

AmeriKids Gymnastics

☆ Boys - Level 4.5 ☆

FLOOR EXERCISE - Start Value 10.0

1. Run; Punch dive forward roll	0.60
2. Step kick; Handstand ½ pirouette; Pike down	0.60
3. Straight arm back extension to a prone “push-up” position •Extension needs to go 45° above horizontal before the prone	0.60
4. Slide feet up to a straddle position •Feet remain on the floor	0.20
5. Jump to a handstand forward roll to a pike sit •Arms may be bent	0.60
6. Straddle legs and execute a pancake sit - 1 second hold	0.40
7. Bring legs together; Roll back to a candlestick •Show full body extension on the candlestick •No stop or hold should be shown	0.40
8. Roll up; Step side cartwheel	0.40
9. Perform a ¼ Turn; Forward chasse'	0.20
10. Lunge - 1 second hold; Scale - 2 second scale	0.40
11. Swing back leg forward; lunge, ½ turn to face corner	0.20
12. Run; Round off; Back handspring; Rebound •Back handspring may be spotted	0.60

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POMMEL HORSE - Start Value 10.0

Routine may be reversed

1. Jump to support - left hand on the pommel and right hand on the end of horse	0.20
2. Right leg cut forward; Left leg forward to a stride support on the single pommel	0.40
3. Single leg travel up to pommels (cut right leg back, cut left leg back); Right leg cut forward; Stride swing; Right cut backward	0.60
4. Left leg cut forward; Stride swing; Left leg cut backward	0.40 _{each}
5. Right cut forward; Left cut forward to push off dismount - back to the horse	0.40

MUSHROOM -

1. Circle (continuous - No stop allowed)	0.60
2. Circle - STOP	0.60
3. Circle (continuous - No stop allowed)	0.60
4. ½ circle with ¼ turn •Continuous circles are allowed	0.40

STILL RINGS - Start Value 10.0

1. From straight body hang; Assisted muscle up to straight body hold - hold 2 seconds	0.60
2. Roll backward to inverted pike hang "Basket"	0.40
3. Lower hips to long hang "Skin-the cat" - Hold 2 seconds •Back lever held 1 second is allowed	0.60
4. Pull back to an inverted hang	0.40
5. Cast and swing backward; Swing forward •Swing height requirement 45° below horizontal	0.40 _{each}
6. Swing backward; to spotted Inlocate •Unspotted inlocate is allowed	0.60
7. Swing backward; Swing forward •Swing height requirement 45° below horizontal	0.40 _{each}
8. Flyaway - Tucked or Piked is allowed	0.60

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VAULT - Start Value 10.0, 9.50

Handspring over table	10.00
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•If there is no semi-circle or a full underswing - deduction is 0.30

-OR-

Spotted Handspring over table	9.50
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•If there is no semi-circle or a full underswing - deduction is 0.30

PARALLEL BARS - Start Value 10.0

1. Jump to upper arm support between bars	0.20
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2. Swing forward to upper arm pike position - "Basket"	0.40
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•hips bar height

3. Cast swing backward to spotted back uprise	0.60
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•Unspotted back uprise is allowed

4. Swing forward to "L" support -Hold 2 secs; swing backward	0.40each
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5. Swing forward; Swing backward	0.40each
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•feet at or above bar height

6. Swing forward; Swing backward	0.40each
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•feet at or above bar height

7. Swing forward; Swing backward	0.40each
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•feet at or above bar height

8. Rear flank dismount - Hips 45 above horizontal	0.60
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•may go to nominal handstand without deduction

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HORIZONTAL BAR - Start Value 10.0

1. Begin in over grip straight arm hang; Cast to swing forward; Swing backward and hop hands •No more than three preliminary swings •Simultaneous release when executing the hopping of the hands	0.40 _{each}
2. Swing forward with ½ turn to a mixed grip	0.60
3. Swing forward in a mixed grip	0.40
4. Swing backward in a mixed grip; Change to double over grip in back at top of the swing	0.40
5. Swing forward to spotted kip to support •Kip may be done without a spot	0.60
6. Cast back hip circle	0.60
7. Undershoot to swing backward	0.40 _{each}
8. Swing forward; Swing backward •Emphasize proper tap swing technique •Proper tap technique: In the back swing - body should be in a stretched hollowed position. When the gymnast reaches the uprights - the gymnast should pull his toes forward with a slight arch in the hip region. Pull toes forward to be in a stretched-hollow position at the end of the forward swing.	0.40 _{each}
9. Swing forward to a spotted flyaway (Tuck or Pike) •Flyaway may be done without a spot	0.60