

USAG Junior Olympic Program

Level 3

Vault

Handspring – 10.0 start value

Bars

Special Requirements (SR) –

- Glide swing to stand – 0.20
- Back Hip Pullover – 0.40
- (or Glide Kip – 0.60)
- Front Hip Circle, Small Cast to Front Support – 0.40
- Cast Single Leg Squat Through – 0.20
- Forward Stride Circle – 0.40
- Single Leg Cut Back – 0.20
- Cast – 0.40
- Back Hip Circle – 0.40
- Underswing Dismount - 0.60

Beam

Special Requirements (SR) –

- Leg swing mount with ½ turn – 0.20
- Cross Handstand (vertical) – 0.60
- Arabesque (45 degrees above beam) – 0.40
- Straight leg leap (90 degrees) – 0.60
- Stretch jump, Stretch jump – 0.40 each
- Two ½ Pivot Turns – 0.20 each
- Heel Snap Turn – 0.30
- Cartwheel to side handstand – 0.60

Floor

Special Requirements (SR) –

- Split jump (90 degree) – 0.40
- Stretch jump – 0.20
- Handstand to bridge, back kick-over (with straight arms) – 0.60
- Backward roll to push-up position – 0.40
- Forward Split – 0.20
- ½ turn in passe – 0.20
- Round-off – 0.40
- Back handspring to two feet – 0.60

Level 4

Vault

Handspring – 10.0 start value

Bars

Special Requirements (SR) –

- Glide Kip – 0.60
- Cast Horizontal (return to front support) – 0.40
- Cast, Squat-on – 0.20
- Jump to Long Hang Kip – 0.60
- Cast Horizontal – 0.40
- Back Hip Circle – 0.40
- Under Swing (30 degrees below horizontal) – 0.60
- Tap Swing (30 degrees below horizontal) – 0.60
- Tap Swing ½ turn dismount – 0.60

Beam

Special Requirements (SR) –

- Leg swing mount with ½ turn – 0.20
- Cartwheel – 0.60
- Scale – 0.40
- Straight Leg Leap (120 degree) - 0.60
- Cross Handstand (vertical) – 0.60
- Split Jump (120 degree) – 0.40
- Stretch Jump – 0.40
- ½ turn in passe – 0.40
- Cartwheel to side handstand (hold for one second) – 0.60

Floor

Special Requirements (SR) –

- Straddle jump (120 degree) – 0.40
- Stretch jump, ½ turn – 0.40
- Front Handspring to two feet – 0.60
- Straight arm backward roll to handstand – 0.40
- Forward split – 0.20
- Straight leg leap (120 degrees) – 0.60
- Full turn in passe – 0.40
- Back walkover (150 degree) – 0.40
- Round-off – 0.40
- Back handspring, Back handspring to two feet – 0.60 each

Level 5

Vault-

Handspring – 10.0 start value

Bars

Special Requirements (SR) –

- Glide Kip – 0.60
- Cast to above horizontal – 0.40
- Clear Hip Circle Above Horizontal – 0.60
- Glide Kip – 0.60
- Cast, Squat on – 0.20
- Jump to Long Hang Kip – 0.60
- Cast to Above Horizontal – 0.40
- Long Hang Pullover – 0.60
- Underswing to Counterswing (15 degrees below horizontal) – 0.60
- Tap Swing to Counterswing (15 degrees below horizontal) – 0.60
- Tap Swing to Flyaway Dismount (tuck, pick or stretched) – 0.60

Beam

Special Requirements (SR) –

- Leg swing mount with ½ turn – 0.20
- Back walkover or back handspring – 0.60
- Scale (above horizontal) – 0.40
- Straight leg leap (150 degree) – 0.60
- Stretch jump – 0.40
- Cross Handstand (vertical/2 second hold) – 0.60
- Split jump (150 degree) – 0.40
- Sissonne – 0.20
- Full turn in passe – 0.40
- Cartwheel to side handstand (hold for 2 seconds) – 0.60

Floor

Special Requirements (SR) –

- Straddle jump (150 degree) – 0.40
- Jump full turn – 0.40
- Front Handspring step-out – 0.60
- Front Handspring to two feet, rebound – 0.60
- Forward salto tucked – 0.60
- Straight arm backward roll to handstand to planche – 0.40
- Forward Split – 0.20
- Straight Leg Leap or Switch Leap (150 degree) – 0.60
- Full turn in passe – 0.40
- Round-off – 0.40
- Back handspring – 0.40
- Back salto tucked – 0.60

Level 6

Vault

Handspring – 10.0 start value

Bars

Special Requirements (SR) – 5A, 1 B Value Parts

- One cast to a minimum of horizontal
- Minimum of one bar change
- One 360 degree circling element from groups 3, 6, or 7
- Dismount, minimum of “A”

