

AmeriKids Gymnastics

☆ Boys - Level 5 ☆

FLOOR EXERCISE - Start Value 10.0

1. Run; Hurdle; Front Handspring •Rebound is allowed	0.60
2. With either leg, step forward, lunge and kick to handstand with straight arm roll out through the tuck position •No hold of handstand is required	0.40
3. Immediately place hands on floor and push through pike up to handstand, forward 180° pirouette, Pike down to ... •No hold of handstand is required •1 or 2 hand placements on pirouette	0.40
4. Straight arm back extension to handstand and lower to prone support. Press up to straddle stand •Tuck or pike back extension allowed •Hold of straddled stand allowed	0.60
5. Jump to straight arm straddled press to handstand (Momentary Hold) •Momentary hold of handstand is required (1 second) •May hold the handstand longer than 1 second for no deduction •Straight arm straddled press to handstand (mom. hold) is allowed	0.60
6. Straight arm, forward roll to pike sit. Straddle legs to pancake split •Momentary hold of piked sit and pancake allowed (1 second)	0.40
7. Sit up facing starting corner and close legs together. Roll backward through a candlestick position and immediately roll forward to stand •Show full body extension while moving through the candlestick position - No stop or hold should be shown	0.40
8. Run, punch dive roll to stand •Body hollowed on dive roll	0.60
9. Step forward with either leg and forward chasse' to cartwheel to straddle stand	0.40
10. ¼ turn forward and lunge (facing starting corner) •Late ¼ turn into cartwheel •Momentary hold on the lunge	0.20
11. Front scale; Bring back leg down and forward (brush-through) and kick to lunge, then ½ turn backwards to face where the gymnast did his pancake •2 second hold of front scale required	0.40
12. Run, Round-off Back handspring, rebound to stand	0.60

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POMMEL HORSE - Start Value 10.0

Routine may be reverse

1. Facing the horse with one hand on each pommel. Jump to front support while kicking left leg up and to the side into,	0.20
•On the straddle front support swings and leg cuts the cutting leg should be at or above horizontal	
2. Three full straddled front support swings then,	0.40each
•Each straddled swing should swing to the right then to the left. Total of 3 complete swings before the left leg cuts in #3	
3. immediately cut left leg forward to,	0.20
•All swings-the top leg should be at or above horizontal	
4. Three full stride swings then,	0.40each
5. Immediately cut the left leg backward. Straddle swing right and immediately cut right leg forward to,	0.20each
6. Three full stride swings then,	0.40each
7. Immediately cut right leg backward	0.20
8. Straddled front support swing to the left and immediately	0.20
9. Cut left leg forward. Stride swing to the right and then	0.20each
10. Cut right leg forward with legs joining in front of stand facing away from the horse	0.40

MUSHROOM -

(no stops are allowed)

1. Step to side and jump to one double leg circle	0.60
•The body should show a stretched position with legs together throughout the exercise	
2. One double leg circle	0.60
3. One double leg circle	0.60
4. One double leg circle	0.60
5. One double leg circle	0.60
6. Half double leg circle with 90° turn to dismount	0.40
•Flank Dismount	

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STILL RINGS - Start Value 10.0

1. From straight body hang with false grip; Assisted Muscle-up	0.60
•Unassisted muscle-up is allowed •Pike in hips allowed	
2. To straight body support with rings turned out	0.40
•2 second hold in support is required	
3. Roll backward down to a piked inverted hang	0.40
4. Lower to German hang (Skin-the cat) (Momentary hold)	0.60
•Lower through a back lever position - Hold 2 secs	
5. Pull out to pike inverted hang, immediately cast forward	0.40
•Turnover swing shown •Feet at ring height	
6. Swing backward; Swing forward	0.40each
•Turnover swing shown •Feet at ring height	
7. Swing backward; Swing forward	0.40each
•Turnover swing shown •Feet at ring height	
8. Swing backward to straight body inlocate; Swing backward	0.60
•Inlocate with stretched body position •Turnover swing shown •Feet at ring height	
9. Swing forward; Swing backward	0.40each
•Turnover swing shown •Feet at ring height	
10. Swing forward to straddled flyaway dismount	0.60
•Turnover swing shown •Feet at ring height	

VAULT - Start Value 10.0 or 9.50

Handspring over table	10.0
•If there is no semi-circle or a full underswing - deduction is 0.30 •Repulsion required. Deductions maybe found in the judges guidelines	
-OR-	
USA - Run punch; Front Salto	9.50
•SAFETY - Mat Height: Minimum of 16 inches - The athlete will <u>not</u> be allowed to compete his vault if the mat height is not at the minimum mat height.	
•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. Front stand/short run; Long hang swing forward (tap swing, not glide swing) •45° below horizontal •Bent knees allowed	0.20
2. Swing backward, Swing forward •Tap swing, not glide swing •Bent knees allowed •Straight legs required at peak of backward swing	0.40_{each}
3. Swing backward to upper arm hang •Tap swing, not glide swing •Bent knees allowed •Straight legs required at peak of backward swing	0.40
4. Swing forward in upper arm hang to upper arm "cast" position •Momentary hold in "cast" is allowed •Hips at bar height in cast position	0.40
5. Cast forward to back uprise to support •Back uprise should finish with feet at bar height	0.60
6. Swing forward. Swing backward •Both swings to horizontal	0.40_{each}
7. Swing forward. Swing backward •Backward swing to 45 degrees above horizontal	0.40_{each}
8. Swing forward. Swing backward to nominal handstand •Hold of handstand is allowed	0.60
9. Push off to the side to dismount •Shifting of opposite hand to the dismount rail during dismount is allowed	0.40

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HORIZONTAL BAR - Start Value 9.20, 9.50 or 10.0

The gymnast may do the flyaway with or without a spot. The gymnast may also execute the ½ turn dismount (USA dismount) with a start value of 9.20.

Dismount	Start Value
½ Turn Dismount	9.20
Spotted Tucked Flyaway	9.50
Unspotted Tucked Flyaway	10.00

If the unspotted flyaway is made, the routine will start at 10.0 and the maximum deduction would be 0.30 in execution.

1. From hang or small swing in overgrip, cast forward to swing backward	0.40each
2. Swing forward. (tap swing) Swing backward •Back swing to horizontal	0.40each
3. Swing forward and tap to swinging pullover (3/4 giant)	0.60
4. Undershoot and swing backward •Body hollowed but not piked during undershoot	0.40
5. Swing forward and kip to support •No tap swing required on swing forward before kip •Stop allowed after kip	0.60
6. Cast to back hip circle •Cast to horizontal	0.60
7. Undershoot and swing backward •Body hollowed but not piked during undershoot	0.40
8. Swing forward. Swing backward •Back swing to horizontal	0.40each
9. Swing forward and ½ turn to mixed grip. Immediately block bar in mixed grip and drop to stand •1/2 turn completed at horizontal •Body hollowed at peak of ½ turn and block	9.20 SV
-Or-	
9. Swing forward and execute a spotted tucked flyaway	9.50 SV
-Or-	
9. Swing forward and execute an unspotted tucked flyaway	10.0 SV