



(REVISION #2) Hi everyone! Since competitions are going to be starting real soon, I wanted to make sure everyone has the updated information for the season. All of this information and more can be found on www.amerikidsgymnastics.org. If you have any questions during the season, feel free to contact me at tcrouse@cox.net. Have a successful, fun and healthy season! ~ Todd

Girls - Level 2

Vault The underarm swing is only required on the straight jump off the board. The arms need to be at or below horizontal before she hits the board. A 0.30 deduction will be given if not seen correctly.

The kick to handstand vault – the hands must be placed on the mat only. No stepping on the mat is allowed

Floor In the handstand the legs are to be horizontal or above and held for one second.

Girls - Level 3

Bars This year we added a glide swing before the pull over. The advisory committee felt it was important that we have some progression for the glide kip. The following are the only deductions that will be given for the glide.

Bar glide specific deductions – Only deductions able to be taken.

Execution (arms, legs, feet, head)	→ Up to 0.30 total
Rhythm and failure to open hips	→ Up to 0.20 total
Palms not on top of the bar at end of glide	→ 0.10 total
Tapping or brushing the feet against the floor	→ 0.10 total

This year we will allow two options in the bar routine – Single leg shoot through or Single leg cut.

Beam Running steps clarification

- Waltz step (down – up – up) or (demi plie – releve – releve)
- Deductions will be given for extra steps (0.10 per step)

Floor Backward roll to Pike

A backward roll to push up a position is allowed this year. The gymnast must jump to a pike position and have straight legs through out.

Girls - Level 4

Bars Just to clarify: The front hip circle finishes with a small casting position. Then there is a second cast for the shoot through.

Floor There is no hitch-kick before the ½ turn. You may receive a deduction for adding a skill. Keep the legs 45 degrees below horizontal or lower to make sure the judges do not interpret the skill as a hitch-kick.

Girls - Level 5 & 6 No change

Girls Optionals

Novice optional bar dismount. The undershoot full twist may also be done through a swing as well. Remember to not allow tap swings like level 5 or 6. They will receive a 0.30 deduction for extra swings.

Flyaway for Novice/Intermediate – To receive a B level skill, the hips are required to be bar height.

Special B bar list is only available on bars and for ONLY Novice and Intermediate Optional level

Boys - Level 4

Parallel Bar - The rear flank dismount requirement is 45 degrees above horizontal at the peak of the swing. All swings are required to be horizontal or above

High bar - Cast Back hip circle has been added

Boys - Level 4.5

Parallel Bars - Swings – Back swings are to be 30 degrees above horizontal and the hips are to be horizontal in the front swing

Judging Guidelines

Angle deductions –

1 – 10 degrees below angle requirement	→ -0.10
11- 20 degrees below	→ -0.20
21 – or more below	→ -0.30

Extra swings – if the feet break the plane of the bar then it is a flat 0.30 deduction per extra swing

Spotting a skill → Up to -0.50 (dependent on how much the spot had occurred)

Hold deductions –

For 2 second held skills	Held less than one second	→ -0.20
	Held one second – two seconds	→ -0.10
For 1 second held skills	Held less than one second	→ -0.10

Adding a part – 0.30

Level 3 bar glide specific deductions –

Execution (arms, legs, feet, head)	→ Up to 0.30 total
Rhythm and failure to open hips	→ Up to 0.20 total
Palms not on top of the bar at end of glide	→ 0.10 total
Tapping or brushing the feet against the floor	→ 0.10 total