



☆ Girls - Level 2 ☆

LEVEL 2 - VAULT

Vault #1 - Run; Straight jump off board - underswing required	5.00
Vault #2 - Handstand flat fall - underswing not required	5.00

SAFETY - Mat Height: Minimum of 12 inches - The athlete will not be allowed to compete her vault if the mat height is not at the minimum mat height.

- Any type of professional manufactured spring board or registered Air-O boards may be used for all age group level vaults.
- Incomplete or failed attempts to either vault = 0.5 deduction.

Vault #1 - Semi-circle or full underswing is required on this vault only - 0.30 deduction if not shown. Arms are to be at or below horizontal by the time she hits the board.

Vault #2 - Gymnast starts with two feet (feet together on the runway or the bottom of the board) and will take one step onto the board. Place the hands on the mat for the Handstand flat fall. You may not step onto the mat to execute the vault. No underswing is required for this vault.

LEVEL 2 - UNEVEN BARS

1. Back hip pullover	0.80
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Grab the bar with the hands shoulder width and in an over-grip. Taking up to two steps, lift the legs over the bar while having bent arms. (while pulling on the bar) Continue to lift the hips over the bar. The legs are to be straight by vertical and the feet are to come together before vertical. The hands will then shift to the top of the bar while straightening the arms. Show a finished and extended body in the front support.

2. Lift leg forward; Lift hips up off the bar - (no hold is required)	0.60
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Lift a straight leg over the bar (it may brush up or rest up against the bar with out a deduction). Once in the stride position, the gymnast will lift the hips up and off the bar. Hand placement is optional. There is no hold requirement and no requirement on leg height.

3. Lift leg backward to a full support	0.60
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Lift the straight leg backwards over the bar. It may brush up against the bar with no deduction. There is no requirement of the leg height. Hands are to finish in the over-grip position after the cut is completed.

4. Cast and return to front support - (no angle requirement)	0.60
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Clarification: This cast is to focus on the proper casting technique necessary for future skill progression. With the shoulders slightly (arms may be slightly bent) forward over the bar, swing both legs forward, then backward and upward. While swinging backward, she should be pushing down on the bar with the arms and legs are straight. The body should be in a hollow shape and the head in a neutral position. Continuous motion should be shown.

5. Cast - (no angle requirement)	0.80
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See above for cast requirements

6. Back hip circle	0.80
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While the hips return back to the bar, lean the shoulders backward. The body will circle around the bar in a straight and hollow body position. The legs and arms must stay straight throughout the entire skill. The hands will shift to the top of the bar, finishing in a front support. The body should be extended and the head in a neutral position.

7. Underswing	0.80
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Cast is not required for the underswing dismount

-OR-

8. Cast; Sole circle dismount - (straddle/pike)	0.80
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Execute a cast with the same requirements as above. At the peak of the cast, place the balls of the feet on the bar and perform a straddle or pike on. Apply pressure on the bar with the feet. Allow the swing to go downward maintaining straight the arms and a hollow position throughout the skill. As the hips rise, release the feet from the bar and press the bar backward to perform an extended body position. Maintain a tight body in the flight of the skill and land in a controlled demi-plie in a landing.

LEVEL 2 - BALANCE BEAM - Elements may be reversed

1. Mount - Jump to support; Leg cut to "V"

0.40

Place both hands on the beam and jump to a front support, swing either leg over the beam and rotate the body 90 degrees to a straddle sit facing the long end of the beam), arms reach forward and upward at the completion of the mount. Hands grasp the beam behind her back with straight or bent arms. Lift legs to a tuck sit with toes pointed to the beam, extend the legs to a v-sit (no hold or angle required).

2. Swing to squat (Tuck stand); Stand in lock position

0.40

Swing the legs forward- downward then backward-upward. Bend the knees to arrive on the balls of the feet in a tuck stand on top of the beam. Stand to a lock position. Arms should move forward and upward to a crown position.

- OR -

2. V-sit to stand

0.40

Bend the legs to step out onto the left foot, then the right foot to arrive on the balls of the feet in a tuck stand. Immediately straighten both legs, to end in locked position. Arms - move through forward - middle while rising to squat; then continue moving forward and upward to a crown position.

3. Arabesque (Hold 1 second)

0.40

Lower the heel to the beam and move the extended leg backward with the foot pointed on the beam. Keeping the chest vertical and upright, lift the turned out straight leg backward - upward a minimum of 30° off of the beam. Hold for one second. Lower the leg to point behind on the beam. Arms are optional - Arms may be out to the side middle position or may be in crown to emphasize the developmental position for the scale or T-position for a lever.

4. 2 Leg swings - one on each leg - (min. of 45° below horizontal)

0.40each

Step forward onto a straight leg with the foot slightly turned out but not in releve'. Hands should be on the hips. Swing the leg to a minimum of 45° below horizontal. Hips are to be square throughout the skill.

5. Releve' balance - in "lock" position with hands in crown - Hold 2 seconds

0.40

Step forward in releve' on one foot and then bring in the other to join it in a lock position. Hold 2 seconds. Arms are to be lifting forward and upward to a crown position.

