

AmeriKids Gymnastics

☆ Girls - Level 8 ☆

VAULT	UNEVEN BARS		BALANCE BEAM (No Time Limit)		FLOOR EXERCISE (No Time Limit)	
<u>Allowable Vaults & Values</u>	<u>Special Requirements</u>	<u>Value</u>	<u>Special Requirements</u>	<u>Value</u>	<u>Special Requirements</u>	<u>Value</u>
<u>See Level 8 Vault Chart</u>	#1 Minimum of 1 bar change	0.50	#1 Acro series with minimum of 2 elements, one with flight	0.50	#1 One acro series with 2 saltos	0.50
	#2 & #3 Two elements, same or different, minimum of B •one with flight or turn •one from Group 3, 6, or 7	0.50 & 0.50	#2 Jump or Leap (180°)	0.50	#2 Three different saltos in the routine	0.50
	#4 Salto or hecht dismount; Min A	0.50	#3 Minimum 360° turn on one foot	0.50	#3 Dance series with 2 different elements •One must be a Jump or Leap (180° cross or side split)	0.50
			#4 Aerial or salto dismount; Min A	0.50	#4 Min of A salto as last salto or in last connection of saltos	0.50
	<u>Skill Requirements</u>	<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>
	•4 B level skills	0.30 ea	•4 B level skills	0.30 ea	•4 B level skills	0.30 ea
	•4 A level skills	0.10 ea	•4 A level skills	0.10 ea	•4 A level skills	0.10 ea
	All C skills may be performed		All C skills may be performed		All C skills may be performed	
	No D Skills may be performed	Void Routine	No D skills may be performed	Void Routine	No D skills may be performed	Void Routine

CLARIFICATIONS

- C skills are allowed on Floor/Bars/Beam without deduction. All C skills performed may count towards an A or B level skills.
- 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.

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ALLOWABLE VAULTS & VALUES									
Group 1		Group 2		Group 3		Group 4		Group 5	
Handspring	9.0			Tsukahara Tuck	9.8	RO, FF on- repulsion off	7.5	RO, FF ½ on-FHS off	9.1
FHS- ½	9.1			RO, FF on-½ off	9.1	RO, FF ½ on-1/1 off	9.6		
Yamashita	9.0			Tsukahara Pike	10.0	RO, FF on-Back tuck	9.8	RO, FF ½ on-1½ off	9.8
Yami-½	9.1			Tsukahara Tuck with ½	10.0				
¼ on - ¾ off	9.2					RO, FF on-B. Pike	10.0	RO, FF ½ on-2/1 off	10.0
½ on - ½ off	9.2					RO, FF on-1/1 twist	9.4		
¼ on-Block off	7.5					RO, FF on-1½ twist	9.6		
½ on-Block off	7.5								
FHS-1/1	9.5								
FHS-1½	9.7								
Yami-1/1	9.5								
¼ on-1¼ off	9.4								
½ on-1/1 off	9.4								
¼ on-1¾ off	9.6								
½ on-1½ off	9.6								
1/1 on-FHS/Y off	9.5								
1/1 on - ½ off	9.7								
1/1 on-1/1 off	10.0								
FHS - 2/1 off	10.0								
¼ on - 2 ¼ off	10.0								
½ on - 2/1 off	10.0								