



*2016- 2017*

*AMERICAN*

*GYMNASTICS*

*ASSOCIATION*

**AMERICAN GYMNASTICS ASSOCIATION**  
**2016 - 2017 BY-LAWS**

**ARTICLE I – MISSION STATEMENT**

The American Gymnastics Association is dedicated to the development of artistic optional gymnastics for girls.

**ARTICLE II – COMPETITION LEVELS**

- A. The levels are based on the average event score.
- B. Competition levels

<b>Elites</b>		<b>Seniors</b>	
<b>4 -Events</b>		<b>4-Events</b>	
<b>Level</b>	<b>Score</b>	<b>Level</b>	<b>Score</b>
Senior Elite	36.00 and up	Level 10	32.00 to 33.99
Junior Elite	34.00 to 35.99	Level 9	30.00 to 31.99
Pre-Elite	33.99 and under	Level 8	28.00 to 29.99
		Level 7	24.00 to 27.99

  

<b>Juniors</b>		<b>Junior Preps</b>	
<b>4-Events</b>		<b>4-Events</b>	
<b>Level</b>	<b>Score</b>	<b>Level</b>	<b>Score</b>
Level 10	31.00 to 32.99	Level 5	32.99 to 34.00
Level 9	30.00 to 30.99	Level 4	30.00 to 31.99
Level 8	29.00 to 29.99	Level 3	28.00 to 29.99
Level 7	28.00 to 28.99	Level 2	26.00 to 27.99
Level 6	24.00 to 27.99	Level 1	0.00 to 25.99

- C. Ranking Level - Any gymnast in A.G.A. may rank or re-rank at the first meet of the season. To compete at State you must attend a meet between Jan-March, (and may perform saltos)
- D. Specialists ranking must remain a specialist for the rest of the season unless reranked as an all around.
- E. Specialist Level — To be determined by adding the total score of all completed events, then dividing by the number of events completed and then multiplying by 4. This equals an all-around average.

**ARTICLE III – COMPETITION REGULATIONS**

A.A.G.A. competition rules are used except where noted.

- 1. Senior levels will use A.G.A. optional rules:
  - a. All events except vault must have 3 A's, 4 B's, and 1 C.

2. Junior levels will use A.G.A. optional rules.
    - a.** There will be a 2.0 deduction for post flight spotting of any handspring vault at all levels.
    - b.** All other events must have 4 A's and 4 B's using current code.
  3. Junior Prep levels will use NEW REVISED REQUIREMENTS.
    - a.** Junior preps have the option to vault with a mini trampoline.
  4. F.I.G. code of points modified to A.G.A. will determine skill value.
  5. To see exclusions and changes, refer to judges' manual and code.
  6. No compulsory music will be used for floor music if used by another Association.
- B. There are no age groups in A.G.A.
- C. Level Advancement:
1. A gymnast may be ranked in their gym by two A.G.A. certified judges and the results must be forwarded to the tabulator by the next working day.
  2. A gymnast scoring more than the maximum for her level advances to the next level in the next competition.
  3. A gymnast scoring high enough in a single competition to advance more than one level must move to that level.
  4. The last weekend for Juniors and Seniors to qualify for State is two weeks prior to the State Meet.
  5. A gymnast can only advance with the system.
  6. Coaches can petition the Board to re rank to change the level of a gymnast because of special circumstances.
- D. Injured gymnasts will not be allowed to compete in an A.G.A. meet.
- E. Standardized warm-up times:
1. Junior prep warm-up times: 1:00 minute
  2. Junior warm-up times: 1:30 minutes
  3. Senior warm-up times: 2:00 minutes
  4. Vault warm-up: 3 for handsprings, 5 for twist or flips
- F. The A.G.A. season begins in December and concludes with the State Meet in May
- G. Equipment height regulations for Juniors:
1. The balance beam and vault may be set as low or as high as safety specifications allow.
  2. The low bar can be set no lower than 155 cm and the span must be within the number range printed on the bars. The high bar may be raised or lowered to any height within safety specifications.
- H. Dress code for gymnastics coaches at A.G.A. sanctioned competitions: Pants: Athletic warm-ups, "Dockers-style pants, or jeans. (Hemmed, no tears or holes)

