

Level 2 Vault

JDM 9/1/21

Body each phase
Arch $\uparrow .30$ Pike $\uparrow .50$

Neutral Head $\uparrow .10$ each phase

Bent Arms $\uparrow .50$

Angle of Contact

Assistance of Coach (after gymnast achieves hand support on mat stack) 2.00

Following a fall on 1st vault & an injury is being assessed, once the gymnast is standing up on her feet, she has 45 seconds before the judge will salute for the 2nd vault

Shoulder Angle $\uparrow .30$

Both hands past tape line $.50$

Staggered hands 1 past tape line $.20$

Feet $\uparrow .10$ each phase

Failure to show inverted position (rolling action) $\uparrow 2.00$

Acceleration $\uparrow .30$

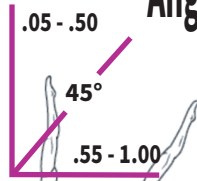
Horizontal Running $\uparrow .30$

Forward Lean $\uparrow .30$

Height NO DEDUCTION

Distance NO DEDUCTION

Dynamics $\uparrow .30$



Gymnast	Body A ___ P ___	Tape Line _____
Bent Arms _____	Angle _____	Feet _____
Head _____	Body A ___ P ___	Feet _____
Run A ___ H ___ F ___	Dynamics _____	Final Score

Gymnast	Body A ___ P ___	Tape Line _____
Bent Arms _____	Angle _____	Feet _____
Head _____	Body A ___ P ___	Feet _____
Run A ___ H ___ F ___	Dynamics _____	Final Score

Gymnast	Body A ___ P ___	Tape Line _____
Bent Arms _____	Angle _____	Feet _____
Head _____	Body A ___ P ___	Feet _____
Run A ___ H ___ F ___	Dynamics _____	Final Score

Gymnast	Body A ___ P ___	Tape Line _____
Bent Arms _____	Angle _____	Feet _____
Head _____	Body A ___ P ___	Feet _____
Run A ___ H ___ F ___	Dynamics _____	Final Score

Gymnast	Body A ___ P ___	Tape Line _____
Bent Arms _____	Angle _____	Feet _____
Head _____	Body A ___ P ___	Feet _____
Run A ___ H ___ F ___	Dynamics _____	Final Score

Gymnast	Body A ___ P ___	Tape Line _____
Bent Arms _____	Angle _____	Feet _____
Head _____	Body A ___ P ___	Feet _____
Run A ___ H ___ F ___	Dynamics _____	Final Score

Gymnast	Body A ___ P ___	Tape Line _____
Bent Arms _____	Angle _____	Feet _____
Head _____	Body A ___ P ___	Feet _____
Run A ___ H ___ F ___	Dynamics _____	Final Score

Gymnast	Body A ___ P ___	Tape Line _____
Bent Arms _____	Angle _____	Feet _____
Head _____	Body A ___ P ___	Feet _____
Run A ___ H ___ F ___	Dynamics _____	Final Score

Level

2

Bars

JDM 9/1/21

GLIDE SWING
& RETURN



(0.20)

BACK HIP
PULLOVER
MOUNT



(0.40)

CAST



(0.40)

CAST



(0.40)

BACK HIP
CIRCLE



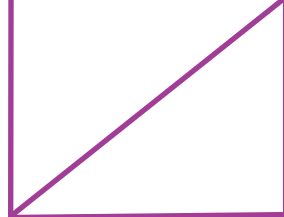
(0.40)

UNDERSWING
DISMOUNT



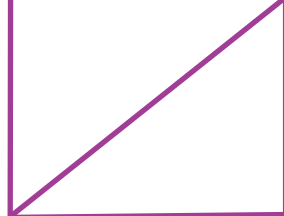
(0.60)

Gymnast



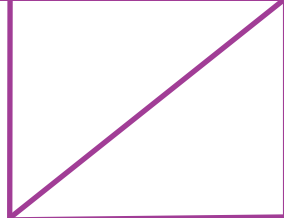
Final
Score

Gymnast



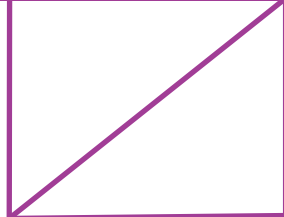
Final
Score

Gymnast



Final
Score

Gymnast



Final
Score

Level

2

Beam

JDM 9/1/21

(*)
JUMP TO
FRONT SUPPORT
MOUNT



(0.20)

(*)
SINGLE LEG
KICK UP TO
STAND



(0.40)

FORWARD
PASSÉ
BALANCE



(0.20)

STRETCH JUMP



(0.40)

1 Sec Hold

ARABESQUE (30°)



(0.40)

FORWARD LEG
SWING



(0.20)

BACKWARD LEG
SWING



(0.20)

1/2 (180°)
PIVOT TURN



(0.20)

(*)
CARTWHEEL
TO SIDE
HANDSTAND
DISMOUNT



(0.60)

Warm-up : 30 sec. Routine : 40 sec. Warning : 30 sec.

