

WOMEN'S ARTISTIC GYMNASTICS ROUTINES 2019-2027

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LEVEL A

VAULT (Level A)

The video is the official version. This written text is merely an additional teaching tool.

* Spotter required

May be performed in a wheelchair or with a walker (or other assistance)

Value Element

- 2.0 Salute to judge
- 2.0 Move to a designated point
- 2.0 "Stick" landing
- 2.0 Salute to judge

Difficulty 8.0
Execution 2.0
Max. score 10.0

UNEVEN BARS (Level A)

The video is the official version of the routine. This written text is merely an additional teaching tool.

* Spotter required

Performed seated, either with a hand held single bar or the low bar of the uneven bars

Value Element

- 1.0 Salute at beginning of the routine
- 2.0 Grasp the bar in an overgrip (either simultaneously or one hand at a time)
- 1.0 Change 1 hand to an undergrip.
- 1.0 Change the other hand to an undergrip
- 2.0 Release the bar
- 1.0 Salute at end of the routine

Difficulty 8.0
Execution 2.0
Max. score 10.0

BALANCE BEAM (Level A)

The video is the official version of the routine. This written text is merely an additional teaching tool. May be performed in a wheelchair, using a line on the floor for a beam, or with a walker, using a low beam or a line on the floor.

Optional Choreography, including these requirements:

Value Element

- 1.0 Salute at beginning of routine
- 2.0 Travel to middle of the beam
- 1.0 Pose or arm movements
- 2.0 Travel to end of the beam
- 1.0 "Stick" dismount
- 1.0 Salute at end of routine

Difficulty 8.0
Execution 2.0
Max. score 10.0

FLOOR EXERCISE (Level A)

The video is the official version of the routine. This written text is merely an additional teaching tool. May be performed on the floor, with a wedge mat, with a walker, or in a wheelchair.

Optional Choreography, including these requirements:

Value Element

- 1.0 Salute at beginning of routine
- 2.0 Beginning pose
- 2.0 1-2 log rolls or optional movements with walker or in wheelchair
- 2.0 Ending pose
- 1.0 Salute at end of routine

Difficulty 8.0
Execution 2.0
Max. score 10.0

LEVEL B

VAULT (Level B)

The video is the official version. This written text is merely an additional teaching tool.

*Spotter required

Value Element

- 1.0 Stand at attention on springboard
- 1.5 Salute to judge
- 2.0 Straight jump onto 8" mat
- 2.0 Stick landing
- 1.5 Salute to judge

Difficulty 8.0
Execution 2.0
Max. score 10.0

UNEVEN BARS (Level B)

The video is the official version of the routine. This written text is merely an additional teaching tool.

* Spotter required

Performed seated, either with a hand held single bar or the low bar of the uneven bars

Value Element

- 0.5 Salute at beginning of the routine
- 1.0 Grasp the bar in an overgrip
- 1.0 Show pike position
- 1.0 Show straddle position
- 1.0 Show pike position
- 1.0 Show tuck position. Relax legs.
- 1.0 Change 1 hand to an undergrip
- 1.0 Change the other hand to an undergrip
- 0.5 Release the bar. Salute at end of the routine

Difficulty 8.0
Execution 2.0
Max. score 10.0

BALANCE BEAM (Level B)

The video is the official version of the routine. This written text is merely an additional teaching tool. May be performed on a panel mat or wide balance beam.

Optional Choreography, including these requirements:

Value Element

- 1.0 Salute at beginning of routine
- 1.5 Mount – step up onto side of beam
- 2.0 2 different locomotor movements (Examples: walk forward, sideways, backwards, march) or sideways steps in both directions
- 1.0 Pose
- 1.5 Dismount - jump or step off side or end of beam & stick landing
- 1.0 Salute at end of routine

Difficulty 8.0
Execution 2.0
Max. score 10.0

FLOOR EXERCISE (Level B)

The video is the official version of the routine. This written text is merely an additional teaching tool.