Shorts: Hemmed, finished shorts that are a reasonable, “child friendly” length. (No shorts with tears, holes, or short-shorts [Soffe style would fall in this latter category])

Shirts: Collared shirts or light business casual shirts. T-shirts identifying your gym or gymnastics event. (No spaghetti straps, low-cut tops, or shirts revealing the midriff.)

Shoes: Closed toe soft sole athletic attire.

The meet director or a board member will speak to any individual found out of compliance. Attention will be brought to the coach’s infraction and Adherence will be expected at the rest of the competitions.

I. Dress code for gymnasts at A.G.A. sanctioned competitions:

There will be a .1 deduction for each event for each infraction

A judge must give a verbal warning before the end of the rotation before deduction to be given

- 1 Undergarments showing
2. Nail polish other than white tips or clear
3. No shorts or capris unless cleared by meet referee
4. Hair must be secured for safety reasons and a natural color
5. One pair of earrings only no other body jewelry
6. No body art unless cleared by the meet referee

#### **ARTICLE IV – MEMBERSHIP**

- A. The membership fee for the current season is \$20.00 per gymnast (including developmental) and \$25.00 per team. Both fees are non-refundable, but the gymnast fee is transferable.
- B. Both the club membership fee and the athlete registration form must be postmarked and mailed to the A.G.A. Treasurer by November 1st.
- C. If a gym cannot attend the summer meeting, they will still be a member. They will have no vote or bid on a meet, at the business meeting. All new additional individual team athlete names must be submitted to the A.G.A. Treasurer and tabulator no later than one week prior to their first competition.
  1. Before a gymnast may compete in A.G.A. their name (on an

A.G.A. registration form), a Waiver of Liability form, and registration fee must be sent to the A.G.A. Treasurer.

2. Each gymnast will be given a registration number. The registration number will be assigned by the A.G.A. Tabulator.

3. Voting privileges for new teams begin November 1st.

D. AGA business meeting is to be held on the 4<sup>th</sup> Saturday of June each year.

## ARTICLE V – HOSTING MEETS – REGULATIONS

A. Gyms hosting meets must be send meet information to A.G.A. webmaster by

January.

1. If a gym is awarded a meet and fails to host that meet, they are not allowed to bid on a meet the following year.

2. Only gym owners that have athletes supporting A.G.A. will be allowed to host A.G.A. meets.

B. A team entering A.G.A. for the first time may not host an A.G.A. meet their first season with A.G.A.

C. An updated suspension floor is required to host an A.G.A. meet with no obstructions in the floor exercise competition area.

D. All meet information is to be presented to A.G.A. members one month prior to the meet. Meet entry forms must contain gym accommodations to include equipment specifications, awards to be given, specific day of the meet, seating capacity, air conditioning.

E. All entry deadlines may be no more than two weeks prior to the meet, **and six weeks for State Meet.** Meet directors may charge up to a \$10 per individual late fee.

F. If the meet is not full at the entry deadline, non A.G.A. teams may be invited if they pay a one-time \$25.00 team fee to be forwarded to the A.G.A. Treasurer.

G. All meet results **MUST** be forwarded to the A.G.A. Tabulator and all move ups to the next meet director on the calendar, by the First working day after the meet.

1. A late fee of \$.10 per competitor per day late fee must be paid if the results are not sent to the Tabulator or treasurer, by the due date.

2. For an April meet, a late fee of \$.25 per competitor per day

late fee must be paid if the results are not sent to the Tabulator by the first working day after the meet; also, a club that sends April meet results in late may not run an April meet in the subsequent competition year.

