

AmeriKids Gymnastics

☆ Girls - Level 6 ☆

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

VAULT

Vault Table - Handspring	10.00
<ul style="list-style-type: none">• 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 <u>is</u> required• 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 (straddle or pike)	0.80
2. Cast (minimum of 30° above horizontal)	0.80
3. Clear hip circle (minimum of 30° above horizontal)	0.80
4. Glide kip (straddle or pike)	0.80
5. Cast, Squat -or- Pike on	0.40
<ul style="list-style-type: none">• There is <u>NO</u> angle requirement for this cast	
-OR-	
5. Cast, 360° backward sole circle	0.40
<ul style="list-style-type: none">• There is <u>NO</u> angle requirement for this cast	
6. Jump to long hang kip	0.80
7. Cast (minimum of 30° above horizontal)	0.80
8. Long hang pullover	0.80
9. Underswing	
10. First counterswing (minimum of 15° below horizontal)	0.80
11. Tap swing forward	0.80
12. Second counterswing (minimum of horizontal)	0.80
13. Tap swing forward to flyaway (tuck, pike or straddle)	0.80

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BALANCE BEAM - Elements may be reversed

1. Scissor leg swing mount with $\frac{1}{2}$ (180°) turn	0.20
2. Tuck sit to a V-sit	0.20
3. Coupe, Side developpe, Rond de jambe	0.40
4. $\frac{1}{2}$ turn in forward coupe (Heel-snap turn)	0.40
5. Straight leg leap (120°)	0.60
6. Pose	
7. Weight transfer	0.20
8. Back walkover (150° split)	0.60
-OR-	
8. Backward roll to minimum of $\frac{3}{4}$ handstand	0.60
9. Leg swing	
10. $\frac{1}{2}$ pivot turns - (left and right)	0.20each
11. $\frac{1}{4}$ turns, Fish pose	
12. Full turn in forward passe	0.40
13. Cross pose	
14. Tuck jump; Split jump (120°)	0.40each
15. Pose; Releve steps	
16. Arabesque (>45°) - Hold 1 second	0.20
17. Scale (45° above horizontal) - Hold 2 seconds	0.40
18. $\frac{1}{2}$ Pivot Turn lunge; Turn; Bow	0.20
19. Cross handstand - Hold 1 second; $\frac{1}{4}$ Turn to side handstand - Hold 2 seconds; $\frac{1}{4}$ Turn dismount	0.80

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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 (150°); Stretch jump with ½ turn	0.40each
5. Back handspring step out; Ball change	0.60
6. Front salto tucked	0.80
7. Side chasse with ¼ (90°) Turn, Passe hop with ½ Turn	
8. Front handspring step out; Front handspring; Rebound	0.60each
9. Running steps	
10. Curved running steps	
11. Straight leg leap (150°); Side leap (150°)	0.60each
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	0.60
20. Full turn in forward passe	0.40
21. Hitch kick	0.40
22. Swing ½ turn	
23. Back walkover (180°)	0.60
24. Round-off (0.40); Back handspring (0.60); Back salto tucked (0.60)	
25. Pose	