



☆ 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
9.40	<ul style="list-style-type: none"> •Bar change •Circling skill •Swinging skill •Kip •Salto or Undershoot 1/1 twist Dismount 	0.50 0.50 0.50 0.50 0.50	<ul style="list-style-type: none"> •1/1 Turn on one foot •1 Acro skill (flight not required) •Jump or Leap (120°) •Balance or Hold Skill - minimum of 2 second hold •Dismount with flight with or without hands 	0.50 0.50 0.50 0.50 0.50	<ul style="list-style-type: none"> •1 Acro series with at least 2 flight elements •1 Dance series - 2 or more skills •1 Salto or Aerial (may be in series or isolated) •Minimum 360° turn on one foot •Jump or Leap (120°) 	0.50 0.50 0.50 0.50 0.50
<ul style="list-style-type: none"> •Front Handspring •Yamashita 						
9.60						
<ul style="list-style-type: none"> •¼ On, repulsion off •½ On, repulsion off •Handspring -½ Off 						
9.80	<u>Skill Requirements</u>	<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>	<u>Skill Requirements</u>	<u>Value</u>
<ul style="list-style-type: none"> •½ On - ½ Off •¼ On - ¾ Off 	<ul style="list-style-type: none"> •1 B level skill •6 A level skills 	0.30 ea 0.10 ea	<ul style="list-style-type: none"> •1 B level skill •6 A level skills 	0.30 ea 0.10 ea	<ul style="list-style-type: none"> •1 B level skill •6 A level skills 	0.30 ea 0.10 ea
<ul style="list-style-type: none"> •½ On - Full Off •Handspring 1/1 Off 	<p>No C or D Skills may be performed (unless on the "B" list) i.e. Straddle back to handstand</p>	Void Routine	<p>C Gym/Dance skills may be performed</p> <p>No C Acro skills may be performed</p> <p>No D skills may be performed</p>	WARNING Void Routine	<p>C Gym/Dance skills may be performed</p> <p>No C Acro skills may be performed</p> <p>No C Acro or D skills may be performed</p>	WARNING Void Routine
Uneven Bar B Skills	<ul style="list-style-type: none"> •Jump ½ turn - glide Kip •Jump ½ turn - glide kip to stoop through to rear support •Glide kip jam in or jam up •Cast to handstand •Back up-rise on the high bar •Straddle back •Straddle Cut on either bar 		<ul style="list-style-type: none"> •Clear Hip Circle •Low bar back giant •Over shoot from high to the low bar •Straddle or stoop circle forward •Straddle or stoop circle backward •Seat circle forward •Full twist undershoot dismount 		<ul style="list-style-type: none"> •Tuck/Pike Flyaway at bar height •Flyaway in a layout position 	
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 •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.

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