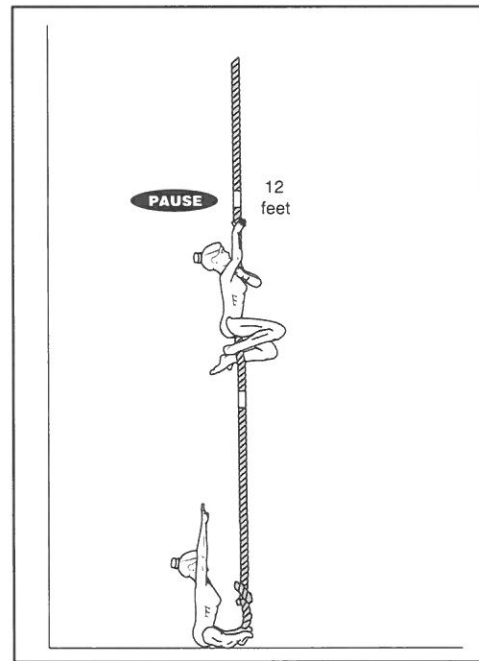
### 3A.



SP: **Stand at the base of the rope.**

Climb hand over hand (with or without the use of the legs) gradually progressing to touch the 12-foot mark on the rope. Pause. Climb down using the same hand over hand method.

### 3B.



SP: **Sitting on floor by the rope.**

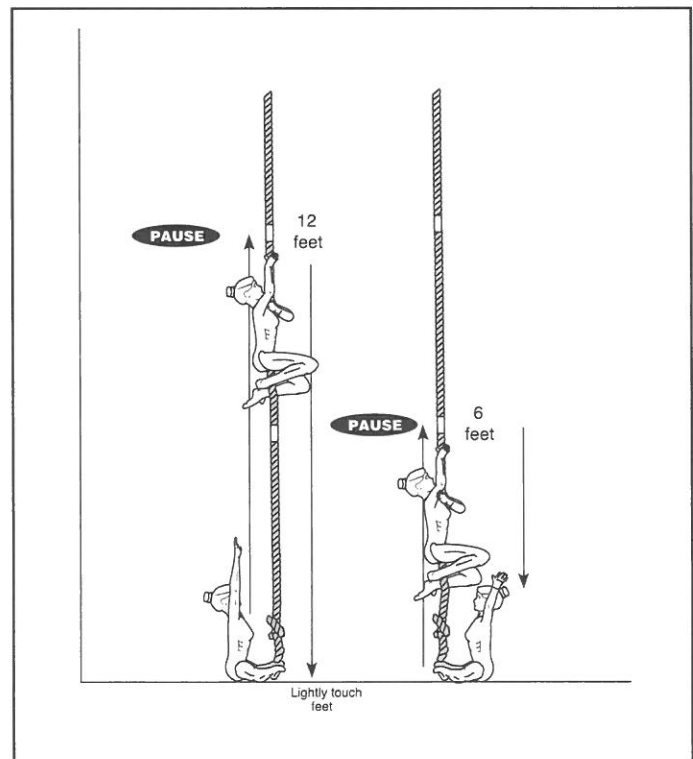
Climb hand over hand (with or without use of the legs) gradually progressing to touch the 12-foot mark on the rope. Pause. Climb down using the same hand over hand method to arrive back in a sit on the floor.

### 3C.

SP: **Sitting on the floor by the rope.**

Climb hand over hand (with or without the use of the legs) to touch the 12-foot mark on the rope. Pause. Climb down using the same hand over hand method. Lightly touch the feet on the floor and continue to climb up the rope a second time to touch the 6, 9 or 12-foot mark. Pause. Climb down using the same hand over hand method to arrive back in a sit on the floor.

Continually challenge the gymnasts to climb higher as they become stronger. Once they can climb the entire length of the rope, begin timing the climbs.

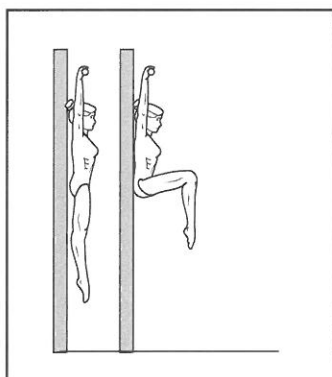


# ABDOMINAL STRENGTH

## 1. LEG LIFTS

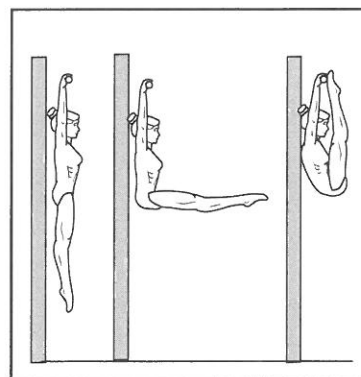
### 1A. FLEXED KNEE LIFTS

SP: Hang on the HB or stall bars with an overgrip without swing.



Bring the knees above horizontal with the feet pointed. Keep the head neutral. Lower the legs downward to a long hang and repeat, progressively increasing the number of repetitions.

### 1B. LEG LIFTS



Lift the legs upward until the toes touch the bar. Slight knee flexion is allowed. Lower the legs downward to a long hang and repeat, progressively increasing the number of repetitions.

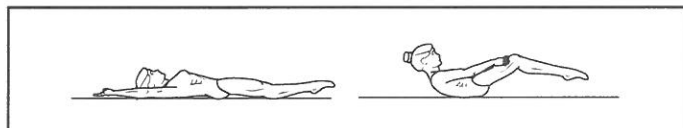
As the gymnast becomes stronger, require straight legs and also challenge them with a time limit.

## 2. HOLLOW BODY HOLDS

SP: Lie on the back.

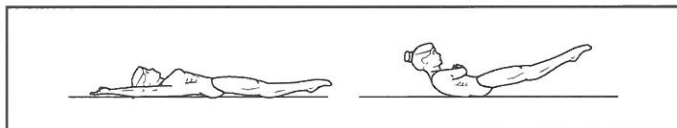
Progress through the various start positions as the gymnast becomes strong enough to maintain the position for at least 30 seconds.

### 2A.



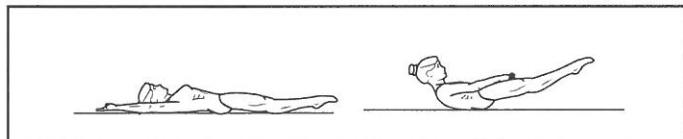
Place the **hands on top of the thighs** (quads) and contract the body by reaching the fingers toward the knees to achieve a hollow body position. Lift the shoulders off the ground to a rounded back position. Simultaneously lift the feet off the ground with the **legs slightly bent**. The back and shoulders should be approximately six (6) inches off the ground. The lower back remains on the floor at all times. Progressively increase the length of the hold.

### 2C.



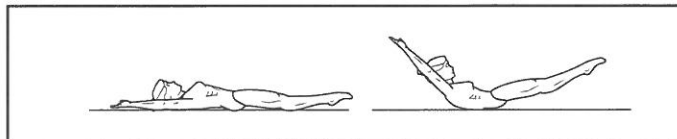
Contract the body to achieve a hollow body position, with the **arms folded across the chest**. Lift the shoulders off the ground to a rounded back position. Simultaneously lift the feet off the ground with the **legs straight**. The back and shoulders should be approximately six (6) inches off the ground. The lower back remains on the floor at all times. Progressively increase the length of the hold.

### 2B.



Place the **hands on top of the thighs** (quads) and contract the body by reaching the fingers toward the knees to achieve a hollow body position. Lift the shoulders off the ground to a rounded back position. Simultaneously lift the feet off the ground with the **legs straight**. The back and shoulders should be approximately six (6) inches off the ground. The lower back remains on the floor at all times. Progressively increase the length of the hold.

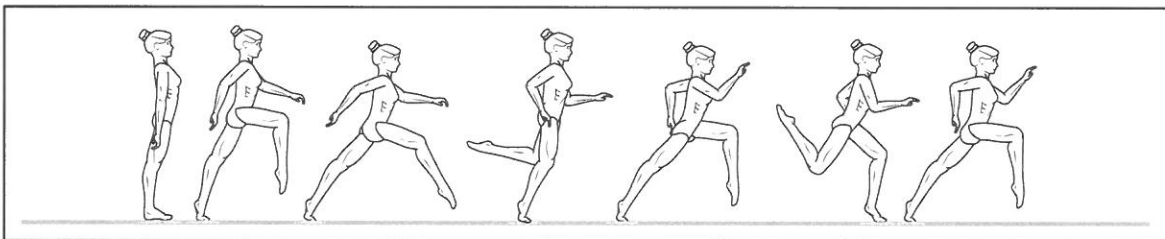
### 2D.



With the **arms extended overhead**, lift the shoulders off the ground to a rounded back position. Simultaneously lift the feet off the ground with the **legs straight**. The back and shoulders should be approximately six (6) inches off the ground. The lower back remains on the floor at all times. Progressively increase the length of the hold.

## LEG STRENGTH

### 1. 60-FOOT RUN

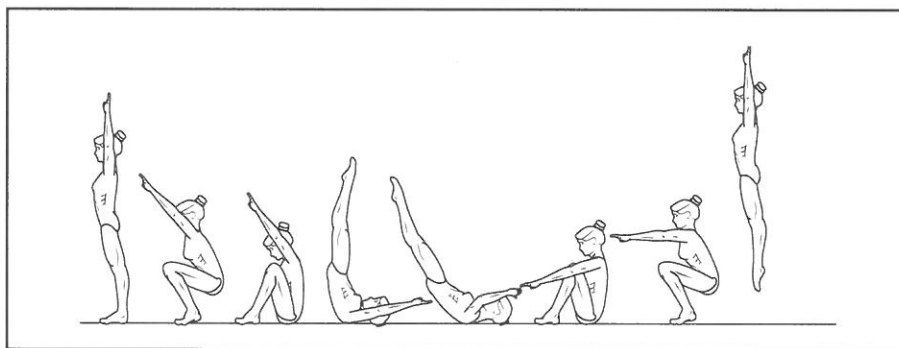


SP: The gymnast begins from a standing start. The gymnast's rear foot may be placed against a wall or other immovable object. The running surface must be a clear, straight run space of 60 feet with no obstructions, allowing adequate additional space for deceleration.

The coach gives a "ready, set, go" command to the athlete and starts the stopwatch at the first observable forward motion of the athlete. The watch is stopped as the first body part of the athlete crosses the line marking 60 feet.

The gymnast's time should be recorded on a chart to track improvements in time. By the time the gymnast has completed Level 4, she should be capable of running 60 feet in 4.0 seconds or less.

### 2. CANDLESTICK TO STRAIGHT JUMPS



SP: Straight stand.

Bend the knees to arrive in a tuck sit with the feet on the floor and begin rolling backward to extend the body into a CANDLESTICK position (high on the shoulders, toes pointed to the ceiling, hip angle straight). Roll up to a tuck stand and immediately execute a straight jump. Repeat the candlestick and jump, progressively increasing the repetitions.

# FLEXIBILITY

In addition to the strength/conditioning program, the coach must also provide training for the enhancement of flexibility. Increased flexibility provides the gymnast with a greater range of motion, reduces the chance or severity of injury, and produces a more aesthetic quality to the movements and skills. Once again, it is important for the coach to supervise the flexibility exercises to insure proper body positioning, as well as to instruct and assist the athletes in helping each other with stretching.

The following exercises are designed to improve flexibility of the following parts of the body: legs, shoulders, and back.

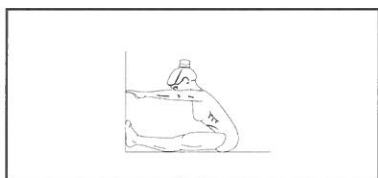
## LEG FLEXIBILITY

### 1. HAMSTRING

Starting with Variation A for the beginner gymnast, continue to challenge the athlete by using the additional variations B-E. By the time the gymnast has achieved Level 4 status, she should be capable of performing Variation E.

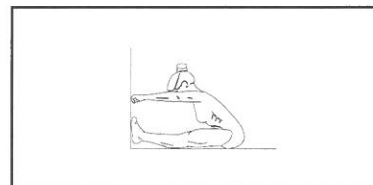
SP: Sit on the floor with the feet flexed against a wall.

**A.**



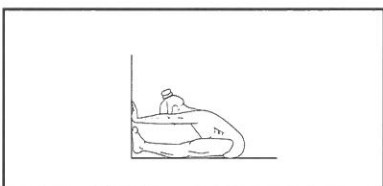
Lean forward with a flat back to place the **fingertips against the wall**.

**B.**



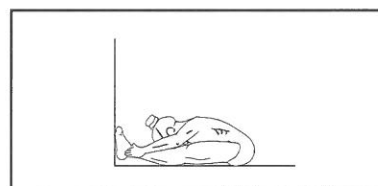
Lean forward with a flat back to place the **knuckles (fist) flat against the wall**.

**C.**



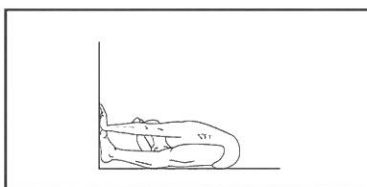
Lean forward with a flat back to place the **hands (palms) flat against the wall**.

**D.**



Lean forward with a flat back to touch the **chest to the thighs** and the **nose to the knees**.

**E.**



Lean forward with a flat back to place the **hands (palms) flat against the wall** and touch the **chest to the thighs** and the **nose to the knees**.

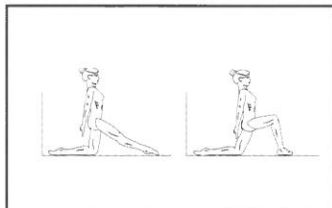


## 2. FORWARD SPLIT

Test on both the Right and Left side for all variations. Once the gymnast has mastered a variation, move on to the next variation. Once the gymnast has achieved Level 4 status, she should be capable of a minimum of 150° split on at least one leg.

### A.

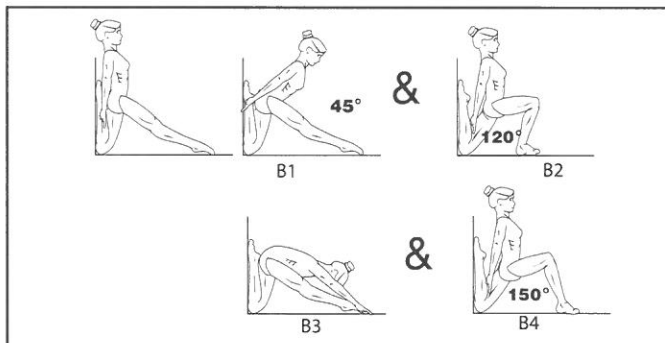
SP: Kneel on one leg, with the front leg stretched straight forward, hips squared.



Bend the front knee forward, keeping the front foot flat on the floor. Press the hips forward, maintaining a squared hip position.

### B.

SP: Kneel on one leg with the front leg stretched straight forward, hips squared. The back leg should be upright at a 90° angle, supported by a wall or mat.



B1) Lower the chest with a flat back to 45° with the leg straight.

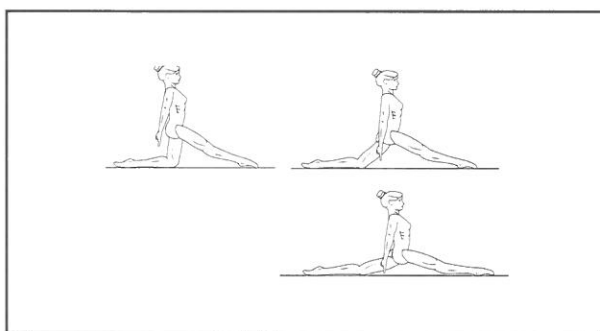
B2) Bend the front knee forward, keeping the front foot forward of the knee. Keep the shoulders in line with the hips. Press the hips toward the floor to achieve a minimum of 120° split angle, maintaining squared hips.

B3) Lower the chest onto the thighs with a flat back to touch the nose to the knees.

B4) Bend the front knee forward, keeping the front foot forward of the knee. Keep the shoulders in line with the hips. Press the hips towards the floor to achieve a minimum of 150° split angle, maintaining squared hips.

### C.

SP: Kneel on one leg, with the front leg stretched straight forward, hips squared. The back leg should be upright at a 90° angle supported by a wall or mat.

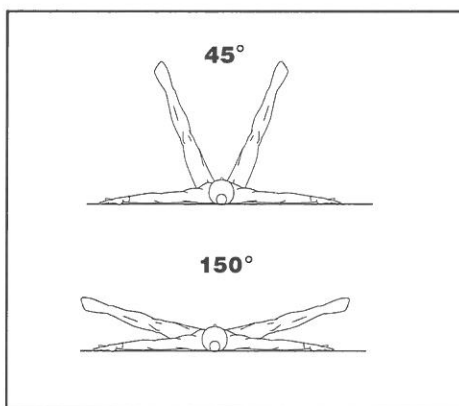


Slide the front leg forward as the back leg straightens to arrive in a forward split with a minimum of 120° leg separation. While the ultimate goal is to achieve a 180° split, a minimum of 150° leg separation is a reasonable goal for the Level 4 gymnast. Keep the hips squared and shoulders aligned with the hips.

## C. STRADDLE SPLIT

Tape the following "V" angles on the floor or the wall: 45°, 90°, 120°, 135°, and 150°.

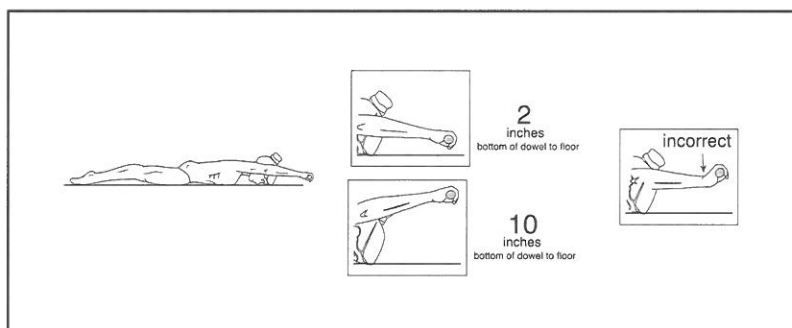
SP: Sit in a straddle position on the floor or lie on the back with the buttocks against the wall.



Separate the legs until they reach a minimum of 45° leg separation. The gymnast should be capable of achieving a minimum of 150° by the time she has achieved Level 4 status.

## 2. SHOULDER FLEXIBILITY

SP: Lie prone on the floor with the chin touching the floor, arms stretched overhead with the elbows straight. Hold a dowel with the thumbs touching and the wrists straight.



Lift the arms off the floor a minimum of two (2) inches (measured from the floor to the bottom of the dowel). The chin must remain on the floor and the arms (and wrists) must remain straight.

The goal is to be able to lift the dowel a minimum of 10 inches off the floor by the time the gymnast has achieved Level 4 status.

### 3. BACK FLEXIBILITY

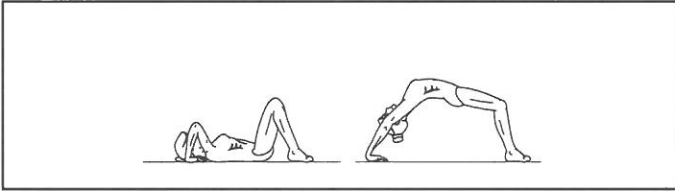
*In accordance with the USA Gymnastics Pre-School Fundamentals Program, it is recommended that children wait until they reach their 5th birthday prior to performing bridges. Start training bridges with the body on a mat at least eight inches high with the hands on the floor to put weight on the shoulders and arms, not the lower back.*

Starting with variation A, challenge the gymnast to progress through the variations until she is able to achieve the position illustrated in variation E.

It is important to work on the flexibility of the shoulders/upper back as well as the mid-lower back in these exercises in order to minimize the stress on the lower spine.

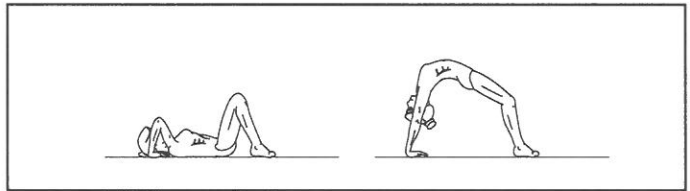
SP: Lie on the floor on the back, with the knees bent, and the feet flat on the floor shoulder-width apart. Place the hands palms down on the mat with the fingertips under the shoulders, pointing towards the feet.

**A.**



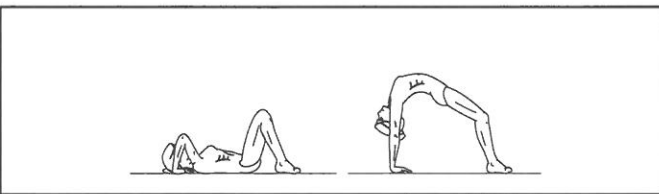
Push against the floor, extending the arms and legs while arching the back to arrive in a BRIDGE position with the **head off the floor**.

**B.**



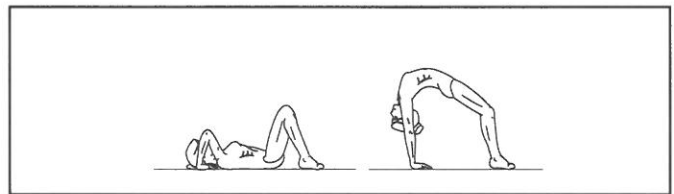
Push against the floor, extending the arms and legs while arching the back to arrive in a BRIDGE position with the **arms completely straight**.

**C.**



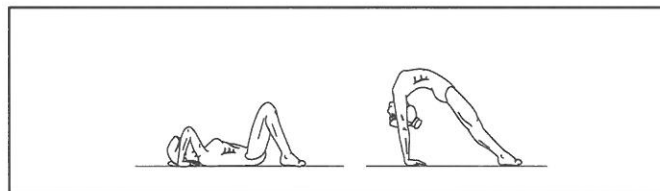
Push against the floor, extending the arms and legs while arching the back to arrive in a BRIDGE position with the **arms completely straight. The shoulders are directly above the hands**.

**D.**



Push against the floor, extending the arms and legs while arching the back to arrive in a BRIDGE position with the **arms completely straight. Push the shoulders past the hands**.

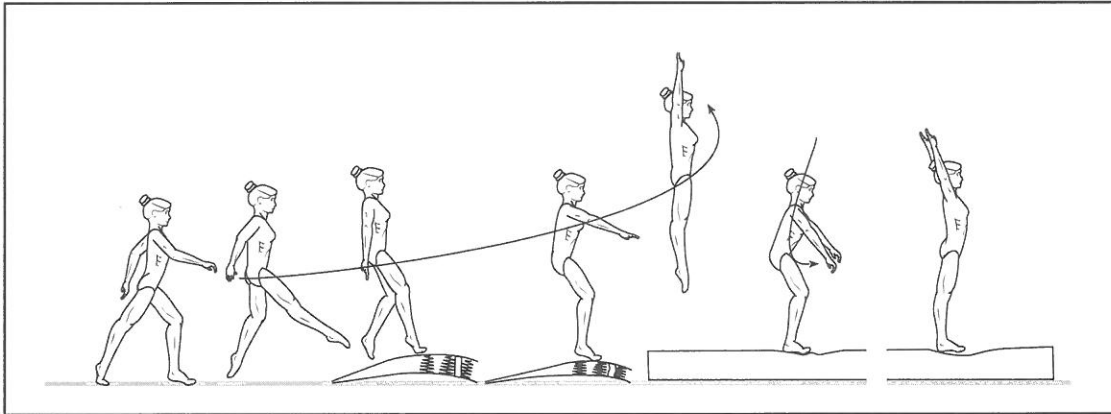
**E.**



Push against the floor, extending the arms and legs while arching the back to arrive in a BRIDGE position with the **arms and legs completely straight. Push the shoulders past the hands**.

# LEVEL 1 VAULT

## STRAIGHT JUMP ONTO A MINIMUM OF 8 INCHES OF MATTING



Run seven-to-nine steps and execute a hurdle and rebound from the board. The body should be tight, with the abdominals in, to execute a STRAIGHT JUMP while maintaining a straight-hollow body position. Land in demi-plié.

ARMS: Lift to high on the jump. In preparation for landing, lower the arms sideward-downward to finish at forward-diagonally-low position.

Extend the legs to finish in a straight stand.

ARMS: Lift upward to sideward-diagonally-upward position.

### LEVEL 1 VAULT EVALUATION POINTS

**1. Proper run form on the 7-9 approach steps.**

Heels lifting to buttocks, front knee reaching horizontal with 90° bend, slight forward lean

**2. Correct Hurdle Technique**

Correct arm coordination on hurdle and jump, long low hurdle maintaining forward momentum, back leg quickly joining the front leg to punch off the balls of the feet, body vertical on board

**3. Proper Straight Jump Technique**

Arms overhead during the jump, body/legs straight and tight

**4. Proper Landing Technique**

Land in demi-plié with arms pressed sideward-downward to forward-diagonally-low

## **LEVEL 1 VAULT SUPPLEMENTARY SKILLS**

### **1. RUNNING FORM/TECHNIQUE**

Run with a slightly forward lean, keeping the elbows bent comfortably at 90° and the front knee reaching horizontal with a 90° bend, lifting the heels to the buttocks. Emphasis is on form, not speed at this level.

### **2. HANDSTAND HOPS ON THE FLOOR**

Step forward onto one leg, passing through a deep lunge, while the arms swing from backward low to forward high to place the hands on the floor shoulder-width apart with an open shoulder angle. Simultaneously kick the back leg backward-upward.

Keeping the arms straight, extend the shoulders quickly, creating a push or "block" off the floor, as the front leg pushes off the floor, creating a small "hop" off the hands. The body remains tight and straight as the legs join approaching vertical, with hips extended, and the head neutral.

Keep the arms straight as the hands return to the floor and step down through a lever position to a lunge.

### **3. HANDSTAND FALL TO BACK LYING POSITION ON AN 8-INCH SKILL CUSHION**

With hands on the floor in front of an 8-inch skill cushion, kick to a tight, straight body handstand with legs together. The head remains neutral with focus on the hands. Maintain a straight hollow body position, with legs together.

Overbalance the handstand, maintaining a straight, tight body position and land in a straight lying position on the back.



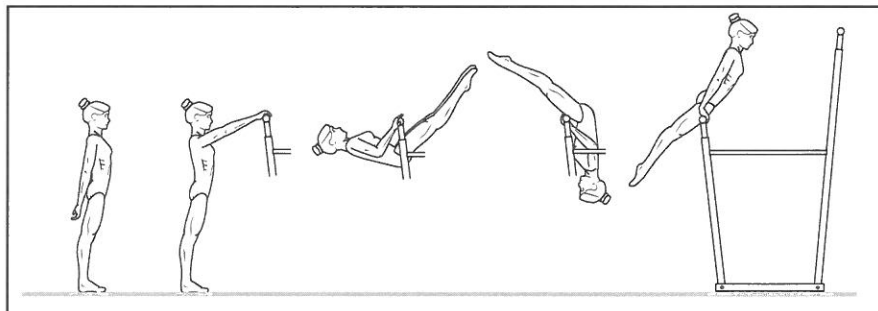
## LEVEL 1 - UNEVEN BARS

A single bar may be used for competition, provided that it meets Low Bar specifications, as written in the current *Rules and Policies*.

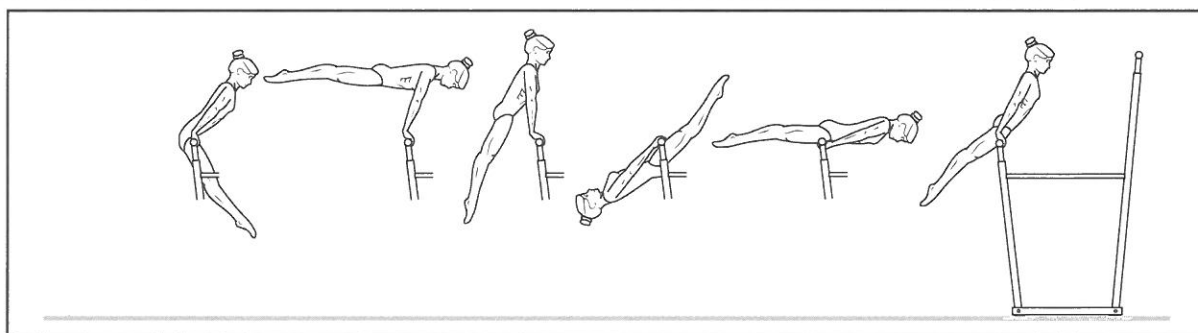
**SP:** Stand with the feet together, facing the low bar. A board or raised surface (such as a panel mat or padded spotting/skill block) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

### 1. MOUNT: BACK HIP PULLOVER (0.80)

Grasp the low bar with an overgrip, hands shoulder-width apart. Lift both legs upward and over the low bar while pulling with flexed arms. Continue to lift the hips over the bar to execute a **BACK HIP PULLOVER MOUNT**. Shift the hands to the top of the bar, straightening the arms, to arrive in an extended front support. Maintain straight legs and a neutral head position throughout.



### 2. CAST (0.60)

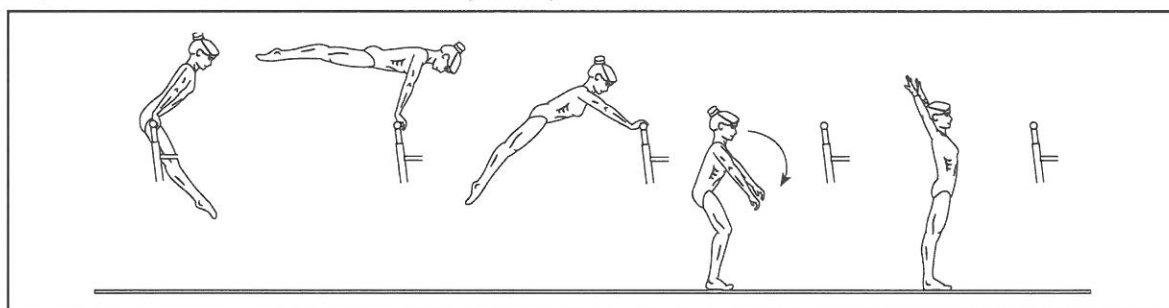


With the shoulders slightly in front of the bar, swing the legs forward, then backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a **CAST** with legs together. Maintain a straight-hollow body position with the buttocks tight, the arms and legs straight, and the head neutral.

### 3. BACK HIP CIRCLE (0.60)

As the hips return to the bar, lean the shoulders backward, causing the body to circle backward around the bar in a straight-hollow body position to execute the **BACK HIP CIRCLE**. Maintaining straight arms and legs throughout, shift the hands to the top of the bar to finish in a momentary extended front support. Maintain a neutral head position throughout.

### 4. CAST, PUSH AWAY DISMOUNT (0.80)



With the shoulders slightly in front of the bar, immediately swing the legs forward, then backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a **CAST** with straight arms and legs together. As the body reaches its highest point, **PUSH AWAY** and then release the bar. Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position ("stick").

**ARMS:** Lower to forward-diagonally-low.

Extend the legs to finish in a straight stand.

**ARMS:** Lift forward-upward to sideward-diagonally-upward

### **LEVEL 1 BARS EVALUATION POINTS**

1. Simultaneous lift of both legs on BACK HIP PULLOVER
2. BACK HIP PULLOVER with straight legs
3. Arms straight at finish of BACK HIP PULL-OVER
4. Legs together throughout BACK HIP PULL-OVER
5. CAST with straight arms
6. CAST with a straight-hollow body position
7. CAST with legs together
8. BACK HIP CIRCLE with straight legs
9. BACK HIP CIRCLE continuous
10. Slight shoulder lean in CAST, DISMOUNT
11. Arms and legs straight during CAST
12. Good control in demi-plié landing

### **LEVEL 1 BARS SUPPLEMENTARY SKILLS**

#### **1. FLOOR BAR SQUAT ON**

Assume an extended leg push-up position with the hands on a floor bar. Jump from the feet, bending the knees to place the balls of the feet on the bar in a balanced squat position. Immediately jump forward to land in demi-plié; then extend the legs to finish in a straight stand.

#### **2. FLOOR BAR RECOVERY ROLL**

Begin as in the Squat on. From the squat position on a floor bar, jump off the bar to land on an 8-inch skill cushion and immediately execute a forward shoulder roll to the Left or Right. Emphasize pulling the arms in toward the body.

#### **3. FLOOR BAR STRADDLE SOLE CIRCLE**

With a floor bar at the end of an 8-inch skill cushion, grasp the bar in an overgrip and straddle onto the floor bar, placing the balls of the feet just outside the hands. Immediately apply pressure to the bar by pulling the bar against the bottom of the feet while rising up onto the balls of the feet (relevé). Lean backward, continuing to press the feet against the bar, to initiate the sole circle downswing. Maintain straight arms, a hollow chest, and a neutral head position, arms by the ears, throughout the circle. Land on the buttocks on the skill cushion while maintaining constant pressure on the bar.

# LEVEL 1 - BALANCE BEAM

**Time Limit: 0:30**

Note:

Whenever high position arms are indicated, arms may be curved (crown) or straight.

Whenever sideward-diagonally upward arms are indicated, arms may be pressed slightly backward.

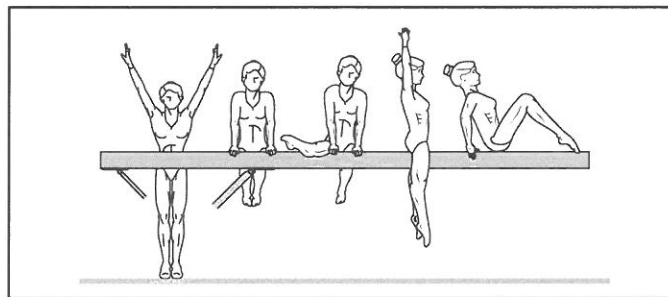
Whenever the text states to "step," the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.

**The routine may be reversed in its entirety; however, no single element may be reversed unless indicated by an asterisk. (\*)**

**SP:** Stand facing the beam. **Space the mount so that the Candlestick will be performed close to the end of the beam.** A board or raised surface (such as a folded panel mat) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

## \*1. JUMP TO FRONT SUPPORT MOUNT (0.20)

## 2. TUCK SIT (0.20)



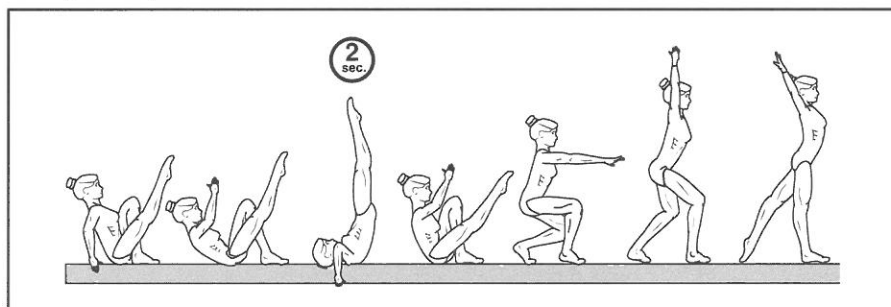
Place both hands shoulder-width apart on the beam and jump to a **FRONT SUPPORT** finishing with the arms straight and body extended. Lift the straight Right leg over the beam with a 90° turn Left, finishing in a straddle sit facing the length of the beam.

**ARMS:** Move the Left hand backward beside the Right hand as the 90° turn is executed. Lift both arms forward-upward to high position at the completion of the mount.

Shift the weight back onto the buttocks. Bend both legs, placing the toes on the top of the beam, to arrive in a **TUCK SIT** with the torso extended.

**ARMS:** With the arms bent or straight, grasp the beam behind the hips.

## 3. CANDLESTICK (0.60)

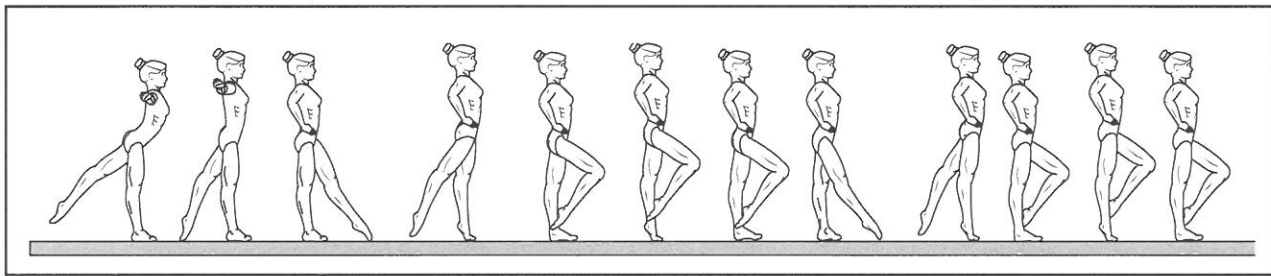


Straighten the Right leg and place the Left foot on the beam as the torso lowers backward to a back lying position on the beam. Roll backward to extend the body into a **CANDLESTICK** position (high on the shoulders, toes pointed to the ceiling, hip angle open). **Hold two seconds.**

Lower the legs and roll forward out of the Candlestick. Bend the legs to step out on the Left foot, then the Right foot to arrive in a tuck stand. Immediately straighten both legs, shifting the weight forward to finish in a stand on a straight Right leg with the Left leg extended backward slightly turned out, and the Left foot pointed on the beam.

**ARMS:** Reach backward to grasp the beam (above or below) with the hands by the head on the Candlestick. During the roll up, move the arms forward-upward to crown; then open to sideward-diagonally-upward on the stand.

#### 4. ARABESQUE (0.40)



Keeping the torso erect, lift the turned out straight Left leg backward-upward a minimum of 30° off the beam. The Left hip is allowed to “unsquare” slightly to show turn out in the arabesque. **SHOW** this position. Lower the Left leg to point the Left foot behind on the beam.

ARMS: Lower to side-middle.

#### 5. COUPÉ WALKS (0.40)

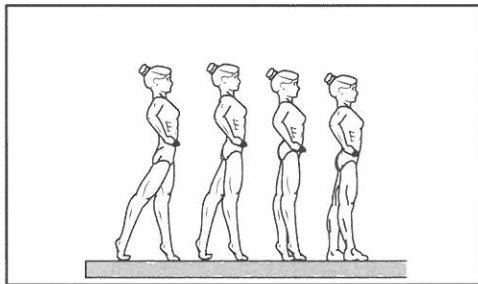
Point the Left foot forward on the beam. Begin the forward step Left by pushing off the Right foot while simultaneously reaching forward onto the Left foot (relevé to flat). Point the Right foot behind **SLIGHTLY** off the beam as the weight transfers to the Left foot. Bend the Right knee forward and immediately pull the pointed Right foot forward to touch the Left ankle (forward coupé).

The rhythm is “Point, Push, Step, Pull”. Push down on the beam with the Left foot to extend the Left ankle to arrive in a relevé position. Immediately lower the Left heel back onto the beam.

Repeat the COUPÉ WALK on the Right leg.

ARMS: Hands on hips.

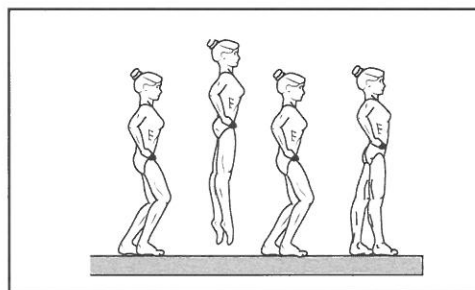
#### 6. RELEVÉ WALKS (0.40)



Step forward in relevé on the Left foot, then Right foot. Close the Left foot behind the Right foot in relevé “lock” position. Slide the Right foot forward and lower the heels onto the beam to finish with the feet slightly turned out, Right foot in front of the Left foot.

ARMS: Hands on hips.

#### 7. STRETCH JUMP (0.40)



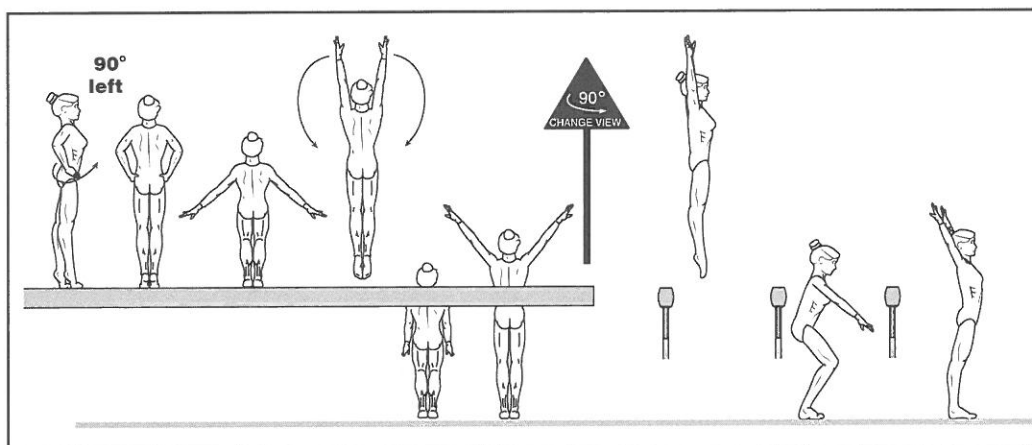
Demi-plié both legs with the heels down on the beam. Push off the beam, extending both legs through the hips, knees, ankles, and toes with the legs together to execute a **STRETCH JUMP**. Press the heel of the Right foot against the front of the Left foot during the jump. Land on both feet in demi-plié, pressing through the balls of the feet to lower the heels to the beam, Right foot in front of the Left foot with the feet slightly turned out.

ARMS: Hands on hips.

Extend the legs to finish in a straight stand (not in relevé).

ARMS: Hands remain on hips.

## 8. STRETCH JUMP DISMOUNT (0.60)



Immediately relevé on both feet. Slide the Right foot back to arrive in a relevé “lock” position with the Right foot in front of the Left, and turn 90° to the Left.

ARMS: Hands on hips.

Demi-plié and jump off the beam by executing a STRETCH JUMP DISMOUNT. Land in demi-plié in a balanced and controlled position (“stick”), pressing through the balls of the feet to lower the heels to the mat.

ARMS: Move sideward-downward on the demi-plié and forward-upward to high position during the jump. Lower sideward-downward to forward-diagonally-low on landing.

Extend the legs to finish in a straight stand.

ARMS: Lift forward-upward to sideward–diagonally upward.

### LEVEL 1 BALANCE BEAM EVALUATION POINTS

1. Arms straight, body extended in the FRONT SUPPORT MOUNT
2. Leg straight, torso extended in one-foot V-sit
3. Body extended on the CANDLESTICK
4. Continuous roll up from CANDLESTICK
5. Free leg straight and lifted to 30° in ARABESQUES
6. Correct weight transfer on COUPÉ WALKS
7. Straight body alignment during RELEVÉ WALKS
8. Full ankle extension on push down to RELEVÉ in coupé
9. Straight body alignment on STRAIGHT JUMP
10. Feet extended on the STRAIGHT JUMP
11. Feet and arms extended on STRAIGHT JUMP DISMOUNT
12. Controlled landing in demi-plié on STRAIGHT JUMP DISMOUNT

## **LEVEL 1 BEAM SUPPLEMENTARY SKILLS**

### **1. ARABESQUE ON EACH LEG**

Keeping the torso erect, lift the turned out straight Left leg backward-upward a minimum of 30° off the beam. The Left hip is allowed to “unsquare” slightly to show turn out in the arabesque. SHOW this position.

Step forward onto the Left leg and perform an arabesque on the other leg.

### **2. SINGLE LEG SQUAT TO STAND**

Stand on the Right foot. Lift the straight Left leg forward and bend the Right leg, lowering to a sit on the beam. Without using support of the hands, straighten the Right leg to return to a straight stand.

Repeat on the other leg.

### **3. TUCK JUMPS OFF A SPRING BOARD**

Demi-plié both legs with the heels down on the springboard. Push off the board, extending both legs through the hips, knees, ankles and toes with the legs together; then quickly bend both knees forward-upward, achieving a minimum of 90° hip and knee angle to execute a TUCK JUMP. In preparation for landing, dynamically extend the hips/legs in the air to a stretched position before landing. Land on the mat on both feet in demi-plié in a balanced and controlled position (“stick”), pressing through the balls of the feet to lower the heels on the mat.

Arms: Swing to high position during jump. Lower sideward-downward to forward-diagonally-low on landing.



# LEVEL 1 - FLOOR EXERCISE

Note:

Whenever high position arms are indicated, arms may be curved (crown) or straight.

Whenever sideward-diagonally upward arms are indicated, arms may be pressed slightly backward.

Whenever the text states to "step," the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.

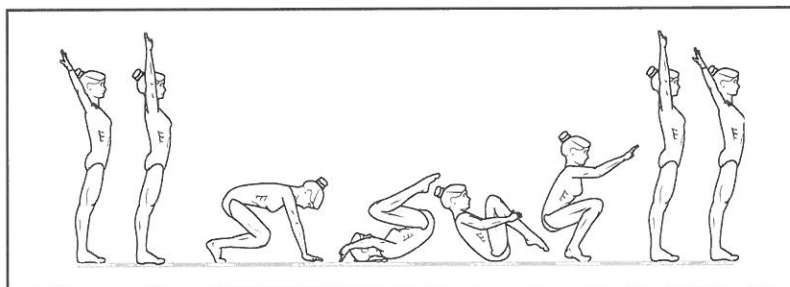
**The routine may be reversed in its entirety; however, no single element may be reversed unless indicated by an asterisk. (\*)**

The choreography was developed in counts of 8. The numbers in parenthesis following the title of the elements/connections refer to the counts in the musical phrase.

**SP:** Start in a corner or near the side of the Floor Exercise mat. The gymnast may perform the exercise in a straight pattern across the mat, or on the diagonal. Begin in a straight stand with the arms extended sideward-diagonally-upward.

## 1. FORWARD ROLL TUCKED (0.40)

(1, 2, 3, 4, 5, 6, 7, 8)



Bend the knees and reach forward to place the hands on the floor. Lower the head by tucking the chin to the chest and keeping the back rounded. Lift the hips to place the back of the head and shoulders on the floor. Push off both feet to initiate the FORWARD ROLL. During the roll, tuck the legs, and with or without the use of the hands on the shins, pull the knees close to the chest and heels close to the buttocks. Maintain this tight tuck position throughout the forward roll. Place the feet on the floor and lean forward to arrive in a tuck stand. Immediately straighten the legs to finish in a straight stand.

**ARMS:** Lift to high position. At the completion of the roll, lift arms to high position; then open to diagonally-sideward-upward.

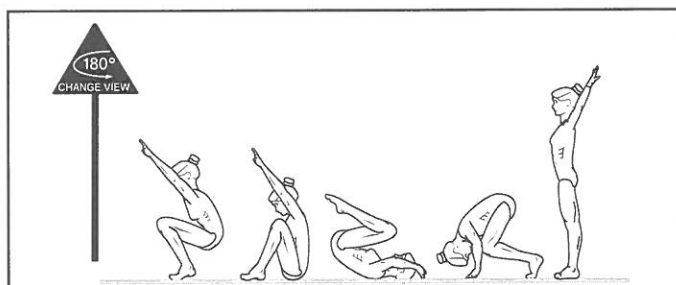
## 2. BACKWARD ROLL TUCKED (0.40)

(1, 2, 3, 4, 5, 6, 7, 8)

Bend the knees to arrive in a tuck sit, keeping the feet on the floor. Begin rolling backward with the head tucked, chin to chest. Immediately place the hands on the floor by the shoulders, palms down, fingers pointing towards shoulders. As the hips roll backward over the head, push down against the floor and extend the arms, taking weight off the head and neck. Maintain the tuck position throughout the roll to finish in a tuck stand.

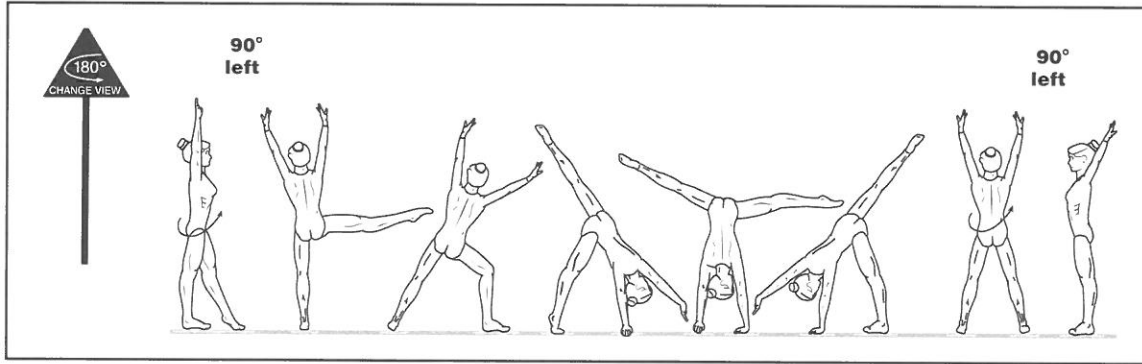
Immediately extend the legs to finish in a straight stand.

**ARMS:** High position at the start of the roll. Finish with the arms in high position; then open to diagonally-sideward-upward.



### \*3. CARTWHEEL RIGHT (0.60)

(1, 2, 3, 4, 5, 6, 7, 8)



*(If reversing the cartwheel, step Right and kick Left; continue reversing until the feet are joined after the 90° turn.)*

Step onto a straight Left leg. Kick the straight Right leg forward-upward while simultaneously turning 90° to the Left. Take a long step sideways onto the Right leg into a deep side Right lunge with the Right foot turned out slightly. Lift the Left leg sideward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the floor. Continue this levering action and lift the Left leg sideward-upward as the torso lowers. Place the Right hand sideways on the floor as the Right leg pushes off the floor. Place the Left hand on the floor sideways (hands shoulder-width apart) to execute a CARTWHEEL RIGHT. The head remains in alignment, with the shoulder and hip angle open. Step down on the Left foot using the levering action, then step down onto a straight Right leg.

The rhythm is a 4-count (hand-hand-foot-foot) to arrive in a side straddle stand with feet flat. Execute a 90° turn to the Left while joining the Left foot next to the Right foot.

ARMS: High position with the shoulders open throughout, then open to sideward-diagonally-upward.

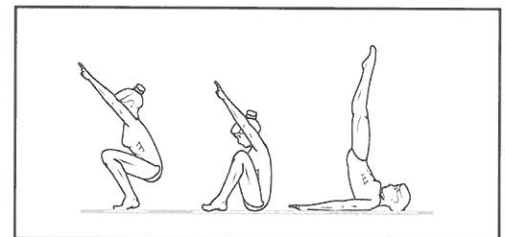
HEAD: Remains neutral between the arms throughout.

### 4. CANDLESTICK (0.40)

(1, 2, 3, 4)

Bend the knees to arrive in a tuck sit with the feet on the floor. Begin rolling backward to extend the body into a CANDLESTICK position (high on the shoulders, toes pointed to the ceiling, hip angle straight).

ARMS: Lower forward-downward to finish with palms resting on the floor in front of the buttocks.



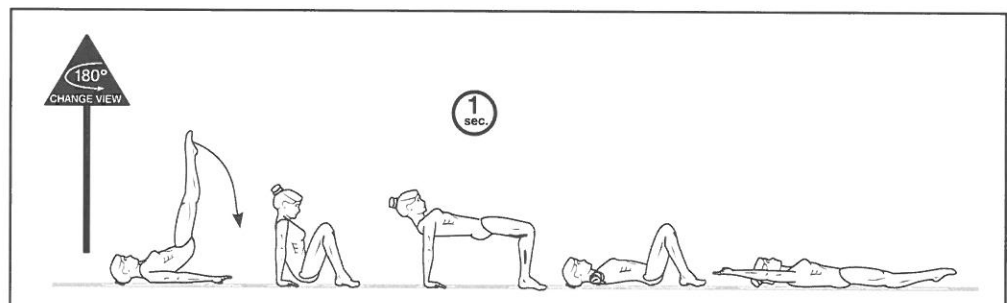
### 5. CRAB STAND (0.60)

(5, 6, 7, 8)

Roll out of the Candlestick to a tuck sit with the knees bent and the feet flat on the floor, shoulder-width apart.

ARMS: Hands remain flat on the mat, by the hips, in the tuck sit.

(1, 2, 3, 4, 5, 6, 7, 8)



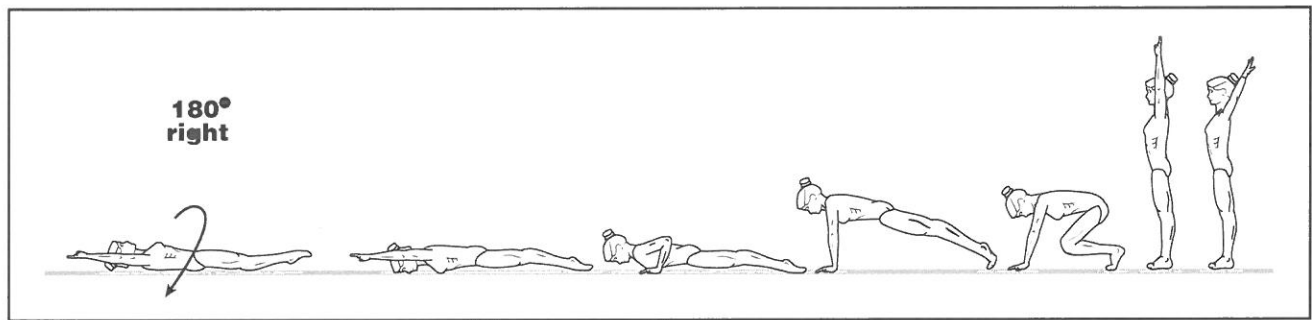
Lift the buttocks off the floor and open the hips and torso to a CRAB STAND with the torso extended and parallel to the floor. **Hold one second.**

ARMS: Push down against the floor and extend the arms.

Bend the arms and torso, lowering the body through a tuck sit, then straighten the legs to arrive in a straight back lying position on the floor, with the arms extended overhead.



## \*6. ½ (180°) SIDE ROLL



(1, 2, 3, 4)

Execute a ½ (180°) straight body SIDE ROLL to the Right to finish in a straight lying prone position.

ARMS: Remain high during the roll.

At the completion of the roll, place the hands on the floor under the chest. Extend the arms to push up to a straight body prone support with the legs together, balls of the feet on the floor.

(5, 6, 7, 8)

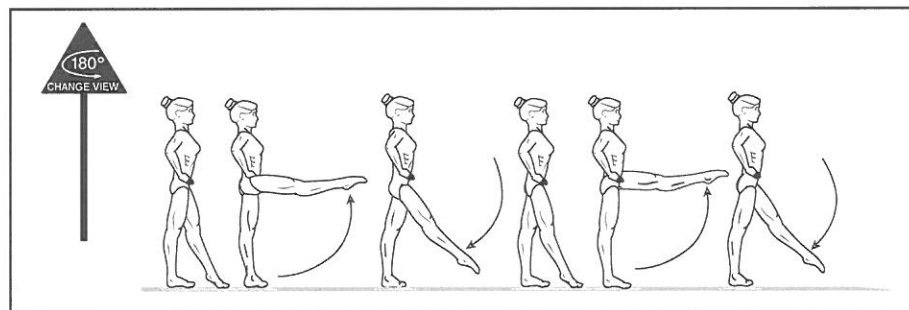
Jump the feet forward toward the hands and bend the knees to arrive in a tuck stand in relevé. Extend the legs and lower the heels to the floor to finish in a straight stand.

ARMS: Lift to high position on the stand, then open to sideward-diagonally-upward.

## 7. LEG SWINGS (0.40 EACH)

R- (1, 2)

L- (3, 4)



Step forward onto a straight Left leg with the Left foot turned out slightly (not in relevé). Swing the turned out Right leg forward to horizontal or above. When the LEG SWING reaches its highest point, pull the leg down quickly and step forward onto a straight Right leg with the Right foot turned out slightly (not in relevé).

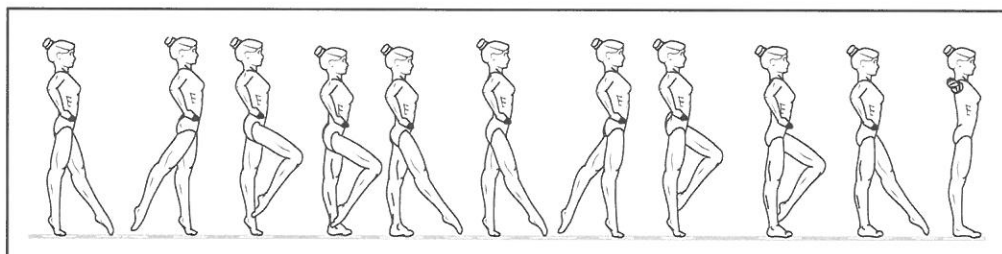
Repeat the LEG SWING with the Left leg. Both legs remain straight with hips squared throughout.

ARMS: Hands on hips.

## 8. COUPÉ WALKS FORWARD (NOT IN RELEVÉ) (0.20 EACH)

R-(1, 2, 3, 4)

L-(5, 6, 7, 8)



Begin the forward step by pushing off the Right foot while simultaneously reaching forward onto the Left foot (relevé to flat). Point the Right foot behind SLIGHTLY off the floor as the weight transfers to the Left foot. (*Do not perform a kick or arabesque here.*) Immediately bend the Right knee forward and pull the pointed Right foot forward to touch the Left ankle (forward coupé). The COUPÉ WALK rhythm is "Point, Push, Step, Pull." Extend the Right leg forward, pointing the Right foot on the floor.

Repeat the COUPÉ WALK on the Right leg.

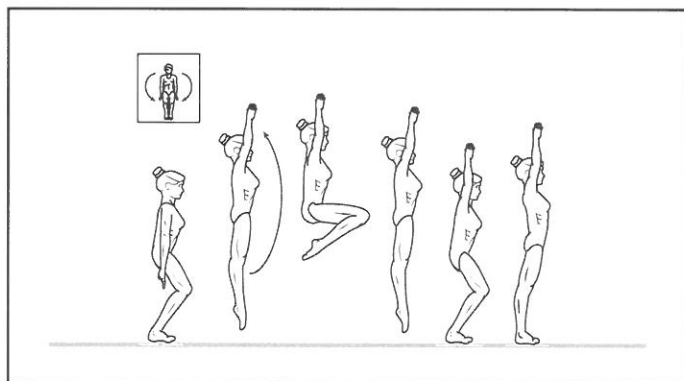
ARMS: Hands on hips.

Step Left, closing the Right foot beside the Left foot (not in relevé).

ARMS: Open both arms to side-middle.

## 9. TUCK JUMP (0.40)

(1, 2, 3, 4)



Demi-plié both legs. Push off the floor, extending both legs through the hips, knees, ankles, and toes with the legs together, then quickly bend both knees forward-upward achieving a minimum of 90° hip and knee angle to execute a TUCK JUMP. Dynamically open the legs in the air to a stretched position before landing. Land on both feet side-by-side in demi-plié, pressing through the balls of the feet to lower the heels to the floor.

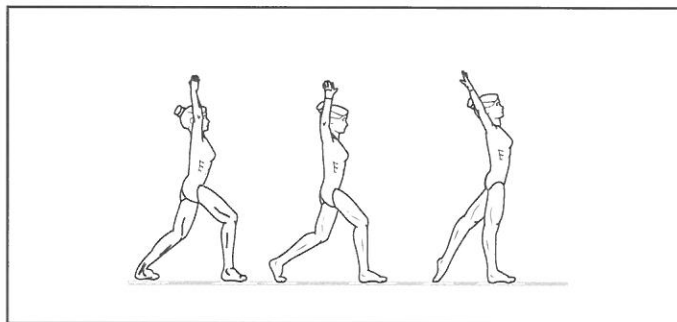
ARMS: During the demi-plié, lower the arms sideward-downward to low position. During the jump, lift forward-upward to crown. Remain in crown upon landing.

Extend both legs to finish in a straight stand (not in relevé).

ARMS: Remain in crown.

## 10. POSE

(5, 6, 7, 8)



Demi-plié the Left leg and step forward onto a bent Right leg, turned out slightly. Showing a rocking motion through the use of the legs through 4<sup>th</sup> position demi-plié with both heels on the floor, perform a weight transfer onto the Right leg.

Extend both legs to finish with the Left leg extended backward, turned out slightly, with the Left foot pointed on the floor.

ARMS: Open sideward, supplely bending and straightening the arms to finish diagonally-sideward-upward.

## **LEVEL 1 FLOOR EXERCISE EVALUATION POINTS**

1. Maintain tight tuck in FORWARD & BACKWARD ROLLS
2. Long deep lunge into CARTWHEEL
3. CARTWHEEL performed with 1-2-3-4 rhythm
4. Body straight on CARTWHEEL
5. Legs straight, toes pointed in CANDLESTICK
6. *Torso extended and parallel to floor in CRAB STAND*
7. Tight, stretched body during SIDE ROLL
8. Good body alignment, square hips, straight support leg on LEG SWINGS
9. Precise foot position and correct rhythm in COUPÉ WALKS FORWARD
10. Maintain vertical alignment and show a 90° hip angle on TUCK JUMP
11. Quick opening of tuck position prior to landing TUCK JUMP
12. WEIGHT TRANSFER through 4<sup>th</sup> position with good coordination of arms

## **LEVEL 1 FLOOR – SUPPLEMENTARY SKILLS**

### **1. STRADDLE PRESSES**

From a straddle sit on the floor, place the hands on the floor between the legs. Press down against the floor to lift the legs and buttocks off the floor to show a straddle “L” position. Try to hold this position three seconds. Lower to a sit.

Lean forward while pressing downward and lifting the buttocks backward-upward to arrive in a straddle stand position. Repeat the exercise.

### **2. WALKING WITH THE FEET TURNED OUT**

Starting in ballet first position, walk forward starting with either foot, leading with the inside ankle bone to step with the foot turned out. The placement of the foot on the floor should be toes, ball of the foot, then heel.

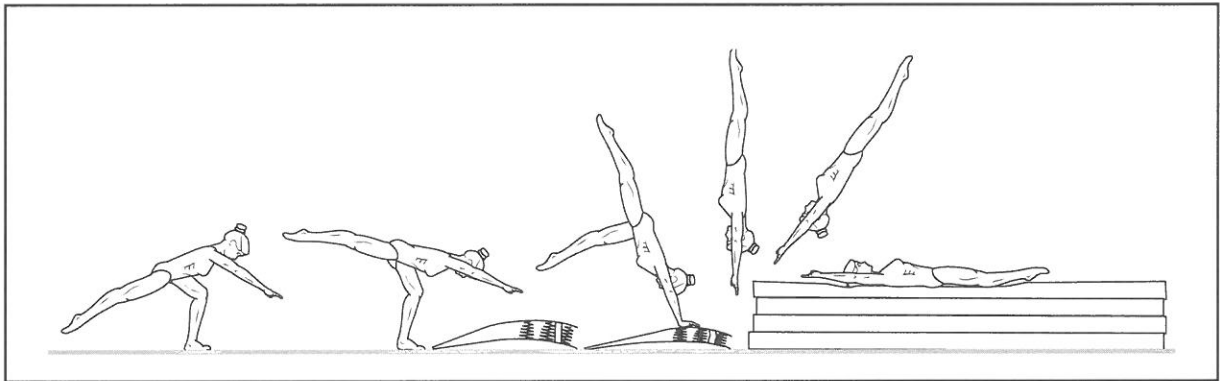
### **3. TRIPOD BALANCE**

On a matted surface, place the head on the floor. Place the hands on the floor to make a triangle formation (head, hand, hand). Invert the hips to vertical and place the knee of each leg on the elbow of the corresponding arm. Balance in that position.



# LEVEL 2 VAULT

## HANDSTAND BLOCK



Place a board in front of a minimum of 16 inches of skill cushion(s).

Taking one-to-three steps forward, swing the arms forcefully from back to forward, placing the hands on the board while kicking the back leg backward-upward and pushing off the floor or board with the front leg. The arms remain straight and the shoulders extend quickly to push or "block" off the board. Maintain a straight-hollow body position. The legs are together and the head is neutral. The flight is through vertical with the body rotating to land in a straight lying position on the back on the skill cushion. A spotter may assist the gymnast.

Arms: Remain in high position from the block through the landing on the back.

### LEVEL 2 VAULT EVALUATION POINTS

1. Arms swing from backward low to forward while performing a deep lunge prior to hand contact on board
2. Block with straight arms and extended shoulders
3. Flight with tight body and legs together by vertical
4. Land flat on the back while maintaining a straight-hollow position

## LEVEL 2 VAULT SUPPLEMENTARY SKILLS

### 1. RUNNING FORM/TECHNIQUE

Maintaining the proper form designated at Level 1, the gymnast now attempts to increase acceleration and overall speed of the run. The emphasis is on acceleration.

### 2. DIVE FORWARD ROLL FROM A BOARD ONTO AN 8-INCH SKILL CUSHION

From a 2-foot take-off, extend the legs off the board. Maintain a straight-hollow body position throughout while lifting the hips up over the shoulders and head. Bend the arms (keeping elbows in), tuck the chin to the chest, and place the hands, then back of the head and shoulders on the skill cushion to execute a DIVE FORWARD ROLL. During the roll out, tuck the legs to pass through a squat stand and finish in a straight stand.

### 3. SQUAT ONTO STACKED MATS

Using a short run approach of 3-5 steps, hurdle onto a vault board. Reach forward toward a stack of mats approximately waist-height, and tuck the legs to land in a squat stand, feet between the hands. The arms remain straight and the legs and knees are together. Extend the legs to finish in a straight stand.

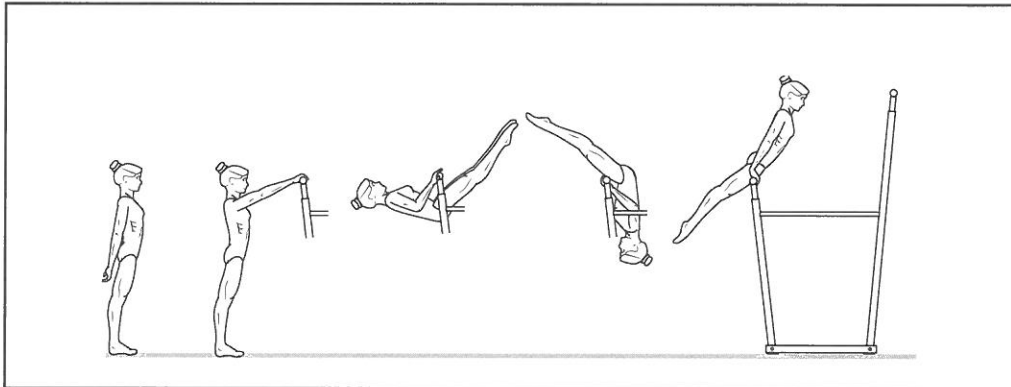


## LEVEL 2 UNEVEN BARS

A single bar may be used for competition, provided that it meets Low Bar specifications, as written in the current *Rules and Policies*.

**SP:** Stand with the feet together, facing the low bar. A board or raised surface (such as a panel mat or padded spotting/skill block) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

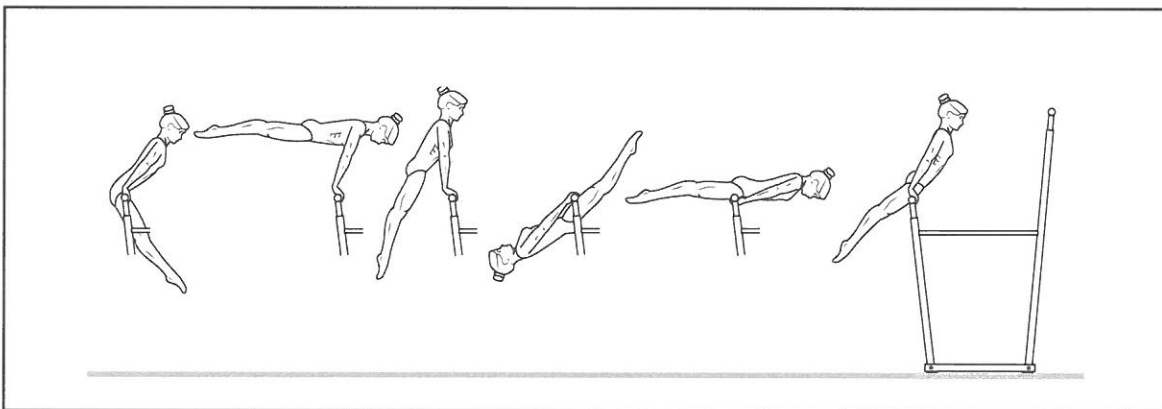
### 1. MOUNT: BACK HIP PULLOVER (0.80)



Grasp the low bar with an overgrip, hands shoulder-width apart. Lift both legs upward and over the low bar while pulling with flexed arms. Continue to lift the hips over the bar to execute a **BACK HIP PULLOVER MOUNT**. Shift the hands to the top of the bar, straightening the arms, to arrive in an extended front support. Maintain straight legs and a neutral head position throughout.

### 2. CAST (0.60)

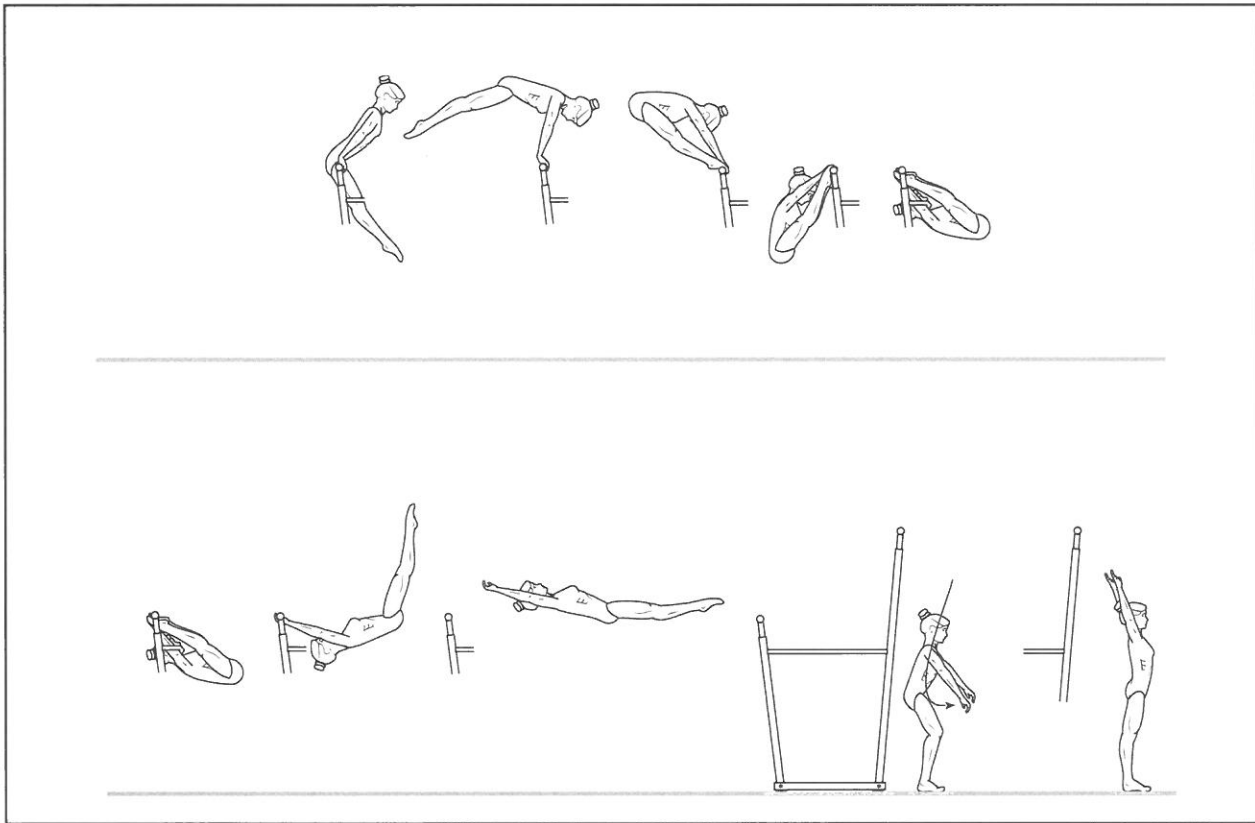
### 3. BACK HIP CIRCLE (0.60)



With the shoulders slightly in front of the bar, swing the legs forward, then backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a **CAST** with legs together. Maintain a straight-hollow body position with the buttocks tight, the arms and legs straight, and the head neutral.

As the hips return to the bar, lean the shoulders backward, causing the body to circle backward around the bar in a straight-hollow body position to execute a **BACK HIP CIRCLE**. Maintaining straight arms and legs throughout, shift the hands to the top of the bar to finish in a momentary extended front support. Maintain a neutral head position throughout.

#### 4. CAST, STRADDLE ON, SOLE CIRCLE DISMOUNT (0.80)



With the shoulders slightly in front of the bar, immediately swing the legs forward, then backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a **CAST** with straight arms and legs together. At the peak of the cast, separate the legs and place the balls of the feet on the bar with the feet close to the hands to execute the **STRADDLE ON**. Immediately apply pressure to the bar by pulling the bar against the bottom of the feet while rising up onto the balls of the feet (*relevé*).

Swing backward-downward-forward-upward, continuing to press the feet against the bar. Maintain straight arms and a hollow chest position throughout the circle. The head remains neutral with the arms near the ears. As the hips rise, release the feet from the bar and press the bar backward to achieve an extended body position. Release the hands to execute a **STRADDLE SOLE CIRCLE DISMOUNT**. Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position ("stick").

ARMS: Lower sideward-downward to finish at forward-diagonally-low.

Extend the legs to finish in a straight stand.

ARMS: Lift forward-upward to high position.



## **LEVEL 2 BARS EVALUATION POINTS**

1. **BACK HIP PULLOVER** continuous
2. **Body extended at finish of BACK HIP PULLOVER**
3. **CAST with straight-hollow body position**
4. **Arms and legs straight on CAST, with legs together**
5. **BACK HIP CIRCLE with straight arms**
6. **BACK HIP CIRCLE with straight legs**
7. **Immediate CAST (after Back Hip Circle) with a straight-hollow body position**
8. **Toes placed slightly outside of hands on the SOLE CIRCLE**
9. **Arms and legs extended throughout the SOLE CIRCLE**
10. **Good extension of body during flight off the bar**
11. **Good control in demi-plié landing**
12. **Routine continuous**

## **LEVEL 2 BARS - SUPPLEMENTARY SKILLS**

### **1. FLOOR BAR SINGLE LEG CUTS**

Assume a push-up position with the hands on a floor bar and the shoulders leaning forward over the bar. Shift the weight to the Left arm and swing a straight Right leg forward. Release the Right arm (cutting) as the Right leg swings over the bar. Regrasp the bar just outside the Right leg, arriving in a standing stride support.

### **2. SINGLE KNEE UPRISE**

Grasp the bar in an overgrip. Bring the Right knee through between the arms and hook the Right leg on the bar. From a single knee hang, rock several times by pressing the Left leg backward-downward to initiate swing. After a few increasingly larger swings, quickly drive the Left leg downward. As the chest begins the upswing, pull downward on the bar and shift the wrists to the top of the bar. Arrive in a stride support with straight arms.

### **3. WRIST SHIFTS**

Start in a front lying position on a low bar (lying on the belly, slightly piked). Shift the wrists from the bottom of the bar to the top, while lifting the chest close to vertical. Straighten the arms as the wrists shift to the top of the bar to arrive in a front support position. Assistance of a spotter may be used.



## LEVEL 2 - BALANCE BEAM

**Time Limit: 0:30**

**Note:**

Whenever high position arms are indicated, arms may be curved (crown) or straight.

Whenever sideward-diagonally upward arms are indicated, arms may be pressed slightly backward.

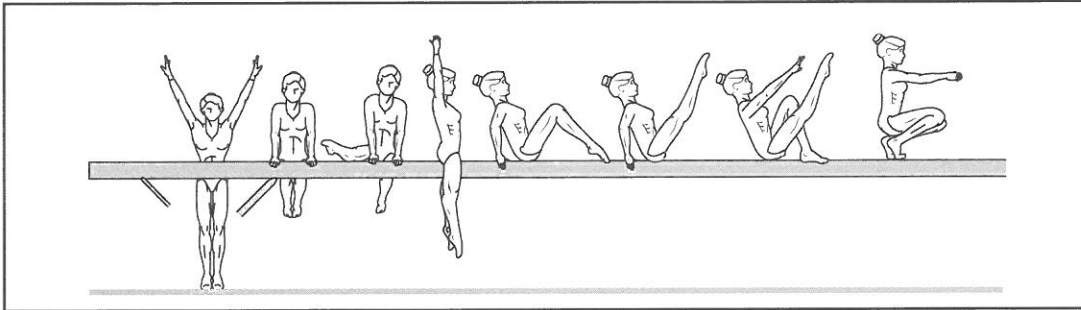
Whenever the text states to "step," the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.

