

AmeriKids Gymnastics

☆ Girls - Level 5 ☆

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

VAULT

Vault table - Handspring	10.00
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- Two vaults are allowed, with the better score to count
- Semi-circle or full under-swing is required - 0.30 deduction if not shown
- Repulsion is required - See judging guidelines for deductions
- Any type of professional manufactured spring board or registered Air-O boards may be used for all age group level vaults

UNEVEN BARS

1. Mount: Glide kip (straddled or piked)	0.80
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2. Front hip circle	0.60
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3. Cast to horizontal and return to front support	0.80
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4. Cast, Squat-on -OR- Pike-on	0.40
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- There is NO angle requirement for this cast

5. Jump to long hang kip	0.80
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6. Cast to horizontal	0.80
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7. Back hip circle	0.60
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8. Underswing, First Counterswing (minimum of 30° below horizontal)	0.80
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9. Tap swing forward, Second Counterswing (minimum of 15° below horizontal)	0.80
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10. Tap swing forward with ½ (180°) turn dismount	0.80
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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. $\frac{1}{2}$ Turn in forward coupe (Heel snap turn)	0.40
4. Straight leg leap (90°)	0.60
5. Pose	
6. Weight transfer	0.20
7. Cross handstand - Hold 1 second	0.60
8. Leg swing	
9. $\frac{1}{2}$ (180°) pivot turns - (Left and Right)	0.20 _{each}
10. $\frac{1}{4}$ (90°) turn, Fish pose	
11. $\frac{1}{2}$ turn in forward coupe	0.40
12. Cartwheel with a $\frac{1}{4}$ turn inward	0.60
13. Cross pose	
14. Stretch jump; Split jump (90°)	0.40 _{each}
15. Pose; Releve steps	
16. Arabesque ($>45^\circ$) - Hold 1 second	0.20
17. Scale - (above horizontal) - Hold 2 seconds	0.40
18. $\frac{1}{2}$ Pivot lunge turn; Bow	0.20
19. Cartwheel to side handstand - hold 2 seconds, $\frac{1}{4}$ Turn dismount	0.60

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

1. Arm wave	
2. ½ turn	
3. Small bounces	
4. Straddle jump (120°)	0.40
5. ½ pivot lunge turn	
6. Dive forward roll	0.60
7. Side chasse with ¼ (90°) turn; Passe hop with ½ turn	0.40
8. Front handspring to two feet; Rebound	0.60
9. Running steps	
10. Curved running steps	
11. Straight leg leap (120°) (0.60); Leg swing with hop ¼ turn (0.20)	
12. Slide to floor, ½ turn	
13. Forward split	0.20
14. 225° floor turn to stand	
15. Prance steps	
16. Weight transfer	0.20
17. ½ (180°) outward turn in forward passe	0.20
18. Straight-arm backward roll to handstand	0.60
19. Kick, Quick steps, Curtsy, Poses	0.20
20. Full turn in forward coupe	0.60
21. Hitch kick	0.40
22. Swing ½ turn	0.40
23. Back walkover (150°)	0.60
24. Round-off (0.40); Back handspring (0.60); Back handspring (0.60); Rebound	
25. Pose	No value