

# AmeriKids Gymnastics

## ☆ Boys - Level 4 ☆

### FLOOR EXERCISE - Start Value 10.0

1. Step, Lunge and kick to handstand forward roll	0.60
<ul style="list-style-type: none"><li>•Straight arms on the forward roll</li><li>•Hold of the handstand is allowed</li></ul>	
2. Jump hurdle and cartwheel; Chasse cartwheel with ¼ turn to stand	0.40each
3. Tuck/Pike extended back roll to hollow prone support	0.60
<ul style="list-style-type: none"><li>•Straight or bent arms on the backward roll are allowed</li></ul>	
4. One push-up	0.40
<ul style="list-style-type: none"><li>•Straight/Hollow body shown throughout the push-up action</li></ul>	
5. Press with straight arms to a straddle stand	0.40
6. Straddled press to headstand (Hold 2 seconds)	0.60
<ul style="list-style-type: none"><li>•Straddled press to “hand”stand with no hold is allowed</li></ul>	
7. Forward roll to pike sit; Straddle legs to pancake split	0.40each
<ul style="list-style-type: none"><li>•1 second hold on pike sit and pancake split is required</li></ul>	
8. Close legs; Candlestick; immediately roll forward to stand	0.40
<ul style="list-style-type: none"><li>•Show full body extension on the candlestick</li><li>•No stop or hold should be shown</li></ul>	
9. Lift either leg backward to an arabesque stand. (hold 2 seconds); Close legs to stand	0.40
10. Run; Hurdle roundoff rebound to stand -or- option below	0.60
<ul style="list-style-type: none"><li>•Option - may do a running cartwheel that shows flight after the second hand is placed. Flight must be shown with a hollow body and correct hand placement. Up to three steps are allowed before finishing.</li></ul>	

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### POMMEL HORSE - Start Value 10.0

Routine may be reversed

1. Face horse with both hands on the leather; jump to support with legs together	0.20
2. Travel up from support to side support on the pommels •Place right hand on left pommel, then left hand joins the right hand on the left pommel. Then move right hand to the right pommel	0.40
3. Kick left leg to the side into...	0.20
4. Three full straddled front support swings to the right and to the left then immediately... 45° below horizontal	0.40 <sub>each</sub>
5. Cut left leg forward. Cut right leg forward to...	0.40 <sub>each</sub>
6. Dismount joining legs in front to stand facing away from the horse	0.60

### MUSHROOM -

1. Step to the side and jump to one double leg circle stop	0.60
2. Circle stop	0.60
3. Circle stop	0.60
4. ½ Circle with ¼ turn (Flank dismount) •Continuous circles are allowed	0.40

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### STILL RINGS - Start Value 10.0

1. From straight arm hang; Pull to flexed arm hang •1 second hold is required	0.40
2. Lower to straight arm hang; Raise legs to "L" position •2 second hold is required	0.60
3. Swing backward (45° below horizontal)	0.20
4. Swing forward; Swing backward	0.40 <sub>each</sub>
5. Swing forward, Swing backward	0.40 <sub>each</sub>
6. Swing forward to straight body inverted hang (1 sec hold)	0.60
7. Lower legs to piked body inverted hang	0.40
8. Lower to "Skin-the-cat position (Hold 2 secs) •Back-lever position may be done into the german hang - 1 sec hold	0.60
7. Drop to landing	0.40

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### VAULT - Start Value 10.0

1. Run to hurdle; Punch and forward handspring to flat back •Mat height: 32 - 40 inches only •If there is no semi-circle or a full underswing - deduction is 0.30	
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### PARALLEL BARS - Start Value 10.0

1. From stand; Jump to straight arm support; Swing forward •45° below horizontal with hips open	0.40
2. Swing backward; Swing forward •Horizontal swings at peak of the swing	0.40each
3. Swing backward; Swing forward and immediately... •Horizontal swings at peak of the swing	0.40each
4. Straddle legs to seated straddle leg position on the bars	0.40
5. Reach hands in front of legs and lift legs off bars -(straddle travel) and swing forward to "L" support - Hold 1 sec •May do a straight arm bent body press from straddle sit to "L" support	0.40 0.60
6. Swing backward; Swing forward •Horizontal swings at peak of the swing	0.40each
7. Swing backward; Swing forward •Horizontal swings at peak of the swing	0.40each
8. Swing backward to a rear flank dismount •45° above horizontal at peak of the swing - nominal handstand is allowed •Shifting of the opposite hand to the dismount rail during the dismount is allowed	0.60

### HORIZONTAL BAR - Start Value 10.0

1. From hang with overgrip, pullover to support •Momentary stop in support allowed	0.60
2. Cast •No angle requirement; Hips must come away from the bar	0.40
3. Undershoot to •Body hollowed but not piked during undershoot	0.40
4. Swing backward; Swing forward - 45° below horizontal	0.40each
5. Swing backward and hop both hands •Simultaneous release	0.40
6. Swing forward; Swing backward - 45° below horizontal	0.40each
7. Swing forward with ½ turn to mixed grip •Complete turn 45° below horizontal •Hollow body should be shown at completion	0.60
8. Swing forward in mixed grip	0.40
9. Swing backward and change hands to double over grip	0.40
10. Swing forward; Swing backward - 45° below horizontal	0.40each
11. At peak of backswing - drop to feet	0.40