**The routine may be reversed in its entirety; however, no single element may be reversed unless indicated by an asterisk. (\*)**

**SP:** Stand facing the beam. **Space the mount so that the V-sit will be performed close to the end of the beam.** A board or raised surface (such as a folded panel mat) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

### **\*1. JUMP TO FRONT SUPPORT MOUNT (0.20)**

### **2. V-SIT (0.20)**



Place both hands shoulder-width apart on the beam and jump to a FRONT SUPPORT finishing with the arms straight and body extended. Lift the straight Right leg over the beam with a 90° turn Left, finishing in a straddle sit facing the length of the beam.

**ARMS:** Move the Left hand backward beside the Right hand as the 90° turn is executed. Lift both arms forward-upward to high position at the completion of the mount.

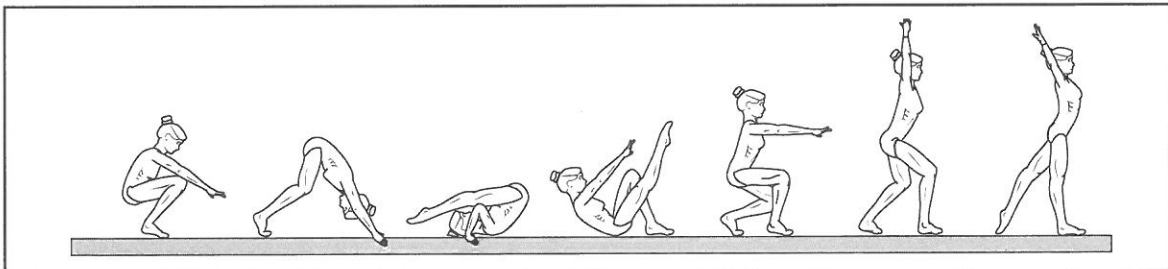
Shift the weight back onto the buttocks. Bend both legs to place the toes on the top of the beam. Immediately straighten the legs and lift to show a V-SIT with the torso extended.

**ARMS:** Grasp the beam behind the hips with the arms bent or straight.

Bend the Left leg and step out onto the Left foot, then the Right foot, to arrive in a tuck stand.

**ARMS:** Lift to forward-middle.

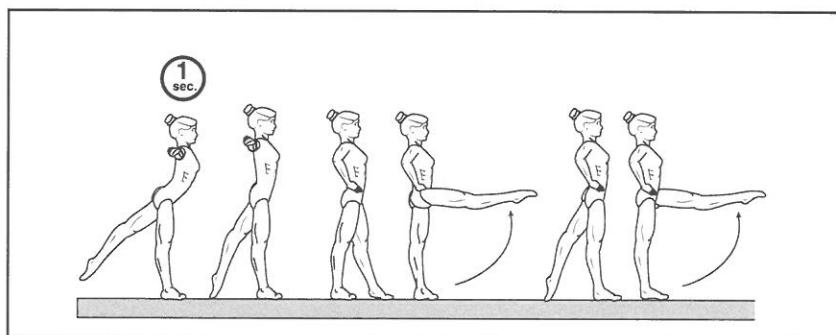
### **3. FORWARD ROLL (0.80)**



Reach forward to place the hands on the beam. Lower the head by tucking the chin to the chest and keeping the back rounded. Lift the hips to place the back of the head and shoulders on the beam between the hands and the feet. Push off both feet to initiate the FORWARD ROLL. During the roll, grasp the beam (above or below) with the hands by the head, keeping the elbows pressed in close to the ears. Extend the legs to a pike position. Bend the legs to step out on the Left foot, then the Right foot to arrive in a tuck stand. Immediately straighten both legs, shifting the weight forward to finish in a stand on a straight Right leg with the Left leg extended backward slightly turned out, and the Left foot pointed on the beam.

**ARMS:** During the roll up, move the arms forward-upward to crown; then open to sideward-diagonally-upward on the stand.

#### 4. ARABESQUE (0.40)



Keeping the torso erect, lift the turned out straight Left leg backward-upward a minimum of 30° off the beam. The Left hip is allowed to “unsquare” slightly to show turn out in the arabesque. **Hold for one second.** Lower the Left leg to point the Left foot behind on the beam.

ARMS: Lower to side-middle.

#### 5. LEG SWINGS (0.40)

Step forward onto a straight Left leg with the Left foot slightly turned out (not in relevé).

ARMS: Place hands on hips.

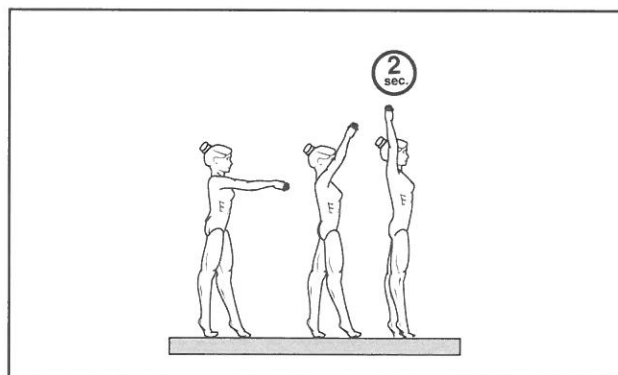
Swing the slightly turned out Right leg forward forcefully to horizontal or above. When the LEG SWING reaches its highest point, pull the leg down quickly and step forward onto a straight Right leg with the Right foot slightly turned out (not in relevé). Repeat the LEG SWING with the Left leg. Both legs remain straight with the hips squared throughout.

ARMS: Hands remain on the hips.

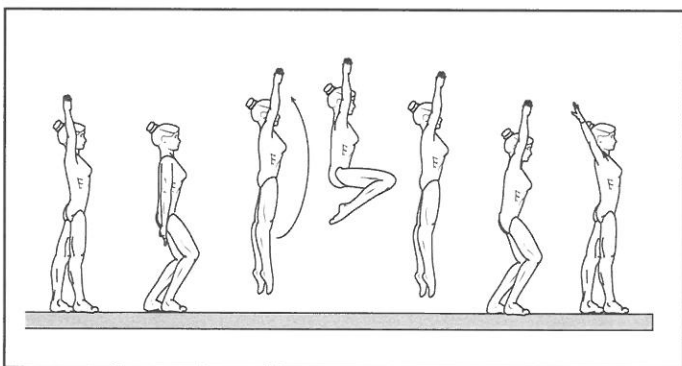
#### 6. RELEVÉ BALANCE (0.20)

Step forward in relevé on the Left; then Right foot. Close the Left foot behind the Right foot in relevé “lock” position. **Hold two seconds.**

ARMS: Lift forward-upward to crown.



#### 7. TUCK JUMP (0.40)



Slide the Right foot forward and lower the heels onto the beam to finish with the Right foot in front of the Left foot, feet slightly turned out.

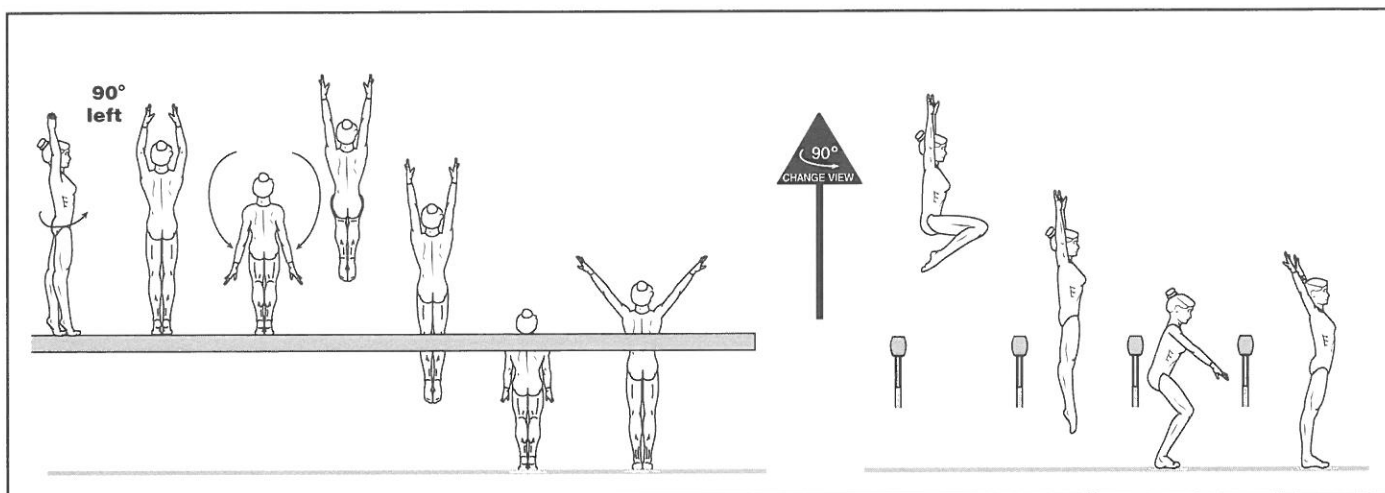
Demi-plié both legs with the heels down on the beam. Push off the beam, extending both legs through the hips, knees, ankles and toes with the legs together; then quickly bend both knees forward-upward achieving a minimum of 90° hip and knee angle to execute a TUCK JUMP. Dynamically extend the hips and legs in the air to a stretched position before landing. Land on both feet in demi-plié, pressing through the balls of the feet to lower the heels onto the beam, Right foot in front of the Left foot with the feet slightly turned out.

ARMS: On the demi-plié, lower the arms sideward-downward to low position. During the jump, lift forward-upward to crown. Arms remain in crown upon landing.

Extend the legs to finish in a straight stand (not in relevé).

ARMS: Open to sideward-diagonally-upward.

## 8. TUCK JUMP DISMOUNT (0.60)



Immediately relevé on both feet. Slide the Right foot back to a relevé "lock" position with the Right foot in front of the Left foot, and turn 90° to the Left.

ARMS: Lift to crown.

Demi-plié and jump off the beam by executing a TUCK JUMP DISMOUNT. Dynamically extend the hips and legs in the air to a stretched position before landing. Land in demi-plié in a balanced and controlled position ("stick"), pressing through the balls of the feet to lower the heels onto the mat.

ARMS: Move sideward-downward on the demi-plié and forward-upward to high position during the jump. Lower sideward-downward to forward-diagonally-low on landing.

Extend the legs to finish in a straight stand.

ARMS: Lift forward-upward to sideward-diagonally-upward.

### LEVEL 2 BALANCE BEAM EVALUATION POINTS

1. Legs straight, torso extended on V-SIT
2. Squat and roll with continuity in FORWARD ROLL
3. Good alignment in ARABESQUE
4. Leg held at 30° for one second on ARABESQUE
5. Straight legs and straight body alignment on LEG SWINGS
6. Forceful speed of leg on LEG SWINGS
7. Feet in forced arch, ankles over balls of feet in RELEVÉ BALANCE
8. Shoulders pressed down and good alignment in RELEVÉ BALANCE
9. Good height on TUCK JUMP
10. Correct arm pathway for TUCK JUMP
11. Maintain vertical alignment and show a 90° hip angle on TUCK JUMP DISMOUNT
12. Controlled landing in demi-plié on TUCK JUMP DISMOUNT

## **LEVEL 2 BEAM SUPPLEMENTARY SKILLS**

### **1. WHIP SWINGS TO TAP**

Sit in a cross straddle sit on the beam. Swing the legs backward-upward. When the feet are slightly above the level of the beam, join the legs and tap the feet together, keeping the arms, legs, and body straight at all times. Once the feet have tapped together, open the legs again and return to the starting position. Repeat several times.

### **2. LEVER ACTION**

From a stand on a straight or bent Right leg, lift the Left leg backward-upward, keeping the hips squared. Maintaining a straight body position, simultaneously lower the torso and lift the Left leg backward-upward as high as possible while the hands reach and touch the top of the beam. Immediately lift the torso using this levering action to finish in a straight stand on the Right leg.

Repeat on the other leg.

### **3. HANDSTANDS ON LOW BEAM**

#### **CROSS HANDSTAND:**

Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this levering action, lifting the Left leg backward-upward as the torso lowers. Reach forward to grasp the beam, placing the hands side-by-side with the thumbs on top of the beam. Push off the beam with the Right leg to arrive in a CROSS HANDSTAND with legs together, shoulders extended, hip angle open, 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.

#### **SIDE HANDSTAND:**

Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this levering action, lifting the Left leg backward-upward as the torso lowers. Reach forward to place the Right hand sideways on the beam as the body turns 90° Left. Place the Left hand on the beam sideways (hands shoulder-width apart) as the Right leg pushes off the beam to execute a SIDE HANDSTAND with legs together, shoulders extended, hip angle open, and focus on the hands.

Step down onto the beam or floor to finish.



## LEVEL 2 - FLOOR EXERCISE

Note:

Whenever high position arms are indicated, arms may be curved (crown) or straight.

Whenever sideward-diagonally upward arms are indicated, arms may be pressed slightly backward.

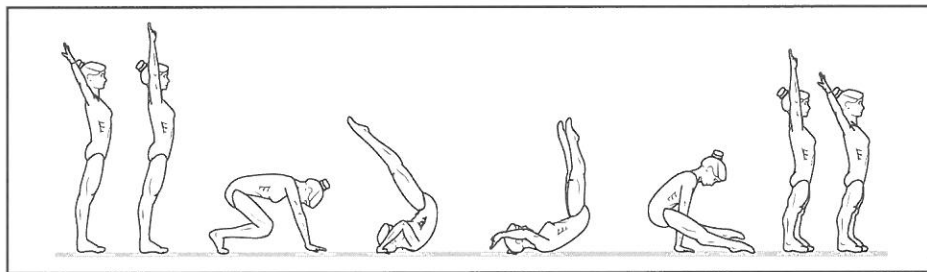
Whenever the text states to "step," the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.

**The routine may be reversed in its entirety; however, no single element may be reversed unless indicated by an asterisk. (\*)**

The choreography was developed in counts of 8. The numbers in parenthesis following the title of the elements/connections refers to the counts in the musical phrase.)

**SP:** Start in a corner or near the side of the Floor Exercise mat. The gymnast may perform the exercise in a straight pattern across the mat or on the diagonal. Begin in a straight stand with the arms extended sideward-diagonally-upward.

### 1. FORWARD ROLL TO STRADDLE STAND (0.40)

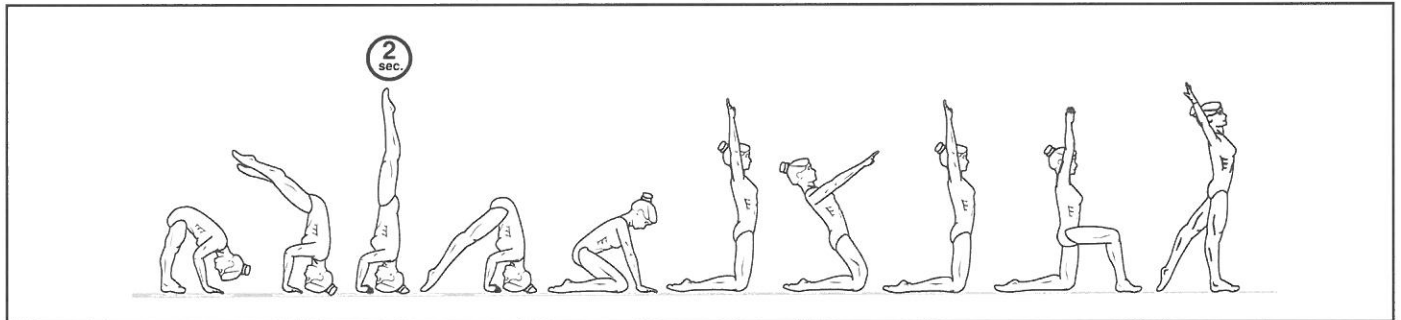


(1, 2, 3, 4)

Bend the knees and reach forward to place the hands on the floor. Lower the head by tucking the chin to the chest and keeping the back rounded. Lift the hips to place the back of the head and shoulders on the floor. Push off both feet to initiate the FORWARD ROLL. As the roll continues, straddle the legs, reaching between the legs with both hands to push down against the floor. Keep the legs straight as the hips rise to arrive in a straddle stand.

**ARMS:** Lift to high position. At the completion of the roll, arms lift to high position; then open to diagonally-sideward-upward.

### 2. HEADSTAND TO KNEEL (0.40); HINGE (0.40)



(5, 6, 7, 8)

Place the hands and head on the floor (with the head in front of the hands in a triangular formation). Lift the feet off the floor in a straddle position as the hips move directly in line over the head. The legs move sideward-upward to join at vertical in a HEADSTAND with the body in an extended vertical position.

(1, 2, 3, 4) Hold two seconds.

(5, 6, 7, 8)

Pike the hips to lower the legs. Keep the legs together and straight until the toes touch the floor, then bend the legs to place the knees on the floor with the ankles extended. (Knees may be slightly separated in the kneeling position.) Lift the torso to finish in an upright kneeling position with the hips extended.

**ARMS:** Lift forward-upward to high position as the torso lifts.

(1, 2, 3, 4)

While maintaining an open hip angle (straight line between the knees and shoulders), lean the torso backward a minimum of 30° to execute a HINGE. Lift the torso to finish in an upright kneeling position with the hips extended.

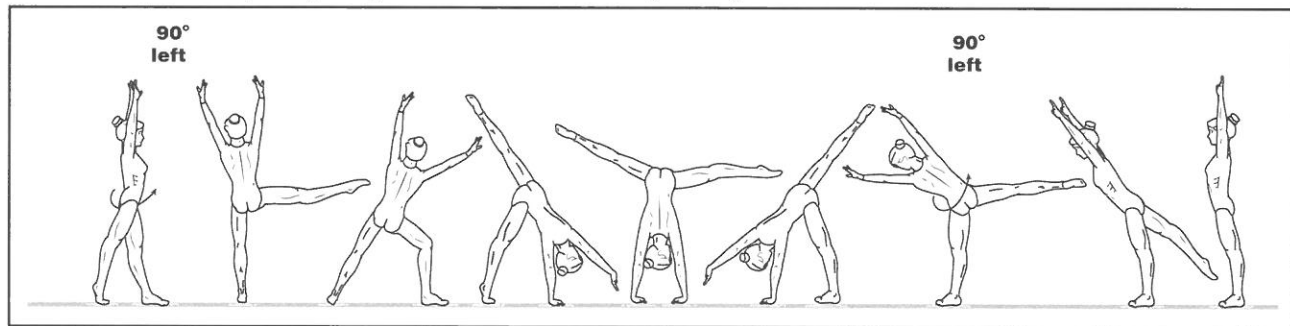
**ARMS:** Lower forward-downward to forward-middle before HINGE. Return to high position at the end of the HINGE.

(5, 6, 7, 8)

Lift the Right leg forward, bending the Right knee to place the Right foot slightly turned out flat on the floor. Straighten both legs to arrive in a stand on the Right leg, with the Left leg extended backward and the Left foot pointed on the floor.

**ARMS:** Open to diagonally-sideward-upward.

### 3. \*CARTWHEEL, ¼ (90°) TURN INWARD (0.60)



(If reversing the cartwheel, step Left, Right and kick Left; continue reversing until the feet are joined after the 90° turn.)

(1, 2, 3, 4, 5, 6, 7, 8)

Step onto a straight Left leg. Kick the straight Right leg forward-upward while simultaneously turning 90° to the Left. Take a long step sideways onto the Right leg into a deep side Right lunge with the Right foot slightly turned out. Lift the Left leg sideward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the floor. Continue this levering action and lift the Left leg sideward-upward as the torso lowers. Place the Right hand sideways on the floor as the Right leg pushes off the floor. Place the Left hand on the floor sideways (hands shoulder-width apart) to execute a CARTWHEEL RIGHT. The head remains in alignment, with the shoulder and hip angle open. Step down on the Left foot using the levering action, then turn 90° inward (to the Left) to close the Right foot next to the Left foot.

ARMS: High position, shoulder angle open throughout.

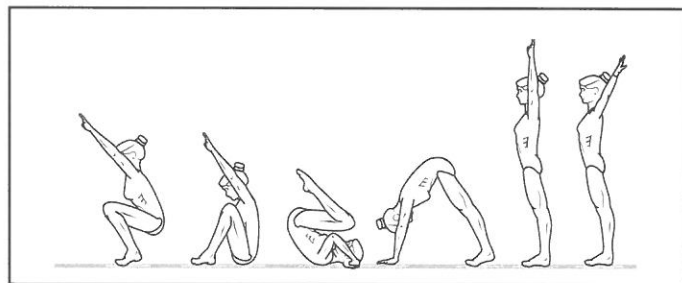
HEAD: Remains neutral between the arms throughout.

### 4. BACKWARD ROLL TO PIKE STAND (0.40)

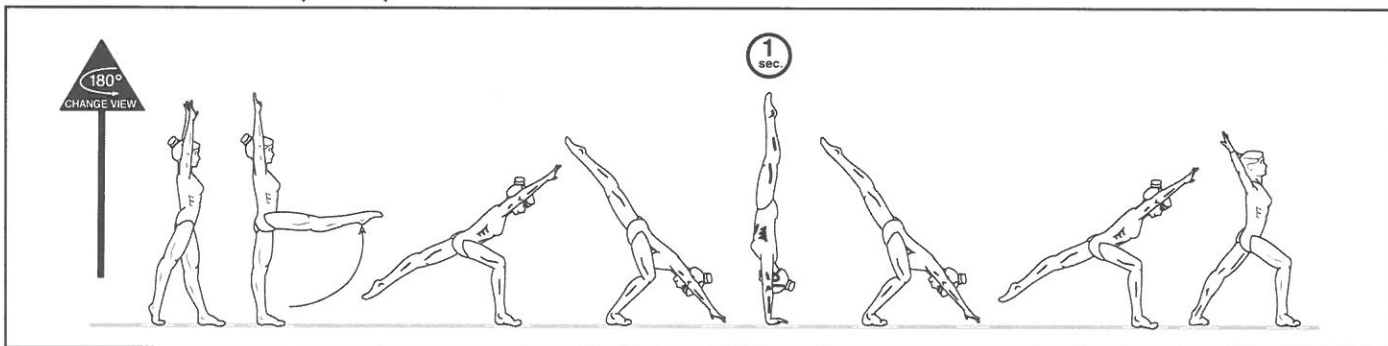
(1, 2, 3, 4)

Bend the knees to arrive in a tuck sit, keeping the feet on the floor. Begin rolling backward with the head tucked, chin to chest. Immediately place the hands on the floor by the shoulders, palms down, fingers pointing toward the shoulders. As the hips roll backward through vertical, push down against the floor and extend the arms, taking weight off the head and neck. As the body rolls over the head, extend the legs into a pike position to finish in a straight stand.

ARMS: High position at start of roll. Finish the roll with arms in high position; then open to sideward-diagonally-upward.



### \*5. HANDSTAND (0.60)



(If reversing the handstand, step Right and kick Left.)

(1, 2)

Step forward onto a straight Left leg. Kick the Right leg forward to horizontal or above.

ARMS: High position.

(3, 4, 5, 6, 7, 8)

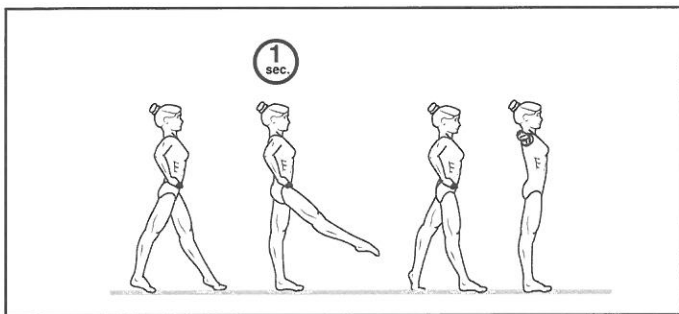
Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from

the hands, torso, and Left leg while reaching for the floor. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Place the hands shoulder-width apart on the floor while pushing off with the Right leg to arrive in a HANDSTAND with legs together, head neutral, with a straight, tight, body position. **Hold for one second.** Step down using the levering action to finish in a Right lunge, pressing the Right knee and both hips forward.

ARMS: Finish the step down with arms in high position; then open to diagonally-sideward-upward.



## 6. FRONT LEG BALANCE (0.20)



(If the step-down from the handstand was reversed, continue with the following text, as written.)

**(1, 2)**

Step forward onto a straight Left leg with the Left foot slightly turned out (not in relevé). Lift the Right leg (turned out slightly) forward-upward to a minimum of 45° below horizontal to execute a FRONT LEG BALANCE. **Hold for 1 second.**

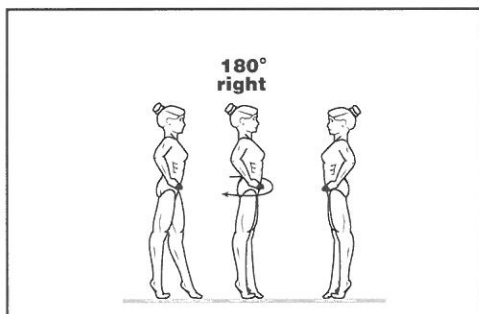
ARMS: Hands on hips.

**(3)**

Step Right, then close the Left foot beside the Right foot (not in relevé).

ARMS: Lift to side-middle.

## 8. ½ (180°) PIVOT TURN (0.20)



**(5, 6, 7, 8)**

Step forward Left, then close the Right foot behind the Left in relevé lock position.

ARMS: Hands on hips.

Execute a quick ½ (180°) PIVOT TURN to the Right in relevé lock position. Maintain straight body alignment and high relevé throughout.

ARMS: Remain on hips.

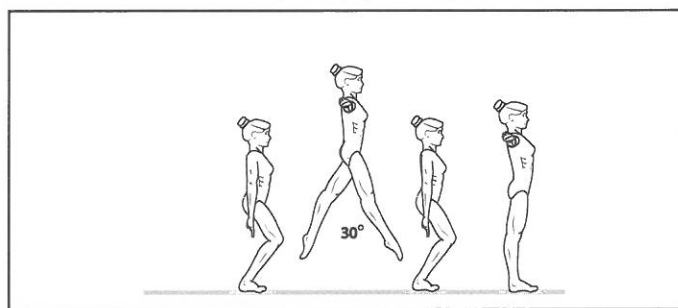
## 10. POSE

**(3, 4)**

Step forward onto a slightly turned out bent Right leg, "rocking the legs" through 4<sup>th</sup> position demi-plié with both heels on the floor to perform a weight transfer onto the Right leg. Extend both legs to finish with the Left leg extended backward, turned out slightly, with the Left foot pointed on the floor.

ARMS: Lower sideward-downward to low position; then lift forward-upward to crown, and continue open sideward, supplely bending and straightening the arms to finish diagonally-sideward-upward.

## 7. SPLIT JUMP (30°) (0.40)



**4)**

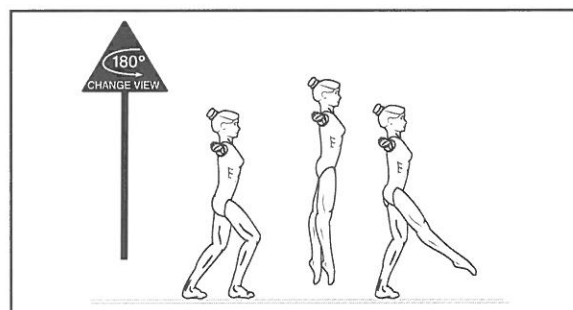
Demi-plié both legs. Push off the floor, extending the legs through the hips, knees, ankles, and toes to execute a SPLIT JUMP with a minimum of 30° even leg separation with the Right leg forward, Left leg behind. Land on both feet side-by-side in demi-plié, pressing through the balls of the feet to lower the heels onto the floor.

ARMS: During the plié, lower the arms to low position. During the jump, lift sideward-upward to side-middle; lower sideward-downward to low position on landing.

Extend both legs to finish in a straight stand (not in relevé).

ARMS: Lift sideward-upward to side-middle.

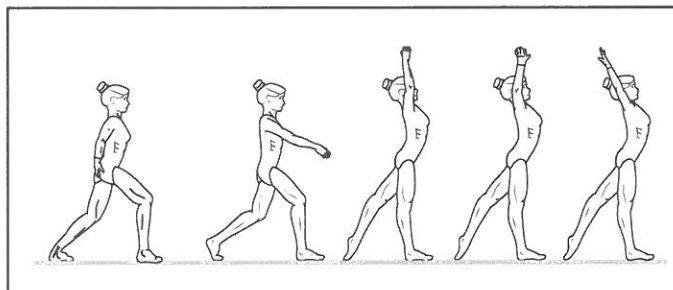
## 9. FORWARD CHASSÉ RIGHT (0.40)



**(1, 2)**

Lower the Left heel onto the floor and demi-plié the Left leg while stepping forward onto the Right foot (turned out slightly) through 4<sup>th</sup> position demi-plié with the heels on the floor. Push off the floor with both feet to execute a FORWARD CHASSÉ RIGHT, closing the Left foot behind the Right foot in the air. Land in demi-plié on the Left leg with the Left foot turned out slightly. The Right leg is pointing down toward the floor.

ARMS: Open to side-middle.



## **LEVEL 2 FLOOR EXERCISE EVALUATION POINTS**

1. Hands reach between the straight legs during the push to **STRADDLE STAND**
2. Control in and out of **HEADSTAND**
3. *Hips/torso remain extended throughout* **HINGE**
4. Pass through side lever position prior to ¼ (90°) turn inward on **CARTWHEEL**
5. Straight legs in **BACKWARD ROLL TO PIKE STAND**
6. Good control and alignment in vertical on **HANDSTAND**
7. **FRONT LEG BALANCE** with leg turned out held for 1 second
8. Straight legs and pointed toes, even leg separation, and erect torso on **SPLIT JUMP**
9. Maintain relevé throughout **PIVOT TURN**
10. Pass through 4<sup>th</sup> position with heels flat into **FORWARD CHASSÉ RIGHT**
11. Feet pointed and legs joined in the air on **FORWARD CHASSÉ RIGHT**
12. **WEIGHT TRANSFER** through 4<sup>th</sup> position with good coordination of arms

## **LEVEL 2 FLOOR EXERCISE SUPPLEMENTARY SKILLS**

### **1. STRAIGHT ARM BACKWARD ROLL DOWN INCLINE MAT**

From a stand in front of an incline mat, sit backward. Begin rolling backward with the head tucked, chin to chest. With the arms straight and hands turned inward, reach backward to place the sides of the little fingers (heels of the hands) on the incline mat behind the head. As the body rolls backward over the head, push down against the mat with straight arms (palms down), taking weight off the head and neck to perform a straight-arm backward roll with the legs together in pike position. Land on both feet to finish in a straight stand.

Arms: High position during the roll. Finish the roll with arms in high position; then open to diagonally-sideward-upward.

### **2. BRIDGE KICK OVER FROM AN ELEVATED SURFACE**

Start in a back lying position on top of an elevated mat surface or on the floor with legs up on the elevated surface. Bend the knees to place the feet flat on the mat. Place the hands on the floor and push down, extending the arms and legs as the back arches, to arrive in a Bridge position with the arms straight, shoulder-width apart or closer and the shoulders positioned over the wrists.

Kick the Right leg overhead while pushing off the mat with the Left leg to pass through vertical in a handstand position with the legs separated. Step down using a levering action to finish in a Right lunge, pressing the Right knee and both hips forward.

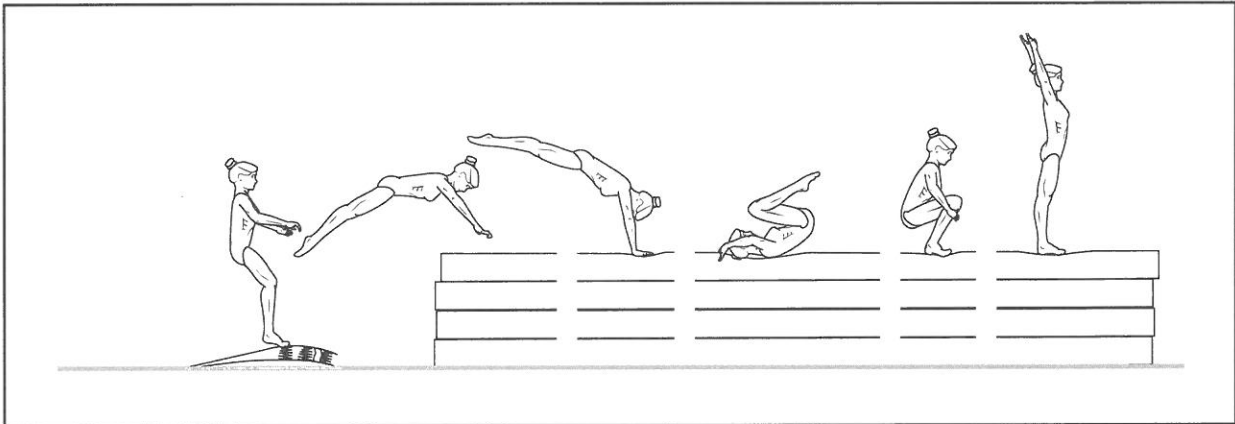
### **3. HURDLE, CARTWHEEL**

Take one to three running steps and hurdle using one of the three acceptable hurdle techniques listed in the glossary, and execute a cartwheel.

# LEVEL 3 VAULT

## FORWARD ROLL ONTO MAT STACK

(MATS AT GYMNAST'S WAIST HEIGHT, PLUS OR MINUS UP TO 8 INCHES OF SKILL CUSHION)



Run seven-to-nine steps, hurdle onto the board and rebound, extending the legs off the board. Reach forward to place the hands on the mat. Maintain a straight-hollow body position throughout while lifting the hips up over the shoulders and head. Bend the arms (keeping elbows in), tuck the chin to the chest, place the back of the head and shoulders on the mat to execute a FORWARD ROLL in a tucked position, with or without grabbing the shins with the hands. *Place the feet on the mat and lean forward to arrive in a tuck stand. Immediately straighten the legs to finish in a straight stand.*

*ARMS: At the completion of the roll, lift arms to high position; then open to diagonally-sideward-upward.*

### LEVEL 3 VAULT EVALUATION POINTS

1. Correct Run and Hurdle technique
2. Straight hollow body position in pre-flight
3. Hips rise over the shoulders with extended legs
4. Tuck position shown during the roll, with chin tucked in to chest

## **LEVEL 3 VAULT SUPPLEMENTARY SKILLS**

### **1. RUNNING FORM/TECHNIQUE**

The emphasis continues to be good technique, as well as showing acceleration and maintaining speed. Running drills are something that will need constant attention throughout the levels.

### **2. HANDSTAND HOLDS**

Kick to a tight, straight body handstand with legs together against a wall. Maintain extended shoulders and neutral head position. This skill may be done with or without the assistance of a spotter.

### **3. HANDSTAND HOPS ONTO A 4-INCH MAT**

From a long lunge, reach the arms from backward to forward. Block off the floor with enough amplitude to land in a tight straight body handstand on a 4-inch mat.

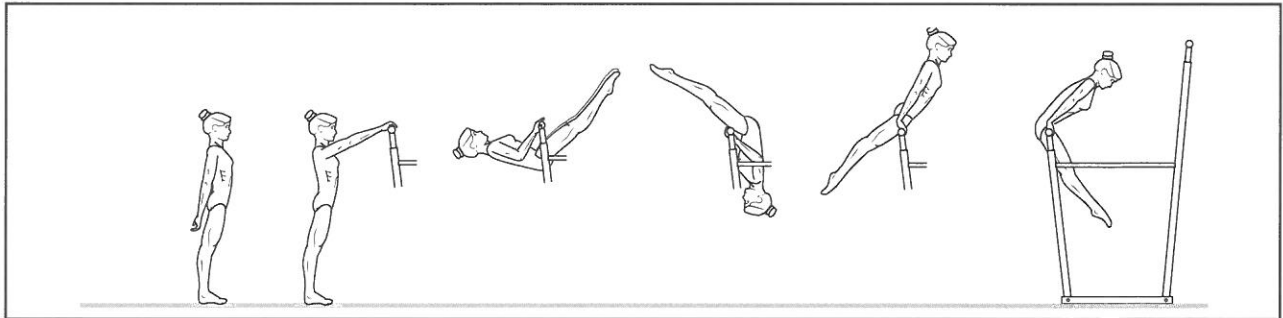
## LEVEL 3 UNEVEN BARS

A single bar may be used for competition, provided that it meets Low Bar specifications, as written in the current *Rules and Policies*.

*\*Indicates that the element may be reversed.*

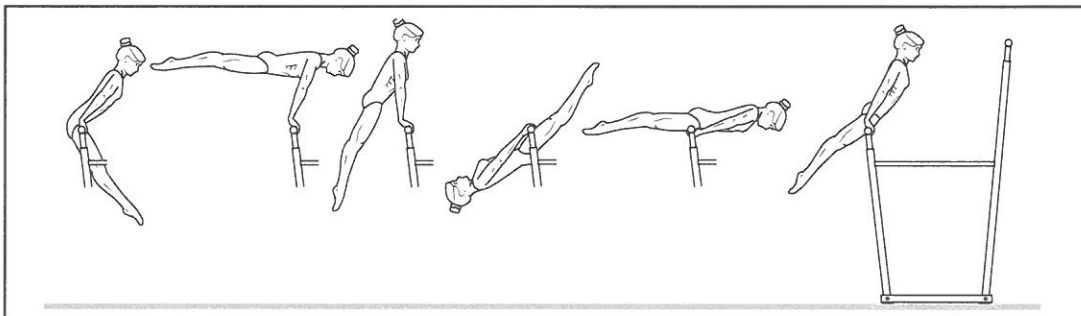
**SP:** Stand with the feet together, facing the low bar. A board or raised surface (such as a panel mat or padded spotting/skill block) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

### 1. MOUNT: BACK HIP PULLOVER (0.80)



Grasp the low bar with an overgrip, hands shoulder-width apart. Lift both legs upward and over the low bar while pulling with flexed arms. Continue to lift the hips over the bar to execute the **BACK HIP PULLOVER MOUNT**. Shift the hands to the top of the bar, straightening the arms, to arrive in an extended front support. Maintain straight legs and a neutral head position throughout.

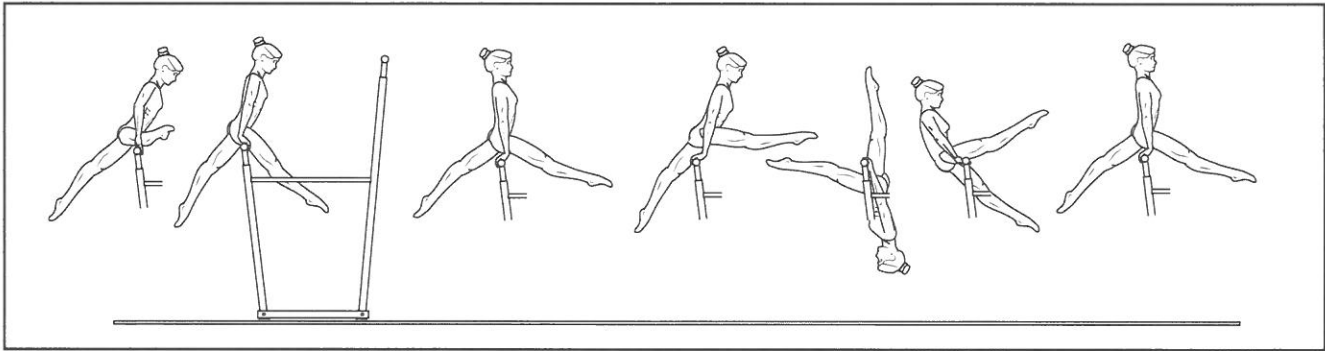
### 2. CAST (0.60)



With the shoulders slightly in front of the bar, swing the legs forward, then backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a **CAST** with legs together. Maintain a straight-hollow body position with the buttocks tight, the arms and legs straight, and the head neutral.

### 3. BACK HIP CIRCLE (0.60)

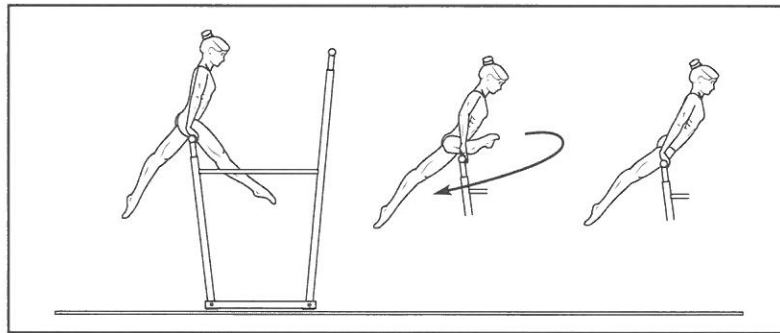
As the hips return to the bar, lean the shoulders backward, causing the body to circle backward around the bar in a straight-hollow body position to execute a **BACK HIP CIRCLE**. Maintaining straight arms and legs throughout, shift the hands to the top of the bar to finish in a momentary extended front support. Maintain a neutral head position throughout.

**\*4.SINGLE LEG CUT FORWARD (0.40)****\*5.FORWARD STRIDE CIRCLE (0.80)**

Shift the weight to the Left arm and lift the Right leg over the bar. As the leg swings over the bar, release the Right hand and regrasp the bar outside the Right leg to execute a SINGLE LEG CUT FORWARD. Finish in a stride support in overgrip. Maintain straight arms and legs throughout.

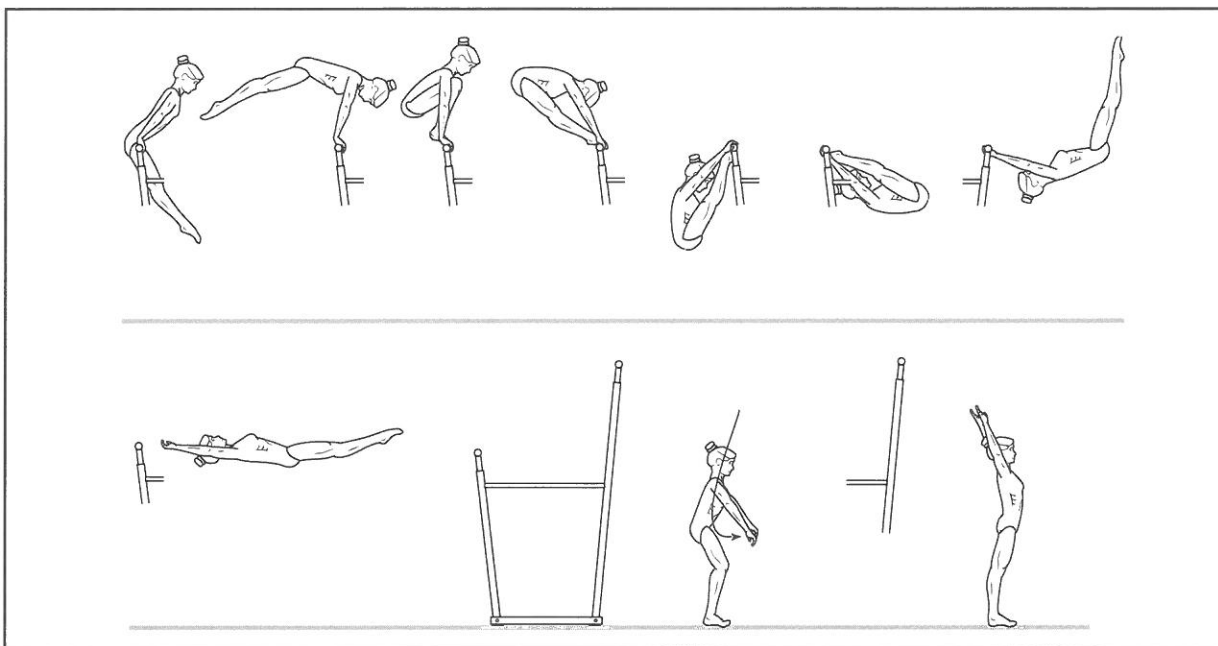
From a stride sit on the bar, immediately change both hands simultaneously to an undergrip (reverse grip). Press the bar down and lift the body upward off the bar to a clear stride support position. Lift and extend the Right leg forward to initiate the circle with the thigh of the Left leg touching the bar. Execute a FORWARD STRIDE CIRCLE maintaining straight arms and legs, and an extended upper body.

As the circle nears completion, shift the hands to the top of the bar to finish in a clear stride support.

**\*6.SINGLE LEG CUT BACKWARD (0.40)**

Lower to a stride sit on the bar and immediately change both hands simultaneously to an overgrip. Shift the weight to the Left arm and lift the Right leg backward over the bar. As the leg swings backward over the bar, release the Right hand to execute a SINGLE LEG CUT BACKWARD. Regrasp the bar to finish in an extended straight body front support. Both legs remain straight throughout.

## 7. CAST, SQUAT ON, PIKE SOLE CIRCLE DISMOUNT (0.80)



With the shoulders slightly in front of the bar, immediately swing the legs forward, then backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a CAST with straight arms and the legs together. Bend the legs and place the balls of the feet on the bar in a tuck position between the hands to execute a SQUAT ON.

Immediately straighten the legs and pull the bar against the bottom of the feet while rising up onto the balls of the feet (relevé). Swing backward-downward-forward-upward, continuing to press the feet against the bar. Maintain straight arms and a hollow chest position. The head remains neutral with the arms near the ears. As the hips rise, release the feet from the bar to achieve an extended body position and press the bar backward. Release the hands to execute the PIKE SOLE CIRCLE DISMOUNT. Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position ("stick").

Arms: Lower sideward-downward to finish at forward-diagonally-low.

Extend the legs to finish in a straight stand.

### LEVEL 3 BARS EVALUATION POINTS

1. **BACK HIP PULLOVER** continuous, finishing in an extended body position
2. **Arms and legs straight on CAST**, with legs together
3. **CAST** with a straight-hollow body position
4. **Good continuity in BACK HIP CIRCLE**, with arms and legs straight
5. **Arms and legs straight on the SINGLE LEG CUT FORWARD**
6. **Controlled regrip of the bar on the SINGLE LEG CUT**
7. **Body extended during FORWARD STRIDE CIRCLE**
8. **Arms and legs straight on the SINGLE LEG CUT BACKWARD** to front support
9. **Arms straight on CAST**, arriving with balls of feet on the bar between the hands in a tuck position
10. **Arms and legs straight in the PIKE SOLE CIRCLE**, with the head neutral
11. **Body extended in flight on PIKE SOLE CIRCLE DISMOUNT** to land in control in demi-plié
12. **Routine continuous**



## **LEVEL 3 BARS SUPPLEMENTARY SKILLS**

### **1. GLIDE SWINGS**

From a stand on a panel mat or small spotting block, jump from both feet, lifting the hips upward and backward to grasp the low bar with an overgrip. Maintain a hollow piked body position with the legs extended and the head neutral. Swing the body forward with the legs together or straddled. At the completion of the forward swing, the legs are together and the hips are fully extended.

Reverse the glide and swing backward to finish in a straight stand on the panel mat, with the hands remaining on the bar. Arms and legs remain straight throughout. This skill may also be done in series.

### **2. FLOOR BAR SINGLE LEG SQUAT THROUGH**

On a bar set at thigh height (this can be accomplished by stacking additional mats under the low bar or elevating a floor bar on spotting blocks to achieve the desired height), grasp the bar with both hands in overgrip. Maintaining straight arms with the shoulders over the bar and the buttocks tight, lift and immediately flex the Right knee to squat over the bar between the hands to execute a single leg squat through. Finish in a clear stride support in overgrip with straight arms and legs.

### **3. INVERTED HOLLOW BODY HOLDS**

With hands in an overgrip on the low bar, pull the body to an inverted straight-hollow position and hold the thighs against bar for 5-10 seconds. Head position remains neutral throughout.



## LEVEL 3 - BALANCE BEAM

**Time Limit: 0:30**

Note:

Whenever high position arms are indicated, arms may be curved (crown) or straight.

Whenever sideward-diagonally upward arms are indicated, arms may be pressed slightly backward.

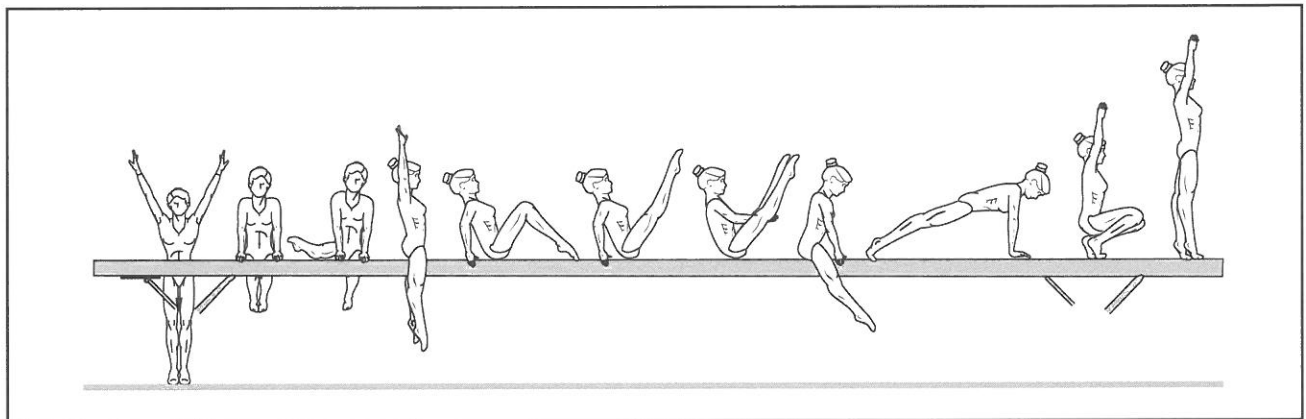
Whenever the text states to "step," the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.

**The routine may be reversed in its entirety; however, no single element may be reversed unless indicated by an asterisk. (\*)**

**SP:** Stand facing the beam. **Space the mount so that the push-up position will be performed close to the end of the beam.** A board or raised surface (such as a folded panel mat) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

### **\*1. JUMP TO FRONT SUPPORT MOUNT (0.20)**

### **2. V-SIT (0.20), SWING TO PUSH-UP POSITION (0.60)**



Place both hands shoulder-width apart on the beam and jump to a **FRONT SUPPORT**, finishing with the arms straight and body extended. Lift the straight Right leg over the beam with a 90° turn Left, finishing in a straddle sit facing the length of the beam.

**ARMS:** Move the Left hand backward beside the Right hand as the 90° turn is executed. Lift both arms forward-upward to high position at the completion of the mount.

Shift the weight back onto the buttocks. Bend both legs to place the toes on the top of the beam. Immediately straighten the legs and lift to show a **V-SIT** with the torso extended.

**ARMS:** Grasp the beam behind the hips with the arms bent or straight.

Swing the legs forward-downward (slightly separating the legs in order to clear the beam), then backward-upward.

**ARMS:** Reach forward and grasp the beam in front of the body with the thumbs on top, and the fingers on side of the beam.

When the feet are slightly above the level of the beam, join the legs to arrive in a push-up position on the balls of the feet, with the arms, legs, and body straight.

"Jump" the legs forward to arrive in a tuck stand on the balls of the feet, with the Right foot in front of the Left foot.

**ARMS:** Lift forward-upward to crown after the feet have arrived in the tuck stand.

Extend the legs to finish in a relevé "lock" stand.

**ARMS:** Remain in crown.

### 3. ARABESQUE (0.40)

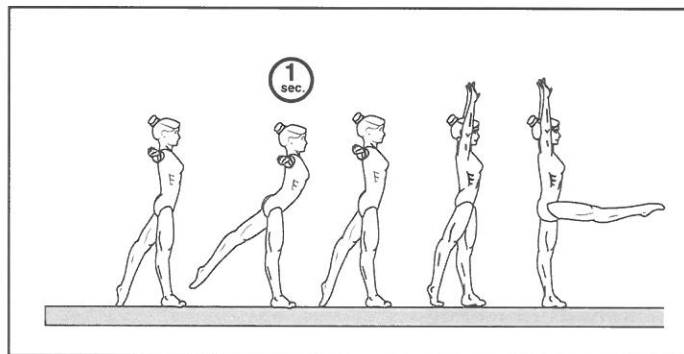
Lower the Right heel to the beam, and move the extended Left leg backward with the Left foot pointed on the beam. Keeping the torso erect, lift the turned out straight Left leg backward-upward a minimum of 30° off the beam. The Left hip is allowed to “unsquare” slightly to show turn out in the arabesque. **Hold for one second.** Lower the Left leg to point the Left foot behind on the beam.

ARMS: Lower to side-middle.

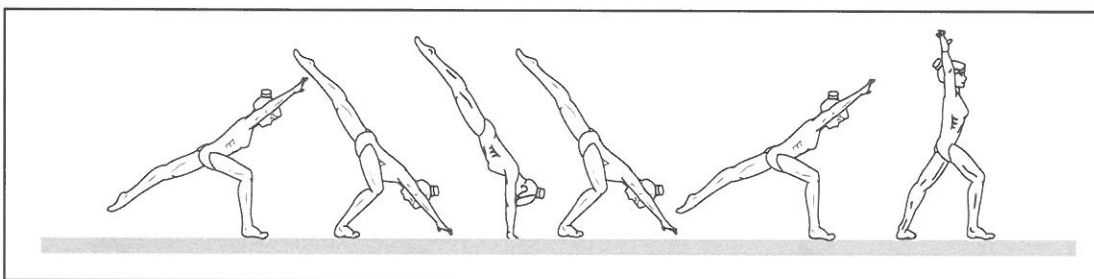
Step forward onto a straight Left leg (not in relevé). Kick the Right leg forward-upward to horizontal or above.

ARMS: Lift sideward-upward to high position.

(If reversing the Partial Cross Handstand, take an extra step forward with the Right foot and kick the Left leg forward-upward. Then return to the original text after the Partial Cross Handstand).



### \*4. PARTIAL CROSS HANDSTAND (0.80)



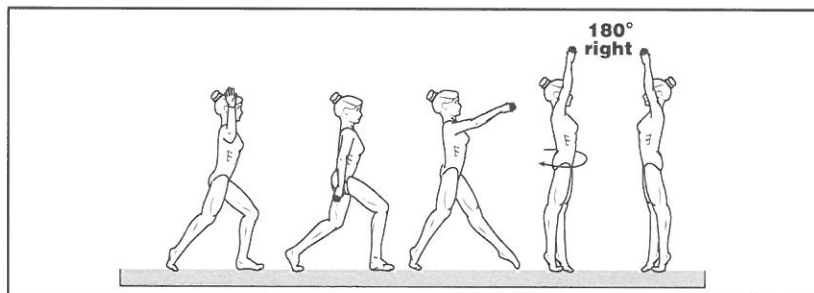
Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Reach forward to grasp the beam, placing the hands side-by-side with the thumbs on top of the beam. Push off the beam with the Right leg to arrive in a PARTIAL CROSS HANDSTAND with legs together, arms straight, and focus on the hands. Neither a specific angle nor a hold is required.

Step down using the levering action to finish in a Right lunge, pressing the Right knee and both hips forward.

ARMS: Remain in high position throughout and as the step down occurs. Open sideward-diagonally-upward on the lunge.

### 5. RUNNING STEPS (0.40)

### 6. ½ (180°) PIVOT TURN (0.20)



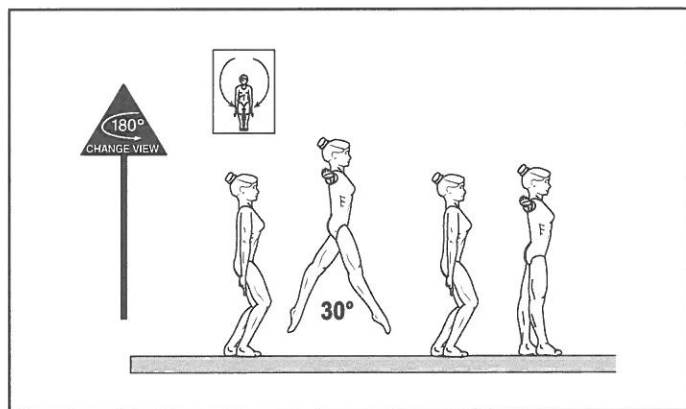
Take two quick running steps forward in demi-plié (Left, Right). (If the Partial Handstand was reversed, take three running steps (R, L, R.) Step Left with a straight leg, then close the Right foot behind the Left foot in relevé “lock” position.

ARMS: Softly lower both arms sideward-downward by bending the elbows to finish in a low position at the sides of the body. Continue to lift the arms forward-upward to finish in crown. Note: The arms maintain a fluid movement throughout all the steps and should finish with the “lock” position, not before.

Execute a quick ½ (180°) PIVOT TURN to the Right in relevé, finishing in a relevé “lock” position. Maintain straight body alignment and high relevé throughout.

ARMS: Remain in crown.

## 7. SPLIT JUMP (30°) (0.40)



Slide the Right foot forward and lower the heels onto the beam, to finish with the Right foot in front of the Left foot, feet slightly turned out.

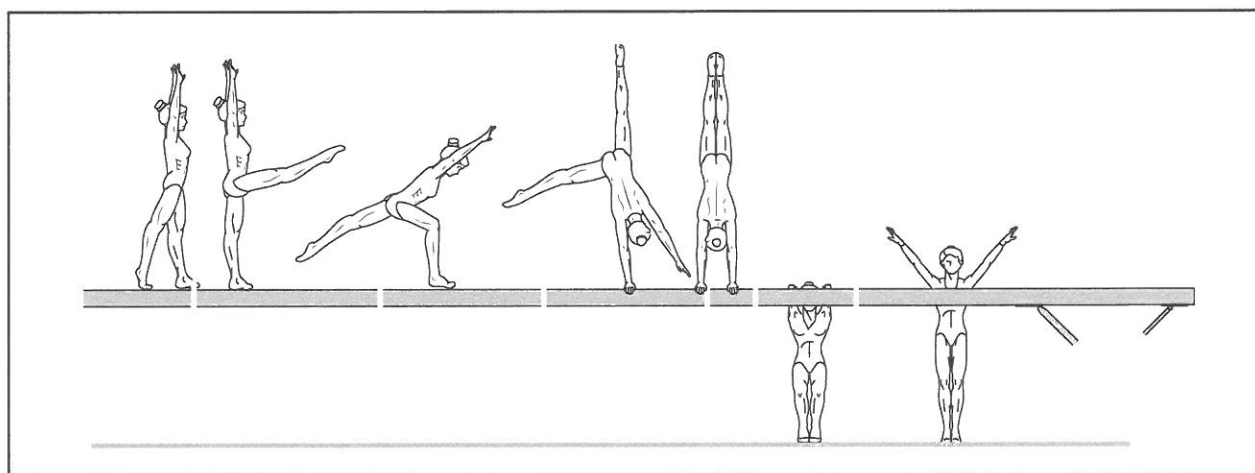
Demi-plié both legs with the heels down on the beam. Push off the beam, extending both legs through the hips, knees, ankles, and toes to execute a SPLIT JUMP with a minimum of 30° even leg separation with the Right leg forward, Left leg behind. Land on both feet in demi-plié, pressing through the balls of the feet to lower the heels onto the beam, Right foot in front of the Left foot with the feet slightly turned out.

ARMS: On the demi-plié, lower the arms sideward-downward to low position. Lift the arms sideward-upward to side-middle during the split jump. Lower sideward-downward to low position on the landing of the jump.

Extend both legs to finish in a straight stand (not in relevé).

ARMS: Lift sideward-upward to side-middle.

## \*8. CARTWHEEL TO SIDE HANDSTAND DISMOUNT (0.60)



Step forward onto a straight Left leg (not in relevé). Kick the Right leg forward to horizontal or above.

ARMS: Lift sideward-upward to high position.

*(If reversing the dismount, step Right, and kick Left).*

Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Reach forward to place the Right hand sideways on the beam as the body turns 90° Left. Place the Left hand on the beam sideways (hands shoulder-width apart) as the Right leg pushes off the beam to execute a SIDE HANDSTAND with legs together, shoulders extended, hip angle open, and focus on the hands. Maintain a straight body position while lowering the body to land facing the beam. Demi-plié as the feet contact the mat in a balanced and controlled position ("stick"), pressing through the balls of the feet to lower the heels onto the mat.

ARMS: Both hands remain on the beam until the gymnast lands in demi-plié.

Extend the legs to finish in a straight stand.

ARMS: Lift forward-upward to sideward-diagonally upward.

### LEVEL 3 BALANCE BEAM EVALUATION POINTS

1. Legs straight, torso extended on V-SIT
2. Both legs straight on SWING TO PUSH-UP POSITION
3. Good BODY alignment in ARABESQUE
4. Straight levering action into and out of PARTIAL CROSS HANDSTAND
5. Good alignment in PARTIAL CROSS HANDSTAND
6. Soft arms in RUNNING STEPS
7. Light flowing rhythm on RUNNING STEPS
8. Good alignment and full relevé in PIVOT TURN
9. Legs straight on SPLIT JUMP
10. Good levering action into CARTWHEEL TO SIDE HANDSTAND
11. Body straight on descent on DISMOUNT
12. Performs the routine without verbal assistance

### LEVEL 3 BEAM SUPPLEMENTARY SKILLS

#### 1. ARM TECHNIQUE FOR LEAPS AND JUMPS

##### a. Leaps

1. From low position, lift one arm forward-upward to forward-middle. Simultaneously, lift the other arm sideward-upward to side-middle in opposition to the legs, keeping both shoulders pressed down.
2. From low position, lift both arms to forward-middle, then open to side-middle, keeping both shoulders pressed down.
3. From low position, lift both arms sideward-upward to side-middle, keeping both shoulders pressed down.

##### b. Jumps

1. ARMS for stretch and tuck jumps: During the demi-plié, lower the arms sideward-downward to low position, then lift both arms forward-upward to crown during the jump.

Whenever the jump is isolated, the arms maintain the crown position on landing. If the jump is followed by another jump, the arms lower sideward-downward to low position to finish the movement.

2. ARMS for split jumps: During the demi-plié, lower the arms sideward-downward to low position. Lift sideward-upward to side-middle during the split jump. Lower sideward-downward to low position on the landing of the jump.

#### 2. COUPÉ, RELEVÉ HOLDS

Point the Right foot forward on the beam. Begin the forward step by pushing off the Left foot while simultaneously reaching forward onto the Right foot (relevé to flat). Point the Left foot behind SLIGHTLY off the beam as the weight transfers to the Right foot. (*Do not perform a kick or arabesque here.*) Immediately bend the Left knee forward and immediately pull the pointed Left foot forward to touch the Right ankle (forward coupé).

Push down on the beam with the Right foot and execute a relevé, lifting the heel off the beam as high as possible. **Hold for one second.** At the completion of the relevé, immediately lower the Right heel onto the beam. Repeat on the other leg.

### **3. CARTWHEEL TO HANDSTAND ON LOW BEAM**

#### **A. OVER-BALANCE TO BACK LYING POSITION**

Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Reach forward to place the Right hand sideways on the beam as the body turns 90° Left. Place the Left hand on the beam sideways (hands shoulder-width apart) as the Right leg pushes off the beam to execute a SIDE HANDSTAND with legs together, shoulders extended, hip angle open, and focus on the hands. Over-balance the handstand. Maintain a straight body and fall to a flat back position on an 8" landing mat.

#### **B. OVER-BALANCE WITH ¼ (90°) TURN TO PUSH-UP POSITION**

In this variation, execute the same SIDE HANDSTAND with legs together as described above. Slightly over-balance the handstand while shifting the weight to the Right arm. Lift the Left hand off the beam and execute a ¼ (90°) TURN on the Right arm. Maintain a straight body position and lower the body, placing the Left hand on the mat, to finish in a push-up position with the legs together and balls of the feet on an 8" landing mat.



## LEVEL 3 - FLOOR EXERCISE

Note:

Whenever high position arms are indicated, arms may be curved (crown) or straight.

Whenever sideward-diagonally upward arms are indicated, arms may be pressed slightly backward.

Whenever the text states to "step," the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.

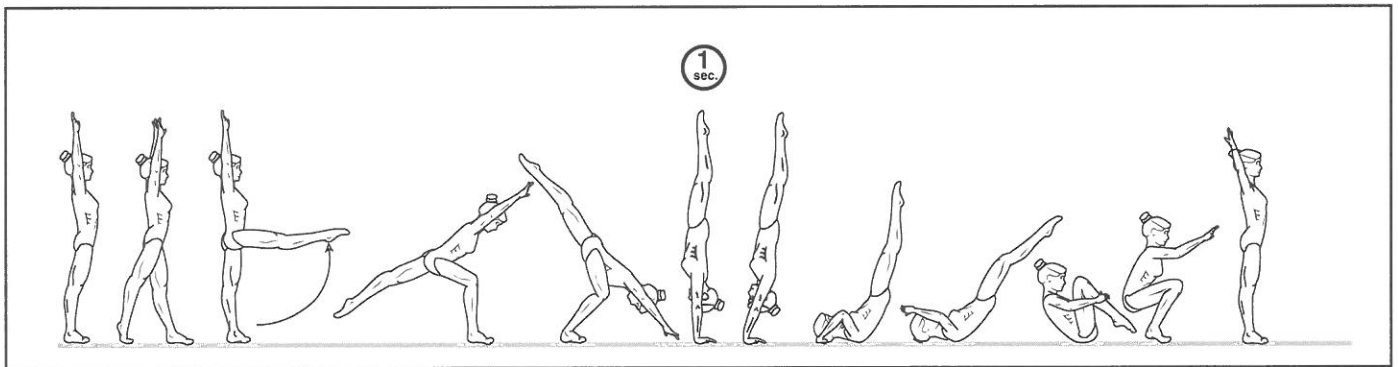
**The routine may be reversed in its entirety; however, no single element may be reversed unless indicated by an asterisk. (\*)**

The choreography was developed in counts of 8. The numbers in parenthesis following the title of the elements/connections refers to the counts in the musical phrase.)

**SP:** Start in a corner or near the side of the Floor Exercise mat. The gymnast may perform the exercise in a straight pattern across the mat, or on the diagonal.

Begin in a straight stand with the arms extended sideward-diagonally upward.

### 1. \*HANDSTAND FORWARD ROLL (0.60)



**(1, 2, 3, 4)**

Step forward onto a straight Left leg. Kick the Right leg forward to horizontal or above.

ARMS: Lift to high position.

*(If reversing the Handstand forward roll, step forward Right and kick Left.)*

**(5, 6, 7, 8, 1, 2, 3, 4, 5, 6, 7, 8)**

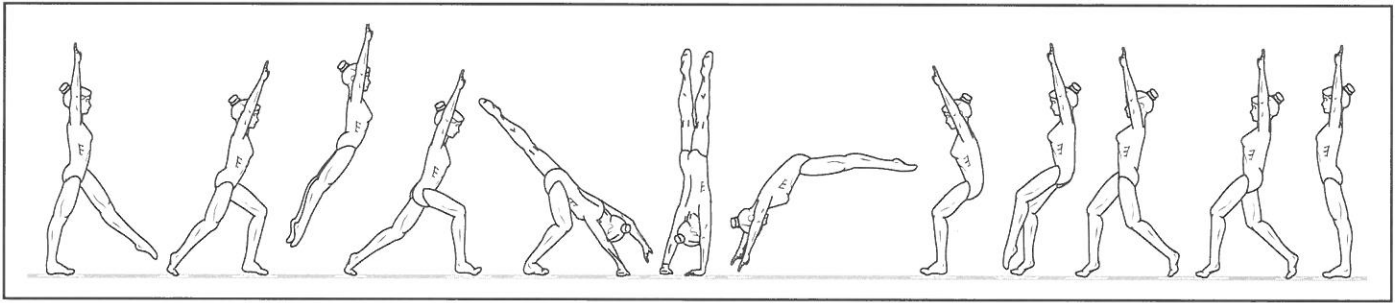
Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the floor. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Place the hands shoulder-width apart on the floor while pushing off with the Right leg to arrive in a handstand with legs together, head neutral, with a straight, tight body position. **Hold for one second**; then lean forward past vertical. With either straight or bent arms, lower the back of the head and shoulders onto the floor by tucking the chin to the chest.

Finish the HANDSTAND FORWARD ROLL by tucking the legs, keeping the legs together with the knees close to the chest and the heels close to the buttocks, with or without pulling on the shins with the hands. Place the feet on the floor and lean forward to arrive in a tuck stand. Immediately extend the legs to finish in a straight stand.

ARMS: Finish the roll with arms in high position, then open to sideward-diagonally-upward.



## 2. \*ROUND-OFF (0.60)



(1, 2, 3, 4, 5, 6, 7, 8)

Take one-to-three running steps and hurdle using one of the three acceptable hurdle techniques listed in the glossary.

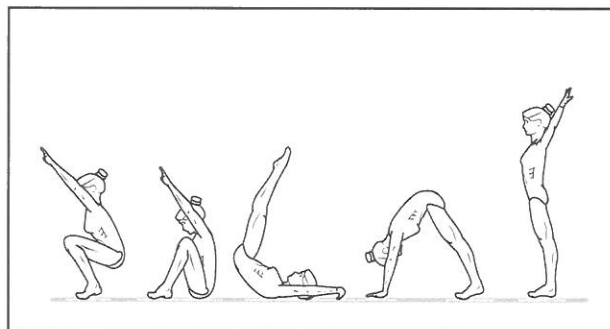
Take a long step straight forward into a Right lunge. Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and the Left leg while reaching for the floor. Continue this levering action, lifting the Left leg backward-upward as the torso lowers. Place the Right hand sideways on the floor as the Left leg pushes off the floor, and the body turns 90° Left. Place the Left hand on the floor with the fingers pointing towards the Right hand. Both hands should be in a straight line directly in front of the Right foot. Simultaneously kick the Left leg backward-upward overhead, passing through a brief sideward straddled handstand to execute a ROUND-OFF.

After the feet pass through vertical, turn 90° Left and join the legs. Push explosively off of the floor with the arms and shoulders while simultaneously snapping the legs down and under to land on both feet in an upright hollow body position. Take two-to-four running steps backward and finish in a straight stand with legs together.

ARMS: High

FOCUS During the Round-off, the head should be placed beside the Left upper arm, looking for the landing position of the feet.

## 3. BACKWARD ROLL WITH STRAIGHT ARMS TO PIKE STAND (0.40)



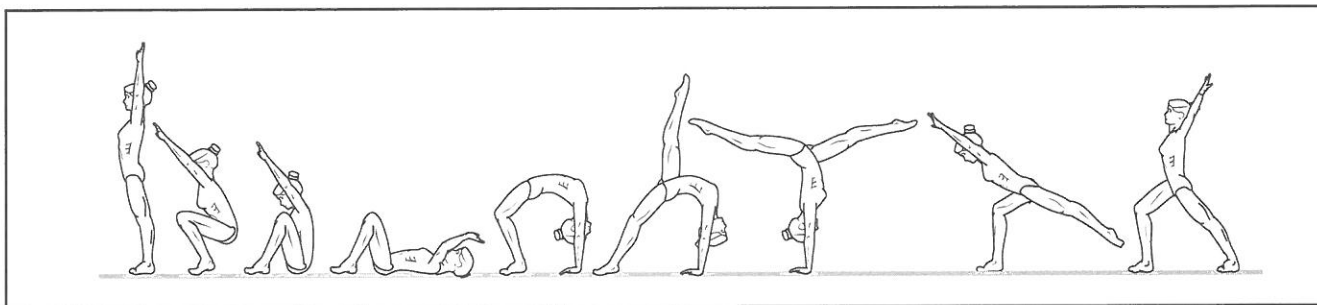
(1, 2, 3, 4, 5, 6, 7, 8)

Bend the knees to arrive in a tuck sit keeping the feet on the floor. Begin rolling backward with the head tucked, chin to the chest. With the arms straight and hands turned inward, reach backward to place the sides of the little fingers (heels of the hands) on the floor behind the head. As the hips roll backward through vertical, push down against the floor with straight arms, (palms down), taking weight off of the head and neck to execute a BACKWARD ROLL WITH STRAIGHT ARMS TO A PIKE STAND. As the body rolls over the head, extend the legs into a pike position to finish in a straight stand.

ARMS: High position during the roll. Finish the roll with the arms in high position; then open to sideward-diagonally-upward.



#### \*4. **BRIDGE, KICK-OVER (0.60)**



(1, 2, 3, 4, 5, 6, 7, 8, 1, 2, 3, 4, 5, 6, 7, 8)

Bend the knees to go through a tuck sit, to finish in a back lying position with the knees bent and the feet flat on the floor, shoulder-width apart.

**ARMS:** Reach backward to place the hands on the floor, by the shoulders, with the palms down and the fingertips pointing toward the shoulders.

Push down against the floor and extend the arms and legs to arrive in a **BRIDGE** position with arms straight, shoulder-width apart or closer, and the legs straight or bent.

**FOCUS:** Keep the head in a neutral position and maintain the focus on hands.

Kick the Right leg overhead while pushing off the floor with the Left leg to pass through vertical in a handstand position with the legs separated. (It is acceptable to move/adjust the Left foot in as the Right leg initiates the kick.) Step down using the levering action to finish in a Right lunge, pressing the Right knee and both hips forward.

(If reversing the Bridge kick-over, kick the Left leg overhead.)

**ARMS:** Finish the step down with arms in high position; then open to sideward-diagonally-upward.

#### 5. **FRONT LEG BALANCE (0.20)**

(1, 2, 3, 4)

(If the Backbend kick-over was reversed, continue with the following text, as written.)

Step forward onto a straight Left leg with the Left foot turned out slightly (not in relevé). Lift the Right leg forward-upward (turned out slightly) to a minimum of 45° below horizontal to execute a **FRONT LEG BALANCE**. **Hold for 2 seconds.**

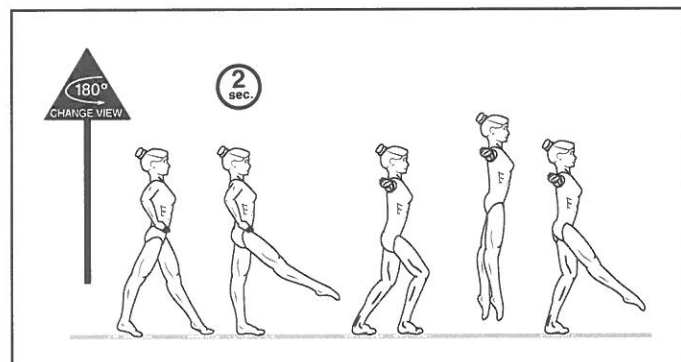
**ARMS:** Hands on hips.

(5, 6, 7, 8)

Demi-plié the Left leg and step forward onto the Right foot (turned out slightly) through 4<sup>th</sup> position demi-plié with the heels on the floor. Push off the floor with both feet to execute a **FORWARD CHASSÉ RIGHT**, closing the Left foot behind the Right foot in the air (tight 5<sup>th</sup> position). Land in demi-plié on the Left leg, with the Left foot turned out slightly. The Right leg is pointing down toward the floor.

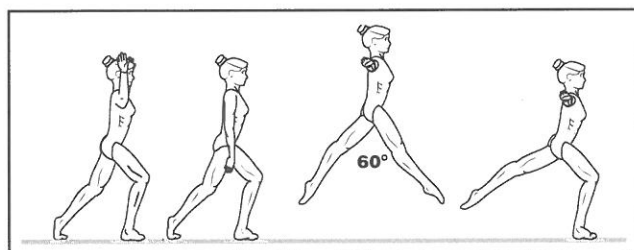
**ARMS:** Lift to side-middle.

#### 6. **FORWARD CHASSÉ RIGHT (0.40)**



#### 7. **STRAIGHT LEG LEAP (60°) (0.60)**

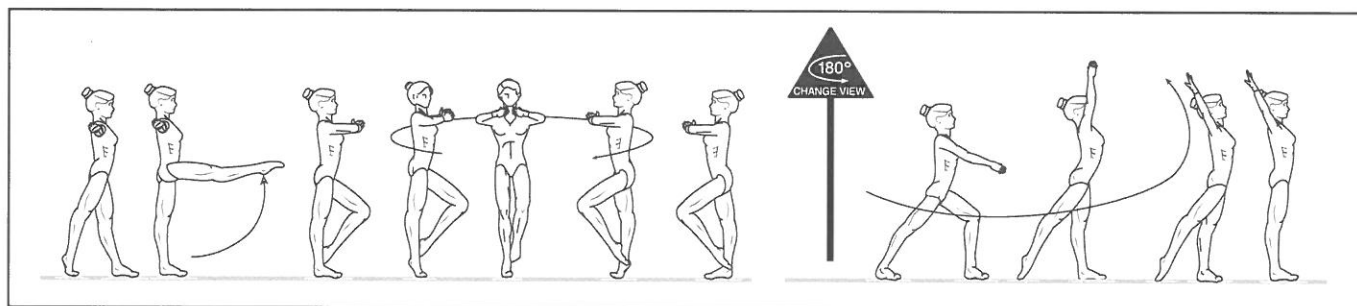
(1, 2, 3, 4)



Step or run Right, Left. Swing the straight Right leg forward-upward and push off the floor with the Left leg. Swing the Left leg backward-upward to execute a **STRAIGHT LEG LEAP** with a minimum of 60° even leg separation in flight. Land on the Right leg in demi-plié with the Left leg extended backward, slightly turned out, passing through a low arabesque position. The emphasis is on body alignment and height of the leap.

**ARMS:** On the run, softly lower the arms sideward-downward by supplely bending the elbows in toward the body to finish in low position at the sides of the body. During the leap, use one of the three acceptable arm positions for leaps listed in the Glossary.