Optional Choreography, including these requirements:

Value Element

- 1.0 Salute at beginning of routine
- 1.0 Beginning pose
- 2.0 2 different locomotor movements (examples: walk forward, sideways, backwards, march) or sideways steps in both directions
- 2.0 1-2 log rolls
- 1.0 Ending pose
- 1.0 Salute at end of routine

Difficulty 8.0
Execution 2.0
Max. score 10.0

LEVEL C

VAULT (Level C)

The video is the official version. This written text is merely an additional teaching tool.

*Spotter required

OPTION 1 – Walk or Run Onto Springboard

Value Element

- 1.0 Salute to judge
- 1.0 Run or walk onto springboard
- 1.0 Put feet together on springboard
- 2.0 Straight jump onto 8" mat
- 1.0 Stick landing
- 1.0 Salute to judge

Difficulty 7.0
Execution 2.0
Max. score 9.0

OPTION 2 – Hurdle Onto Springboard

Value Element

- 1.0 Salute to judge
- 1.0 Run
- 2.0 Hurdle onto springboard
- 2.0 Straight jump onto 8" mat
- 1.0 Stick landing
- 1.0 Salute to judge

Difficulty 8.0
Execution 2.0
Max. score 10.0

UNEVEN BARS (Level C)

The video is the official version of the routine. This written text is merely an additional teaching tool.

*Spotter required

Gymnasts may use additional mats, spotting block, or a springboard to mount.

HIGH BAR

Value Element

- 1.0 Jump or be lifted to Long hang position (show)
- 1.0 Tuck position (show)
- 1.0 Long hang (show)
- 1.0 Straddle position (show)
- 1.0 Long hang (show)
- 1.0 Release bar to dismount

LOW BAR

Value Element

- 1.0 Jump to front support
- 1.0 Cast dismount

Difficulty 8.0
Execution 2.0
Max. score 10.0

BALANCE BEAM (Level C)

The video is the official version of the routine. This written text is merely an additional teaching tool.
Must be performed on Low Beam (Deduction for performing on High Beam)

The starting place on the beam should be determined so the required steps can be completed with the gymnast finishing at the end of the beam, in position for the dismount.

The following skill may be reversed without deductions: Lunge

Step up onto side of the beam (left shoulder closest to end of beam)

Step together right. Arm wave (right arm high, left arm low)

Step together left. Arm wave (left arm high, right arm low)

90° pivot turn right, place hands on hips

3 marching steps. (stepping right first, lifting left leg to forward passé, toe to knee)

Step left & close feet together (one foot can be slightly in front), arms move down to sides

Step forward into a left **lunge**. Move arms forward, extended next to ears. Hold position.

Close the right foot to the left (one foot can be slightly in front)

Open arms to the side

Kick the right leg forward to 45°, step right & kick the left leg forward 45°, step left & kick the right leg forward 45°

Step right & close feet together (one foot can be slightly in front). Lower arms

Arm wave to the right (crossing the midline of the body). Lower arms. Arm wave to the left (crossing the midline of the body). Lower arms.

Straight jump dismount

Value Element

1.0	Mount
1.0	Step together with arm wave (right & left)
1.0	90° pivot turn
1.0	Marching steps
1.0	Lunge
1.0	Forward kicks
1.0	Arm waves
1.0	Dismount

Difficulty	8.0
Execution	2.0
Max. score	10.0

FLOOR EXERCISE (Level C)

The video is the official version of the routine. This written text is merely an additional teaching tool. These skills may be reversed without deductions: Tiptoe turn & Knee scale

Starting pose: Stand on left foot. Right knee bent with toes touching the floor beside the left foot. Arms down at sides

COUNTS

- 1-16 Shake hips, raise arms overhead, shaking fingers
Open arms to side. **Kick right leg forward.**
Step right & kick left leg forward
Step left & kick right leg forward.
Step right & close feet together.
- 1-8 **Step sideways right & close feet together 2 times**
Step right & point the left foot to the side. Arm wave (right arm low, left arm high)
- 1-8 **Step sideways left & close feet together 2 times**
Step left & point the right foot to the side. Arm wave (left arm low, right arm high)
- 1-5 **360° Tiptoe turn** right, arms rounded overhead
- 6-8 Plié, swinging arms down. **Straight jump**, swinging arms overhead.
- 1-end Waving arms overhead, **5 running steps kicking feet behind** (starting on the left foot). Close feet together.
Squat & place hands on floor. Slide forward onto hands & knees. **Knee scale** with right leg raised in back.
Close knees together. **Back body wave.**
Ending pose: Sit on left hip. Arm wave with right arm.

