

AmeriKids Gymnastics

☆ Girls - Level 2 ☆

VAULT

Vault #1 - Run; Straight jump off board	5.00
Vault #2 - Handstand flat fall	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.
- Hands are to be on the mat for the Handstand flat fall
- Semi-circle or full underswing is required on both vaults - 0.30 deduction if not shown
- Incomplete or failed attempts to either vault = 0.5 deduction
- Any type of professional manufactured spring board or registered Air-O boards may be used for all age group level vaults

UNEVEN BARS

1. Back hip pullover	0.80
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- Up to two steps allowed
- Legs are to be straight by vertical and the feet are to come together before vertical
- Show a finished and extended body in the front support

2. Lift leg forward; Lift hips up off the bar - (No Hold)	0.80
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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)
- Lift the hips up and off the bar when in the stride support
- Hand placement is optional
- No hold requirement and no requirement on the leg height

3. Lift leg backward to a full support	0.80
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- Lift a straight leg over the bar (it may brush up against the bar with out a deduction)
- No requirement of the leg height

4. Cast and return to front support - (no angle requirement)	0.80
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- Clarification: This cast is to focus on the proper casting technique wanted for future skill progression. The shoulders should be leaning over the bar while the hips come off the bar while having straight arms.
- A continuous movement must be shown
- Maintain a straight-hollow body position

5. Cast	0.60
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6. Back hip circle	0.60
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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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- Sole circle may be straddled or piked

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BALANCE BEAM - Elements may be reversed

1. Mount - Jump to support; Leg cut to "V"	0.40
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Jump to support, leg cut to straddle sit, hands grasp the beam behind her back. Lift legs to a tuck sit with toes pointed to the beam, extend the legs to a v-sit and either swing up or step up to a tuck stand.

2. Swing to squat (Tuck stand); Stand in lock position	0.40
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- OR -

2. V-sit to stand	0.40
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Bend the legs to step out onto the left foot, then the right foot to arrive in a tuck stand. Immediately straighten both legs, extending the legs to end in a releve stand. Arms - move through forward-middle while rising to squat; then continue moving forward-upward to crown; then open supply to sideward-diagonally-upward. Lower heels to beam - arms remain high.

3. Arabesque (momentary hold = 1 second)	0.40
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- Leg should be 30° off of the beam
- Chest should remain vertical and upright while the gymnast only lifts the leg
- Arms 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 horiz.)	0.40each
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- Hands on hips

5. Releve balance - in "lock" position with hands in crown	0.40
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6. Straight jump	0.40
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Slide the right foot forward and lower the heels onto the beam to finish with the right foot in front of the left 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, right foot in front of the left foot with the feet slightly turned out. Arms on the demi-plié lower the arms sideward-downward to low position. 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
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8. Tuck jump dismount	0.60
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FLOOR EXERCISE - Elements may be reversed; Music is optional New or Old music is allowed

1. Forward roll to straddle stand	0.40
2. Headstand to vertical	0.60
<ul style="list-style-type: none">•2 second hold in the straddle position•1 second hold in the headstand <p>Place the hands and head on the floor (with the head in front of the hands in a triangular formation). With the feet on the floor the legs are in a straddle position and the hips are directly in line over the head. (Hold 2 seconds). The legs move sideward-upward to join at vertical in a headstand with the body in an extended vertical position. (Momentary - 1 second hold required)</p>	
3. Arch back position	0.20
<ul style="list-style-type: none">•Slight arch shown•No requirement to touch the floor•Knees and feet remain together <p>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.</p>	
4. Step kick cartwheel; ¼ turn inward with legs together	0.60
<ul style="list-style-type: none">•Forward or sideward entry is allowed to get into cartwheel•No lunge	
5. Backward Roll to pike stand	0.40
<ul style="list-style-type: none">•Bent arms are allowed•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
<ul style="list-style-type: none">•No hold required - may hold without a deduction•Must show vertical position	
7. Front Leg Balance (minimum of 45° below horizontal)	0.40
8. Step together; Split jump (30°)	0.40
9. Step lock, ½ (180°) Pivot turn	0.40
10. Forward chasse	0.40
11. Pose	