Gymnast		/	Final Score
Gymnast		/	Final Score
Gymnast		/	Final Score
Gymnast		/	Final Score

Level

2

Floor

JDM 9/1/21

(*)
CARTWHEEL



(0.60)

BACKWARD ROLL
TO PUSH-UP
POSITION



(0.60)

(*)
1/2 (180°)
TURN IN
FORWARD PASSÉ



(0.40)

FORWARD
CHASSÉ



(0.20)

STRAIGHT
LEG LEAP
60°



(0.60)

SPLIT
JUMP
60°



(0.40)

(*)
HANDSTAND



(0.40)

CANDLESTICK



(0.20)

BRIDGE,
(*) BACK
KICK-OVER



(0.60)

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Level 3 Vault

JDM 9/1/21

Body each phase
Arch $\uparrow .30$ Pike $\uparrow .50$

Neutral Head $\uparrow .10$ each phase

Bent Arms $\uparrow .50$

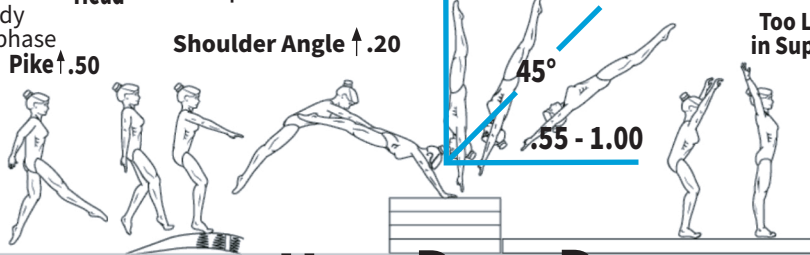
Angle of Contact

Assistance of Coach
(1st Flight, Support or 2nd Flight Phase)
2.00

Feet $\uparrow .10$ each phase

Steps each $.10$
(max.40)

Following a fall on 1st vault & an injury is being assessed, once the gymnast is standing up on her feet, she has 45 seconds before the judge will salute for the 2nd vault



Height NO DEDUCTION
Distance NO DEDUCTION
Dynamics $\uparrow .30$

Large Steps / Jump Each $.20$
(max .40)

Gymnast	Body A ___ P ___	Too Long in Support ___	Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___	Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	Body A ___ P ___	Head ___	Body A ___ P ___	Body A ___ P ___	Head ___
Shoulder Angle ___	Dynamics ___	Final Score	Shoulder Angle ___	Dynamics ___	Final Score
Gymnast	Body A ___ P ___	Too Long in Support ___	Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___	Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	Body A ___ P ___	Head ___	Body A ___ P ___	Body A ___ P ___	Head ___
Shoulder Angle ___	Dynamics ___	Final Score	Shoulder Angle ___	Dynamics ___	Final Score
Gymnast	Body A ___ P ___	Too Long in Support ___	Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___	Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	Body A ___ P ___	Head ___	Body A ___ P ___	Body A ___ P ___	Head ___
Shoulder Angle ___	Dynamics ___	Final Score	Shoulder Angle ___	Dynamics ___	Final Score
Gymnast	Body A ___ P ___	Too Long in Support ___	Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___	Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	Body A ___ P ___	Head ___	Body A ___ P ___	Body A ___ P ___	Head ___
Shoulder Angle ___	Dynamics ___	Final Score	Shoulder Angle ___	Dynamics ___	Final Score

Level

3

Bars

JDM 9/1/21

GLIDE SWING
& RETURN



(0.20)

BACK HIP
PULLOVER
MOUNT



(0.40)

OR

STRADDLE
OR PIKE
GLIDE KIP
MOUNT



(0.60)

CAST



(0.20)

BACK HIP
CIRCLE



(0.40)

BACK HIP
CIRCLE



(0.40)