3. All meet directors must use the A.G.A. tabulation program.
  4. A specialist that scratches an event will receive .0 on that event. Scratches due to an Injury will receive .1 on each scratched event.
  5. All non A.G.A. teams are to be clearly marked so as not to be entered into the computer.
  6. Meet directors must state the length of their vault runway and if they will be running a scheduled bye. A vault table is required.
- H. A \$1.50 per competitor A.G.A. fee is to be sent to the A.G.A. Treasurer for the A.G.A. scholarship post marked no later than the 6th working day after the competition.
- I. All gymnasts advancing to a higher level are awarded and presented a Certificate of Advancement by an attending Board Member or the Meet Director. These certificates are to be presented along with the All-Around awards.
- J. All meets must be scheduled on the calendar by the President.
- K. Awards
1. No ties for any event or all-around are to be broken at qualifying or state meets.
  2. Team awards are not required at qualifying meets. If a Meet Director chooses to do so, the fees may not exceed \$25 per team.
  3. With levels of 16 or more competitors a split must be made. Meet Directors will divide the level however they see fit.
  4. Competitive attire worn properly or team warm-ups must be worn to receive awards.
  5. **There is to be a minimum of 50% awards to be given at each meet.**
- L. There are to be no more than fifty (50) gymnast in each Junior/Senior session. There can be up to sixty (60) in a Junior Prep session.
- M. Meet directors may request specific judges for their meet no later than one month prior to the date of the competition.
- N. Meet Directors must let judges know ahead of time about provided meals, including breakfast.  
Meet Directors in a must provide judges with a map and gym

- telephone numbers at least one week in advance.
- O. All A.G.A. meets must have two judges at each event. All judges must be A.G.A. certified. A waiver can be obtained by contacting the Board.
  - P. There can be only one A.G.A. meet held in one weekend. The Board may authorize more than one meet, if they feel it necessary.
  - Q. The Meet Director has the authority to tell a coach that a gymnast may not perform an unsafe skill.
    - 1. The Meet Director has the right to refuse entry based on special needs including state meets.
    - 2. The Meet Director has the right to split warm-ups as needed.
  - R. The Meet Director may establish the times and order of warm-ups and competition.
    - He may split up rotations to expedite the meet.
      - 1. Equipment adjustment may not be part of the warm-up time.
  - S. Meet entry fees are to be no more than \$45.00 per competitor, \$30 per Developmental.
  - T. If a gym gives a Meet Director a number of competing gymnasts they plan on taking to that meet, that number must be paid for. Not the number that actually attends the meet. (Unless an update is given 2 weeks prior to the meet).
  - X. All gate fees are to be no more than \$7.00 per adult per day and no more than \$2.00 per child 12 and under.
  - Y. Meet fees in A.G.A. are non-refundable.
  - Z. Vault warm-ups must be done by settings, highest to lowest or lowest to highest.

## **ARTICLE VI – STATE MEET REGULATIONS**

- A. Bids for the State meet are to be mailed to the President of A.G.A. by October 1st of each year.
- B. Teams becoming members of A.G.A. for the first time may not bid for the State meet.
- C. The Board will announce the location of the State meet by December 1st.
- D. The State meet will be judged by only A.G.A. judges. A panel of two judges per event plus one meet referee is required for the Senior's & Junior's

& Jr Prep State meet.

- E. The warm-up/ compete format must be used at the State Meet.
- F. The State Meet Director and Judging Director assign judges to the State Meet.

The assignments must be approved by the A.G.A. Board.