6. Straight jump

0.40

Slide the front foot forward and lower the heels onto the beam to finish with the foot in front of the other foot, feet slightly turned out. Demi-plie both legs with the heels down on the beam. Push off the beam, extending both legs through the hips, knees, ankles and toes with legs together, extending the hips and legs in the air to a stretched position before landing. Land on both feet in demi-plie, pressing through the balls of the feet to lower the heels onto the beam, one foot in front of the other foot with the feet slightly turned out. Arms lower sideward-downward to low position during the demi-plie'. During the jump, lift arms forward-upward to crown. Arms remain in crown upon landing. Extend the legs to finish in a straight stand (not in releve').

7. ¼ (90°) Pivot turn

0.40

Pull up to a releve' position with the arms overhead in a crown position. Pivot 90° to face outward. Legs should remain straight throughout the skill.

8. Tuck jump dismount

0.60

Demi-plie' both legs and jump off the beam, extending both legs through the hips, knees, ankles and toes with the legs together. Then bend both knees to a minimum of 90° bend in both the knees and hips. Extend the hips and legs in the air to a stretched position before landing. Land on both feet in a demi-plie'. Arms move sideward-downward on the demi-plie' and forward-upward to high position on the jump. Lower the arms sideward-downward to forward on the "stick". Finish the skill.

LEVEL 2 - FLOOR EXERCISE - Elements may be reversed; Music is optional New or Old music is allowed

1. Forward roll to straddle stand	0.40
Bend the knees and reach forward placing the hands on the floor. Lower the head by tucking the chin to the chest. Keep the back rounded and lift the hips to place the back of the shoulders on the floor. Roll forward with the legs straddled. With the hands, reach between the legs and push down against the floor. The legs should remain straight. Finish in a straddle stand with arms in a diagonal high position.	
2. Headstand with legs horizontal or above - Hold 1 second	0.60
Place the hands and head on the floor making a triangle shape. Lift the feet off the floor and bring legs together by the time the legs are horizontal or above. Hold the position for one second. With the legs together and straight, lower them to the floor and turn the toes under. Finish in an upright position. Arms come forward and upward to a crown position.	
3. Arch back position	0.20
Knees and feet remain together. Push the hips forward and slightly arch the back. Reach the arms backward overhead. Arch should be seen in the upper back - shoulder blade area. A slight arch should be shown. There is no requirement to touch the floor. After the arch back lift one leg forward, bending the knee to place the foot slightly turned out flat on the floor. Straighten both legs to arrive in a stand on one leg with the other leg extended backwards with that foot pointed on the floor.	
4. Step kick cartwheel; ¼ turn inward with legs together	0.60
Step onto a straight leg. Kick the straight leg forward and upward while turning the hips 90 degrees. (The gymnast may do a forward entry into the cartwheel without a deduction). Take a step to the side executing a deep side lunge. Lift the other legs sideward and upward maintaining a straight body from the hands to the foot. Execute the cartwheel through a lever position and finish in a lunge. Arms should remain by the ears and in crown position throughout the skill.	
5. Backward Roll to pike stand	0.40
Bend the knees to arrive in a tuck sit, keeping the feet on the floor. Roll backward with the head tucked, chin on the chest. Place the hands on the floor by the ears palms down. Bent arms are allowed. As the hips roll backward, push down against the floor and extend the arms. As the body rolls over the head extend the legs in a pike position to a straight stand. Arms come up to crown and then finish. There is <u>NO</u> straight jump before the backward roll. (A 0.2 deduction will be given for the addition of the jump)	
6. Step Kick; Handstand	0.60
Step forward onto a straight leg and execute a lunge with the arms overhead in a crown position. Place the hands on the floor through a lever position. Kick the free leg backward and upward, joining the other leg together. Kick to a vertical position (No hold required - may hold without a deduction). Must show vertical position. Step down using the levering action to finish in a lunge. Finish with arms in high position then diagonally sideward upward.	
7. Front Leg Balance (minimum of 45° below horizontal) - Hold 1 second	0.40
Step forward and lift the free leg straight and upward to a minimum of 45° below horizontal). Hold for one second. The hands should be placed on the hips. Once the feet are together the arms come to a sideward-outward position with them horizontal to the ground.	
8. Step together; Split jump (30°)	0.40
Demi-plie' the legs while stepping the feet together lowering the arms to a down-low position. Jump to a 30° split jump with straight legs. While executing the split jump, the arms will raise to sideward-upward position with them horizontal to the ground. When the legs come together, to land in a demi-plie' position, the arms will drop to a low position. Straighten the legs and raise the arms to a sideward-upward position.	
9. Step lock, ½ (180°) Pivot turn	0.40
Step forward then close the foot behind the other foot in a releve' lock position. Hands on the hip. Execute a ½ (180°) pivot turn in a releve' lock position. Maintain a straight body alignment and high releve throughout. Arms remain on the hips.	
10. Forward chasse	0.40
Lower the heel onto the floor and demi-plie' the leg while stepping forward onto the slightly turned out foot. Through a 4 th position, demi-plie' with the heels on the floor. Push off the floor with both feet to execute a forward chasse', closing the foot behind the other foot in the air. Land in demi-plie' with the foot turned out slightly. Arms are to be in sideward-upward position throughout the skill.	
11. Pose	
Step forward slightly with a bent leg, rock forward through 4 th position. Demi-plie' through a weight transfer, extend both legs to finish. Arms are to come forward-upward to a crown while executing the weight transfer. Finish with the arms diagonally-sideward-upward.	