FRONT HIP
CIRCLE SMALL CAST,
RETURN TO FRONT
SUPPORT



(0.40)

CAST,
SQUAT-ON, STRETCH
JUMP DISMOUNT



(0.60)

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Level

3

Beam

JDM 9/1/21

FRONT
SUPPORT FISH
POSE MOUNT



(0.20)

(*)
CROSS
HANDSTAND



(0.60)

1/2 (180°)
TURN IN
FORWARD PASSÉ
(heel-snap)



(0.40)

STRETCH
JUMP



(0.40)

STRETCH
JUMP



(0.40)

1 Sec Hold
ARABESQUE
45°



(0.40)

STRAIGHT
LEG LEAP
90°



(0.60)

1/2 (180°)
PIVOT
TURN



(0.20)

1/2 (180°)
PIVOT
TURN



(0.20)

(*)
CARTWHEEL
TO SIDE HANDSTAND,
1/4 TURN DISMOUNT



(0.60)

Warm-up : 45 sec. Routine : 55 sec. Warning : 45 sec.

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Level

3

Floor

JDM 9/1/21

(*)
HANDSTAND
FORWARD ROLL



(0.60)
1 Sec Hold

STRAIGHT
LEG LEAP
90°



(0.60)

STRETCH
JUMP



(0.20)

SPLIT
JUMP 90°



(0.40)

(*)
HANDSTAND,
to BRIDGE,
KICK-OVER



(0.60)

FORWARD
SPLIT



(0.20)

(*)
1/2 (180°) TURN
IN FORWARD
PASSÉ



(0.40)

BACKWARD ROLL
45° ABOVE
HORIZONTAL
TO PUSH-UP



(0.40)

(*)
ROUND-OFF



(0.40)

FLIC-FLAC
TO 2 FEET
Rebound



(0.60)

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Level 4 Vault

JDM 9/1/21

Body each phase
Arch $\uparrow .30$ Pike $\uparrow .50$

Neutral Head $\uparrow .10$ each phase

Shoulder Angle $\uparrow .20$

Bent Arms $\uparrow .50$

Angle of Repulsion 45°

Too Long in Support $\uparrow .50$

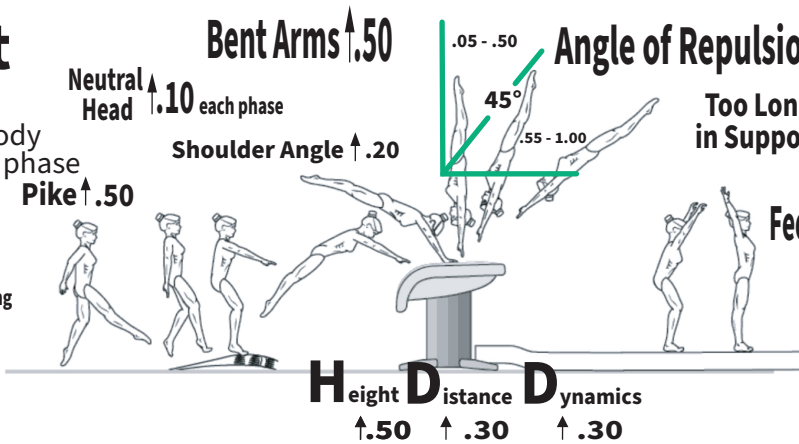
Assistance of Coach (1st Flight, Support or 2nd Flight Phase) 2.00

Feet $\uparrow .10$ each phase

Steps Each $.10$ (max $.40$)

Large Steps / Jump Each $.20$ (max $.40$)

Following a fall on 1st vault & an injury is being assessed, once the gymnast is standing up on her feet, she has 45 seconds before the judge will salute for the 2nd vault



Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Level

4

Bars

JDM 9/16/21

STRADDLE
OR PIKE
GLIDE KIP
MOUNT



(0.60)

CAST TO
HORIZONTAL &
RETURN TO
FRONT SUPPORT



(0.40)

CAST,
SQUAT-ON, OR PIKE-ON,
OR 360° SOLE CIRCLE



(0.20)

LONG HANG
KIP



(0.60)

CAST TO
HORIZONTAL &
RETURN TO
FRONT SUPPORT



(0.40)

BACK HIP
CIRCLE



(0.40)

UNDERSWING



(0.60)

1st COUNTERSWING
(min 30° horizontal))



(0.60)