- G. State Meet fees are not refundable, **except for injuries and non-qualifiers.**
- H. When there are 16 or more gymnasts in a level at State Meet, that level will be divided according to the average scores of each gymnast for the season.
- I. **The AGA Board is responsible for the cost** and to present to all competitors an official A.G.A. Participation Award at the State Meet.
- J. All petitions to the A.G.A. State Meet must be postmarked by the Monday following the last qualifier (**April 22, 2017**).
- K. A hotel room must be provided for our State judges on Friday night as well as the following nights if the travel time exceeds two hours.
- L. Awards:
  1. Individual Awards: The A.G.A. shall provide for up to ten places or 50% (whichever is greater) in the individual events. No ties are to be broken for any event including All-Around. All State competitors will receive a medal.
  2. First through Fifth place over-all team award will be presented at the State Meet for Seniors, Juniors, and Junior Prep in two categories: Large Team: Seniors, Juniors, or Junior Preps with 5 or more on a team. Top 5 scores count. Small Team: Elites (Top 2 scores count) Seniors, Juniors, or Junior Prep with 4 or less on team. Top 3 scores count. Total up to 35 trophies.
- M. Gymnasts are not to be allowed to compete out of session at the State Meet.
- N.** Entry fee for the State Meet will be \$60 per competitor, \$35 per Developmental.
- O.** **There will be a Coach of the year and a Judge of the year (decided by the board) presented at the State Meet.**
- P. There will be a service award called the Rudy Magdeleno Award granted at the State Meet.

#### **ARTICLE VII - STATE MEET QUALIFICATIONS**

- A. State eligibility will require each registered gymnast to participate in a total of 3



- A.G.A. meets. One meet must fall on or prior to the last weekend in March. One meet must be in April.
- B. A gymnast who attempts a routine but receives a void will be given a 1.0  
This score is given in order to be considered a competed event and added into the All Around.
- C. A Junior Prep Level 1 gymnast must score at least a 16.0 at a qualifying meet in order to attend the State meet.
- D. A touch is not allowed in A.G.A.

### **ARTICLE VIII – SCHOLARSHIP REGULATIONS**

- A. From the proceeds of each qualifier and state meet, a \$1.50 donation per competitor, including Developmental, for the A.G.A. scholarship fund is to be sent to the A.G.A. Treasurer.
- B. There is a \$300 cap on scholarships. Any remaining money will stay in the account for subsequent seasons.
- C. If there are insufficient funds in the A.G.A. scholarship monies, additional money may be taken from the A.G.A. account if available.
- D. The deadline to submit application for an A.G.A. scholarship is one month prior to the gymnasts appropriate State Meet.
- E. To be eligible for scholarship a gymnast must qualify for state in A.G.A. for two years, one being their senior year and display good sportsmanship.

### **ARTICLE IX – JUDGING POLICIES**

- A. Problems with fees or accommodations will be handled by the judging director and the Board.
- B. Criteria to become an A.G.A. judge.
1. Have two hours of clinic time per event.
  2. Pass the tests with a minimum score of eighty (80).
  3. Successfully practice judge a minimum of two sessions (approx. 60-80 routines) at a competitive event. (success to be determined by the head judge)
  4. In order for a judge to add an additional event it must be approved by the Board.
- C. Per Diem
1. Travel
    - a. Riders will receive \$3.00 per hour after the first hour of

- meeting the carpool.
  - b. Drivers will receive \$.50 per mile starting with mile one.
  - c. Mileage will be paid for driving to the meeting point of a carpool Starting with mile one.
  - d. Any rider choosing to drive separately from a carpool will receive gas compensation (amount to be decided by the meet referee and meet director)
2. Motel: If a judge is staying over with friends or relatives there is no fee.
  3. Meals : Judges will be compensated for only one meal per 4 hours of travel
    - a.If meals are provided there is no fee.
    - b. If the judge refuses a provided meal there is no fee.
    - c. Breakfast is \$6.00
    - d. Lunch is \$7.00
    - e. Dinner is \$8.50
- D. Judges wage is to be determined by the Board using the following criteria:
1. \$.50/hr. raise if they attend the Judges Clinic
  2. \$1.00/hr. raise if an event is added
  3. Cap on pay based on the number of events qualified to judge. \$12 – One event, \$14 – Two events, \$16 – Three events, \$19 – Four events a grandfather clause will exist for judges who currently exceed the cap.
  4. Quality of judging
  5. Attitude: Works well with coaches, gymnast, and other judges.
  6. Dependability and reliability.
- E. Method for determining work hours.
1. The starting time for the first session will be the scheduled march-in time set by the meet director before the meet.
  2. The starting time for any other session may be changed before a break if a previous session runs more or less than the scheduled time.
  3. Time stops at the end of each session when the score of the last competitor is tabulated by the judges.
  4. Lunch and dinner breaks will be a minimum of one hour and a maximum of one and a half hours (not to exceed three hours for lunch and dinner combined). Any excess break time will be paid at the hourly wage.
- F. Dress Code