Value Element

- 1.0 3 step kicks
0.5 Side steps left & arm wave
0.5 Side steps right & arm wave
1.0 360° tiptoe turn
1.0 Straight jump
1.0 Running steps
1.0 Knee scale
1.0 Back body wave
1.0 Ending pose

Difficulty 8.0
Execution 2.0
Max. score 10.0

LEVEL 1

VAULT (Level 1)

The video is the official version. This written text is merely an additional teaching tool.

*Spotter required

Value Element

1.0	Salute to judge
1.0	Run
1.0	Hurdle onto springboard
2.0	Straight jump onto 8" mat
1.0	Stick landing
2.0	(2-3 steps) $\frac{3}{4}$ Handstand/Teeter Totter
1.0	Step down to lunge
1.0	Salute to judge

Difficulty 10.0

Execution 10.0

Max. score 20.0

UNEVEN BARS (Level 1)

The video is the official version of the routine. This written text is merely an additional teaching tool.

*Spotter required

Gymnasts may use additional mats, spotting block, or a springboard to mount.

HIGH BAR

Value Element

- 0.5 Jump or be lifted to Long hang position (show)
- 1.0 Tuck position (hold 2 seconds)
- 1.0 Long hang position (show)
- 1.0 Straddle position (hold 2 seconds)
- 1.0 Long hang position (show)
- 1.0 Release bar to dismount

LOW BAR

Value Element

- 1.5 Jump to front support
- 1.5 Cast
- 1.0 Cast dismount

BONUS

Value Element

- 0.5 Low bar – Tuck forward roll dismount

Difficulty 10.0
Execution 10.0
Max. score 20.0

BALANCE BEAM (Level 1)

The video is the official version of the routine. This written text is merely an additional teaching tool.
Must be performed on Low Beam. (Deduction for performing on High Beam)

The starting place on the beam should be determined so the required steps can be completed with the gymnast finishing at the end of the beam, in position for the dismount.

These skills may be reversed with no deductions: Lunge, Passé hold

Step up onto side of the beam (left shoulder closest to end of beam).

Circle arms, crossing in front of the body, moving to overhead, and opening to the side.

3 sideways steps to the right

90° pivot turn right

Step forward into a right **lunge**. Move arms forward (extended next to ears). Hold position.

Close the left foot to the right (one foot can be slightly in front)

Open arms to the side

Step left & kick right leg forward to 90°, step right & kick left leg forward to 90°, step left & kick right leg forward to 90°

Close right foot in front, and move arms to front in rounded position

Lift right leg into a forward **passé hold** (toe to knee).

Close the right foot in front. Open right arm to the side. Open left arm to the side.

Place hands on hips.

3 marching steps. (stepping left first, then right and left, lifting leg to forward passé, toe to knee, on each step)

Close the right foot in front. Lower arms.

Straight jump dismount

Value Element

1.0	Mount
1.0	Sideways steps
1.0	90° pivot turn
1.5	Lunge
1.5	Kicks forward
1.5	Passé hold
1.0	Marching steps
1.5	Dismount

Difficulty 10.0

Execution 10.0

Max. score 20.0

FLOOR EXERCISE (Level 1)

The video is the official version of the routine. This written text is merely an additional teaching tool. The routine may be performed with either a squat ½ turn or a forward roll (Bonus)
These skills may be reversed without deductions: ¾ Handstand/Teeter Totter, Forward Passé hold, Lever/T-hold, Run to hurdle step

Starting pose: Stand with feet together & knees bent. Body is bent slightly forward, arms crossed in front of face.

