

# AmeriKids Gymnastics

## ☆ Girls - Intermediate Optional ☆

VAULT	UNEVEN BARS		BALANCE BEAM (No Time Limit)		FLOOR EXERCISE (No Time Limit)	
<u>Allowable Vaults &amp; Values</u>	<u>Special Requirements</u>	<u>Value</u>	<u>Special Requirements</u>	<u>Value</u>	<u>Special Requirements</u>	<u>Value</u>
<b>9.40</b>	•1 Bar change	0.50	•1/1 turn on one foot	0.50	•1 Acro series with at least 2 flight elements	0.50
•Front Handspring •Yamashita	•Circling skill	0.50	•1 Acro skill (flight not required) (may be in a series or isolated)	0.50	•1 Dance series - 2 or more skills	0.50
<b>9.60</b>	•Swinging skill	0.50	•Jump or Leap (150°) (may be in a series or isolated)	0.50	•1 Salto or Aerial (may be in series or isolated)	0.50
•¼ On, repulsion off •½ On, repulsion off •Handspring - ½ Off	•Kip	0.50	•Gym/Acro or Gym series	0.50	•Minimum "B" level turn on one foot	0.50
<b>9.80</b>	•Salto dismount	0.50	•Dismount with flight with or without hands	0.50	•Jump or Leap (150°)	0.50
•½ On - ½ Off •¼ On - ¾ Off						
<b>10.0</b>	<u>Skill Requirements</u>	<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>
•½ On - Full Off •Handspring 1/1 Off	•2 B level skills	0.30 ea	•2 B level skills	0.30 ea	•2 B Level Skills	0.30 ea
	•5 A level skills	0.10 ea	•5 A level skills	0.10 ea	•5 A Level Skills	0.10 ea
	No C or D Skills may be performed (unless on the "B" list) i.e. Straddle back to handstand	Void Routine	<b>C Gym/Dance skills may be performed</b> No C Acro skills may be performed No D skills may be performed	WARNING Void Routine	<b>C Gym/Dance skills may be performed</b> No C Acro skills may be performed No D skills may be performed	WARNING Void Routine

### CLARIFICATIONS

- Only C "Gym" skills are allowed on Floor or Beam without deduction. No "C" or above acro skills are allowed on Beam or Floor. WARNING will be given
- Any D skills performed will VOID the routine
- There are NO composition deductions
- A Spot (touch) of a gymnast while in her routine will result in a deduction of up to 0.50 per occurrence dependent on the amount of spot given by the coach
- The coach may stand between the vault and board, between the bars, by the side of the beam, or on the floor with no deduction
- Tap swings on Uneven Bars (i.e. Level 5 & 6 tap swings) are a 0.30 deduction for each
- The undershoot with 1/1 twist dismount on Uneven Bars will NOT meet the special requirement but will still receive a B credit
- All benefit of the doubt is given to the gymnast. EXAMPLE-If a gymnast is going for a skill and happens to over rotate it or over-twist the element. Do not VOID or give a 2.00 deduction. The skill must be shown and be deliberate against the rule. A warning must be given to the coach.

B skills are listed in the Junior Olympic Code available through the merchandise department of the USA Gymnastics