1. For women professional business attire. A white blouse and black skirt (knee length) or pants. No high heels.
2. For men: A white shirt and black slacks or pants and a tie (no jeans).

G. Disciplinary actions

1. If a judge does not show or find a replacement prior to scheduled meet, that judge will not be allowed to judge for the remainder of the competitive season.
2. If a judge is late for a scheduled march-in but arrives before competition begins, they will be paid at their normal hourly rate for that entire session.
3. If a judge is late for stating an event they will not judge that session. If it is a one session meet they will receive no pay for anything. If it is a multiple session meet they will receive all proper fees minus the penalty.
4. If a judge does not wear the proper attire the Meet Director, another judge, or a coach should notify the Judging Director. The effect these infractions will have on the next raise increase will be determined by the Board and the number infractions.

- H. If a gymnast performs a recognizable B skill, give B credit and then execution deduction is taken appropriate to the performed skill.
- I. Judges have the right to change a score for the positive after it has been scored without an inquiry.
- J. State Meet Head Judges will be paid \$10 per day extra for serving as Head Judge.
- K. Judges who are also a team coach may not judge a meet in which their team is competing.

**ARTICLE X – BOARD OF DIRECTOR’S RESPONSIBILITIES**

- A. The Board of directors will act as the A.G.A. Ethics Committee. All ethics problems must be first directed to the Ethics Committee in writing before any action is taken. Unethical conduct by a member coach will be dealt with by the Ethics committee in this manner. The first step will be an individual inquiry into the matter and then further action, if necessary, may include a one year probation and/ or suspension imposed.

1. Exceptions to the A.G.A. by-laws requires a unanimous vote from the A.G.A. board.

- B. Board of Directors Duties:

## 1. President:

- a. Make arrangements for annual business meeting in June.
- b. Set up agenda for annual business meeting.
- c. Send information to membership about location, date, time, and agenda of the annual business meeting.
- d. Preside over the annual A.G.A. business meeting.
- e. Make arrangements for a booth at G.A.T.
- f. Provide new member packets at G.A.T.
- g. Select State Meet location with the other Board members. Accept all petitions, written complaints and recommendations from members and present them to the board with a majority vote required before petitions are passed concerning qualifying procedure.
- i. Insure that the membership operates in accordance with the A.G.A. by-laws.
- J. Give clarifications of by-laws to members on request.
- k. In the event of a tie the President will not vote.

## 2. Treasurer:

- a. Deposit all income every month in the A.G.A. account.
- b. Write checks for all A.G.A. expenses.
- c. Give Treasurer's report at annual A.G.A. business meeting and provide copies to membership.
- d. Send copy of monthly statement to the A.G.A. President
- e. Report any problems with account to the A.G.A. Board.
- f. Give clarifications of By-laws to members on request.

## 3. Judging Director

- a. Organize and attend training clinics for judges.
  1. Date for 1st judging clinic will be set at the summer business meeting.
  2. Procure location for judges' clinic.
  3. Assign clinicians for judges' clinic.
  4. Provide copies of special rules and skills with changed values for Juniors and Seniors to all judges and A.G.A. members.
  5. Locate demonstrators for the clinics.
  6. Provide accommodations for clinicians if necessary.
  7. Notify judges at least one month in advance for judging clinic.
  8. Provide a form to judges for availability and non-availability to judge.