COUNTS

- 1-4 Hold
- 5-12 With the left leg, step back and plié,. Extend and point right foot forward, Circle arms down and over head. Wave hands
Slide right toe to left foot, ball of right foot on ground and heel raised
Extend right arm in front, then cross left arm over right at the wrist
Straighten right leg and lower arms
- 1-16 Step forward to a right lunge
Extend arms at ears and hold
¾ **handstand/teeter-totter** finishing in right lunge with arms at ears
Slide right foot back to close feet, windshield wiper arms right, left, right, and open arms to side
- 1-8 Step left, hop, bending right knee to forward passé, toe to knee**
Step right, hop, bending left knee to forward passé, toe to knee
4 quick steps in relevé – left, right, left, right, close left foot to right foot
- 1-8 Move arms to front (rounded), lift right leg to forward **passé hold**, toe to knee
Step forward right with 90° turn left while closing left foot to right foot, left arm swinging down and opening to side
- 1-16 Step left, kick right leg forward, step right into plié lifting left leg backward in arabesque**
Step left and close right foot to left foot, arms circle down, cross in front, and overhead, finishing to the side
Step right, kick left leg forward, step left into plié lifting right leg backward in arabesque
Step right and close left foot to right foot
Leaning chest forward, bending at the hips, lift right heel bending the right knee, bring arms in front, touching wrists together, palms facing outward. Turn head to the right. Open arms to the side & straighten legs.
- 1-8 Side chassé left, weight transfer onto left foot, pointing right foot out to the side finishing with arms on a diagonal, left arm low**
Side chassé right, weight transfer onto the right foot, pointing left foot out to the side, finishing with arms on a diagonal, right arm low
- 1-8 With the left foot, step forward toward the corner
180° pivot turn right with arms low
Close right foot to left foot

- Bend knees in plié, bringing hands into the chest. Push the left arm on high diagonal left and look left
- 1-16 Deepen the plié, as arms swing down on the left side of the body, finishing overhead. Straighten knees.
Step forward right to lunge, **lever/T-hold**, finishing in right lunge with arms by ears
Slide right foot back to close feet together, lower arms
- 1-8 3 running steps (right, left, right), step forward left to a **hurdle step** (with arms by ears),
Step forward right and close feet together.
- 1-8 Plié, circling arms down and slightly back. **Straight jump**, swinging arms overhead. Land in plié with arms by ears
90° turn left with 4 alternating heel lifts (lift right heel first), arms extended overhead, hands clasped together
- 1-end **Squat half turn [or forward roll]** to sitting position with knees tucked to chest, toes pointed on floor, and arms extended forward with waving hands
Tucked back rock (hands on floor by ears), roll up sitting on right hip moving through to high kneeling position, ending with arms by ears
Back body wave
Sit on heels, cross arms into hug position and look right

Value Element

- 1.0 ¾ handstand/teeter-totter
0.5 Passé hops
0.5 Passé hold
1.0 Dance section
0.5 Side chassés
1.0 Lever/T-hold
1.0 Hurdle step
1.0 Straight jump
1.0 Squat half turn **OR** 2.0 Forward roll
1.0 Tucked back rock
0.5 Back body wave

- Difficulty 9.0 (with squat half turn)
10.0 (with forward roll)
Execution 10.0
Max. score 19.0 (with squat half turn)
20.0 (with forward roll)

LEVEL 2

VAULT (Level 2)

The video is the official version. This written text is merely an additional teaching tool.

* Spotter required

Value Element

1.0	Salute to judge
1.0	Run
1.0	Hurdle onto springboard
2.0	Straight jump onto 16" mat
1.0	Stick landing
2.0	(2-3 steps) Handstand (putting feet together)
1.0	Step down to lunge
1.0	Salute to judge

Difficulty 10.0

Execution 10.0

Max. score 20.0

UNEVEN BARS (Level 2)

The video is the official version of the routine. This written text is merely an additional teaching tool.

*Spotter required

Gymnasts may use additional mats, spotting block, or a springboard to mount.

