



☆ Girls - Intermediate Optional ☆

VAULT	UNEVEN BARS		BALANCE BEAM (No Time Limit)		FLOOR EXERCISE (No Time Limit)	
<u>Allowable Vaults & Values</u>	<u>Special Requirements</u>	<u>Value</u>	<u>Special Requirements</u>	<u>Value</u>	<u>Special Requirements</u>	<u>Value</u>
9.40	<ul style="list-style-type: none"> •1 Bar change •Circling skill •Swinging skill •Kip •Salto dismount 	0.50	<ul style="list-style-type: none"> •1/1 turn on one foot •1 Acro skill (flight not required) (may be in a series or isolated) •Jump or Leap (150°) (may be in a series or isolated) •Gym/Acro or Gym series •Dismount with flight with or without hands 	0.50	<ul style="list-style-type: none"> •1 Acro series with at least 2 flight elements •1 Dance series - 2 or more skills •1 Salto or Aerial (may be in series or isolated) •Minimum "B" level turn on one foot •Jump or Leap (150°) 	0.50
9.60		0.50		0.50		0.50
9.80		0.50		0.50		0.50
10.0		0.50		0.50		0.50
10.0	<u>Skill Requirements</u>	<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>
10.0	<ul style="list-style-type: none"> •2 B level skills •5 A level skills 	0.30 ea 0.10 ea	<ul style="list-style-type: none"> •2 B level skills •5 A level skills 	0.30 ea 0.10 ea	<ul style="list-style-type: none"> •2 B Level Skills •5 A Level Skills 	0.30 ea 0.10 ea
10.0	<ul style="list-style-type: none"> •½ On, repulsion off •½ On, repulsion off •Handspring - ½ Off 	Void Routine	<ul style="list-style-type: none"> C Gym/Dance skills may be performed No C Acro skills may be performed No D skills may be performed 	WARNING Void Routine	<ul style="list-style-type: none"> C Gym/Dance skills may be performed No C Acro skills may be performed No D skills may be performed 	WARNING Void Routine
10.0	<ul style="list-style-type: none"> •½ On - Full Off •Handspring 1/1 Off 	Void Routine	<ul style="list-style-type: none"> No C Acro skills may be performed No D skills may be performed 	WARNING Void Routine	<ul style="list-style-type: none"> No C Acro skills may be performed No D skills may be performed 	WARNING Void Routine
10.0	<ul style="list-style-type: none"> •No C or D Skills may be performed (unless on the "B" list) i.e. Straddle back to handstand 	Void Routine	<ul style="list-style-type: none"> No C Acro skills may be performed No D skills may be performed 	WARNING Void Routine	<ul style="list-style-type: none"> No C Acro skills may be performed No D skills may be performed 	WARNING Void Routine
10.0	<ul style="list-style-type: none"> •Jump ½ turn - glide Kip •Jump ½ turn - glide kip to stoop through to rear support •Glide kip jam in or jam up •Cast to handstand •Back up-rise on the high bar •Straddle back •Straddle Cut on either bar 	Void Routine	<ul style="list-style-type: none"> •Clear Hip Circle •Low bar back giant •Over shoot from high to the low bar •Straddle or stoop circle forward •Straddle or stoop circle backward •Seat circle forward •Full twist undershoot dismount 	Void Routine	<ul style="list-style-type: none"> •Tuck/Pike Flyaway at bar height •Flyaway in a layout position 	Void Routine
CLARIFICATIONS						
<ul style="list-style-type: none"> •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 •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 <u>NOT</u> 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