

AmeriKids Gymnastics

☆ Girls - Advanced Optional ☆

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 Advanced Optional Vault Chart</u>	#1 Minimum of 2 bar changes	0.50	#1 Acro series with minimum of 2 flight elements	0.50	#1 One acro series with 2 saltos	0.50
	#2 One flight element, Min B	0.50	#2 Jump or Leap (180°)	0.50	#2 Three different saltos in the routine	0.50
	#3 A second flight element (different); Min C OR One element with LA turn; Min C	0.50	#3 Minimum 360° turn on one foot	0.50	#3 Dance series with 2 different elements •One must be a Jump (180° cross or side split)	0.50
	#4 Salto/Hecht dismount; Min B	0.50	#4 Aerial or salto dismount; Min B	0.50	#4 Min of B 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>
	•1 C level skill •4 B level skills •3 A level skills	0.50 ea 0.30 ea 0.10 ea	•1 C level skill •4 B level skills •3 A level skills	0.50 ea 0.30 ea 0.10 ea	•1 C level skill •4 B level skills •3 A level skills	0.50 ea 0.30 ea 0.10 ea

CLARIFICATIONS

- Advance Optional consists of USA Level 9 rules with no restrictions. We are not awarding bonus for connections or composition
- A 10.0 start value is awarded if the gymnast meets all of the special and skill requirements that are listed above
- 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
- 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.

Advanced Optional-Updated September 1, 2009

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ALLOWABLE VAULTS & VALUES									
Group 1		Group 2		Group 3		Group 4		Group 5	
Handspring	9.0	FHS-Front tuck	9.8	¼, ½ On, Repulsion off	7.5	RO, FF on - repulsion off	7.5	RO, FF ½ on - FHS off	8.9
FHS- ½	9.1	FHS-Front tuck ½	10.0	Tsukahara Tuck	9.6	RO, FF on - ½ off	7.7		
Yamashita	9.0	FHS-Front pike	10.0						
Yami-½	9.1	FHS on board-FHS Fr tuck	10.0	Tsukahara Tuck 1/1	10.0	RO, FF on - Back tuck	9.6	RO, FF ½ on - 1/1 off	9.2
¼ on - ¾ off	9.2	FHS on board-FHS Fr pike	10.0	Tsukahara Pike	9.7	RO, FF on - B. tuck 1/1	10.0	RO, FF ½ on - 1½ off	9.4
½ on - ½ off	9.2			Tsukahara Layout	10.0	RO, FF on - B. Pike	9.7	RO, FF 1/1 on-1/1 off	9.3
				¼ on - ¼ off, Fr. tuck	9.9	RO, FF on - B. Layout	10.0		
FHS-1/1	9.5			½ on - ¼ off, Fr. tuck	9.9	RO, FF on - ½ off, Fr. tuck	9.9	RO, FF ½ on - 2/1 off	9.9
FHS-1½	9.7			¼ on - ¾ off, Fr. tuck ½	10.0	RO, FF on - B. tuck ½	9.9		
Yami-1/1	9.5			½ on - ½ off, Fr. tuck ½	10.0	RO, FF on - 1/1 twist	9.1		
¼ on-1¼ off	9.4					RO, FF on - 1½ twist	9.3		
½ on-1/1 off	9.4								
¼ on-1¾ off	9.6					RO, FF on - 2/1 twist	9.8		
½ on-1½ off	9.6								
1/1 on-FHS/Y off	9.5					RO, FF on-½ turn, Fr. tuck ½	10.0		
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								