

AmeriKids Gymnastics

☆ Girls - Level 7 ☆

VAULT	UNEVEN BARS		BALANCE BEAM (No Time Limit)		FLOOR EXERCISE (No Time Limit)	
Allowable Vaults & Values 10.0	Special Requirements	Value	Special Requirements	Value	Special Requirements	Value
<ul style="list-style-type: none"> •Front Handspring •Handspring - ½ off •Yamashita •Yamashita - ½ off •¼ on - ¾ off •½ on - ½ off •Tsuk timer with flight to feet •Handspring - 1/1 off •Yamashita - 1/1 off •¼ on - 1 ¼ off •½ on - 1/1 off •1/1 on - Handspring or Yamashita off •1/1 on - ½ off 	#1 One cast (minimum 45° from vertical)	0.50	#1 Acro series with minimum of 2 A or B elements with or without flight	0.50	#1 A 3 flight series that includes a Back Layout	0.50
	#2 & #3 Two 360° clear circling elements, same or different	0.50	#2 One acro flight elements (may be in a series or isolated)	0.50	#2 A connection of 2 or more forward flight skills. One skill must be a salto	0.50
	<ul style="list-style-type: none"> •one must be a “B” •one from Group 3, 6, or 7 	0.50	#3 Jump or Leap (180°)	0.50	#3 Minimum 360° turn on one foot	0.50
	#4 Salto Dismount (minimum A)	0.50	#4 Minimum 360° turn on one foot	0.50	#4 Dance series with 2 different elements One must be a Jump or Leap (180° cross or side split)	0.50
	Skill Requirements	Value	Skill Requirements	Value	Skill Requirements	Value
	•2 B level skills	0.30 ea	•2 B level skills	0.30 ea	•2 B level skills	0.30 ea
	•5 A level skills	0.10 ea	•5 A level skills	0.10 ea	•5 A level skills	0.10 ea
	No C or D Skills may be performed (unless on the “B” list)	Void Routine	C Gym/Dance skills may be performed		C Gym/Dance skills may be performed	
			No C Acro skills may be performed	WARNING	No C Acro skills may be performed	WARNING
			No D skills may be performed	Void Routine	No C Acro or D skills may be performed	Void Routine
CLARIFICATIONS						
<ul style="list-style-type: none"> • Only C “Gym” skills are allowed on Floor or Beam without deduction. No “C” or above acro skills are allowed on Beam or Floor. WARNING will be given. • Any D skills performed will VOID the routine. • There are NO composition deductions. • Spot (touch) of a gymnast while in her routine will result in a 0.50 deduction for each occurrence. • The coach may stand between the vault and board, between the bars, by the side of the beam, or on the floor with no deduction. • Tap swings on Uneven Bars (i.e. Level 5 & 6 tap swings) are a 0.30 deduction for each • All benefit of the doubt is given to the gymnast. EXAMPLE-If a gymnast is going for a skill and happens to over rotate it or over-twist the element. Do not VOID or give a 2.00 deduction. The skill must be shown and be deliberate against the rule. A warning must be given to the coach. 						

→ B skills are listed in the Junior Olympic Code available through the merchandise department of the USA Gymnastics ←