## 8. ½ (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP) (0.20)



(5, 6)

Step forward onto a straight Left leg (not in relevé). Kick the Right leg forward to horizontal or above.

ARMS: Side-middle.

(7, 8)

Step forward onto the Right leg. Bend the Left knee and pull the pointed Left foot forward to touch the Right ankle (forward coupé).

ARMS: Left arm remains side-middle. Move the Right arm to forward-middle curved position.

(1, 2, 3, 4)

Push down on the floor with the Right foot and begin to “snap” the heel around to execute a ½ (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP) to the Right. Increase the relevé throughout the turn to finish the turn in full relevé. At the completion of the turn, immediately lower the Right heel to the floor.

ARMS: Initiate the turn by closing the Left arm to forward-middle curved. Maintain forward-middle curved position throughout the turn.

FOCUS: Maintain focus on corner/side (focus on the side if gymnast is performing along the side of the mat instead of on the diagonal) as long as possible while the body turns, then quickly snap the head to the Right to focus on the opposite corner/side.

(5, 6)

Step forward onto the Left leg in demi-plié. Immediately straighten the Left leg to stand with the Right leg extended backward slightly turned out, and the Right foot pointed on the floor. (The Right leg is allowed to plié or remian extended before the Right foot points on the floor.)

ARMS: Lift both arms forward-upward to crown then open to sideward-diagonally-upward

(7, 8)

Immediately close the Right foot beside the Left foot.

ARMS: Remain in sideward-diagonally-upward.

## 9. STRETCH JUMP (0.40), TUCK JUMP (0.40)

(1, 2)

Demi-plié both legs. Push off the floor, extending both legs through the hips, knees, ankles and toes with the legs together to execute a STRETCH JUMP. Land on both feet side-by-side in demi-plié, pressing through the balls of the feet to lower the heels to the floor, OR land in relevé on the balls of the feet.

ARMS: During the demi-plié, lower the arms sideward-downward to low position. During the jump, lift forward-upward to crown. Lower both arms sideward-downward to low position on landing.

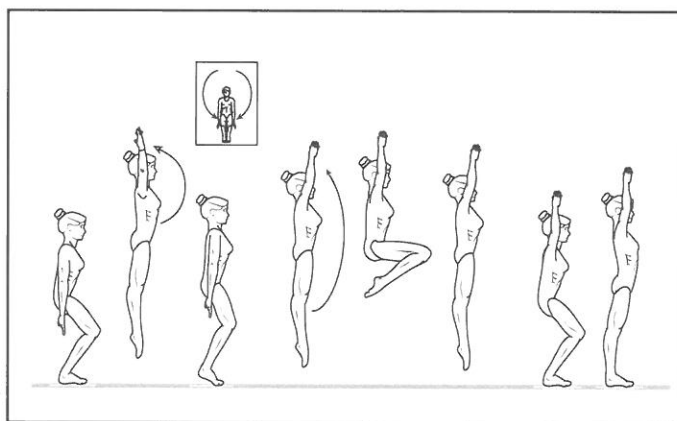
(3, 4)

Immediately jump or “punch” off the floor, extending both legs through the hips, knees, ankles, and toes with the legs together, then quickly bend both knees forward-upward achieving a minimum of 90° hip and knee angle to execute a TUCK JUMP. Dynamically extend the legs in the air to a stretched position before landing. Land on both feet side-by-side in demi-plié, pressing through the balls of the feet to lower the heels onto the floor.

ARMS: Lift forward-upward to crown. Remain in crown on landing.

Extend both legs to finish in a straight stand (not in relevé).

ARMS: Remain in crown.

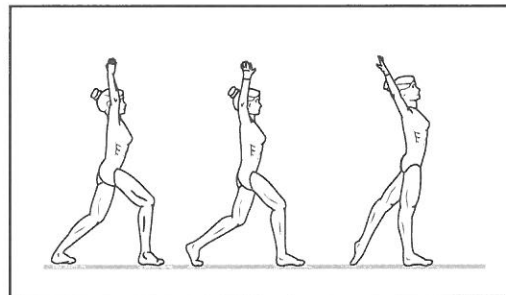


## 10. POSE

(5, 6, 7, 8)

Demi-plié the Left leg and step forward onto a bent Right leg turned out slightly. Showing a rocking motion through use of the legs through 4<sup>th</sup> position demi-plié with both heels on the floor, perform a weight transfer onto the Right leg. Extend both legs to finish with the Left leg extended backward, with the Left foot pointed on the floor.

ARMS: Open sideward, supplely bending and straightening the arms to finish sideward-diagonally-upward.



### LEVEL 3 FLOOR EXERCISE EVALUATION POINTS

1. Maintain straight body alignment for as long a possible on **HAND-STAND FORWARD ROLL**
2. Hollow body during repulsion from hands in **ROUND-OFF**
3. Arms straight throughout **BACKWARD ROLL WITH STRAIGHT ARMS TO PIKE STAND**
4. Arms and legs straight on **BRIDGE KICKOVER**
5. **FRONT LEG BALANCE** with the leg turned out held for 2 seconds
6. Feet pointed and legs joined in the air on **FORWARD CHASSÉ RIGHT**
7. Straight leg swing forward into **STRAIGHT LEG LEAP**
8. Even leg separation during **STRAIGHT LEG LEAP**
9. Correct coupé leg position and relevé during  $\frac{1}{2}$  (180°) **TURN in FORWARD COUPÉ (HEEL-SNAP)**
10. Correct arm pathways during **STRETCH JUMP** and **TUCK JUMP**
11. Tight, stretched body on **STRETCH JUMP**
12. Good continuity between the **STRETCH JUMP** and **TUCK JUMP**, maintaining straight body alignment on take-offs and landings

## **LEVEL 3 FLOOR EXERCISE SUPPLEMENTARY SKILLS**

### **1. FLIC-FLAC (BACK HANDSPRING) DOWN INCLINE MAT**

Start in a stand at the top of an incline mat. A spotter may be used, if necessary. Lean backward, bending and extending the knees to jump backward onto the hands in an inverted stretched body position. Push explosively off the incline mat with the arms and shoulders while simultaneously snapping down to land on both feet in an upright hollow body position.

### **2. HANDSTAND TO ARCHED POSITION ON ELEVATED SURFACE; BACK KICK-OVER**

Start in a stand facing the elevated mat surface. Using a lunge or a straight leg entrance, kick up to a handstand, with the legs together. Focus on the hands, maintaining a straight, extended handstand position. Continue to open the shoulder angle past the hands and arch the upper back, lowering the straight legs over the head until they arrive on the elevated surface.

Immediately lift the Right leg and push off the mat with the Left leg to execute a back kick-over. Pass through vertical with the legs separated and straight. Step down using a levering action to finish in a Right lunge, pressing the Right knee and both hips forward.

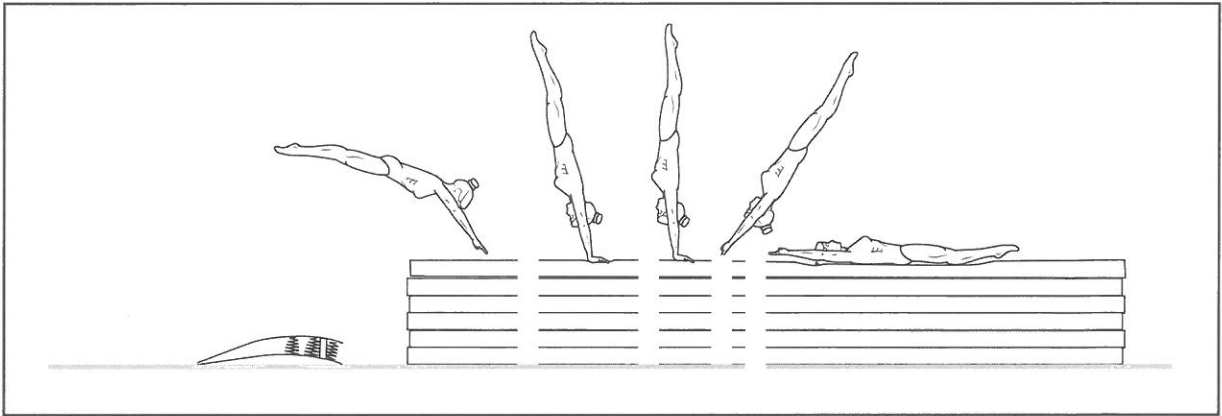
### **3. POWER HURDLE, ROUND-OFF OVER STACKED PANEL MAT-REBOUND ONTO ELEVATED MAT SURFACE**

Perform a power hurdle by jumping explosively off both feet, separate the feet, taking a long step forward into a deep lunge on the Right leg prior to executing a Round-off over a stacked panel mat. The hands are placed on the floor in front of the panel mat. The feet land simultaneously in between the panel mat and the elevated mat surface. Immediately rebound upward and backward, keeping the body straight and tight, to arrive in a back lying position on the elevated surface.

Arms: High position throughout

## LEVEL 4 - VAULT

### JUMP TO HANDSTAND ONTO A RAISED MAT SURFACE (A MINIMUM OF 32")



The run should be even and strong, accelerating to the hurdle onto the board.

Rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing.

Keep the body extended, rotating to an inverted position by driving the legs upward, landing in a handstand position with straight arms, extending through the shoulders. The head remains neutral with focus on the hands. Maintain a straight-hollow body position with legs together.

Land on the skill cushion in a straight lying position on the back.

Note: Repulsion from the hands is not required; however, if there is repulsion resulting in the gymnast landing on the feet first, she must return to a straight lying position on the back to receive no penalty.

Arms: Remain high on jump and landing.

### MATTING REQUIREMENTS:

Mat stack – Minimum of 32 inches in height ( $\pm 1$  inch). Any combination of competition landing mats, skill cushions and/or port-a-pit may be used; however, the top layer of matting **MUST** be a minimum of a 4-inch skill cushion or the port-a-pit. One or two additional 8" skill cushions may be used to allow for 40" and 48" heights ( $\pm 1$  inch). An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface must be a minimum of a 4-inch skill cushion.

- 1) All age divisions may use any of the three choices of heights.
- 2) The mat stack may be placed on top of a solid foam pit.
- 3) A tape line must be placed at 32" from the front edge of the landing surface (placed so that the far edge of the tape is at 32"). The area on the mat from the front edge of the mat to (and including) the tape line is designated as the prescribed landing zone. The hands should make contact with the mat within this zone. The tape line should also extend down the side of the mat.
- 4) An additional mat (minimum of 4" thickness) must be placed on the floor behind the mat stack.
- 5) All mats used in forming the mat stack must be a minimum of 5' wide and 10' long.
- 6) An unfolded panel mat may be placed on top of the uppermost surface of the mat stack/resi pit if necessary to provide a more stable landing surface.

### **LEVEL 4 VAULT EVALUATION POINTS**

1. Run accelerates
2. Maintains speed to board contact
3. Feet on board in front of body
4. Arms swing forward to a completely extended shoulder position
5. Head neutral
6. Body extended in straight-hollow position in pre-flight
7. Hands contact mat within the landing zone
8. Arms straight in support phase
9. Achieves vertical handstand position
10. Maintains straight hollow body position from support to back lying position
11. Legs together throughout
12. Feet pointed throughout

### **LEVEL 4 VAULT SUPPLEMENTARY SKILLS**

#### **1. HANDSPRING OVER STACKED SKILL CUSHIONS TURNED SIDEWARDS**

Substitute the vault table with a Level 4 mat stack turned sideways. The run should be even and strong, accelerating to the hurdle. During the preflight (first flight), the arms swing forward to complete shoulder extension, keeping the head neutral, and the eyes focused toward the hands. Maintain a straight-hollow body position with the legs together and hips extended. The gymnast rotates to an inverted position by driving the heels backward-upward. Upon hand contact, quickly and forcefully extend the shoulders to block against the mat with straight arms, causing the body to leave the mat stack near vertical.

During the postflight, maintain a tight straight-hollow body position, with the head neutral. The rotation continues until the landing in demi-plié.

Arms: High throughout pre-flight, block and after-flight. Upon landing, lower sideward-downward to finish at forward-diagonally-low.

Extend the legs to finish in a straight stand.

Arms: Lift upward to sideward-diagonally-upward position.

#### **2. HANDSPRING FROM ELEVATED SURFACE**

From a stand at the end of a stacked panel mat, step forward into a deep lunge, swinging the arms from backward to forward, reaching toward the end of the mat. Execute a front handspring, joining the legs together past vertical and land with the hips extended (tight arch position). Focus on the hands throughout while maintaining a tight stretched position.

Arms: Remain in high position by the ears throughout.

#### **3. $\frac{3}{4}$ FRONT SALTO STRETCHED ONTO STACKED SKILL CUSHIONS**

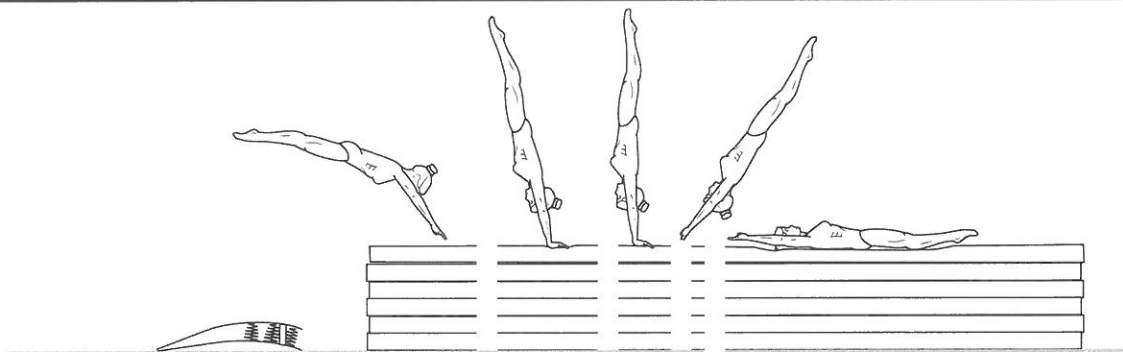
From a controlled approach to the springboard, hurdle and execute a  $\frac{3}{4}$  front salto stretched, landing in a straight lying position on the back.

Arms: On the hurdle, swing the arms upward to high overhead position. Arm pathway position is optional during the salto.



## LEVEL 4 VAULT - JUMP TO HANDSTAND ONTO MAT STACK

Level 4 competitive gymnasts may perform one or two vaults, with the better score to count. Three running approaches are permitted if the gymnast has not touched the springboard and/or the mat stack. A fourth approach is not permitted.



### TABLE OF PENALTIES

#### A. GENERAL DEDUCTIONS:

- |  |                       |
|--|-----------------------|
| 1. Failure to maintain a straight body position:   |                       |
| Arch   | Each phase Up to 0.30 |
| Pike   | Each phase Up to 0.50 |
| 2. Legs bent   | Each phase Up to 0.30 |
| 3. Legs separated  | Each phase Up to 0.20 |
| 4. Incorrect foot form   | Each phase Up to 0.10 |
| 5. Incorrect head alignment  | Each phase Up to 0.10 |
| 6. Deviation from straight direction   | Up to 0.30            |
| 7. Insufficient dynamics (speed/power)   | Up to 0.30            |
| 8. Assistance of coach after gymnast achieves hand support on the mat stack  | <u>2.00</u>           |
| • If the gymnast never achieves vertical and returns to the board (or lands on the mat stack between the board and hand placement), it is considered as "wrong vault". | VOID                  |
| 9. Performing incorrect vault (i.e., squat on, etc.)   | VOID                  |
| 10. Assistance of coach from board to mat stack<br>(No deduction for coach standing between board & mat stack)   | VOID                  |
| 11. Run-approach without executing the vault (Balk)  |                       |
| • A Fall on the run-approach is considered a Balk-no deduction   |                       |
| • Touching the springboard or mat stack  | VOID                  |

#### B. RUN & BOARD CONTACT:

- |  |            |
|--|------------|
| 1. Insufficient acceleration during the run                  | Up to 0.30 |
| 2. Failure to maintain horizontal running speed to the board | Up to 0.30 |
| 3. Excessive forward lean of the body upon board contact     | Up to 0.30 |

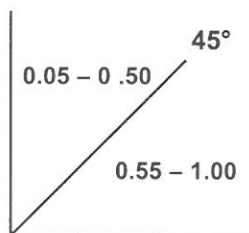
#### C. FIRST FLIGHT PHASE:

See A. General Deductions

## LEVEL 4 VAULT PENALTIES

### D. SUPPORT PHASE:

- |   |             |
|---|-------------|
| 1. Arms bent  | Up to 0.50  |
| 2. Completely bent arms causing head to contact mat   | <u>2.00</u> |
| 3. Incorrect shoulder alignment (showing a shoulder angle)  | Up to 0.30  |
| 4. Failure to show an inverted vertical position from hands to hips (performing a forward rolling action) | Up to 2.00  |
| 5. Contacting the mat stack with the hands after vertical   | Up to 1.00  |
| • Contact from 1° to 45° past vertical  | Up to 0.50  |
| • Contact from 46° - 89° past vertical  | 0.55 - 1.00 |



- |  |             |
|--|-------------|
| 6. Failure to place hands in the prescribed landing zone (between edge of mat and the tape line). If hands land <i>entirely</i> beyond the tape line, deduct | <u>0.50</u> |
| - <i>Staggered hand placement: one inside zone, one over line</i>  | <u>0.20</u> |
| 7. Additional hand placements (taking steps/hops on hands)   | Up to 0.30  |
| 8. Failure to contact mat with both hands  | <u>3.00</u> |
| (performs a front layout or touches with only one hand)  |             |

### E. POST-HANDSTAND PHASE

See General Vault deductions regarding body position, etc.

### F. LANDING PHASE:

- |  |            |
|--|------------|
| Failure to finish in a straight lying position on the back | Up to 1.00 |
|--|------------|

Examples for applying this deduction:

- |  |             |
|--|-------------|
| The gymnast lands on her feet, salutes, and steps off the mat.                           | <u>1.00</u> |
| The gymnast lands on her seat with a 90° hip angle, salutes, and steps off the mat.      | <u>0.50</u> |
| The gymnast lands on her back with an arch and bent legs, salutes and steps off the mat. | Up to 0.50  |

If the gymnast makes any of the above execution errors, then lies back to a straight lying position, **NO DEDUCTION** for failure to finish on the mat in a straight lying position is taken; however, you may have execution deductions applied for the errors while the gymnast is falling to her back (Post-handstand phase).

The evaluation finishes when the gymnast arrives in a straight lying position.



## LEVEL 4 UNEVEN BARS

A single bar may be used for competition, provided that it meets Low Bar specifications, as written in the current *Rules and Policies*.

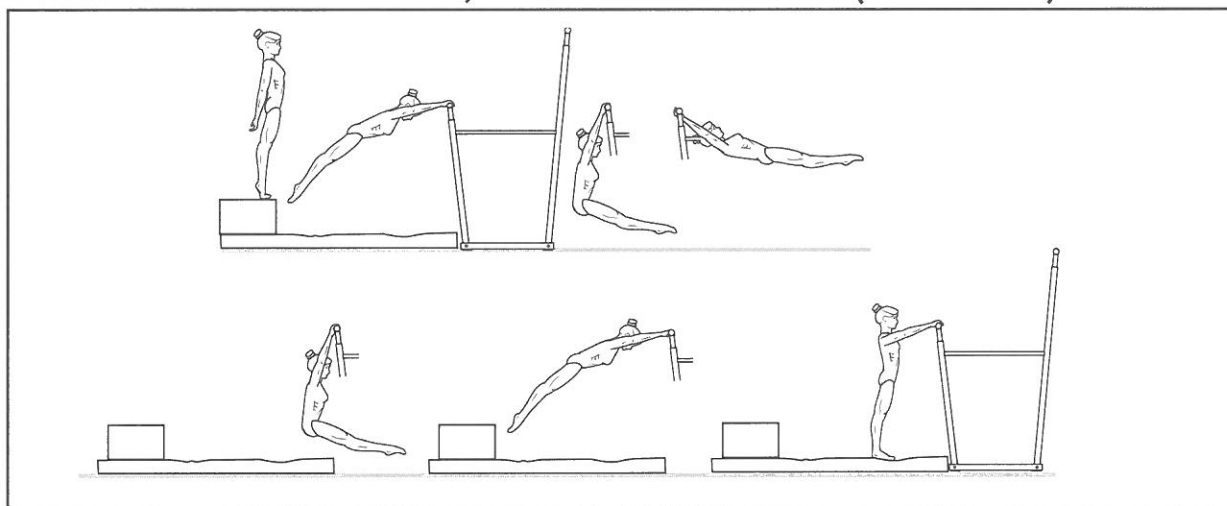
\* Indicates that the element may be reversed.

**Points of emphasis on all elements:** Arms straight, legs together and straight, when indicated, correct body shape

**Bent arms or bent legs:** Up to 0.30. Refer to General Faults and Penalties for additional deductions.

**SP:** Stand with the feet together, facing the low bar. A board or raised surface (such as a panel mat or padded spotting/skill block) may be used as a mounting surface, *but must be removed immediately after jump to glide*.

### 1. MOUNT: GLIDE AND RETURN, BACK HIP PULLOVER (0.40 EACH)



#### 1A. GLIDE AND RETURN

Jump from both feet, lifting the hips backward-upward to grasp the low bar with an overgrip, hands shoulder-width apart. Maintain a hollow body position with the legs extended and the head neutral. Swing the body forward with the legs together (piked) or straddled. At the completion of the forward glide swing, the legs are together and the hips are fully extended.

Reverse the glide and swing backward *with legs together and straight*, with the feet off the floor. At the completion of the backward swing, the feet may contact the mat to finish in a straight stand or the body can continue to swing forward, placing the feet on the mat closer to the apparatus. The gymnast may come to a momentary stand or use a "punching" action to initiate the pullover. Hands remain on the bar in overgrip. Maintain straight arms and legs throughout.

#### 1B. BACK HIP PULLOVER

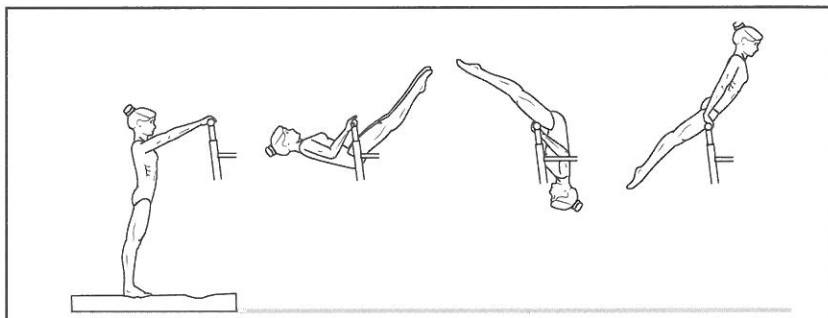
Immediately lift both legs upward and over the low bar while pulling with flexed arms. Continue to lift the hips over the bar to execute the BACK HIP PULLOVER MOUNT. Shift the hands to the top of the bar, straightening the arms, to arrive in an extended front support. Maintain straight legs and a neutral head position throughout.

#### A. GLIDE AND RETURN

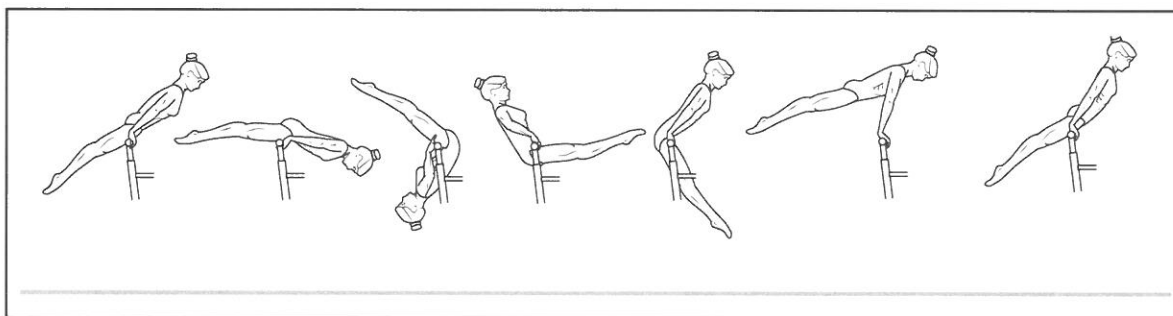
Failure to take-off from both feet simultaneously	<u>0.10</u>
Performs a run-out glide	<u>0.30</u>
Failure to lead with the feet in the forward glide swing (performs a long hang swing)	Up to 0.10
Insufficient extension at end of glide swing	Up to 0.20
Failure to close legs at end of straddle glide	<u>0.10</u>
Performs the backswing with legs straddle	<u>0.20</u>

#### B. BACK HIP PULLOVER

Failure to maintain hand contact on bar between the glide swing and the pullover	<u>0.10</u>
Failure to return to stand (no contact on mat with feet) prior to pullover	<u>0.20</u>
Step, hop, or extra jump before the pullover	Each <u>0.10</u>
Failure to lift both legs simultaneously (1-foot take-off)	<u>0.30</u>
Supplementary support (Chin resting on top of bar prior to leg lift over LB)	<u>0.30</u>
Failure to finish in an extended front support	Up to 0.10



## 2. FRONT HIP CIRCLE, SMALL CAST (0.60)



Press down against the bar, extending the body until the thighs touch the bar. Lift the heels backward-upward to initiate the fall forward, maintaining a straight-hollow body position (no arch). Continue to lift the heels as the body pikes quickly to circle the bar, executing a **FRONT HIP CIRCLE**. A slight arm bend during the circle is acceptable. As the circle nears completion, shift the hands to the top of the bar, straightening the arms, to finish in a front support with the legs/feet in front of the bar (body slightly piked). Maintain straight legs and a neutral head position throughout.

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to **IMMEDIATELY** execute a **SMALL CAST** with legs together. Maintain a straight-hollow body position with the buttocks tight, the arms and legs straight, and the head neutral. Upon completion of the small cast, maintain the forward shoulder lean while executing a controlled return of the hips to the bar.

**Failure to maintain straight-hollow body position into front hip circle** Up to 0.10

**Release of hands to grab legs during circle**  
Major change of element = 0.60

**Failure to immediately execute a small cast after front hip circle** 0.30

**Lack of control in returning to bar** Up to 0.10

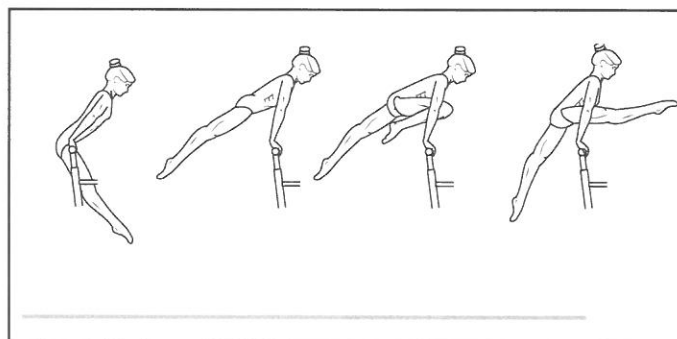
**Failure to return to front support (performs immediate squat through)** 0.50

*\*If the cast cannot be performed directly connected to the front hip circle, the gymnast should proceed with the cast to single leg squat through. If she performs a cast, return to front support, deduct only for execution; not for adding an element. The 0.3 is the deduction for incomplete element (half of a 0.6 element)*

## \*3. CAST, SINGLE LEG SQUAT THROUGH (0.40)

With the shoulders still slightly in front of the bar, immediately swing the legs forward, then backward-upward, while pushing down against the bar. Extend through the shoulders to lift the body off the bar, executing a **CAST** with legs together. Maintain straight arms and a straight-hollow body position, keeping the buttocks tight. Immediately flex the Right knee to squat over the bar between the hands to execute a **SINGLE LEG SQUAT THROUGH**. The Left leg remains straight throughout.

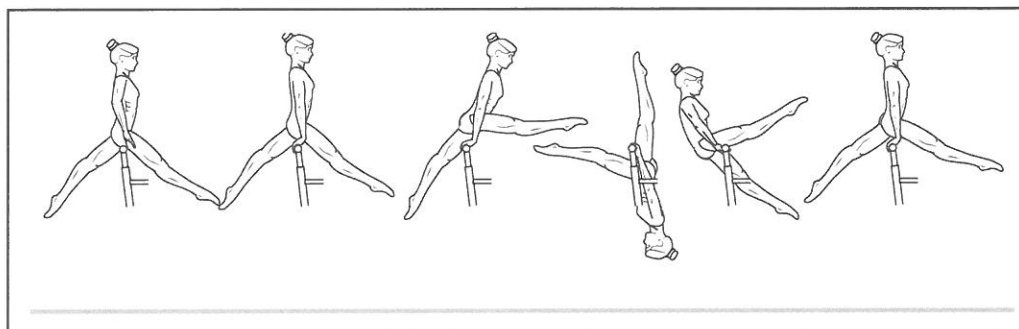
As the Right leg extends, shift the shoulders backward directly over the bar to finish in a balanced clear stride support in an overgrip, with straight arms and legs.



**Leg and/or foot contacting bar on squat through** Up to 0.20

**Failure to show clear stride support at end of squat through** Up to 0.20

#### \*4.FORWARD STRIDE CIRCLE (0.60)



Lower to a stride sit on the bar and immediately change both hands simultaneously to an undergrip (reverse grip). Press down on the bar to lift the body upward off the bar to a clear stride support position. Lift and extend the Right leg forward to initiate the circle with the thigh of the Left leg touching the bar. Execute a **FORWARD STRIDE CIRCLE** maintaining straight arms and legs, and an extended upper body. As the circle nears completion, shift the hands to the top of the bar to finish in a clear stride support.

**Failure to show clear stride support  
at beginning & end of circle** Each up to 0.20

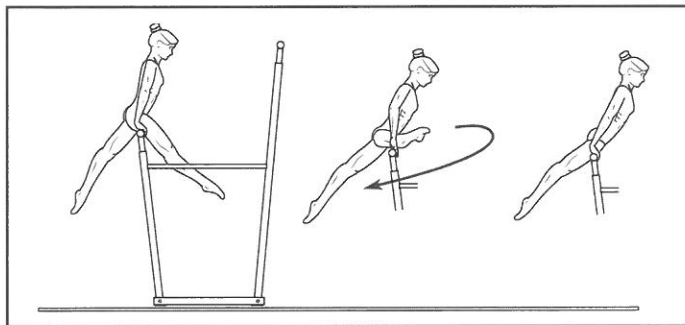
**Failure to simultaneously change both  
hands to reverse grip** 0.20

**Failure to maintain reverse grip  
(hands completely release bar instead of shifting wrists)** 0.30

**Hooking knee on the bar on upswing to  
complete circle** 0.50

*Note: If the gymnast falls backward or forward from a support position to end in a hang, either from the hands or the hands and knee, it is considered a FALL. Do not deduct for any extra pump swings taken to enable the gymnast to return to stride support. The coach may, without penalty for a spot, assist the gymnast from this hang position to return to the support position in order to continue the exercise.*

#### \*5.SINGLE LEG CUT BACKWARD (0.40)



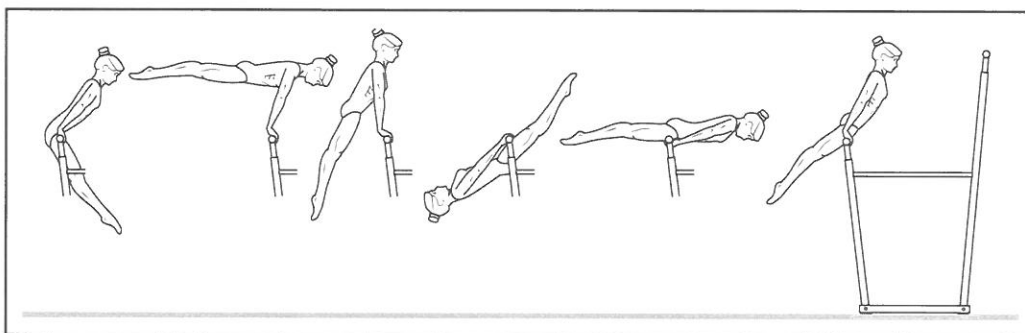
**Failure to change hand grip prior to  
leg cut backward** 0.10

**Failure to perform a "cutting" action  
(places both hands to the inside of the legs  
and lifts the leg backward over the bar) =  
Substitution: value of element (0.4 x 2 = 0.80)**

Lower to a stride sit on the bar and immediately change both hands simultaneously to an overgrip. Shift the weight to the Left arm and lift the Right leg backward over the bar. As the leg swings backward over the bar, release the Right hand to execute a **SINGLE LEG CUT BACKWARD**. Regrasp the bar to finish in an extended (straight body) front support. Both legs remain straight throughout.

## 6. CAST (0.40)

## 7. BACK HIP CIRCLE (0.60)



With the shoulders slightly in front of the bar, swing the legs forward, then backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a **CAST** with legs together. Maintain a straight-hollow body position with the buttocks tight, the arms and legs straight, and the head neutral.

As the hips return to the bar, lean the shoulders backward, causing the body to circle backward around the bar in a straight-hollow body position to execute the **BACK HIP CIRCLE**. Maintaining straight arms and legs throughout, shift the hands to the top of the bar to pass through a momentary extended front support. Maintain a neutral head position throughout.

### Cast:

**Incorrect body alignment**  
(straight line from shoulders to feet with chest hollow)

Up to 0.20

### Back Hip Circle:

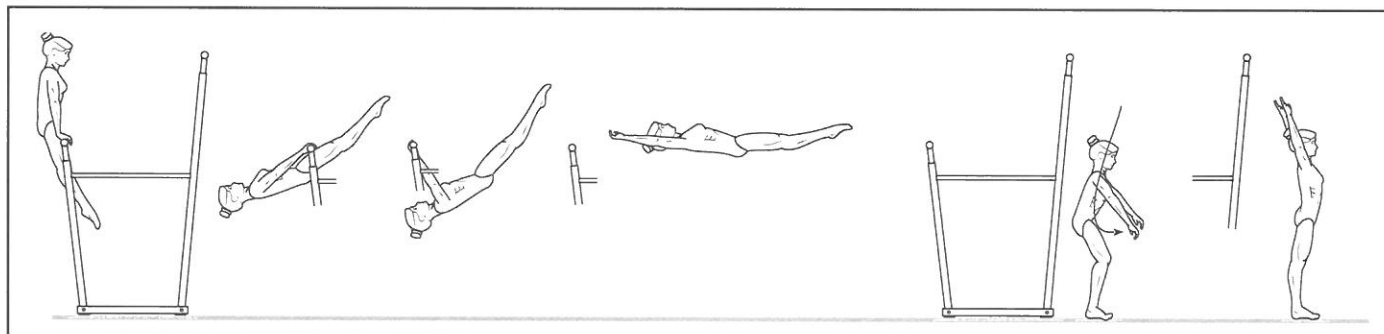
**Failure to maintain straight-hollow body throughout circle**

Up to 0.20

**Failure to maintain hip or upper thigh contact on bar throughout circle**

Up to 0.20

## 8. UNDERSWING DISMOUNT (0.80)



Immediately press the bar downward to contact the mid to lower thigh, keeping the head neutral, chest and torso hollow, and the arms straight. Maintain this position while leaning the shoulders backward and circling the bar with the hips away from the bar. As the hips rise, completely open the shoulder angle while pressing the bar backward. Maintain a straight-hollow body position with the arms and legs straight throughout and the head neutral. Release the hands to execute an **UNDERSWING DISMOUNT**. Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position ("stick").

Arms: Lower sideward-downward to finish at forward-diagonally-low.

Extend the legs to finish in a straight stand.

Arms: Lift forward-upward to high position.

**Failure to maintain a straight-hollow body position throughout**

Up to 0.20

**Hips contacting bar**  
(no deduction for thighs touching bar)

0.20

**Insufficient extension of body in flight**

Up to 0.20

**Insufficient flight**

Up to 0.20

### **LEVEL 4 BARS EVALUATION POINTS**

1. Hips extended at the completion of the forward GLIDE SWING
2. Legs straight throughout the GLIDE SWING
3. BACK HIP PULLOVER continuous, finishing in an extended body position.
4. FRONT HIP CIRCLE finished in an extended front support
5. Finish in a clear stride support, with straight arms and legs, at the conclusion of the SINGLE LEG SQUAT THROUGH
6. Body extended during FORWARD STRIDE CIRCLE
7. CAST with straight-hollow body position, arms and legs straight
8. Continuous BACK HIP CIRCLE
9. Continuous connection between the BACK HIP CIRCLE and DISMOUNT
10. Arms and legs straight, with the head neutral, during UNDERSWING DISMOUNT
11. Straight-hollow body position with bar held next to mid-thigh during drop of UNDERSWING DISMOUNT
12. Body extended in flight on UNDERSWING DISMOUNT, to land in control in demi-plié.

### **LEVEL 4 SUPPLEMENTARY SKILLS**

#### **1. ROCK KIPS**

Begin in a straight arm front support. With the assistance of a spotter, lean (rock) backward while sliding the bar down the legs to arrive in a piked hanging position with the ankles at the bar. Maintain a small amount of swing. Immediately kick downward and aggressively stop the feet while pulling the bar up the leg to execute a kipping action. Return to the straight-arm front support. Rock kips may also be done in series.

#### **2. HOLLOW ROLLS**

From a lying position on the back across the width of a panel mat, assume a hollow hold position with arms extended overhead. The lower back should be the only part of the body initially in contact with the mat. Roll to the Left or Right through a straight extended or tight arched position on the belly. Continue to roll. Return to the original hollow hold position.

#### **3. HANGING ARCH TO HOLLOW DRILLS**

From a hang on the high bar, assume a tight hyperextended, slightly arched position. Hold this position momentarily. Snap quickly from the hyperextended position to a hanging hollow position. Hold this position momentarily. Gradually lessen the length of time the positions are held, progressing to a series of quick "arch to hollow" small swings. The head remains neutral throughout.





# LEVEL 4 - BALANCE BEAM

**Time Limit: 0:55**

Note: Whenever high position arms are indicated, arms may be curved (crown) or straight.

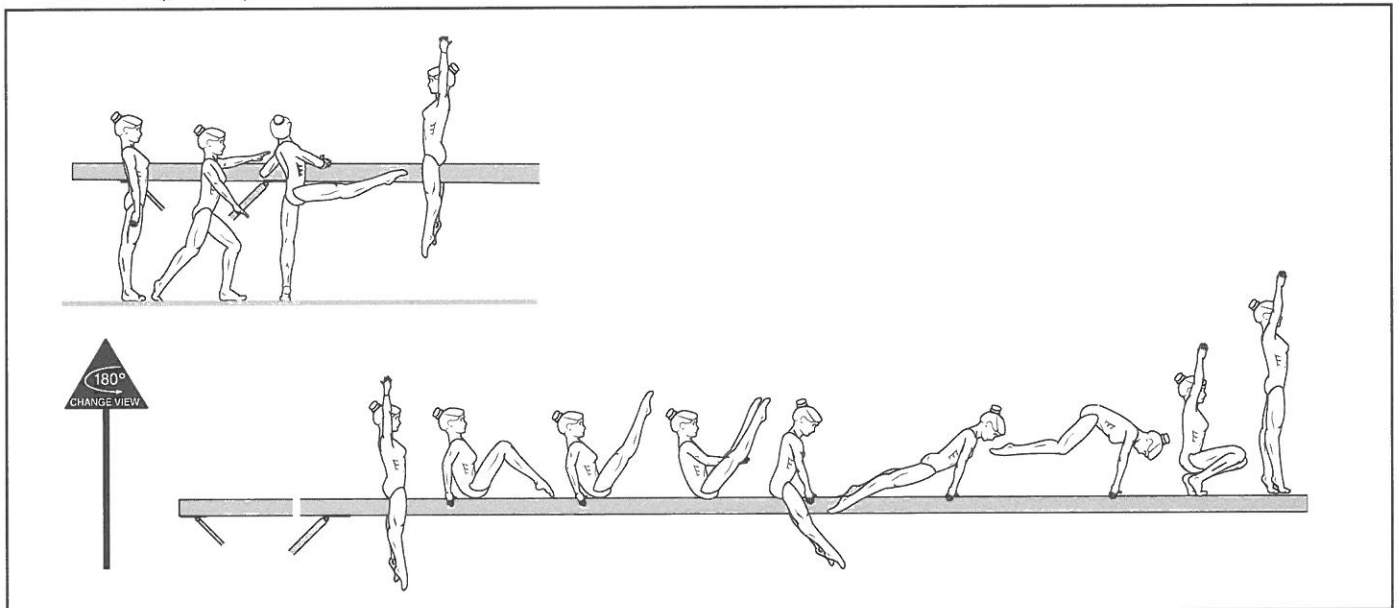
Whenever sideward-diagonally upward arms are indicated, arms may be pressed slightly backward.

Whenever the text states to "step," the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.

**The routine may be reversed in its entirety; however, no single element may be reversed unless indicated by an asterisk. (\*)**

**SP:** Stand parallel to the beam with the beam closest to the Left side of the body. **Space the mount so that the  $\frac{1}{2}$  (180°) turn in forward coupé (heel-snap) will be performed close to the end of the beam.** A board or raised surface (such as a folded panel mat) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

- \*1. LEG SWING MOUNT WITH  $\frac{1}{2}$  (180°) TURN (0.20)**      **2. V-SIT (0.20), SWING TO TUCK STAND (0.40)**



From a one-to-three step approach, step on the Left foot and swing the straight Right leg forward-upward above the beam and push off the Left foot while executing a  $\frac{1}{2}$  (180°) TURN to the Left to arrive in a cross straddle sit. The torso should remain erect throughout the mount.

**ARMS:** As the leg swing occurs, place the Left hand then Right hand on the beam approximately shoulder-width apart pushing down against the beam to facilitate the lift of the torso. The Left hand may move backward beside the Right hand as the 90° turn is executed. Lift both arms forward-upward to high position at the completion of the mount.

Shift the weight back onto the buttocks. Bend both legs to place the toes on the top of the beam. Immediately straighten the legs and lift to a V-SIT with the torso extended.

**ARMS:** Grasp the beam behind the hips with the arms bent or straight.

Swing the legs forward-downward (slightly separating the legs in order to clear the beam), then backward-upward.

**ARMS:** Reach forward and grasp the beam in front of the body with the thumbs on top, and the fingers on side of the beam.

When the feet are slightly above the level of the beam, bend the knees to arrive in a tuck stand on the balls of the feet, with the Right foot in front of the Left foot.

**ARMS:** Lift forward-upward to crown after the feet have arrived in the tuck stand.

Extend the legs to finish in a relevé "lock" stand.

**ARMS:** Remain in crown.

**Lack of continuity in  $\frac{1}{2}$  (180°) turn to straddle sit Up to 0.10**

**Points of emphasis: Correct body posture, straight arms in support**

**Early bending of legs into tuck stand (below beam level) Up to 0.20**

**Points of emphasis: Amplitude of swing**

### 3. COUPÉ WALK, ½ (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP TURN) (0.40)

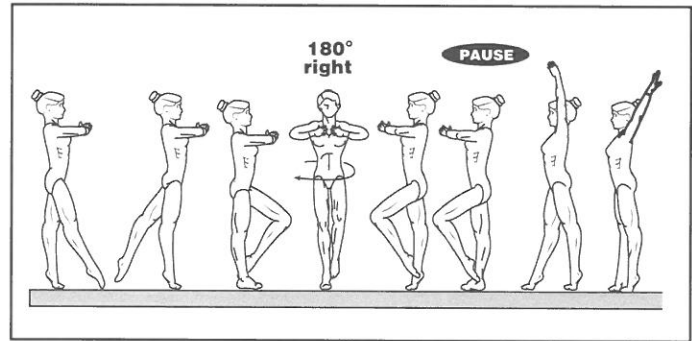
Point the Right foot forward on the beam. Begin the forward step Right by pushing off the Left foot while simultaneously reaching forward onto the Right foot (relevé to flat). Point the Left foot behind SLIGHTLY off the beam as the weight transfers to the Right foot. (*Do not perform a kick or arabesque here.*) Bend the Left knee forward and immediately pull the pointed Left foot forward to touch the Right ankle (forward coupé). The rhythm is "Point, Push, Step, Pull".

ARMS: Right arm lowers downward to forward-middle curved. Left arm lowers sideward-downward to side-middle.

Push down on the beam (begin to relevé on the ball of the Right foot) and "snap" the heel around to execute a ½ (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP TURN) to the Right. Increase the relevé throughout the turn to finish the turn in full relevé. At the completion of the turn, immediately lower the Right heel onto the beam. Pause.

ARMS: Initiate the turn by closing the Left arm to forward-middle curved. Maintain forward middle curved throughout the turn.

Step backward with the Left leg.



ARMS: Lift forward-upward to crown.

Close the Right foot in front of the Left foot in relevé "lock" position.

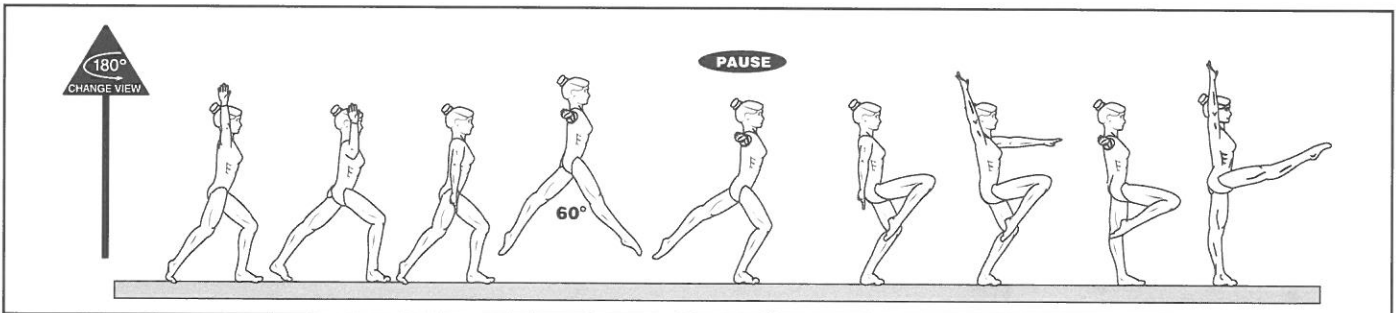
ARMS: Open supply backward to sideward-diagonally-upward at the completion of the relevé "lock".

**Failure to lower heel at completion of turn** **0.05**

**Points of emphasis: Foot and body alignment, correct rhythm in coupé walk**

### 4. STRAIGHT LEG LEAP (60°) (0.60)

### 5. POSE



Step or run one-to-three steps and swing the straight Right leg forward-upward, pushing off the beam with the Left leg. Swing the Left leg backward-upward to execute a STRAIGHT LEG LEAP with a minimum of 60° even leg separation in flight. Land on the Right leg in demi-plié with the Left leg extended backward and turned out in a low arabesque position. Pause. The emphasis is on body alignment and height of the leap.

ARMS: During the steps or run, softly lower both arms sideward-downward by bending the elbows in toward the body to finish in a low position at the sides of the body. During the leap, use one of the three acceptable arm positions for leaps listed in the Glossary.

**Bending lead (front) leg on take-off** Up to 0.10  
**Insufficient leg separation** Up to 0.20  
**(less than 60°)**

**Failure to pause in low arabesque position on landing** **0.05**

**Points of Emphasis: Amplitude, even leg separation, body posture**

Step forward onto the Left leg in demi-plié (not in relevé). Bend the Right knee forward and pull the pointed Right foot forward to touch the Left knee (forward passé).

ARMS: Lower both arms sideward-downward to low position then thrust (bending and straightening sharply) the Left arm to forward-middle and the Right arm to high position slightly backward.

FOCUS: Optional

Extend the Left leg.

ARMS: Thrust (bending and straightening sharply) both arms open to side-middle.

FOCUS: Forward

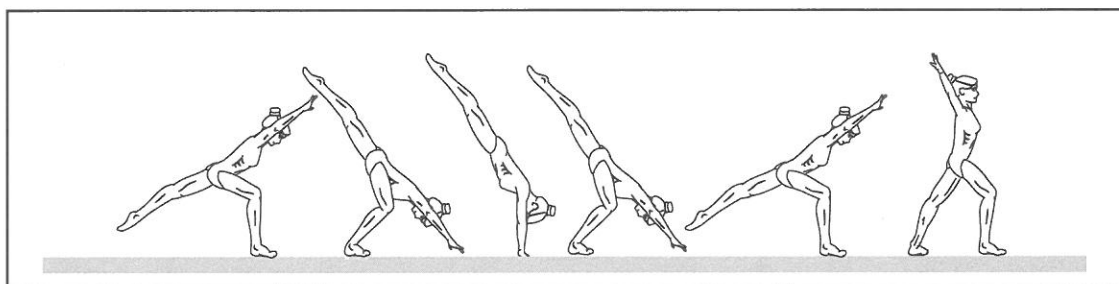
Kick the Right leg forward-upward to horizontal or above. The Left foot may be flat or in relevé.

ARMS: Lift sideward-upward to high position.

(If reversing the ¾ Cross Handstand, take an extra step forward or backward with the Right foot and kick the Left leg forward-upward to horizontal or above.)



## \*6. $\frac{3}{4}$ HANDSTAND IN CROSS POSITION (0.60)



Step forward through the ball of the Right foot and execute a Right lunge (a straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Reach forward to grasp the beam, placing the hands side-by-side with the thumbs on top of the beam. Push off the beam with the Right leg to arrive in a  $\frac{3}{4}$  CROSS HANDSTAND with legs together, arms straight, shoulders extended, hip angle open, 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: Remain in high position throughout and as the step down occurs. Open sideward-diagonally-upward on the lunge.

*(If the  $\frac{3}{4}$  Handstand was reversed, step forward Right, then swing the Left leg).*

**Incorrect (staggered) hand placement 0.10**  
**Failure to achieve  $\frac{3}{4}$  handstand Up to 0.30**  
**Failure to close (join) legs 0.10**

**Points of emphasis:**  
**Show stretched body alignment,**  
**head in alignment with focus on hands,**  
**show lever action into and out of handstand**

## 7. LEG SWING

Extend the Right leg and swing the Left leg forward to a minimum of 45° below horizontal. When the leg swing reaches its highest point, swing the leg quickly downward-backward to an arabesque position with a minimum height of 45° below horizontal.

ARMS: Lower hands to the hips.

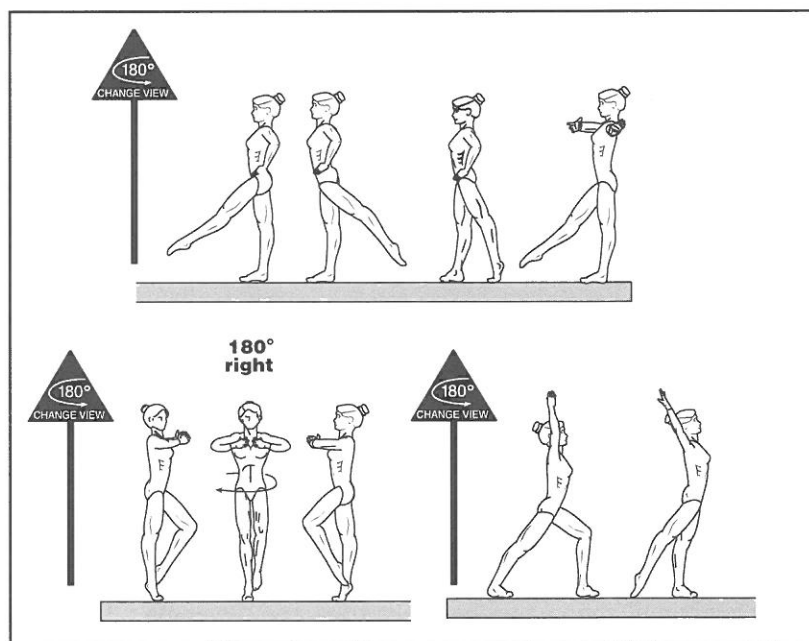
Step backward Left and point the Right leg forward. (The Right foot may lift off the beam slightly before the preparation.)

ARMS: Lift the Right arm to forward-middle curved and the Left arm to side-middle.

Transfer the weight onto the Right leg, using one of the acceptable turn preparations listed in the Glossary. Execute a  $\frac{1}{2}$  (180°) TURN to the Right in relevé, bending the Left knee forward and pulling the pointed Left foot forward to touch the Right ankle (forward coupé.)

ARMS: Initiate the turn by closing the Left arm to forward middle curved. Maintain forward-middle curved throughout the turn.

## 8. $\frac{1}{2}$ (180°) TURN IN FORWARD COUPÉ (0.40)



Without lowering the Right heel, step forward onto the Left leg in demi-plié. Immediately straighten the Left leg to stand with the Right leg extended backward slightly turned out, and the Right foot pointed on the beam. (The Right leg is allowed to plié or to remain extended before the Right foot points on the beam.)

ARMS: Lift forward-upward to crown; then open supplely sideward-diagonally-upward.

**See general faults & penalties**

**Points of emphasis: Immediate placement of free leg in forward coupé position, complete 180° turn, control at completion of turn**

## 9. FISH POSE

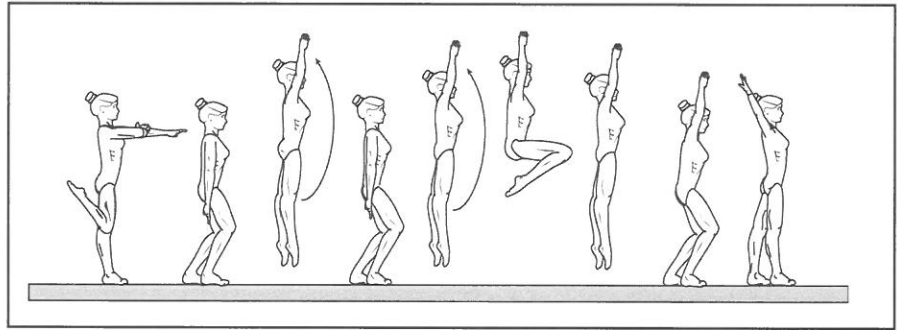
Bend the Right leg backward-upward a minimum of 90° to finish with both knees touching to execute a FISH POSE.

**ARMS:** Lower the Left arm forward to forward-middle position. Simultaneously bend the Right arm, moving the arm inward toward the center of the chest, and flip (turn) the Right hand to finish with the fingers of the Right hand touching the inside of the Left elbow with the Right palm out.

Step forward Right and close the Left foot behind the Right foot with both heels down and the feet slightly turned out. Demi-plié both legs. Push off the beam, extending both legs through the hips, knees, ankles and toes with the legs together to execute a STRETCH JUMP. Land on both feet in demi-plié, pressing through the balls of the feet to lower the heels onto the beam OR land in relevé on the balls of the feet.

**ARMS:** During the step and demi-plié, open the arms to side-middle; then lower sideward-downward to low position. During the jump, lift forward-upward to crown. Lower both arms sideward-downward to low position on the landing.

## 10. STRETCH JUMP (0.40), TUCK JUMP (0.40)



Immediately jump or punch off the beam, extending both legs through the hips, knees, ankles, and toes with the legs together, then quickly bend both hips/knees forward-upward achieving a minimum of 90° hip and knee angle to execute a TUCK JUMP. Dynamically open the hips and legs in the air to a stretched position before landing. Land on both feet in demi-plié, pressing through the balls of the feet to lower the heels onto the beam, Right foot in front of the Left foot with feet turned out slightly.

**ARMS:** Lift forward-upward to crown and remain in crown on the landing.

Extend the legs to finish in a straight stand (not in relevé).

**ARMS:** Open supply to sideward-diagonally-upward.

### Stretch Jump:

See general faults & penalties

**Points of Emphasis:** Amplitude, straight body, legs closed during jump

### Tuck jump:

Insufficient hip/knee closure

Each angle Up to 0.10

(minimum of 90° bend is required)

Insufficient extension (open) before landing

Up to 0.10

**Points of emphasis:** Amplitude, straight upper body, quickness of tuck and extension/open

## 11. POSE, RELEVÉ STEPS

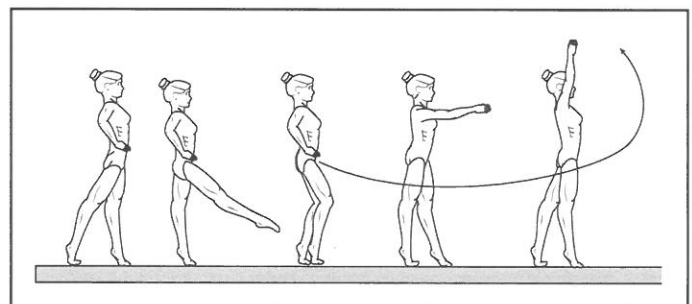
Relevé on both feet while stepping forward onto a straight Left leg. Swing the Right leg forward to a minimum of 45° below horizontal, then bend the Right knee and place the Right foot on the beam in front of the Left in a forced arch with both legs in demi-plié, relevé.

**ARMS:** Hands on hips

**FOCUS:** Forward

Quickly step in relevé, Left, Right.

**ARMS:** Lift forward-upward to crown.



## 12. ARABESQUE (45°);

### SCALE (AT HORIZONTAL) (0.40)

Lower the Right heel to the beam. Keeping the torso erect, lift the turned out straight Left leg backward-upward a minimum of 45° off the beam. The Left hip is allowed to "unsquare" slightly to show turn out in the arabesque. **Hold for one second.**

ARMS: Lower to side-middle.

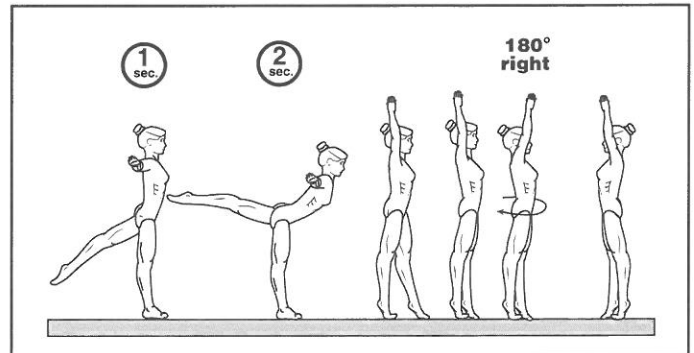
Continue lifting the turned out Left leg backward-upward as the upper body tilts slightly forward to finish in a SCALE with the Left (rear) leg held at a minimum of horizontal. The Left hip is allowed to "unsquare" slightly to show turn out in the scale. **Hold two seconds.**

ARMS: Side-middle, slightly backward.

Failure to lift free leg a minimum of 45° in arabesque	Up to 0.20
Failure to hold arabesque one second	Up to 0.10
Failure to lift free leg to horizontal or above in scale	Up to 0.20
Failure to hold scale two seconds	Up to 0.20

**Points of emphasis:** Erect torso in arabesque maintained while tipping into and out of scale

## 13. ½ (180°) PIVOT TURN (0.20)



Raise the torso and step forward Left and close the Right foot behind the Left foot in relevé "lock" position.

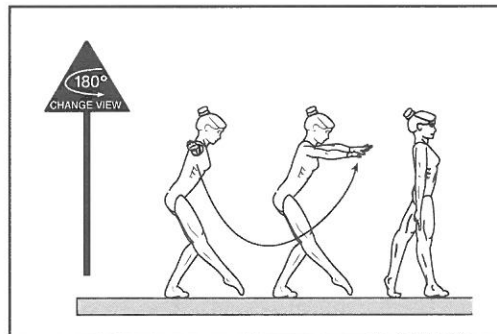
ARMS: Lift both sideward-upward to crown.

Execute a quick ½ (180°) PIVOT TURN to the Right in a relevé "lock" position. Maintain straight body alignment and high relevé throughout.

ARMS: Remain in crown.

Lack of sharpness in pivot turn	Up to 0.10
<b>Points of emphasis:</b> Hips squared, ½ (180°) turn completed, full relevé maintained	

## 14. BOW



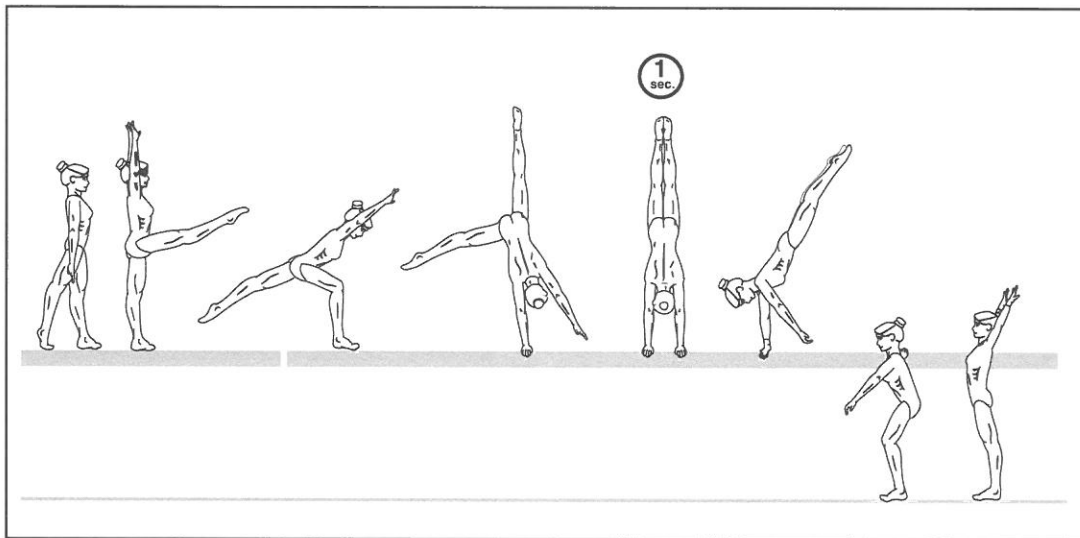
Demi-plié the Left leg and point the Right foot forward on top of the beam. Pressing the knees together, lean forward slightly with a flat back and execute a BOW.

ARMS: Open to side-middle; then lower both arms sideward-downward-forward to forward-middle with the wrists crossed.

Immediately extend the torso upright and step forward Right (not in relevé).

ARMS: Lower both arms forward-downward to low position.

**\*15. CARTWHEEL TO SIDE HANDSTAND, \*1/4 (90°) TURN DISMOUNT (0.60)**



Step forward onto a straight Left leg (flat foot or in relevé).

ARMS: Remain in low position.

Kick the Right leg forward to horizontal or above.

ARMS: Lift both arms sideward-upward to high position.

*If reversing the dismount, step Right, and kick Left).*

Step forward through the ball of the Right foot and execute a Right lunge (a straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Reach forward to place the Right hand sideways on the beam as the body turns 90° Left. Place the Left hand on the beam sideways (hands shoulder-width apart) as the Right leg pushes off the beam to execute a SIDE HANDSTAND with legs together, shoulders extended, hip angle open, and focus on the

hands. **Hold one second.**

Slightly over-balance the handstand while shifting the weight to the Right arm. Lift the Left hand off the beam and execute a 1/4 (90°) TURN Right on the Right arm. Raise the upper body, maintaining a straight body position as the legs lower in preparation for landing. Demi-plié as the feet contact the mat in a balanced and controlled position ("stick"), pressing through the balls of the feet to lower the heels onto the mat.

ARMS: The Right hand must remain on the beam at least until the body passes by the horizontal plane of the beam.

Extend the legs to finish in a straight stand, with the Right side of the body at the side of the beam.

ARMS: Lift forward-upward to sideward-diagonally upward.

**Incorrect (simultaneous) hand placement**

**0.10**

**Failure to attain vertical**

**Up to 0.30**

**Failure to hold one second**

**Up to 0.10**

**1/4 (90°) turn incomplete or overturned**

**Up to 0.10**

**Failure to maintain straight body position throughout dismount**

**Up to 0.20**

**Failure to complete dismount**

*(these deductions do not include possible body position faults):*

**When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed:**

**Example: Attempts dismount, does not attain vertical, then falls:**

**Deduct Up to 0.30 (failure to attain vertical)**

**0.10 (not held one second)**

**0.10 (incomplete 90° turn)**

**= 0.50 for incomplete element + 0.50 (fall) for a TOTAL OF 1.00**

***If the coach aids the gymnast in the completion of the element by pushing the gymnast over from the handstand position, deduct 0.50 for the spot plus the value of the element (0.60)***

**Points of emphasis: Stretched body alignment, head in alignment, hold at vertical**



### **LEVEL 4 BALANCE BEAM**

1. Legs straight until feet are level with the beam on **SWING TO TUCK STAND**
2. Relevé, push forward and transfer weight to relevé stand in **COUPÉ WALK**
3. Precise foot position in forward coupé during  $\frac{1}{2}$  (180°) **TURN (HEEL-SNAP)**
4. Legs straight and separated a minimum of 60° on **STRAIGHT LEG LEAP**
5. Show levering action into and out of  $\frac{3}{4}$  **CROSS HANDSTAND**
6. Feet together in  $\frac{3}{4}$  **CROSS HANDSTAND**
7. 180° **FORWARD COUPÉ** on ball of foot
8. Good continuity between **STRAIGHT JUMP** and **TUCK JUMP**
9. **ARABESQUE** (45°) held one second; **SCALE (AT HORIZONTAL)** held two seconds
10. Hold handstand one second on **CARTWHEEL TO SIDE HANDSTAND**,  $\frac{1}{4}$  (90°) **TURN DISMOUNT**
11. Body straight on descent on **CARTWHEEL TO SIDE HANDSTAND**,  $\frac{1}{4}$  **TURN DISMOUNT**
12. Perform routine without verbal assistance

### **LEVEL 4 SUPPLEMENTARY SKILLS**

#### **1. SERIES OF SPLIT JUMPS ON A SPRING SURFACE**

Demi-plié both legs with the heels down on a spring surface (a springboard, spring floor, trampoline, or tumble track). Push off the spring surface, extending both legs through the hips, knees, ankles, and toes to execute a **SPLIT JUMP** with an even leg separation with the Right leg forward, Left leg behind. Close both legs, landing on both feet in demi-plié, pressing through the balls of the feet. Immediately rebound to execute two more jumps.

#### **2. PIVOT-TURN DRILL ON LOW BEAM**

While standing on a low beam, execute a quick  $\frac{1}{2}$  (180°) **PIVOT TURN** to the Left in relevé "lock" position. Repeat the  $\frac{1}{2}$  (180°) **PIVOT TURN** to the Right. Without lowering the heels, continue to perform several more pivot turns Left and Right. Maintain straight body alignment and high relevé throughout the turn.

#### **3. HANDSTAND FORWARD ROLL ON LOW BEAM**

Step forward through the ball of the Right foot and execute a Right lunge. (Straight leg entrance is also acceptable.) Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Place the hands on the beam while pushing off with the Right leg to arrive in a handstand with legs together. With the head neutral, maintain a straight, tight, handstand position for one second, then lean forward past vertical. Bend the arms, lowering the back of the head and shoulders onto the beam by tucking the chin to the chest.

Finish the **HANDSTAND FORWARD ROLL** by continuing to roll forward, tucking the legs and pulling the knees close to the chest. Knees should remain together with the heels close to the buttocks. Place the feet on the beam one in front of the other and lean forward to arrive in a tuck stand. Immediately straighten the legs to finish in a straight stand.



## LEVEL 4 - FLOOR EXERCISE

Note:

Whenever high position arms are indicated, arms may be curved (crown) or straight.

Whenever sideward-diagonally upward arms are indicated, arms may be pressed slightly backward.

Whenever the text states to "step," the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.

**The routine may be reversed in its entirety; however, no single element may be reversed unless indicated by an asterisk. (\*)**

The choreography was developed in counts of 8. The numbers in parenthesis following the title of the elements/connections refers to the counts in the musical phrase.)

**SP:** Start in the diagonal  $\frac{1}{4}$  -  $\frac{1}{2}$  away from Corner 6 facing Corner 2. Space the beginning pose so the gymnast has ample room to perform the leap.

Begin in a straight stand with the feet turned out in a natural first position (not in relevé).

ARMS: In low position at the sides of the body.

### 1. ARM WAVE

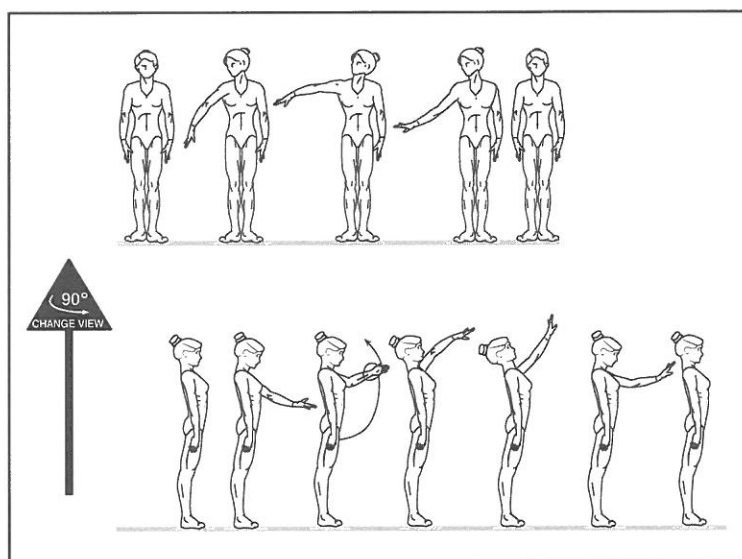
(1, 2, 3, 4)

ARMS: Keeping the Right shoulder pressed down, lift the Right arm softly to side-middle, leading with the elbow, bending and extending the elbow and wrist to finish the movement through the fingertips. As soon as the Right arm finishes the extension, begin lowering the Right arm sideward-downward by softly bending and leading with the elbow to finish the movement through the fingertips in the starting position.

(5, 6, 7, 8)

As the Right arm finishes, keep the Left shoulder pressed down and lift the Left arm forward-upward to forward-middle, palm up. Then perform a Left inward forearm circle, starting with the hand moving upward, then toward the center of the chest and continue to softly lift the Left arm forward-upward to diagonally high position by extending through the fingertips with the palm down. As soon as the Left arm finishes the extension, begin lowering the arm forward-downward by softly bending and leading with the elbow, then wrist, to finish with the fingertips in the starting position.

FOCUS: Follow the movement of the moving hand in all directions.



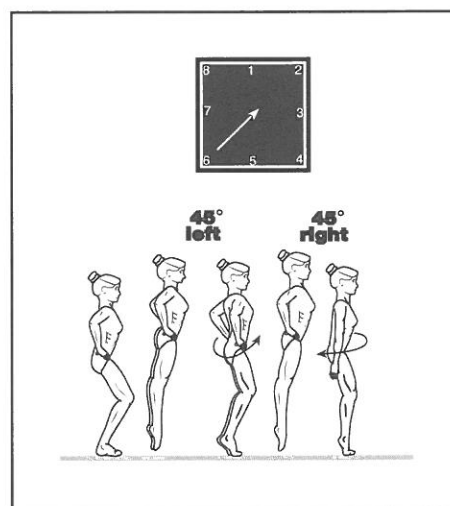
### 2. SMALL BOUNCES

(1, 2)

Demi-plié both legs. With the feet together, execute two small bounces in relevé, moving slightly forward. On the first bounce, twist the torso and feet  $45^\circ$  -  $90^\circ$  to the Left; on the second bounce, twist the torso and feet  $45^\circ$  -  $90^\circ$  to the Right to face Corner 2 again.

ARMS: Hands on hips on the first bounce. During the second bounce, lower the arms to the sides of the body.

FOCUS: Forward toward corner 2.



### 3. STRETCH JUMP (0.40); SPLIT JUMP (90°) (0.40)

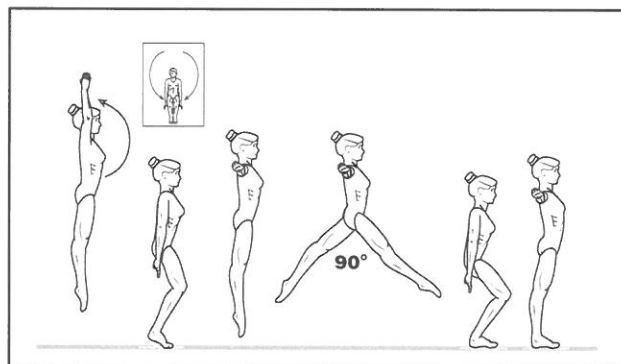
(3, 4, 5, 6)

Immediately punch out of the second bounce, extending both legs through the hips, knees, ankles and toes with the legs together to execute a STRETCH JUMP.

ARMS: Both arms move forward-upward to crown. Lower sideward-downward to low position on the landing of the Stretch jump.

Land on both feet and immediately punch out of the STRETCH JUMP, extending the legs through the hips, knees, ankles, and toes to execute a SPLIT JUMP with a minimum of 90° even leg separation with the Right leg forward, Left leg behind. Land on both feet side-by-side in demi-plié, pressing through the balls of the feet to lower the heels to the floor.

ARMS: During the jump, lift sideward-upward to side-middle; lower sideward-downward to low position on landing.



(7, 8)

Extend both legs to finish in a straight stand (not in relevé).

ARMS: Lift sideward-upward to side-middle.

#### Stretch jump:

Points of emphasis: Amplitude, straight body, legs closed

#### See General deductions

#### Split jump:

Failure to land with legs/feet close

Up to 0.10

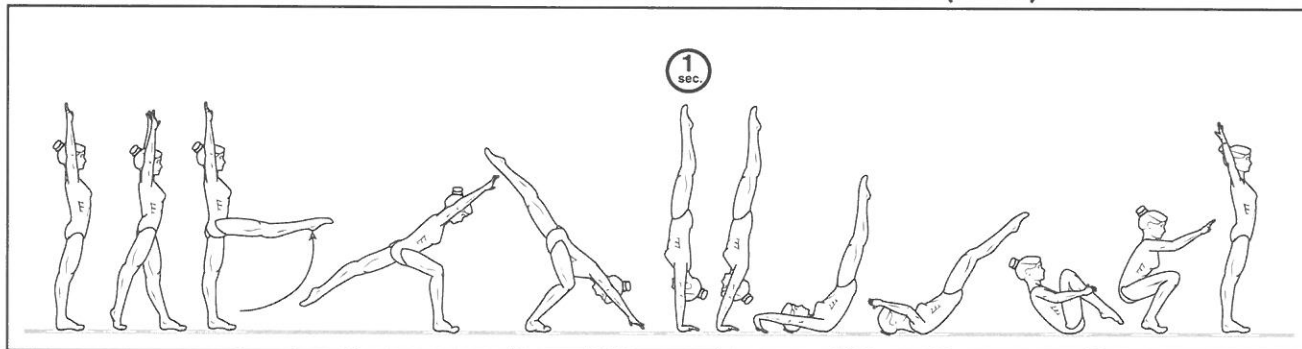
Insufficient leg separation (less than 90°)

Up to 0.20

Points of emphasis:

Amplitude, body posture, proper leg alignment with even leg separation

### 4. \*HANDSTAND FORWARD ROLL WITH STRAIGHT ARMS (0.60)



(1, 2)

Step forward onto a straight Left leg (flat foot or in relevé). Kick the Right leg forward to horizontal or above.

(If reversing the Handstand forward roll, step forward Right and kick Left.)

ARMS: Lift to high position.

(3, 4, 5, 6, 7, 8)

Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the floor. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Place the hands shoulder-width apart on the floor while pushing off with the Right leg to arrive in a handstand with legs together, head neutral, with a straight, tight, body position. **Hold for one second;** then lean forward past vertical. Maintaining straight arms, lower the back of the head and shoulders onto the floor by tucking the chin to the chest. Finish the HANDSTAND FORWARD ROLL by tucking the legs and pulling the knees close to the chest. Knees should remain together with the heels close to the buttocks. Place the feet on the floor and lean forward to arrive in a tuck stand. Immediately straighten the legs to finish in a straight stand.

ARMS: Finish the roll with the arms in high position, then open to sideward-diagonally-upward.

Failure to attain vertical

Up to 0.30

Failure to close (join) legs

0.10

Failure to hold handstand for 1 second

Up to 0.10

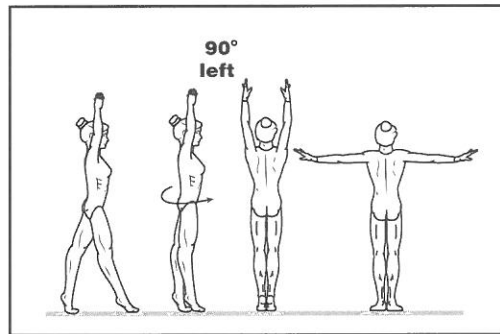
Pushing off floor with hands to arrive in tuck stand

0.30

Points of emphasis: Body alignment, hold in handstand, straight arm roll



## 5. $\frac{1}{4}$ (90°) PIVOT TURN



(1, 2, 3, 4)

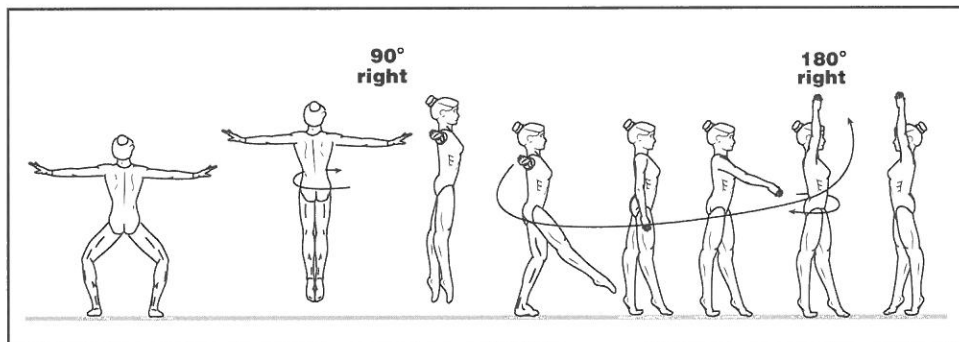
Step forward onto the Right foot in relevé and close the Left foot behind the Right foot in relevé lock position. Execute a  $\frac{1}{4}$  (90°) PIVOT TURN to the Left.

