



## ★ Boys - Level 6 ★

### FLOOR EXERCISE - Start Value 10.0

<b>1. Run; Hurdle; Front Handspring step out, front handspring</b>	<b>0.60</b>
•Rebound is allowed	
<b>2. With either leg, step forward, lunge and kick to handstand with straight arm roll, jump ½ turn to stand facing original starting corner</b>	<b>0.40</b>
•Momentary hold on lunge                      •Hold allowed on handstand	
<b>3. Back extension roll with straight arms to handstand and lower to straight arm prone support. Raised hips and bring either leg around to front split</b>	<b>0.60</b>
•Momentary hold of split	
<b>4. Move other leg forward to pike sit. Roll backward through a candlestick position and immediately roll forward while straddling legs to a straddled stand.</b>	<b>0.40</b>
•Show full extension on Candlestick - no stop or hold should be shown •Hold of straddled stand allowed	
<b>5. Press to handstand (Hold) Straight arm forward roll to stand</b>	<b>0.60</b>
•2 second hold of handstand required	
<b>6. Run, punch, tucked front somersault</b>	<b>0.60</b>
•Center of mass chest high on somersault	
<b>7. Step forward with either leg, lunge and kick to handstand, straight arm forward roll through tuck position, place hands on floor and pike up to handstand with 360° pirouette.</b>	<b>0.40</b>
<b>8. Roll forward to one-knee stand. 180° turn to stand</b>	<b>0.20</b>
<b>9. Front Scale</b>	<b>0.40</b>
•Step forward and lunge into scale allowed •2 second hold of scale •Chest and leg should be at or above horizontal on scale	
<b>10. Run, hurdle, round-off, back handspring, back tuck somersault</b>	<b>0.60</b>
•Center of mass head high on somersault	

### POMMEL HORSE - Start Value 10.0

Routine may be reverse

<b>1. Facing the horse with left hand on the end and the right hand on the left pommel. Jump while cutting left leg forward to,</b>	<b>0.20</b>
<b>2. Swing leg pendular travel to front support on pommels,</b>	<b>0.40</b>
•On all straddled swings and leg cuts, the cutting leg should be at least horizontal	
<b>3. Straddled swing left. Immediately cut left leg forward to,</b>	<b>0.40</b>
<b>4. Right front false scissor, straddled front support swing left. Immediately cut left leg forward to right false scissor.</b>	<b>0.60<sub>each</sub></b>
•On false scissors, the top leg should be at least horizontal	
<b>5. One full straddle front support swing then immediately cut right leg forward to,</b>	<b>0.40</b>
•The full straddled front support swing has a swing to the left and a swing to the right	

<b>6. Left front false scissor, straddled front support swing right. Immediately cut right leg forward to left false scissor.</b>	<b>0.60<sub>each</sub></b>
<b>7. One full straddle front support swing then immediately cut left leg forward to feint position on left pommel to,</b>	<b>0.40</b>
•The full straddled front support swing has a swing to the right and a swing to the left	
<b>8. Half double leg circle with 90° inward turn to the right to dismount and finish facing longitudinally with the horse.</b>	<b>0.60</b>
•Right hand remains in contact with pommel as he lands	

## **MUSHROOM -**

<b>1. Step to side and jump to one double leg circle</b>	<b>0.60</b>
•The body should show a stretched position with legs together throughout the exercise	
<b>2. One double leg circle</b>	<b>0.60</b>
<b>3. Direct Stockli A</b>	<b>0.60</b>
<b>4. One double leg circle</b>	<b>0.60</b>
<b>5. One double leg circle</b>	<b>0.60</b>
<b>6. One flaired double leg circle</b>	<b>0.60</b>
<b>7. One flaired double leg circle</b>	<b>0.60</b>
<b>8. One flaired double leg circle</b>	<b>0.60</b>
<b>9. One double leg circle</b>	<b>0.60</b>
<b>10. Half double leg circle with 90° turn left to dismount</b>	<b>0.40</b>
•Flank dismount	

