

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

LEVEL 5 - VAULT

Vault table - Handspring	10.00
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- Two vaults are allowed, with the better score to count
- 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
- Semi-circle or full underswing is required on both vaults - 0.30 deduction if not shown. Arms are to be at or below horizontal by the time she hits the board.

LEVEL 5 - 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 counter swing (minimum of 30° below horizontal)	0.80
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9. Tap swing forward, Second counter swing (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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LEVEL 5 - BALANCE BEAM - Elements may be reversed

1. Leg swing mount with ½ (180°) turn	0.20
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2. Tuck sit to a V-sit	0.20
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3. ½ Turn in forward coupe (Heel snap turn)	0.40
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4. Straight leg leap (90°)	0.60
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5. Pose	
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6. Weight transfer	0.20
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7. Cross handstand - Hold 1 second	0.60
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8. Leg swing	
9. ½ (180°) pivot turns - (Left and Right)	0.20 _{ea}
10. ¼ (90°) turn, Fish pose	
11. ½ turn in forward coupe	0.40
12. Cartwheel with a ¼ turn inward	0.60
13. Cross pose	
14. Stretch jump; Split jump (90°)	0.40 _{ea}
15. Pose; Releve steps	
16. Arabesque (>45°) - Hold 1 second	0.20
17. Scale - (above horizontal) - Hold 2 seconds	0.40
18. ½ Pivot lunge turn; Bow	0.20
19. Cartwheel to side handstand - hold 2 seconds, ¼ Turn dismount	0.60

LEVEL 5 - 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	

Level 5 - Updated October 23, 2010