

# AmeriKids Gymnastics

## ☆ Girls - Novice Optional ☆

VAULT	UNEVEN BARS		BALANCE BEAM (No Time Limit)		FLOOR EXERCISE (No Time Limit)	
Allowable Vaults & Values	Special Requirements	Value	Special Requirements	Value	Special Requirements	Value
<b>9.40</b>	•Bar change	0.50	•1/1 Turn on one foot	0.50	•1 Acro series with at least 2 flight elements	0.50
•Front Handspring •Yamashita	•Circling skill	0.50	•1 Acro skill (flight not required)	0.50	•1 Dance series - 2 or more skills	0.50
<b>9.60</b>	•Swinging skill	0.50	•Jump or Leap (120°)	0.50	•1 Salto or Aerial (may be in series or isolated)	0.50
•¼ On, repulsion off •½ On, repulsion off •Handspring -½ Off	•Kip	0.50	•Balance or Hold Skill - minimum of 2 second hold	0.50	•Minimum 360° turn on one foot	0.50
<b>9.80</b>	•Salto or Undershoot 1/1 twist Dismount	0.50	•Dismount with flight with or without hands	0.50	•Jump or Leap (120°)	0.50
•½ On - ½ Off •¼ On - ¾ Off	Skill Requirements	Value	Skill Requirements	Value	Skill Requirements	Value
<b>10.0</b>	•1 B level skill	0.30 ea	•1 B level skill	0.30 ea	•1 B level skill	0.30 ea
•½ On - Full Off •Handspring 1/1 Off	•6 A level skills	0.10 ea	•6 A level skills	0.10 ea	•6 A level skills	0.10 ea
	No C or D Skills may be performed (unless on the "B" list) i.e. Straddle back to handstand	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

- 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
- A Spot (touch) of a gymnast while in her routine will result in a deduction of up to 0.50 per occurrence dependent on the amount of spot given by the coach
- 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.