

AmeriKids Gymnastics

☆ Girls - Level 4 ☆

Refer to the USA Gymnastics Compulsory code for further explanation and description of the skills involved.

VAULT

Stack Mats - Handspring to Flat back position with Repulsion	10.00
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- Mat Height: Minimum of 32 inches. The athlete will not be allowed to compete her vault if the mat height is not at the minimum mat height.
- Gymnast may perform one or two vaults with the better score counting
- Semi-circle or full under-swing is required - 0.30 deduction if not shown
- Repulsion is required - See judging guidelines for deductions
- Judging will conclude when the gymnast has contact with mat
- Any type of professional manufactured spring board or registered Air-boards may be used for all age group level vaults

Definition of Hollow Body Landing - (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow body position should not have any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.

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UNEVEN BARS

The gymnast may attempt an unspotted Glide kip mount without deduction. If the kip is made, the routine will start at 10.0 and the maximum deduction would be 0.30 in execution. If the kip is missed the gymnast would need to start over and execute a pull-over. The start value would be 9.40 for the missed kip or a back hip pull-over.

Mount	Start Value
Glide Kip - MADE	10.0
Glide Kip - MISSED	9.40
Back Hip Pull-over	9.40
Spotted Glide Kip	Not allowed

1. Glide kip	0.60
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- If the kip is spotted; the full value of the skill will be taken
- Maximum deduction is 0.30 in execution for a completed kip

-OR-

1. Back hip pull-over	0.60
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- If back hip pull-over is competed, the start value is 9.40
- No jump allowed; legs must be straight the entire time

2. Front hip circle	0.60
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3. Cast (45° below horizontal) and return to front support	0.40
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4. Cast; Immediate single leg shoot through	0.40
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- Immediately cast with straight arms

5. Stride circle	0.60
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- Must be done in reverse grip

6. Single leg cut back	0.40
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7. Cast (45° below horizontal)	0.40
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8. Back hip circle	0.60
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9. Underswing	0.40
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- Cast is not required for the underswing dismount

-OR-

9. Cast; Sole circle on dismount (straddle or pike)	0.40
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- Sole circle may be straddled or piked on

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BALANCE BEAM - Elements may be reversed

1. Leg swing mount with $\frac{1}{2}$ (180°) turn	0.20
2. Tuck sit to a V-sit	0.20
3. Swing to tuck stand •Swing legs above the level of the beam before executing the tuck stand	0.40
4. Coupe walk; $\frac{1}{2}$ (180°) turn in forward coupe (Heel snap turn)	0.40
5. Step; Step leap (60°)	0.60
6. Pose	
7. $\frac{3}{4}$ Handstand in cross position	0.60
8. Leg swing	
9. $\frac{1}{2}$ (180°) turn in forward coupe	0.40
10. Fish pose	
11. Stretch jump	0.40
12. Tuck jump	0.40
13. Releve' steps	0.20
14. Arabesque (45°) - Hold 1 second; Scale (Horizontal) - Hold 2 seconds	0.40each
15. $\frac{1}{2}$ (180°) Pivot turn	0.20
16. Bow	
17. Cartwheel to side handstand, $\frac{1}{4}$ (90°) turn dismount	0.60

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FLOOR EXERCISE - Elements may be reversed; **New or old music is required**

1. Arm wave	
2. Small bounces	
3. Stretch jump	0.40
4. Split jump (90°)	0.40
5. Handstand forward roll with straight arms	0.60
6. ¼ (90°) Pivot turn	0.20
7. Side chasse with ¼ (90°) turn, ½ (180°) Pivot turn	0.20
8. Handstand to bridge stand, kick back over -OR- Front limber up	0.60
9. Straight leg leap (90°)	0.60
10. Leg swing with hop	0.20
11. Slide to floor, ½ (180°) Turn	
12. Forward split	0.20
13. ½ (180°) Turn on floor to stand	
14. Prance steps	
15. Weight transfer	0.20
16. Straight arm backward roll to push-up position <u>-OR-</u> Back extension roll	0.60
<ul style="list-style-type: none"> •There is NO straight jump allowed before the backward roll or back extension •Optional transition to the ½ turn 	
17. ½ (180°) Turn in forward coupe	0.40
18. Round-off	0.40
19. Flic-Flac to two feet; Rebound	0.60
20. Pose	