HIGH BAR

Value Element

- 1.0 From a spotting block, lean into tap swing forward
- 1.0 Tap swing backward
- 1.0 Tap swing forward
- 1.0 Tap swing backward
- 1.0 On back swing, release bar to dismount

LOW BAR

Value Element

- 1.0 Jump to front support
- 1.0 Cast
- 1.0 Cast dismount

BONUS

Value Element

- 1.0 Low bar – Kick over mount (step kick to pullover)
- 1.0 Low bar – Pullover mount (feet together)
- 1.0 Low bar – Tuck forward roll dismount

Difficulty 10.0
Execution 10.0
Max. score 20.0

BALANCE BEAM (Level 2)

The video is the official version of the routine. This written text is merely an additional teaching tool.
May be performed on Low Beam or High Beam (bonus)

* Spotter required on High Beam

These skills may be reversed with no deductions: Pivot turn, Lever/T-hold & the pose after

Mount (Low Beam):

Step up onto the end of the beam facing the length of the beam

Squat and hold while extending arms forward. Circle arms in towards body and push out

Mount (High Beam):

Jump to front support, swing straight right leg over to sit on beam facing the length of the beam.

Swing both legs backward into squat. Lift hands from beam, and extend arms forward. Circle arms in towards body, and push out

CONTINUE (low and high beam):

Stand and lower arms

Raising arms to the side, step right, kick left leg forward (90 °), step onto left and lift right leg backward to arabesque in plié

Three steps forward (right, left, right) arms extended to the side

Arms to the side, step left, kick right leg forward (90°), step onto right and lift left leg backward to arabesque in plié

Two to three steps forward, place foot in front, lower chest to bow forward, extending arms behind

Stand up straight. With arms low, **180° pivot turn** (low beam video shows pivot turn left, high beam video shows pivot turn right)

Step forward into a right lunge. Move arms forward (extended next to ears). **Lever/T-hold.**

Return to right lunge

Circle arms behind, finishing with arms extended in opposition (left arm in front, right to the side), pose with ball of right foot on beam, heel lifted.

Step forward and close feet together, to finish with the right foot front, arms lowering.

Straight jump, swinging arms overhead. Land in plié, opening arms to the side

Straighten knees and lower arms

90° pivot turn to the left, opening arms to the side

In relevé, sideways step to the right, bend right elbow to hold hand in front of chest. Repeat sideways step, bending left elbow to finish with arms crossed in front of chest.

90° pivot turn to the right, raise arms overhead

Step right & coupé left (toe to ankle), lower right arm to side

Step left & coupé right (toe to ankle), lower left arm to side

Take 3-4 steps to end of beam, close feet, **straddle jump dismount** (minimum 90° split)

Value Element

- 1.0 Mount to squat
- 1.0 Right leg dance
- 1.0 Left leg dance
- 1.0 180° Pivot Turn

- 1.0 Lever/T-hold
- 1.0 Straight Jump
- 1.0 Side Steps
- 1.0 Coupé Steps
- 1.0 Straddle Jump Dismount

Difficulty	10.0 (High Beam)	9.0 (Low Beam)
Execution	10.0	
Max. score	20.0 (High Beam)	19.0 (Low Beam)

FLOOR EXERCISE (Level 2)

The video is the official version of the routine. This written text is merely an additional teaching tool. The routine may be performed with either a candlestick or backward roll.

These skills may be reversed without deductions: 180° passé pivot, Handstand, Chassés, Cartwheel, & Hurdle step to lever/T-hold

Starting pose: Kneeling on the right knee, left foot in front. Left arm bent with hand at right shoulder. Right arm extended diagonally back.

COUNTS

1-4 - Hold

5-16 Extend left arm forward. Extend right arm forward, parallel to left
Shift weight forward and push arms to the side
Shift weight to back leg, straightening right leg in front, and clasp hands together in front
90° turn right bringing left knee to kneeling position, bend hands into chest
90° turn right, bringing right knee up, placing right foot on floor. With hands still clasped, extend arms in front

1-16 Stand and close feet, extend arms to the side
Step forward with right foot to prep for turn, with right arm rounded in front and left arm to the side. **180° passé pivot**, closing arms in front in a rounded position.
Step left and close feet together, extend arms to the side
Lower arms

1-16 Step left, step into a right lunge with arms extended by ears
Kick to **handstand** (with feet together in vertical position). Step down into a right lunge with arms extended by ears
Close right foot back to the left foot. Lower arms.