ARMS: Curve to crown position.

Lower the heels onto the floor to finish in 1<sup>st</sup> position.

ARMS: Lower to side-middle.

## 6. SIDE CHASSÉ WITH $\frac{1}{4}$ (90°) TURN, $\frac{1}{2}$ (180°) PIVOT TURN



(5, 6)

Moving toward Corner 2, demi-plié the Left leg and slide the Right foot sideways through 2<sup>nd</sup> position with the feet turned out slightly and heels on the floor. Push off the floor with both feet to join the feet in the air, executing a SIDE CHASSÉ to the Right. Before or upon landing, execute a  $\frac{1}{4}$  (90°) TURN to the Right. Land in demi-plié on the Left leg with the foot turned out slightly, facing Corner 2.

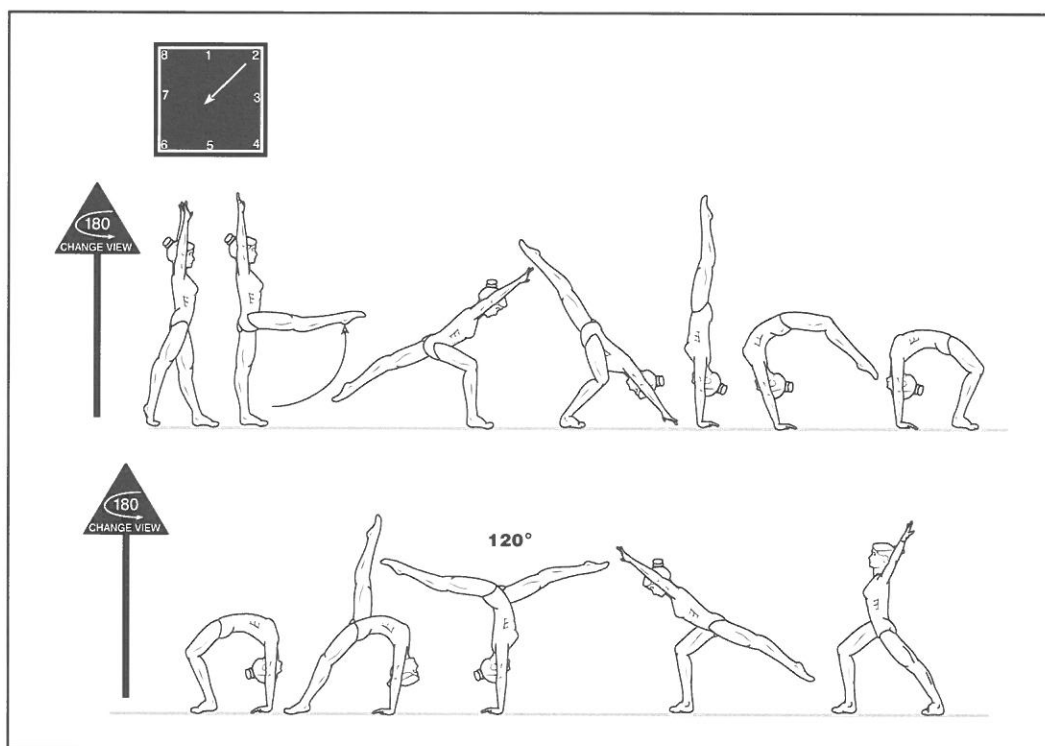
ARMS: Remain in side-middle.

(7, 8)

Step forward onto the Right leg in relevé. Immediately step forward Left and execute a  $\frac{1}{2}$  (180°) PIVOT TURN to the Right on both feet to finish facing Corner 6. (The feet are slightly apart.)

ARMS: On the first step, begin lowering both arms sideward-downward to low position. On the turn, lift the arms forward-upward to crown.

## 7. \*HANDSTAND TO BRIDGE, BACK KICK-OVER (0.60)



(1, 2)

Step forward onto a straight Left leg (flat foot or relevé). Kick the Right leg forward-upward to horizontal or above.

(If reversing the Handstand to bridge, step Right and kick Left. Continue reversing to the lunge position.)

ARMS: Lift to high position.

(3, 4, 5, 6, 7, 8, 1, 2, 3, 4)

Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the floor. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Place the hands shoulder-width apart on the floor while pushing off with the Right leg to arrive in a handstand with legs together. With the head neutral, maintain a straight, extended handstand position. Focus on the hands. Continue to open the shoulder angle past the hands and arch the upper back, lowering the legs toward the floor. Place the feet flat on the floor shoulder-width apart or closer to complete a HANDSTAND

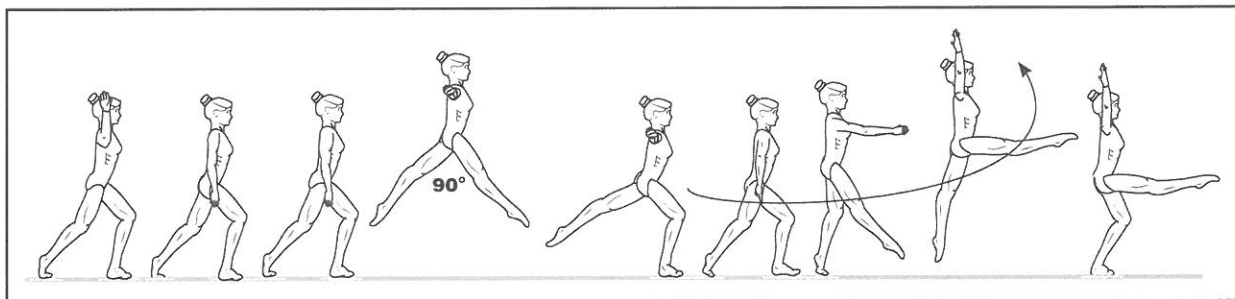
TO BRIDGE.

Immediately lift the Right leg and push off the floor with the Left leg to execute a BACK KICK-OVER. (Adjustment of the legs is acceptable prior to the kick-over). Pass through vertical with the legs separated and straight, showing a 120° leg separation. Step down using the levering action to finish in a Right lunge, pressing the Right knee and both hips forward.

ARMS: Remain in high position. At the finish of the lunge, open the arms to sideward-diagonally-upward. .

Failure to maintain arms next to ears & focus on hands throughout	Up to 0.10
Failure to close (join) legs	0.10
Failure to push shoulders behind hands in bridging phase	Up to 0.20
Failure to land on feet simultaneously	0.10
Insufficient leg separation on back kick-over (less than 120°)	Up to 0.20
Points of emphasis: Levering action into handstand, show handstand position, straight arms, controlled backbend	

## 8. STRAIGHT LEG LEAP (90°) (0.60), LEG SWING WITH HOP (0.20)



(1, 2, 3, 4)

(If the Handstand to bridge was reversed, continue with the following text as written.)

Run Left, Right, Left. Swing the straight Right leg forward-upward to horizontal and push off the floor with the Left leg. Swing the Left leg backward-upward to execute a STRAIGHT LEG LEAP with a minimum of 90° even leg separation in flight. Land on the Right leg in demi-plié with the Left leg extended backward, turned out slightly, passing through a low arabesque position. The emphasis is on body alignment and height of the leap.

ARMS: On the run, softly lower both arms sideward-downward by supplely bending the elbows in toward the body to finish in a low position at the sides of the body. During the leap, use one of the three acceptable arm positions for leaps listed

in the Glossary.

(5, 6, 7, 8)

Step forward onto the Left leg through demi-plié. Swing the Right leg forward-upward to a minimum of horizontal while simultaneously pushing off the floor, extending the Left leg through the hip, knee, ankle and toes to execute a LEG SWING WITH HOP. Land slightly turned out in demi-plié on the Left foot.

ARMS: On the forward step, lower both arms sideward-downward, leading with the elbows to low position. On the hop, lift the arms forward-upward to crown.

### Straight leg leap:

**Bending the lead (front) leg on take-off**

Up to 0.10

**Insufficient leg separation (less than 90°)**

Up to 0.20

**Points of emphasis: Amplitude, even leg separation, body posture, coordination of arms with leap**

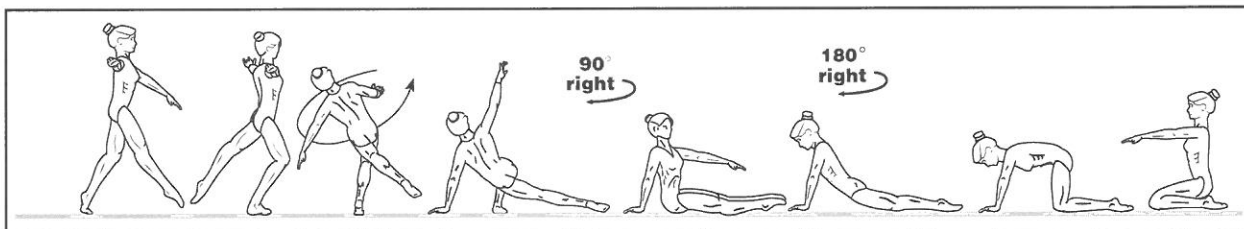
### Leg swing with hop:

**Failure to swing leg forward to a minimum of horizontal**

Up to 0.10

**Points of emphasis: Amplitude, body position, coordination of arms and legs on hop**

## 9. SLIDE TO FLOOR, ½ (180°) TURN



(1, 2, 3, 4)

Step forward Right in demi-plié. While turning ¼ (90°) turn to the Left, cross the Left leg behind the Right leg, pointing the Left foot toward Corner 6. Continue bending the Right knee and lower the body to sit on the Left hip.

ARMS: As the body lowers, reach the Left hand down to place the Left hand on the floor next to the Left hip. The Right arm makes a full circle moving in front of the face and chest to low position, then continues circling sideward-upward to finish sideward-diagonally-upward.

As the Left hip contacts the floor, rotate the torso 90° to the Right to arrive in a straight sitting position with both legs together, facing Corner 6.

ARMS: Left hand remains. Right arm moves sideward-backward-downward to place the Right hand on the floor next to and slightly behind the Right hip.

(5, 6, 7, 8)

Transfer the weight to the Right hip. Execute a ½ (180°) turn to the Right. At the completion of the turn, bend the knees to arrive in a kneeling position on both knees with the buttocks resting on the heels, facing Corner 2.

ARMS: During the turn, lift the Left hand forward across the chest, then downward to place the Left hand on the floor parallel to the Right hand. Lift both arms forward-upward to forward-middle on the sit.

## 10. FORWARD SPLIT (0.20)

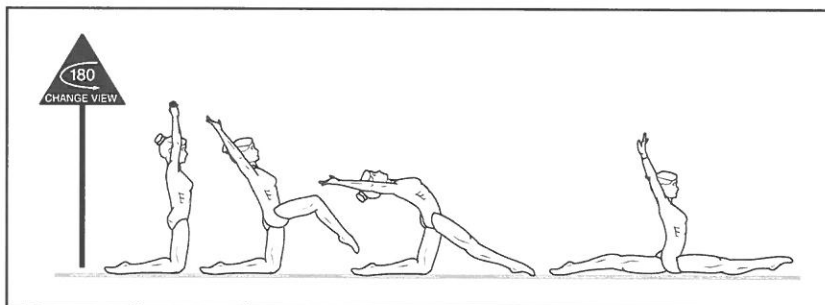
(1, 2, 3, 4)

Immediately raise the buttocks off the heels and extend the hips (over the knees.)

ARMS: Lift forward-upward to high position.

Lift the Right leg forward, bending the Right knee to place the Right foot flat on the floor, turned out slightly. Slide the Right leg forward and straighten the Left leg to finish in a Right FORWARD SPLIT with the chest up.

ARMS: Push open supply to sideward-diagonally-upward.



**Failure to achieve 180° split position  
(legs flat on floor)**

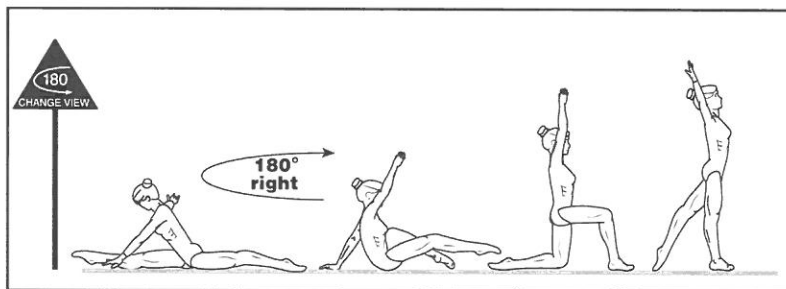
**Up to 0.20**

## 11. ½ (180°) FLOOR TURN TO STAND

(5, 6, 7, 8)

Lower the torso forward. Circle (rond de jambe) the Right leg backward (the leg may be straight or bent) and simultaneously lean and transfer the weight to the Left hip while executing a ½ (180°) turn to the Right to finish facing Corner 6 with the Right leg bent, Right foot turned out slightly and pointed on the floor. Simultaneously bend the Left knee along the floor to finish with the Left foot under the Right knee with both legs turned outward slightly.

ARMS: Reach the Left hand sideways to place the Left hand on the floor. The Right arm moves to side middle then to forward-middle curved, then forward-upward to crown.



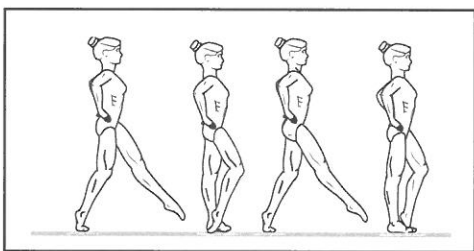
Pushing with the Left leg, transfer the weight forward to the Right foot to arrive in a kneeling position on the Left knee.

ARMS: The Left hand pushes off the floor and lifts forward-upward to crown.

Straighten both legs to arrive in a stand on the Right leg, with the Left leg extended backward, slightly turned out, and the Left foot pointed on the floor.

ARMS: Open supply to sideward-diagonally-upward.

## 12. PRANCE STEPS



(1, 2, 3, 4)

Step forward toward Corner 6 onto a stretched Left leg through the ball of the foot (relevé to flat). The top of the Right foot/toes quickly drags along the floor, leg bent forward, passing by the Left ankle. Repeat the PRANCE STEP on the other leg.

ARMS: Lower the arms to place the hands on hips.

## 13. WEIGHT TRANSFER (0.20)

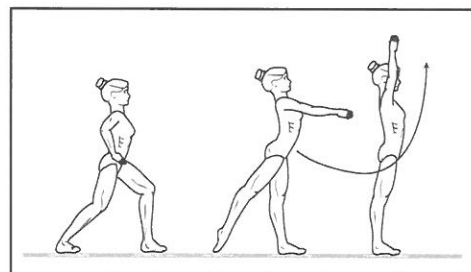
(5, 6, 7, 8)

Demi-plié the Right leg and step forward onto a bent Left leg turned out slightly. Showing a rocking motion through use of the legs through 4<sup>th</sup> position demi-plié with both heels on the floor, perform a WEIGHT TRANSFER onto the Left leg. Extend both legs to finish with the Right leg extended backward turned out slightly and the Right foot pointed on the floor.

ARMS: Hands remain on hips at the initiation of the weight transfer. As the weight transfers, begin to lift arms forward-upward.

Close the Right foot beside the Left foot to finish in a straight stand.

ARMS: High position.



**Failure to show “rocking” action through use of plié  
Points of emphasis: Maintain vertical torso,  
smooth rhythm throughout “rocking” action**

**Up to 0.10**

## 14. BACKWARD ROLL TO PUSH-UP POSITION (0.60)

(1, 2, 3, 4)

Bend the knees to arrive in a tuck sit, keeping the feet on the floor. Begin rolling backward with the head tucked, chin to chest. With the arms straight and hands turned inward, reach backward to place the sides of the little fingers (heel of the hands) on the floor behind the head and execute a BACKWARD ROLL TO A PUSH-UP POSITION (maintaining a hollow body position) with the legs together and the balls of the feet on the floor.

ARMS: Remain in high position.

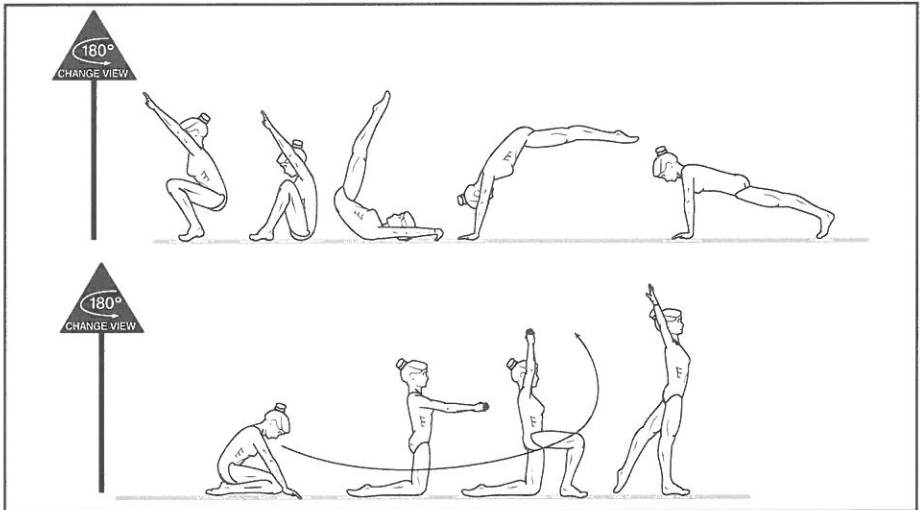
Slide the feet forward while simultaneously bending the knees to arrive in a sitting position with the buttocks resting on the heels.

ARMS: Hands remain on the floor.

(5, 6)

Immediately raise the buttocks off the heels and extend the hips. Simultaneously, lift the Right leg forward, bending the Right knee to place the Right foot flat on the floor, turned out slightly.

ARMS: Lift forward-upward to high position.



(7, 8)

Straighten both legs to arrive in a stand on the Right leg with the Left leg extended backward, Left toes pointed on the floor.

ARMS: Open supply to sideward-diagonally-upward.

**Hands placed on floor during squat phase prior to rolling backward**

**0.30**

**Failure to show push-up position**

**0.20**

**Performs backward roll to handstand (within 20° of vertical)**

**0.60**

**Points of emphasis:**

**Straight arms, hollow body in push-up position**

## 15. ½ (180°) TURN IN FORWARD COUPÉ (0.40)

(1, 2)

Step forward Left, then point the slightly turned out Right leg forward.

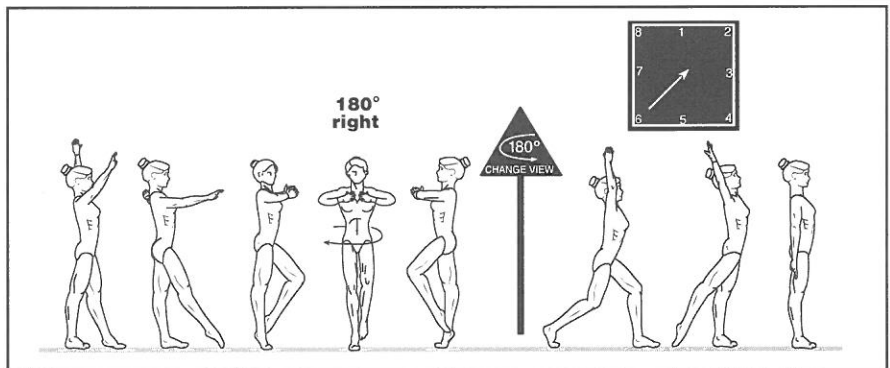
ARMS: On the step, lower the Right arm forward-downward to forward-middle curved. Lower the Left arm sideward-downward to side-middle for the turn preparation.

(3, 4, 5, 6)

Transfer the weight to the Right foot using one of the acceptable turn preparations listed in the Glossary. Execute a ½ (180°) TURN to the Right in relevé, bending the Left knee forward and pulling the pointed Left foot forward to touch the Right ankle (forward coupé). Maintain straight body alignment throughout the turn.

ARMS: Initiate the turn by closing the Left arm to forward-middle curved. Maintain forward-middle curved throughout the turn.

FOCUS: Maintain focus on Corner 6 as long as possible while the body turns, then quickly snap the head to the Right to again focus on Corner 2.



Without lowering the Right heel, step forward onto the Left leg in demi-plié. Immediately straighten the Left leg to stand with the Right leg extended backward turned out slightly, and the Right foot pointed on the floor. (The Right leg is allowed to plié or remain extended before the Right foot points on the floor.)

ARMS: Lift forward-upward to crown, then open supply to sideward-diagonally-upward.

(7, 8)

Immediately close the Right foot beside the Left foot.

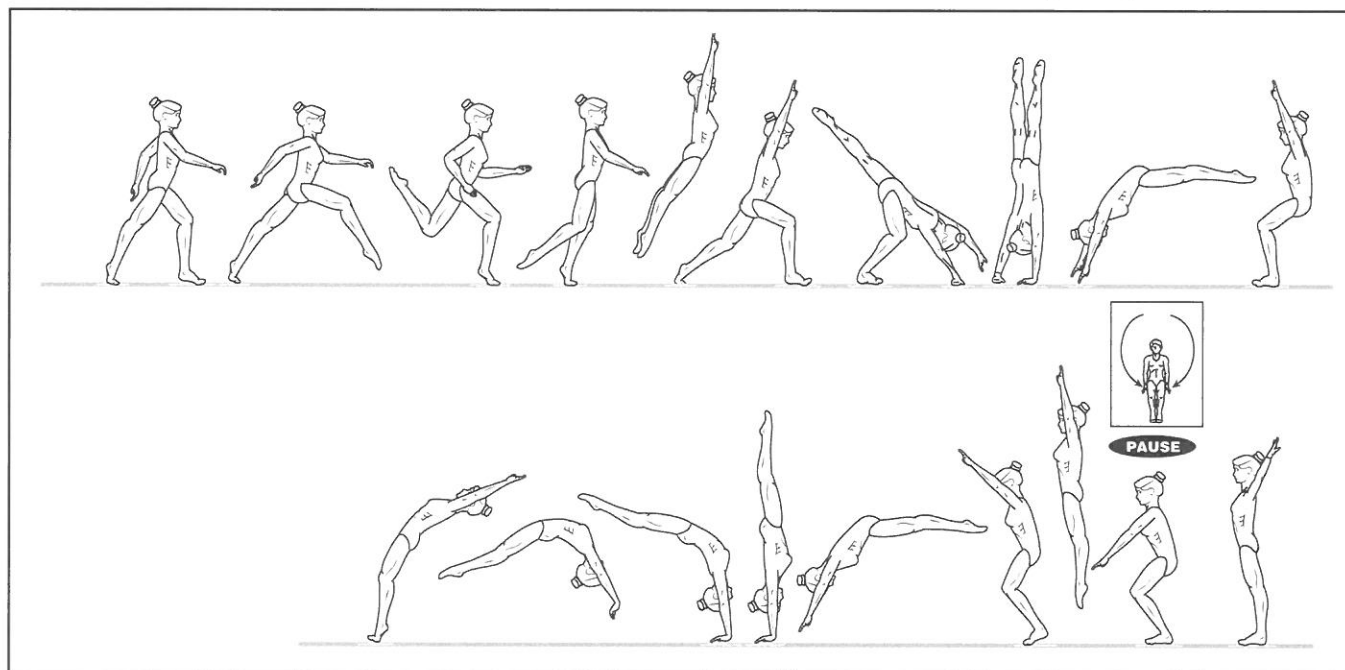
ARMS: Lower sideward-downward to low position.

**See General faults and penalties**

**Points of emphasis: Immediate placement of free leg in forward coupé position, complete 180° turn in relevé, control at completion**



## 16. \*ROUND-OFF (0.40), FLIC-FLAC TO TWO FEET, REBOUND (0.60)



(1, 2, 3, 4, 5, 6, 7, 8)

Take one-to-three running steps and hurdle using one of the three acceptable hurdle techniques listed in the Glossary.

Take a long step straight forward into a Right lunge. Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and the Left leg while reaching for the floor. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Place the Right hand sideways on the floor as the Left leg pushes off the floor, and as the body turns 90° Left. Place the Left hand on the floor with the fingers pointing toward the Right hand. Both hands should be in a straight line directly in front of the Right foot. Simultaneously kick the Left leg backward-upward overhead, passing through a brief sideward straddled handstand to execute a ROUND-OFF.

After the feet pass through vertical, turn 90° Left and join the legs. Push explosively off of the floor with the arms and shoulders while simultaneously snapping the legs down and under to land on both feet in an upright hollow body position. Immediately jump backward onto the hands in an inverted stretched body position to execute a FLIC-FLAC. Push explosively off the floor with the arms and shoulders while simultaneously snapping the legs down and under to land on both feet in an upright hollow body position. Immediately REBOUND with a stretched body. Land in demi-plié in a balanced and controlled position ("stick"). Pause.

ARMS: High position throughout. As the landing of the rebound occurs, lower the arms sideward-downward to a forward-diagonally-low position.

Extend the legs to finish in a straight stand.

ARMS: Lift forward-upward to high position on the stand, then open to sideward-diagonally-upward.

<b>Lack of acceleration in the series</b>	<b>Up to 0.20</b>
<b><u>Round-off:</u></b>	
<b>Failure to pass through vertical</b>	<b>Up to 0.30</b>
<b>Failure to land on feet simultaneously</b>	<b><u>0.10</u></b>
<b><u>Flic-flac to two feet, rebound:</u></b>	
<b>Deep squat into flic-flac</b>	<b>Up to 0.20</b>
<b>Failure to land on feet simultaneously</b>	<b><u>0.10</u></b>
<b>Failure to rebound immediately</b>	<b><u>0.10</u></b>
<b>Failure to pause in a controlled "stick"</b>	<b><u>0.05</u></b>
<b>Points of emphasis: Acceleration, stretched body shapes</b>	

## 17. POSE

(1)

Take a long step backward Left to finish in a Right lunge.

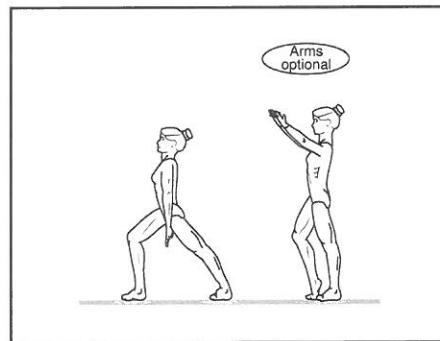
ARMS: Lower sideward-downward to low position.

(2)

Slide the Right foot backward to place the ball of the Right foot next to the Left foot in a forced arch position.

ARMS: Optional.

FOCUS: Optional.



### LEVEL 4 FLOOR EXERCISE EVALUATION POINTS

1. Supple, fluid arm movement in the ARM WAVE
2. Full ankle/foot extension and dynamic connection of the STRETCH JUMP and SPLIT JUMP
3. Maintain straight arms during HANDSTAND FORWARD ROLL
4. Step sideward (through 2<sup>nd</sup> position) into SIDE CHASSÉ WITH  $\frac{1}{4}$  (90°) TURN
5. Smooth transition into and out of HANDSTAND TO BRIDGE – BACK KICKOVER
6. Good height and arm coordination on the STRAIGHT LEG LEAP (90°), LEG SWING WITH HOP
7. 180° leg separation on FORWARD SPLIT
8. Quick relevé to flat foot position with good rhythm on PRANCE STEPS
9. Proper rocking action during WEIGHT TRANSFER
10. Maintain straight arm position throughout BACKWARD ROLL TO PUSH-UP POSITION
11. Good body alignment, shoulders down and correct arm pathway on  $\frac{1}{2}$  (180°) TURN
12. Good continuity between the ROUND-OFF and the FLIC-FLAC TO TWO FEET, REBOUND



## **LEVEL 4 FLOOR EXERCISE SUPPLEMENTARY SKILLS**

### **1. DIVE ROLL ONTO ELEVATED MATS**

Take one-to-three running steps and swing either leg forward, pushing off the floor with the opposite leg to land on both feet simultaneously. Immediately punch off both feet while reaching forward-upward to achieve a straight-hollow body position with the legs straight. Invert the body as the hands reach for the mat, keeping the head neutral. Land on the hands on the elevated surface and absorb the impact by bending the arms. Tuck the chin toward the chest, placing the back of the head and shoulders on the mat to execute a Dive Forward Roll. Tuck the legs, bending the knees close to the chest and heels close to the buttocks. Place the feet on the mat and lean forward to arrive in a tuck stand. Extend both legs to finish in a straight stand.

### **2. STRAIGHT-ARM BACKWARD ROLL TO HANDSTAND DOWN AN INCLINE MAT**

From a stand in front of or on top of an incline mat, bend the knees to arrive in a tuck sit. Begin rolling backward with the head tucked, chin to chest. With the arms straight and hands turned inward, reach backward to place the sides of the little fingers (heels of the hands) on the mat behind the head and execute a Backward Roll to Handstand, with the arms straight and the legs together. (The hands are allowed to shift or hop from the initial inward position to a straight position.) Step down using a levering action to finish in a Right lunge, pressing the Right knee and both hips forward.

### **3. FRONT LIMBER**

Step forward through the ball of the Right foot and execute a Right lunge (a straight leg entrance is also acceptable.) Lift the Left leg backward-upward, maintaining a straight line from the hands, torso, and Left leg, while reaching for the floor. Continue with the levering action, lifting the Left leg backward-upward as the torso lowers. Place the hands shoulder-width apart on the floor while pushing off with the Right leg to arrive in a handstand with the legs together. With the head neutral, maintain a straight, extended handstand position. Focus on the hands.

Continue to open the shoulder angle past the hands, arching the upper back and lowering the legs over the head toward the floor. Place the feet flat on the floor shoulder-width apart or closer to arrive in a Bridge position with arms straight. Press the hips and thighs forward, push from the hands and stand up to finish in a straight stand.

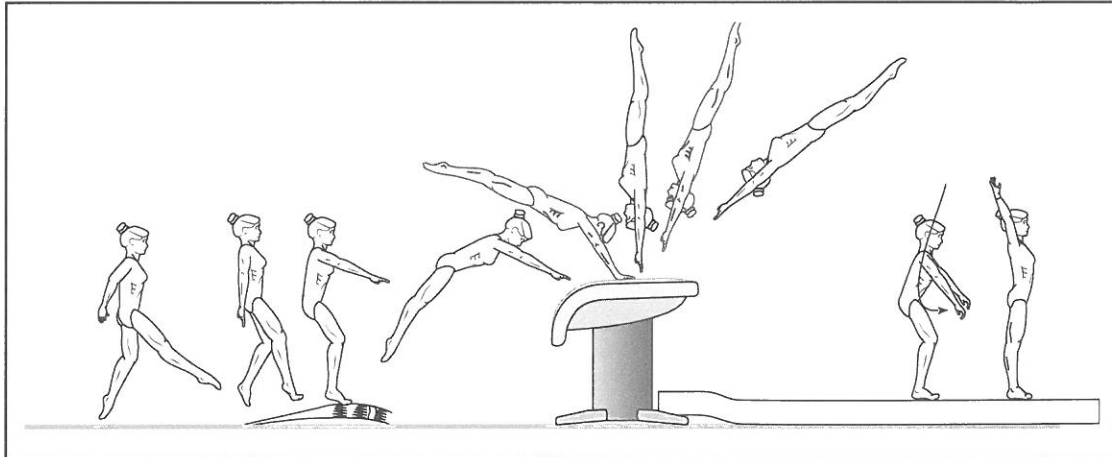
### **4. POWER HURDLE, FRONT HANDSPRING**

Perform a power hurdle by jumping explosively off both feet, separate the feet, and take a long step forward into a deep lunge on the Right leg. Kick the Left leg backward-upward overhead, maintaining a straight line from the hands, torso, and Left leg while reaching for the floor. Continue the levering action and lift the Left leg backward-upward as the torso lowers. Place the hands on the floor side-by-side, shoulder-width apart. As the hands contact the floor, forcefully extend through the shoulders. Simultaneously extend the Right leg by pushing down against the floor, creating a powerful backward-upward movement. Rotate the body in a tight, stretched position, joining the legs slightly past vertical and land with the legs together and the hips extended to execute a Front handspring to Two Feet.

## LEVEL 5 - HANDSPRING VAULT

The gymnast may perform two vaults, with the better score to count.

Three running approaches are permitted, if the gymnast has not touched the springboard and/or the vault table. A fourth approach is not permitted.



The run should be even and strong, accelerating to the hurdle.

During the preflight (first flight), the arms swing forward to complete shoulder extension, keeping the head neutral, and the eyes focused toward the hands. Maintain a straight-hollow body position with the legs together and hips extended. The gymnast rotates to an inverted position by driving the heels backward-upward.

Upon contact, quickly and forcefully extend the shoulders to block against the vault table with straight arms, causing the body to leave the vault table near vertical.

During the postflight, maintain a tight, straight-hollow body position with the head neutral. The rotation continues until the landing in demi-plié.

Arms: High throughout pre-flight, block and after-flight. In preparation for landing, lower sideward-downward to finish at forward-diagonally-low.

Extend the legs to finish in a straight stand.

Arms: Lift upward to sideward-diagonally-upward position.

## LEVEL 5/6 VAULT - SUPPLEMENTARY SKILLS

### 1. HANDSPRING OVER TABLE TO STACKED MATS TO BACK LYING POSITION

Stack mats behind the vault table to the height of the table. Execute a handspring vault with good rotation, blocking through the shoulders and maintaining a tight straight-hollow body position. Land in a straight lying position on the back.

### 2. HANDSPRING REPULSION DRILL

Stack mats behind the vault table slightly higher than the table. Execute a handspring vault with the emphasis on the shoulder block (quick and explosive extension of the shoulders immediately upon contact with the table). The head remains neutral with focus on the hands. Arrive on the hands on the stacked mats. Maintain a straight-hollow body position with legs together and continuing past vertical to land on the skill cushion in a straight lying position on the back.

### 3. FRONT SALTO STRETCHED

From a controlled run approach and hurdle onto a springboard, immediately swing the arms explosively forward-upward while lifting the heels backward-upward to execute a Front Salto Stretched onto an 8-inch skill cushion or solid foam pit. Complete the rotation to land on the feet with the body upright.

# LEVEL 5/6 VAULT - TABLE OF PENALTIES

## A. GENERAL:

1. Body position faults:
  - arched Each phase Up to 0.30
  - piked Each phase Up to 0.50
2. Legs bent Each phase Up to 0.30
3. Legs separated Each phase Up to 0.20
4. Incorrect foot form Each phase Up to 0.10
5. Incorrect head alignment Each phase Up to 0.10
6. Deviation from straight direction Up to 0.30
7. Lack of dynamics (speed/power) Up to 0.30
8. Performing incorrect vault VOID
9. Aid of coach during first flight, support, or second flight phase
  - Level 5 2.00
  - Level 6 VOID
10. Aid of coach upon landing 0.50
11. Run-approach without executing the vault (Balk)
  - Touching the springboard or vault table VOID
12. Coach standing between board and vault table No deduction
13. Performing vault without signal from judge

*deduct 0.50 from average of next vault*

## B. FIRST FLIGHT:

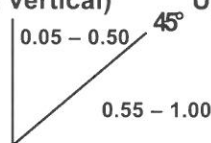
See A. General Deductions

## C. SUPPORT PHASE:

1. Incorrect shoulder alignment (showing a shoulder angle) Up to 0.30
2. Arms bent Up to 0.50
3. Completely bent arms causing head to contact vault table 2.00
4. Additional hand placements (taking steps/hops on hands) Up to 0.30
5. Too long in support Up to 0.50
6. Alternate repulsion Up to 0.20
7. Angle of repulsion (failure to leave vault table by vertical) Up to 1.00

If the gymnast leaves the vault table:

- |                        |                    |
|------------------------|--------------------|
| by vertical            | No deduction       |
| from 1° to 45°         | deduct 0.05-0.50   |
| from 46° to horizontal | deduct 0.55 - 1.00 |



8. Touch of only one hand on vault table Chief Judge - 1.00
9. No hand support on vault table VOID

## D. SECOND FLIGHT:

1. Insufficient height Up to 0.50
2. Insufficient distance (consider size of gymnast, overall trajectory-  
where hands contact table and where feet land) Up to 0.30
3. Brush, touch, or hit of body on far end of vault table 0.30

## E. LANDING:

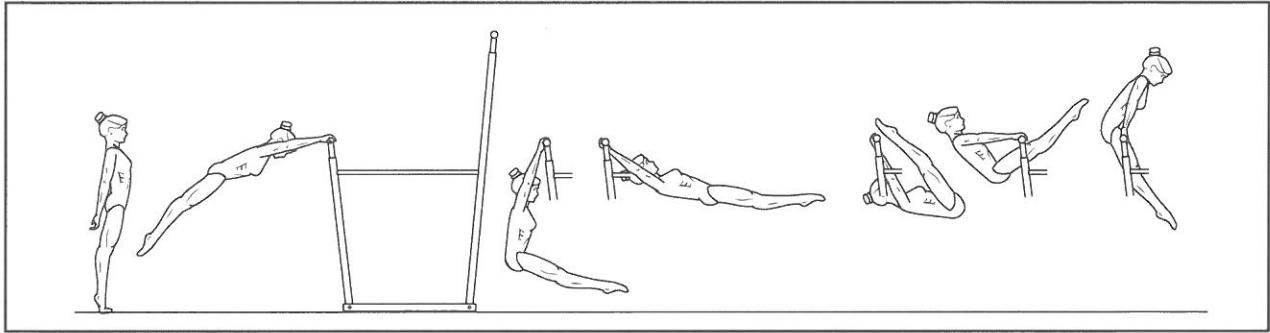
1. Slight hop or small adjustment of feet Up to 0.10
2. Extra arm swing(s) Up to 0.10
3. Additional trunk movements to maintain balance Up to 0.30
4. Incorrect body posture on landing Up to 0.20
5. Taking steps after landing Each 0.10 (Max. 0.40)
6. Very large step or jump 0.20
7. Deep squat upon landing Up to 0.30
8. Contacting the mat or apparatus with one or both hands or  
with body after landing
  - Brush, touch or hit Up to 0.30
  - Support on hand(s) or fall onto mat or against apparatus 0.50
9. Failure to land on the feet first on the mat (includes the fall) 2.00
  - Finishes in a sitting, lying or standing position on  
the vault table 0.50 (fall on apparatus) + 2.00

## LEVEL 5 UNEVEN BARS

**Points of emphasis on all elements: Arms straight, legs together and straight, when indicated, correct body shape**  
**Bent arms or bent legs: Up to 0.30. Refer to General Faults and Penalties for additional deductions.**

**SP:** Stand with the feet together, outside of the bars, facing the low bar. A board or raised surface (such as a panel mat or padded spotting/skill block) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

### 1. MOUNT: STRADDLE OR PIKE GLIDE KIP (0.80)



Jump from both feet, lifting the hips backward-upward to grasp the low bar with an overgrip, hands shoulder-width apart. Maintain a hollow body position with the legs extended and the head neutral. Swing the body forward with the legs together (piked) or straddled.

At the completion of the forward glide swing, the legs are together and the hips are fully extended. Quickly lift the feet to the bar and pull the bar up the legs to the hips to execute a GLIDE KIP. While pulling downward, shift the hands to the top of the bar to arrive in a front support with the legs/feet in front of the bar (body slightly piked), shoulders forward, and the head neutral. Maintain straight arms and legs throughout.

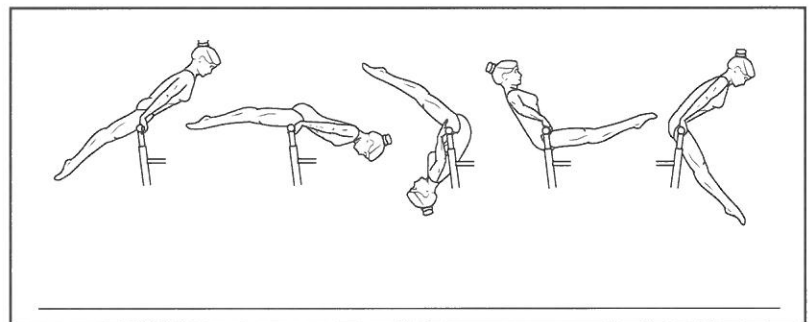
Failure to take-off from both feet simultaneously	<u>0.10</u>
Performs a run-out glide	<u>0.30</u>
Failure to lead with the feet in the forward glide swing (performs long hang swing)	Up to 0.10
Insufficient extension at end of glide	Up to 0.20
Failure to close legs at end of straddle glide	<u>0.10</u>

### 2. FRONT HIP CIRCLE (0.60)

Press down against the bar, extending the body until the thighs touch the bar. Lift the heels backward-upward to initiate the fall forward, maintaining a straight-hollow body position (no arch). Continue to lift the heels as the body pikes quickly to circle the bar, executing a **FRONT HIP CIRCLE**.

A slight arm bend during the circle is acceptable. As the circle nears completion, shift the hands to the top of the bar, straightening the arms, to finish in a front support with the legs/feet in front of the bar (body slightly piked).

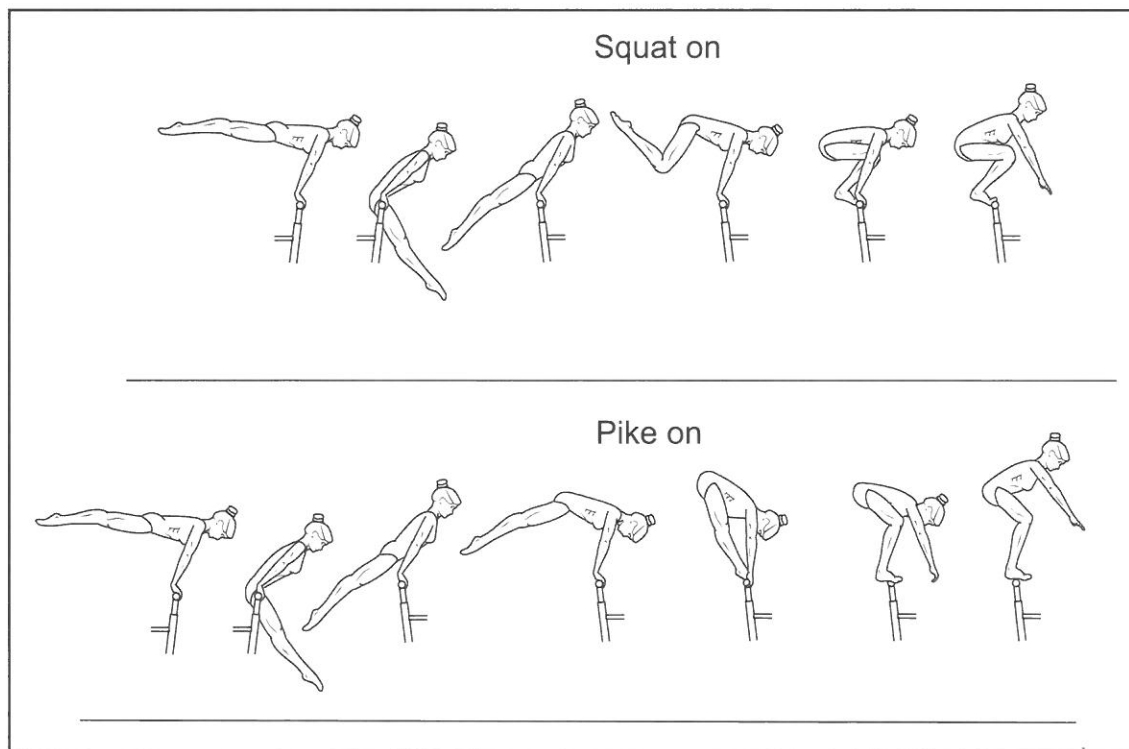
Maintain straight legs and a neutral head position throughout.



Failure to show a straight-hollow body position into front hip circle	Up to 0.10
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### 3. CAST TO HORIZONTAL & RETURN TO FRONT SUPPORT (0.80)

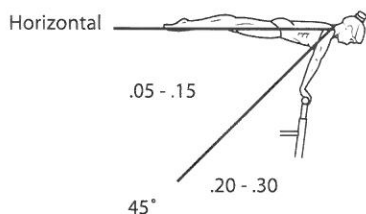
### 4. CAST, SQUAT-ON OR PIKE-ON (0.40)



With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a **CAST TO HORIZONTAL** with legs together. Maintain a straight-hollow body position with the buttocks tight, the arms and legs straight, and the head neutral.

Upon completion of the horizontal cast, maintain the forward shoulder lean while executing a controlled return of the hips to the bar.

Without a pause or stop, immediately CAST again with straight arms and legs together. Bend the legs (or keep the legs straight) and place the balls of the feet on the bar between the hands in a tuck (or pike) position to execute a SQUAT- ON or PIKE-ON to a momentary stand on the low bar. If a pike-on is performed, the legs are allowed to bend after initial contact with the bar in order to facilitate the jump from the low bar to the high bar.



#### 3. Cast to horizontal & return to front support

**Insufficient amplitude of cast** Up to 0.30

(line from shoulders to mid-point of lowest body part-abdomen, hips, knees or feet)

- 1 to 45° below horizontal 0.05 – 0.15

- 46° or more below horizontal 0.20 – 0.30

**Incorrect body alignment** Up to 0.20

(straight line from shoulders to feet with chest hollow)

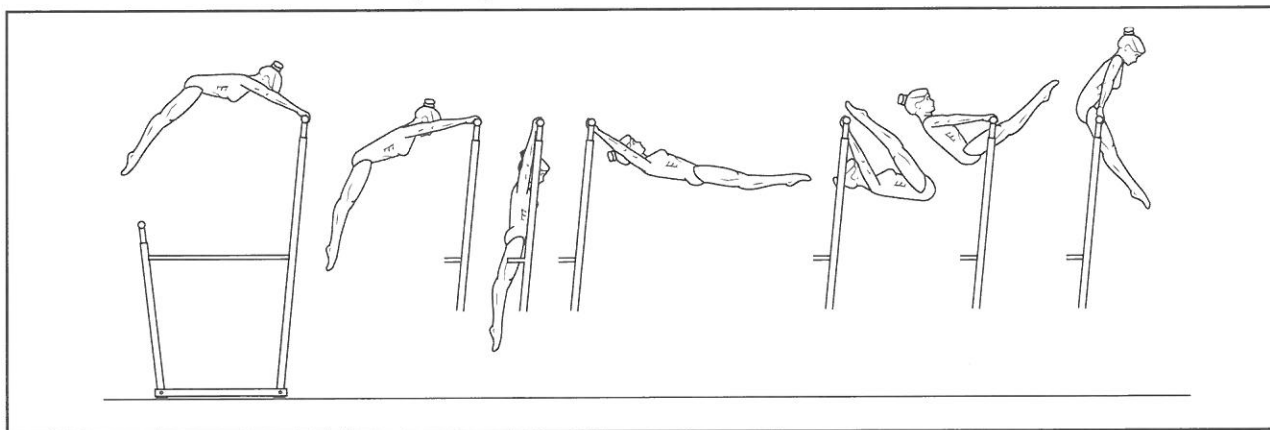
**Lack of control in returning to bar** Up to 0.10

#### 4. Cast, Squat on or Pike on

**Alternate foot placement** 0.20

**Insufficient backward swing of legs into cast (hip lift only)** 0.05

## 5. JUMP TO LONG HANG KIP (0.80)



From the tuck (or pike) position on the low bar, immediately jump up to grasp the high bar while maintaining a straight-hollow body position. With the legs together, swing the body downward, forward and upward near horizontal (straight line from shoulders to feet). At the completion of the forward swing, quickly lift the feet to the bar and pull the bar up the legs to the hips to execute a **LONG HANG KIP**.

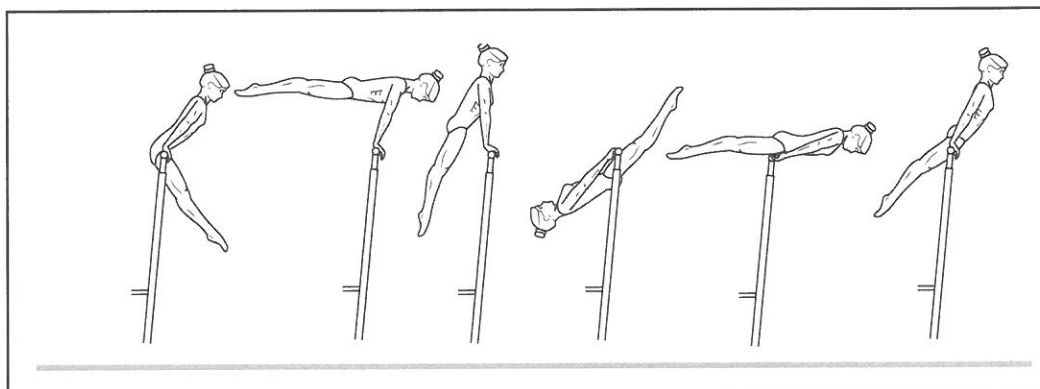
While pulling downward, shift the hands to the top of the bar to arrive in a front support with legs/feet in front of the bar (body slightly piked), shoulders forward and head neutral. Maintain straight arms and legs throughout.

**Failure to swing to near horizontal**

**Up to 0.20**

## 6. CAST TO HORIZONTAL (0.80)

## 7. BACK HIP CIRCLE (0.60)



With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a **CAST TO HORIZONTAL** with legs together. Maintain a straight-hollow body position with the buttocks tight, the arms and legs straight, and the head neutral.

As the hips/thighs return to the bar, lean the shoulders backward, causing the body to circle backward around the bar in a straight-hollow body position to execute a **BACK HIP CIRCLE**. Maintaining straight arms and legs throughout, shift the hands to the top of the bar to pass through a momentary extended front support. Maintain a neutral head position throughout.

### Cast to horizontal:

See #3. Cast to horizontal on low bar

### Back Hip Circle:

Failure to maintain straight-hollow body throughout circle

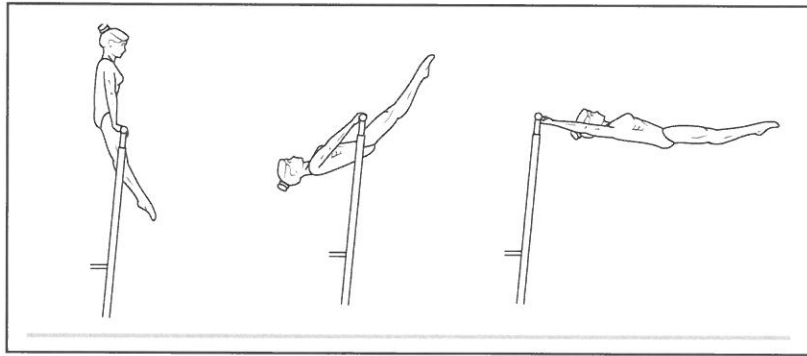
**Up to 0.20**

Failure to maintain hip or upper thigh contact on bar throughout circle

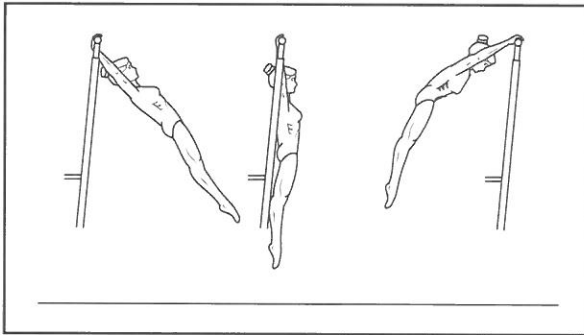
**Up to 0.20**



## 8. UNDERSWING, FIRST COUNTERSWING (a minimum of 30° below horizontal) (0.80)

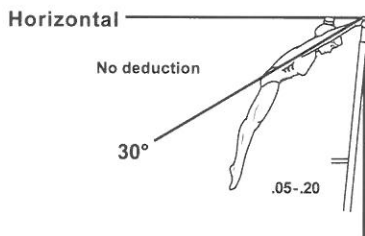


Immediately press the bar downward to contact the mid to lower thigh, while keeping the head neutral, chest and torso hollow, and the arms straight. Maintain this position while leaning the shoulders backward and circling the bar with the hips away from the bar. A slight touch of the thighs on the bar is acceptable. As the hips rise, completely open the shoulder angle while pressing the bar backward to execute the **UNDERSWING**. Maintain a straight-hollow body position, with the arms and legs straight, and the head neutral throughout. More emphasis should be placed on the correct body position than the height of the underswing.



Continue to press the bar backward. Swing downward, leading slightly with the heels to execute a **COUNTERSWING**. Maintain this slight heel drive through vertical (under the bar), at which point the body is shortened by pulling downward on the bar and lifting the hips backward-upward to a hollow body position with the legs together. The hips rise to a minimum of 30° below the level of the high bar (horizontal).

The intended technique is to show a hollow chest position with a rounded hip angle. The hips should not open to an extended or arched position with the feet over the low bar. The head remains neutral between the arms with the chest hollow. The legs remain together.



### Underswing:

Failure to maintain a straight-hollow body position throughout

Up to 0.20

Hips contacting bar  
(no deduction for thighs touching bar)

0.20

### First Counterswing:

Hips not at a minimum of 30° below the level of the high bar

Up to 0.20

Failure to show a straight line from hands to hips with chest in a hollow position

Up to 0.20

Failure to show a rounded hip angle with the feet below the hips during the upswing:

- Hips extended in line with feet at horizontal

0.20

- Body arched (flair) with feet higher than the hips

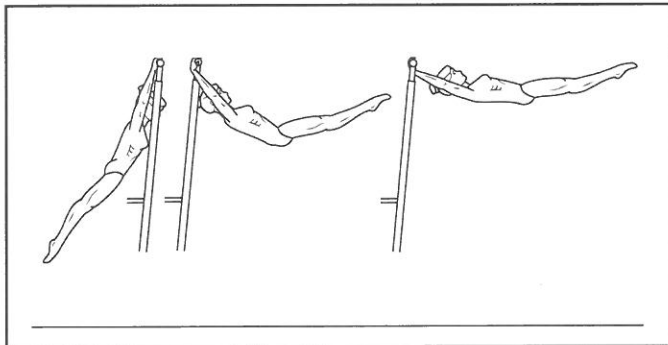
0.30

Failure to maintain hollow body position until feet pass the low bar in the downward-forward swing of the Tap swing

Up to 0.2

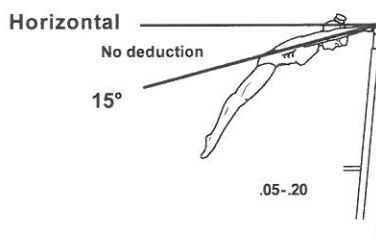


## 9. TAP SWING FORWARD, SECOND COUNTERSWING (0.80) (A MINIMUM OF 15° BELOW HORIZONTAL)

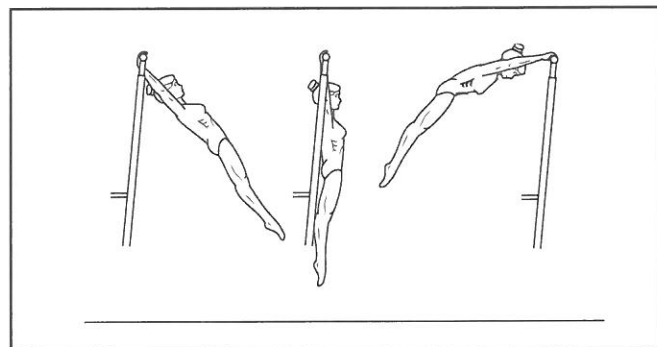


Maintain the hollow body position as the body begins the downward-forward swing. As the feet pass the low bar, relax the hollow body position to a slight arch. Maintain this position through vertical (under the bar) and aggressively kick forward-upward with the legs/feet together to execute a **TAP SWING FORWARD** with a hollow body position, finishing at the level of the high bar.

Execute a second counterswing (see #8 above) with the hips rising to a minimum of 15° below the level of the high bar.



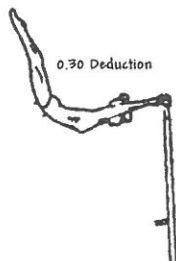
Counterswing on Bars



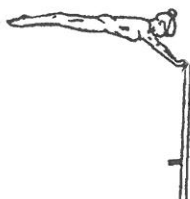
No Deduction



0.30 Deduction



0.20 Deduction



### Tap swing forward:

Failure to show slight arched position at bottom of swing 0.10

Failure to attain straight-hollow body position on upswing Up to 0.20

Insufficient amplitude (feet not at HB height) Up to 0.20

### Second Counterswing:

Hips not at a minimum of 15° below the level of the high bar Up to 0.20

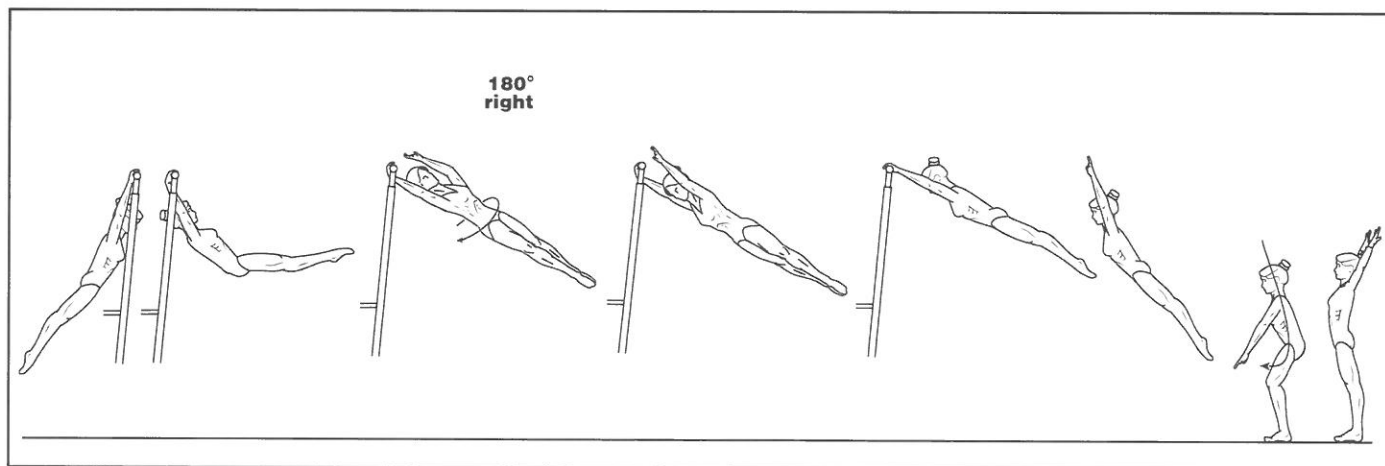
Failure to show a straight line from hands to hips with chest in a hollow position Up to 0.20

Failure to show a rounded hip angle with the feet below the hips during the upswing:

- Hips extended in line with feet at horizontal 0.20
- Body arched (flair) with feet higher than the hips 0.30

Failure to maintain hollow body position until feet pass the low bar in the downward-forward swing of the Tap swing Up to 0.20

**\*10. TAP SWING FORWARD WITH  $\frac{1}{2}$  (180°) TURN DISMOUNT (0.80)**



Maintain the hollow body position as the body begins the downward-forward swing. As the feet pass the low bar, relax the hollow body position to a slight arch. Maintain the slight arch through vertical (under the bar) and aggressively kick forward-upward with the legs/feet together, swinging to a minimum of 45° below horizontal while maintaining a hollow body position.

Kick in the direction of the turn, leading with the toes, knees, hips, then shoulder in a sequential manner. Initiate the  $\frac{1}{2}$  (180°) turn after the body reaches a minimum of 45° below horizontal, releasing the bar with one hand, and turning toward the hand remaining on the bar. The head remains neutral, with the focus on the toes during the initial phase of the turn.

During the final stage of the turn, shift the focus to the high bar where the free hand will make contact. Contact the bar with the free hand as the turn is completed. (The hand position is optional.) Maintain straight arms throughout.

Immediately push against the bar and release the bar to execute the **TAP SWING FORWARD WITH 180° TURN DISMOUNT**. Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position ("stick").

Arms: Lower sideward-downward to finish at forward-diagonally-low.

Extend the legs to finish in a straight stand.

Arms: Lift forward-upward to high position.

Failure to show slight arched position at bottom of swing	<u>0.10</u>
Failure to attain straight-hollow position on upswing	Up to 0.20
Beginning turn prior to 45° below height of high bar	Up to 0.20
Failure to complete $\frac{1}{2}$ (180°) turn prior to re-contact	Up to 0.20
Failure to re-contact the bar with the free hand as the $\frac{1}{2}$ (180°) turn is completed	<u>0.30</u>

## **LEVEL 5 BARS SUPPLEMENTARY SKILLS**

### **1. CLEAR HIP CIRCLE FROM A SPOTTING BLOCK**

From a stand on a spotting block in front of the low bar with hands in overgrip, jump off both feet to a clear straight-hollow position with shoulders over the bar. Lean the shoulders backward to initiate the circle around the bar. Push the bar towards the lower thighs as the circle continues. Maintain a hollow body position with the head neutral throughout the circle.

As the hips rise, pull on the bar, opening the shoulder angle slightly. Shift the hands to the top of the bar to execute a clear hip circle to finish in a stand on the spotting block. Maintain straight arms and legs throughout. This may be performed with the assistance of a spotter.

### **2. 360° BACKWARD SOLE CIRCLE FROM A SPOTTING BLOCK**

From a stand on a spotting block with hands on the low bar in overgrip, jump off both feet, pike at the hips and place the balls of the feet on the bar between the hands in a piked position. Relevé and initiate a piked sole circle backwards. The knees may bend or remain straight on the upward swing phase.

With the assistance of a spotter standing in front of the bar, shift the hands to the top of the bar while maintaining straight arms to execute a 360° sole circle backwards. This may be done individually or in a series.

### **3. FLYAWAY TIMER ONTO STACKED MATS**

With the assistance of a spotter, execute a series of tap swings. Maintain a hollow position as the body begins the downward-forward swing. As the feet pass the low bar, relax the hollow body position to a slight arch. Maintain the slight arch through vertical (under the bar) and aggressively kick forward-upward to a hollow body position with the head neutral, focusing on the toes.

As the body rises, release the bar with an open shoulder angle, maintaining a neutral head position. Land in a tight hollow position on the stacked skill cushions. This drill should always be performed with the assistance of a spotter.



# LEVEL 5 - BALANCE BEAM

**Time Limit: 1:10**

**Note:**

Whenever high position arms are indicated, arms may be curved (crown) or straight.

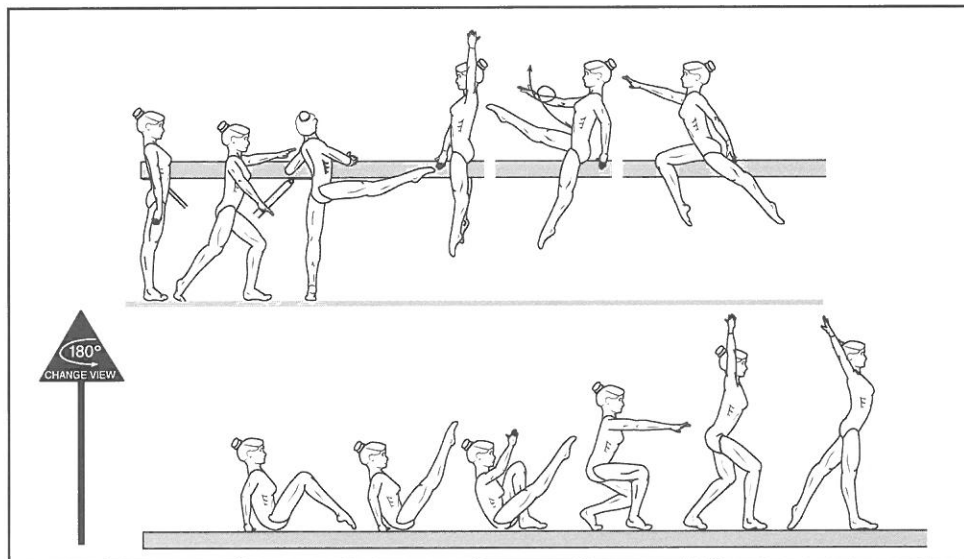
Whenever sideward-diagonally upward arms are indicated, arms may be pressed slightly backward.

Whenever the text states to "step," the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.

**The routine may be reversed in its entirety; however, no single element may be reversed unless indicated by an asterisk. (\*)**

**SP:** Stand parallel to the beam with the beam closest to the Left side of the body. **Space the mount so that the  $\frac{1}{2}$  (180°) turn in forward coupé (heel-snap) turn will be performed close to the end of the beam.** A board or raised surface (such as a folded panel mat) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

## \*1. LEG SWING MOUNT WITH $\frac{1}{2}$ (180°) TURN (0.20)      2. V-SIT



From a one-to-three step approach, step on the Left foot and swing the straight Right leg forward-upward above the beam and push off the Left foot while executing a  $\frac{1}{2}$  (180°) TURN to the Left to arrive in a cross straddle sit. The torso should remain erect throughout the mount.

**ARMS:** As the first leg swing occurs, place the Left hand, then Right hand on the beam approximately shoulder-width apart, pushing down against the beam to facilitate the lift of the torso. (The Left hand may move backward beside Right hand as the 180° turn is executed).

Swing the Right leg forward-upward above the beam, then lower the Right leg backward-downward and shift the weight onto the Right leg to arrive in a stag sit with the Right leg bent and the Left leg extended diagonally downward toward the floor. The torso leans forward slightly and is open slightly to the Left.

**ARMS:** As the Right leg swings forward, circle the Left arm forward-upward-backward-downward to place the Left hand on the beam behind the buttocks. As the Left arm is circling downward, lift the Right arm to forward-middle, palm up and perform an inward forearm circle starting with the hand moving upward then toward the center of the chest. Continue to softly open to forward-middle, pointing toward the end of the beam, palm down.

Shift the weight back onto the buttocks. Bend both legs to place the toes on the top of the beam. Immediately straighten the legs and lift to a V-SIT with the torso extended.

**ARMS:** Grasp the beam behind the hips with the arms bent or straight.

Bend the legs to step out onto the Left foot, then the Right foot to arrive in a tuck stand. Immediately straighten both legs, shifting the weight forward to finish in a stand on a straight Right leg, with the Left leg extended backward slightly turned out, and the Left foot pointed on the beam.

**ARMS:** Move through forward-middle while rising to squat; then continue moving forward-upward to crown; then open supplely to sideward-diagonally-upward.

**Lack of continuity in  $\frac{1}{2}$  (180°) turn to straddle sit      Up to 0.10**  
**Pushing off beam with hands to arrive in tuck stand      0.30**  
**Points of emphasis: Body posture, straight arms**

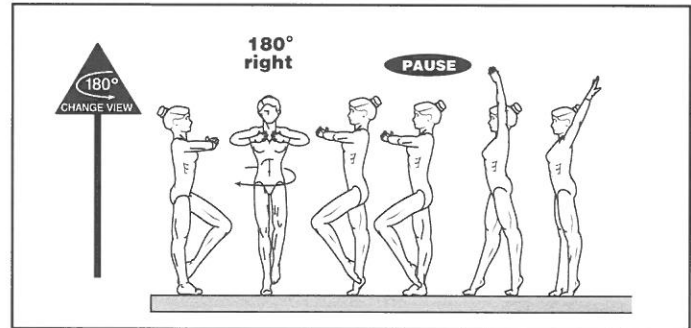
### 3. ½ (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP TURN) (0.40)

Bend the Left knee forward and pull the pointed Left foot forward to touch the Right ankle (forward coupé).

ARMS: Right arm lowers downward to forward-middle curved; Left arm lowers sideward-downward to side-middle.

Push down on the beam (begin to relevé on the ball of the Right foot) and “snap” the heel around to execute a ½ (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP TURN) to the Right. Increase the relevé throughout the turn to finish the turn in full relevé. At the completion of the turn, immediately lower the Right heel back onto the beam. Pause.

ARMS: Initiate the turn by closing the Left arm to forward-middle curved. Maintain forward-middle curved throughout the turn.



Step backward with the Left leg.

ARMS: Lift forward-upward to crown.

Close the Right foot in front of the Left foot in relevé “lock” position.

ARMS: Open supplely backward to sideward-diagonally-upward at the completion of the relevé “lock”.

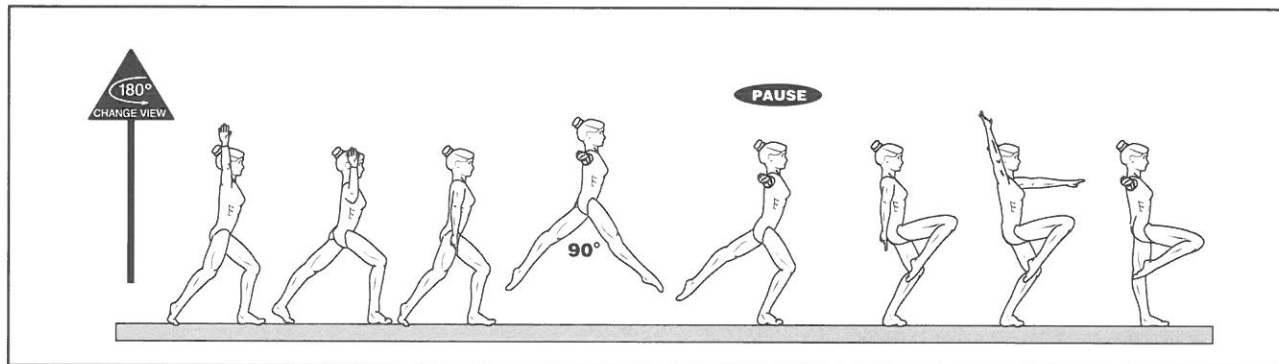
**Failure to lower heel at completion of turn** 0.05

**Points of emphasis:**

**Foot and body alignment, coordination of arms**

### 4. STRAIGHT LEG LEAP (90°) (0.60)

### 5. POSE



Step or run one-to-three steps and swing the straight Right leg forward-upward, pushing off the beam with the Left leg. Swing the Left leg backward-upward to execute a STRAIGHT LEG LEAP with a minimum of 90° even leg separation in flight. Land on the Right leg in demi-plié with the Left leg extended backward and turned out in a low arabesque position. Pause. The emphasis is on body alignment and height of the leap.

ARMS: During the steps or run, softly lower both arms sideward-downward by bending the elbows in toward the body to finish in a low position at the sides of the body. During the leap, use one of the three acceptable arm positions for leaps listed in the Glossary.

Step forward onto the Left leg in demi-plié (not in relevé). Bend the Right knee forward and pull the pointed Right foot forward to touch the Left knee (forward passé).

ARMS: Lower both arms sideward-downward to a low position, then thrust (bending and straightening sharply) the Left arm to forward-middle and the Right arm to high position slightly backward.

FOCUS: Optional

Extend the Left leg.

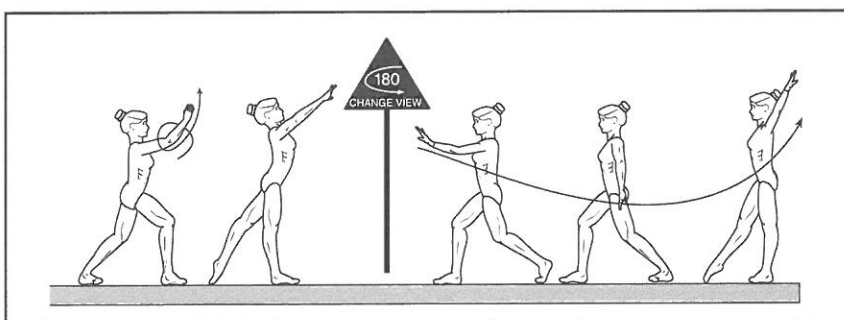
ARMS: Thrust (bending and straightening sharply) both arms open to side-middle.

FOCUS: Forward

**Bending lead (front) leg on take-off** Up to 0.10  
**Insufficient leg separation (less than 90°)** Up to 0.20  
**Failure to pause in low arabesque position on landing** 0.05  
**Points of emphasis: Amplitude, even leg separation, body posture**



## 6. WEIGHT TRANSFER (0.20)



Demi-plié the Left leg and step forward onto a slightly turned out Right leg, "rocking the legs" through 4<sup>th</sup> position demi-plié with both heels on the beam to perform a WEIGHT TRANSFER onto the Right leg. Extend both legs, finishing with the Left leg extended backward, slightly turned out, and the Left foot pointed on the beam.

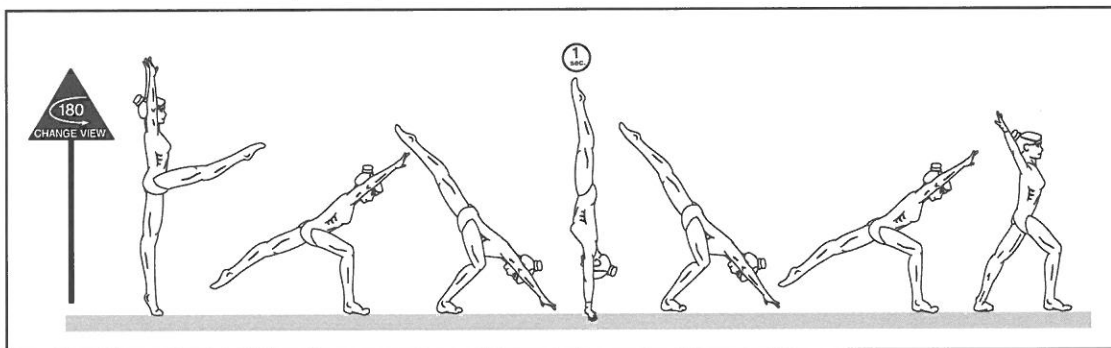
ARMS: With both shoulders pressed down, move the arms forward to forward-middle, palms up. Perform an inward forearm circle with both arms, moving the hands upward then toward the center of the chest, and continue to extend both arms softly to forward-diagonally-upward, with the palms down.

Reverse the WEIGHT TRANSFER: Demi-plié the Right leg and shift the weight backward onto a slightly turned out Left leg, "rocking the legs" through 4<sup>th</sup> position demi-plié with both heels on the beam to perform a WEIGHT TRANSFER onto the Left leg. Extend both legs, finishing with the Right leg extended forward, turned out slightly, and the Right foot pointed on the beam.

ARMS: Lower both arms forward-downward by softly bending and leading with the elbows, then wrists, finishing with the fingertips to arrive in a low position at the sides of the body. Continue to lift both arms sideward-upward to sideward-diagonally-upward.

**Failure to show "rocking" action through use of plié      Each time Up to 0.10**  
**Points of emphasis:**  
**Maintain vertical torso, smooth rhythm throughout "rocking action"**

## \*7. CROSS HANDSTAND (0.60)



Relevé on the Left foot and kick the Right leg forward-upward to horizontal or above.

ARMS: Lift to high position.

*(If reversing the Cross Handstand, take a step forward or backward with the Right foot in relevé and kick the Left leg forward-upward to horizontal or above.)*

Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Reach forward to grasp the beam, placing the hands side-by-side with the thumbs on top of the beam. Push off the beam with the Right leg to arrive in a CROSS HANDSTAND with legs together, arms straight, shoulders extended, hip angle open, and focus on the hands. **Hold one second.**

Step down using the levering action to finish in a Right lunge, pressing the Right knee and both hips forward.

ARMS: Remain in high position throughout and as the step down occurs. Open sideward-diagonally-upward on the lunge.

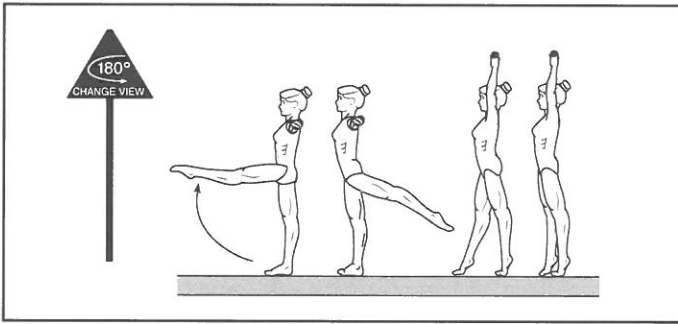
*(If the Handstand was reversed, step forward Right; then swing the Left leg.)*

<b>Incorrect (staggered) hand placement</b>	<b><u>0.10</u></b>
<b>Failure to attain vertical</b>	<b>Up to 0.30</b>
<b>Failure to close (join) legs</b>	<b><u>0.10</u></b>
<b>Failure to hold one second</b>	<b>Up to 0.10</b>

**Points of emphasis: Stretched body alignment through vertical, head in alignment with focus on hands, show levering action into and out of handstand**



## 8. LEG SWING



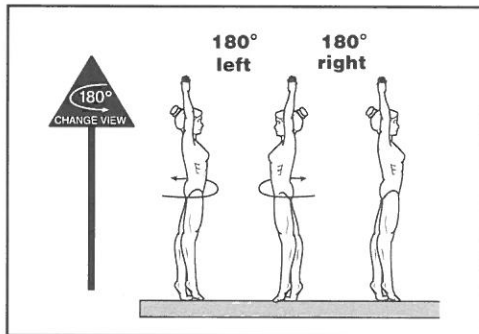
Extend the Right leg and swing the Left leg forward to a minimum of horizontal. When the leg swing reaches its highest point, swing the leg quickly downward-backward to an arabesque position with a minimum height of 45° below horizontal.

