

AmeriKids Gymnastics

☆ Boys - Novice Optional ☆

Start Score Determination		
Difficulty	0.90	1 B (0.30 ea) → 0.30 6 A (0.10 ea) → 0.60
FIG Element Groups	2.50	<ul style="list-style-type: none"> •Minimum of A value skills to receive FIG requirement credit •0.50 for each element group
Presentation	6.60	<u>Maximum routine score with any type of deduction is 9.95</u>
Start Value	10.00	

FIG Element Groups		
Floor Exercise	Pommel Horse	Still Rings
<ol style="list-style-type: none"> 1. Non-acrobatic 2. Acrobatic forward 3. Acrobatic backward 4. Acrobatic side or arabian 5. No 5th requirement 	<ol style="list-style-type: none"> 1. Legwork, Scissors 2. Circles and Spindles 3. Travels 4. Kehrs and wende swings, flops 5. Dismount 	<ol style="list-style-type: none"> 1. Kips and Swing elements 2. Swing to handstands 3. Swing to strength holds 4. Strength hold elements 5. Dismount
Vault	Parallel Bars	Horizontal Bar
<p>All vaults have a 10.0 start value</p> <ul style="list-style-type: none"> •Front handspring •Yamashita •¼ on - ¾ off •Handspring - 1/1 off •¼ on - 1 ¼ off •1/1 on - ½ off •Tsukahara timer with flight to feet •1/1 on - Handspring or Yamashita off 	<ol style="list-style-type: none"> 1. Support on 2 rails 2. Upper arm on bars 3. Giant, Glides and Moys 4. Baskets and Casts 5. Dismount 	<ol style="list-style-type: none"> 1. Long hang swings 2. Flight elements 3. In bar 4. Cast 45 degree above horizontal 5. Dismount

Novice Optional-Boys-Updated October 1, 2009

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Exceptions to the FIG Code of Points

FLOOR EXERCISE	<u>Value</u>
1. Straight arm back extension to handstand - Hold 2 seconds	B
2. Hollow back press handstand	B
3. Straight arm, straight leg press (any position) - Hold 2 secs	B
4. Valdez or Diamidov to handstand - Hold 2 seconds	B
5. Two double leg circles in succession	B

POMMEL HORSE	<u>Value</u>
1. From circles in side support, side (front or back) travel 1/3 of the horse, finishing in circles	B
2. From circles in cross support, front or back travel 1/3 of the horse, finishing in circles	B
3. Kehr in or kehr out	B
4. Circle to schwabenflank or schwabenwende dismount	B
5. Circle - side support to end, turn to loop around to circles in side support (Czechkehre on end)	B
6. One reverse loop circle	B
7. Two scissors in succession with lead leg at or above head	B
8. Drehflank into circles	B
9. Two consecutive flair circles on pommels	B

STILL RINGS	<u>Value</u>
1. Inlocate/Dislocate with shoulders at or above ring height	B
2. Felge to support	B
3. Felge or back uprise to handstand with bent arms - Hold 2 seconds	B
4. Tucked planche with arms locked and rings turned out - Hold 2 secs	B
5. Back lever pull out to straight body inverted hang	B
6. Kip or back kip to support	B

VAULT
1. See vault table for allowable vaults & values

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PARALLEL BARS	<u>Value</u>
1. Any Peach, Back toss, Stutz or Streuli ...	
•executed at or below 45 degrees	B
•executed above 45 degrees	C
2. Any Reverse straddle cut action skill ...	
•credit for execution	B
•credit for execution through handstand	C
3. Any swing pirouette (early)	B
4. Reverse pirouette	B
5. Any salto dismounts in layout or pike position	B

HORIZONTAL BAR	<u>Value</u>
1. Early pirouette	B
2. Overgrip giant - turn to undergrip or mixed grip giant	B
3. Overgrip giant - turn to undergrip, mixed grip or overgrip giant	B
4. Cross arm giant swing	B
5. Blind change hop or California hop	B
6. Skoumal giant	B

Skill Family Exceptions to the FIG Code of Points

- All Events: There is no deduction for atypical straddling of the legs
- Floor Exercise: no changes
- Vault: no changes
- Pommel Horse: feint is permitted
- Parallel Bars: no changes
- Still Rings: no changes
- High Bar: no changes

USA Exceptions to the FIG Code of Points

- All USA Gymnastics Boys JO Program exceptions to the FIG Code of Points are in affect, unless overwritten by AmeriKids

Spotting

A spotter is required, for all levels, to be in position to safely spot the entire routine on the Horizontal Bar, Still Rings and between the board and the vault table/landing area for Vaulting. A spotter is allowed for all levels on the Parallel Bars and Floor Exercise with out deduction. The gymnast will not be allowed to begin the routine without the presence of the required spotter.