



## ☆ Girls - Level 6 ☆

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

### LEVEL 6 - VAULT

<b>Vault Table - Handspring</b>	<b>10.00</b>
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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
- Any type of professional manufactured spring board or registered Air-O boards may be used for all age group level vaults

### LEVEL 6 - UNEVEN BARS

<b>1. Mount: Glide kip (straddle or pike)</b>	<b>0.80</b>
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<b>2. Cast (minimum of 30° above horizontal)</b>	<b>0.80</b>
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<b>3. Clear hip circle (minimum of 30° above horizontal)</b>	<b>0.80</b>
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<b>4. Glide kip (straddle or pike)</b>	<b>0.80</b>
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<b>5. Cast, Squat -or- Pike on</b>	<b>0.40</b>
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- There is NO angle requirement for this cast

-OR-

<b>5. Cast, 360° backward sole circle</b>	<b>0.40</b>
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- There is NO angle requirement for this cast

<b>6. Jump to long hang kip</b>	<b>0.80</b>
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<b>7. Cast (minimum of 30° above horizontal)</b>	<b>0.80</b>
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<b>8. Long hang pullover</b>	<b>0.80</b>
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<b>9. Underswing</b>	
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<b>10. First counterswing (minimum of 15° below horizontal)</b>	<b>0.80</b>
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<b>11. Tap swing forward</b>	<b>0.80</b>
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<b>12. Second counterswing (minimum of horizontal)</b>	<b>0.80</b>
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<b>13. Tap swing forward to flyaway (tuck, pike or straddle)</b>	<b>0.80</b>
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## LEVEL 6 - BALANCE BEAM - Elements may be reversed

1. Scissor leg swing mount with $\frac{1}{2}$ ( $180^\circ$ ) 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 ( $120^\circ$ )	0.60
6. Pose	
7. Weight transfer	0.20
8. Back walkover ( $150^\circ$ 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)	0.20 <sub>ea</sub>
11. $\frac{1}{4}$ turns, Fish pose	
12. Full turn in forward passe	0.40
13. Cross pose	
14. Tuck jump; Split jump ( $120^\circ$ )	0.40 <sub>ea</sub>
15. Pose; Releve steps	
16. Arabesque ( $>45^\circ$ ) - Hold 1 second	0.20
17. Scale ( $45^\circ$ 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

# AmeriKids Gymnastics

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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	0.40 <sub>ea</sub>
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	0.60 <sub>ea</sub>
9. Running steps	
10. Curved running steps	
11. Straight leg leap (150°); Side leap (150°)	0.60 <sub>ea</sub>
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	