ARMS: Lower arms to side-middle.

Step backward with the Left leg and close the Right foot in front of the Left foot in relevé "lock" position.

ARMS: Lift sideward-upward to crown.

## 9. ½ (180°) PIVOT TURNS (LEFT & RIGHT) (0.40)



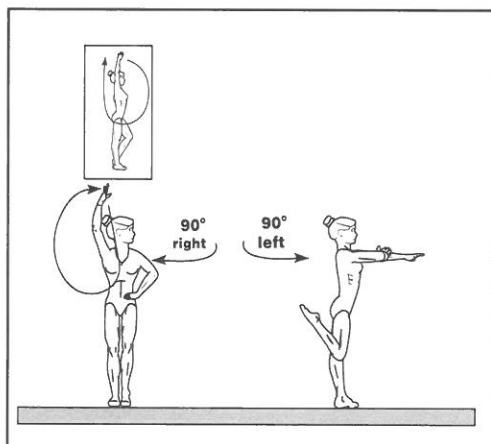
Execute a quick ½ (180°) PIVOT TURN to the Left in relevé "lock" position. Repeat the ½ (180°) PIVOT TURN to the Right. Maintain straight body alignment and high relevé throughout the turn.

ARMS: Remain in crown.

**Lack of sharpness in pivot turns Each Up to 0.10**

**Points of emphasis: Hips squared and turns completed on each ½ turn, full relevé maintained throughout each ½ turn**

## 10. ¼ (90°) TURNS, FISH POSE



While turning ¼ (90°) to the Right, take a large step backward (not in relevé) onto a straight Right leg. Simultaneously bend the Left leg to place the Left foot on the beam next to the Right foot with the Left foot in demi-plié/relevé (forced arch).

ARMS: Place the Left hand on the hip. Circle the Right arm forward-downward to low position. Continue to lift sideward-upward to crown position.

FOCUS: Left, down the beam.

While turning ¼ (90°) to the Left, transfer the weight onto the straight Left leg in relevé. Immediately lower the Left heel and bend the Right leg backward-upward a minimum of 90° to finish with both knees touching to execute a FISH POSE.

ARMS: Extend and lift the Left arm forward to forward-middle position. Simultaneously, lower the Right arm, bending the forearm inward toward the center of the chest to curved forward-middle, finishing with the fingers of the Right hand touching the inside of the Left elbow, with the Right palm out.

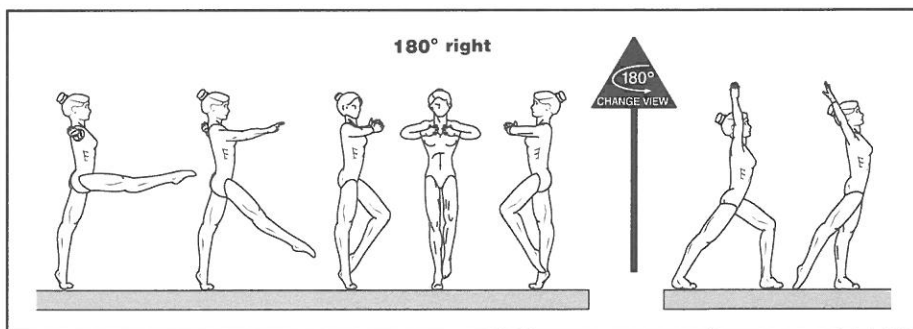
## 11. ½ (180°) TURN IN FORWARD COUPÉ (0.40)

Relevé on the Left foot as the Right leg swings forward to a minimum of horizontal.

ARMS: Open both arms to side-middle.

Transfer the weight onto the Right leg, using one of the acceptable turn preparations listed in the Glossary. Execute a ½ (180°) TURN to the Right in relevé, bending the Left knee forward and pulling the pointed Left foot forward to touch the Right ankle (forward coupé).

ARMS: In the preparation for the turn, move the Right arm to forward-middle curved. Initiate the turn by closing the Left arm to forward-middle curved. Maintain forward-middle curved throughout the turn.



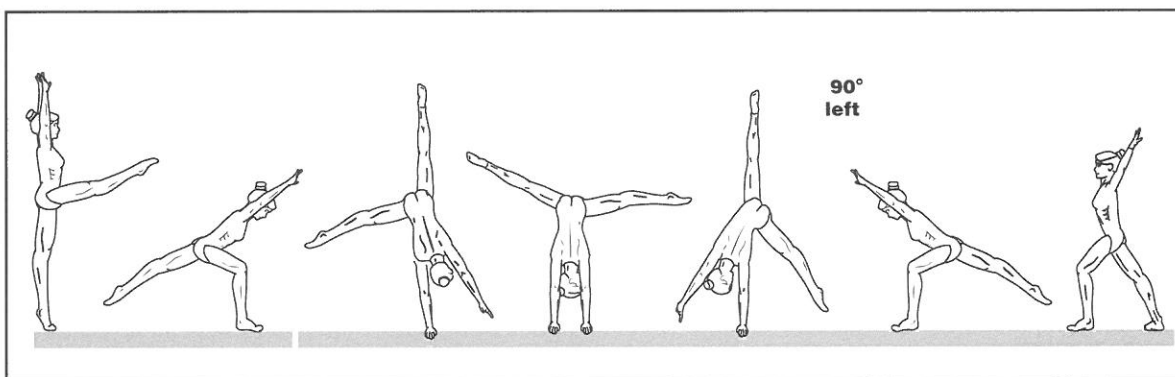
Without lowering the Right heel, step forward onto the Left leg in demi-plié. Immediately straighten the Left leg to stand with the Right leg extended backward slightly turned out, and the Right foot pointed on the beam. (The Right leg is allowed to plié or to remain extended before the Right foot points on the beam.)

ARMS: Lift forward-upward to crown; then open supplely sideward-diagonally-upward.

### See General Faults & Penalties

**Points of emphasis:** Immediate placement of free leg in forward coupé position, complete 180° turn, control at completion of turn

## \*12. CARTWHEEL ¼ (90°) TURN INWARD (0.60)



Relevé on the Left leg as the Right leg kicks forward to horizontal or above.

*(If reversing the Cartwheel, step Right in relevé and kick the Left leg forward to horizontal or above).*

ARMS: Lift sideward-upward to high position.

Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Reach forward to place the Right hand sideways on the beam as the body turns 90° Left. Place the Left hand on the beam sideways or slightly turned in (hands shoulder-width apart) as the Right leg pushes off the beam to execute a CARTWHEEL Right. The head remains in alignment, with the shoulder and hip angle open, and focus under the Left arm in order to see the beam on the step-down.

Turn 90° inward to step down using the levering action to finish in a Left lunge, pressing the Left knee and both hips forward.

ARMS: Remain in high position throughout and as the step down occurs. Push sideward-diagonally-upward on the lunge.

*(If the Cartwheel was reversed, continue to follow the text as written.)*

**Incorrect (simultaneous) hand placement** 0.10  
**Failure to pass through vertical** Up to 0.30

**Points of emphasis:** Correct body and head alignment, show levering action into and out of cartwheel

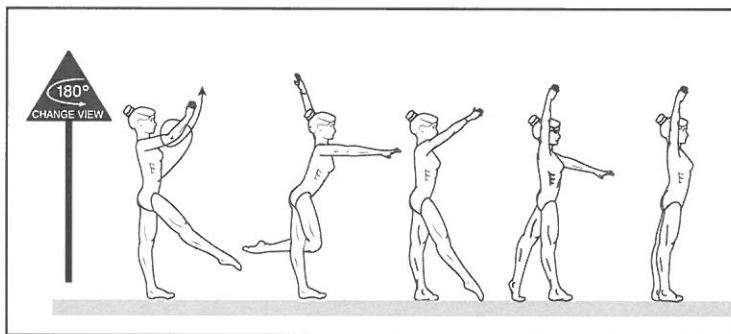
### 13. CROSS POSE

Swing the Right leg forward to 45° below horizontal, then bend and cross the Right leg in front of the Left leg, touching the Right calf to the Left leg close to the knee. Simultaneously, lean forward slightly with a flat back.

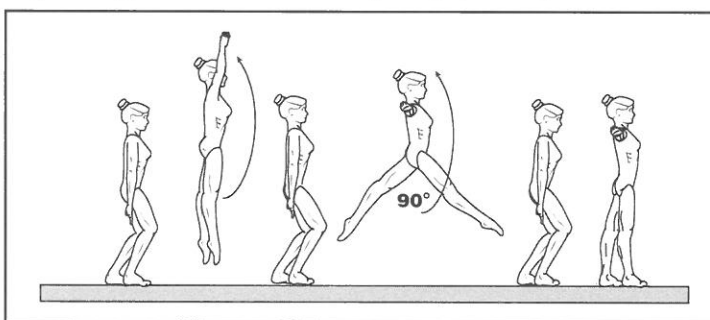
ARMS: Perform an inward forearm circle with both arms moving the hands downward in toward the center of the chest and continue to extend the Right arm to forward-middle and the Left arm to high diagonally-backward.

Lift the torso to vertical. Simultaneously extend the Right leg and step forward Right, then close the Left foot behind the Right foot with both heels down and the feet slightly turned out.

ARMS: Lift the Right arm forward-upward to crown. As the Right arm finishes, lower the Left arm backward-downward to low position. Then continue to lift the Left arm forward-upward to crown.



### 14. STRETCH JUMP (0.40); SPLIT JUMP (90°) (0.40)



Demi-plié both legs. Push off the beam, extending both legs through the hips, knees, ankles and toes with the legs together to execute a STRETCH JUMP. Land on both feet in demi-plié, pressing through the balls of the feet to lower the heels on the beam OR land in relevé on the balls of the feet.

ARMS: During the demi-plié, lower the arms sideward-downward to low position. During the jump, lift forward-upward to crown. Lower both arms sideward-downward to low position on the landing.

Immediately jump or punch off the beam, extending both legs through the hips, knees, ankles, and toes to execute a SPLIT JUMP with a minimum of 90° even leg separation with the Right leg forward, Left leg behind. Land on both feet in demi-plié, pressing through the balls of the feet to lower the heels onto the beam, Right foot in front of the Left foot with the feet slightly turned out.

ARMS: Lift sideward-upward to side-middle during the split jump. Lower sideward-downward to low position on the landing of the jump.

Extend both legs to finish in a straight stand (not in relevé).

ARMS: Lift sideward-upward to side-middle.

#### Stretch Jump:

See General faults and penalties

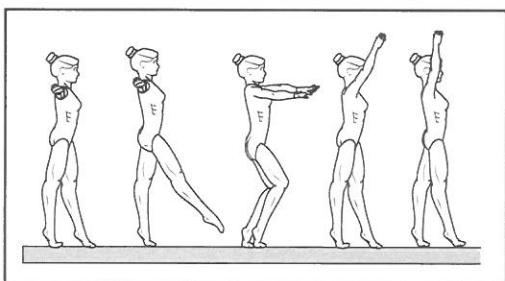
**Points of Emphasis: Amplitude, straight body, legs closed during jump**

#### Split Jump:

Insufficient leg separation Up to 0.20  
(less than 90°)

Failure to land with legs/feet close Up to 0.10

**Points of Emphasis: Amplitude, proper leg alignment with even leg separation, body posture**



### 15. POSE; RELEVÉ STEPS

Relevé on both feet while stepping forward onto a straight Left leg. Swing the Right leg forward to a minimum of 45° below horizontal, then bend the Right knee and place the Right foot on the beam in front of the Left in a forced arch with both legs in demi-plié, relevé.

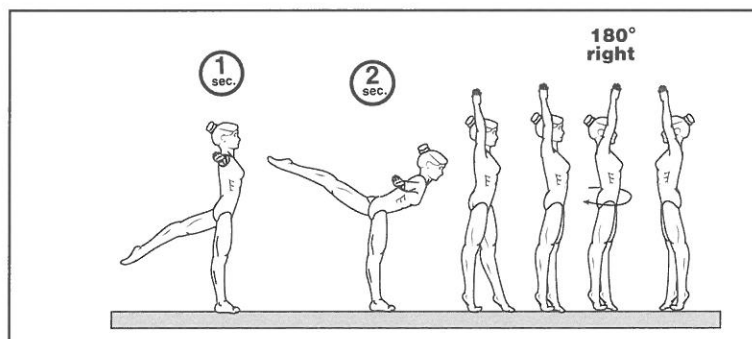
ARMS: On the demi-plié, move both arms to forward-middle and cross the wrists, one on top of the other.

FOCUS: Forward

Quickly step in relevé, Left, Right.

ARMS: Lift forward-upward to crown.

## 16. ARABESQUE (>45°); SCALE (ABOVE HORIZONTAL) (0.40) 17. ½ (180°) PIVOT TURN



Lower the Right heel to the beam. Keeping the torso erect, lift the turned out straight Left leg backward-upward greater than 45° off the beam. The Left hip is allowed to “unsquare” slightly to show turn out in the arabesque. **Hold for one second.**

ARMS: Lower to side-middle.

Continue lifting the turned out Left leg backward-upward as the upper body tilts slightly forward to finish in a SCALE with the Left (rear) leg held above horizontal. The Left hip is allowed to “unsquare” slightly to show turn out in the scale. **Hold two seconds.**

ARMS: Side-middle, slightly backward.

Raise the torso and step backward Left and point the Right toe on top of the beam.

ARMS: Lift both arms to side-middle.

Failure to lift free leg above 45° in arabesque	Up to 0.20
Failure to hold arabesque one second	Up to 0.10
Failure to lift free leg above horizontal in scale	Up to 0.20
Failure to hold scale two seconds	Up to 0.20

Up to 0.20  
Up to 0.10  
Up to 0.20  
Up to 0.20

**Points of emphasis:** Erect torso in arabesque maintained while tipping into and out of scale

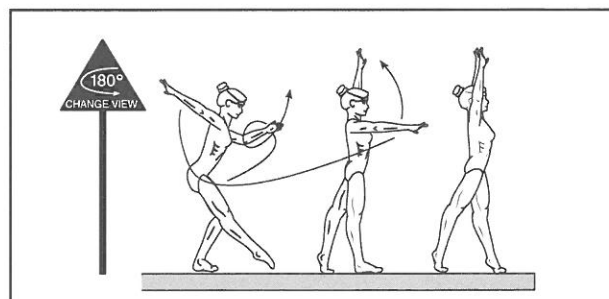
## 18. BOW

Demi-plié the Left leg and continue pointing the Right foot forward on top of the beam. Pressing the knees together, lean forward slightly with a flat back and slightly twist the torso to the Right to execute a BOW.

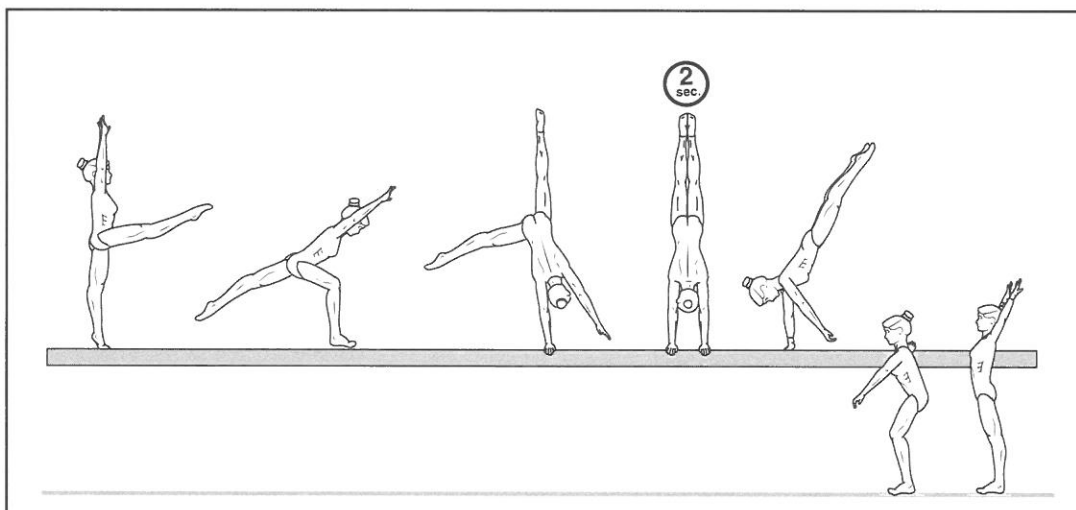
ARMS: Right arm lifts to backward-diagonally-upward. Circle the Left arm performing an inward forearm circle toward the center of the chest to finish diagonally forward-downward.

Immediately extend the torso upright and step forward onto a straight Right (not in relevé); then step forward onto a straight Left leg in relevé.

ARMS: Immediately lift the Left arm forward-upward to high position and circle the Right arm backward-downward-forward-upward to high position. (Windmill arms)



**\*18. CARTWHEEL TO SIDE HANDSTAND, \* $\frac{1}{4}$  (90°) TURN DISMOUNT (0.60)**



Kick the Right leg forward to horizontal or above.

ARMS: Remain in high position.

*(If reversing the dismount, step Right in relevé, and kick Left).*

Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Reach forward to place the Right hand sideways on the beam as the body turns 90° Left. Place the Left hand on the beam sideways (hands shoulder-width apart) as the Right leg pushes off the beam to execute a SIDE HANDSTAND with legs together, shoulders extended, hip angle open, and focus on the hands. **Hold two seconds.**

Slightly over-balance the handstand while shifting the weight to the Right arm. Lift the Left hand off the beam and execute a  $\frac{1}{4}$  (90°) TURN Right on the Right arm. Raise the upper body, maintaining a straight body position as the legs lower in preparation for landing. Demi-plié as the feet contact the mat in a balanced and controlled position ("stick"), pressing through the balls of the feet to lower the heels onto the mat.

ARMS: The Right hand must remain on the beam at least until the body passes by the horizontal plane of the beam.

Extend the legs to finish in a straight stand, with the Right side of the body at the side of the beam.

ARMS: Lift forward-upward to sideward—diagonally upward.

<b>Incorrect (simultaneous) hand placement</b>	<b>0.10</b>
<b>Failure to attain vertical</b>	<b>Up to 0.30</b>
<b>Failure to hold two seconds</b>	<b>Up to 0.20</b>
<b><math>\frac{1}{4}</math> (90°) turn incomplete or overturned</b>	<b>Up to 0.10</b>
<b>Failure to maintain straight body position throughout dismount</b>	<b>Up to 0.20</b>

**Failure to complete dismount**

*(these deductions do not include possible body position faults):*

**When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed:**

**Example: Attempts dismount, does not attain vertical, then falls:**

Deduct:	Up to 0.30	(failure to attain vertical)
	0.20	(not held two seconds)
	0.10	(incomplete 90° turn)
	= 0.60	(for incomplete element + 0.50 (fall) for a TOTAL OF 1.10)

***If the coach aids the gymnast in the completion of the element by pushing the gymnast over from the handstand position, deduct 0.50 for the spot plus the value of the element (0.60)***

**Points of emphasis: Stretched body alignment, head in alignment, hold at vertical**



## **LEVEL 5 BEAM SUPPLEMENTARY SKILLS**

### **1. BACKWARD ROLL ON A LOW BEAM**

On a low beam, stand on both feet and bend the knees to arrive in a tuck sit with the feet on the beam (OR, stand on one leg and lower to a tuck sit with the opposite leg straight). Begin rolling backward with the head tucked, chin to chest. Immediately reach back with the arms behind the head, grasping the beam with the hands side-by-side and thumbs on top of the beam. As the hips roll backward, push down against the beam and extend the arms, taking the weight off the head and neck to execute a BACKWARD ROLL. Straighten the legs to finish in a straight stand on the beam.

### **2. HANDSTAND WALKS ON THE LOW BEAM**

On a low beam, step forward through the ball of the Right foot and execute a Right lunge. (Straight leg entrance is also acceptable.) Lift the Left leg backward-upward, maintaining a straight line from the hands, torso, and Left leg, while reaching for the beam. Continue the levering action, lifting the Left leg backward-upward as the torso lowers. Reach forward to grasp the beam, placing the hands side-by-side, with the thumbs on top of the beam. Push off the beam with the Right leg to arrive in a CROSS HANDSTAND with legs together, shoulders extended, hip angle open, and focus on the hands. Slightly overbalance the handstand and begin walking on the hands. Shift the weight from hand to hand as the gymnast extends through the shoulders.

Step down using a levering action to finish in a Right lunge, pressing the Right knee and both hips forward, Repeat this drill by kicking up to a Side Handstand and walking on the hands sideways down the beam.

### **3. 3 SETS OF PASSÉ, RELEVÉ HOLDS WITH ½ (180°) HEEL-SNAP TURN**

Start in a straight stand with the Right foot in front of the Left foot. Bend the Left knee forward and immediately pull the pointed Left foot forward to touch the Right knee (forward passé). Push down on the beam with the Right foot and execute a relevé, lifting the heel off the beam as high as possible. At the completion of the relevé, immediately lower the Right heel onto the beam. Repeat the relevé hold two more times.

After lowering the heel on the beam following the third releve, push down on the beam with the Right foot and begin to “snap” the heel around to execute a ½ (180°) TURN to the Right. Increase the relevé throughout the turn to finish the turn in full relevé. At the completion of the turn, immediately lower the Right heel onto the beam. Repeat on the other leg.





# LEVEL 5 - FLOOR EXERCISE

Note:

Whenever high position arms are indicated, arms may be curved (crown) or straight.

Whenever sideward-diagonally upward arms are indicated, arms may be pressed slightly backward.

Whenever the text states to "step," the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.

**The routine may be reversed in its entirety; however, no single element may be reversed unless indicated by an asterisk. (\*)**

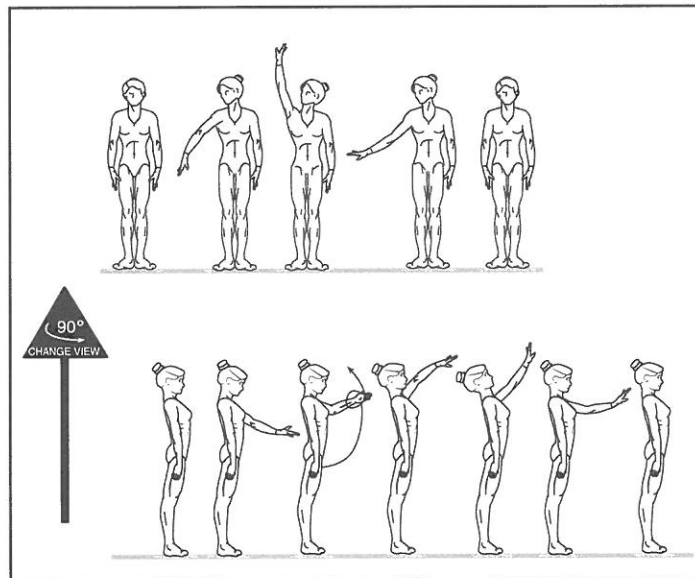
The choreography was developed in counts of 8. The numbers in parenthesis following the title of the elements/connections refers to the counts in the musical phrase.)

**SP:** Stand near Corner 6 facing Corner 2 on the diagonal of the mat. Depending on the size of the gymnast, **space the DIVE FORWARD ROLL to finish anywhere on the diagonal between Corners 4 and 8.** The HOP WITH  $\frac{1}{2}$  (180°) TURN, POSE should be spaced to ensure enough room for the FRONT HANDSPRING TO TWO FEET REBOUND.

Begin in a straight stand with the feet turned out in a natural first position (not in relevé).

ARMS: In low position at the sides of the body.

## 1. ARM WAVE



(1, 2, 3, 4)

ARMS: Keeping the Right shoulder pressed down, lift the Right arm softly through side-middle up to high position, leading with the elbow, bending and extending the elbow and wrist to finish the movement through the fingertips.

As soon as the Right arm finishes the extension, begin lowering the Right arm sideward-downward by softly bending and leading with the elbow to finish the movement through the fingertips in the starting position.

(5, 6, 7, 8)

As the Right arm finishes, keep the Left shoulder pressed down and lift the Left arm forward-upward to forward-middle, palm up. Then perform a Left inward forearm circle, starting with the hand moving upward, then toward the center of the chest and continue to softly lift the Left arm forward-upward to diagonally high position by extending through the fingertips with the palm down.

As soon as the Left arm finishes the extension, begin lowering the arm forward-downward by softly bending and leading with the elbow, then wrist, to finish with the fingertips in the starting position.

FOCUS: Follow the movement of the moving hand in all directions.

## 2. ½ (180°) TURN

(1, 2)

Lift the straight Right leg forward slightly off the floor; then cross the Right foot over the Left foot to place the ball of the Right foot on the floor next to the Left foot while slightly turning the hips and torso to the Left.

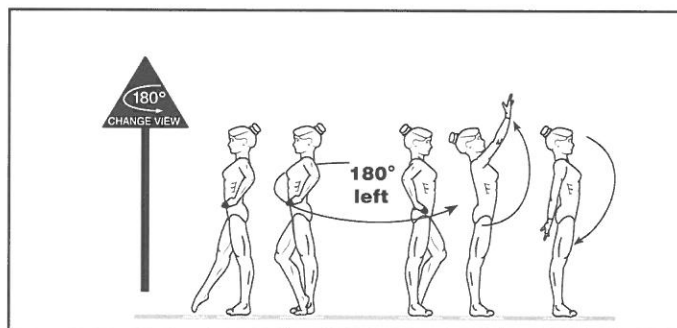
ARMS: Hands on hips.

(3, 4)

Execute a sharp ½ (180°) TURN to the Left on both feet in relevé to finish with the Right foot flat and the Left heel lifted (forced arch), to face Corner 6.

ARMS: Hands on hips.

FOCUS: Maintain focus on Corner 2 as long as possible while the body turns, then quickly snap the head to the Left to focus on Corner 6.



(5, 6)

Lower the Left heel next to the Right foot.

ARMS: Expressively lift both arms forward-upward to forward-diagonally-upward, palms up.

FOCUS: Proudly, lift the chin upward and focus diagonally-upward (above the hands).

(7, 8)

ARMS: Sharply thrust both arms forward-downward to low position.

FOCUS: Optional

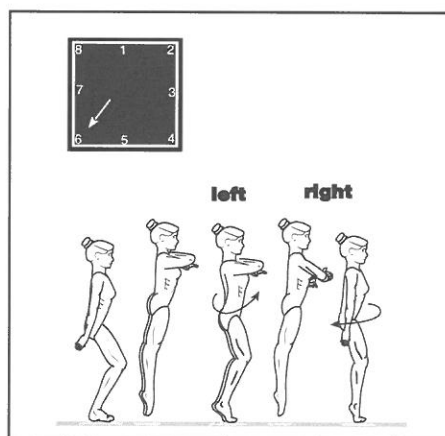
## 3. SMALL BOUNCES

(1, 2)

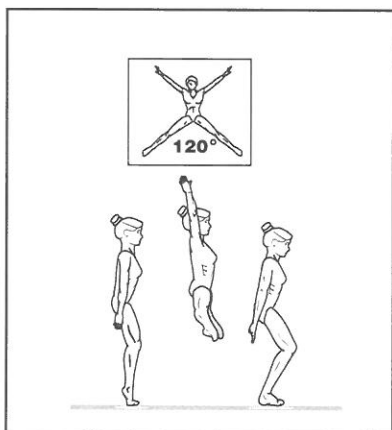
Demi-plié both legs. With the feet together, execute two small bounces in relevé, moving slightly forward. On the first bounce, twist the torso and feet 45° - 90° to the Left; on the second bounce, twist the torso and feet 45° - 90° to the Right to face corner 6.

ARMS: On the first bounce, lift both to forward-middle, bending the elbows to place one arm on top of the other arm, hands flat. During the second bounce, extend and lower both arms downward to low position at the sides of the body.

FOCUS: Forward facing Corner 6.



## 4. STRADDLE JUMP (120°) (0.40)



(3, 4)

Immediately punch out of the second bounce extending both legs through the hips, knees, ankles and toes to execute a STRADDLE JUMP with a minimum of 120° leg separation. (The jump may be a side-split jump or a straddle-pike jump.) Land on both feet side-by-side in demi-plié, pressing through the balls of the feet to lower the heels onto the floor.

ARMS: Both arms lift sideward-upward to sideward-diagonally-upward on the jump. Lower sideward-downward to low position on landing.

Insufficient leg separation  
(less than 120°)

Up to 0.20

Failure to land with feet together

0.10

Points of emphasis: Amplitude,  
body posture, proper leg alignment

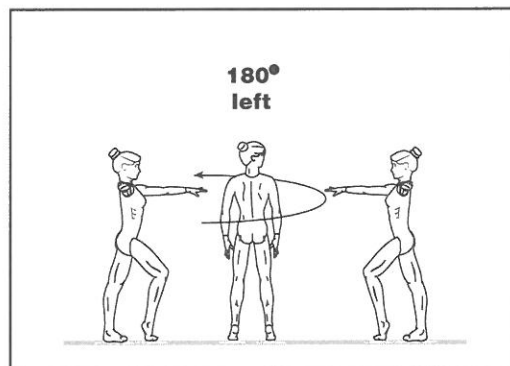
## 5. ½ (180°) PIVOT LUNGE TURN

(5, 6)

Step forward with the Right foot turned out slightly in relevé and demi-plié (forced arch) to execute a Right lunge with the Left leg extended behind with a flat foot.

ARMS: Thrust (bending and straightening sharply) the Left arm forward-upward to forward-middle and the Right arm sideward-upward to side-middle.

FOCUS: Forward toward Corner 6.



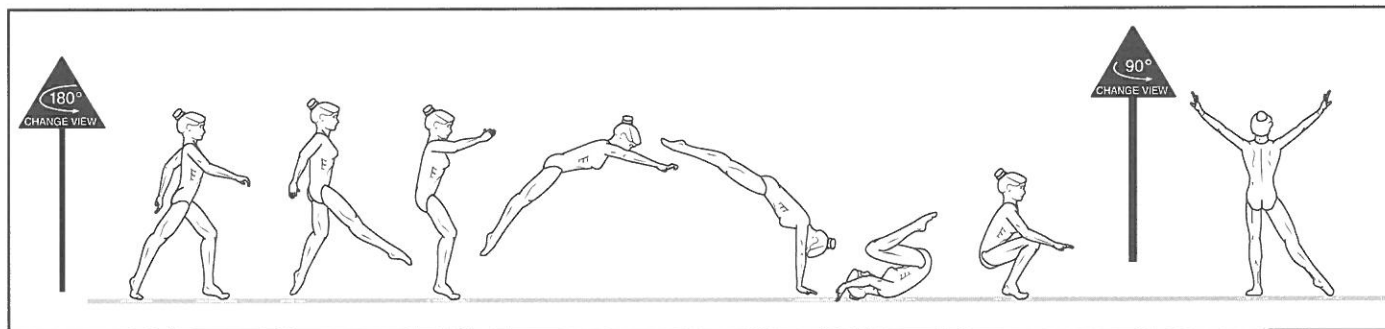
(7, 8)

Rise to relevé on both feet and pivot, turning 180° to the Left to execute a LUNGE TURN finishing with the Right foot flat and the Left heel lifted off the floor (forced arch), turned out slightly.

ARMS: Lower both arms to low position during the turn. As the turn is completed, thrust the Right arm forward-upward to forward-middle, and thrust the Left arm sideward-upward to side-middle.

FOCUS: Maintain focus on Corner 6 as long as possible while the body turns, then quickly snap the head to the Left to focus on Corner 2.

## 6. DIVE FORWARD ROLL (0.60)



(1, 2, 3, 4, 5, 6, 7, 8)

Moving forward between Corner 2 and Side 3, take one-to-three running steps and swing either leg forward, pushing off the floor with the opposite leg to land on both feet simultaneously. Immediately punch off both feet while reaching forward-upward into a straight-hollow body position. Invert the body as the hands reach for the floor, keeping the head neutral. Land on the hands and absorb the impact by bending the arms. Tuck the chin toward the chest, placing the back of the head and shoulders on the floor to execute a DIVE FORWARD ROLL, finishing in a squat stand.

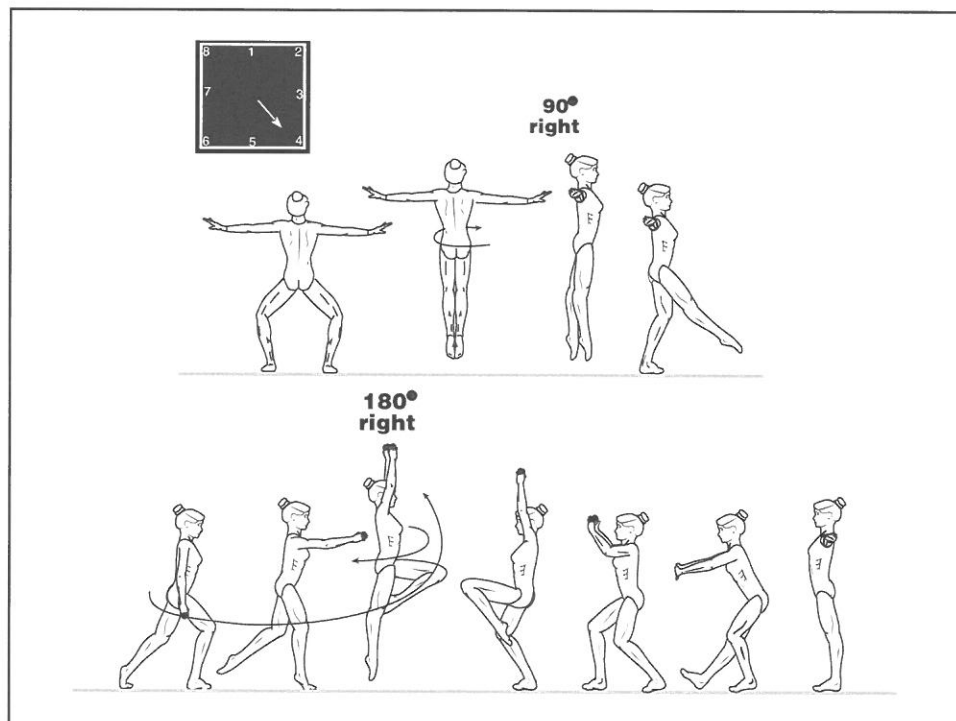
As the legs extend, turn out the Left foot slightly and simultaneously extend the Right leg turned out sideward to touch the pointed Right foot on the floor. (At the completion of the dive forward roll, the gymnast should be standing in the diagonal between Corners 4 and 8.)

ARMS: Optional on the hurdle. Open to sideward-diagonally-upward on the stand.

Failure to maintain straight-hollow position throughout	Up to 0.20
Failure to show flight (dive) prior to hand contact	Up to 0.20
Pushing off floor with hands to arrive in tuck stand	<u>0.30</u>

Points of emphasis: Amplitude, body shape

## 7. SIDE CHASSÉ WITH $\frac{1}{4}$ (90°) TURN, PASSÉ HOP WITH $\frac{1}{2}$ (180°) TURN



### (1, 2, 3, 4, 5, 6, 7, 8)

Moving toward Corner 4, demi-plié the Left leg and slide the Right foot sideways through 2<sup>nd</sup> position with the feet turned out slightly and heels on the floor. Push off the floor with both feet to join the feet in the air, executing a SIDE CHASSÉ to the Right. Before or upon landing, execute a  $\frac{1}{4}$  (90°) TURN to the Right. Land in demi-plié on the Left leg with the foot turned out slightly, facing Corner 4.

ARMS: Lower to side-middle.

Step forward onto the Right leg in demi-plié toward Corner 4. Push off the floor by extending through the Right hip, knee, ankle and toes to execute a HOP WITH  $\frac{1}{2}$  (180°) TURN to the Right. During the hop, bend the Left knee forward and pull the pointed Left foot up, touching the Right knee (forward passé). Land in demi-plié on the Right leg.

ARMS: On the step, lower both arms sideward-downward to low position. On the hop, lift the arms forward-upward to crown.

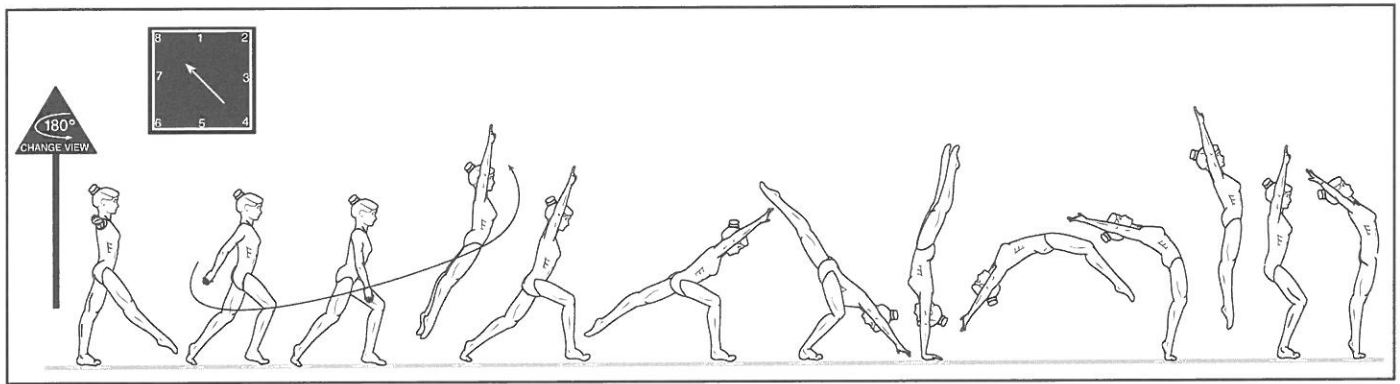
Step backward Left in demi-plié toward Corner 4 to face Corner 8. Simultaneously, extend the Right leg with the Right foot flexed upward, Right heel placed on the floor. The knees are closed together. At the completion of the turn, the body leans forward slightly with a flat back.

ARMS: Interlock the hands (either clasp the hands or interlace the fingers) and execute an inward forearm circle; pushing (and straightening) the arms forward to forward-middle.

Close the Right foot backward next to the Left (flat or in relevé) and simultaneously raise the torso to arrive in a straight stand.

ARMS: Open supplely backward to side-middle.

## 8. \*FRONT HANDSPRING TO TWO FEET, REBOUND (0.60)



(1, 2, 3, 4)

Take one-to-three steps and hurdle using one of the acceptable hurdle techniques listed in the Glossary. Take a long step forward into a deep lunge on the Right leg. Kick the Left leg backward-upward overhead, maintaining a straight line from the hands, torso, and Left leg while reaching for the floor. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Place the hands on the floor side-by-side, shoulder-width apart. As the hands contact the floor, forcefully extend through the shoulders. Simultaneously extend the Right leg by pushing down against the floor, creating a powerful backward-upward movement. Rotate the body in a tight stretched position to execute a FRONT HANDSPRING TO TWO FEET. Join the legs past vertical and land with legs together, hips extended in a tight arch position. Immediately rebound with legs together and land on both legs in demi-plié.

**ARMS:** Lift high on the hurdle. Maintain an open shoulder angle, with the arms straight and close to the ears throughout the Front Handspring and landing.

**FOCUS:** On the hands throughout with the head neutral.

Extend both legs and relevé, simultaneously performing an upper body arch.

**ARMS:** Open to backward-diagonally-upward.

Failure to maintain arms next to ears & focus on hands throughout	Up to 0.10
Flight prior to hand contact (dive)	Up to 0.20
Incorrect (alternate) hand placement	0.10
Insufficient repulsion (quickness off hands)	Up to 0.20
Total lack of repulsion (Front Limber - change of element)	0.60
Failure to land on feet simultaneously	0.10
Failure to rebound immediately	0.10

**Points of emphasis:** Repulsion off hands, body position (tight, stretched), immediate controlled rebound

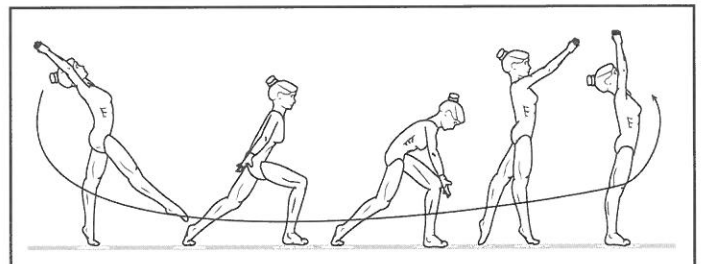
## 9. \*RUNNING STEPS

(5, 6, 7, 8)

Take three running steps forward in plié (Right, Left, Right), then close the Left foot next to the Right. During the run, the torso lowers and extends in a supple waving action (contract, extend) to finish upright with the legs extended. Feet may be flat or in relevé.

**ARMS:** Both circle backward-downward, then forward-upward to finish in crown.

**FOCUS:** Look up at the ceiling at the beginning and ending of the run.



## 10. CURVED RUNNING STEPS

(1, 2, 3, 4)

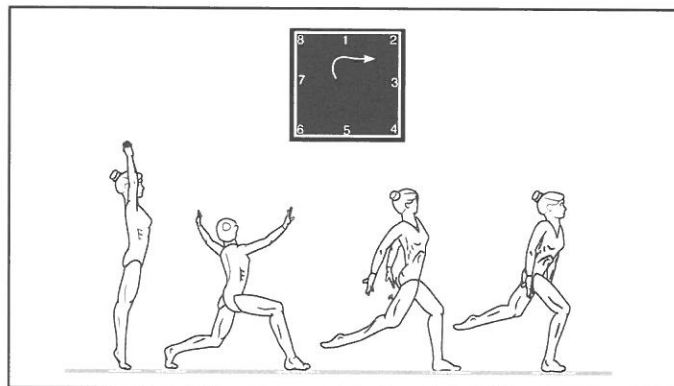
Relevé on both feet (if running steps finished on flat feet.)

ARMS: Remain in crown.

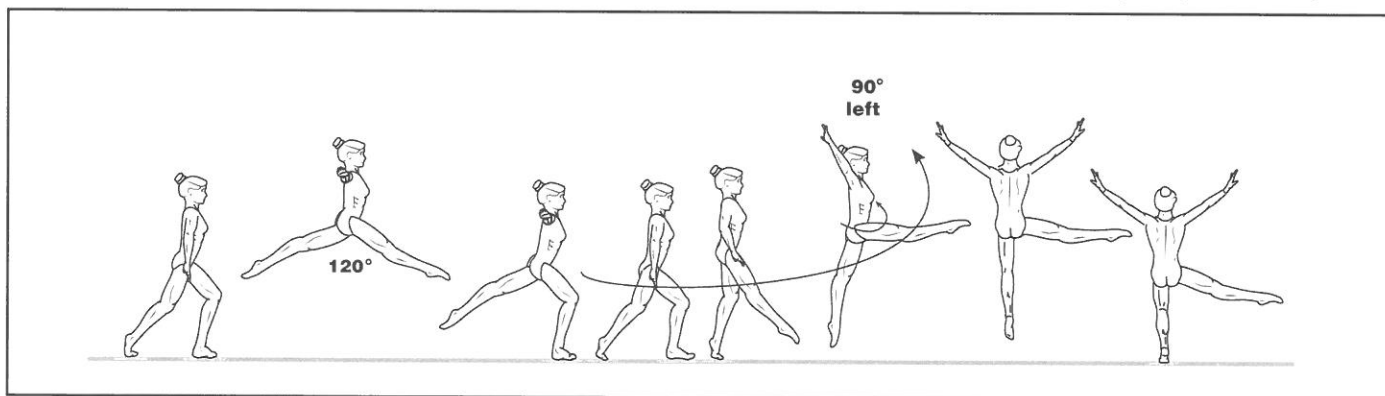
The steps should be performed in demi-plié and follow a curved pattern 135° to the Right along Side 1 toward Side 3. Step Right, Left, Right (the first step moves diagonally, 45° to the Right). During the first two steps, arch the upper back and contract the torso sideward to the Left. Release the arch and contraction by the third step. The run should be long and flowing.

ARMS: During the run, open both arms sideward-downward by softly bending and leading with the elbows, then wrists, and finishing with the fingertips, to arrive in a low position at the sides of the body.

FOCUS: Backward over the Left shoulder on the first two steps; forward on the third step.



## 11. STRAIGHT LEG LEAP (120°) (0.60); LEG SWING WITH HOP ¼ (90°) TURN (0.20)



(5, 6, 7, 8)

Step forward onto the Left foot. Swing the straight Right leg forward-upward to horizontal and push off the floor with the Left leg. Swing the Left leg backward-upward to execute a STRAIGHT LEG LEAP with a minimum of 120° even leg separation in flight. Land on the Right leg in demi-plié with the Left leg extended backward, passing through a low arabesque position.

ARMS: Low position on the step. During the leap, use one of the three acceptable arm positions for leaps listed in the Glossary.

Step forward onto the Left leg through demi-plié. Swing the Right leg forward-upward to minimum of horizontal and execute a 90° turn to the Left while simultaneously pushing off the floor extending the Left hip, knee, ankle and toes to execute a LEG SWING WITH HOP ¼ (90°) TURN with the Right leg extended to the Right side, knee turned up. Land on the Left foot in demi-plié, slightly turned out, facing Side 1.

ARMS: On the forward step, lower both arms sideward-downward, leading with the elbows to low position. On the hop, lift the arms sideward-upward to sideward-diagonally-upward.

### Straight leg leap:

Bending the lead (front) leg on take-off  
Insufficient leg separation (less than 120°)

Up to 0.10  
Up to 0.20

Points of emphasis: Amplitude, even leg separation,  
body posture, coordination of arms with leap

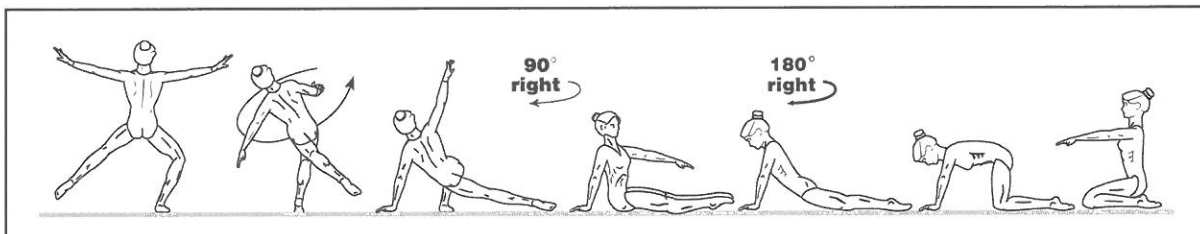
### Leg swing with hop ¼ (90°) turn:

Failure to swing leg forward to a minimum of horizontal Up to 0.10

Points of emphasis: Amplitude, body position,  
coordination of arms and legs on hop



## 12. SLIDE TO FLOOR, ½ (180°) TURN



(1, 2, 3, 4)

Step sideward Right in demi-plié. Cross the Left leg behind the Right leg, placing the Left leg parallel to Side 1. Continue bending the Right knee and lower the body to sit on the Left hip.

ARMS: As the body lowers, reach the Left hand down to place the Left hand on the floor next to the Left hip. The Right arm makes a full circle moving in front of the face and chest to low position, then continues circling sideward-upward to finish sideward-diagonally-upward.

As the left hip contacts the floor, rotate the torso 90° to the Right to arrive in a straight sitting position with both legs together and straight, facing Side 3.

ARMS: Left hand remains. Right arm moves sideward-backward-downward to place the Right hand on the floor next to, and slightly behind, the Right hip.

(5, 6, 7, 8)

Transfer the weight to the Right hip. Execute a ½ (180°) turn to the Right. At the completion of the turn, bend the knees to arrive in a kneeling position on both knees with the buttocks resting on the heels, facing Side 7.

ARMS: During the turn, lift the Left hand forward across the chest, then downward to place the Left hand on the floor parallel to the Right hand. Lift both arms forward-upward to forward-middle on the sit.

## 13. FORWARD SPLIT (0.20)

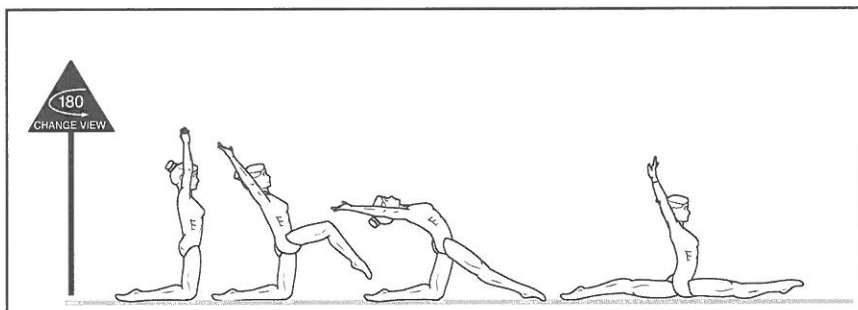
(1, 2, 3, 4)

Immediately raise the buttocks off the heels and extend the hips over the knees.

ARMS: Lift forward-upward to high position.

Lift the Right leg forward, bending the Right knee to place the Right foot flat on the floor, turned out slightly. Slide the Right leg forward and straighten the Left leg to finish in a Right FORWARD SPLIT with the chest up.

ARMS: Push open supply to sideward-diagonally-upward.



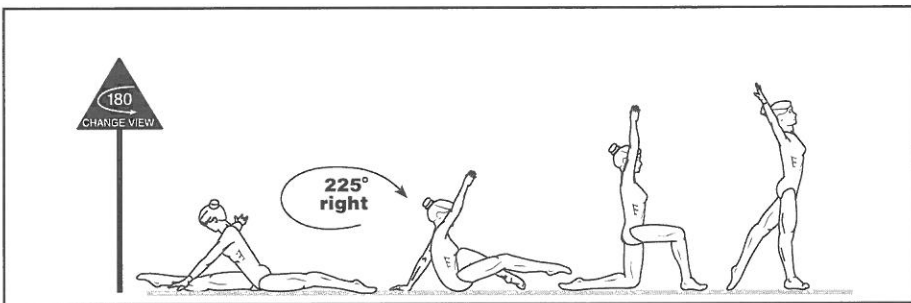
Failure to achieve 180° split position (legs flat on floor) Up to 0.20

## 14. 225° FLOOR TURN TO STAND

(5, 6, 7, 8)

Lower the torso forward. Circle (rond de jambe) the Right leg backward (the leg may be straight or bent) and simultaneously lean and transfer the weight to the Left hip while executing a 225° turn to the Right finishing with the Right leg bent, Right foot turned out slightly and pointed on the floor to face Side 3. Simultaneously bend the Left knee along the floor to finish with the Left foot under the Right knee with both legs turned out slightly.

ARMS: Reach the Left hand sideways, placing the Left hand on the floor. The Right arm moves to side-middle; then forward-middle curved, and continues forward-upward to crown.



Pushing with the Left leg, transfer the weight forward to the Right foot to arrive in a kneeling position on the Left knee.

ARMS: The Left hand pushes off the floor and lifts forward-upward to crown.

Straighten both legs to arrive in a stand on the Right leg, with the Left leg extended backward, turned out slightly, with the Left foot pointed on the floor.

ARMS: Open supply to sideward-diagonally-upward.



## 15. PRANCE STEPS

(1, 2)

Moving diagonally toward Side 3, step forward onto a stretched Left leg through the ball of the foot (relevé to flat). The top of the Right foot/toes quickly drags along the floor, leg bent forward, passing by the Left ankle.

ARMS: Lower to side-middle. "Flip" the palms up toward the ceiling.

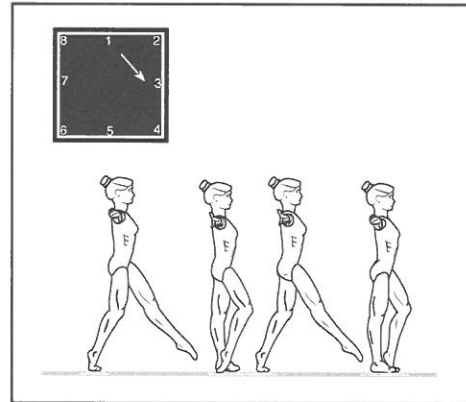
FOCUS: Optional

(3, 4)

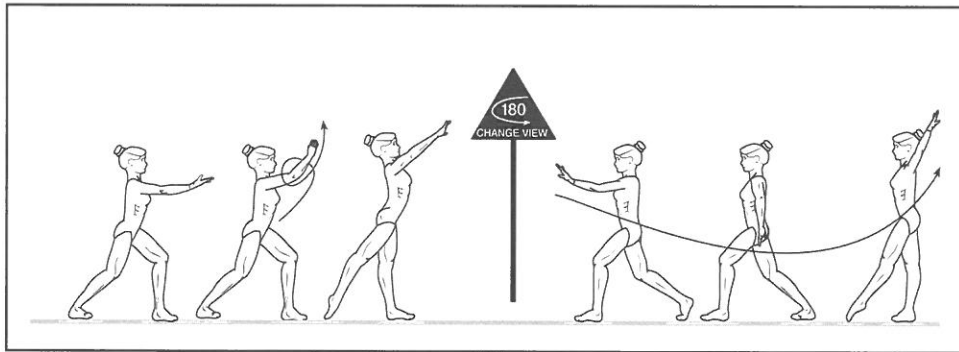
Repeat the PRANCE STEP on the other leg.

ARMS: Remain at side-middle. "Flip" the palms down to face the floor.

FOCUS: Optional



## 16. WEIGHT TRANSFER (0.20)



(5, 6, 7, 8)

Demi-plié the Right leg and step forward onto a bent Left leg turned out slightly. Showing a rocking motion through use of the legs through 4<sup>th</sup> position demi-plié with both heels on the floor, perform a WEIGHT TRANSFER onto the Left leg. Extend both legs to finish with the Right leg extended backward, turned out slightly, with the Right foot pointed on the floor.

ARMS: With both shoulders pressed down, move the arms forward to forward-middle, palms up. Perform an inward forearm circle with both arms, moving the hands upward then toward the center of the chest and continue to extend both arms softly to forward-diagonally-upward, with the palms down.

Reverse the WEIGHT TRANSFER: Demi-plié the Left leg and shift the weight backward onto the Right leg turned out slightly, "rocking the legs" through 4<sup>th</sup> position demi-plié with both heels on the floor to perform a WEIGHT TRANSFER onto the Right leg. Extend both legs, finishing with the Left leg extended forward, turned out slightly, with the Left foot pointed on the floor.

ARMS: Lower both arms forward-downward by softly bending and leading with the elbows, then wrists, and finishing with the fingertips, arriving in a low position at the sides of the body. Continue to lift both arms sideward-upward to sideward-diagonally-upward.

**Failure to show "rocking" action through use of plié Each Up to 0.10**

**Points of emphasis: Maintain vertical torso, smooth rhythm throughout the "rocking" action**

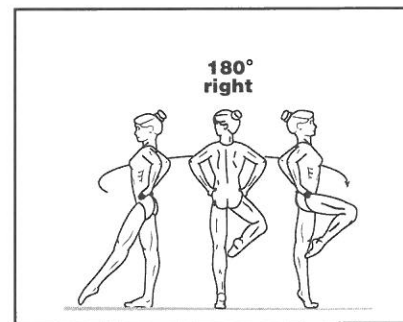
## 17. ½ (180°) OUTWARD TURN IN FORWARD PASSÉ

(1, 2)

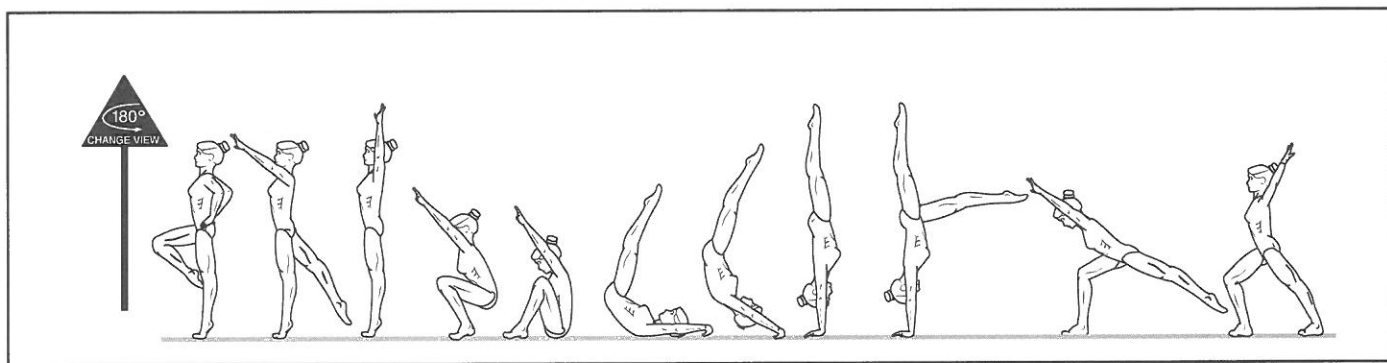
Step forward Left in relevé (piqué) and execute a ½ (180°) OUTWARD TURN to the Right, bending the Right knee forward and pulling the pointed Right foot forward-upward to touch the Left knee (forward passé).

ARMS: Hands on hips.

FOCUS: Maintain focus on Side 3 as long as possible while the body turns, then quickly snap the head to the Right to focus on Side 1.



## \*18. STRAIGHT-ARM BACKWARD ROLL TO HANDSTAND (0.60)



(3, 4)

Without lowering the Left heel, step back with the Right foot in relevé. Close the Left foot next to the Right foot to arrive in a straight stand in relevé.

ARMS: Lift forward-upward to high position.

(5, 6, 7, 8)

Bend the knees to arrive in a tuck sit, keeping the feet on the floor. Begin rolling backward with the head tucked, chin to the chest. With the arms straight and hands turned inward, reach back to place the sides of the little fingers (heel of the hands) on the floor behind the head and execute a BACKWARD ROLL TO HANDSTAND with the legs together. (The hands are allowed to shift/hop from the initial inward position to a straight position.)

Step down using a levering action to finish in a Right lunge, pressing the Right knee and both hips forward.

ARMS: Maintain high position at the initiation of the roll. Finish the step down with arms in high position, then open to sideward-diagonally-upward.

Hands placed on floor during squat phase  
prior to rolling backward

0.30

Incorrect hand placement

0.10

Failure to pass through vertical

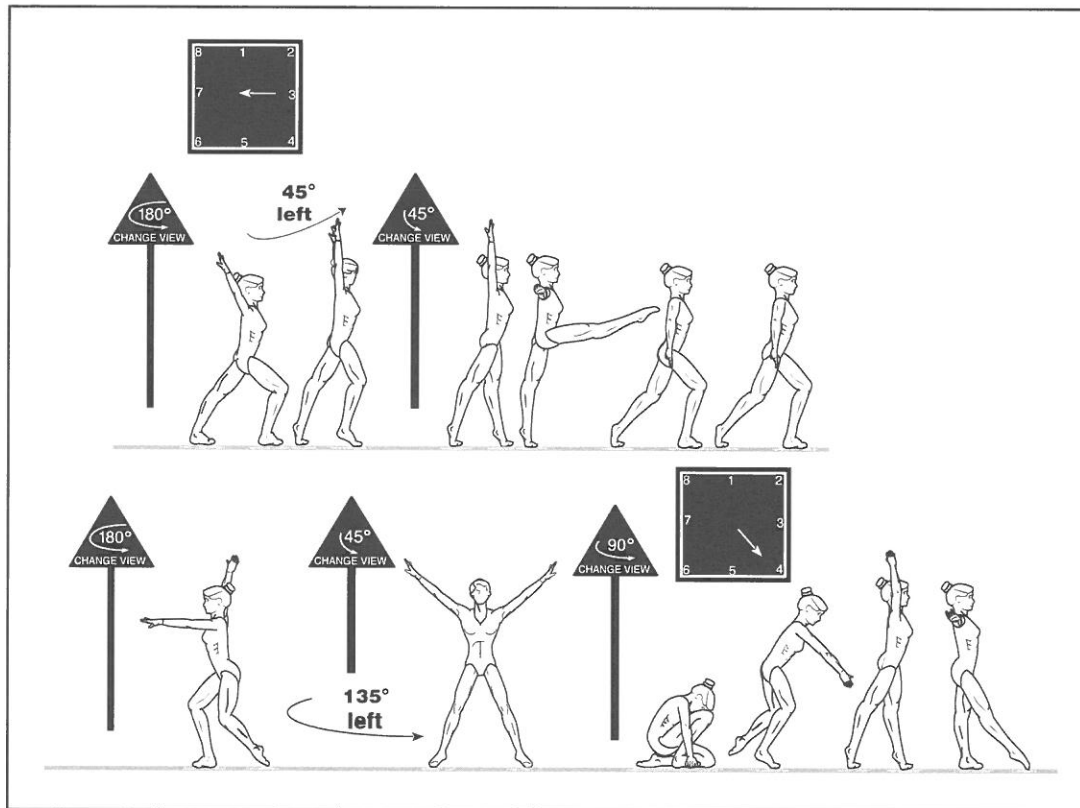
Up to 0.30

Performs a backward roll step-out (change of element)

0.60

Points of emphasis: Straight arms, stretched body in vertical,  
levering action into lunge

## 19. KICK, QUICK STEPS, CURTSY, POSES



(1, 2)

(If the step-down from the Backward Roll to handstand was reversed, continue with the following text, as written.)

Turn 45° to the Left toward Side 7 and step forward onto a straight Left leg in relevé. Kick the Right leg forward to horizontal or above.

ARMS: Lift to high position on the step. Lower to side-middle on the kick.

(3 & 4)

Take three quick steps forward in demi-plié (Right, Left, Right), to finish in a CURTSY (4<sup>th</sup> position demi-plié, legs turned out slightly with the Right leg in demi-plié, Left leg bent behind the Right with the Left foot pointed on the floor).

ARMS: On the first two steps, quickly bring both arms sideward-downward to low position. On the curtsy, "thrust" (bending and straightening sharply) the Right arm sideward-upward to high position and "thrust" the Left arm to forward-middle.

FOCUS: Optional

(5)

While turning sharply 135° to the Left on the Right foot, slide the Left foot backward to finish in a straddle stand (2<sup>nd</sup> position) POSE with both feet turned out slightly in relevé, facing Corner 4.

ARMS: Sharply open both arms to sideward-diagonally-upward.

(6)

Quickly drop straight down to a low tuck stand with the ball of the Right foot next to the Left knee. The Left leg is bent with the Left shin on the floor and the Left foot pointed. The buttocks are resting on the Left heel.

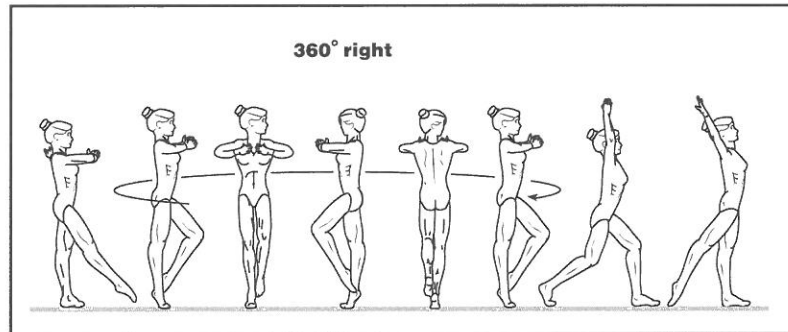
ARMS: Lower both arms sideward-downward to rest the fingertips on the floor.

(7 & 8)

Immediately extend both legs and step forward Left; then bring the Right leg forward in preparation for the turn.

ARMS: On the step, lift both arms forward-upward to crown; then open both arms sideward-downward to side-middle, moving the Right arm to forward-middle curved for the preparation of the turn.

## 20. 1/1 (360°) TURN IN FORWARD COUPÉ (0.40)



**(1, 2)**

Transfer the weight to the Right foot, using one of the acceptable turn preparations listed in the Glossary. Execute a 1/1 (360°) TURN to the Right in relevé, bending the Left knee forward and pulling the pointed Left foot forward to touch the Right ankle (forward coupé).

**ARMS:** Initiate the turn by closing the Left arm to forward-middle curved. Maintain forward-middle curved throughout the turn.

**FOCUS:** Maintain focus on Corner 4 as long as possible while the body turns, then quickly snap the head to the Right to again focus on Corner 4.

**(3, 4)**

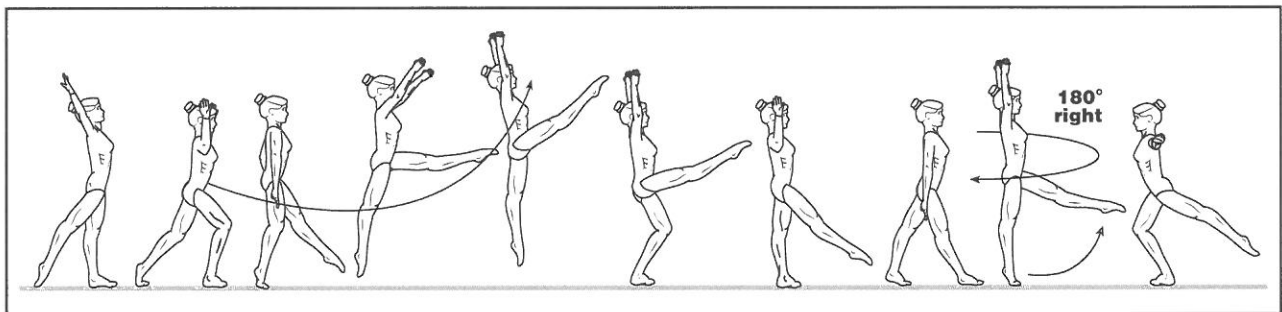
Without lowering the Right heel, step forward onto the Left leg in demi-plié. Immediately straighten the Left leg to stand with the Right leg extended backward and the Right foot pointed on the floor, both feet turned out slightly. (The Right leg is allowed to plié or to remain extended before the Right foot points on the floor.)

**ARMS:** Lift forward-upward to crown; then open supply sideward-diagonally-upward.

**See General Faults & Penalties**

**Points of emphasis: Immediate placement of free leg to forward coupé position, complete 360° turn in relevé, control at completion**

## 21. HITCHKICK (0.40)



**(5, 6)**

Step forward onto the Right leg in demi-plié.

**ARMS:** Leading with the elbows, lower sideward-downward to low position.

Swing the straight Left leg forward-upward to a minimum of horizontal and push off the floor with the Right leg. Swing the Right leg forward-upward above horizontal. Simultaneously pull the Left leg downward and land in demi-plié.

**ARMS:** Lift forward-upward to crown.

**(7, 8)**

Step forward Right; swing the Left leg forward to a minimum of 45° below horizontal.

**ARMS:** On the step, lower both arms sideward-downward, leading with the elbows to low position. On the leg swing, lift both arms forward-upward to crown.

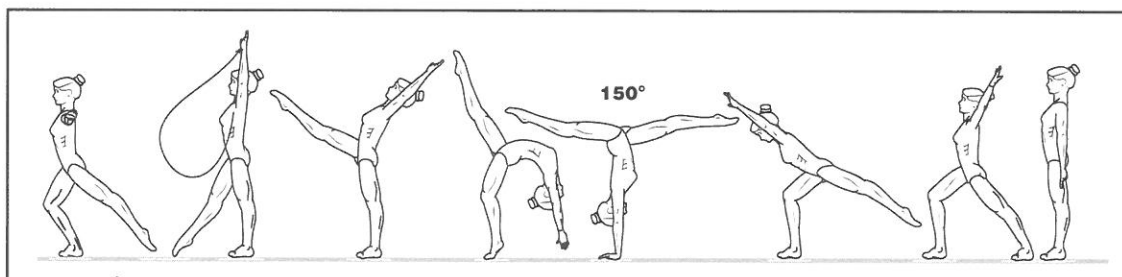
Relevé the Right foot on a straight Right leg and execute a ½ (180°) turn to the Right to finish with the Right leg in demi-plié on a flat foot with the Left leg extended behind in an arabesque, minimum of 45° below horizontal.

**ARMS:** At the completion of the turn, open the arms to side-middle.

**Insufficient height of each leg kick Each Up to 0.10 (as specified in text)**

**Points of emphasis: Amplitude, body posture, coordination of arms and legs**

## 23. \*BACK WALKOVER (0.60)



**(1, 2, 3, 4, 5, 6)**

Step backward onto a straight Left leg. Extend the Right leg forward, pointing the Right foot on the floor.

*(If reversing the Back Walkover, step backward Left, Right and extend the Left leg. Continue reversing until the feet close.)*

ARMS: Lower sideward-downward, then forward-upward to high position.

Lift the Right leg forward-upward. Anytime during the leg lift, arch the upper back as the arms reach backward to place the hands on the floor side-by-side, shoulder-width apart. As the Left foot pushes off the floor, push the shoulders over the hands to execute a BACK WALKOVER, passing through a handstand position with a minimum of 150° leg separation, 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 the back walkover. Open to sideward-diagonally-upward on the lunge.

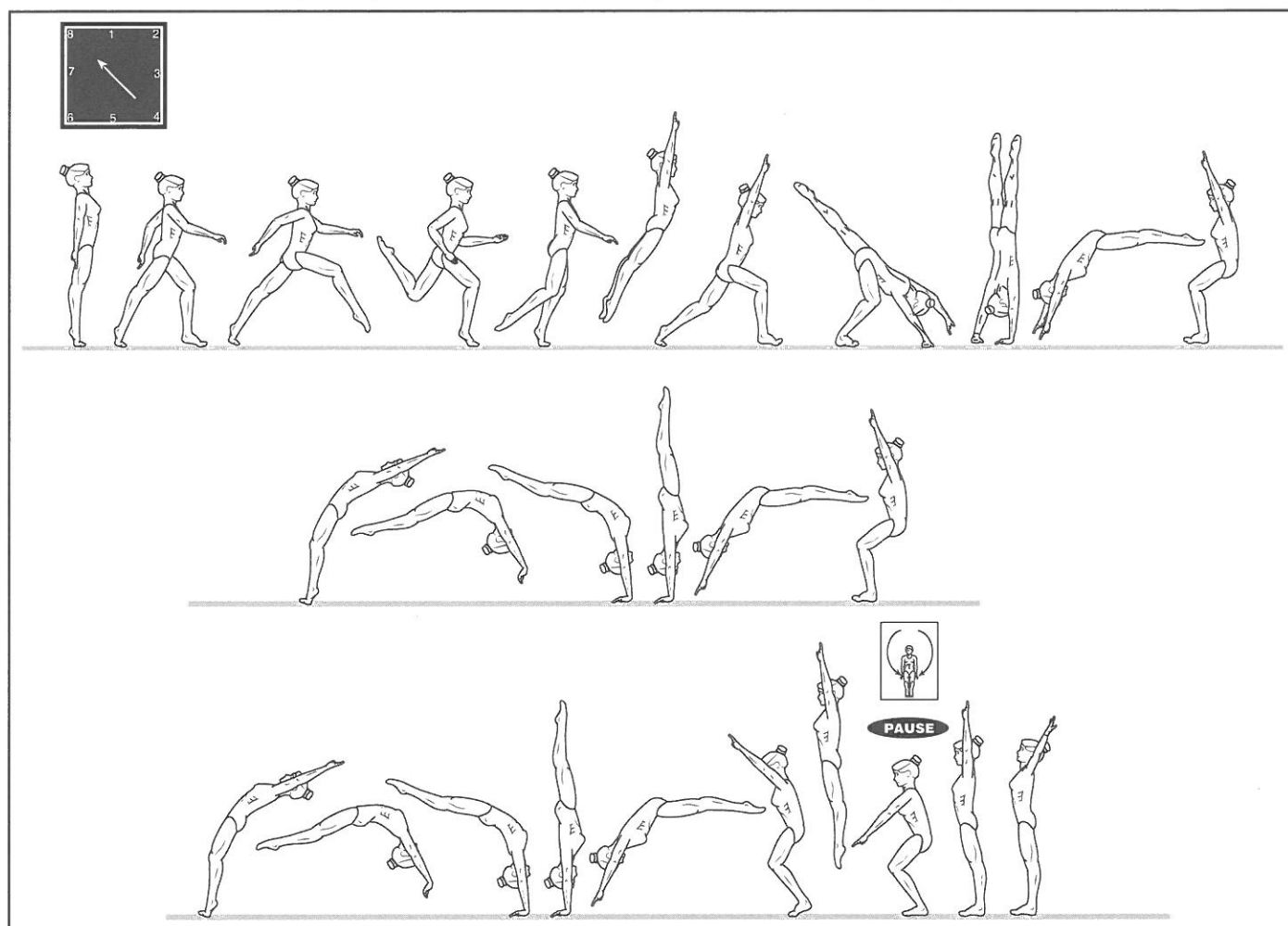
**(7, 8)**

Step backward Right to close the Right foot beside the Left foot, finishing in a straight stand (flat or relevé).

ARMS: Lower both arms sideward-downward to low position.

Failure to show continuous leg lift into walkover (leg drops or lifts after the arching backward has begun)	Up to 0.10
Incorrect (staggered or alternate) hand placement	<u>0.10</u>
Insufficient leg separation (less than 150°)	Up to 0.20
Points of emphasis: Stretched body alignment through vertical, straight legs	

## 24. \*ROUND-OFF (0.40), FLIC-FLAC (0.60), FLIC-FLAC (0.60), REBOUND



### 1, 2, 3, 4, 5, 6, 7, 8)

Take one-to-three running steps and hurdle, using one of the three acceptable hurdle techniques listed in the Glossary to execute a ROUND-OFF. Immediately jump backward onto the hands in an inverted stretched body position to execute two FLIC-FLACS, followed by a REBOUND to land in demiplié in a balanced and controlled position ("stick").

Pause.

ARMS: High position throughout. As the landing of the rebound occurs, lower the arms sideward-downward to a forward-diagonally-low position.

Extend the legs to finish in a straight stand.

ARMS: Lift forward-upward to high position; then open to sideward-diagonally-upward.

**Lack of acceleration in the series** Up to 0.20

### Round-off:

**Failure to pass through vertical** Up to 0.30  
**Failure to land on feet simultaneously** 0.10

### Flic-flac, flic-flac, rebound:

**Deep squat into flic-flac** Each Up to 0.20  
**Failure to land on feet simultaneously** Each 0.10  
**Failure to immediately rebound** 0.10  
**Failure to pause in "controlled stick"** 0.05

### **Points of emphasis:**

**Acceleration, stretched body shapes**

## 25. POSE

### (1)

Take a long step backward Left to finish in a Right lunge.

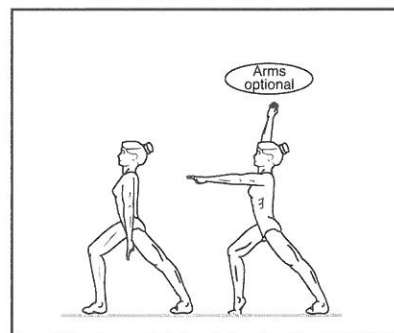
ARMS: Lower sideward-downward to low position.

### (2)

Raise the Right foot to relevé (forced arch).

ARMS: Optional.

FOCUS: Optional.





## **LEVEL 5 FLOOR EXERCISE SUPPLEMENTARY SKILLS**

### **1. FRONT SALTO TUCKED ONTO ELEVATED MATS**

Take one-to-three running steps, swing either leg forward and push off the floor with the opposite leg to land on both feet simultaneously. Immediately punch off both feet with the body in an upright position. As the body rises, lift the hips upward while inverting the body, rounding the upper back and bending at the hips and knees to achieve a tight, tucked position to execute a FRONT SALTO TUCKED. In preparation for the landing on the elevated mats, extend the body from the tucked position. Land in demi-plié in a balanced and controlled position (stick).

### **2. HANDSTAND, SNAP DOWN TO 3 FLIC-FLACS**

Kick to a handstand on a raised surface. Slightly hyper-extend the handstand in the shoulders, then forcefully snap the legs down and forward, while pushing off the hands to arrive in a standing hollow-body position with the feet in front of the body. Immediately punch the floor and perform three flic-flacs. The emphasis is on a tight body and increasing speed.

### **3. FRONT AND BACK SALTOS TUCKED ON A TRAMPOLINE OR TUMBLE-TRACK.**

#### **FRONT SALTO:**

Bounce from both feet on a trampoline or tumble-track, maintaining an upright body position. As the body rises, lift the hips upward while inverting the body, rounding the upper back and bending at the hips and knees to achieve a tight, tucked position to execute a FORWARD SALTO TUCKED. In preparation for the landing, extend the body from the tucked position. Land and rebound, or land in demi-plié in a balanced and controlled position (stick).