TAP SWING
FORWARD



(0.60)

2nd COUNTERSWING
(min 30° horizontal))



(0.60)

TAP SWING FORWARD
w/ (*) 1/2 TURN DISMOUNT



(0.60)

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Level

4

Beam

JDM 9/16/21

FRONT
SUPPORT FISH
POSE MOUNT



(0.20)

(*)
CARTWHEEL



(0.60)

(*)
1/2 (180°)
TURN IN
FORWARD PASSÉ



(0.40)

STRETCH
JUMP



(0.20)

SPLIT
JUMP 120°



(0.40)

1 Sec Hold 1 Sec Hold

(*)
CROSS
HANDSTAND



(0.60)

SCALE
HORIZONTAL



(0.40)

STRAIGHT
LEG LEAP
120°



(0.60)

1 Sec Hold

(*)
CARTWHEEL
TO SIDE HANDSTAND,
1/4 TURN DISMOUNT



(0.60)

Warm-up : 1 min. Routine : 1:05 min. Warning : 55 sec.

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Level

4

Floor

JDM 9/1/21

(*)
BACK
WALKOVER
150°



(0.40)

(0.05 max
additional
steps
into fwd
pass)

(*)
FRONT
HANDSPRING
STEP-OUT



(0.60)

(*)
CARTWHEEL



(0.40)

STRAIGHT ARM

BACKWARD
ROLL TO
HANDSTAND



(0.40)

(*)
STRETCH JUMP
1/2 (180°) TURN



(0.40)

STRAGHT
LEG LEAP
120°



(0.60)

STRADDLE
JUMP
120°



(0.40)

FORWARD
SPLIT



(0.20)

(*)
1/1 (360°) TURN
IN FORWARD
PASSÉ



(0.40)

(*)
ROUND-OFF



(0.40)

FLIC-FLAC
TO 2 FEET



(0.60)

FLIC-FLAC
TO 2 FEET
Rebound



(0.60)

(0.30 Stop)

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Gymnast

Final
Score

Level 5 Vault

JDM 9/1/21

Body each phase
Arch $\uparrow .30$ Pike $\uparrow .50$

Neutral Head $\uparrow .10$ each phase

Shoulder Angle $\uparrow .20$

Bent Arms $\uparrow .50$

Angle of Repulsion 45°

Too Long in Support $\uparrow .50$

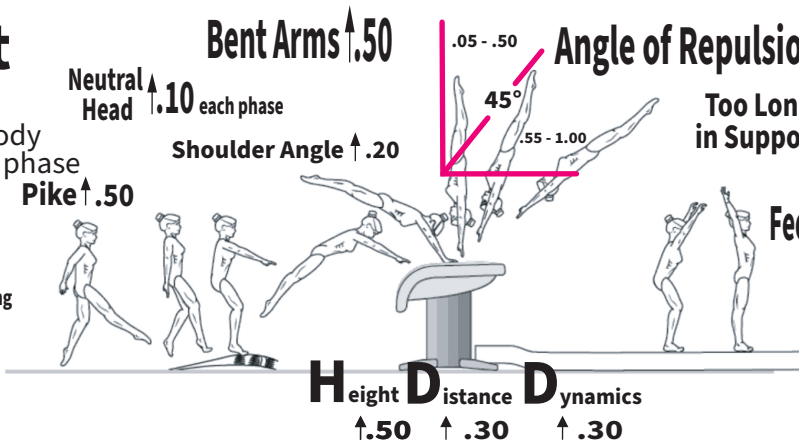
Assistance of Coach (1st Flight, Support or 2nd Flight Phase) VOID

Feet $\uparrow .10$ each phase

Steps Each $.10$ (max $.40$)

Large Steps / Jump Each $.20$ (max $.40$)

Following a fall on 1st vault & an injury is being assessed, once the gymnast is standing up on her feet, she has 45 seconds before the judge will salute for the 2nd vault



Height $\uparrow .50$ Distance $\uparrow .30$ Dynamics $\uparrow .30$

Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	45°	Body A ___ P ___
Head ___		Landing ___
Shoulder Angle ___	Height ___ Distance ___ Dynamics ___	Final Score

Level

5

Bars

STRADDLE
OR PIKE
GLIDE KIP
MOUNT



JDM 9/16/21

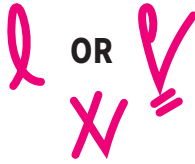
(0.60)

