



☆ Boys - Level 7 ☆

FLOOR EXERCISE - Start Value 10.0

1. Run; Hurdle; Round off Back Handspring Layout back	0.60
•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
•Pirouette should be initiated prior to nominal handstand •1-2 hand placements allowed on pirouette	
3. Move either leg forward to split	0.40
•Momentary hold of split	
4. From split, bent body straddled press to handstand	0.60
•2 second hold of handstand required	
5. Open corner transition	0.20
•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
•Center of mass at chest height on somersault •Prone fall after front somersault not allowed	
8. Open corner transition	0.20
•Transition must meet FIG requirements	
9. Run, hurdle, round off back handspring, back handspring	0.60_{each}
10. Back somersault	0.60
•Tucked, piked or layout position is allowed on somersault •Center of mass head height on somersault	

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	0.40
•This ½ turn is not a counter-turn	

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

STILL RINGS - Start Value 10.0

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

4. Change to undergrip and cast forward to nominal handstand	0.40
5. Undergrip giant. Undergrip giant to	0.60each
6. Pirouette •Pirouette to be completed within 15° of handstand	0.60
7. Overgrip giant, Overgrip giant to	0.60each
8. Swing forward and ½ turn <u>OR</u> hop ½ turn •Either turn must be completed at 45° or more above horizontal	0.40
9. Overgrip giant. Overgrip giant to,	0.60each
10. Flyaway dismount •Undershoot to swing backward and swing forward to flyaway dismount is allowed •Tucked, Piked or layout flyaway is allowed	0.60

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