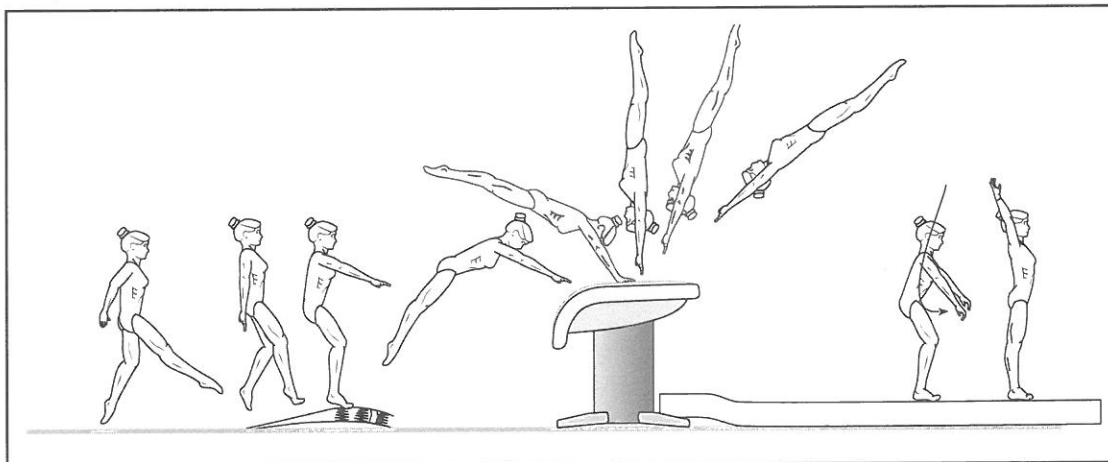
#### **BACK SALTO:**

Bounce from both feet on a trampoline or tumble-track. As the body rises, lift the knees upward toward the hands into a minimum of a 90° tuck position. (Hand grasp of the legs is optional). Continue to rotate upward and backward as the hips rotate over the head to execute a BACKWARD SALTO TUCKED. In preparation for the landing, extend the body from the tucked position. Land and rebound, or land in demi-plié in a balanced and controlled position (stick).

## LEVEL 6 - HANDSPRING VAULT

The gymnast may perform two vaults, with the better score to count.

Three running approaches are permitted, if the gymnast has not touched the springboard and/or the vault table. A fourth approach is not permitted.



The run should be even and strong, accelerating to the hurdle.

During the preflight (first flight), the arms swing forward to complete shoulder extension, keeping the head neutral, and the eyes focused toward the hands. Maintain a straight-hollow body position with the legs together and hips extended. The gymnast rotates to an inverted position by driving the heels backward-upward.

Upon contact, quickly and forcefully extend the shoulders to block against the vault table with straight arms, causing the body to leave the vault table near vertical.

During the postflight, maintain a tight, straight-hollow body position with the head neutral. The rotation continues until the landing in demi-plié.

Arms: High throughout pre-flight, block and after-flight. In preparation for landing, lower sideward-downward to finish at forward-diagonally-low.

Extend the legs to finish in a straight stand.

Arms: Lift upward to sideward-diagonally-upward position.

## LEVEL 5/6 VAULT - SUPPLEMENTARY SKILLS

### 1. HANDSPRING OVER TABLE TO STACKED MATS TO BACK LYING POSITION

Stack mats behind the vault table to the height of the table. Execute a handspring vault with good rotation, blocking through the shoulders and maintaining a tight straight-hollow body position. Land in a straight lying position on the back.

### 2. HANDSPRING REPULSION DRILL

Stack mats behind the vault table slightly higher than the table. Execute a handspring vault with the emphasis on the shoulder block (quick and explosive extension of the shoulders immediately upon contact with the table). The head remains neutral with focus on the hands. Arrive on the hands on the stacked mats. Maintain a straight-hollow body position with legs together and continuing past vertical to land on the skill cushion in a straight lying position on the back.

### 3. FRONT SALTO STRETCHED

From a controlled run approach and hurdle onto a springboard, immediately swing the arms explosively forward-upward while lifting the heels backward-upward to execute a Front Salto Stretched onto an 8-inch skill cushion or solid foam pit. Complete the rotation to land on the feet with the body upright.

# LEVEL 5/6 VAULT - TABLE OF PENALTIES

## A. GENERAL:

1. Body position faults:
  - arched Each phase Up to 0.30
  - piked Each phase Up to 0.50
2. Legs bent Each phase Up to 0.30
3. Legs separated Each phase Up to 0.20
4. Incorrect foot form Each phase Up to 0.10
5. Incorrect head alignment Each phase Up to 0.10
6. Deviation from straight direction Up to 0.30
7. Lack of dynamics (speed/power) Up to 0.30
8. Performing incorrect vault VOID
9. Aid of coach during first flight, support, or second flight phase
  - Level 5 2.00
  - Level 6 VOID
10. Aid of coach upon landing 0.50
11. Run-approach without executing the vault (Balk)
  - Touching the springboard or vault table VOID
12. Coach standing between board and vault table No deduction
13. Performing vault without signal from judge

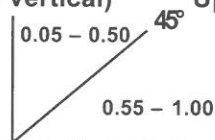
deduct 0.50 from average of next vault

## B. FIRST FLIGHT:

See A. General Deductions

## C. SUPPORT PHASE:

1. Incorrect shoulder alignment (showing a shoulder angle) Up to 0.30
  2. Arms bent Up to 0.50
  3. Completely bent arms causing head to contact vault table 2.00
  4. Additional hand placements (taking steps/hops on hands) Up to 0.30
  5. Too long in support Up to 0.50
  6. Alternate repulsion Up to 0.20
  7. Angle of repulsion (failure to leave vault table by vertical) Up to 1.00
- If the gymnast leaves the vault table:
- |                        |                    |
|------------------------|--------------------|
| by vertical            | No deduction       |
| from 1° to 45°         | deduct 0.05 - 0.50 |
| from 46° to horizontal | deduct 0.55 - 1.00 |



8. Touch of only one hand on vault table Chief Judge - 1.00
9. No hand support on vault table VOID

## D. SECOND FLIGHT:

1. Insufficient height Up to 0.50
2. Insufficient distance (consider size of gymnast, overall trajectory-  
where hands contact table and where feet land) Up to 0.30
3. Brush, touch, or hit of body on far end of vault table 0.30

## E. LANDING:

1. Slight hop or small adjustment of feet Up to 0.10
2. Extra arm swing(s) Up to 0.10
3. Additional trunk movements to maintain balance Up to 0.30
4. Incorrect body posture on landing Up to 0.20
5. Taking steps after landing Each 0.10 (Max. 0.40)
6. Very large step or jump 0.20
7. Deep squat upon landing Up to 0.30
8. Contacting the mat or apparatus with one or both hands or  
with body after landing
  - Brush, touch or hit Up to 0.30
  - Support on hand(s) or fall onto mat or against apparatus 0.50
9. Failure to land on the feet first on the mat (includes the fall) 2.00
  - Finishes in a sitting, lying or standing position on  
the vault table 0.50 (fall on apparatus) + 2.00

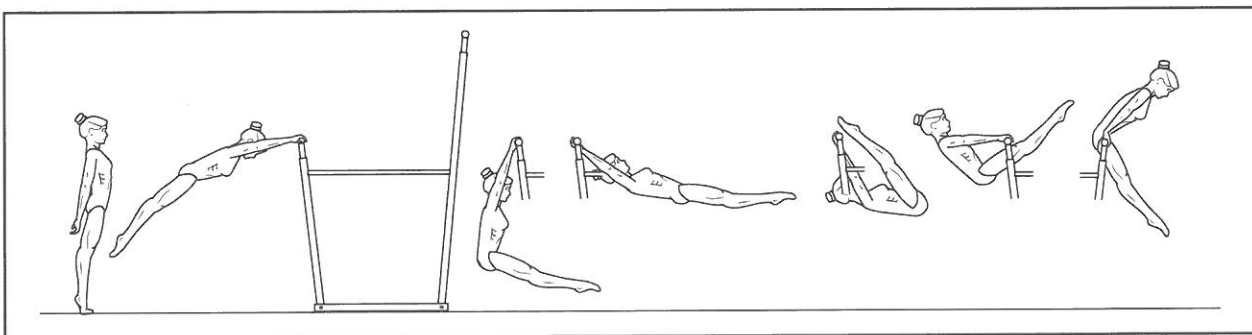
## LEVEL 6 UNEVEN BARS

A board or raised surface (such as a panel mat or padded spotting/skill block) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

**Points of emphasis on all elements: Arms straight, legs together and straight, when indicated, correct body shape as specified. Refer to General Faults and Penalties for additional deductions.**

**SP:** Stand with the feet together, outside of the bars, facing the low bar.

### 1. MOUNT: STRADDLE OR PIKE GLIDE KIP (0.80)



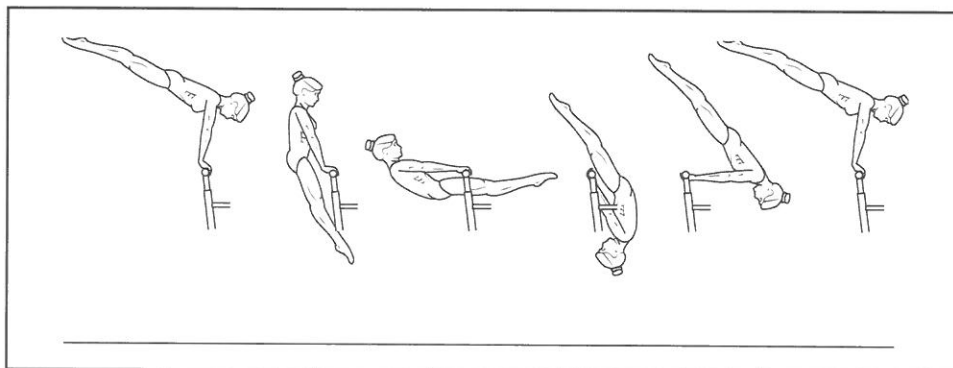
Jump from both feet, lifting the hips backward-upward to grasp the low bar with an overgrip, hands shoulder-width apart. Maintain a hollow body position with the legs extended and the head neutral. Swing the body forward with legs together (piked) or straddled. At the completion of the forward glide swing, the legs are together and the hips are fully extended.

Quickly lift the feet to the bar and pull the bar up the legs to execute a GLIDE KIP. While pulling downward, shift the hands to the top of the bar to arrive in a front support with the legs/feet in front of the bar (body slightly piked), shoulders forward, and the head neutral. Maintain straight arms and legs throughout.

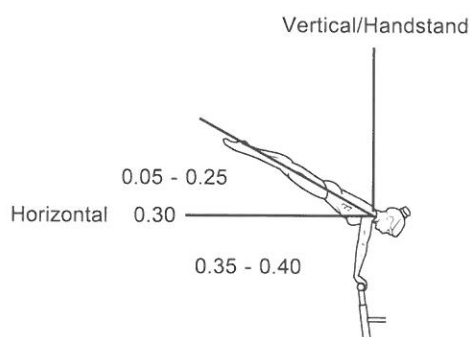
Failure to take-off from both feet simultaneously	<u>0.10</u>
Performs a run-out glide	<u>0.30</u>
Failure to lead with the feet in the forward glide swing (performs long hang swing)	Up to 0.10
Insufficient extension at end of glide	Up to 0.20
Failure to close legs at end of straddle glide	<u>0.10</u>

**2. CAST TO A MINIMUM OF 30°  
ABOVE HORIZONTAL (0.80)**

**3. CLEAR HIP CIRCLE TO A MINIMUM OF 30°  
ABOVE HORIZONTAL (0.80)**



With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, by extending through the shoulders, to lift the body off the bar to execute a **CAST TO A MINIMUM OF 30° ABOVE HORIZONTAL** with legs together. Maintain a straight-hollow body position with the buttocks tight, the arms and legs straight, and the head neutral.



Lean the shoulders backward to initiate the circle around the bar. Push the bar towards the lower thighs as the circle continues. Maintain a hollow body position, with the head neutral throughout the circle. It is acceptable for the thighs to brush the bar slightly on the upswing phase of the circle. As the hips rise, pull on the bar, opening the shoulder angle slightly. Shift the hands to the top of the bar to execute a **CLEAR HIP CIRCLE**, finishing in a clear support with the body extended a minimum of **30° ABOVE HORIZONTAL** and the shoulders leaning slightly forward over the bar. Maintain straight arms and legs throughout.

Note: The angle achieved is determined by a line drawn from the shoulders to the mid-point of the lowest body part (abdomen, hips, knees, or feet) when the body reaches a clear support position, with the hands shifted to the top of the bar and the hips clear of the bar.

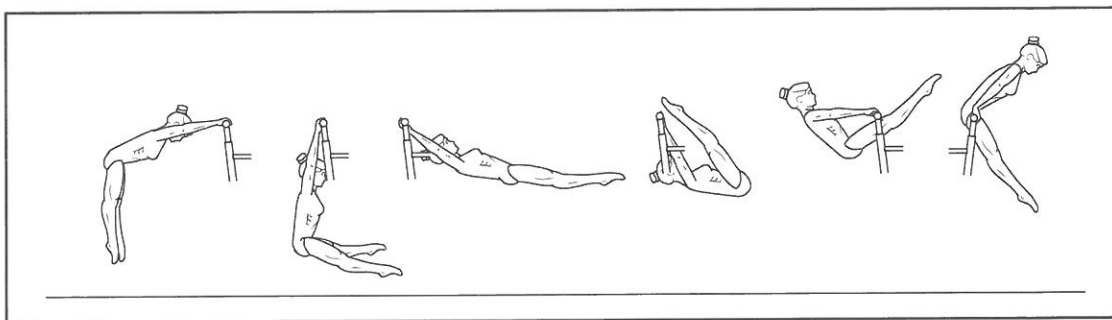
**Cast to 30°:**

Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part- abdomen, hips, knees or feet)	Up to 0.40
- 1° to 29° above horizontal	0.05 – 0.25
- at horizontal	<u>0.30</u>
- Below horizontal	0.35 – 0.40
Incorrect body alignment (straight line from shoulders to feet with chest hollow)	Up to 0.20

**Clear hip circle to 30°:**

Excessive arch or pike on downswing or upswing	Each Up to 0.20
Insufficient height and extension of upswing (see #2- amplitude of cast deductions)	Up to 0.40
Hips touching bar as upswing finishes	
-performs a back hip circle	<u>0.80</u>
(no deduction for thighs brushing bar on upswing)	
Lack of control into glide	Up to 0.10

#### 4. STRADDLE OR PIKE GLIDE KIP (0.80)



At the completion of the Clear Hip Circle, push the bar away, continuing to open the shoulder angle and pike at the hips to execute a forward glide swing, with legs together (piked) or straddled. At the completion of the forward glide swing, the legs must be together and the hips are fully extended. Quickly lift the feet to the bar and pull the bar up the legs to the hips to execute a **GLIDE KIP**. While pulling downward, shift the hands to the top of the bar to arrive in a front support with the legs/feet in front of the bar (body slightly piked), shoulders forward, and the head neutral. Maintain straight arms and legs throughout.

Failure to lead with the feet in the forward glide swing  
(performs long hang swing)

Up to 0.10

Insufficient extension at end of glide

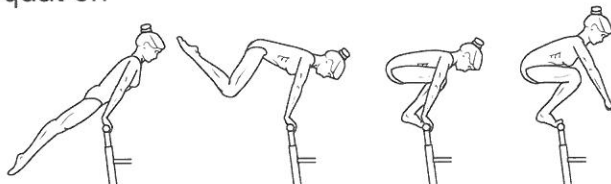
Up to 0.20

Failure to close legs at end of straddle glide

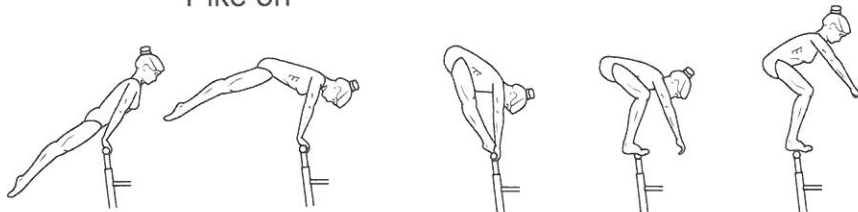
0.10

#### 5. CAST, SQUAT OR PIKE ON, OR CAST, 360° BACKWARD SOLE CIRCLE (0.40)

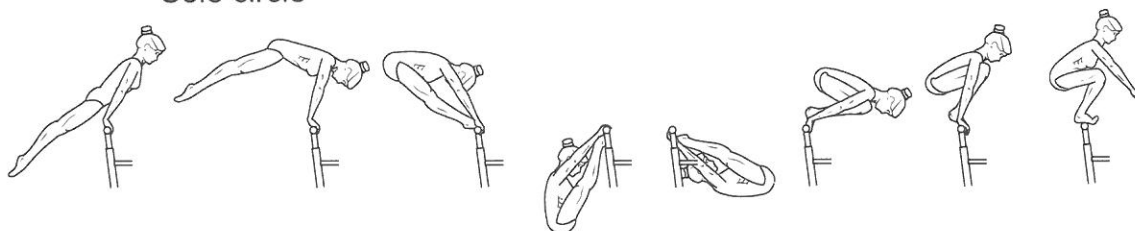
Squat on



Pike on



Sole circle



##### If performing the squat or pike on:

Immediately CAST with straight arms and legs together. Bend the legs (or keep the legs straight) and place the balls of the feet on the bar between the hands in a tuck (or pike) position to execute a SQUAT OR PIKE ON. If a pike on is performed, the legs are allowed to bend after initial contact with the bar in order to facilitate the following jump to the high bar.



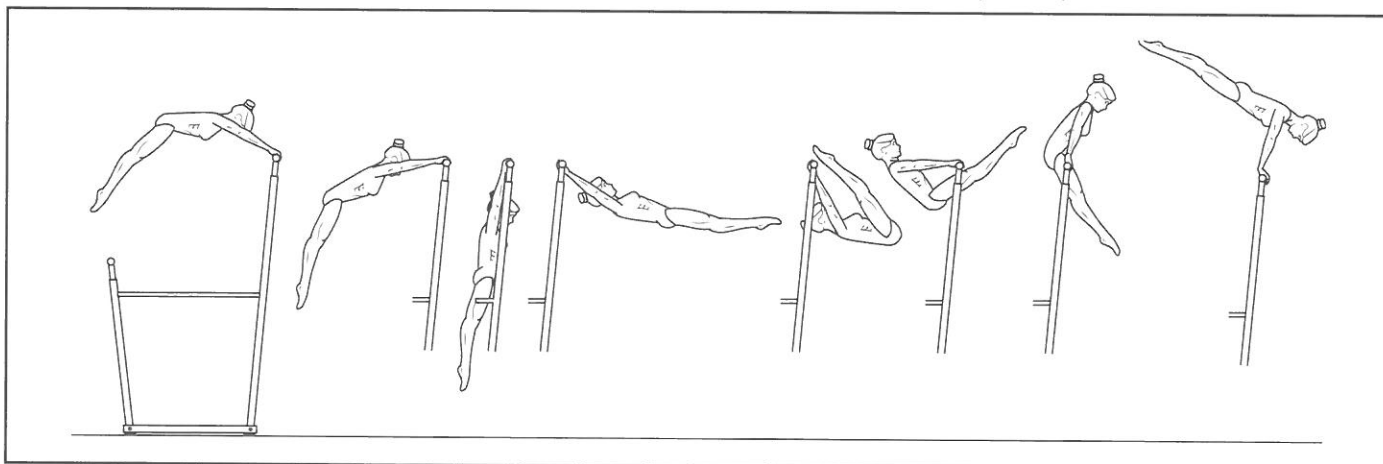
If performing the **BACKWARD SOLE CIRCLE**, the gymnast may use one of the following 3 acceptable techniques:

- A. **SQUAT ON START**- Maintaining the forward shoulder position, immediately cast with straight arms and legs together. Bend the legs and place the balls of the feet on the bar between the hands in a tuck position. Straighten the legs, relevé, and execute a piked sole circle backwards. The knees may bend or remain straight on the upward swing phase. Finish the circle with support on the feet.
- B. **PIKE ON START**- Maintaining the forward shoulder position, immediately cast with straight arms and legs together. Pike at the hips and place the balls of the feet on the bar between the hands in a piked position. Relevé and execute a piked **SOLE CIRCLE BACKWARDS**. The knees may bend or remain straight on the upward swing phase. Finish the circle with support on the feet.
- C. **LATE DROP START** - Maintaining the forward shoulder position, immediately cast with straight arms and legs together. Initiate the circle by leaning the shoulders backwards and simultaneously piking at the hips. Place the balls of the feet on the bar during the downswing (late drop). Relevé and execute a piked **SOLE CIRCLE BACKWARDS**. The knees may bend or remain straight on the upward swing phase. Finish the circle with support on the feet.

Insufficient backward swing of legs into cast (hip lift only)	<u>0.05</u>
Alternate foot placement	<u>0.20</u>
Performs more than one sole circle	<u>0.30</u>
Performs a straddle on	<u>0.20</u>

## 6. JUMP TO LONG HANG KIP (0.80)

## 7. CAST TO A MINIMUM OF 30° ABOVE HORIZONTAL (0.80)



From the tuck (or pike) position on the low bar, immediately jump up to grasp the high bar while maintaining a straight-hollow body position. With the legs together, swing the body downward, forward and upward near horizontal (straight line from shoulders to feet). At the completion of the forward swing, quickly lift the feet to the bar and pull the bar up the legs to the hips to execute a **LONG HANG KIP**.

While pulling downward, shift the hands to the top of the bar to arrive in a front support with the legs/feet in front of the bar (body slightly piked), shoulders forward, and the head neutral. Maintain straight arms and legs throughout.

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar by extending through the shoulders to lift the body off the bar to execute a **CAST TO A MINIMUM OF 30° ABOVE HORIZONTAL** with legs together. Maintain a straight-hollow body position with the buttocks tight, the arms and legs straight, and the head neutral.

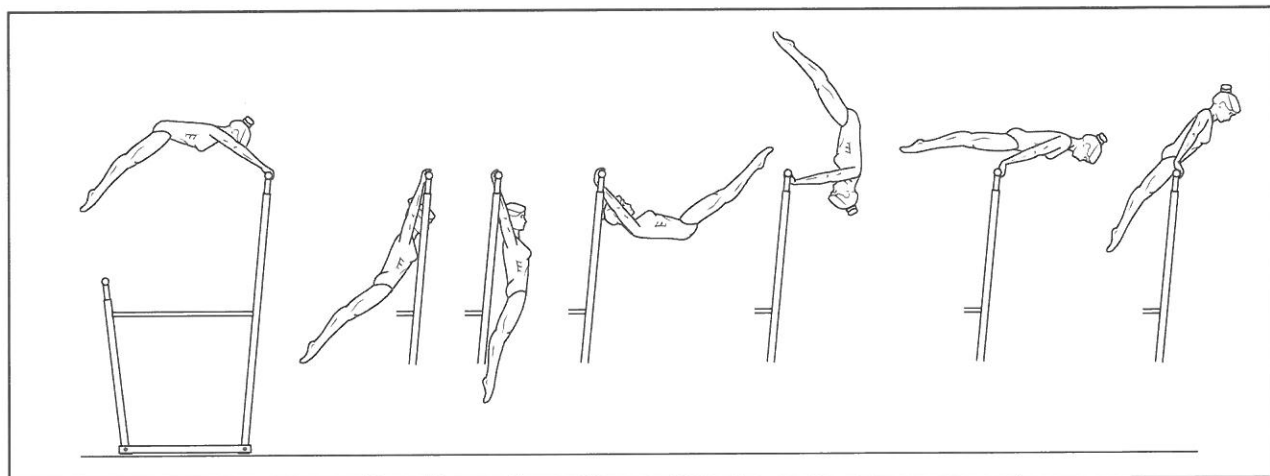
Failure to swing to near horizontal Up to 0.20

Insufficient amplitude of cast (see # 2) Up to 0.40  
(line from shoulders to mid-point of lowest body part-abdomen, hips, knees, feet)

- 1° to 29° above horizontal	0.05 - 0.25
- at horizontal	<u>0.30</u>
- below horizontal	0.35 - 0.40

Incorrect body alignment Up to 0.20  
(straight line from shoulders to feet with chest hollow)

## 8. LONG HANG PULLOVER (0.80)



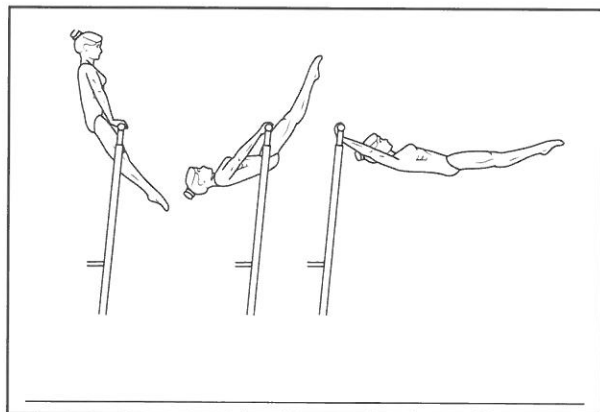
Open the shoulder angle to push backward, maintaining a hollow position as the body begins the downward-forward swing. As the feet pass the low bar, relax the hollow position to a slight arch.

Maintain this position through vertical (under the bar) and aggressively kick forward-upward and over the high bar. The head remains neutral.

As the hips rise up and over the bar, maintain an overgrip and shift the hands to the top of the bar to execute a **LONG HANG PULLOVER**. Pass through a support phase with the hips touching or clear of the bar and maintain straight arms and legs throughout.

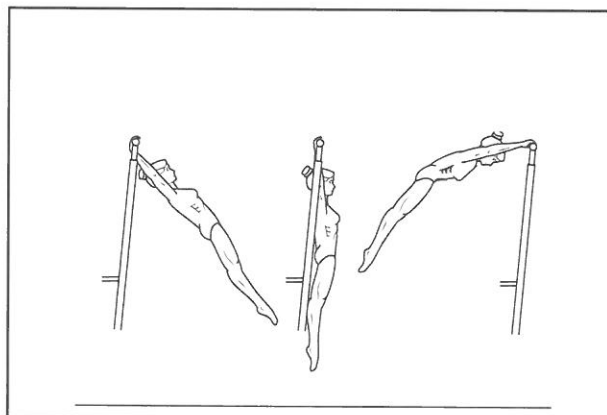
Failure to show slight arched position on bottom of down swing	<u>0.10</u>
Excessive piking of body	Up to 0.20
Failure to maintain overgrip (hands completely release bar)	<u>0.30</u>
Performing a backward giant circle prior to pulling hips toward bar	<u>1.00</u>

## 9. UNDERSWING;

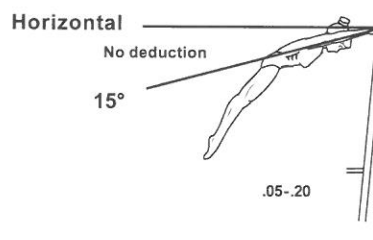


Immediately press the bar downward to contact the mid to lower thigh, while keeping the head neutral, chest and torso hollow, and the arms straight. Maintain this position while leaning the shoulders backward and circling the bar with the hips away from the bar. As the hips rise, completely open the shoulder angle while pressing the bar backward to execute an **UNDERSWING**. Maintain a straight-hollow body position, with the arms and legs straight and the head neutral throughout. More emphasis should be placed on the correct body position than the height of the underswing.

## FIRST COUNTERSWING (A MINIMUM OF 15° BELOW HORIZONTAL) (0.80)



Continue to press the bar backward. Swing downward, leading slightly with the heels to execute a **COUNTERSWING**. Maintain this slight heel drive through vertical (under the bar), at which point the body is shortened by pulling downward on the bar and lifting the hips backward-upward to a hollow body position with the legs together. The hips rise to a minimum of 15° below the level of the high bar (horizontal). The intended technique is to show a hollow chest position with a rounded hip angle. The hips should not open to an extended or arched position with the feet over the low bar. The head remains neutral between the arms, with the chest hollow. The legs remain together.



### Underswing:

Failure to contact the bar with the mid-to-lower thighs between the completion of the long hang pullover and the initiation of the underswing

0.20

Failure to maintain a straight-hollow body position throughout

Up to 0.20

Hips contacting bar (no deduction for thighs touching bar)

0.20

### First Counterswing:

Hips not at a minimum of 15° below the level of the high bar

Up to 0.20

Failure to show a straight line from hands to hips with chest in a hollow position

Up to 0.20

Failure to show a rounded hip angle with the feet below the hips during the upswing:

- Hips extended in line with feet at horizontal

0.20

- Body arched (flair) with feet higher than the hips

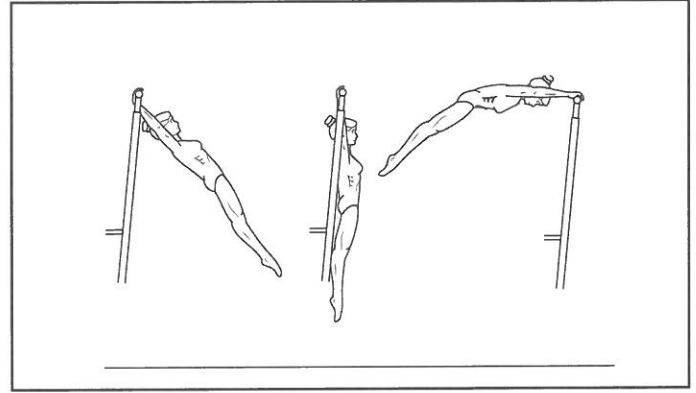
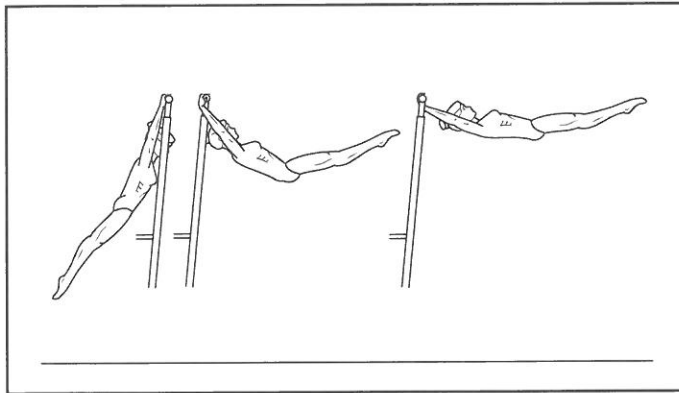
0.30

Failure to maintain hollow body position until feet pass the low bar in the downward-forward swing of the Tap swing

Up to 0.20

## 10. TAP SWING FORWARD;

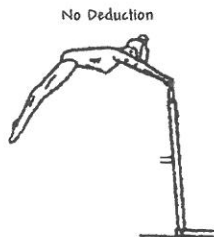
## SECOND COUNTERSWING (A MINIMUM OF HORIZONTAL) (0.80)



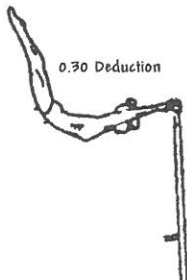
Maintain the hollow body position as the body begins the downward-forward swing. As the feet pass the low bar, relax the hollow body position to a slight arch. Maintain this position through vertical (under the bar) and aggressively kick forward-upward with the legs/feet together to execute a **TAP SWING FORWARD** with a hollow body position, finishing with the feet at the level of the high bar.

Execute a second counterswing (see #9 above) with the hips rising to a minimum of horizontal (level with the high bar).

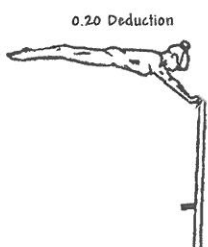
Counterswing on Bars



No Deduction

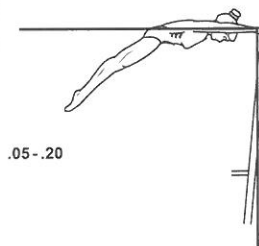


0.30 Deduction



0.20 Deduction

Horizontal  
No deduction



.05 - .20

### Tap swing forward:

Failure to show slight arched position at bottom of swing

0.10

Failure to attain straight-hollow body position on upswing

Up to 0.20

Insufficient amplitude (feet not at HB height)

Up to 0.20

### Second Counterswing:

Hips not level with the high bar (at horizontal)

Up to 0.20

Failure to show a straight line from hands to hips with chest in a hollow position

Up to 0.20

Failure to show a rounded hip angle with the feet below the hips during the upswing:

- Hips extended in line with feet at horizontal

0.20

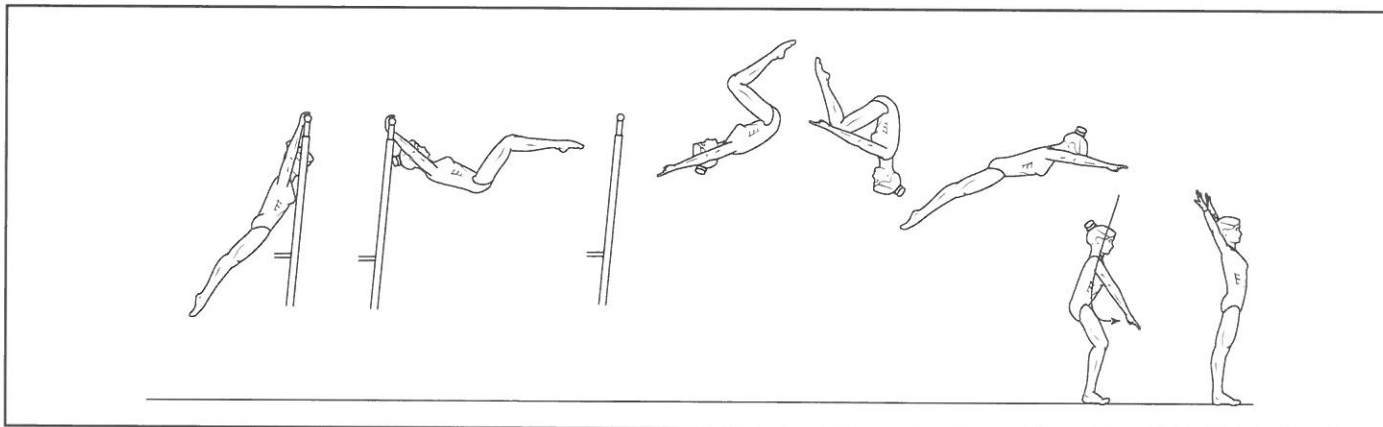
- Body arched (flair) with feet higher than the hips

0.30

Failure to maintain hollow body position until feet pass the low bar in the downward-forward swing of the Tap swing

Up to 0.20

# 11. TAP SWING FORWARD TO TUCK, PIKE OR STRETCHED FLYAWAY DISMOUNT (0.80)



Maintain the hollow body position as the body begins the downward-forward swing. As the feet pass the low bar, relax the hollow body position to a slight arch. Maintain the slight arch through vertical (under the bar) and aggressively kick forward-upward to a hollow body position with the head neutral, focusing on the toes. As the feet approach the level of the high bar, release the bar with an open shoulder angle, maintaining a neutral head position. The body continues to rise to execute a **FLYAWAY DISMOUNT**, with the salto performed at a minimum of high bar height in a tuck, pike, or stretched position.

If a pike or tuck Flyaway is performed, extend the hips (and knees in the tuck) quickly in preparation for landing. If a stretched Flyaway is performed, maintain a straight-hollow body position throughout. Land in demi-plié in a balanced and controlled position ("stick").

ARMS: Lower sideward-downward to finish at forward-diagonally-low.

Extend the legs to finish in a straight stand.

ARMS: Lift forward-upward to high position.

**Failure to show slight arched position at bottom of swing** **0.10**

**Failure to attain straight-hollow body position on upswing** **Up to 0.20**

**Insufficient rise of salto** **Up to 0.40**

- At high bar level or above

No deduction

- 1° to 45° below the level of the high bar

Up to 0.20

- Greater than 45° below the level of the high bar

0.25 - 0.40

## **Tuck Flyaway:**

**Insufficient bend of hips and legs (minimum 135°)** **Each angle Up to 0.20**

**Insufficient stretch prior to landing** **Up to 0.20**

## **Pike Flyaway:**

**Insufficient pike of hips (minimum of 135°)** **Up to 0.20**

**Insufficient stretch prior to landing** **Up to 0.20**

## **Stretched Flyaway:**

**Failure to maintain straight-hollow body position throughout** **Up to 0.20**

## **LEVEL 6 BARS SUPPLEMENTARY SKILLS**

### **1. CAST TO CLEAR PULLOVERS (BABY GIANTS)**

From a cast on the high bar, open the shoulder angle to push backward, maintaining a hollow body position as the body begins the downward-forward swing. As the feet pass the low bar, relax the hollow position to a slight arch. Maintain this position through vertical (under the bar) and aggressively kick forward-upward (tap) and over the bar, shifting the hands to the top of the bar to complete a pullover that finishes in a clear support.

Gradually increase the height of the cast as well as the amplitude of the shoulder angle opening at the completion of the circle.

The gymnast may be spotted at the completion of the circle.

### **2. STRAP GIANTS**

Execute tap swings in straps until the swing gradually reaches close to vertical on both sides; then execute tap swings into giant swings.

After proficiency of the sequence is achieved, a cast from support or a kip cast may precede the giant circles.

A spotter should be present at all times until expertise is attained.





# LEVEL 6 - BALANCE BEAM

**Time Limit:** 1:15 *Bel 105*

Note: Whenever high position arms are indicated, arms may be curved (crown) or straight.

Whenever sideward-diagonally upward arms are indicated, arms may be pressed slightly backward.

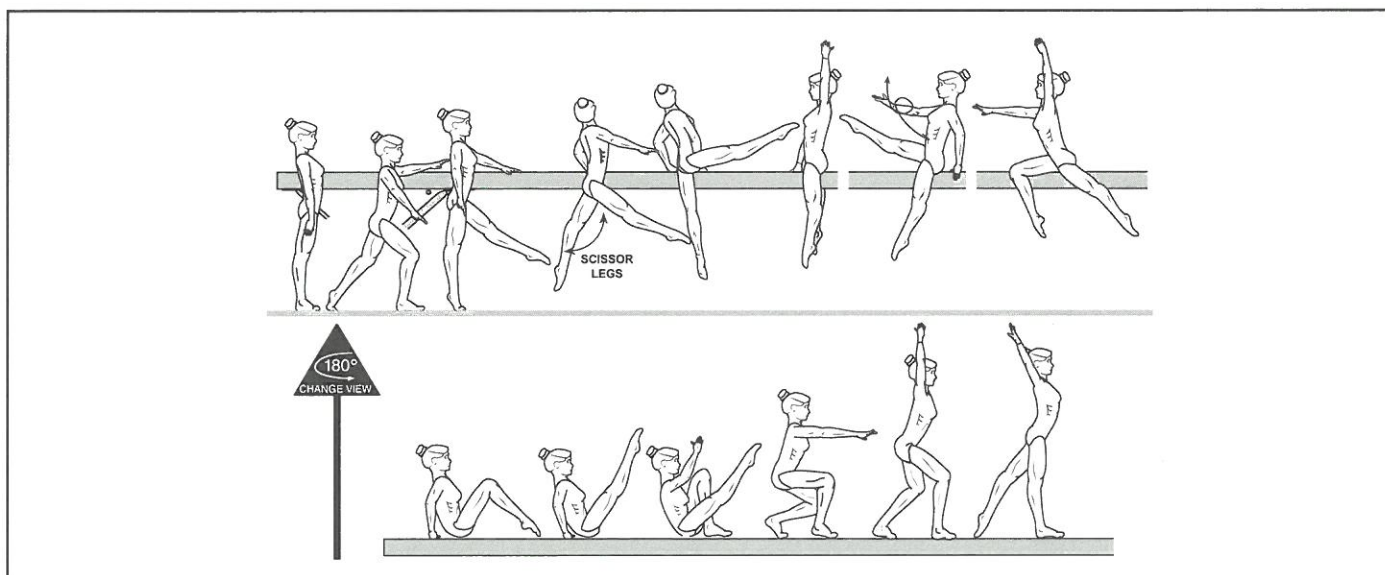
Whenever the text states to "step," the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.

The routine may be reversed in its entirety; however, no single element may be reversed unless indicated by an asterisk. (\*)

**SP:** Stand parallel to the beam, with the beam closest to the Left side of the body. **Space the mount so that the ½ (180°) turn in forward coupé (heel-snap) turn will be performed close to the end of the beam.** A board or raised surface (such as a folded panel mat or padded spotting/skill block) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

## \*1. SCISSOR LEG SWING MOUNT WITH ½ (180°) TURN (0.20)

## 2. V-SIT



From a one-to-three step approach, step on the Right foot and swing the straight Left leg forward-upward to a minimum of 45° below horizontal while simultaneously pushing off the Right foot. Immediately swing the Left leg backward and Right leg forward-upward above the beam while executing a ½ (180°) TURN to the Left to arrive in a cross straddle sit. The torso should remain erect throughout the mount.

**ARMS:** As the Left leg swing occurs, place the Left hand, then Right hand on the beam approximately shoulder-width apart, pushing down against the beam to facilitate the lift of the torso. (The Left hand may move backward beside Right hand as the 180° turn is executed).

Swing the Right leg forward-upward above the beam, then lower the Right leg backward-downward and shift the weight onto the Right leg to arrive in a stag sit with the Right leg bent and the Left leg extended diagonally downward toward the floor. The torso leans forward slightly and is open slightly to the Left.

**ARMS:** As the Right leg swings forward, circle the Left arm forward-upward-backward-downward to place the Left hand on the beam behind the buttocks. As the Left arm is circling downward, lift the Right arm to forward-middle, palm up and perform an inward forearm circle starting with the hand moving upward then toward the center of the chest. Continue to softly open to forward-middle, pointing toward the end of the beam, palm down. After the Right arm finishes, lift the Left arm backward-upward to crown with the Left hand pointing toward the end of the beam.

Shift the weight back onto the buttocks. Bend both legs to place the toes on the top of the beam. Immediately straighten the legs and lift to a V-SIT with the torso extended.

**ARMS:** Grasp the beam behind the hips with the arms bent or straight.

Bend the legs to step out onto the Left foot, then the Right foot to arrive in a tuck stand. Immediately straighten both legs, shifting the weight forward to finish in a stand on a straight Right leg, with the Left leg extended backward slightly turned out, and the Left foot pointed on the beam.

**ARMS:** Move through forward-middle while rising to squat; then continue moving forward-upward to crown; then open supply to sideward-diagonally-upward.

**Lack of continuity in ½ (180°) turn to straddle sit**

**Up to 0.10**

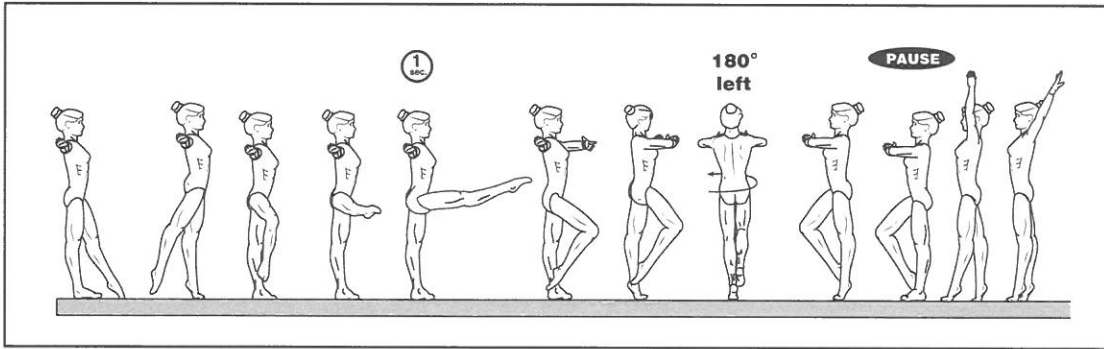
**Pushing off beam with hands to arrive in tuck stand**

**0.30**

**Points of emphasis: Body posture, straight arms in support**

### 3. COUPÉ, SIDE DÉVELOPPÉ, ROND DE JAMBE (0.40)

### 4. ½ (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP TURN) (0.40)



Move the Left leg forward and point the Left foot forward on the beam. Begin the forward step Left by pushing off the Right foot while simultaneously reaching forward onto the Left foot (relevé to flat). Point the Right foot behind SLIGHTLY off the beam as the weight transfers to the Left foot. (*Do not perform a kick or arabesque here.*) Bend the Right knee outward and immediately pull the pointed Right foot forward to touch the Left ankle (sideward coupé).

The rhythm is "Point, Push, Step, Pull".

ARMS: Lower to side-middle.

Extend the Right leg sideward to a minimum of 45° below horizontal to execute the SIDE DÉVELOPPÉ. Immediately move the Right leg forward (ROND DE JAMBE) to finish with the leg positioned at a minimum of horizontal and slightly turned out. **Hold one second.**

ARMS: Remain side-middle.

Bend the Right knee and pull the pointed Right foot backward to touch the Left ankle with the knee forward (forward coupé).

ARMS: Left arm moves to forward-middle curved; Right arm remains in side-middle.

Push down on the beam (begin to relevé on the ball of the Left foot) and "snap" the heel around to execute a ½ (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP TURN) to the Left. Increase the relevé throughout the turn to finish the turn in full relevé. At the completion of the turn, immediately lower the Left heel down onto the beam. Pause.

ARMS: Initiate the turn by closing the Right arm to forward-middle curved. Maintain forward-middle curved throughout the turn.

Step backward with the Right leg.

ARMS: Lift forward-upward to crown.

Close the Left foot in front of the Right foot in relevé "lock" position.

ARMS: Open supply backward to sideward-diagonally-upward at the completion of the "lock".

#### Side développé:

Failure to lift free leg sideward to a minimum of 45° below horizontal Up to 0.10

#### Rond de Jambe:

Failure to lift free leg in front to a minimum of horizontal Up to 0.10

Failure to hold the forward leg balance for 1 second Up to 0.10

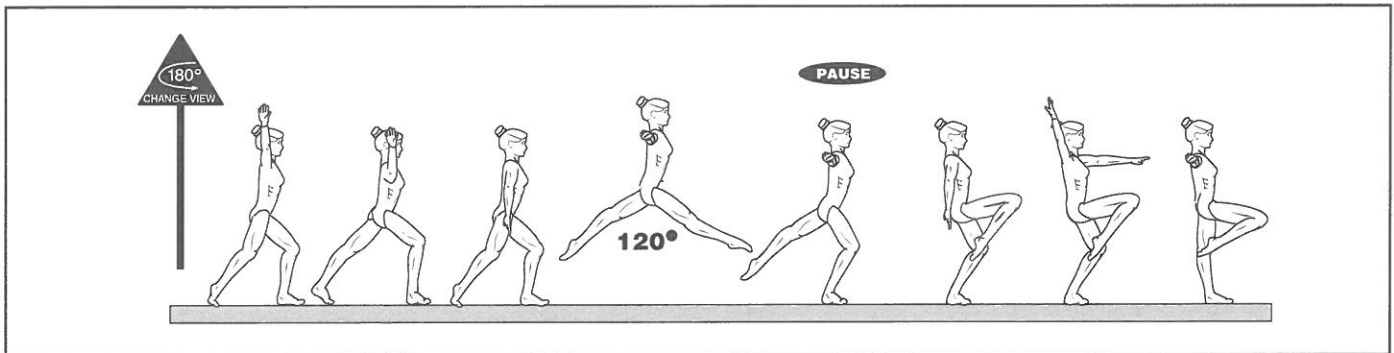
Points of emphasis: Correct leg position (turn-out), correct hip alignment

Failure to lower heel at completion of turn **0.05**

Points of emphasis: Foot and body alignment, coordination of arms to crown position

## 5. STRAIGHT LEG LEAP (120°) (0.60)

## 6. POSE



Step or run one-to-three steps and swing the straight Right leg forward-upward, pushing off the beam with the Left leg. Swing the Left leg backward-upward to execute a STRAIGHT LEG LEAP with a minimum of 120° even leg separation in flight. Land on the Right leg in demi-plié with the Left leg extended backward and turned out in a low arabesque position. Pause. The emphasis is on body alignment and height of the leap.

**ARMS:** During the steps or run, softly lower both arms sideward-downward by bending the elbows in toward the body to finish in a low position at the sides of the body. During the leap, use one of the three acceptable arm positions for leaps listed in the Glossary.

Step forward onto the Left leg in demi-plié (not in relevé). Bend the Right knee forward and pull the pointed Right foot forward to touch the Left knee (forward passé).

**ARMS:** Lower both arms sideward-downward to a low position, then thrust (bending and straightening sharply) the Left arm to forward-middle and the Right arm to high position slightly backward.

**FOCUS:** Optional

Extend the Left leg.

**ARMS:** Thrust (bending and straightening sharply) both arms open to side-middle.

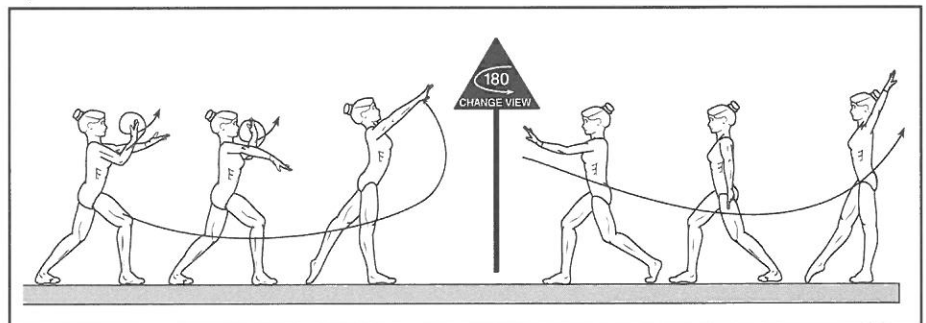
**FOCUS:** Forward

<b>Bending lead (front) leg on take-off</b>	<b>Up to 0.10</b>
<b>Insufficient leg separation (less than 120°)</b>	<b>Up to 0.20</b>
<b>Failure to pause in low arabesque position on landing</b>	<b><u>0.05</u></b>
<b>Points of emphasis: Amplitude, even leg separation, body posture</b>	

## 7. WEIGHT TRANSFER (0.20)

Demi-plié the Left leg and step forward onto a slightly turned out Right leg, "rocking the legs" through 4<sup>th</sup> position demi-plié with the both heels on the beam to perform a WEIGHT TRANSFER onto the Right leg. Extend both legs, finishing with the Left leg extended backward, slightly turned out, and the Left foot pointed on the beam.

**ARMS:** With both shoulders pressed down, move the arms forward to forward-middle, palms up. Perform an inward forearm circle with both arms alternately (Right, Left or Left, Right) moving the hands upward then toward the center of the chest and continue to extend both arms softly to forward-diagonally-upward with the palms down.



Reverse the WEIGHT TRANSFER: Demi-plié the Right leg and shift the weight backward onto a slightly turned out Left leg, "rocking the legs" through 4<sup>th</sup> position demi-plié with both heels on the beam to perform a WEIGHT TRANSFER onto the Left leg. Extend both legs, finishing with the Right leg extended forward, slightly turned out, and the Right foot pointed on the beam.

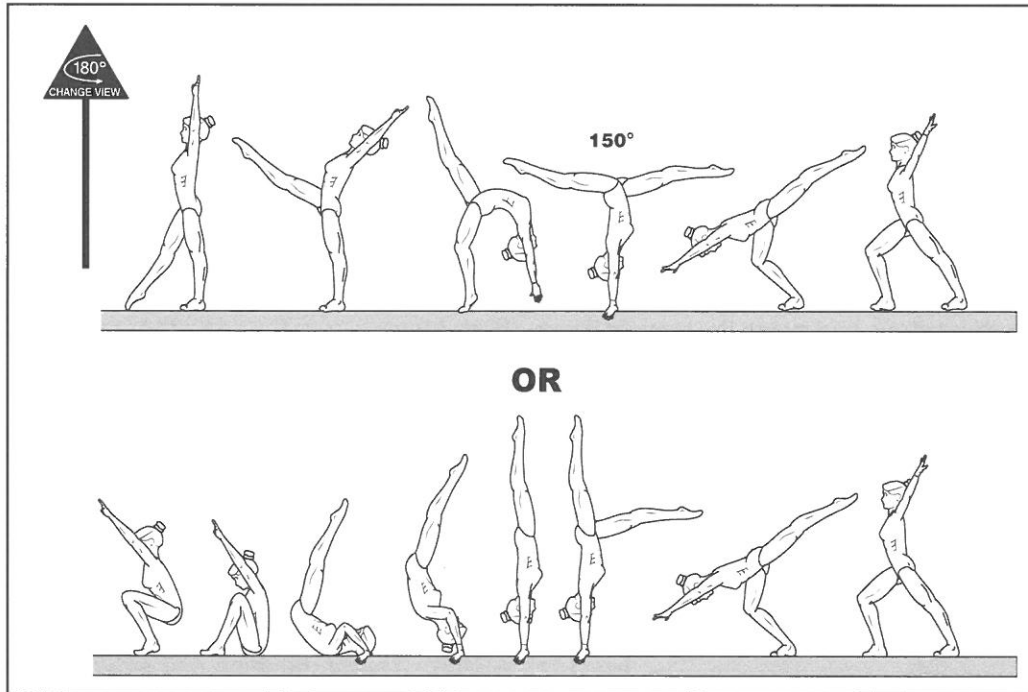
**ARMS:** Lower both arms forward-downward by softly bending and leading with the elbows, then wrists, finishing with the fingertips to arrive in a low position at the sides of the body. Continue to lift both arms sideward-upward to sideward-diagonally-upward.

(If reversing the Back Walkover, step backward with the Right foot and point the Left foot forward.)

<b>Failure to show "rocking" action through use of plié</b>	<b>Each time Up to 0.10</b>
<b>Points of emphasis: Maintain vertical torso, smooth rhythm throughout "rocking action"</b>	



**\*8. BACK WALKOVER OR BACKWARD ROLL TO A MINIMUM OF  $\frac{3}{4}$  HANDSTAND**  
(0.60)



**BACK WALKOVER:**

Lift the Right leg forward-upward. Anytime during the leg lift, arch the upper back to reach backward, grasping 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. Pass through a handstand position with a minimum of 150° leg separation, 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: Lift to high position and maintain high position throughout the element and as the step down occurs. Open sideward-diagonally-upward on the lunge.

**BACKWARD ROLL TO MINIMUM OF  $\frac{3}{4}$  HANDSTAND:**

Place the Right leg next to the Left and bend the knees to arrive in a tuck sit with the feet on the beam, OR bend the Left knee to arrive in a tuck sit with the Right leg straight. Begin rolling backward with the head tucked, chin to chest. Immediately place the hands on the beam, grasping the beam with the hands side-by-side, thumbs on top of the beam. As the hips roll backward, push down against the beam extending the arms to take the weight off the head and neck. Extend the arms and body to execute a BACKWARD ROLL TO A MINIMUM OF  $\frac{3}{4}$  HANDSTAND, finishing with the legs together or split. Step down using the levering action to finish in a Right lunge, pressing the Right knee and both hips forward.

ARMS: Lift to high position and maintain high position throughout the element and as the step down occurs. Open sideward-diagonally-upward on the lunge.

*(If reversing the Back Walkover or the step-down from the Backward Roll to Handstand, step forward Right and continue with the text as written for the leg swing.)*

**Back Walkover:**

Failure to show continuous leg lift into the walkover (leg drops or lifts after the arching backward has begun) Up to 0.10

Incorrect (staggered or alternate) hand placement 0.10

Insufficient leg separation (less than 150°) Up to 0.20

Points of emphasis: Stretched body alignment through vertical, straight legs

**Back Roll to a minimum of  $\frac{3}{4}$  handstand:**

Failure to attain minimum of  $\frac{3}{4}$  handstand Up to 0.20

Performing a backward roll step-out (head stays in contact with beam) 0.60

Points of emphasis: Straight alignment of body (wrist to hips) while inverted, show good continuity throughout skill (rhythm)

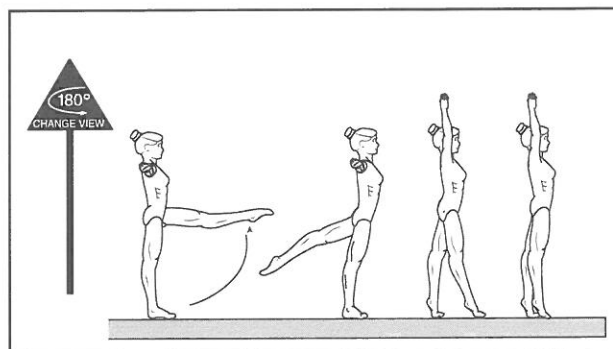
## 9. LEG SWING

Extend the Right leg and swing the Left leg forward to a minimum of horizontal. When the leg swing reaches its highest point, swing the leg quickly downward-backward to an arabesque position with a minimum height of 45° below horizontal.

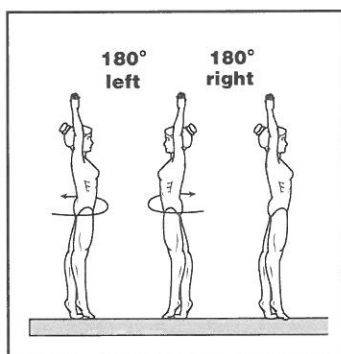
ARMS: Lower arms to side-middle.

Step backward with the Left leg and close the Right foot in front of the Left foot in relevé "lock" position.

ARMS: Lift sideward-upward to crown.



## 10. ½ (180°) PIVOT TURNS (LEFT & RIGHT) (0.40)



Execute a quick ½ (180°) PIVOT TURN to the Left in relevé "lock" position. Repeat the ½ (180°) PIVOT TURN to the Right.

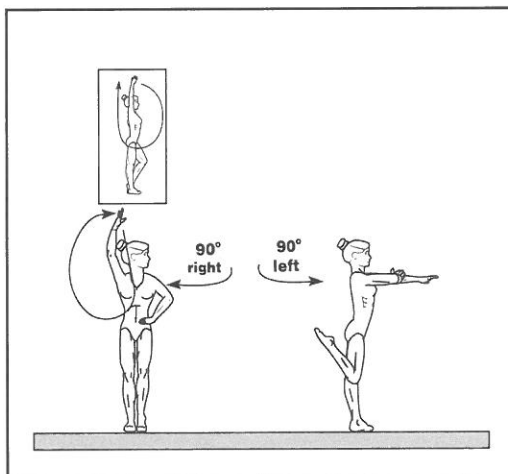
ARMS: Remain in crown.

**Lack of sharpness in pivot turns**

**Each Up to 0.10**

**Points of emphasis: Hips squared, turn completed on each ½ turn, full relevé maintained throughout each ½ turn**

## 11. ¼ (90°) TURNS, FISH POSE



While turning ¼ (90°) to the Right, take a large step backward (not in relevé) onto a straight Right leg. Simultaneously bend the Left leg to place the Left foot on the beam next to the Right foot with the Left foot in demi-plié/relevé (forced arch).

ARMS: Place the Left hand on the hip. Circle the Right arm forward-downward to low position. Continue to lift sideward-upward to crown position.

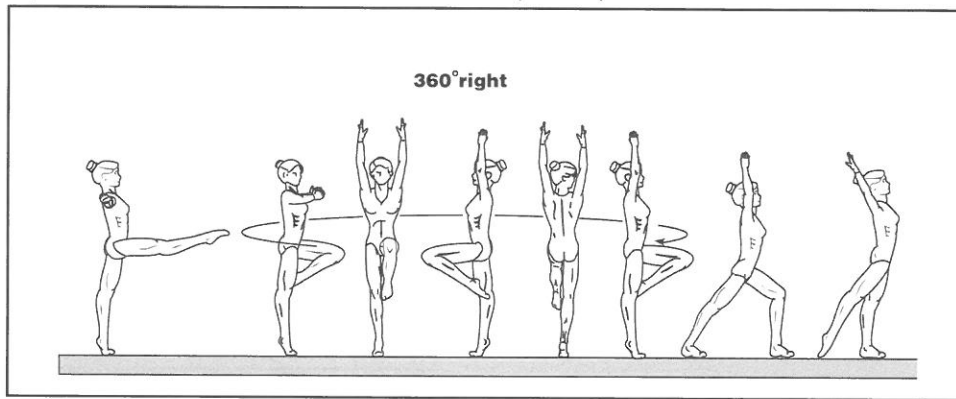
FOCUS: Left, down the beam.

While turning ¼ (90°) to the Left, transfer the weight onto the straight Left leg in relevé. Immediately lower the Left heel and bend the Right leg backward-upward a minimum of 90° to finish with both knees touching to execute a FISH POSE.

ARMS: Extend and lift the Left arm forward to forward-middle position. Simultaneously lower the Right arm, bending the forearm inward toward the center of the chest to curved forward-middle, finishing with the fingers of the Right hand touching the inside of the Left elbow, with the Right palm out.



## 12. 1/1 (360°) TURN IN FORWARD PASSÉ (0.40)



Relevé on the Left foot; swing the Right leg forward to a minimum of horizontal.

ARMS: Open both arms to side-middle.

Transfer the weight onto the Right leg, using one of the acceptable turn preparations listed in the Glossary. Execute a 1/1 (360°) TURN to the Right in relevé, bending the Left knee forward and pulling the pointed Left foot forward to touch the Right knee (forward passé).

ARMS: In the preparation for the turn, move the Right arm to forward-middle curved. The arms are in crown throughout the turn. The pathway to move the arms to crown from the preparation is optional.

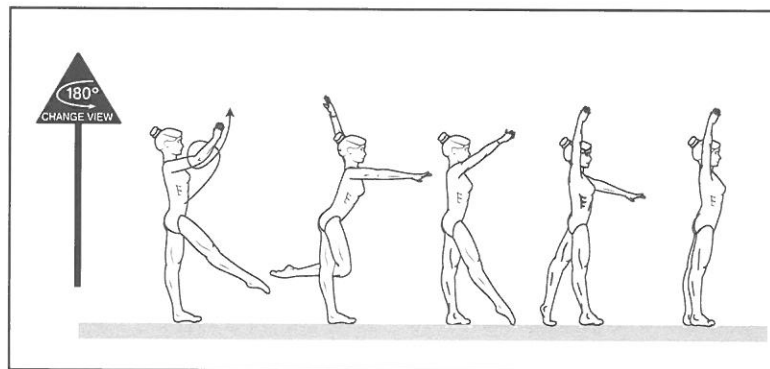
Without lowering the Right heel, step forward onto the Left leg in demi-plié. Immediately straighten the Left leg to stand with the Right leg extended backward slightly turned out, and the Right foot pointed on the beam. (The Right leg is allowed to plié or to remain extended before the Right foot points on the beam.)

ARMS: Open supply to sideward-diagonally-upward.

**See general penalties**

**Points of emphasis: Immediate placement of free leg in forward passé position, complete 360° turn, control at completion of turn, coordination of the arms to crown position**

## 13. CROSS POSE



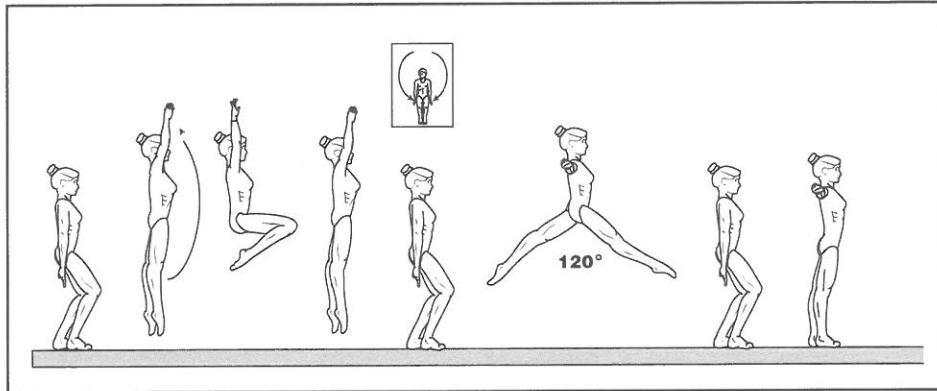
Swing the Right leg forward to 45° below horizontal; then bend and cross the Right leg in front of the Left leg, touching the Right calf to the Left leg close to the knee. Simultaneously, lean forward slightly with a flat back.

ARMS: Perform an inward forearm circle with both arms moving the hands downward in toward the center of the chest and continue to extend the Right arm to forward-middle and the Left arm to high diagonally-backward.

Lift the torso to vertical. Simultaneously extend the Right leg and step forward Right; then close the Left foot behind the Right foot with both heels down and the feet slightly turned out.

ARMS: Lift the Right arm forward-upward to crown. As the Right arm finishes, lower the Left arm backward-downward to low position; then continue to lift the Left arm forward-upward to high position.

## 14. TUCK JUMP (0.40); SPLIT JUMP (120°) (0.40)



Demi-plié both legs. Push off the beam, extending both legs through the hips, knees, ankles, and toes with the legs together, then quickly bend both hips/knees forward-upward achieving a minimum of 90° hip and knee angle to execute a TUCK JUMP. Dynamically extend the hips and legs in the air to a stretched position before landing. Land on both feet in demi-plié, pressing through the balls of the feet to lower the heels onto the beam OR land in relevé on the balls of the feet.

ARMS: During the demi-plié, lower the arms sideward-downward to low position. During the tuck jump, lift forward-upward to crown. Lower both arms sideward-downward to low position for landing.

Immediately jump or punch off the beam, extending both legs through the hips, knees, ankles, and toes to execute a SPLIT JUMP with a minimum of 120° even leg separation with the Right leg forward, Left leg behind. Land on both feet in demi-plié, pressing through the balls of the feet to lower the heels onto the beam, Right foot in front of the Left foot with the feet turned out slightly.

ARMS: Lift sideward-upward to side-middle during the split jump. Lower sideward-downward to low position on the landing of the jump.

Extend both legs to finish in a straight stand (not in relevé).

ARMS: Lift sideward-upward to side-middle.

### Tuck jump:

Insufficient hip/knee closure

Each angle Up to 0.10

(minimum of 90° bend is required)

Insufficient extension (open) before landing

Up to 0.10

Points of emphasis: Amplitude, straight upper body, quickness of tuck and extension/open

### Split Jump:

Insufficient leg separation (less than 120°)

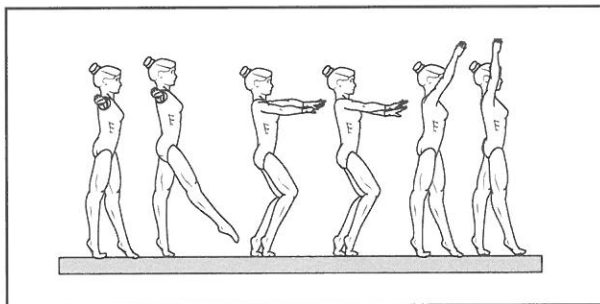
Up to 0.20

Failure to land with legs/feet close

Up to 0.10

Points of emphasis: Amplitude, proper leg alignment with even leg separation, body posture

## 15. POSE, RELEVÉ STEPS



Relevé on both feet while stepping forward onto a straight Left leg. Swing the Right leg forward to a minimum of 45° below horizontal, then bend the Right knee and place the Right foot on the beam in front of the Left in a forced arch with both legs in demi-plié and relevé.

ARMS: On the demi-plié, move both arms to forward-middle and cross the wrists, one on top of the other. Immediately switch the arms and place the opposite wrist on top.

FOCUS: Forward

Quickly step in relevé, Left, Right.

ARMS: Lift forward-upward to crown.

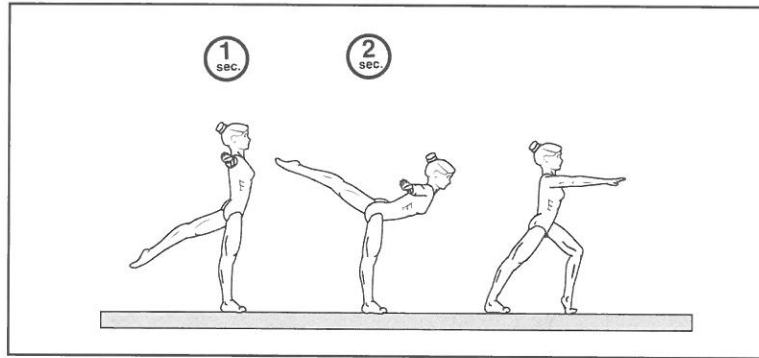
## 16. ARABESQUE (>45°); SCALE (45° ABOVE HORIZONTAL) (0.40)

Lower the Right heel to the beam. Keeping the torso erect, lift the turned out straight Left leg backward-upward greater than 45° off the beam. The Left hip is allowed to “unsquare” slightly to show turn out in the arabesque. **Hold for one second.**

ARMS: Lower to side-middle.

Continue lifting the turned out Left leg backward-upward as the upper body tilts slightly forward to finish in a SCALE with the Left (rear) leg held a minimum of 45° above horizontal. The Left hip is allowed to “unsquare” slightly to show turn out in the scale. **Hold two seconds.**

ARMS: Side-middle, slightly backward.



Raise the torso and step forward Left to stand in a lunge position with the Left leg forward and the Left foot in forced arch (see Glossary).

ARMS: Lower the Right arm sideward-downward to low position, then lift forward-upward to forward middle. The Left arm moves to side-middle.

Failure to lift free leg above 45° in arabesque	Up to 0.20
Failure to hold arabesque one second	Up to 0.10
Failure to lift free leg to 45° above horizontal in scale	Up to 0.20
Failure to hold scale two seconds	Up to 0.20

**Points of emphasis:** Erect torso in arabesque maintained while tipping into and out of scale

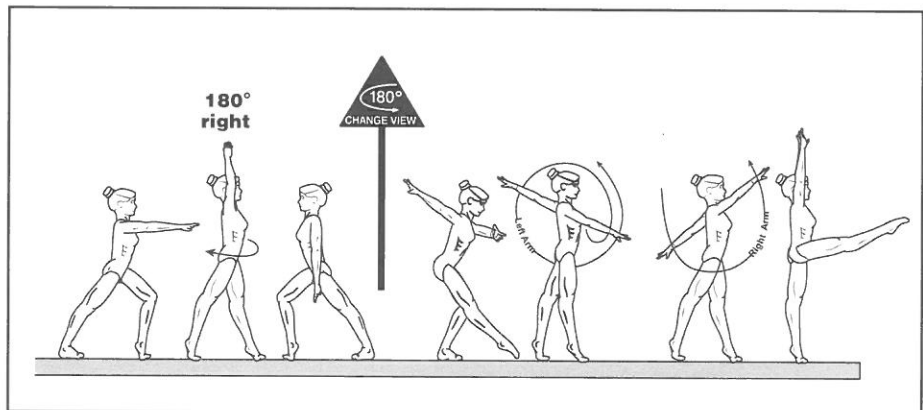
## 17. ½ (180°) PIVOT LUNGE TURN (0.20); BOW

Without moving the feet, extend the Left leg and execute a quick ½ (180°) PIVOT TURN Right with the legs separated to finish in a lunge position with the Right leg forward and the Right foot in forced arch.

ARMS: During the turn, lift the arms forward-upward to crown. At the completion of the turn, thrust both arms sharply sideward-downward to low position.

Demi-plié the Left leg, transferring weight over the Left foot while extending the Right leg to point the Right foot on top of the beam. Pressing the knees together, lean forward slightly with a flat back and slightly twist the torso to the Right to execute a BOW.

ARMS: Lift both arms to side-middle; then the Right arm lifts to backward-diagonally-upward. Circle the Left arm, performing an inward forearm circle toward the center of the chest.



Immediately extend the torso upright and step forward Right (not in relevé). Step forward onto a straight Left leg in relevé. Kick the Right leg forward to horizontal or above.

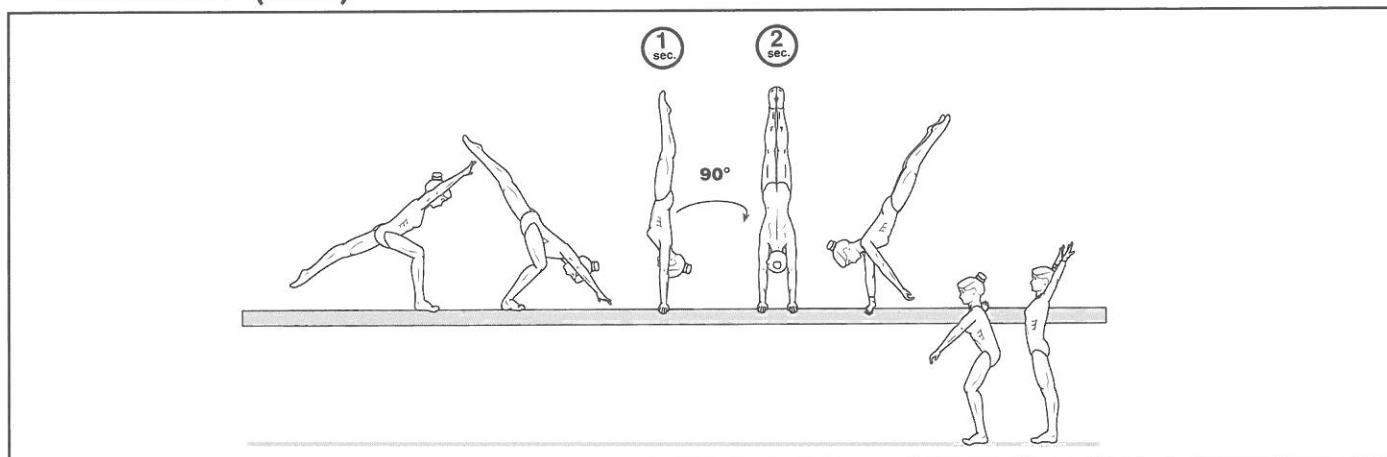
ARMS: Windmill the arms, starting with the Left arm. The Left arm extends and circles forward-upward-backward-downward-forward-upward to high position. The Right arm circles backward-downward-forward-upward to high position. (Begin the Right arm circle as the Left arm begins to circle forward. The Left arm will finish the movement.)

*(If reversing the dismount, step Right in relevé, and kick Left.)*

**Lack of sharpness in pivot turn** Up to 0.10

**Points of emphasis:** Hips squared, turn completed, full relevé

# **18. \*CROSS HANDSTAND; \*¼ (90°) TURN TO SIDE HANDSTAND, ¼ (90°) TURN DISMOUNT (0.80)**



Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Reach forward to grasp the beam, placing the hands side-by-side with the thumbs on top of the beam. Push off the beam with the Right leg to arrive in a CROSS HANDSTAND with legs together, shoulders extended, hip angle open, and focus on the hands. **Hold one second.**

Shift the weight to the Right hand and lift the Left hand, turning 90° to the Left to arrive in a SIDE HANDSTAND with legs together, shoulders extended, hip angle open, and focus on the hands. **Hold two seconds.** Slightly over-balance the handstand while shifting the weight to the Right arm. Lift the Left hand off the beam and execute a ¼ (90°) TURN Right on the Right arm. Raise the upper body, maintaining a straight body position as the legs lower in preparation for landing. Demi-plié as the feet contact the mat in a balanced and controlled position ("stick"), pressing through the balls of the feet to lower the heels onto the mat.

ARMS: The Right hand must remain on the beam at least until the body passes by the horizontal plane of the beam.

Extend the legs to finish in a straight stand, with the Right side of the body at the side of the beam.

ARMS: Lift forward-upward to sideward-diagonally-upward.

*\*\* The gymnast may choose to reverse the direction of the first ¼ (90°) turn; however, both ¼ (90°) turns must be performed on the same support arm.*

Incorrect (staggered) hand placement in cross handstand	<b>0.10</b>
Failure to attain vertical	Each HS Up to 0.30
Failure to hold cross handstand one second	Up to 0.10
1/4 (90°) turn to side handstand incomplete	Up to 0.10
Failure to hold side handstand two seconds	Up to 0.20
¼ turn off incomplete or overturned	Up to 0.10
Failure to maintain straight body position in dismount	Up to 0.20

## **Failure to complete dismount**

(these deductions do not include possible body position faults):

When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed:

Example: Attains vertical on cross handstand, does not hold, and falls:

Deduct Up to 0.10 (Cross handstand not held one second)  
0.10 (incomplete 90° turn to side handstand)  
0.30 (no vertical in side handstand)  
0.20 (no hold in side handstand)  
0.10 (incomplete 90° turn off)  
= 0.80 (for incomplete element + 0.50 (fall) for a TOTAL OF 1.30

*If the coach aids the gymnast in the completion of the element by pushing the gymnast over from the handstand position, deduct 0.50 for the spot plus the value of the element (0.80)*

Points of emphasis: Stretched body alignment, head in alignment, holds at vertical

## **LEVEL 6 BEAM - SUPPLEMENTARY SKILLS**

### **1. STANDING FLIC-FLAC ON A LOW BEAM**

#### **WITH A STEP-OUT:**

From a stand on the low beam, lean backward, bending and extending the knees to jump backward onto the hands in an inverted stretched body position. Push explosively off the beam with the arms and shoulders, and separate (split) the legs to step down onto the Right leg, using a levering action to execute a FLIC-FLAC STEP-OUT. The timing of the split is optional. Finish in a Right lunge, pressing the Right knee and both hips forward.