9. Provide a list of judge's names, address, phone number, and pay scale to membership.

- b. Review and update judges' tests
- c. Make recommendations to Meet Directors concerning judges & car pools.
- d. Be the spokesperson for judges at the annual business meeting for all business pertaining to judges.
- e. Provide a copy of Article IX of the A.G.A. by-laws to all judges.
- f. Handle any judging problems that may arise.
- g. Report any problems concerning judges to the A.G.A. Board.
- h. Give clarifications of By-laws to members on request.
- i. **Give gym owners a copy of judges tests and answer keys upon request. Tests can be already completed before Judging Clinic.**

#### 4. Parliamentarian

- a. Know the procedures in Robert's Rules of Order.
- b. Sergeant at Arms at all A.G.A. business meetings and clinics.
- c. Give clarification of by-laws to members on request.

#### 5. Vice-President

- a. To assist in the duties of the President.
- b. Record all A.G.A. business meetings.
- c. Order all state Meet awards.

Special Addenda: All request for payment of services rendered or the purchase of tangible goods must be submitted to the A.G.A. Board prior to the actual purchase or service being rendered.

#### 6. Tabulator

- a. Tabulate the scores of A.G.A. competitors for the season.
- b. Assign A.G.A. registration numbers to all registered gymnast.
- c. Send most current registration list to Meet Directors as needed.
- d. Inform coaches when their gymnast are in the wrong division.
- e. Provide State Meet qualifier list to the State Meet Director.
- f. Provide Split List to the State Meet Director when necessary.
- g. Report any tabulation problems to the A.G.A. Board.
- h. Tabulator must have meet results posted in computer before the next meet takes place.
- i. Tabulation (for state meet) ranking is to be done by all around averages for the year. Specialist will be ranked by their four event averages for the year.
- j. Only tabulation information may be placed on the A.G.A. web site. All other information must be cleared with the Board first.

## Board of Directors

1. President: **Marsha Mayo**  
**Aerials School of**  
**Gymnastics 1000 Nth**  
**Commercial Blvd.**  
**Arlington, TX 76001**  
**Gym: 817.472-6111 Cell: 817.291-1488**  
**E-Mail: [Mushy101@sbcglobal.net](mailto:Mushy101@sbcglobal.net)**
2. Vice President: **Ashleigh Benton**  
**Tall Timbers Gymnastics**  
**2101 Centralia Ave**  
**Lufkin, TX 75904**  
**Gym: 936 632-0001 Cell: 936 635-6686**  
**E-Mail:**
3. Treasurer: **Joe Cronin**  
**YMCA GSC of WF**  
**5001 Bartley Dr**  
**Wichita Falls, TX 76302**  
**Gym: 940 696-3547 Cell: 940 631-3547**  
**E-Mail: [MrMrsFlip@sbcglobal.net](mailto:MrMrsFlip@sbcglobal.net)**
4. Judging Director: **Marti Lucas**  
**Lucas Gymnastics**  
**3314 Mountain Valley Blvd**  
**Joshua, TX 76058**  
**Gym: 817 295-1029 Cell: 817 229-4647**  
**E-Mail: [artilucas@sbcglobal.net](mailto:artilucas@sbcglobal.net)**
5. Parliamentarian: **Lorenzo**  
**Martinez**  
**Dynamic Gymnastics & Cheer**  
**4221 Spencer Hwy**  
**Pasadena, TX**  
**Gym: 713 949-3547 Cell: 281 960-1067**  
**E-Mail: [Lonn1e@aol.com](mailto:Lonn1e@aol.com)**
6. Tabulator **Wayne Thompson**  
**1306 W. Sealy St**  
**Alvin, TX 77511**  
**Gym 281 331-0844 Cell: 832 425-0357**  
**E-mail: [webmaster@aga-tx.org](mailto:webmaster@aga-tx.org)**

## **Jr Prep Requires only one judge per event**

### AGA Junior Prep Rules

#### General

#### Bars, Beam and Floor

A minimum of 8 skills are to be completed.