## **STILL RINGS - Start Value 10.0**

<b>1. Lift body to straight body inverted hang</b>	<b>0.20</b>
•Bent arms allowed	
<b>2. Cast forward to swing backward. Swing forward</b>	<b>0.40<sub>each</sub></b>
•Turnover swing shown. Feet at ring height on both swings	
<b>3. Swing backward and immediately back uprise to “L” support</b>	<b>0.60</b>
•Back uprise should finish with straight body and feet at or above 45° below horizontal	
•2 second hold required on “L” support	
<b>4. Roll through support and down to piked inverted hang. Extend body horizontally into back lever position</b>	<b>0.60</b>
•2 second hold required on back lever	
<b>5. Lower body to German hang (skin the cat) position (Momentary Hold) pull out to piked inverted hang position and immediately cast forward to swing backward</b>	<b>0.60</b>
•Momentary hold of German hang      •Feet at ring height on back swing	
<b>6. Swing forward. Swing backward to immediate,</b>	<b>0.40<sub>each</sub></b>
•Turnover swing shown      •Feet at ring height	
<b>7. Inlocate, Inlocate</b>	<b>0.60<sub>each</sub></b>
•Stretched body position	

<b>8. Swing backward. Swing forward to immediate,</b>	<b>0.40</b> each
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- Turnover swing shown
- Feet at ring height

<b>9. Dislocate, Dislocate</b>	<b>0.60</b> each
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- Stretched body position

<b>10. Swing forward to layout flyaway dismount</b>	<b>0.60</b>
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- Somersault at ring height (bottom of ring)

## VAULT - Start Value 10.0

<b>Handspring over table</b>	<b>10.0</b>
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- If there is no semi-circle or a full underswing - deduction is 0.30
- Repulsion required. Deductions maybe found in the judges guidelines

## PARALLEL BARS - Start Value 10.0

<b>1. From stand/short run; Glide kip to support</b>	<b>0.60</b>
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<b>2. Swing backward, Swing forward</b>	<b>0.40</b> each
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- Both swings are to be horizontal

<b>3. Swing backward and bail to Moy to upper arm hang</b>	<b>0.60</b>
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- Backward swing to horizontal prior to Bail
- Hand on hand spot allowed on Moy
- Hips at bar height at catch of the Moy - Hips may be open or piked

<b>4. Swing backward in upper arm hang to back uprise</b>	<b>0.60</b>
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- Feet above rails with arms straight at completion of back uprise

<b>5. Swing forward. Swing backward to controlled lower to Straddled "L" support</b>	<b>0.40</b> each
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- Forward swing hips at or above horizontal
- Back swing 45° over horizontal before leg separation
- 2 second hold on straddled "L" support required

<b>6. Press hips up to above horizontal. Join legs and extend hips to,</b>	<b>0.20</b>
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- Feet should clear the bar with toes pointed and legs straight

<b>7. Swing forward. Swing backward to handstand</b>	<b>0.40</b> each
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- Hips at or above horizontal at peak of forward swing
- 2 second hold of handstand required

<b>8. Swing forward. Swing backward</b>	<b>0.40</b> each
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- Forward swing hips above horizontal

<b>9. Swing forward and straddle legs to seated straddled leg position on the bars</b>	<b>0.40</b>
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- Legs straight in seated straddle leg position

<b>10. Immediately reach hands in front of legs and lift legs off bars, and swing forward. Swing backward and bail to long hand tap swing forward to tucked flyaway from the end of the bars</b>	<b>0.60</b>
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- Hand on hand spot allowed on bail for flyaway

## HORIZONTAL BAR - Start Value 10.0

<b>1. From hang in undergrip, pullover to support,</b>	<b>0.40</b>
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- Continuous rhythm on pullover
- Momentary stop in support allowed

<b>2. Cast forward to <math>\frac{3}{4}</math> undergrip giant swing</b>	<b>0.60</b>
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- Full extension of body at or above horizontal on downswing

<b>3. Hop to double overgrip</b>	<b>0.20</b>
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- Body at or above horizontal upon release with hollowed body shape

<b>4. Swing forward to immediate ½ turn, swing forward in mixed grip</b>	<b>0.40</b> each
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- Toes lead, arms straight and hollow throughout ½ turn

<b>5. Swing backward in mixed grip, changing to double overgrip at the top of the swing</b>	<b>0.40</b> each
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- No height requirement on back swing

<b>6. Swing forward and kip to support</b>	<b>0.60</b>
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- No tap swing required on swing forward before kip
- Momentary stop allowed in support

<b>7. Cast to ¾ overgrip giant (baby giant)</b>	<b>0.60</b>
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- Cast to horizontal

<b>8. Undershoot and swing backward</b>	<b>0.40</b>
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<b>9. Swing forward to flyaway dismount</b>	<b>0.60</b>
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- Tucked, piked or layout flyaway allowed
- Hips at bar height upon release
- Stretched body before landing

Level 6-Updated October 2010