#### **TO TWO FEET:**

Execute a standing flic-flac, keeping the legs together throughout and snapping down with a hollow body position to land on both feet in a straight stand.

### **2. JUMP OR LEAP SERIES (OF TWO OR MORE ELEMENTS)**

The gymnast may choose different jumps and/or leaps to combine. Maintain good rhythm between the jumps and/or leaps, without any pauses, stops, extra steps, or re-positioning of the support foot.

### **3. CARTWHEEL TO STRETCHED JUMP AND ROUND-OFF TO STRETCHED JUMP OFF THE END OF THE LOW BEAM ONTO A MAT**

#### **CARTWHEEL:**

Standing on a low beam, take two or three running steps, hurdle and execute a CARTWHEEL Right. The head remains in alignment, with the shoulder and hip angle open, and focus under the Left arm in order to see the beam on the step-down. Turn 90° inward to step down using a levering action, closing the Left foot closely behind the Right foot, to stand up quickly, punching off the end of the beam, maintaining a stretched and tight body position with legs together in the air. Land in demi-plié, and then extend the legs to finish in a straight stand on a mat at the end of the beam.

#### **ROUND-OFF:**

Take two or three running steps, hurdle and execute a Round-off that lands with the feet near the end of the beam. It is recommended that the foot that lands in front be the same foot that lands first in a cartwheel performed on the same side. Push off the beam through the arms and shoulders so that by the time the feet land on the beam, the body should be in an upright hollow body position, ready for a vertical take-off. Immediately punch off the beam, maintaining a tight, stretched body position with legs together in the air. Land in demi-plié and then extend the legs to finish in a straight stand on a mat at the end of the beam.



# LEVEL 6 - FLOOR EXERCISE

Note:

Whenever high position arms are indicated, arms may be curved (crown) or straight.

Whenever sideward-diagonally upward arms are indicated, arms may be pressed slightly backward.

Whenever the text states to "step," the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.

**The routine may be reversed in its entirety; however, no single element may be reversed unless indicated by an asterisk. (\*)**

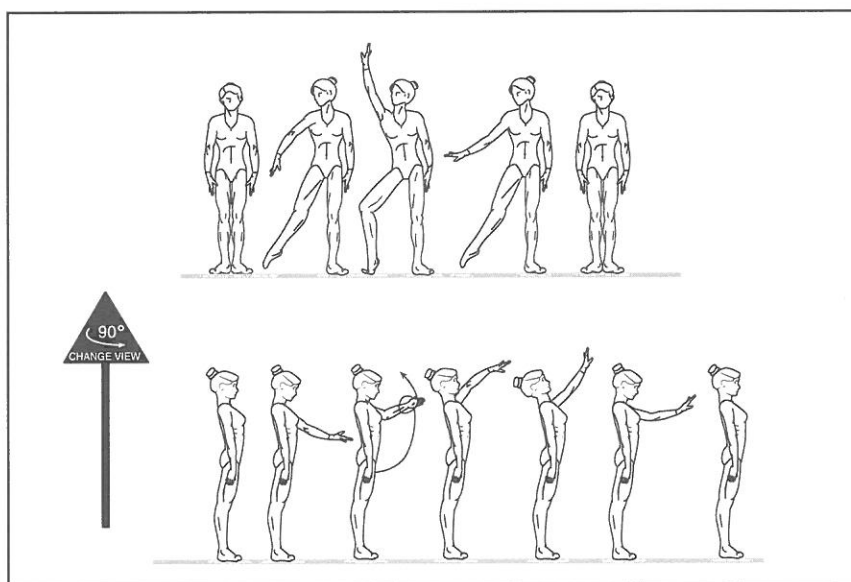
The choreography was developed in counts of 8. The numbers in parenthesis following the title of the elements/connections refers to the counts in the musical phrase.)

**SP:** Stand near Corner 6 facing Corner 2 on the diagonal of the mat. Depending on the size of the gymnast, **space the FORWARD SALTO TUCKED to finish anywhere on the diagonal between Corners 4 and 8.** The HOP WITH  $\frac{1}{2}$  (180°) TURN, POSE should be spaced to ensure enough room for the FRONT HANDSPRING STEP OUT, FRONT HANDSPRING TO TWO FEET REBOUND.

Begin in a straight stand with the feet turned out in a natural first position (not in relevé).

ARMS: In low position at the sides of the body.

## 1. ARM WAVE



(1, 2, 3, 4)

Step Right sideways with a slightly turned out Right foot in forced arch, and bend the Right knee to execute a Right leg lunge; then return to the straight stand with the feet together in first position.

Arms: Keeping the Right shoulder pressed down, lift the Right arm softly through side-middle up to high position leading with the elbow, bending and extending the elbow and wrist to finish the movement through the fingertips. As soon as the Right arm finishes the extension, begin lowering the Right arm sideward-downward by softly bending and leading with the elbow to finish the movement through the fingertips in the starting position.

(5, 6, 7, 8)

As the Right arm finishes, keep the Left shoulder pressed down and lift the Left arm forward-upward to forward-middle, palm up. Then perform a Left inward forearm circle, starting with the hand moving upward, then toward the center of the chest and continue to softly lift the Left arm forward-upward to diagonally high position by extending through the fingertips with the palm down. As soon as the Left arm finishes the extension, begin lowering the arm forward-downward by softly bending and leading with the elbow, then wrist, to finish with the fingertips in the starting position.

FOCUS: Follow the movement of the moving hand in all directions.



## 2. ½ (180°) TURN

(1, 2)

Lift the straight Right leg forward slightly off the floor; then cross the Right foot over the Left foot to place the ball of the Right foot on the floor next to the Left foot while slightly turning the hips and torso to the Left.

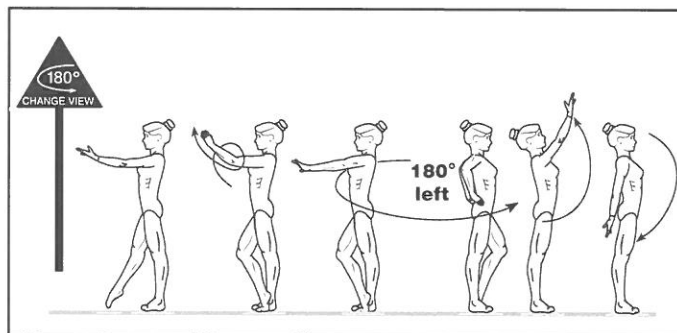
ARMS: Lift both arms to forward-middle palms up. Perform an inward forearm circle with both arms, moving the hands upward then toward the center of the chest and continue to extend both arms to forward-middle with the palms down.

(3, 4)

Execute a sharp ½ (180°) TURN to the Left on both feet in relevé to finish with the Right foot flat and the Left heel lifted (forced arch), to face Corner 6.

ARMS: Hands on hips.

FOCUS: Maintain focus on Corner 2 as long as possible while the body turns, then quickly snap the head to the Left to focus on Corner 6.



(5, 6)

Lower the Left heel next to the Right foot.

ARMS: Expressively lift both arms forward-upward to forward-diagonally-upward, palms up.

FOCUS: Proudly, lift the chin upward and focus diagonally-upward (above the hands).

(7, 8)

ARMS: Sharply thrust both arms forward-downward to low position.

Focus: Optional

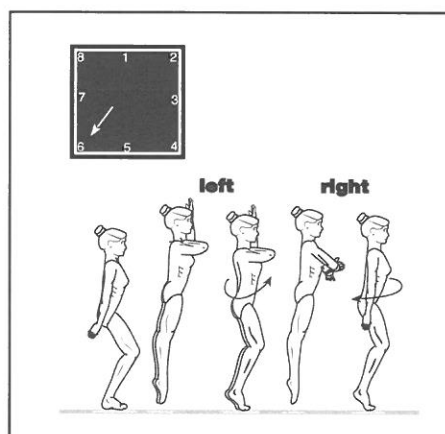
## 3. SMALL BOUNCES

(1, 2)

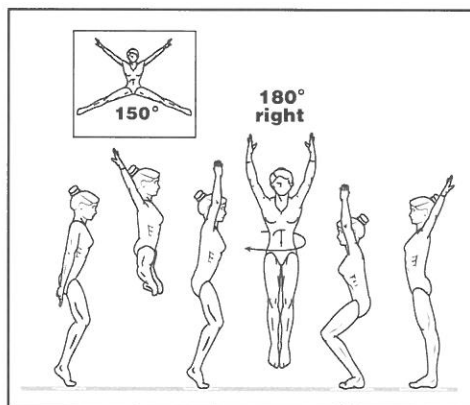
Demi-plié both legs. With the feet together, execute two small bounces in relevé, moving slightly forward. On the first bounce, twist the torso and feet 45° - 90° to the Left; on the second bounce, twist the torso and feet 45° - 90° to the Right to face corner 6 again.

ARMS: On the first bounce, lift the Left arm to forward-middle bent 90° with the fingers pointing to the ceiling. Simultaneously lift the Right arm to forward-middle forearm bent 90°, parallel to the floor, with the Right hand touching the Left elbow. During the second bounce, extend and lower both arms downward to low position at the sides of the body.

FOCUS: Forward facing Corner 6.



## 4. STRADDLE JUMP (150°)(0.40); \*STRETCH JUMP WITH ½ (180°) TURN (0.40)



Insufficient leg separation  
(less than 150°)

Up to 0.20

Failure to land with feet together

0.10

Points of emphasis: Amplitude,  
body posture, proper leg alignment

(3, 4, 5, 6, 7, 8)

Immediately punch out of the second bounce extending both legs through the hips, knees, ankles and toes to execute a STRADDLE JUMP with a minimum of 150° leg separation. (The jump may be a side-split jump or a straddle-pike jump.)

ARMS: Both arms lift sideward-upward to sideward-diagonally-upward on the jump. On landing, move arms to crown.

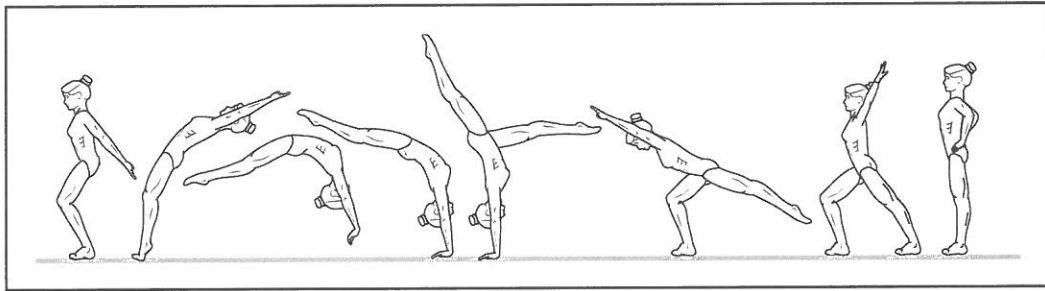
Land on both feet and immediately punch out of the Straddle Jump, extending both legs through the hips, knees, ankles and toes with the legs together to execute a STRETCH JUMP WITH ½ (180°) TURN to the Right. Land on both feet side by side in demi-plié, pressing through the balls of the feet to lower the heels to the floor.

ARMS: Remain in crown for the Stretch jump ½ turn and landing.

Extend both legs to a straight stand.

ARMS: Open supply to sideward-diagonally-upward.

## \*5. FLIC-FLAC STEP OUT (0.60)



### (1, 2, 3, 4)

Lean backward, bending and extending the knees to jump backward onto the hands in an inverted stretched body position. Push explosively off of the floor with the arms and shoulders; separate the legs to step down onto the Right leg using a levering action to execute a FLIC-FLAC STEP OUT. The timing of the split is optional. Finish in a Right lunge pressing the Right knee and both hips forward.

ARMS: The movement pattern of the arm swing to initiate the FLIC-FLAC STEP OUT is optional. On the landing, finish in a high position, and open to sideward-diagonally-upward on the lunge.

*(If reversing the flic-flac, step down Left and continue reversing until the feet close.)*

### (5, 6)

Close the Right foot backward next to the Left (not in relevé).

ARMS: Hands on hips

**Failure to step-out** 0.20  
**(legs together throughout-performs flic-flac to two feet)**

**Points of emphasis: Good block through arms and shoulders,  
body posture (inverted stretched position)**

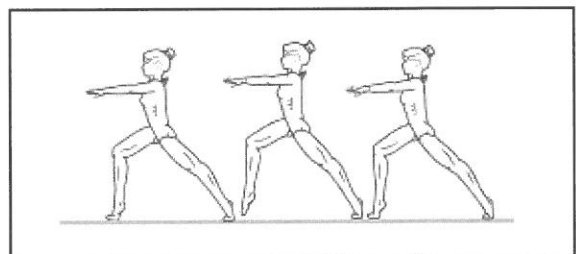
## \*6. BALL CHANGE

### (7, 8)

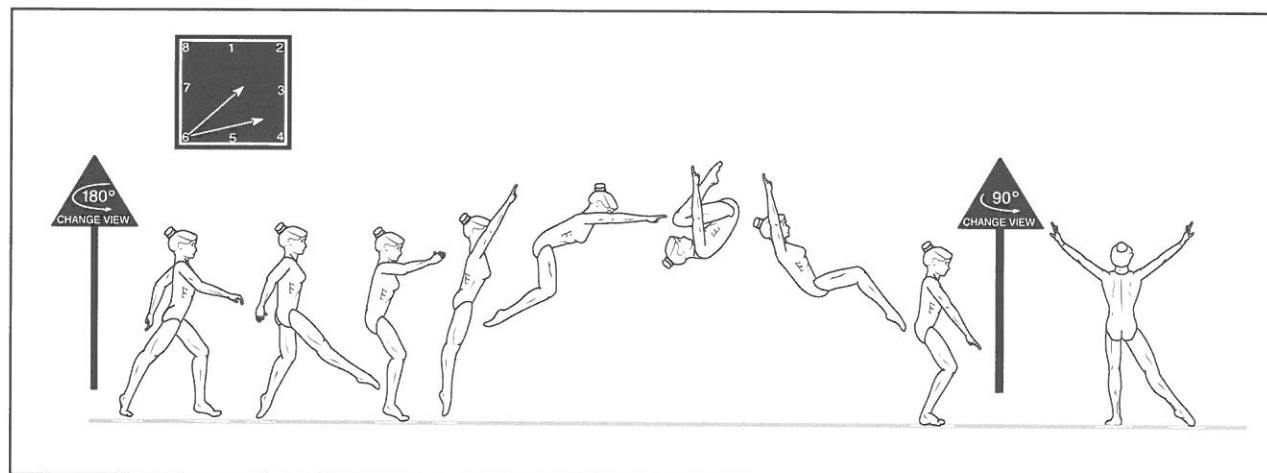
Demi-plié the Right leg and step backward with a straight Left leg to execute a lunge with the Left leg extended behind on the ball of the Left foot. Place all the weight momentarily on the Left foot while simultaneously lifting the Right foot slightly off the floor. Immediately transfer the weight onto the Right foot to finish the execution of a BALL CHANGE.

ARMS: Thrust (bending and straightening sharply) the Left arm forward-upward to forward-middle and the Right arm sideward-upward to side-middle.

FOCUS: Optional.



## 7. FRONT SALTO TUCKED (0.80)



(1, 2, 3, 4, 5, 6, 7, 8)

Moving forward between Corner 2 and Side 3, take one to three running steps and swing either leg forward, pushing off the floor with the opposite leg to land on both feet simultaneously. Immediately punch off both feet. As the body rises, lift the hips upward while inverting the body, rounding the upper back and bending the hips and knees to achieve a tight tucked position to execute a FRONT SALTO TUCKED. In preparation for the landing, extend the body from the tucked position. Land in demi-plié in a balanced and controlled position (stick).

*(At the completion of the salto, the gymnast should be standing in the diagonal between Corners 4 and 8).*

ARMS: Optional

Extend the Left leg and turn out the Left foot slightly. Simultaneously extend the Right leg turned out sideward to touch the pointed Right foot on the floor.

ARMS: Open arms to sideward-diagonally-upward.

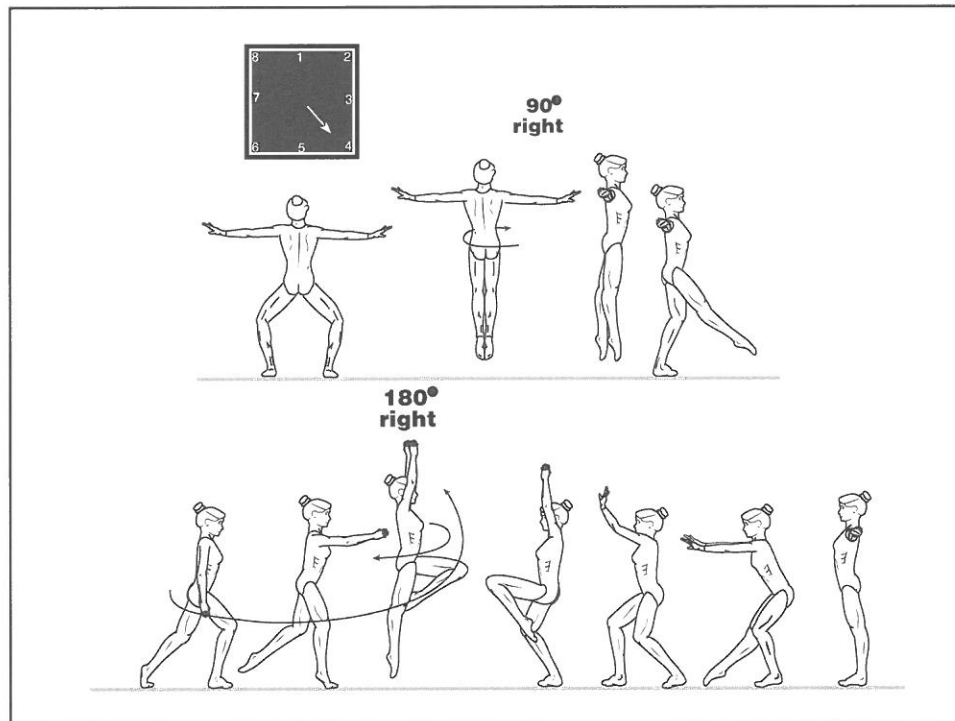
**See General faults and penalties**

**Failure to perform salto in designated body position (performs pike or layout)**

**Up to 0.80**

**Points of emphasis: Amplitude, tight tuck, extension to stuck landing**

## 8. SIDE CHASSÉ WITH $\frac{1}{4}$ (90°) TURN, PASSÉ HOP WITH $\frac{1}{2}$ (180°) TURN



(1, 2, 3, 4)

Moving toward Corner 4, demi-plié the Left leg and slide the Right foot sideways through 2<sup>nd</sup> position with the feet turned out slightly and heels on the floor. Push off the floor with both feet to join the feet in the air, executing a SIDE CHASSÉ to the Right. Before or upon landing, execute a  $\frac{1}{4}$  (90°) TURN to the Right. Land in demi-plié on the Left leg with the foot turned out slightly, facing Corner 4.

ARMS: Lower to side-middle.

Step forward onto the Right leg in demi-plié toward Corner 4. Push off the floor by extending through the Right hip, knee, ankle and toes to execute a HOP WITH  $\frac{1}{2}$  (180°) TURN to the Right. During the hop, bend the Left knee forward and pull the pointed Left foot up, touching the Right knee (forward passé). Land in demi-plié on the Right leg.

ARMS: On the step, lower both arms sideward-downward to low position. On the hop, lift the arms forward-upward to crown.

5, 6, 7, 8)

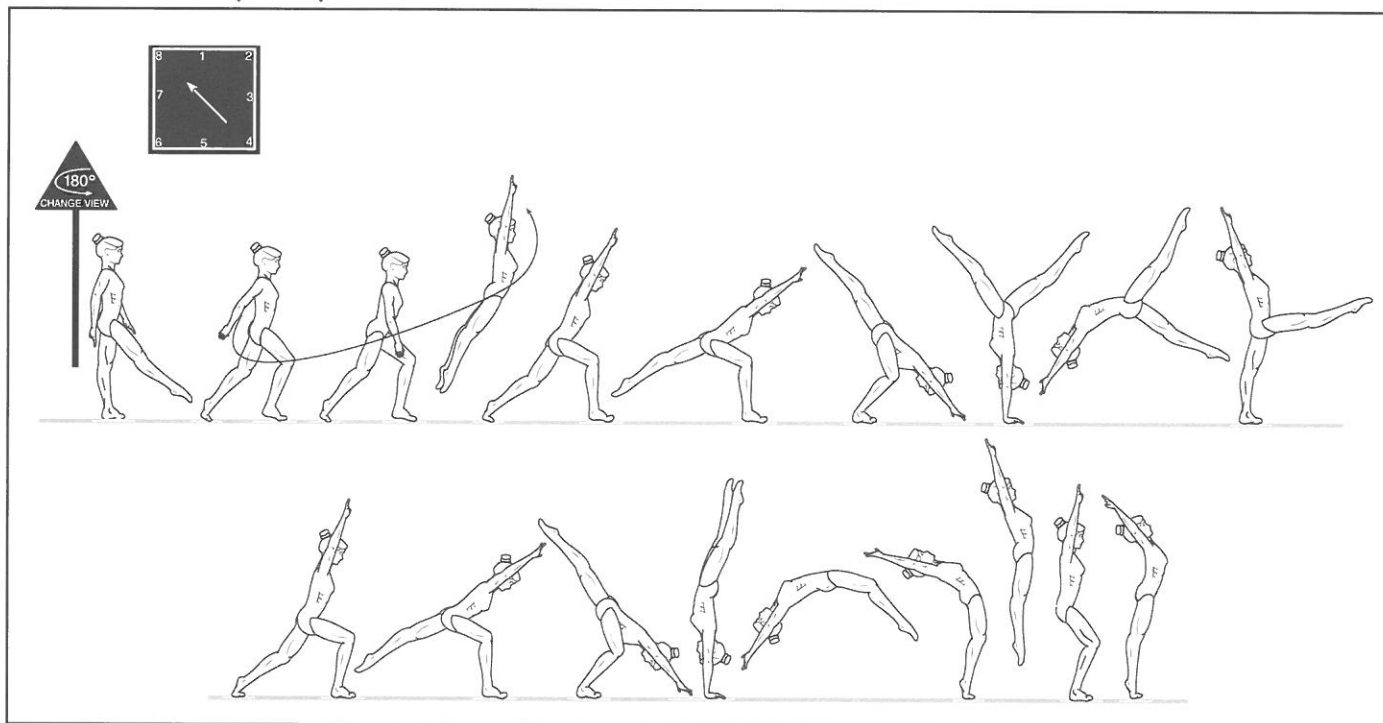
Step backward Left in demi-plié toward Corner 4 to face Corner 8. Simultaneously extend the Right leg forward with the Right foot pointed forward on the floor. The knees are closed together. At the completion of the turn, the body leans forward slightly with a flat back.

ARMS: Push the arms forward-downward by bending and extending the elbows through the fingertips to forward-middle.

Close the Right foot backward next to the Left (flat or in relevé) and simultaneously raise the torso to arrive in a straight stand.

ARMS: Open supply backward to side-middle.

## 9. \*FRONT HANDSPRING STEP-OUT (0.60); FRONT HANDSPRING TO TWO FEET REBOUND (0.60)



(1, 2, 3, 4, 5, 6, 7, 8, 1, 2, 3, 4)

Take one-to-three steps and hurdle using one of the acceptable hurdle techniques listed in the Glossary. Take a long step forward into a deep lunge on the Right leg. Kick the Left leg backward-upward overhead, maintaining a straight line from the hands, torso, and Left leg while reaching for the floor. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Place the hands on the floor side-by-side, shoulder-width apart. As the hands contact the floor, forcefully extend through the shoulders. Simultaneously extend the Right leg by pushing down against the floor, creating a powerful backward-upward movement. Rotate the body in a tight stretched position to execute a FRONT HANDSPRING STEP-OUT. Keep the legs separated in a split position throughout and land on the Left leg.

Take a long step forward into a deep lunge on the Right leg to execute a second FRONT HANDSPRING TO TWO FEET. Join the legs past vertical and land with legs together, hips extended in a tight arch position. Immediately rebound with legs together and land on both legs in demi-plié.

**ARMS:** Lift high on the hurdle. Maintain an open shoulder angle, with the arms straight and close to the ears throughout the Front Handsprings and landing.

**FOCUS:** On the hands throughout, with the head neutral.

Extend both legs and relevé, simultaneously performing an upper body arch.

**ARMS:** Open to backward-diagonally-upward.

**Lack of acceleration in series**

**Up to 0.20**

**Both Front handsprings:**

**Failure to maintain arms next to ears & focus on hands throughout**

**Up to 0.10**

**Flight prior to hand contact (dive)**

**Up to 0.20**

**Incorrect (alternate) hand placement**

**0.10**

**Insufficient repulsion (quickness off hands)**

**Up to 0.20**

**Total lack of repulsion (Front Walkover/Limber-change of element)**

**0.60**

**Front handspring step-out:**

**Failure to step out (Legs together throughout)**

**0.20**

**Joining legs prior to step-out**

**0.10**

**Front handspring to two feet, rebound:**

**Failure to land with feet simultaneously**

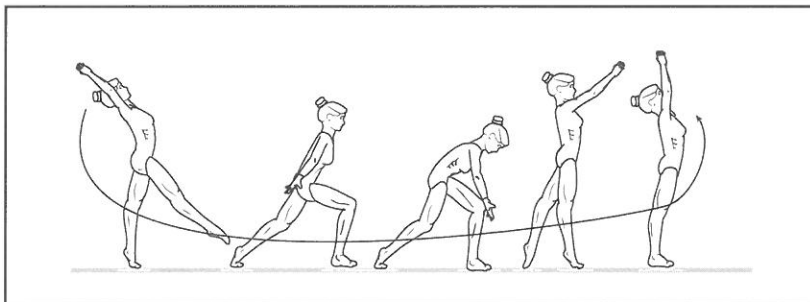
**0.10**

**Failure to immediately rebound**

**0.10**

**Points of emphasis: Repulsion off hands, body position (tight, stretched), acceleration, controlled rebound**

## 10. \*RUNNING STEPS



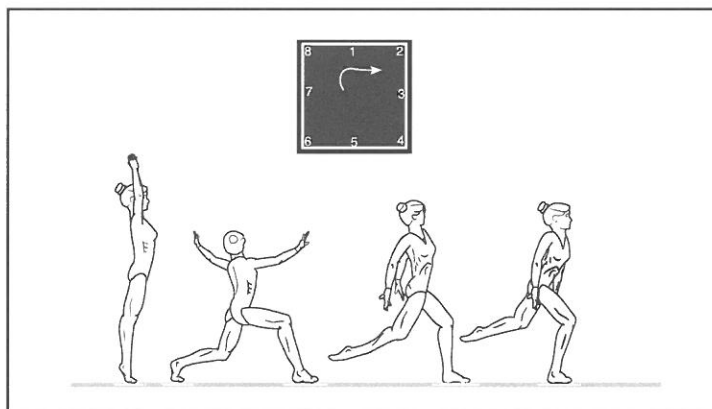
**(5, 6, 7, 8)**

Take three running steps forward in plié (Right, Left, Right); then close the Left foot next to the Right. During the run, the torso lowers and extends in a supple waving action (contract, extend) to finish upright with the legs extended. The feet may be flat or in relevé.

ARMS: Both circle backward-downward; then forward-upward to finish in crown.

FOCUS: Look up at the ceiling at the beginning and ending of the run.

## 11. CURVED RUNNING STEPS



**(1, 2, 3)**

Relevé on both feet (if the running steps finished on flat feet.)

ARMS: Remain in crown.

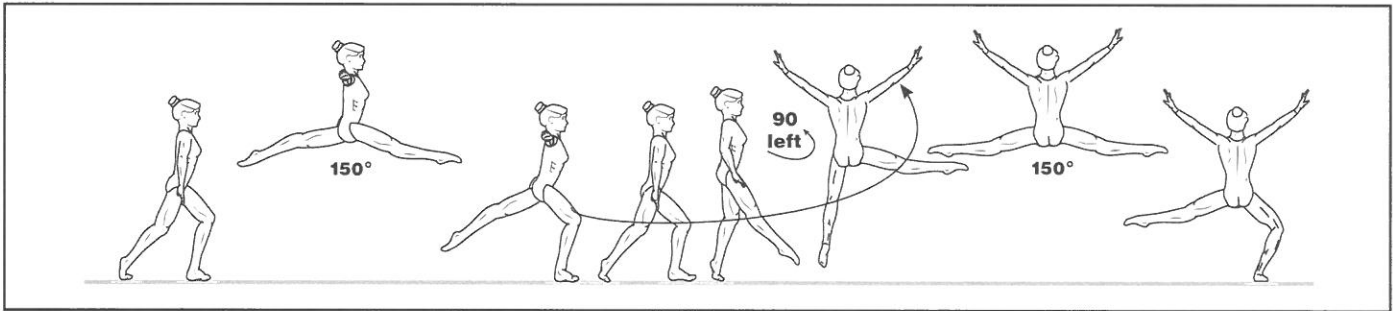
The steps should be performed in demi-plié and follow a curved pattern 135° to the Right along Side 1 toward Side 3. Step Right, Left, Right (the first step moves diagonally, 45° to the Right). During the first two steps, arch the upper back and contract the torso sideward to the Left. Release the arch and contraction by the third step. The run should be long and flowing.

ARMS: During the run, open both arms sideward-downward, by softly bending and leading with the elbows, then wrists, and finishing with the fingertips, arriving in a low position at the sides of the body.

FOCUS: Backward over the Left shoulder on the first two steps; then forward on the third step.



## 12. STRAIGHT LEG LEAP (150°)(0.60); SIDE LEAP (150°)(0.60)



(4, 5, 6, 7, 8)

Step forward onto the Left foot. Swing the straight Right leg forward-upward to horizontal and push off the floor with the Left leg. Swing the Left leg backward-upward to execute a STRAIGHT LEG LEAP with a minimum of 150° even leg separation in flight. Land on the Right leg in demi-plié with the Left leg extended backward, passing through a low arabesque position.

ARMS: Low position on the step. During the leap, use one of the three acceptable arm positions for leaps listed in the Glossary.

Step forward onto the Left leg through demi-plié. Swing the Right leg forward-upward to minimum of horizontal and execute a 90° turn to the Left while simultaneously pushing off the floor extending the Left hip, knee, ankle, and toes to swing the Left leg sideward-upward to execute a SIDE LEAP with a minimum of 150° even leg separation in flight. Land on the Right foot, turned out slightly, in demi-plié, facing Side 1.

ARMS: On the forward step, lower both arms sideward-downward to low position, leading with the elbows. On the side leap, lift the arms sideward-upward to sideward-diagonally-upward.

### Straight leg leap:

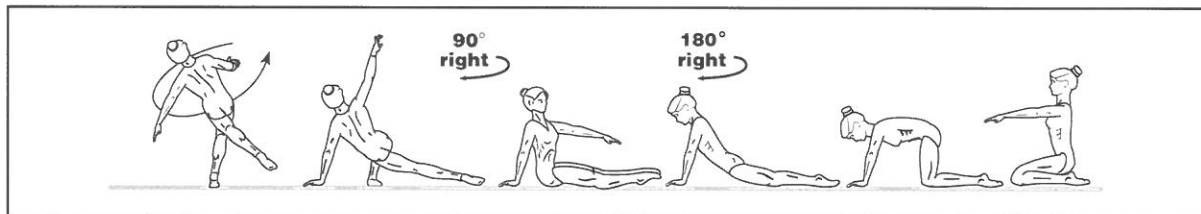
Bending the lead (front) leg on take-off	Up to 0.10
Insufficient leg separation (less than 150°)	Up to 0.20

### Side leap:

Bending the lead leg (front) leg on take-off	Up to 0.10
Insufficient leg separation (less than 150°)	Up to 0.20

Points of emphasis: Amplitude, body posture, even leg separation, coordination of arms with leap

## 13. SLIDE TO FLOOR, ½ (180°) TURN



1, 2, 3, 4)

Cross the Left leg behind the Right leg placing the Left leg parallel to Side 1 while continuing to bend the Right knee and lower the body to sit on the Left hip.

ARMS: As the body lowers, reach the Left hand down to place the Left hand on the floor next to the Left hip. The Right arm makes a full circle moving in front of the face and chest to low position then continues circling sideward-upward to finish sideward-diagonally-upward.

As the left hip contacts the floor, rotate the torso 90° to the Right to arrive in a straight sitting position with both legs together and straight, facing Side 3.

ARMS: Left hand remains. Right arm moves sideward-backward-downward to place the Right hand on the floor next to, and slightly behind, the Right hip.

(5, 6, 7, 8)

Transfer the weight to the Right hip. Execute a ½ (180°) turn to the Right. At the completion of the turn, bend the knees to arrive in a kneeling position on both knees with the buttocks resting on the heels, facing Side 7.

ARMS: During the turn, lift the Left hand forward across the chest; then downward to place the Left hand on the floor parallel to the Right hand. Lift both arms forward-upward to forward-middle on the sit.

## 14. FORWARD SPLIT (0.20)

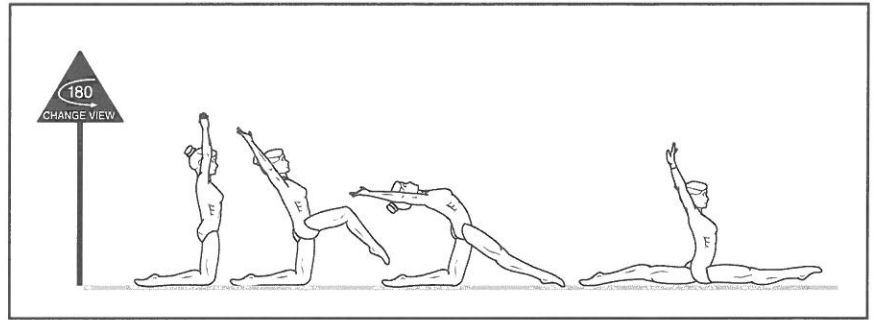
(1, 2, 3, 4)

Immediately raise the buttocks off the heels and extend the hips over the knees.

ARMS: Lift forward-upward to high position.

Lift the Right leg forward, bending the Right knee to place the Right foot flat on the floor, turned out slightly. Slide the Right leg forward and straighten the Left leg to finish in a Right FORWARD SPLIT with the chest up.

ARMS: Push open supply to sideward-diagonally-upward.



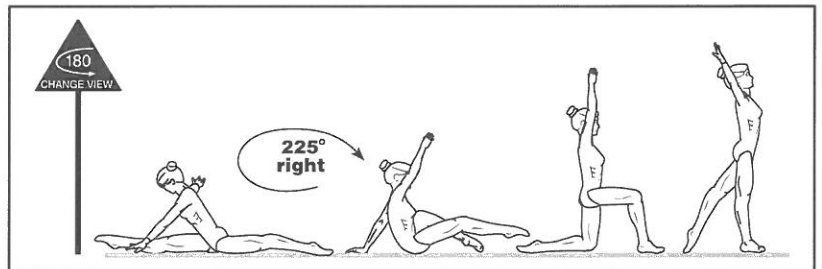
**Failure to achieve 180° split position (legs flat on floor) Up to 0.20**

## 15. 225° FLOOR TURN TO STAND

(5, 6, 7, 8)

Lower the torso forward. Circle (rond de jambe) the Right leg backward (the leg may be straight or bent) and simultaneously lean and transfer the weight to the Left hip while executing a 225° turn to the Right finishing with the Right leg bent, Right foot turned out slightly and pointed on the floor to face Side 3. Simultaneously bend the Left knee along the floor to finish with the Left foot under the Right knee with both legs turned out slightly.

ARMS: Reach the Left hand sideways, placing the Left hand on the floor. The Right arm moves to side-middle, then forward-middle curved, and then forward-upward to crown.



Pushing with the Left leg, transfer the weight forward to the Right foot to arrive in a kneeling position on the Left knee.

ARMS: The Left hand pushes off the floor and lifts forward-upward to crown.

Straighten both legs to arrive in a stand on the Right leg, with the Left leg extended backward, turned out slightly, with the Left foot pointed on the floor.

ARMS: Open supply to sideward-diagonally-upward.

## 16. PRANCE STEPS

(1, 2)

Moving diagonally toward Side 3, step forward onto a stretched Left leg through the ball of the foot (relevé to flat). The top of the Right foot/toes quickly drags along the floor, leg bent forward, passing by the Left ankle.

ARMS: Lower to side-middle. "Flip" the palms up to face the ceiling.

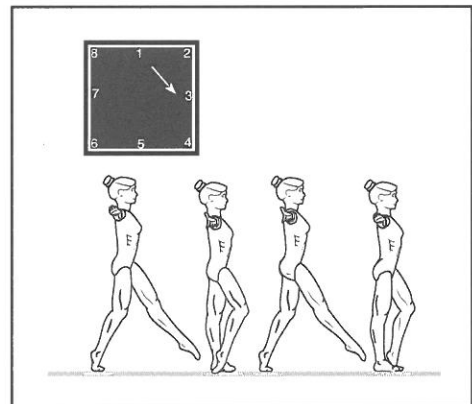
FOCUS: Optional

(3, 4)

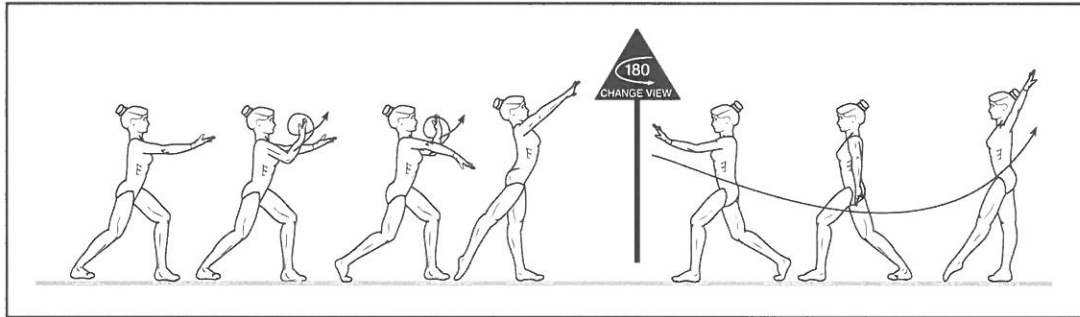
Repeat the PRANCE STEP on the other leg.

ARMS: Remain at side middle. "Flip" the palms down to face the floor.

FOCUS: Optional



## 17. WEIGHT TRANSFER (0.20)



(5, 6)

Demi-plié the Right leg and step forward onto a bent Left leg turned out slightly, "rocking the legs" through 4<sup>th</sup> position demi-plié with both heels on the floor to perform a WEIGHT TRANSFER onto the Left leg. Extend both legs to finish with the Right leg extended backward, turned out slightly, with the Right foot pointed on the floor.

ARMS: With both shoulders pressed down, move the arms forward to forward-middle, palms up. Perform an inward forearm circle with both arms alternately (Right, Left or Left Right) moving the hands upward then toward the center of the chest and continue to extend both arms softly to forward-diagonally-upward, with the palms down.

(7, 8)

Reverse the WEIGHT TRANSFER: Demi-plié the Left leg and shift the weight backward onto the Right leg turned out slightly, "rocking the legs" through 4<sup>th</sup> position demi-plié with both heels on the floor to perform a WEIGHT TRANSFER onto the Right leg. Extend both legs, finishing with the Left leg extended forward, turned out slightly, with the Left foot pointed on the floor.

ARMS: Lower both arms forward-downward by softly bending and leading with the elbows, then wrists and finishing with the fingertips, arriving in a low position at the sides of the body. Continue to lift both arms sideward-upward to finish sideward-diagonally-upward.

Failure to show "rocking" action through use of plié Each Up to 0.10

Points of emphasis: Maintain vertical torso, smooth rhythm throughout the "rocking" action

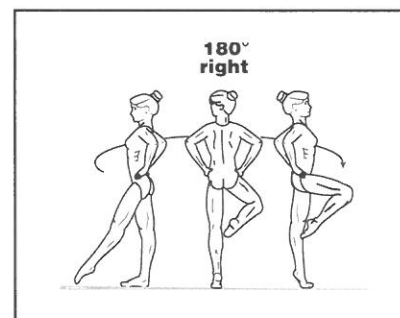
## 18. ½ (180°) OUTWARD TURN IN FORWARD PASSÉ

(1, 2)

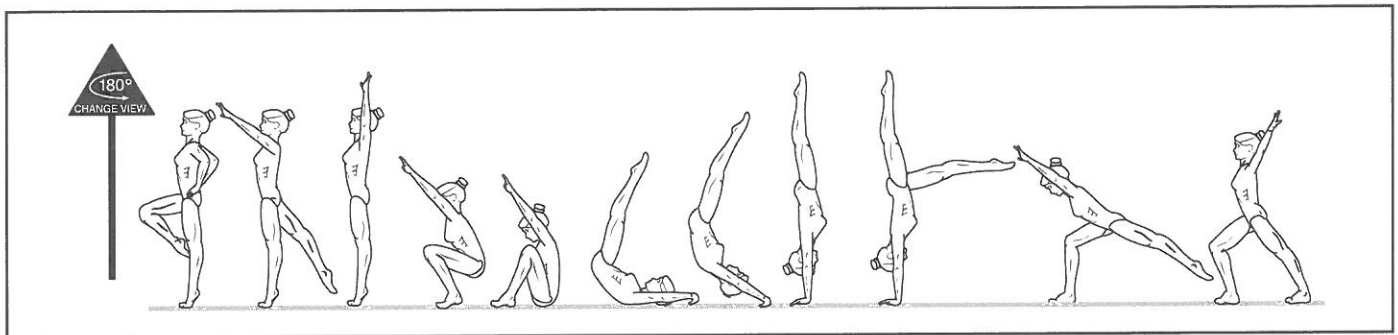
Step forward Left in relevé (piqué) and execute a ½ 180° OUTWARD TURN to the Right, bending the Right knee forward and pulling the pointed Right foot forward to touch the Left knee (forward passé).

ARMS: Hands on hips.

FOCUS: Maintain focus on Side 3 as long as possible while the body turns; then quickly snap the head to the Right to focus on Side 1.



## \*19. STRAIGHT-ARM BACKWARD ROLL TO HANDSTAND (0.60)



(3, 4)

Without lowering the Left heel, step back with the Right foot in relevé. Close the Left foot next to the Right foot to arrive in a straight stand in relevé.

ARMS: Lift forward-upward to high position.

(1, 2, 3, 4, 5, 6, 7, 8)

Bend the knees to arrive in a tuck sit, keeping the feet on the floor. Begin rolling backward with the head tucked, chin to the chest. With the arms straight and hands turned inward, reach back to place the sides of the little fingers (heel of the hands) on the floor behind the head and execute a BACKWARD ROLL TO HANDSTAND with the legs together. (The hands are allowed to shift/hop from the initial inward position to a straight position.)

Step down using a levering action to finish in a Right lunge, pressing the Right knee and both hips forward.

ARMS: Maintain high position at the initiation of the roll. Finish the step down with arms in high position, then open to sideward-diagonally-upward.

Hands placed on floor during squat phase  
prior to rolling backward

0.30

Incorrect hand placement

0.10

Failure to pass through vertical

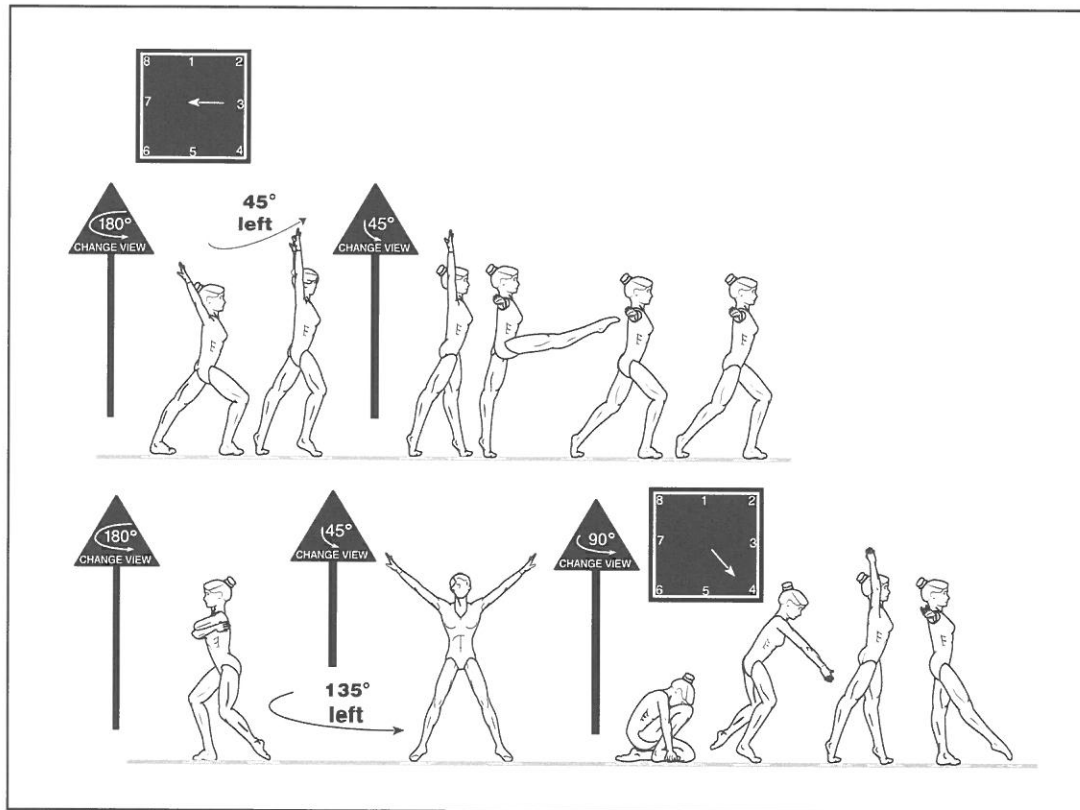
Up to 0.30

Performs a backward roll step-out (change of element)

0.60

Points of emphasis: Straight arms, stretched body in vertical,  
levering action into lunge

## 20. KICK, QUICK STEPS, CURTSY, POSES



**(1, 2)**

*(If the step-down from the Backward Roll to handstand was reversed, continue with the following text, as written.)*

Turn 45° to the Left toward Side 7 and step forward onto a straight Left leg in relevé. Kick the Right leg forward to horizontal or above.

ARMS: Lift to high position on the step. Lower to side-middle on the kick.

**(3 & 4)**

Take three quick steps forward in demi-plié (Right, Left, Right) to finish in a CURTSY (4<sup>th</sup> position demi-plié with the legs turned out slightly) with the Right leg in demi-plié, Left leg bent behind the Right with the Left foot pointed on the floor.

ARMS: Remain at side-middle on steps. During the curtsy, cross the arms in front of the body to touch the hands on the opposite shoulders (hug).

FOCUS: Optional

**(5)**

While turning sharply 135° to the Left on the Right foot, slide the Left foot backward to finish in a straddle stand (2<sup>nd</sup> position) POSE with both feet turned out slightly in relevé, facing Corner 4.

ARMS: Sharply open both arms to sideward-diagonally-upward.

**(6)**

Quickly drop straight down to a low tuck stand with the ball of the Right foot next to the Left knee. The Left leg is bent with the Left shin on the floor and the Left foot pointed. The buttocks are resting on the Left heel.

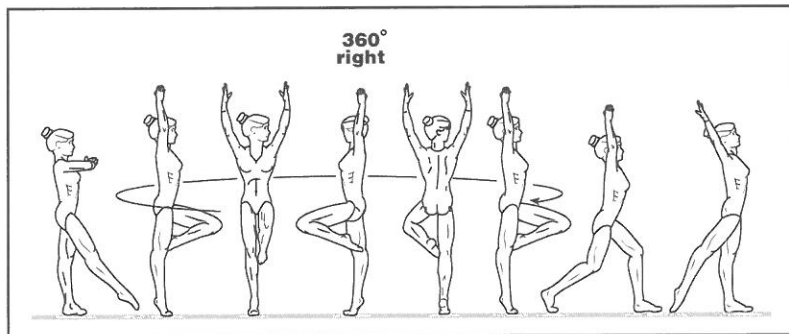
ARMS: Lower both arms sideward-downward to rest the fingertips on the floor.

**(7, 8)**

Immediately extend both legs and step forward Left; then point the Right leg forward.

ARMS: On the step, lift both arms forward-upward to crown, then open both arms sideward-downward to side-middle, moving the Right arm to forward-middle curved for the preparation of the turn.

## 21. 1/1 (360°) TURN IN FORWARD PASSÉ (0.40)



(1, 2, 3, 4)

Transfer the weight to the Right foot using one of the acceptable turn preparations listed in the Glossary. Execute a 1/1 (360°) TURN to the Right in relevé, bending the Left knee forward and pulling the pointed Left foot forward to touch the Right knee (forward passé).

ARMS: During the turn, the arms are in crown. The pathway to move the arms to crown from the preparation is optional.

FOCUS: Maintain focus on Corner 4 as long as possible while the body turns; then quickly snap the head to the Right to again focus on Corner 4.

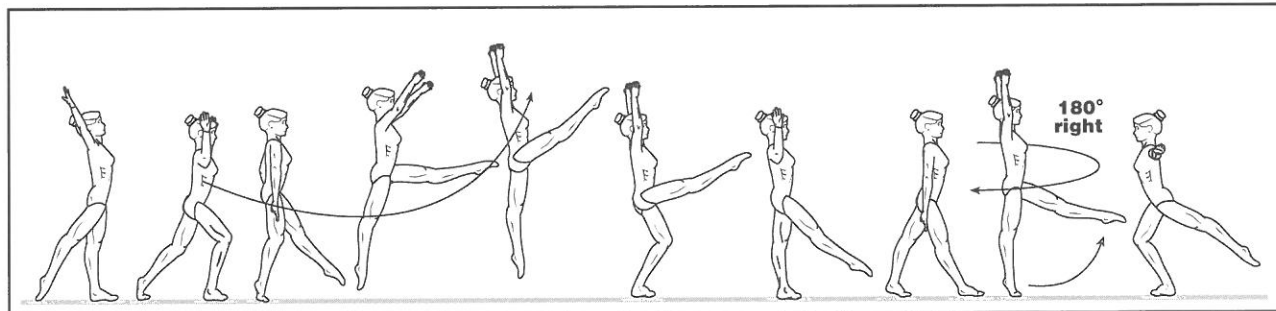
Without lowering the Right heel, step forward onto the Left leg in demi-plié. Immediately straighten the Left leg to stand with the Right leg extended backward and the Right foot pointed on the floor, both feet turned out slightly. (The Right leg is allowed to plié or to remain extended before the Right foot points on the floor.)

ARMS: Open supply to sideward-diagonally-upward.

### See General Faults & Penalties

**Points of emphasis: Immediate placement of free leg to forward passé position, complete 360° turn in relevé, control at completion**

## 22. HITCHKICK (0.40)



(5, 6, 7, 8)

Step forward onto the Right leg in demi-plié.

ARMS: Leading with the elbows, lower sideward-downward to low position.

Swing the straight Left leg forward-upward to a minimum of horizontal and push off the floor with the Right leg. Swing the Right leg forward-upward to a minimum of 45° above horizontal. Simultaneously pull the Left leg downward and land in demi-plié.

ARMS: Lift forward-upward to crown.

## 23. SWING ½ (180°) TURN

(1, 2, 3)

Step forward Right, swing the Left leg forward to a minimum of 45° below horizontal.

ARMS: On the step, lower both arms sideward-downward, leading with the elbows to low position. On the leg swing, lift both arms forward-upward to crown.

Relevé the Right foot on a straight Right leg and execute a ½ (180°) turn to the Right to finish with the Right leg in demi-plié on a flat foot and the Left leg extended behind in an arabesque, minimum of 45° below horizontal.

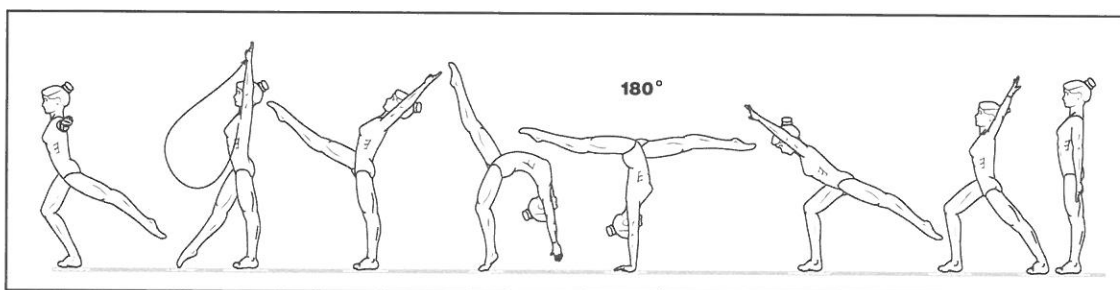
ARMS: At the completion of the turn, open the arms to side-middle.

**Insufficient height of each leg kick Each Up to 0.10 (as specified in text)**

**Points of emphasis: Amplitude, body posture, coordination of arms and legs**



## \*24. BACK WALKOVER (0.60)



### (4, 5, 6)

Step backward onto a straight Left leg. Extend the Right leg forward, pointing the Right foot on the floor.

*(If reversing the Back Walkover, step backward Left, Right, and extend the Left leg. Continue reversing until the feet close.)*

ARMS: Lower sideward–downward, then forward-upward to high position.

Lift the Right leg forward-upward. Anytime during the leg lift, arch the upper back as the arms reach backward to place the hands on the floor side-by-side, shoulder-width apart. As the Left foot pushes off the floor, push the shoulders over the hands to execute a BACK WALKOVER, passing through a handstand position with a minimum of 180° leg separation, 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 the back walkover. Open to sideward-diagonally-upward on the lunge.

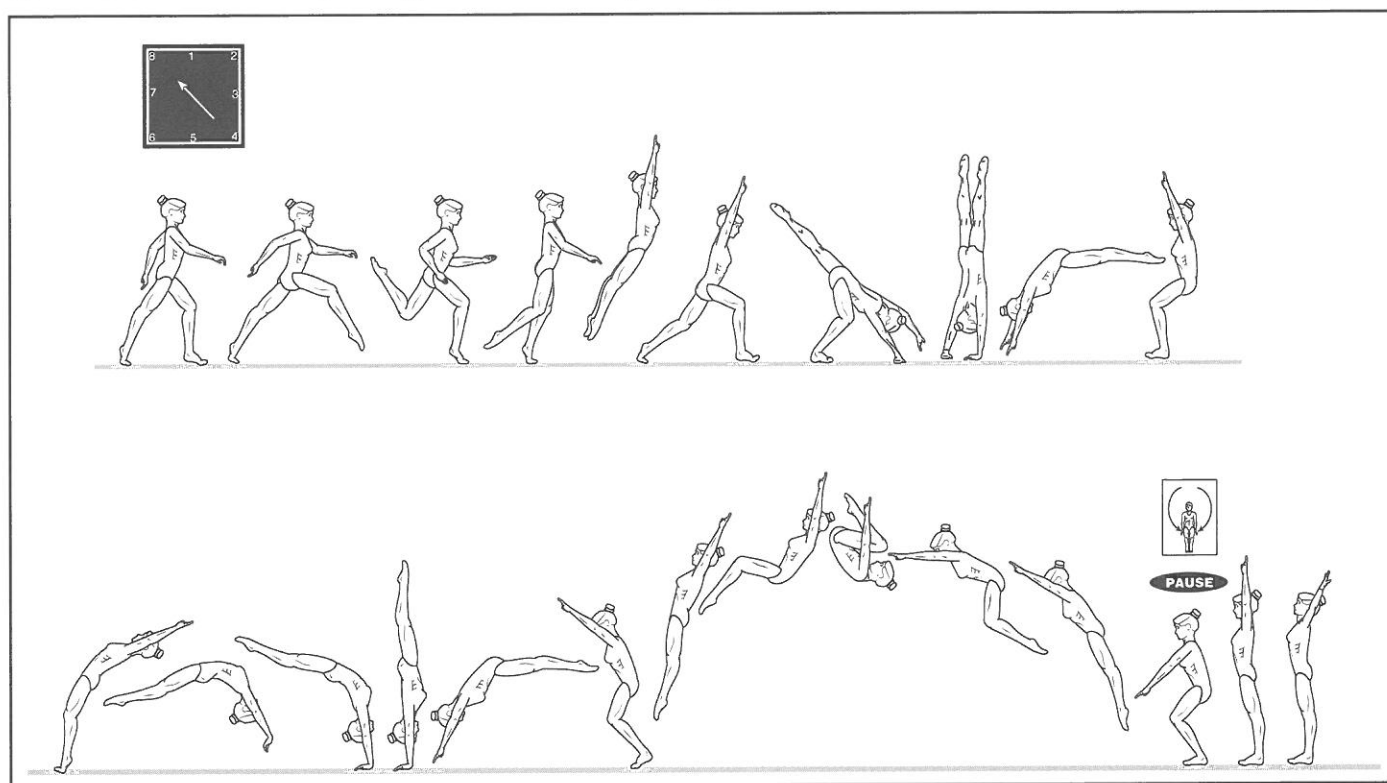
### (7, 8)

Step backward Right to close the Right foot beside the Left foot finishing in a straight stand (flat or relevé).

ARMS: Lower both arms sideward-downward to low position.

Failure to show continuous leg lift into walkover (leg drops or lifts after the arching backward has begun)	Up to 0.10
Incorrect (staggered or alternate) hand placement	<u>0.10</u>
Insufficient leg separation (less than 180°)	Up to 0.20
Points of emphasis: Stretched body alignment through vertical, straight legs	

## 25. \*ROUND-OFF (0.40); FLIC-FLAC (0.60); BACKWARD SALTO TUCKED (0.80)



(1, 2, 3, 4, 5, 6, 7, 8, 1, 2, 3, 4)

Take one-to-three running steps and hurdle using one of the acceptable hurdle techniques listed in the Glossary to execute a ROUND-OFF, FLIC-FLAC.

Upon landing the flic-flac on the balls of the feet, immediately rebound (punch) with the body straight, the head neutral, and the arms reaching upward. As the body rises, (leaving the floor by vertical), lift the knees forward-upward towards the hands to achieve a minimum of a 90° tuck position (hip and knee angle). Hand grasp of the legs is optional. Continue to rotate upward and backward as the hips rotate over the head to execute a BACKWARD SALTO TUCKED.

In preparation for the landing, extend the body from the tucked position. Land in demi-plié in a balanced and controlled position ("stick"). Pause.

ARMS: High position on the hurdle and throughout the Round-off, Flic-Flac, and take-off for the Backward Salto.

Arms are optional during the salto. Upon landing the salto, the arms lower sideward-downward to forward-diagonally-low position.

Extend the legs to finish in a straight stand.

ARMS: Lift forward-upward to high position; then open to sideward-diagonally-upward.

**Lack of acceleration in the series** Up to 0.20

### Round-off:

**Failure to pass through vertical** Up to 0.30

**Failure to land on feet simultaneously** 0.10

### Flic-flac:

**Deep squat into flic-flac** Up to 0.20

**Failure to land on feet simultaneously** 0.10

**Points of emphasis: Acceleration, stretched body shapes**

### Backward salto tucked:

**Failure to perform salto in designated body position (performs pike or layout)** Up to 0.80

**Failure to extend/open prior to landing** Up to 0.20

**Failure to pause in "controlled stick"** 0.05

**Points of emphasis: Vertical take-off, minimum of 90° tuck position, amplitude of salto, extension/open of body prior to landing, controlled stuck landing**

## 26. POSE

(5, 6)

Step forward Right in demi-plié and bend the Left knee to arrive in a kneeling position on the Left leg, Left foot pointed, and the torso turned slightly to the Right. The Right leg is bent forward and slightly turned out, with the Right foot on the floor.

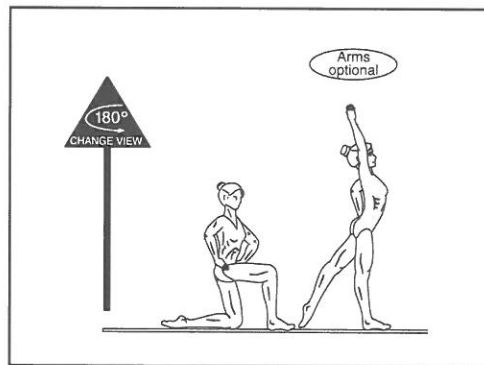
ARMS: Lower both arms forward-downward to place both hands on the Right hip.

(7, 8)

Immediately extend both legs slightly turned out, to finish with the Left leg extended backward and Left foot pointed on the floor.

ARMS: Optional.

FOCUS: Optional.



## LEVEL 6 FLOOR EXERCISE SUPPLEMENTARY SKILLS

### 1. FRONT HANDSPRING; FLYSPRING

Take one-to-three steps and hurdle, using one of the acceptable hurdle techniques listed in the Glossary. Execute a FRONT HANDSPRING, joining the legs together past vertical to land with the legs together with the hips extended (tight arch position).

Immediately punch off both feet, driving the hips, legs and heels backward-upward overhead as the body inverts and hands reach forward for the floor. The body continues to rotate forward to land on the hands, maintaining a hollow body position on the first flight and a tight arch after hand support. Quickly push through the arms and shoulders to continue the forward rotation, bringing the body to an upright, tight arch body position to execute a FLYSPRING. Land on both feet simultaneously, arms overhead throughout. Upon landing, either rebound or run forward.

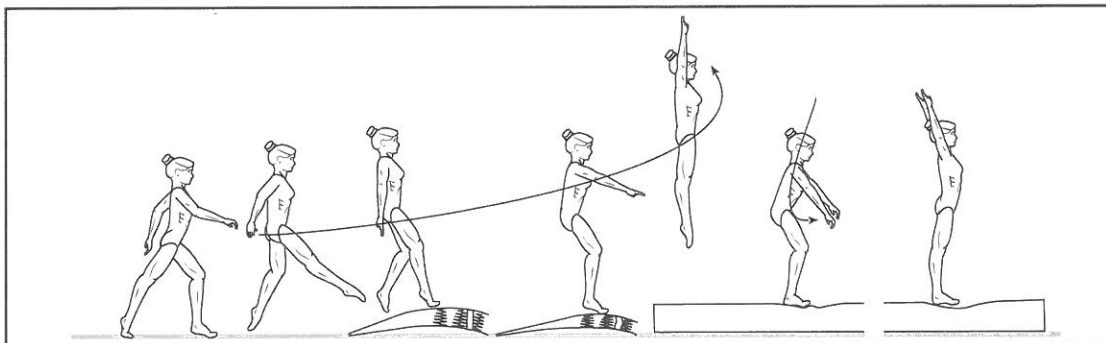
### 2. FRONT SALTO PIKED ON TRAMPOLINE OR TUMBLE-TRACK

Take several bounces on the trampoline or tumble-track, then push off with both feet, maintaining an upright body position. As the body rises, lift the hips upward while inverting the body, rounding the upper back and bending a minimum of 90° at the hips to execute a FORWARD SALTO PIKED.

In preparation for the landing, extend the body from the pike position. Land and rebound, or land in demi-plié in a balanced and controlled position (stick).

## LEVEL 1 VAULT PENALTIES- STRAIGHT JUMP TO 8" MAT

Board is placed in front of an 8" skill cushion. *The number of running steps is a guideline only; there is no deduction for taking more or less than seven to nine steps.*



### A. APPROACH:

- |   |                 |
|---|-----------------|
| 1. Incorrect arm swing  | Up to 0.20      |
| 2. Failure of arms to arrive in forward-low position at board contact | Up to 0.20      |
| 3. Excessive forward lean of body upon board contact                  | Up to 0.30      |
| 4. Failure to arrive on board with feet together                      | Up to 0.20      |
| 5. Multiple jumps on the board (double bounces)                       | Each <u>0.3</u> |

### B. JUMP FROM BOARD TO MAT

- |   |            |
|---|------------|
| 1. Lack of height   | Up to 0.30 |
| 2. Failure to maintain a stretched body position during jump:         |            |
| • Arch  | Up to 0.30 |
| • Pike  | Up to 0.50 |
| • Tuck  | Up to 0.50 |
| 3. Poor arm and head alignment  | Up to 0.30 |
| 4. Legs bent  | Up to 0.30 |
| 5. Legs separated   | Up to 0.20 |
| 6. Poor foot form   | Up to 0.10 |
| 7. Failure to land in demi-plié with control and proper body position | Up to 0.50 |

### C. GENERAL

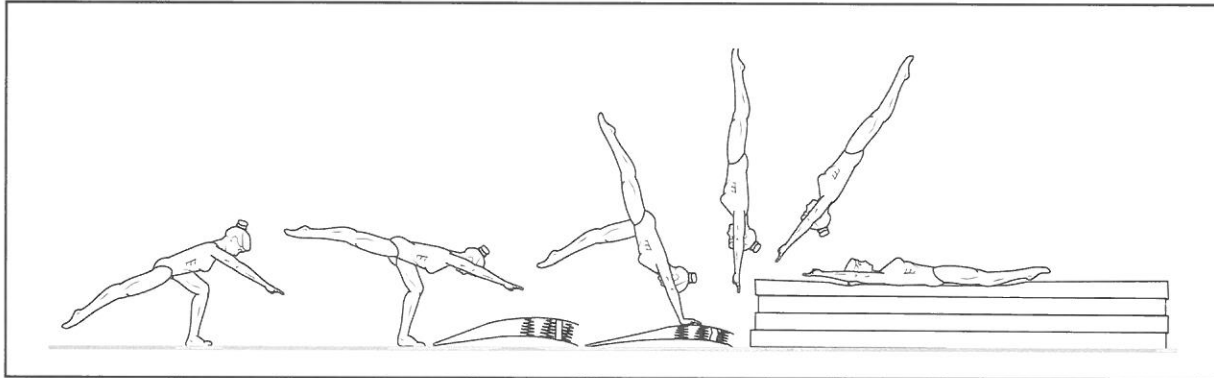
- |  |                                   |
|--|-----------------------------------|
| 1. Poor direction                                  | Up to 0.30                        |
| 2. Run-Approach without executing the vault (Balk) |                                   |
| - Touches the board                                | Second attempt allowed; then VOID |
| 3. Coach between board and mat                     | No Penalty                        |
| 4. Performs wrong vault                            | VOID                              |
| 5. Lack of dynamics (speed/power)                  | Up to 0.30                        |
| 6. Performing incorrect vault                      | VOID                              |
| 7. Aid of coach upon landing                       | <u>0.50</u>                       |

### D. LANDING

- |  |                             |
|--|-----------------------------|
| 1. Slight hop or small adjustment of feet                                    | Up to 0.10                  |
| 2. Extra arm(swing(s)  | Up to 0.10                  |
| 3. Additional trunk movements to maintain balance                            | Up to 0.30                  |
| 4. Incorrect body posture on landing   | Up to 0.20                  |
| 5. Taking steps after landing  | Each <u>0.10</u> (Max 0.40) |
| 6. Very large step or jump   | <u>0.20</u>                 |
| 7. Deep squat upon landing   | Up to 0.30                  |
| 8. Contacting the mat with one or both hands or with the body after landing. |                             |
| • Brush, touch or hit  | Up to 0.30                  |
| • Support on hand(s) or fall onto mat  | <u>0.50</u>                 |

## LEVEL 2 VAULT PENALTIES - HANDSTAND BLOCK

Board is placed in front of a stack of skill cushions (a minimum of 16"). The number of steps is a guideline; there is no deduction for taking more or less than one to three steps. The gymnast may step onto the board without penalty.



### A. APPROACH:

- |  |            |
|--|------------|
| 1. Incorrect arm swing                                       | Up to 0.20 |
| 2. Flight prior to hand contact (dive)                       | Up to 0.20 |
| 3. Arms bent during contact with board                       | Up to 0.50 |
| 4. Poor foot form  | Up to 0.10 |
| 5. Lack of continuity between arm circle and block off board | Up to 1.00 |
| 6. Stop in handstand position on board                       | 1.00       |

### B. FLIGHT FROM BOARD TO MAT

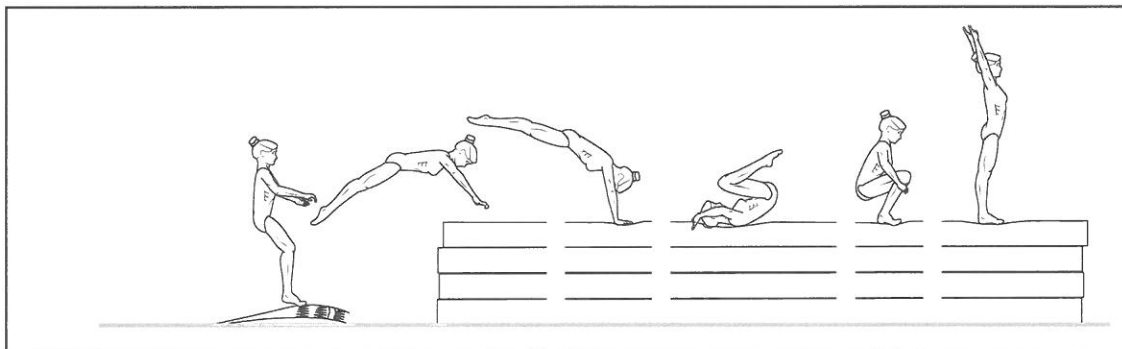
- |   |            |
|---|------------|
| 1. Insufficient flight on block                                     | Up to 0.50 |
| 2. Failure to maintain a stretched body position from board to mat: |            |
| - Pike  | Up to 0.50 |
| - Arch  | Up to 0.30 |
| 3. Poor shoulder and head alignment                                 | Up to 0.50 |
| 4. Legs bent  | Up to 0.30 |
| 5. Legs separated   | Up to 0.20 |
| 6. Poor foot form   | Up to 0.10 |
| 7. Failure to land in a tight, straight lying position              | Up to 1.00 |

### C. GENERAL

- |  |             |
|--|-------------|
| 1. Poor direction                                  | Up to 0.30  |
| 2. Performs wrong vault                            | VOID        |
| 3. Coach between board and mat stack               | No Penalty  |
| 4. Aid of coach after hand contact                 | <u>2.00</u> |
| 5. Run-Approach without executing the vault (Balk) | VOID        |
| (Touches the board or mat stack)                   |             |

## LEVEL 3 VAULT PENALTIES - FORWARD ROLL ONTO MAT STACK

Mat stack should be at waist-height of the gymnast, plus or minus up to 8 inches of skill cushion. The number of steps is a guideline; there is no deduction for taking more or less than seven to nine steps.



### A. FIRST FLIGHT

- |  |             |
|--|-------------|
| 1. Lack of straight-hollow body position | Up to 0.50  |
| 2. Legs bent                             | Up to 0.30  |
| 3. Legs separated                        | Up to 0.20  |
| 3. Assistance by coach from board to mat | <u>2.00</u> |
| 4. Poor foot form                        | Up to 0.10  |

### B. HAND CONTACT & ROLL PHASE

- |  |                   |
|--|-------------------|
| 1. Lack of straight-hollow body position on contact (pike/arch)                                  | Up to 0.50        |
| 2. Bent arms on initial contact of mat   | Up to 0.50        |
| 3. <i>Front or top of head contacts mat during the roll phase</i>                                | <i>Up to 0.50</i> |
| 4. Legs bent   | Up to 0.30        |
| 5. Legs separated  | Up to 0.20        |
| 6. Shoulders in front of hands upon contact  | Up to 0.30        |
| 7. Poor foot form  | Up to 0.10        |
| 8. Touching/dragging feet on mat prior to/during rolling phase                                   | Up to 0.30        |
| 9. Support of feet on mat (squat on)   | VOID              |
| 10. Failure to contact mat with both hands (performs front layout or touches with only one hand) | <u>3.00</u>       |
| 11. Insufficient tuck  | Up to 2.00        |
| <i>- Max. deduction=Roll with extended body/legs to land on flat back lying position</i>         |                   |
| 12. Additional hand placements (taking steps/hops on hands)                                      | Up to 0.30        |
| 13. <i>Pushing with hands on mat to arrive in a squat position</i>                               | <i>0.50</i>       |
| 14. <i>Roll to a kneeling position without passing through a tuck stand</i>                      | <u>1.00</u>       |
| 15. Failure to roll through squat position to a stand  | <u>1.00</u>       |

### C. FINAL POSITION

- |   |            |
|---|------------|
| 1. Failure to show control and proper body posture on stand | Up to 0.50 |
|---|------------|

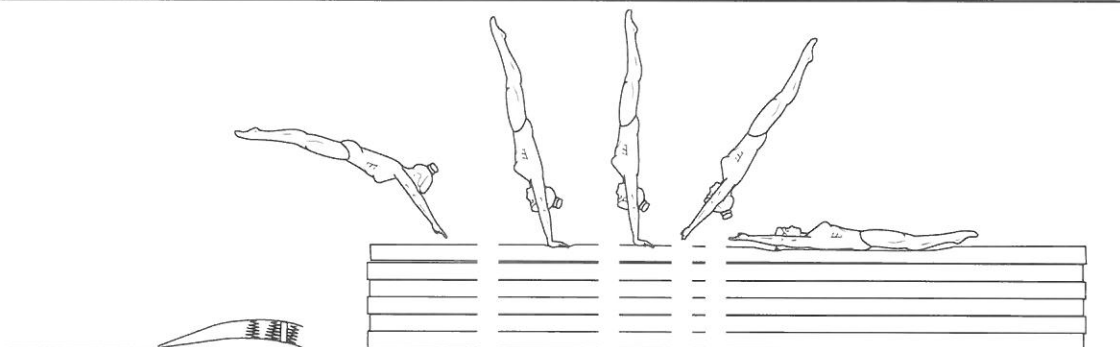
### D. GENERAL

- |  |                   |
|--|-------------------|
| 1. Poor direction                                  | Up to 0.30        |
| 2. Lack of dynamics (speed/power)                  | Up to 0.30        |
| 3. Performs wrong vault                            | VOID              |
| 4. Coach between board and mat stack               | No Penalty        |
| 5. Aid of coach after hand contact                 | <u>2.00</u>       |
| 6. Run-Approach without executing the vault (Balk) | VOID              |
| <i>-Touches the board or mat stack</i>             |                   |
| 7. <i>Lack of continuity during roll</i>           | <i>Up to 0.50</i> |



## LEVEL 4 VAULT - JUMP TO HANDSTAND ONTO MAT STACK

Level 4 competitive gymnasts may perform one or two vaults, with the better score to count. Three running approaches are permitted if the gymnast has not touched the springboard and/or the mat stack. A fourth approach is not permitted.



### TABLE OF PENALTIES

#### A. GENERAL DEDUCTIONS:

- |  |                       |
|--|-----------------------|
| 1. Failure to maintain a straight body position:   |                       |
| Arch   | Each phase Up to 0.30 |
| Pike   | Each phase Up to 0.50 |
| 2. Legs bent   | Each phase Up to 0.30 |
| 3. Legs separated  | Each phase Up to 0.20 |
| 4. Incorrect foot form   | Each phase Up to 0.10 |
| 5. Incorrect head alignment  | Each phase Up to 0.10 |
| 6. Deviation from straight direction   | Up to 0.30            |
| 7. Insufficient dynamics (speed/power)   | Up to 0.30            |
| 8. Assistance of coach after gymnast achieves hand support on the mat stack  | <u>2.00</u>           |
| • If the gymnast never achieves vertical and returns to the board (or lands on the mat stack between the board and hand placement), it is considered as "wrong vault". | VOID                  |
| 9. Performing incorrect vault (i.e., squat on, etc.)   | VOID                  |
| 10. Assistance of coach from board to mat stack<br>(No deduction for coach standing between board & mat stack)   | VOID                  |
| 11. Run-approach without executing the vault (Balk)  |                       |
| • A fall on the run-approach is considered a Balk - no deduction   |                       |
| • Touching the springboard or mat stack  | VOID                  |

#### B. RUN & BOARD CONTACT:

- |  |            |
|--|------------|
| 1. Insufficient acceleration during the run                  | Up to 0.30 |
| 2. Failure to maintain horizontal running speed to the board | Up to 0.30 |
| 3. Excessive forward lean of the body upon board contact     | Up to 0.30 |

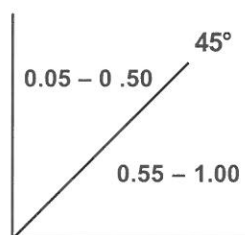
#### C. FIRST FLIGHT PHASE:

See A. General Deductions

## LEVEL 4 VAULT PENALTIES

### D. SUPPORT PHASE:

- |   |             |
|---|-------------|
| 1. Arms bent  | Up to 0.50  |
| 2. Completely bent arms causing head to contact mat   | <u>2.00</u> |
| 3. Incorrect shoulder alignment (showing a shoulder angle)  | Up to 0.30  |
| 4. Failure to show an inverted vertical position from hands to hips (performing a forward rolling action) | Up to 2.00  |
| 5. Contacting the mat stack with the hands after vertical   | Up to 1.00  |
| • Contact from 1° to 45° past vertical  | Up to 0.50  |
| • Contact from 46° - 89° past vertical  | 0.55 - 1.00 |



- |  |             |
|--|-------------|
| 6. Failure to place hands in the prescribed landing zone (between edge of mat and the tape line). If hands land <i>entirely</i> beyond the tape line, deduct | <u>0.50</u> |
| - <i>Staggered hand placement: one inside zone, one over line</i>  | <u>0.20</u> |
| 7. Additional hand placements (taking steps/hops on hands)   | Up to 0.30  |
| 8. Failure to contact mat with both hands (performs a front layout or touches with only one hand)  | <u>3.00</u> |

### E. POST-HANDSTAND PHASE

See General Vault deductions regarding body position, etc.