Skills are to be a minimum of A value or a counting skill.

1.0 will be deducted off overall if a minimum of 8 skills are not completed.

A .5 deduction is taken for each skill not completed or missing.

A .5 deduction is taken for each special requirement that is not fulfilled.

#### Vault

There are three allowable vaults for Junior Preps.

#### Vault

SV Front Handspring 10

1/4 to 1/2 on Front Handspring 10

Front Handspring 1/2 off 10

#### Bars

8 skills are required

Special Requirements (total of 6)

One B skilled required , an additional B is awarded .3 bonus

One forward moving skill or kip

One skill that glides to 45 degrees or above

One bar change

One skill that swings to a minimum of 45 degrees

Dismount

Counting Skills- glide, tap swing, pullover and long hang pullover

### **Beam**

8 skills are required

Special Requirements (total of 6)

One B skill required, an additional B receives .3 bonus

1/2 turn on one foot

One acro skill that passes through vertical, cannot be a handstand

One jump series of two jumps, one straight jump may be a part of this series

One leap that goes to a minimum of 90 degree split

One dismount

Straight jump is a counting skill for junior preps.

### **Floor**

8 skills are required

Special requirements (total of 6)

One B skill required, an additional B receives .3 bonus

Two acro series with three connected flight elements

One forward tumbling skill, may be part of acro series

Minimum of one full turn



One leap minimum of 120 degrees, may be isolated

One jump series of two jumps

A coach is allowed to stand on the floor without deduction

Spotting deduction still applies

## **<sup>a</sup>AGA Developmental Achievement Rules**

**There are no age groups.**

**All gymnasts will receive a score. It is the option of the meet director to post it.**

**Music is optional for floor routines. Maximum time is 40 seconds.  
Routines on bars, beam and floor will start from 10.0 and then deduct.**

**1.0 will be deducted for each skill missing.**

**0.5 will be deducted for each skill that receives spot.**

**Execution deductions will be as in the AGA Judges Manual for form of the performed skill.  
There is no deduction for composition.**

**Vaults will have a start value.**

### **Vault Start Value**

**Dive Roll 8.00**

**Flat Back 9.0 0**

**Handspring 10.0**

**Aeroboard (mini-tramp) may be used for both levels.**

### **Bars Bars**

**Cast and glide may count as a skill. Cast and glide may count as a skill.**

**Strength excersises may count as skills.**

**Required to do six skills.**

### **Beam Beam**

**Required to do six skills.**

### **Floor Floor**

**Required to do six skills.**

a

**BOYS DEVELOPMENTAL SKILLS**

HIGH BAR: chin up pullover, casts, back hip circle, tap swings

PARRELELL BARS : pike hold, mount hold, swings

FLOOR : round off, handstand with hold, some backward element,  
scale

VAULT : jump-start value 8.00

twist or flip-start value 9.00

front handspring on vault-start value 10.00

POMMELS : swings, holds,cuts

STILL RINGS : chin up or strength move, swings, pike holds

(Skills may be more difficult but must be at least as difficult)

EACH EVENT HAS AT LEAST 3 CATAGORIES FOR EACH ONE

MISSED A FULL POINT DEDUCTION

SPOTS WILL BE ALLOWED WITH A ½ POINT DEDUCTED  
GENERAL DEDUCTIONS (FALLS, BENT ARMS, LEGS)WILL BE  
USED

SCORES NEED TO BE GIVEN BUT MEET DIRECTORS HAVE  
THE RIGHT TO DECIDE IF SCORES ARE POSTED OR NOT