

AmeriKids Gymnastics

☆ Boys - Level 7 ☆

FLOOR EXERCISE - Start Value 10.0

1. Run; Hurdle; Round off Back Handspring Layout back	0.60
<ul style="list-style-type: none">•Center of mass on somersault at head height•Layout with Full Twist is allowed	
2. Back extension roll with early ½ reverse pirouette to handstand and lower to straight arm prone support position	0.40
<ul style="list-style-type: none">•Pirouette should be initiated prior to nominal handstand•1-2 hand placements allowed on pirouette	
3. Move either leg forward to split	0.40
<ul style="list-style-type: none">•Momentary hold of split	
4. From split, bent body straddled press to handstand	0.60
<ul style="list-style-type: none">•2 second hold of handstand required	
5. Open corner transition	0.20
<ul style="list-style-type: none">•Transition must meet FIG requirements	
6. Run, hurdle, front handspring step-out, front handspring	0.60_{each}
7. Front somersault (tucked, piked or layout)	0.60
<ul style="list-style-type: none">•Center of mass at chest height on somersault•Prone fall after front somersault not allowed	
8. Open corner transition	0.20
<ul style="list-style-type: none">•Transition must meet FIG requirements	
9. Run, hurdle, round off back handspring, back handspring	0.60_{each}
10. Back somersault	0.60
<ul style="list-style-type: none">•Tucked, piked or layout position is allowed on somersault•Center of mass head height on somersault	

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POMMEL HORSE - Start Value 10.0

Routine may be reverse

1st Section/Circular

1. From a stand facing the horse with one hand on each pommel. Jump into 2 or 3 double leg circles	0.60 _{each}
2. Side travel right to one half side double leg circle or one and one half side double leg circle(s)	0.40
3. One side double leg circle with ¼ turn to,	0.40
4. Two front loops	0.60 _{each}
5. Front loop with ½ turn dismount over the pommels finish facing longitudinally with the horse •This ½ turn is not a counter-turn	0.40

2nd Section/Pendular

1. From a stand facing the horse with one hand on each pommel. Jump while kicking left leg upward and to the side into three full straddled front support swings then,	0.40 _{each}
2. Cut left leg forward to, right front false scissor, straddled front support swing left. Cut left leg forward to right front false scissor. (3 false scissors in series)	0.40 _{each}
3. One full straddled front support swing and then,	0.40
4. Cut right left forward to, left front false scissor, straddled front support swing right. Cut right leg to left front false scissor, cut right leg to left front false scissor. (3 false scissors in series)	0.60
5. One full straddled front support swing then cut left leg forward to,	0.40
6. Rear support pick-up to one half counter-clockwise circle to front support	0.60
7. One and one half circles with 90 inward (counter) turn to the right to dismount and finish facing longitudinally with the horse.	0.40

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STILL RINGS - Start Value 10.0

1. Lift body to straight body inverted hang •Bent arms allowed	0.20
2. Lower to pike inverted hand and immediately cast forward to,	0.20
3. Back uprise to "L" support •Back uprise should finish with straight body and feet at or above 45° below horizontal •2 second hold required on "L" support	0.60
4. Press to tucked planche and return to "L" support •2 second hold of tucked planche, straight arms, hips lifted away from shoulders. Knees at or behind elbows.	0.60
5. Bent arm, bent body, press to handstand with feet on inside of ring cables (use of cables is required) •Momentary hold - 1 second	0.60
6. Lower down from handstand using feet on cables to shoulder stand without feet on cables •Hold of shoulder stand is allowed	0.40
7. Forward bail to immediate inlocate, inlocate •Stretched body position on inlocates. Turnover swing shown.	0.60
8. Swing backward. Swing forward to immediate, •Turnover swing shown	0.40 _{each}
9. Dislocate, Dislocate •Stretched body position	0.60 _{each}
10. Swing forward to layout flyaway dismount •Somersault at ring height (bottom of ring)	0.60

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VAULT - Start Value 10.0

Yamashita	10.0
<ul style="list-style-type: none">•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

1. From stand/short run; Glide kip to support	0.60
2. Swing backward, Swing forward	0.40 _{each}
<ul style="list-style-type: none">•Both swings are to be horizontal	
3. Swing backward and bail to Moy to upper arm hang	0.40
<ul style="list-style-type: none">•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	
4. Swing backward in upper arm hang to back uprise and controlled swing of legs forward into "L" support	0.60
<ul style="list-style-type: none">•Feet above rails with arms straight at completion of back uprise•2 second hold on straddled "L" support required	
5. Press to handstand	0.60
<ul style="list-style-type: none">•Straight arm, net body, straddles or piked position allowed•2 second hold on handstand	
6. Swing forward. Swing backward to,	0.40 _{each}
<ul style="list-style-type: none">•Front swing to horizontal	
7. Layaway to front uprise	0.60
8. Swing backward to nominal handstand	0.60
<ul style="list-style-type: none">•Hold allowed	
9. Swing forward. Swing backward to handstand and pirouette in either direction	0.60
<ul style="list-style-type: none">•Momentary hold of handstand allowed before pirouette	
10. Swing forward. Swing backward through handstand with release of either hand and 180° turn over opposite bar to stand (straight body Wende Swing dismount)	0.60
<ul style="list-style-type: none">•Wende must show straight body	

OR

10. Swing forward. Swing backward, swing forward to tucked or layout salto dismount	0.60
<ul style="list-style-type: none">•Back salto must show lift off of the bars•Hold of handstand allowed prior to tuck or layout salto dismount	

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HORIZONTAL BAR - Start Value 10.0

1. From hang or small preliminary swing in overgrip, cast forward (stemme) to back swing and uprise to momentary free-support and immediately,	0.40 _{each}
<ul style="list-style-type: none">•Body straight or slightly hollowed with legs free and clear of bar in free-support position	
2. Undershoot to swing backward	0.40
<ul style="list-style-type: none">•Full extension of body at or above horizontal on downswing	
3. Swing forward and kip to support	0.60
<ul style="list-style-type: none">•No tap swing required on swing forward before kip•Stop in support is allowed	
4. Change to undergrip and cast forward to nominal handstand	0.40
5. Undergrip giant. Undergrip giant to	0.60 _{each}
6. Pirouette	0.60
<ul style="list-style-type: none">•Pirouette to be completed within 15° of handstand	
7. Overgrip giant, Overgrip giant to	0.60 _{each}
8. Swing forward and ½ turn <u>OR</u> hop ½ turn	0.40
<ul style="list-style-type: none">•Either turn must be completed at 45° or more above horizontal	
9. Overgrip giant. Overgrip giant to,	0.60 _{each}
10. Flyaway dismount	0.60
<ul style="list-style-type: none">•Undershoot to swing backward and swing forward to flyaway dismount is allowed•Tucked, Piked or layout flyaway is allowed	