1-8 Step right into **2 forward chassés**, arms in opposition (left arm in front, right arm to the side)
Run and kick feet up and behind [3x, stepping on right, left, right] with arms 45° down and at the side. Close feet together and keep arms lowered at side

1-16 **Straight jump**, swinging arms above head
Land with arms overhead. Circle arms around behind. **Tuck jump**, swinging arms to front middle
Straighten legs and lower arms
Step right foot to the right, keeping legs apart. Shake hips right, left, right, left with arms 45° and at the side
90° turn to the right, bringing left foot in to close. Clap 5x with hands in the middle of chest. Turn head to the right and point right with both hands

1-16 Step forward with right foot and close left foot together into a plié, swinging arms forward and overhead as legs straighten
Step forward with right foot and close left foot together, **forward body wave**

1-8 **Candlestick (with hands on floor by ears) OR backward roll** to squat hold

1-16 Stand up, moving left arm diagonally forward and right arm diagonally back

45° turn left towards the corner, bringing back arm forward to finish with both arms at ears

Cartwheel finishing in lunge

1-4 Two steps back [lifting knees] and close feet together. Lower arms to a back diagonal during steps. Bring left hand to hip, and right hand to left shoulder with lifted elbow. Head looks left.

1-16 Step left and hop with right leg kicking forward 45°. Step right into plié or relevé, lifting left leg backward in arabesque.

Three steps forward in relevé. Step right and hop with left leg kicking forward 45°.

Step left into plié or relevé, lifting right leg backward in arabesque

Three steps forward in relevé. Close feet, turning 45° to the left

1-16 Two to three running steps forward, **hurdle step to lever/T-hold**. Step back closing front foot to the back foot, arms above head

Lower arms

1-end Placing left knee on the floor, squat and turn to the right, to sit with legs in straddle
Twist body to right, and place right hand on ground, lift hips, swinging left arm across face to finish extended by ear

Sit and close feet together. Lie down into a log roll to the left finishing on back with arms by ears

Clap hands together with arms extended above chest and open arms to the sides on the floor. Slide left foot to knee

Value Element

1.0 180° passé pivot

1.0 Handstand

0.5 Forward chassés

1.0 Straight jump

1.0 Tuck jump

0.5 Forward body wave

1.0 Candlestick or Backward roll

1.0 Cartwheel

1.0 Dance section

1.0 Hurdle step

1.0 Lever/T-hold

Difficulty 10.0

Execution 10.0

Max. score 20.0

LEVEL 3

VAULT (Level 3)

The video is the official version. This written text is merely an additional teaching tool.

* Spotter required

OPTION 1

Value Element

1.0	Salute to judge
1.0	Run
1.0	Hurdle onto springboard
2.0	Straight jump onto 24" mat
1.0	Stick landing
2.0	(2-3 steps) Handstand flat back
1.0	Sit up & salute to judge

Difficulty	9.0
Execution	10.0
Max. score	19.0

OPTION 2

Value Element

1.0	Salute to judge
1.0	Run
2.0	Hurdle onto springboard
3.0	Jump to handstand onto minimum 30" mat
2.0	Flat back
1.0	Sit up & salute to judge

Difficulty	10.0
Execution	10.0
Max. score	20.0

UNEVEN BARS (Level 3)

*Spotter required

Gymnasts may use additional mats, spotting block, or a springboard to mount.

Elements in the routine may be performed in any order, using these composition guidelines:

- 6 elements (3 on high bar & 3 on low bar).
- FIG "A" or Recognizable Gymnastics Skills
- To change bars, gymnast must dismount one bar and mount the other bar
- Safety note: On high bar, swinging dismounts should release swinging away from the low bar.
- Must include these Special Requirements:

Value Requirement

0.5 Pullover or kick over

0.5 Cast to 45°

0.5 Circling element (forward or backward)

0.5 Swinging element

Difficulty 10.0

Execution 10.0

Max. score 20.0

BALANCE BEAM (Level 3)

Must Be Performed On High Beam

*Spotter required

*Maximum Time = 1:15

- Optional choreography
- 6 elements
- FIG "A" or Recognizable Gymnastics Skills
- Must include these Special Requirements:

Value Requirement

0.5 Acro element

0.5 Dance element (hop/jump/leap)

0.5 Balance element

0.5 Turn (minimum 180° on 1 or 2 feet)

Difficulty 10.0

Execution 10.0

Max. score 20.0

FLOOR EXERCISE (Level 3)

*Maximum Time = 1:15

- Optional choreography
- 6 elements
- FIG "A" or Recognizable Gymnastics Skills
- Must include these Special Requirements:

Value Requirement

0.5	Acro element (forward, sideways or backwards)
0.5	Additional acro element (must be a different direction than first acro element)
0.5	Dance element (hop/jump/leap)
0.5	Turn (minimum 180° on 1 foot)

Difficulty	10.0
Execution	10.0
Max. Score	20.0

LEVEL 4

VAULT (Level 4)

Any vault in the FIG Code of Points – Start values are listed in the current FIG Code of Points

For Special Olympics vaults over stacked mats turned sideways, any standard manufactured 5'X10' mat may be used.

Special Olympics Vaults:

Start value	Vault
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1.0	Handstand Onto Stacked Mats (32" Or Higher) – Flat Back
1.6	Handstand Onto Table – Flat Back Onto Stacked Mats (minimum height even with table)
1.4	Handspring Over Stacked Mats (32" or higher)

Additional vaults over stacked mats will receive 1.4 for the handspring, plus the following points:

0.1	Each $\frac{1}{4}$ turn (For example: $\frac{1}{4}$ on – $\frac{1}{4}$ off start value is 1.6: 1.4 for the handspring plus 0.1 for each $\frac{1}{4}$ turn)
0.2	Each $\frac{1}{2}$ turn (For example: $\frac{1}{2}$ on, $\frac{1}{2}$ off start value is 1.8: 1.4 for the handspring plus 0.2 for each $\frac{1}{2}$ turn)

SAFETY NOTE: Per FIG, vaults with a lateral landing are not allowed. (For example - a handspring on, 1/4 off is not allowed.)

UNEVEN BARS (Level 4)

*Spotter required

Gymnasts may use additional mats, spotting block, or a springboard to mount.

Elements in the routine may be performed in any order, using these composition guidelines:

- 8 elements (4 on high bar & 4 on low bar).
- Any FIG value skills or Recognizable Gymnastics Skills
- Must include a bar change within the routine.
- Safety note: On high bar, it is recommended that swinging dismounts release swinging away from the low bar. If, because of the order of skills, the gymnast must release swinging toward the low bar, the coach must be in a position to stop the gymnast from hitting the low bar.
- Must include these Special Requirements:

Value Requirement

- 0.5 Cast above 45°
- 0.5 Circling element (forward or backward)
- 0.5 Additional circling element (same element can receive credit twice if performed once on low bar & once on high bar)
- 0.5 Swinging element or additional circling element (same circling element cannot receive credit a third time)

Difficulty 10.0
Execution 10.0
Max. Score 20.0

BALANCE BEAM (Level 4)

Must Be Performed On High Beam

*Spotter required

*Maximum Time = 1:30

- Optional Choreography
- 8 elements.
- Any FIG value skills or Recognizable Gymnastics Skills
- Must include these Special Requirements:

Value Requirement

- 0.5 Acro element with hand support (can be a dismount)
- 0.5 Dance element (jump/leap)
- 0.5 Balance element (with leg extended front, side, or back at 90°)
- 0.5 Turn (minimum 180° on 1 foot)

Difficulty 10.0
Execution 10.0
Max. score 20.0

FLOOR EXERCISE (Level 4)

*Maximum Time = 1:30

- Optional Choreography
- 8 elements.
- Any FIG value skills or Recognizable Gymnastics Skills
- Must include these Special Requirements:

Value Requirement

0.5 Acro element (forward, sideways or backwards)

0.5 Acro element with flight

0.5 Dance series or passage (minimum 2 different skills, one must be a jump/leap)

0.5 Turn (minimum 360° on 1 foot)

Difficulty 10.0

Execution 10.0

Max. Score 20.0