### F. LANDING PHASE:

Failure to finish in a straight lying position on the back Up to 1.0

Examples for applying this deduction:

The gymnast lands on her feet, salutes, and steps off the mat. 1.00

The gymnast lands on her seat with a 90° hip angle, salutes, and steps off the mat. 0.50

The gymnast lands on her back with an arch and bent legs, salutes and steps off the mat. Up to 0.50

If the gymnast makes any of the above execution errors, then lies back to a straight lying position, NO DEDUCTION for failure to finish on the mat in a straight lying position is taken; however, you may have execution deductions applied for the errors while the gymnast is falling to her back (Post-handstand phase).

The evaluation finishes when the gymnast arrives in a straight lying position.

# LEVEL 5/6 VAULT - TABLE OF PENALTIES

## A. GENERAL:

1. Body position faults:
  - arch Each phase Up to 0.30
  - pike Each phase Up to 0.50
2. Legs bent Each phase Up to 0.30
3. Legs separated Each phase Up to 0.20
4. Incorrect foot form Each phase Up to 0.10
5. Incorrect head alignment Each phase Up to 0.10
6. Deviation from straight direction Up to 0.30
7. Lack of dynamics (speed/power) Up to 0.30
8. Performing incorrect vault VOID
9. Aid of coach during first flight, support, or second flight phase
  - Level 5 2.00
  - Level 6 VOID
10. Aid of coach upon landing 0.50
11. Run-approach without executing the vault (Balk)
  - Touching the springboard or vault table VOID
12. Coach standing between board and vault table No deduction
13. Performing vault without signal from Chief Judge

deduct 0.50 from average of next vault

## B. FIRST FLIGHT:

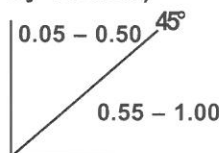
See A. General Deductions

## C. SUPPORT PHASE:

1. Incorrect shoulder alignment (showing a shoulder angle) Up to 0.30
2. Arms bent Up to 0.50
3. Completely bent arms causing head to contact vault table 2.00
4. Additional hand placements (taking steps/hops on hands) Up to 0.30
5. Too long in support Up to 0.50
6. Alternate repulsion Up to 0.20
7. Angle of repulsion (failure to leave vault table by vertical) Up to 1.00

If the gymnast leaves the vault table:

- by vertical No deduction
- from 1° to 45° deduct 0.05-0.50
- from 46° to horizontal deduct 0.55 - 1.00



8. Touch of only one hand on vault table Chief Judge - 1.00
9. No hand support on vault table VOID

## D. SECOND FLIGHT:

1. Insufficient height Up to 0.50
2. Insufficient distance (consider size of gymnast, overall trajectory- where hands contact table and where feet land) Up to 0.30
3. Brush, touch, or hit of body on far end of vault table 0.30

## E. LANDING:

1. Slight hop or small adjustment of feet Up to 0.10
2. Extra arm swing(s) Up to 0.10
3. Additional trunk movements to maintain balance Up to 0.30
4. Incorrect body posture on landing Up to 0.20
5. Taking steps after landing Each 0.10 (Max. 0.40)
6. Very large step or jump 0.20
7. Deep squat upon landing Up to 0.30
8. Contacting the mat or apparatus with one or both hands or with body after landing
  - Brush, touch or hit Up to 0.30
  - Support on hand(s) or fall onto mat or against apparatus 0.50
9. Failure to land on the feet first on the mat (includes the fall) 2.00
  - Finishes in a sitting, lying or standing position on the vault table 0.50 (fall on apparatus) + 2.00

# GENERAL FAULTS & PENALTIES -

## COMPULSORY UNEVEN BARS, BALANCE BEAM AND FLOOR

It is intended that all elements and connections be performed with maximum amplitude and execution in the order as written in the text. Any departures from the correct technique or performance are to be penalized according to the following Table for General Faults and Penalties.

Deductions for FALLS, EXTRA SWINGS, or lack of continuity in required series due to a fall are in addition to the execution and/or amplitude deductions. General deductions apply in addition to or in the absence of specific deductions.

Deduct all execution and/or amplitude errors leading to a fall; however, do NOT deduct for BALANCE errors leading to a fall. The total execution and/or amplitude deductions taken on a major element MAY NOT exceed the value of the element plus 0.50.

If more than half of the major elements in an exercise are performed with the assistance of the coach, then the score is determined by giving the Value Part credit for those elements performed unassisted. All applicable deductions for execution and amplitude are to be taken on all elements.

**ALL ROUTINES MAY BE REVERSED IN THEIR ENTIRETY;  
HOWEVER, NO SINGLE ELEMENT MAY BE REVERSED UNLESS OTHERWISE STATED.**

### I. CHANGES IN PRESCRIBED TEXT

*Changing, reversing or omitting a small part	<u>0.10</u>
*Changing, reversing or omitting a series of connections	<u>0.30</u>
*Changing a major element	Up to the value of the element
*Substituting or omitting a major element	Double the value of the element
Reversing a major element (if not allowed to be reversed)	Half the value of the element
Incomplete major element	Up to the value of the element
Incorrect position of arms, head, feet or legs (text errors)	Up to 0.40
(Deduct in general - not each time- according to small, medium & large errors)	
Adding an extra element	each <u>0.30</u>
Taking additional running steps into tumbling passes (Floor Exercise)	Each <u>0.10</u>
	(Max. 0.30 per tumbling pass)
Repetition of a missed element (start judging at the point of interruption)	No penalty
Major element performed with additional twist, turn or with major change in flight	Up to the value of the element
* Changing = performing a variation of the element prescribed.	
*Substituting = performing a totally different element than the element prescribed.	
* Omitting = leaving the element out completely. Omitted elements may not be performed later in the exercise (out of order) or after the last element in the exercise.	

*Note: Any step designated as "not in relevé" may be performed in relevé without penalty.*

### II. EXECUTION

#### A. UNEVEN BARS, BEAM, AND FLOOR

1. Incorrect foot form (flexed, sickled) on major elements	Each time <u>0.05</u>
2. Lack of coordination on connections	Up to 0.10
3. Leg separation	Up to 0.20
4. Incorrect body alignment, position or posture on major elements	Up to 0.20
5. Movement lacking dynamics (General deduction for whole exercise)	Up to 0.20
6. Incorrect foot form (flexed, sickled) during connections	Up to 0.30
(General deduction for whole exercise)	
7. Bent arms or legs	Up to 0.30
8. Balance errors - small, medium, large	Up to 0.30
9. Incorrect body alignment, position or posture during connections	Up to 0.30
(General deduction for whole exercise)	
10. Fall on or off the apparatus	<u>0.50</u>

## B. UNEVEN BARS

1. Repositioning/adjustment of hands in front support or feet in squat/stoop on 0.10
2. Alternate hand grasp or regaining hand grasp without supplementary support 0.20
3. Brush, touch or hit on apparatus or mat with foot (feet) Up to 0.30
4. Extra cast or swing 0.30
5. Using supplementary support to regain position 0.30
6. Full weight on mat with foot (feet) 0.50

## C. BALANCE BEAM AND FLOOR EXERCISE

1. Failure to drop heel at completion of "heel-snap" turns Each 0.05
2. Incorrect leg alignment in arabesque position when indicated Up to 0.10
3. Failure to contract or extend when indicated Up to 0.10
4. Lack of coordination on supple body movements Up to 0.10
5. Failure to kick leg horizontal or above when required Up to 0.10
6. Uneven leg separation in leaps/jumps Up to 0.10
7. Failure to perform 180° and 360° turns on one foot in high relevé Each Up to 0.10
8. Failure to use levering action in or out of elements when required  
(straight line - fingers to toes) Each Up to 0.10
9. Insufficient split Up to 0.20
10. Degree of turn not exact (over-turned) Up to 0.20
11. Incorrect leg position on turns Up to 0.20
12. Movement lacking artistry of presentation Up to 0.30  
(General deduction for whole exercise)  
Consider: Quality of gymnast's movement to reflect the style of the  
compulsory routine. Up to 0.15  
Quality of expression (i.e. projection, emotion, focus) Up to 0.15
13. Extra kick up to handstand 0.30
14. Stop between elements in an acro (tumbling) series on Floor Exercise 0.30
15. Grasping beam to avoid a fall 0.30
16. Use of heel-snap turn technique when performing turns requiring a weight transfer 0.30
17. Failure to perform steps, lock positions, and pivot turns in high relevé position  
(General deduction for whole exercise) Up to 0.50
18. Heel-snap turns performed on correct foot, but turns in wrong direction  
(reverses major element) = deduct half the value of the element
19. Incomplete turns (apply deduction for incomplete element) Up to the value of the element

## III. AMPLITUDE

### A. UNEVEN BARS

1. Insufficient internal body amplitude (stretch/tightness) during extended positions Up to 0.20
2. Insufficient external amplitude away from bar during swinging/circling movements Up to 0.20

### B. BALANCE BEAM AND FLOOR EXERCISE

1. Insufficient amplitude on connections Up to 0.10
2. Insufficient height (hip rise) on leaps and jumps Up to 0.20
3. Insufficient quickness off hands in flight elements with hand support Up to 0.20
4. Insufficient height (hip rise) on salto elements Up to 0.30

#### IV. RHYTHM

##### Bars, Beam & Floor

- |   |             |
|---|-------------|
| 1. Lack of continuity between connections and elements                        | Up to 0.10  |
| 2. Lack of continuity (tempo) between elements in a directly connected series | Up to 0.10  |
| 3. Incorrect rhythm of connections/elements when specifically noted in text   | Up to 0.10  |
| 4. Concentration pause (more than 2 seconds)                                  | <u>0.10</u> |
| 5. Lack of overall rhythm during exercise                                     | Up to 0.40  |

#### V. DIRECTION AND PLACEMENT OF ELEMENTS

##### Balance Beam and Floor Exercise

- |  |            |
|--|------------|
| 1. Error in line of direction or spacing of a single element                 | Up to 0.10 |
| 2. Error in line of direction of acrobatic, dance or dance/acro series       | Up to 0.20 |
| 3. Error in line of direction or placement of whole section of floor pattern | Up to 0.30 |

#### VI. LANDING OF ELEMENTS & DISMOUNTS

- |   |   |
|---|---|
| 1. Slight hop or small adjustment of feet   | Up to 0.10  |
| 2. Extra arm swing(s) upon landing  | Up to 0.10  |
| 3. Taking steps after landing   | Each <u>0.10</u> (Max. 0.40)                              |
| 4. Very large step or jump  | <u>0.20</u>   |
| 5. Additional trunk movements to maintain balance (for UB, BB & FX)   | Up to 0.30  |
| 6. Deep squat upon landing  | Up to 0.30  |
| 7. Contacting the mat or apparatus with one or both hands or with body after landing                                  |   |
| - Brush, touch or hit   | Up to 0.30  |
| - Support on hand(s) or fall onto mat or against apparatus  | <u>0.50</u>   |
| 8. Failure to land on the feet first for UB, BB and FX saltos &/or dismounts =<br>failure to complete a major element | Up to the value of the element + <u>0.50</u> for the fall |

#### VII. NEUTRAL DEDUCTIONS TAKEN BY EACH JUDGE

Assistance (spotting) from coach:

- |   |                                    |
|---|------------------------------------|
| • Coach assists (touches) during element  | Value of the Element + <u>0.50</u> |
| • Coach assists (touches) on landing only | <u>0.50</u>                        |

#### VIII. DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE

The following penalties must be indicated to the coach by verbal or visual means:

- |  |                       |
|--|-----------------------|
| 1. Overtime (Judging continues after time is called)   | <u>0.10</u>           |
| 2. Any part of body touching outside the FX area   | Each time <u>0.10</u> |
| 3. Lack of presentation by gymnast before and/or after exercise  | Each time <u>0.10</u> |
| 4. Coach standing next to the beam throughout exercise   | <u>0.10</u>           |
| 5. Coach/teammate giving assistance with signals or cheers   | <u>0.20</u>           |
| (Applied after one warning has been given, <i>except when the coach instructs the gymnast as what to do next, then taken with no warning</i> ) |                       |
| 6. Incorrect attire (warning must be given- Chief Judge notifies Meet Referee)   | <u>0.20</u>           |
| 7. Failure to begin exercise within 30 sec. after being signaled by Chief Judge  | <u>0.20</u>           |
| 8. Failure to observe specified warm-up time   | <u>0.20</u>           |
| 9. Use of unauthorized mats  | <u>0.30</u>           |
| 10. Springboard on unauthorized surface or failure to remove springboard after mount   | <u>0.30</u>           |
| 11. Gymnast begins exercise without signal from CJ (must stop & repeat)  | <u>0.50</u>           |
| 12. Floor Exercise routine performed without music   | <u>1.00</u>           |
| 13. Performance of a one-arm vault, if at least half of the vault panel saw that only one hand touched the vault table                         | <u>1.00</u>           |
| 14. Gymnast begins exercise without signal from Chief Judge<br>(CJ instructs gymnast to stop and start over)                                   | <u>0.50</u>           |
| 15. Coach on the Floor Exercise mat ( <i>inside border marking</i> )   | No deduction          |



## **IX. MISCELLANEOUS JUDGING INFORMATION**

### **Allowable range of Scores for Jr. Olympic Program**

- 0.20 for scores between 9.500 - 10.000
- 0.30 for scores between 9.000 - 9.475
- 0.50 for scores between 8.000 - 8.975
- 1.00 for all other cases

### **Termination of an exercise due to injury:**

- If a gymnast performs  $\frac{1}{2}$  or less of the exercise and does not continue, give credit for elements performed.
- Do not score from 10.00.

## **X. TIMING PROCEDURES**

### **A. Uneven Bars:**

1. When a gymnast falls from the bars, the 45-second fall time begins.
2. The gymnast has 45 seconds to remount and resume her exercise.
3. The timer will give a verbal notification of 20 seconds and 10 seconds remaining for remounting after a fall.
4. When the gymnast remounts the bars (leaves the floor), the 45-second fall time stops.
5. A reasonable short period of time is allowed to resume swing
6. If the 45-second fall time is exceeded, the exercise is terminated.

### **B. Balance Beam:**

#### **Timing the exercise**

1. The official time starts when the gymnast's feet leave the board or mat.
2. The official time stops when the gymnast dismounts and arrives on the mat.
3. The warning is called or signaled 10 seconds before the maximum time limit.
4. Time is called or signaled at the maximum time limit.
5. If the gymnast lands at the sound of the second signal, there is no deduction.  
If the gymnast lands after the sound of the second signal, the CJ deducts 0.10 from average for overtime.
6. Regardless of overtime, the entire exercise is evaluated by all judges and value part credit is awarded for the entire exercise.


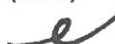


#### **Timing of Falls:**

1. When the gymnast falls to the floor, the 30-second fall time begins and the official beam time stops.
2. The timer will give a verbal notification of 20 seconds and 10 seconds remaining for remounting after a fall.
3. When the gymnast remounts the beam (leaves the floor), the 30-second fall time stops.
4. The official beam time resumes with the first movement to continue the exercise.
5. If a second fall occurs before the official time begins, the deduction is 0.50.
6. If the 30-second fall time is exceeded, the exercise is terminated.
7. The official beam time does not stop when the gymnast falls on (but not off) the beam.

# TABLE OF PENALTIES - LEVEL 1 UNEVEN BARS

Bent arms/legs                      Each Up to 0.30  
 Legs separated                      Up to 0.20





Refer to General Faults and Penalties for additional deductions.

ELEMENT	FAULT	DEDUCTION
1. MOUNT: BACKHIP PULLOVER (0.80) 	Failure to lift both legs simultaneously (1-foot take-off) Failure to finish in an extended front support <i>Supplementary support (resting chin on top of bar prior to lifting legs over LB)</i>	<u>0.30</u> Up to 0.10 <u>0.30</u>
2. CAST (0.60) 	Incorrect body alignment	Up to 0.20
3. BACKHIP CIRCLE (0.60) 	Failure to maintain straight-hollow body throughout circle Failure to maintain hip or upper thigh contact on bar throughout circle	Up to 0.20 <i>Up to 0.20</i>
4. CAST, PUSH AWAY DISMOUNT (0.80) 	Incorrect body alignment Failure to keep shoulders slightly in front of bar until peak of cast	Up to 0.20 Up to 0.30

# TABLE OF PENALTIES - LEVEL 2 UNEVEN BARS

Bent arms/legs Each Up to 0.30  
Legs separated Up to 0.20

Refer to General Faults and Penalties for additional deductions.

ELEMENT	FAULT	DEDUCTION
1. MOUNT: BACK HIP PULLOVER (0.80) 	Failure to lift both legs simultaneously (1-foot take-off) Failure to finish in an extended front support <i>Supplementary support (resting chin on top of bar prior to lifting legs over LB)</i>	<u>0.30</u> Up to 0.10 <u>0.30</u>
2. CAST (0.60) 	Incorrect body alignment	Up to 0.20
3. BACK HIP CIRCLE (0.60) 	Failure to maintain straight-hollow body throughout circle Failure to maintain hip or upper thigh contact on bar throughout circle	Up to 0.20 Up to 0.20
4. CAST, STRADDLE ON, SOLE CIRCLE DISMOUNT (0.80) 	Placing feet between hands Alternate foot placement Lack of control in straddle on Failure to maintain straight-hollow body position Failure to maintain head in neutral position Failure to extend body in flight Insufficient distance Insufficient amplitude	<u>0.20</u> <u>0.20</u> Up to 0.10 Up to 0.20 Up to 0.10 Up to 0.20 Up to 0.10 Up to 0.20





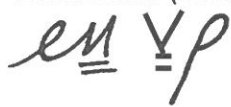
Examples of unusual circumstances regarding the dismount:

- Gymnast casts and pushes away to jump to the mat (performs Level 1 dismount) and does not repeat 1.60 (0.80 x 2 for substitution)
- Gymnast casts, straddles her legs but never makes contact with her feet on the bar, but continues with the underswing to land the dismount 0.40 (Incomplete element)
- Gymnast casts back and jumps to the mat with no attempt to straddle.  
Coach lifts the gymnast to the bar, assisting her in establishing a straddle stand; gymnast then completes the straddle sole circle dismount.  
Deduct: 0.50 for the Fall  
0.40 for Incomplete Element (no cast to straddle on)  
Do NOT deduct 0.50 for the coach lifting the gymnast to the bar.

# TABLE OF PENALTIES - LEVEL 3 UNEVEN BARS



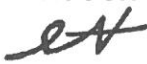




Bent arms/legs Each Up to 0.30  
Legs separated Up to 0.20

Refer to General Faults and Penalties for additional deductions.

ELEMENT	FAULT	DEDUCTION
1. MOUNT: BACK HIP PULLOVER (0.80) 	Failure to lift both legs simultaneously (1-foot take-off) Failure to finish in an extended front support <i>Supplementary support (resting chin on top of bar prior to lifting legs over LB)</i>	<u>0.30</u> Up to 0.10 <u>0.30</u>
2. CAST (0.60) 	Incorrect body alignment	Up to 0.20
3. BACK HIP CIRCLE (0.60) 	Failure to maintain straight-hollow body throughout circle Failure to maintain hip or upper thigh contact on bar throughout circle	Up to 0.20 Up to 0.20
4. SINGLE LEG CUT FORWARD (0.40)	Leg/foot contacting bar on cut Lack of control in re-grasp	Up to 0.20 Up to 0.10
5. FORWARD STRIDE CIRCLE (0.80) 	Failure to simultaneously change both hands to reverse grip Failure to show clear stride support at beginning and end of circle Failure to maintain reverse grip <i>(hands completely release bar instead of shifting wrists)</i> Hooking knee on the bar on the upswing to complete circle	<u>0.20</u> Each Up to 0.20 <u>0.30</u> <u>0.50</u>
6. SINGLE LEG CUT BACKWARD (0.40)	Failure to change hand grip prior to leg cut backward Failure to perform a "cutting" action <i>(considered substitution)</i>	<u>0.10</u> $0.40 \times 2 = 0.80$
7. CAST, SQUAT ON; PIKE SOLE CIRCLE DISMOUNT (0.80) 	Placing feet outside of hands Alternate foot placement Lack of control in squat on Failure to tuck (pikes on) Failure to maintain straight-hollow body position Failure to maintain head in neutral position Failure to extend body in flight Insufficient distance Insufficient amplitude	<u>0.20</u> <u>0.20</u> Up to 0.10 <u>0.20</u> Up to 0.20 Up to 0.10 Up to 0.20 Up to 0.10 Up to 0.20











# TABLE OF PENALTIES - LEVEL 4 UNEVEN BARS

Refer to General Faults and Penalties for additional deductions.

ELEMENT	FAULT	DEDUCTION
1. MOUNT: GLIDE AND RETURN, BACK HIP PULLOVER (0.40 EACH)  	<u>Glide swing:</u> Failure to take-off from both feet simultaneously Performs run-out glide Failure to lead with the feet in the forward glide swing (performs a long hang swing) Insufficient extension at end of glide swing Performs glide backswing with legs straddled Failure to close legs at end of straddle glide <u>Pullover:</u> Failure to maintain hand contact on bar between the glide swing and the pullover <i>Failure to contact mat with feet following glide backswing</i> Step, hop, or extra jump before the back hip pullover Failure to lift both legs simultaneously (1-foot take-off) <i>Supplementary support (chin resting on top of bar prior to lifting legs over LB)</i> Failure to finish in an extended front support	<u>0.10</u> <u>0.30</u> Up to 0.10  Up to 0.20 <u>0.20</u> <u>0.10</u>  <u>0.10</u> <u>0.20</u> Each <u>0.10</u> <u>0.30</u> <u>0.30</u> Up to 0.10
2. FRONT HIP CIRCLE, SMALL CAST (0.60)  	Failure to show straight-hollow body position into circle <i>Release of hands to grab legs during circle (changing element)</i> Failure to execute a small cast immediately after Front Hip Circle Lack of control in returning to the bar Failure to return to front support (performs immediate squat through)	Up to 0.10 <u>0.60</u> <u>0.30</u> Up to 0.10 <u>0.50</u>
3. CAST, SINGLE LEG SQUAT THROUGH (0.40)  	Leg/foot contacting bar on squat through Failure to show clear stride support at end of squat through	Up to 0.20 Up to 0.20
4. FORWARD STRIDE CIRCLE (0.60)  	<i>Failure to simultaneously change both hands to reverse grip</i> Failure to show clear stride support at beginning and end of circle <i>Failure to maintain reverse grip</i> (hands completely release bar instead of shifting wrists) Hooking knee on the bar on the upswing to complete circle	<u>0.20</u>  Each Up to 0.20 <u>0.30</u> <u>0.50</u>
5. SINGLE LEG CUT BACKWARD (0.40)	Failure to change hand grip prior to leg cut backward <i>Failure to perform a "cutting" action</i> (considered substitution)	<u>0.10</u> $0.40 \times 2 = 0.80$
6. CAST (0.40) (no angle requirement)  	Incorrect body alignment	Up to 0.20
7. BACK HIP CIRCLE (0.60)  	Failure to maintain straight-hollow body position throughout circle Failure to maintain hip or upper thigh contact on bar throughout circle	Up to 0.20  Up to 0.20
8. UNDERSWING DISMOUNT (0.80)  	Failure to maintain a straight-hollow body position throughout Hips contacting bar (no deduction for thighs touching bar) Insufficient extension of body in flight Insufficient flight	Up to 0.20 <u>0.20</u> Up to 0.20 Up to 0.20

# TABLE OF PENALTIES - LEVEL 5 UNEVEN BARS









Refer to General Faults and Penalties for additional deductions.

ELEMENT	FAULT	DEDUCTION
1. MOUNT: STRADDLE OR PIKE GLIDE KIP (0.80)	Failure to take off from both feet simultaneously	<u>0.10</u>
	Performs run-out glide	<u>0.30</u>
	Failure to lead with the feet in the forward glide swing (performs long hang swing)	Up to 0.10
	Insufficient extension at end of glide	Up to 0.20
	Failure to close legs at end of straddle glide	<u>0.10</u>
2. FRONT HIP CIRCLE (0.60)	Failure to show a straight-hollow body position into circle	Up to 0.10
	Release of hands to grab legs during circle (changing element)	<u>0.60</u>
3. CAST TO HORIZONTAL & RETURN TO FRONT SUPPORT (0.80)	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part)	Up to 0.30
	- 1° to 45° below horizontal	0.05 - 0.15
	- 46° or more below horizontal	0.20 - 0.30
	Incorrect body alignment (straight line from shoulders to feet with chest hollow)	Up to 0.20
	Lack of control in returning to bar	Up to 0.10
4. CAST, SQUAT/PIKE ON (0.40)	Alternate foot placement	<u>0.20</u>
	Insufficient backward swing of legs into cast (hip lift only)	<u>0.05</u>
	Performs a sole circle after the squat or pike on (Adds an element)	<u>0.30</u>
	Performs a straddle on instead of squat or pike on	<u>0.20</u>
5. JUMP TO LONG HANG KIP (0.80)	Failure to swing to near horizontal	Up to 0.20
		
6. CAST TO HORIZONTAL (0.80)	See # 3 - Cast to horizontal on low bar	
		
7. BACK HIP CIRCLE (0.60)	Failure to maintain a straight-hollow body position throughout circle	Up to 0.20
	Failure to maintain hip or upper thigh contact on bar throughout circle	Up to 0.20
8. UNDERSWING, FIRST COUNTERSWING (30°) (0.80)	<u>Underswing:</u>	
	Failure to maintain straight-hollow body position throughout	Up to 0.20
	Hips contacting bar (no deduction for thighs touching bar)	<u>0.20</u>
	<u>1st Counterswing:</u>	
	Hips not a minimum of 30° below the level of high bar	Up to 0.20
	Failure to show a straight line from hands to hips with chest in hollow position	Up to 0.20
	Failure to show a rounded hip angle with feet below hips	
	- hips extended in line with feet at horizontal	<u>0.20</u>
	- body arched (flair) with feet higher than hips	<u>0.30</u>
	Failure to maintain hollow body position until feet pass the LB in the downward-forward swing of the tap swing	Up to 0.20
9. TAP SWING FORWARD, SECOND COUNTERSWING (15°) (0.80)	<u>Tap swing forward:</u>	
	Failure to show slight arched position at bottom of swing	<u>0.10</u>
	Failure to attain straight-hollow body position on upswing	Up to 0.20
	Insufficient amplitude (feet not at HB height)	Up to 0.20
	<u>2nd Counterswing:</u>	
	Hips not a minimum of 15° below the level of high bar	Up to 0.20
	See First Counterswing for additional deductions	
10. TAP SWING FORWARD WITH 1/2 (180°) TURN DISMOUNT (0.80)	Failure to show slight arched position at bottom of swing	<u>0.10</u>
	Failure to attain straight-hollow position on upswing	Up to 0.20
	Beginning turn prior to 45° below level of HB	Up to 0.20
	Failure to complete 1/2 (180°) turn prior to re-contact	Up to 0.20
	Failure to re-contact the bar with the free hand as the 1/2 turn is completed	<u>0.30</u>



# TABLE OF PENALTIES - LEVEL 6 UNEVEN BARS

Refer to General Faults and Penalties for additional deductions.

ELEMENT	FAULT	DEDUCTION
1. MOUNT: STRADDLE OR PIKE GLIDE KIP (0.80)	Failure to take off both feet simultaneously	<u>0.10</u>
	Performs a run-out glide	<u>0.30</u>
	Failure to lead with the feet in the forward glide swing (performs long hang swing)	Up to 0.10
	Insufficient extension at end of glide	Up to 0.20
	Failure to close legs at end of straddle glide	<u>0.10</u>
2. CAST TO 30° ABOVE HORIZONTAL (0.80)	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part)	Up to 0.40
	1° to 29° above horizontal	0.05 - 0.25
	At horizontal	<u>0.30</u>
	Below horizontal	0.35 - 0.40
	Incorrect body alignment (straight line from shoulders to feet with chest hollow)	Up to 0.20
3. CLEAR HIP CIRCLE TO 30° ABOVE HORIZONTAL (0.80)	Excessive arch or pike on downswing or upswing	Each Up to 0.20
	Insufficient height and extension of upswing	Up to 0.40
	<i>Use amplitude of cast deductions from # 2</i>	
	Hips touching bar as upswing finishes (performs back hip circle)	<u>0.80</u>
	<i>(no deduction for thighs brushing bar on upswing)</i>	
	Lack of control into glide	Up to 0.10
4. STRADDLE OR PIKE GLIDE KIP (0.80)	Failure to lead with the feet in the forward glide swing (performs long hang swing)	Up to 0.10
	Insufficient extension at end of glide	Up to 0.20
	Failure to close legs at end of straddle glide	<u>0.10</u>
5. CAST, SQUAT/PIKE ON or BACK SOLE CIRCLE (0.40)	Insufficient backward swing of legs into cast (hip lift only)	<u>0.05</u>
	Alternate foot placement	<u>0.20</u>
	Performing more than one sole circle	Adds an element) <u>0.30</u>
	Performs a straddle on	<u>0.20</u>
6. JUMP TO LONG HANG KIP (0.80)	Failure to swing to near horizontal	Up to 0.20
		
7. CAST TO 30° ABOVE HORIZONTAL (0.80)	See # 2 Cast to 30° above horizontal on low bar	
		
8. LONG HANG PULLOVER (0.80)	Failure to show slight arched position on bottom of down swing	<u>0.10</u>
	Excessive piking of body	Up to 0.20
	Failure to maintain overgrip (hands completely release bar)	<u>0.30</u>
	Performing a backward giant circle prior to pulling hips toward bar	<u>1.00</u>

9. **UNDERSWING,**  
**1<sup>st</sup> COUNTERSWING (15°)**  
**(0.80)**

*P*

**Underswing:**

Failure to contact the bar with the mid-to-lower thighs  
between the completion of the long hang pullover      0.20  
& the initiation of the underswing  
Failure to maintain straight-hollow body position      Up to 0.20  
Hips contacting bar (no deduction for thighs touching bar)      0.20

**1<sup>st</sup> Counterswing:**

Hips not at a minimum of 15° below the level of high bar      Up to 0.20  
*Failure to show a straight line from hands to hips*  
*with chest in hollow position*      Up to 0.20  
*Failure to show rounded hip angle with feet below hips*  
- hips extended in line with feet at horizontal      0.20  
- body arched (flair) with feet higher than hips      0.30  
*Failure to maintain hollow body position until feet pass the LB*  
*in the downward-forward swing of the tap swing*      Up to 0.20

10. **TAP SWING FORWARD**  
**2<sup>nd</sup> COUNTERSWING**  
**(Horizontal) (0.80)**

*U*

**Tap swing forward:**

Failure to show slight arched position at bottom of swing      0.10  
Failure to attain straight-hollow body position on upswing      Up to 0.20  
Insufficient amplitude (feet not at HB height)      Up to 0.20

**2<sup>nd</sup> Counterswing:**

Hips not level with the high bar (at horizontal)      Up to 0.20  
*See First Counterswing for additional deductions*

11. **TAP SWING FORWARD TO**  
**FLYAWAY DISMOUNT**  
**(TUCK, PIKE OR STRETCHED)**  
**(0.80)**

*never*

Failure to show slight arched position at bottom of swing      0.10  
Failure to attain straight-hollow position on upswing      Up to 0.20  
Insufficient rise of salto      Up to 0.40  
- At high bar level or above      No deduction  
- 1° to 45° below the level of the high bar      Up to 0.20  
- Greater than 45° below the level of the high bar      0.25 - 0.40

**TUCK FLYAWAY:**

Insufficient bend of hips and legs (Minimum of 135°)      Each Up to 0.20  
Insufficient stretch prior to landing      Up to 0.20

**PIKE FLYAWAY:**

Insufficient pike of hips (Minimum of 135°)      Up to 0.20  
Insufficient stretch prior to landing      Up to 0.20

**STRETCHED FLYAWAY:**

Failure to maintain straight-hollow position throughout      Up to 0.20








# TABLE OF PENALTIES - LEVEL 1 BALANCE BEAM

Value: 10.0

Time Limit: 30 seconds

Warning: 20 seconds






ELEMENT	FAULT	DEDUCTION
1. MOUNT: JUMP TO FRONT SUPPORT (0.20) 	Failure to extend body in front support Lack of continuity in ¼ (90°) turn	Up to 0.10 Up to 0.10
2. TUCK-SIT (0.20) 	Poor body position	Up to 0.20
3. CANDLESTICK (0.60) 	Failure to show straight-hollow body position with hip angle straight Pushing off beam with hands to arrive in tuck stand	Up to 0.20 <u>0.30</u>
4. ARABESQUE (30°) (0.40)	Failure to lift free leg a minimum of 30°	Up to 0.20
5. COUPÉ WALKS (0.40)	Incorrect weight transfer Failure to maintain straight body alignment throughout	Each Up to 0.10 Up to 0.20
6. RELEVÉ WALKS FORWARD (0.40)	See General Faults and penalties.	
7. STRETCH JUMP (0.40) 	Failure to maintain straight body alignment Failure to land on both feet simultaneously	Up to 0.20 <u>0.10</u>
8. STRETCH JUMP DISMOUNT (0.60) 	Insufficient height Failure to maintain straight body alignment	Up to 0.20 Up to 0.20

# TABLE OF PENALTIES - LEVEL 2 BALANCE BEAM

Value: 10.0

Time Limit: 30 seconds

Warning: 20 seconds







ELEMENT	FAULT	DEDUCTION
1. MOUNT: JUMP TO FRONT SUPPORT (0.20) 	Failure to extend body in front support Lack of continuity in ¼ (90°) turn	Up to 0.10 Up to 0.10
2. V-SIT (0.20) 	Poor body position Lack of amplitude of legs	Up to 0.20 Up to 0.10
3. FORWARD ROLL (0.80) 	Failure to straighten legs to show pike Pushing off beam with hands to arrive in tuck stand Lack of continuity	Up to 0.30 <u>0.30</u> Up to 0.10
4. ARABESQUE (30°) (0.40)	Failure to lift free leg a minimum of 30° Failure to hold 1 second	Up to 0.20 Up to 0.10
5. LEG SWINGS (0.40)	Failure to swing leg to horizontal Failure to maintain squared hips Failure to maintain straight body alignment	Each Up to 0.10 Each Up to 0.20 Up to 0.20
6. RELEVÉ BALANCE (0.20)	Failure to hold two seconds	Up to 0.20
7. TUCK JUMP (0.40) 	Insufficient hip/knee closure (minimum of 90° bend) Each angle Insufficient extension (open) of tuck before landing	Up to 0.10 Up to 0.10
8. TUCK JUMP DISMOUNT (0.60) 	Insufficient height Insufficient hip/knee closure (minimum of 90° bend) Each angle Failure to maintain vertical alignment with upper body Insufficient extension (open) of tuck before landing	Up to 0.20 Up to 0.10 Up to 0.20 Up to 0.10

# TABLE OF PENALTIES - LEVEL 3 BALANCE BEAM

Value: 10.0

Time Limit: 30 seconds

Warning: 20 seconds

ELEMENT	FAULT	DEDUCTION
1. MOUNT: JUMP TO FRONT SUPPORT (0.20)	Failure to extend body in front support Lack of continuity in $\frac{1}{4}$ (90°) turn	Up to 0.10 Up to 0.10
		
2. V-SIT (0.20); SWING TO PUSH-UP POSITION (0.60)	Poor body position Lack of amplitude of legs on swing Failure to show push-up position	Up to 0.20 Up to 0.10 <u>0.20</u>
		
3. ARABESQUE (30°) (0.40)	Failure to lift free leg a minimum of 30° Failure to hold 1 second	Up to 0.20 Up to 0.10
4. PARTIAL CROSS HANDSTAND (0.80)	Incorrect (staggered) hand placement Failure to close (join) legs on kick-up	<u>0.10</u> <u>0.10</u>
		
5. RUNNING STEPS (0.40)	See General faults and penalties	
6. $\frac{1}{2}$ (180°) PIVOT TURN (0.20)	Lack of sharpness in pivot turn	Up to 0.10
		
7. SPLIT JUMP (30°) (0.40)	Insufficient leg separation (less than 30°) Failure to land with feet/legs close	Up to 0.20 Up to 0.10
		
8. CARTWHEEL TO SIDE HANDSTAND DISMOUNT (0.60)	Incorrect (simultaneous) hand placement Failure to attain vertical Failure to maintain straight body position throughout dismount	<u>0.10</u> Up to 0.30 Up to 0.20
		



# TABLE OF PENALTIES - LEVEL 4 BALANCE BEAM

Time Limit: 0:55

Warning: 0:45

ELEMENT	FAULT	DEDUCTION
1. MOUNT: LEG SWING WITH 1/2 (180°) TURN (0.20)	Lack of continuity in 1/2 (180°) turn to straddle sit	Up to 0.10
2. V-SIT (0.20), SWING TO TUCK STAND (0.40)	Early bending of legs into tuck stand (below beam level)	Up to 0.20
3. 1/2 (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP) (0.40)	Failure to lower heel at completion of turn	<u>0.05</u>
4. STRAIGHT LEG LEAP (60°) (0.60)	Bending lead (front) leg on take-off Insufficient leg separation (less than 60°) Failure to pause in low arabesque position on landing	Up to 0.10 Up to 0.20 <u>0.05</u>
6. 3/4 CROSS HANDSTAND (0.60)	Incorrect (staggered) hand placement Failure to achieve 3/4 Handstand position Failure to close (join) legs	<u>0.10</u> Up to 0.30 <u>0.10</u>
8. 1/2 (180°) TURN IN FORWARD COUPÉ (0.40)	See General Faults and penalties.	
10. STRETCH JUMP (0.40); TUCK JUMP (0.40)	<u>Stretch jump:</u> See general faults and penalties <u>Tuck jump:</u> Insufficient hip/knee closure (minimum of 90° bend) Insufficient extension (open) before landing	Each angle Up to 0.10 Up to 0.10
12. ARABESQUE (45°)-SCALE (ATH HORIZONTAL) (0.40)	Failure to lift free leg a minimum of 45° in arabesque Failure to hold arabesque 1 second Failure to lift free leg to horizontal or above in scale Failure to hold scale 2 seconds	Up to 0.20 Up to 0.10 Up to 0.20 Up to 0.20
13. 180° PIVOT TURN (0.20)	Lack of sharpness in pivot turn	Up to 0.10
*15. CARTWHEEL TO SIDE HANDSTAND, 1/4 (90°) TURN DISMOUNT (0.60)	Incorrect (simultaneous) hand placement Failure to attain vertical Failure to hold 1 second 1/4 (90°) turn incomplete or overturned Failure to maintain straight body position throughout dismount	<u>0.10</u> Up to 0.30 Up to 0.10 Up to 0.10 Up to 0.20

Failure to complete dismount (these deductions do not include body position faults):

When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed.

EXAMPLE: Attempts dismount, does not attain vertical, then falls:










Deduct Up to 0.30 (failure to attain vertical) +  
0.10 (not held one second) +  
0.10 (incomplete 90° turn)  
= 0.50 for incomplete element + 0.50 (Fall) for a total of 1.00

If the coach aids the gymnast in the completion of the element by pushing her over from the handstand position, deduct 0.50 for the spot, plus the value of the element (0.60)

# TABLE OF PENALTIES - LEVEL 5 BALANCE BEAM

Time Limit: 1:10

Warning: 1:00

ELEMENT	FAULT	DEDUCTION
*1. MOUNT: LEG SWING WITH ½ (180°) (0.20)	Lack of continuity in ½ (180°) turn to straddle sit Pushing off beam with hands to arrive in tuck stand	Up to 0.10 <u>0.30</u>
3. ½ (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP) (0.40) 	Failure to lower heel at completion of turn	<u>0.05</u>
4. STRAIGHT LEG LEAP (90°) (0.60) 	Bending lead (front) leg on take-off Insufficient leg separation (less than 90°) Failure to pause in low arabesque position on landing	Up to 0.10 Up to 0.20 <u>0.05</u>
6. WEIGHT TRANSFER (0.20)	Failure to show "rocking" action through use of plié	Each time Up to 0.10
*7. CROSS HANDSTAND (0.60) 	Incorrect (staggered) hand placement Failure to attain vertical Failure to close (join) legs Failure to hold 1 second	<u>0.10</u> Up to 0.30 <u>0.10</u> Up to 0.10
9. 1/2 (180°) PIVOT TURNS (L & R) (0.40) 	Lack of sharpness in pivot turns	Each Up to 0.10
11. 1/2 (180°) TURN IN FORWARD COUPÉ (0.40) 	See General faults and penalties	
*12. CARTWHEEL ¼ (90°) TURN INWARD (0.60) 	Incorrect (simultaneous) hand placement Failure to pass through vertical	<u>0.10</u> Up to 0.30
14. STRETCH JUMP (0.40); SPLIT JUMP (90°) (0.40) 	<u>Stretch jump:</u> See general faults and penalties <u>Split jump:</u> Insufficient leg separation (less than 90°) Failure to land with legs/feet close	Up to 0.20 Up to 0.10
16. ARABESQUE (>45°)-SCALE (above horizontal) (0.40) 	Failure to lift free leg above 45° in arabesque Failure to hold arabesque 1 second Failure to lift free leg above horizontal in scale Failure to hold scale 2 seconds	Up to 0.20 Up to 0.10 Up to 0.20 Up to 0.20
*19. CARTWHEEL TO SIDE HANDSTAND, ¼ (90°) TURN DISMOUNT (0.60) 	Incorrect (simultaneous) hand placement Failure to attain vertical Failure to hold 2 seconds ¼ (90°) turn incomplete or overturned Failure to maintain straight body position throughout	<u>0.10</u> Up to 0.30 Up to 0.20 Up to 0.10 Up to 0.20

Failure to complete dismount (these deductions do not include body position faults):

When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed.

EXAMPLE: Attempts dismount, does not attain vertical, then falls:

Deduct: 0.30 (failure to attain vertical) +

0.20 (not held two seconds) +

0.10 (incomplete 90° turn) = 0.60 for incomplete element + 0.50 (Fall) for a total of 1.10


If the coach aids the gymnast in the completion of the element by pushing her over from the handstand position, deduct 0.50 for the spot, plus the value of the element (0.60)


# TABLE OF PENALTIES - LEVEL 6 BALANCE BEAM

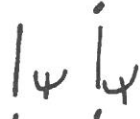
Time Limit: 1:15

Warning: 1:05

ELEMENT	FAULT	DEDUCTION
1. MOUNT: SCISSOR LEG SWING WITH ½ (180°) TURN (0.20)	Lack of continuity in ½ (180°) turn to straddle sit Pushing off beam with hands to arrive in tuck stand	Up to 0.10 <u>0.30</u>
3. COUPÉ, SIDE DÉVELOPPÉ, ROND DE JAMBE (0.40)	<u>Side développé</u> Failure to lift free leg sideward to a minimum of 45° below horizontal <u>Rond de Jambe</u> Failure to lift free leg in front to a minimum of horizontal Failure to hold the forward leg balance for 1 second	Up to 0.10 Up to 0.10 Up to 0.10
4. 1/2 (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP) (0.40)	Failure to lower heel at completion of turn	<u>0.05</u>
5. STRAIGHT LEG LEAP (120°) (0.60)	Bending lead (front) leg on take-off Insufficient leg separation (less than 120°) Failure to pause in low arabesque position on landing	Up to 0.10 Up to 0.20 <u>0.05</u>
7. WEIGHT TRANSFER (0.20)	Failure to show "rocking" action through use of plié	Each time Up to 0.10
*8. BACK WALKOVER (150° SPLIT) OR BACK ROLL TO 3/4 HANDSTAND (0.60)	<u>Back Walkover:</u> Failure to show continuous leg lift into the walkover (leg drops or lifts after the arching backward has begun) Incorrect (staggered or alternate) hand placement Insufficient leg separation (less than 150°) <u>Back Roll to a minimum of ¾ handstand:</u> Failure to attain minimum of ¾ handstand Performing a backward roll step-out (head stays in contact with beam)	Up to 0.10 0.10 Up to 0.20 Up to 0.20 <u>0.60</u>
10. 1/2 (180°) PIVOT TURNS (L&R) (0.40)	Lack of sharpness in pivot turns	Each Up to 0.10
12. 1/1 (360°) TURN IN FORWARD PASSÉ (0.40)	See General faults and penalties	
14. TUCK JUMP (0.40), SPLIT JUMP (120°) (0.40)	<u>Tuck Jump:</u> Insufficient hip/knee closure (minimum of 90° bend is required) Insufficient extension (open) before landing <u>Split Jump:</u> Insufficient leg separation (less than 120°) Failure to land with legs/feet close	Each angle Up to 0.10 Up to 0.10 Up to 0.20 Up to 0.10

16. ARABESQUE (>45°), SCALE (45° above horizontal) (0.40)		Failure to lift free leg above 45° in arabesque	Up to 0.20
		Failure to hold arabesque 1 second	Up to 0.10
		Failure to lift free leg to 45° above horizontal in scale	Up to 0.20
		Failure to hold scale 2 seconds	Up to 0.20

17. ½ (180°) PIVOT LUNGE TURN (0.20)		Lack of sharpness in pivot turn	Up to 0.10
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*18. CROSS HANDSTAND, ¼ TURN TO SIDE HANDSTAND, *¼ TURN DISMOUNT (0.80)		Incorrect (staggered) hand placement in cross handstand	0.10
		Failure to attain vertical	Each HS - Up to 0.30
		Failure to hold cross handstand 1 second	Up to 0.10
		¼ (90°) turn to side handstand incomplete	Up to 0.10
		Failure to hold side handstand 2 seconds	Up to 0.20
		¼ (90°) turn off incomplete or overturned	Up to 0.10
		Failure to maintain straight body position	Up to 0.20

**Failure to complete dismount** (these deductions do not include body position faults):

When the gymnast attempts, but fails to complete the dismount, apply the specific deductions as listed for those phases not performed.

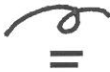





**EXAMPLE:** Attains first vertical, no hold, then falls:

Deduct: 0.10 (lack of hold-Cross Handstand) +  
0.10 (Incomplete 90° turn to side handstand)  
0.30 (no vertical on Side Handstand) +  
0.20 (lack of hold-Side Handstand) +  
0.10 (incomplete 90° turn off)  
= 0.80 (incomplete element)+ 0.50 (Fall) for a total of 1.30

*If the coach aids the gymnast in the completion of the element by pushing her over from the handstand position, deduct 0.50 for the spot, plus the value of the element (0.80)*

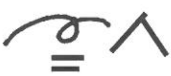









# TABLE OF PENALTIES - LEVEL 1 FLOOR EXERCISE









ELEMENT	FAULT	DEDUCTION
1. FORWARD ROLL TUCKED (0.40) 	Pushing off floor with hands to arrive in tuck stand	<u>0.30</u>
2. BACKWARD ROLL TUCKED (0.40) 	Hands placed on floor during squat phase prior to rolling backward	<u>0.30</u>
3. CARTWHEEL (0.60) 	Incorrect (simultaneous) hand placement Failure to pass through vertical	<u>0.10</u> Up to 0.30
4. CANDLESTICK (0.40) 	Failure to maintain tuck position as buttocks touch floor Failure to show straight-hollow body position with hip angle straight	Up to 0.20 Up to 0.20
5. CRAB STAND (0.60) 	Failure to hold crab stand 1 second Arms bent in crab stand position Insufficient opening of hips (not parallel to floor)	Up to 0.10 Up to 0.30 Up to 0.20
7. LEG SWINGS (0.40 each)	Failure to swing leg to horizontal Failure to maintain squared hips Failure to maintain straight body alignment	Each Up to 0.10 Each Up to 0.20 Up to 0.20
8. COUPÉ WALKS FORWARD (0.20 each)	See General faults and penalties	
9. TUCK JUMP (0.40) 	Insufficient hip/knee closure (minimum of 90°) Insufficeint extension (open) before landing	Each angle Up to 0.10 Up to 0.10






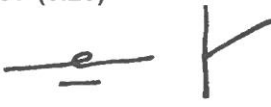




# TABLE OF PENALTIES - LEVEL 2 FLOOR EXERCISE

ELEMENT	FAULT	DEDUCTION
1. FORWARD ROLL TO STRADDLE STAND (0.40) 	Pushing off floor with hands to arrive in tuck stand	<u>0.30</u>
2. HEADSTAND TO KNEEL (0.40); HINGE (0.40) 	Failure to hold headstand 2 seconds <i>Failure to keep hips and torso extended on hinge</i>	Up to 0.20 Up to 0.20
3. CARTWHEEL, 1/4 (90°) TURN INWARD (0.60) 	Incorrect (simultaneous) hand placement Failure to pass through vertical	<u>0.10</u> Up to 0.30
4. BACKWARD ROLL TO PIKE STAND (0.40) 	Hands placed on floor during squat phase prior to rolling backward	<u>0.30</u>
5. HANDSTAND (0.60) 	Failure to maintain tuck position as buttocks touch floor Failure to show straight-hollow body position with hip angle straight	Up to 0.20 Up to 0.20
6. FRONT LEG BALANCE (0.20)	Failure to hold balance 1 second	Up to 0.10
7. SPLIT JUMP (30°) (0.40)  II	Insufficient leg separation (less than 90°) Failure to land with legs/feet close	Up to 0.20 Up to 0.10
8. 1/2 (180°) PIVOT TURN (0.20) 	Lack of sharpness in pivot turn	Up to 0.10
9. FORWARD CHASSÉ (0.40) 	Failure to pass through 4 <sup>th</sup> position demi-plié into chassé Failure to join legs together in air Failure to maintain good body alignment	Up to 0.10 Up to 0.20 Up to 0.20




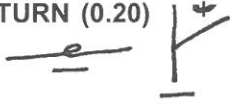
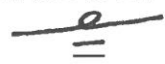





# TABLE OF PENALTIES - LEVEL 3 FLOOR EXERCISE

ELEMENT	FAULT	DEDUCTION
1. HANDSTAND FORWARD ROLL (0.60) 	Failure to attain vertical Failure to close (join) legs Failure to hold handstand for 1 sec. Pushing off floor with hands to arrive in tuck stand	Up to 0.30 <u>0.10</u> Up to 0.10 <u>0.30</u>
2. ROUND-OFF (0.60) 	Failure to pass through vertical Failure to land on feet simultaneously	Up to 0.30 <u>0.10</u>
3. BACKWARD ROLL WITH STRAIGHT ARMS TO PIKE STAND (0.40) 	Hands placed on floor during squat phase prior to rolling backward	<u>0.30</u>
4. BRIDGE, KICK-OVER 	Failure to push shoulders behind hands in <i>bridging</i> phase Extra kicks to establish inverted vertical position on kick-over	Up to 0.20 Each 0.30
5. FRONT LEG BALANCE (0.20)	Failure to hold balance 2 seconds	Up to 0.20
6. FORWARD CHASSÉ (0.40) 	Failure to pass through 4 <sup>th</sup> position demi-plié Failure to join legs together in the air Failure to maintain good body alignment	Up to 0.10 Up to 0.20 Up to 0.20
7. STRAIGHT LEG LEAP (60°) (0.60) 	Bending the lead (front) leg on take-off Insufficient leg separation (less than 60°)	Up to 0.10 Up to 0.20
8. ½ (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP) (0.20) 	See General faults and penalties	
9. STRETCH JUMP (0.40); TUCK JUMP (0.40) 	<u>Stretch jump:</u> See General faults and penalties <u>Tuck jump:</u> Insufficient hip/knee closure (minimum of 90°) Insufficient extension (open) before landing	Each angle Up to 0.10 Up to 0.10









# TABLE OF PENALTIES - LEVEL 4 FLOOR EXERCISE

ELEMENT	FAULT	DEDUCTION
3. STRETCH JUMP (0.40), SPLIT JUMP (90°) (0.40)	<u>Stretch jump:</u> See General faults and penalties <u>Split jump:</u> Failure to land with legs/feet close Insufficient leg separation (less than 90°)	Up to 0.10 Up to 0.20
		
*4. HANDSTAND FORWARD ROLL WITH STRAIGHT ARMS (0.60)	Failure to attain vertical Failure to close (join) legs Failure to hold handstand for 1 second Pushing off floor with hands to arrive in tuck stand	Up to 0.30 <u>0.10</u> Up to 0.10 <u>0.30</u>
		
*7. HANDSTAND TO BRIDGE, BACK KICK-OVER (0.60)	Failure to maintain arms next to ears & focus on hands Failure to close (join) legs Failure to push shoulders behind hands in bridging phase Failure to land with feet simultaneously Insufficient leg separation on back kick-over (less than 120°)	Up to 0.10 <u>0.10</u> Up to 0.20 <u>0.10</u> Up to 0.20
		
8. STRAIGHT LEG LEAP (90°) (0.60); LEG SWING WITH HOP (0.20)	<u>Straight leg leap:</u> Bending the lead (front) leg on take-off Insufficient leg separation (less than 90°) <u>Leg swing with hop:</u> Failure to swing leg forward to a minimum of horizontal	Up to 0.10 Up to 0.20 Up to 0.10
		
10. FORWARD SPLIT (0.20)	Failure to achieve 180° split position (legs flat on floor)	Up to 0.20
		
13. WEIGHT TRANSFER (0.20)	Failure to show "rocking" action through use of plié	Up to 0.10
14. BACKWARD ROLL TO PUSH-UP POSITION (0.60)	Hands placed on floor during squat phase prior to rolling backward Failure to show push-up position <i>Performs a back roll to handstand (within 20° of vertical)</i>	<u>0.30</u> <u>0.20</u> <u>0.60</u>
		
15. 1/2 (180°) TURN IN FORWARD COUPÉ (0.40)	See General faults and penalties	
		
*16. ROUND-OFF (0.40), FLIC-FLAC TO TWO FEET (0.60), REBOUND	Lack of acceleration in the series <u>Round-off:</u> Failure to pass through vertical Failure to land on feet simultaneously <u>Flic-flac to two feet, rebound:</u> Deep squat into flic-flac Failure to land on feet simultaneously Failure to rebound immediately Failure to pause in a controlled "stick"	Up to 0.20 Up to 0.30 <u>0.10</u> Up to 0.20 <u>0.10</u> <u>0.10</u> <u>0.05</u>
		

# TABLE OF PENALTIES - LEVEL 5 FLOOR EXERCISE

ELEMENT	FAULT	DEDUCTION
1. STRADDLE JUMP (120°) (0.40) 	Insufficient leg separation (less than 120°) Failure to land with feet together	Up to 0.20 <u>0.10</u>
6. DIVE FORWARD ROLL (0.60) 	Failure to maintain straight-hollow position throughout Failure to show flight (dive) prior to hand contact Pushing off floor with hands to arrive in tuck stand	Up to 0.20 Up to 0.20 <u>0.30</u>
8. FRONT HANDSPRING TO TWO FEET, REBOUND (0.60) 	Failure to maintain arms next to ears & focus on hands throughout Flight prior to hand contact (dive) Incorrect (alternate) hand placement Insufficient repulsion (quickness off hands) Total lack of repulsion (Front Limber-change of element) Failure to land with feet simultaneously Failure to rebound immediately	Up to 0.10 Up to 0.20 <u>0.10</u> Up to 0.20 <u>0.60</u> <u>0.10</u> <u>0.10</u>
11. STRAIGHT LEG LEAP (120°) (0.60); LEG SWING WITH HOP 1/4 TURN (0.20) 	<u>Straight leg leap:</u> Bending the lead (front) leg on take-off Insufficient leg separation (less than 120°)  <u>Leg swing with hop 1/4 (90°) turn:</u> Failure to swing leg forward to a minimum of horizontal	Up to 0.10 Up to 0.20  Up to 0.10
13. FORWARD SPLIT (0.20) 	Failure to achieve 180° split position (legs flat on floor)	Up to 0.20
16. WEIGHT TRANSFER (0.20)	Failure to show "rocking" action through use of plié	Each Up to 0.10
18. BACKWARD ROLL TO HANDSTAND WITH STRAIGHT ARMS (0.60) 	Hands placed on floor during squat phase prior to rolling backward Incorrect hand placement Failure to pass through vertical Performs a backward roll step-out (change of element)	<u>0.30</u> <u>0.10</u> Up to 0.30 <u>0.60</u>
20. 1/1 (360°) TURN IN FORWARD COUPÉ (0.40) 	See General faults and penalties	
21. HITCHKICK (0.40) 	Insufficient height of each leg kick (as specified in text)	Each Up to 0.10
23. BACK WALKOVER (150°) (0.60) 	Failure to show continuous leg lift into walkover (leg drops or lifts after the arching backward has begun) Incorrect (staggered or alternate) hand placement Insufficient leg separation (less than 150°)	Up to 0.10 <u>0.10</u> Up to 0.20
24. ROUND-OFF (0.40), FLIC-FLAC, FLIC-FLAC REBOUND (0.60 EACH) 	Lack of acceleration in the series <u>Round-off:</u> Failure to pass through vertical Failure to land with feet simultaneously <u>Flic-flac, flic-flac, rebound:</u> Deep squat into flic-flac Failure to land with feet simultaneously Failure to immediately rebound Failure to pause in "controlled stick"	Up to 0.20 Up to 0.30 <u>0.10</u>  Each Up to 0.20 Each <u>0.10</u> <u>0.10</u> <u>0.05</u>

# TABLE OF PENALTIES - LEVEL 6 FLOOR EXERCISE

ELEMENT	FAULT	DEDUCTION
4. STRADDLE JUMP (150°) (0.40); STRETCH JUMP WITH ½ (180°) TURN (0.40)	<u>Straddle jump:</u> Insufficient leg separation (less than 150°) Failure to land with feet together <u>Stretch jump with 1/2 (180°) turn:</u> See General faults and penalties	Up to 0.20 <u>0.10</u>
		
*5. FLIC-FLAC STEP OUT (0.60)	Failure to step-out (legs together throughout-performs flic-flac to two feet)	<u>0.20</u>
		
7. FORWARD SALTO TUCKED (0.80)	See General faults and penalties Failure to perform salto in designated body position (performs pike or layout)	Up to 0.80
		
*9. FRONTHANDSPRING STEP-OUT (0.60), FRONTHANDSPRING TO TWO FEET, REBOUND (0.60)	Lack of acceleration in series <u>Applies to both Front handsprings:</u> Failure to maintain arms next to ears & focus on hands Flight prior to hand contact (dive) Incorrect (alternate) hand placement Insufficient repulsion (quickness off hands) Total lack of repulsion (Front Walkover/Limber-change of element) <u>Front handspring step-out:</u> Failure to step out (Legs together throughout) Joining legs prior to step-out <u>Front handspring to two feet, rebound:</u> Failure to land with feet simultaneously Failure to immediately rebound	Up to 0.20  Up to 0.10 Up to 0.20 <u>0.10</u> Up to 0.20 <u>0.60</u>  Up to 0.20 <u>0.10</u>  Up to 0.10 <u>0.10</u>
		
12. STRAIGHT LEG LEAP (150°) (0.60); SIDE LEAP (150°) (0.60)	<u>Straight leg leap:</u> Bending the lead (front) leg on take-off Insufficient leg separation (less than 150°) <u>Side leap:</u> Bending the lead leg (front) leg on take-off Insufficient leg separation (less than 150°)	Up to 0.10 Up to 0.20  Up to 0.10 Up to 0.20
		
14. FORWARD SPLIT (0.20)	Failure to achieve 180° split position (legs flat on floor)	Up to 0.20
		
17. WEIGHT TRANSFER (0.20)	Failure to show "rocking" action through use of plié	Each Up to 0.10
*19. STRAIGHT-ARMBACKWARD ROLL TO HANDSTAND (0.60)	Hands placed on floor during squat phase prior to rolling backward Incorrect hand placement Failure to pass through vertical Performs a backward roll step-out (change of element)	<u>0.30</u>  <u>0.10</u> Up to 0.30 <u>0.60</u>
		
21. 1/1 (360°) TURN IN FORWARD PASSÉ (0.40)	See General faults & penalties	
		

22. HITCHKICK (0.40)



Insufficient height of each leg kick  
(as specified in text)

Each Up to 0.10

24. BACKWALKOVER (180°)  
(0.60)



Failure to show continuous leg lift into walkover (leg drops  
or lifts after the backward arching has begun)  
Incorrect (staggered or alternate) hand placement  
Insufficient leg separation (less than 180°)

Up to 0.10

0.10

Up to 0.20

\*25. ROUND-OFF (0.40),  
FLIC-FLAC (0.60),  
BACKWARD SALTO  
TUCKED (0.80)



Lack of acceleration in the series

Up to 0.20

Round-off:

Failure to pass through vertical

Up to 0.30

Failure to land on feet simultaneously

0.10

Flic-flac:

Deep squat into flic-flac

Up to 0.20

Failure to land on feet simultaneously

0.10

Backward salto tucked:

Failure to perform salto in designated body position  
(performs pike or layout)

Up to 0.80

Failure to extend/open prior to landing

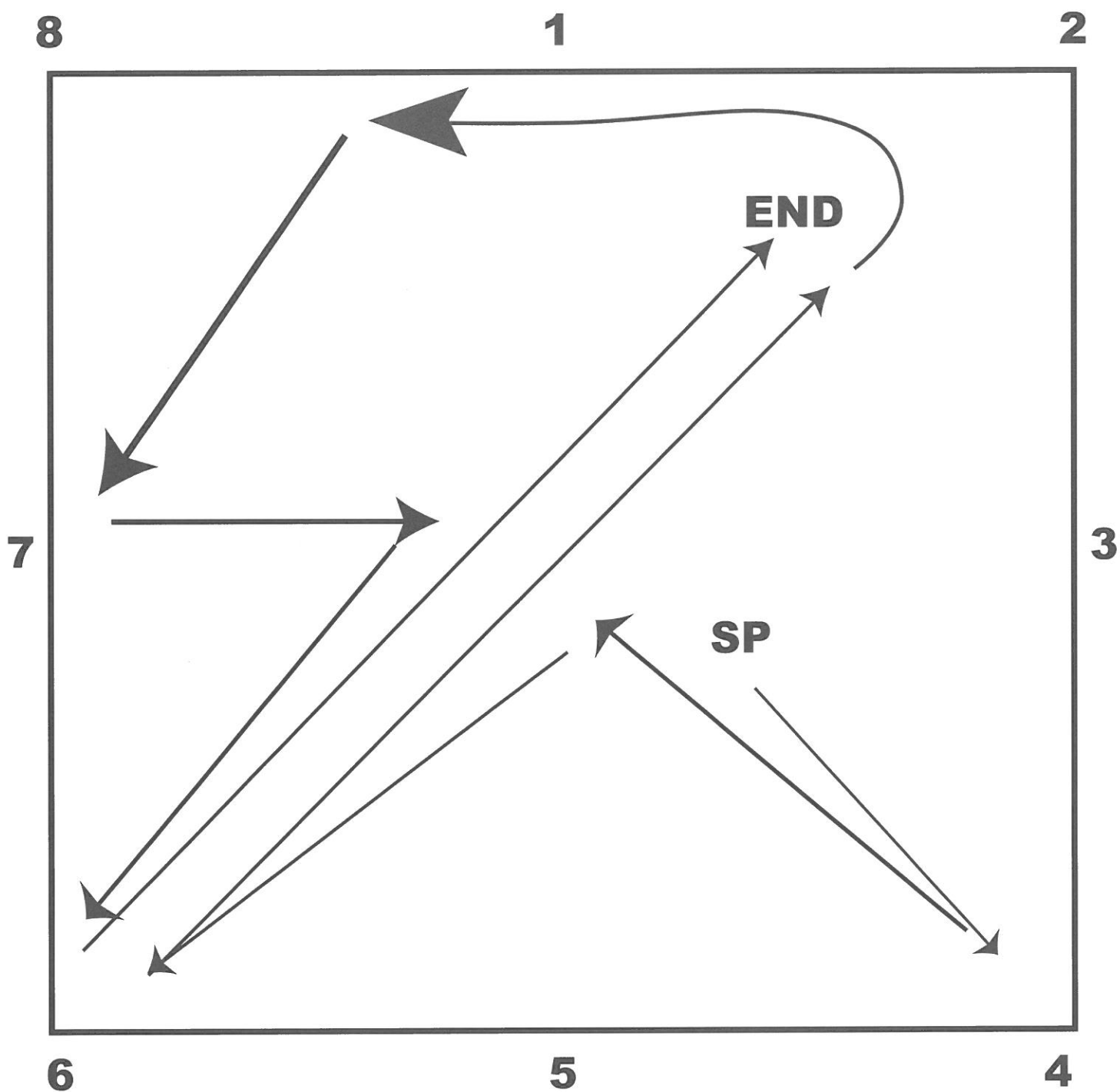
Up to 0.20

Failure to pause in "controlled stick"

0.05







**Left Floor Pattern**



# GLOSSARY

**Arabesque** (ah-ra-BESK) - basic standing on one foot. The free leg is turned outward and held in the rear a minimum of a 30° angle to the support leg.

**Arch** - stretching and/or bending in the upper and/or lower back.

## Arm Positions for Leaps -

1. From low position, lift one arm forward-upward to front middle. Simultaneously lift the other arm sideward-upward to side-middle (opposition to the legs), keeping shoulders pressed down.

2. From low position, lift both arms to forward-middle; then open to side-middle, keeping both shoulders pressed down.

3. From low position, lift both arms sideward-upward to side-middle keeping shoulders pressed down.

**Assemblé** (ah-som-BLAY) - jump, taking off from one foot, swing the free leg forward and bring the feet together in the air. Land on both feet in demi-plié.

**Basic Stand** - stand with the legs together and extended, torso erect, head neutral.

**Cast** - a swing movement on the bars that finishes in a clear support on the hands only.

**Candlestick** - a balance position high on the shoulders, with the hip angle open and body extended.

**Chassé** (shah-say) - step and push off from one foot, closing the free foot in the air behind or next to the take-off foot. Land on the opposite foot, demi-plié.

**Clear** - movements in which only the hands (not the body) are in contact with the apparatus.

**Clear Stride Support** - on Uneven Bars - one leg on each side of bar (one leg forward, one leg backward). Hands support the body so that it remains off of the bar.

**Contraction** - Forward - retract the abdominal wall backward.

**Counterswing** - a backward swing on the bars.

**Coupé** (coo-pay) - a term describing the position of the leg. The leg is bent with the toe pointed on or behind the ankle, depending on the position of the support leg (parallel or turned out).

**Demi-plié** - slight flexion of the knees, performed in all five positions of feet (used in preparation for jumps, turns, and landings.)

**Développé** - (deayv-loh-PAY) a movement of the leg whereby the leg initially bends with the toe touching the inside of the ankle of the support leg. The leg then straightens to an extended finished position, lifted off the floor.

**Dismount** - the final skill of a gymnastics routine.

**Dynamic** - (Quality) applying a high level of effort in order to move with strength and speed.

## Feet Positions:

**1<sup>st</sup> position** - a position of the feet whereby the heels are touching, with the toes turned out to point away from the body.

**2<sup>nd</sup> position** - a position of the feet whereby the feet are placed side by side approximately shoulder-width apart, with the toes turned out away from the body.

**4<sup>th</sup> position** - position of the feet whereby the feet are placed one in front of the other, approximately 1-1½ feet apart with the toes turned out away from the body. The heel of the front foot is placed directly in front of the big toe of the back foot.

**5<sup>th</sup> Position** - a position of the feet whereby the feet are placed one in front of the other, with the toes turned out away from the body. The heel of the front foot is placed directly in front of the big toe of the back foot.

**5<sup>th</sup> Position relevé** - a position of the feet whereby one stands high on the toes with the heel of the front foot pressed against the front of the back foot.

**Flyaway** - an Uneven Bar dismount performed from a long swing to finish with a salto.

**Forced Arch** - a position of the foot/feet whereby one stands on the ball of the foot/feet in demi-plié with the heel(s) raised off the floor as high as possible.

**Front support** - a position on the bars or the beam in which the weight is balanced on the hands with the thighs resting on the apparatus

**Glide** - a forward swing on the low bar that finishes with the body extended.

**Hands on hips** - an arm description whereby the sides of the index finger and thumb are placed on the leg at the base of the leotard (leotard line).

**Hop** - a jump from one foot to the same foot. The flight is vertical.

**Hurdle**: All are examples of one step & hurdle:

**Technique # 1** - Step forward Left, while simultaneously swinging the arms from downward to forward-upward. Keep the arms straight and close to the head with the shoulders completely extended. The head remains neutral. Hop on Left foot and bring the Right knee up in front in a 90° tuck. Step forward Right.

**Technique # 2** - Step forward Left, while simultaneously swinging the arms from downward to forward-upward. Keep the arms straight and close to the head, with the shoulders completely extended. The head remains neutral. Hop on the Left foot and swing the straight Right leg in front of Left leg. Step forward Right.

**Technique # 3** - Step forward Right, while simultaneously swinging arms from downward to forward-upward. Keep the arms straight and close to the head, with the shoulders completely extended. The head remains neutral. Push off both feet, closing the feet in the air. Land on Left leg, then step forward on Right leg. (Similar to a chassé)

**Leap** - an over-extended running step, taking off from one foot to land on the opposite foot, performed with height in the air. The legs split evenly 90° to 180° forward and backward.

**Levering action** - From a basic stand on one foot, the free leg is lifted behind with the arms stretched overhead, creating a straight line from the fingertips to toes. The hip joint acts as a fulcrum about which the arms and legs pivot as a unit. The levering action should be seen when moving into or out of handstand skills.

**Lock position** - A foot position with one foot in front of the other and both heels lifted to stand on high toe (relevé). The feet are as close as possible, allowing for different body structures.

**Lunge** - may be executed in any direction - front, back or side. The lunging leg is flexed in demi-plié position. The opposite leg is extended. The body is erect and the weight is over the flexed leg. (In the basic lunge, the foot of the extended leg is placed on the floor with the heel down.)

**Mount** - the initial skill of a gymnastics routine.

**Opposition** - a position of the arms whereby one arm is placed in a forward-middle position and the opposite arm in side-middle.

**Overgrip (regular grip)** - a hand position on uneven bars in which the hands are placed on top of the bar, with fingers forward, palms downward

**Passé** (pah-SAY) - position of the leg whereby one leg is bent with the toe pointed against the inside of the knee of the support leg. (May be performed with the knee pointed forward or sideward)

**Pause** - designates stopping momentarily in a position.

**Pike** - designates the position in which the hips are flexed 90°, with the legs straight.

**Pivot Turn** - a 180° turn performed in a stand high on the ball of foot (relevé), with the feet pressed as close together as possible.

**Plié** (plee-AY) - bending of the knees.

**Relevé** (reh-leh-VAY) - (to rise) moving up to the ball of the foot.

**Rhythm** - the speed or tempo at which a skill/dance step is performed.

**Rond de jambe (Rawn-duh-zhahnb)** - a movement of the leg either forward or backward, on the floor or in the air, whereby the leg moves in a circular pattern.

**Scale** - From a basic stand on one foot. The trunk is tilted forward. The free leg is turned outward and lifted behind to a minimum of a 90° angle to the support leg.

**Sharp** - (quality) dynamic movement terminating suddenly.

**Show** - designates passing through a position.

**Step** - A locomotor movement whereby the gymnast transfers the weight from one foot to the other. When doing so, the gymnast starts by placing weight on the toes, continuing through the ball of the foot, and then finishing by placing the heel down. (Toe, ball, heel)

**Stick** - to show no movement of the feet upon landing.

**Straddle** - legs extended sideward, and turned outward. Hips are extended (no piking).

**Straddle Pike** - same as straddle, but with hips piked 45° - 90°.

**Straight-Hollow** - Position in which the body is straight with hips flat, ribs down with the chest in, buttocks tight.

**Stretched** - trunk, hips, legs and feet completely extended.

**Stride support** - a position on the bars whereby the weight is balanced on the hands with one leg on each side of the bar. (One leg forward, one leg backward)

**Suppley** - A word used in the text to describe a quality of movement. In these routines, "suppley" describes a flowing use of the arms, whereby the gymnast bends and extends the arms in a smooth motion.

**TBH (toe, ball, heel)** - The action of transferring the weight onto the foot. the weight is transferred suppley through the foot, starting from the toes, working through the ball of the foot, and finishing with the heel down.

**Tight Arch** - Body position in which the arms are extended high overhead, the chest is lifted up and back. Hips are flat with the buttocks tight. Back should feel extended and tall.  
\* (Do not relax or sag in the low back)

**Tuck** - a leg position whereby the knees are bent a minimum of 90° toward the chest.

**Tuck stand** - support on the balls of the feet with the feet close together. The knees and hips are flexed to a position in which the buttocks are close to the heels, but not touching. The torso is erect.

### Turn Preparations:

**Piqué** (Pee-Kay) - A turn preparation which steps directly up onto the ball of the foot on a straight leg to initiate the turn.

**Lunge** - A turn preparation which begins with the front leg in demi-plié and the back leg straight. To initiate the turn, extend the front leg and immediately rise up onto the ball of the front foot.

**4<sup>th</sup> Position Plié** - A turn preparation which begins with the front and back leg in demi-plié (4<sup>th</sup> position). To initiate the turn, transfer the weight onto the front foot, extend the front leg, and immediately rise up onto the ball of the front foot.

**Flat-Relevé** - A turn preparation which steps onto a flat front foot with a straight leg, then immediately rises up to the ball of the foot.

**Turn Out** - the legs rotate in the hip joint laterally outward.

**Twist** - turning the upper trunk (from the waist, up) around the vertical axis. The torso may be straight or bent.

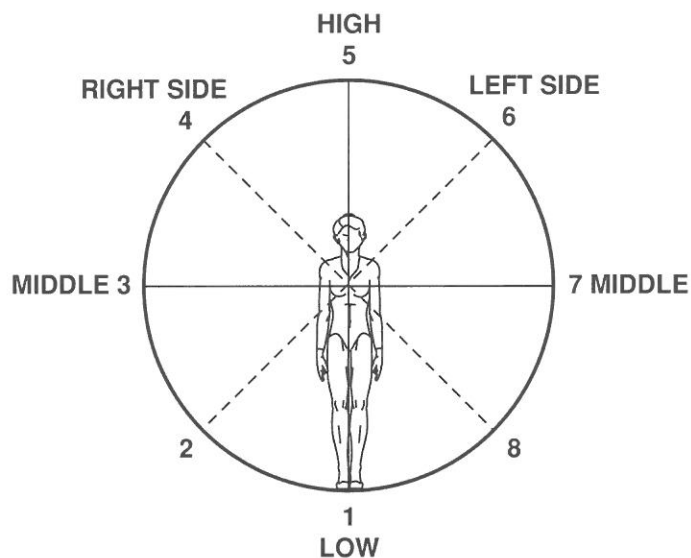
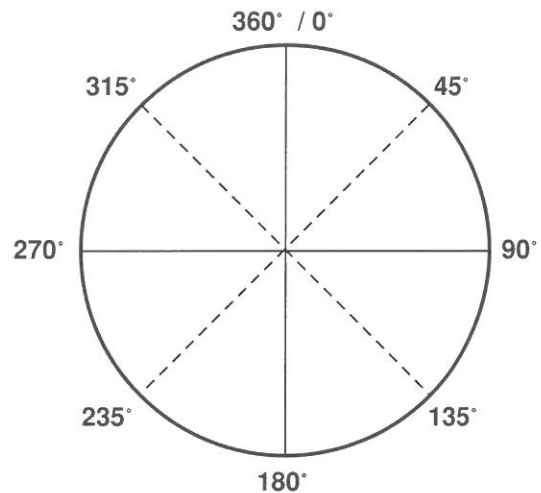
**Undergrip (reverse grip)** - hand position on uneven bars in which the hands are placed on top of the bar with the fingers under the bar and the palms forward-upward.

**"V" sit** - a sit in a pike position with the trunk erect and leaning slightly backward. The legs are extended upward. The hands support behind the hips (with chest lifted).

## TURN IN DEGREES

The largeness of a turn or revolution is expressed by degrees. The smallest functional turn is 45°.

1/8	=	45°
1/4	=	90°
1/2	=	180°
3/4	=	270°
Full	=	360°
1-1/4	=	450°
1-1/2	=	540°
1-3/4	=	630°
Double	=	720°
1-1/2	=	900°
Triple	=	1080°



## ARM MOVEMENTS –

Level: High, middle, low.

Directions: Forward, backward, left, right.

The arm moves in combination of the two: level/direction.

### Sideward Arm movements:

1. Low
2. Right side – diagonally downward
3. Right side – middle
4. Right side – diagonally upward
5. High or crown (if curved)
6. Left side – middle
7. Left side – diagonally downward

### Forward & Backward Arm movements:

1. Low
2. Forward – diagonally downward
3. Forward – middle
4. Forward – diagonally upward
5. High or crown (if curved)
6. Backward – diagonally upward
7. Backward – middle (not functional without twisting)
8. Backward – diagonally downward