CAST TO
ABOVE
HORIZONTAL



(0.40)

CLEAR HIP CIRCLE TO
ABOVE HORIZONTAL,
OR SOLE CIRCLE TO CLEAR
SUPPORT, OR STALDER
TO CLEAR SUPPORT



(0.60)

STRADDLE
OR PIKE
GLIDE KIP



(0.60)

CAST,
SQUAT-ON, OR PIKE-ON,
OR 360° SOLE CIRCLE



(0.20)

LONG HANG
KIP



(0.60)

CAST TO
ABOVE
HORIZONTAL



(0.40)

LONG HANG
PULLOVER



(0.60)

UNDERSWING



(0.60)

1st COUNTERSWING
(min 15° horizontal)



(0.60)

TAP SWING
FORWARD



(0.60)

2nd COUNTERSWING
(min 15° horizontal)



(0.60)

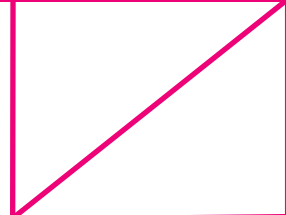
TAP SWING
FORWARD to
FLYAWAY DISMOUNT



(0.60)

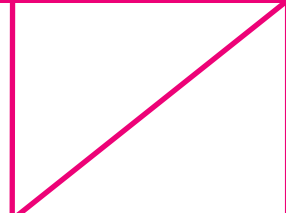
Tuck
Pike
Stretched

Gymnast



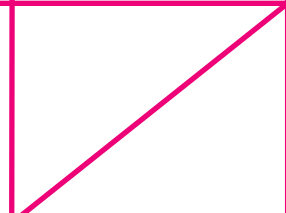
Final
Score

Gymnast



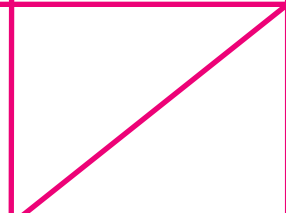
Final
Score

Gymnast




Final
Score

Gymnast









Final
Score


Level 5 Beam
JDM 9/1/21


FRONT SUPPORT FISH POSE MOUNT (0.20) 

ACRO OPTIONS (0.60)




- (*) BACK WALKOVER 150° 
- (*) BACK ROLL TO 3/4 HANDSTAND 
- (*) FLIC-FLAC STEP-OUT 
- (*) FLIC-FLAC TO 2 FEET 
- (*) FRONT WALKOVER 150° 


1/1 (360°) TURN IN FORWARD PASSÉ (0.40) 


SPLIT JUMP 150° (0.40) 

SISSONE (0.20) 

1 Sec Hold (0.40)

- SCALE ABOVE HORIZONTAL 
- STRAIGHT LEG LEAP 150° 
- STRETCH JUMP 

(*) CARTWHEEL JUMP (PUNCH) (0.60) 

BACKWARD SALTO TUCKED (0.60) 

Warm-up : 1 min. Routine : 1:10 min. Warning : 1 min.

Gymnast		/
		Final Score
Gymnast		/
		Final Score
Gymnast		/
		Final Score
Gymnast		/
		Final Score

Level 5 ACRO OPTIONS

DANCE OPTIONS

Level	5	FRONT SALTO TUCKED	(*) FREE (AERIAL) CARTWHEEL	(*) FRONT AERIAL	(*) FRONT HANDSPRING STEP-OUT	(*) FRONT HANDSPRING STEP-OUT	(*) CARTWHEEL	STRAIGHT ARM BACKWARD ROLL TO HANDSTAND	(*) STRETCH JUMP 1/1 (360°) TURN	STRAIGHT LEG LEAP 150°	SWITCH LEG LEAP 150°	STRADDLE JUMP 150°	FORWARD SPLIT	1/1 (360) TURN IN FORWARD PASSE	(*) ROUND-OFF	FILIC-FLAC	BACKWARD SALTO TUCKED	
Floor																		
JDM 9/1/21		(0.60)			(0.05 max additional steps into fwd pass)	(0.60)	(0.60)	(0.40)	(0.40)	(0.40)	(0.60)		(0.40)	(0.20)	(0.40)	(0.40)	(0.40)	(0.60)
		NOT applied to Front Salto																(0.30 Stop)

Gymnast		
		Final Score

Gymnast		
		Final Score

Gymnast		
		Final Score

Gymnast		
		Final Score