

LEVEL A REQUIREMENTS

All events 30 sec. warm up & 45 sec. max competition time per athlete
 Meet Directors - please provide timers if able, or prep the judges that they will be timing

EVENT & SKILLS	ROUTINE EXAMPLE	COACHES	MEET DIRECTOR
<p>VAULT</p> <ul style="list-style-type: none"> Handstand + Flat Fall onto mat stack Straight Jump + Kick up to Handstand + Flat Fall onto Mat Stack 		<ul style="list-style-type: none"> Minimum mat stack of 24" Host gyms may have shorter runways Airboards and springboards permitted, but may not always be available (ask ahead of time - you may bring your own if not available) Assist with moving equipment as needed Athlete is permitted 2 vaults Each gymnast will be given 30 sec each for warm up that will be timed 	<ul style="list-style-type: none"> Please designate on your meet entry if your gym does not have a full vault runway Please list the type of springboards you will supply Have extra hands to help when possible to assist different vault level equipment changes Each gymnast will be given 30 sec each for warm up that will be timed. Please provide timer if possible or let judge know.
<p>BARS</p> <ul style="list-style-type: none"> 4-6 skills required & must include circling skill Routines can only be competed on low bar 	<ol style="list-style-type: none"> Pullover + Cast + Back Hip Circle + Straddle Sole Circle Dismount Glide swing + Pullover + Cast + Back Hip Circle + Cast + Squat On + Straight jump off Jump to front support + Cast + Cast + Back Hip Circle + Undershoot Dismount 	<ul style="list-style-type: none"> Cast is considered a skill Squat on + jump off is permitted (no touching the high bar) No springboards permitted Coaches may stand by bars for safety with no deduction Each gymnast will be given 30 sec each for warm up that will be timed 	<ul style="list-style-type: none"> Provide mounting block/mat Provide equipment person for bar changes if possible, or show coaches how to adjust Each gymnast will be given 30 sec each for warm up that will be timed. Please provide timer if possible or let judge know.
<p>BEAM</p> <ul style="list-style-type: none"> MIN ½ Turn (Full turn allowed) 1 Acro element (no angle requirement) Single Jump or Jump series allowed (jumps may be the same) Dismount (No Saltos, position jumps off beam allowed) MAX COMPETITION TIME 45 Seconds 	<ol style="list-style-type: none"> Front support Mount, ½ Turn in coupe, Lever, Split Jump, Side handstand dismount Front support Mount, Full Turn in passe, Lever, Straight jump + Straight jump, Side handstand ¼ turn dismount Front support Mount, ½ Pivot turn, backward roll, tuck jump, Round off end of beam dismount 	<ul style="list-style-type: none"> Beam height 1000-1200 Acro skills permitted: Handstand, lever, ¾ handstand, roll, candlestick Jumps in any position. Jump series can be same jump. MIN ½ Turn Dismount can be a position jump Each gymnast will be given 30 sec each for warm up that will be timed MAX TIME 45 seconds 	<ul style="list-style-type: none"> No bell warnings from timers Have adjustable beams or multiple beams for height requirements if you are doing touch warm ups you need to have someone there to help the coaches Each gymnast will be given 30 sec each for warm up that will be timed. Please provide timer if possible or let judge know.
<p>FLOOR</p> <ul style="list-style-type: none"> MIN ½ Turn (Full turn allowed) Leap Gymnast may do a gym acro series OR an isolated forward acro skill with an isolated side acro skill Backward element Jump Series MAX COMPETITION TIME 45 Seconds 	<ol style="list-style-type: none"> 1/2 turn, Leap + Tuck jump, Forward Roll + Cartwheel ½ Pivot turn, Leap + straight jump, Cartwheel, Forward roll, Candlestick 1/2 turn, Leap + tuck jump, Forward roll + Cartwheel, Backward chasse 	<ul style="list-style-type: none"> MIN ½ Turn No split requirement for leap NO backhandsprings or saltos Backward element does not have to be an acro skill (can be chasse) Gym acro series can be combo of other requirements Each athlete cannot have their own individual music Be prepared to run your athlete's music if needed & bring your own device Each gymnast will be given 30 sec each for warm up that will be timed MAX COMPETITION TIME 45 SECONDS 	<ul style="list-style-type: none"> Each gymnast will be given 30 sec each for warm up that will be timed. Please provide timer if possible or let judge know. If possible, have extra person to help run music Let participants know in advance how you are accepting music Gymnasts cannot have their own individual music. MAX COMPETITION TIME 45 SECONDS

LEVEL B REQUIREMENTS

All events 30 sec. warm up & 45 sec. max competition time per athlete
 Meet Directors - please provide timers if able, or prep the judges that they will be timing

EVENT & SKILLS	ROUTINE EXAMPLE	COACHES	MEET DIRECTOR
<p>VAULT</p> <ul style="list-style-type: none"> • Front Handspring • ¼ on • ½ on • ½ on + ½ off 		<ul style="list-style-type: none"> • Minimum mat stack of 24" & max of 48" • Host gyms may have shorter runways • Airboards and springboards permitted, but may not always be available (ask ahead of time - you may bring your own if not available) • Assist with moving equipment as needed • Vault will be over stacked mats no vaulting table • Athlete is permitted 2 vaults – please tell judge before athlete competes what type of vault they will compete • Each gymnast will be given 30 sec each for warm up that will be timed • Gymnasts should warm up by level to keep the meet running smoothly and in a timely manner (Warm up all of your As, then warm up your Bs) 	<ul style="list-style-type: none"> • Please designate on your meet entry if your gym does not have a full vault runway • Please list the type of springboards you will supply • Have extra hands to help when possible to assist different vault level equipment changes • Each gymnast will be given 30 sec each for warm up that will be timed • Judges should remind coaches to warm up/compete by level to keep the meet running smoothly and in a timely manner (Warm up all of your As, then warm up your Bs)
<p>BARS</p> <ul style="list-style-type: none"> • 4-6 skills required & must include circling skill (Low and high bar must be used) 	<ol style="list-style-type: none"> 1. Pullover + Cast + Back hip circle + Squat On + Jump to high bar + Tap swing + Turn Dismount 2. Kip + Cast + Cast + Back Hip Circle + Squat on + Jump to high bar + Long hang pullover + Undershoot Dismount 	<ul style="list-style-type: none"> • Cast is considered a skill • Kip is allowed • Minimum of 1 skill must be completed on high bar • Coaches may stand by bars for safety with no deduction • No springboards • Each gymnast will be given 30 sec each for warm up that will be timed 	<ul style="list-style-type: none"> • Provide mounting block/mat • Provide equipment person for bar changes if possible, or show coaches how to adjust • Each gymnast will be given 30 sec each for warm up that will be timed • Ensure that landing mats and additional 8" mats are available
<p>BEAM</p> <ul style="list-style-type: none"> • MIN ½ Turn (Full turn accepted) • Acro Skills • Isolated Leap or Jump series • Dismount (NO position jumps off allowed) 	<ol style="list-style-type: none"> 1. ½ Turn in Passe, Handstand, Split Jump + straight jump, Cartwheel + Side Handstand Dismount 2. ½ Turn in Coupe, Cartwheel, Straight Jump + Tuck Jump, Handstand, Side handstand ¼ dismount 3. ½ Turn in Passe, Lever, Split jump + tuck jump, Cartwheel, Side handstand dismount 	<ul style="list-style-type: none"> • Beam height 1000-1200 • No split requirement for leap/jump series • One acro skill must be one of the following: Lever, Handstand, Cartwheel, Walkover, or acro with flight • Jump series must be two different jumps • Jump dismounts only acceptable when connected to an acro skill • NO salto dismount 	<ul style="list-style-type: none"> • No bell warnings from timers • Have adjustable beams or multiple beams for height requirements • Each gymnast will be given 30 sec each for warm up that will be timed • Ensure that landing mats and additional 8" mats are available • MAXIMUM COMPETITION TIME 45 SECONDS
<p>FLOOR</p> <ul style="list-style-type: none"> • MIN Full Turn (Full turn accepted) • Isolated/series Leap OR jump series • 2 Forward OR side acro skills • 2 Backward acro skills 	<ol style="list-style-type: none"> 1. Full turn in passe, Leap + Tuck jump, Handstand + Forward Roll, Round off + Back Handspring 2. Full turn in coupe, Leap + Straddle Jump, Front Tuck, Round Off + Back Tuck 3. Full Turn in passe, Leap + Tuck jump, Front Handspring + Cartwheel, Round Off + Two Back Handsprings 	<ul style="list-style-type: none"> • No split requirement for leap • Jump series must be two different jumps • Acro must include one of the following: Salto, Aerial, Round off, Round off Back Handspring • Each athlete cannot have their own individual music • Be prepared to run your athlete's music if needed & bring your own device 	<ul style="list-style-type: none"> • MAXIMUM COMPETITION TIME 45 SECONDS • Each gymnast will be given 30 sec each for warm up that will be timed • Each athlete cannot have their own individual music • If possible, have extra person to help run music • Let participants know in advance how you are accepting music