Beam

Special Requirements (SR) – 5A, 1 B Value Parts

- One Acro Element (excluding mount and dismount)
- One leap or jump that requires a 180 degree cross or side split
- Minimum of 360 degree turn on one foot
- Minimum of “A” Dismount

Floor

Special Requirements (SR) – 5A, 1 B Value Parts

- Acro series with a minimum of 3 directly connected flight from groups 5,6,7 or 8
- One Salto or Aerial element
- Dance passage with a minimum of 2 different group 1 elements, directly or indirectly connected, one of which is a leap requiring a 180 degree cross or side split position
- A minimum of a 360 degree turn on one foot

State Qualifying Scores:

Level 6 – 34.00 AA

Level 7

Vault

Handspring – 10.0 start value

Bars

Special Requirements (SR) – 5A, 2 B Value Parts

- One cast to a minimum of 45 degrees from vertical (casts more than 20 degrees from vertical have no value)
- Two 360 degree clear circling elements, same or different – one a minimum of B, one from groups 3,6, or 7 (backward giant, clear hip, stalder, pike sole circle (toe-on and off))
- Salto or Hecht dismount, minimum of “A”

Beam

Special Requirements (SR) – 5A, 2B Value Parts

- Acro series (with or without flight) and one acro flight element
- One leap or jump that requires a 180 degree cross or side split
- Minimum of 360 degree turn on one foot
- Aerial or Salto dismount, minimum of “A”

Floor

Special Requirements (SR) – 5A, 2B Value Parts

- Acro series with a minimum of 3 directly connected flight (one of which is a backward salto stretched to two feet)
- Direct connection of 2 or more forward acro elements with flight (one of which is a salto or aerial)
- Dance passage with a minimum of 2 different group 1 elements, directly or indirectly connected, one of which is a leap requiring a 180 degree cross or side split position
- A minimum of a 360 degree turn on one foot

State Qualifying Scores:

Level 7 – 34.50 AA

Level 8

Vault

See Optional Level Vault Chart – score first vault, if choose second attempt, first vault score is void and score from second vault is taken

Bars

Special Requirements (SR) – 4A, 4B

- Minimum of one bar change
- Two “B” elements
 - One element with flight (excluding dismount or an element with minimum of 180 degree long axis turn
 - One 360 degree circling element
 - Salto or Hecht dismount, minimum of “A”

Beam

Special Requirements (SR) – 4A, 4B Value Parts

- Acro series with flight
- One leap or jump that requires a 180 degree cross or side split
- Minimum of 360 degree turn on one foot
- Aerial or Salto dismount, minimum of “A”

Floor

Special Requirements (SR) – 4A, 4B Value Parts

- One acro series with 2 saltos or 2 directly connected saltos
- Three different saltos within the exercise
- Dance passage with a minimum of 2 different group 1 elements, directly or indirectly connected, one of which is a leap requiring a 180 degree cross or side split position
- Salto performed as the last isolated salto or within the last salto connection must be minimum “A”
- Turn on one foot, minimum of “B”

State Qualifying Scores:

Level 8 – 33.50 AA

Fees:

Level 3

Three 2.5 hour practices per week (based on 4 weeks per month) \$135/month
School Year

Three 3 hour practices per week (based on 3 weeks per month) \$135/month
Summer

Competitive Expenses

- Leotard - \$155.00
- Warm-up - \$125.00 (same as 2015/16)
- Bag - (same as 2015/16)
- MN Head Tax - \$15.00
- USAG Member Fee - \$54.00
- Meet Fees

Level 4

Three 2.5 hour practices per week (based on 4 weeks per month) \$135/month
School Year

Three 4 hour practices and one 1 hour practice per week \$165/month
(based on 3 weeks per month) Summer

Competitive Expenses

- Leotard - \$155.00
- Warm-up - \$125.00 (same as 2015/16)
- Bag - (same as 2015/16)
- MN Head Tax - \$15.00
- USAG Member Fee - \$54.00
- Meet Fees

Level 5:

Four 3 hour practices per week (based on 4 weeks per month) \$175/month
Sept/Oct/Mar/Apr/May

Three 3.5 hour practices per week (based on 4 weeks per month) \$175/month
Nov/Dec/Jan/Feb

Three 4 hour practices and one 3.5 hour practice per week (based on 3 weeks per month) \$175/month
Summer

Competitive Expenses

- Leotard - \$155.00
- Warm-up - \$125.00 (same as 2015/16)
- Bag - (same as 2015/16)
- MN Head Tax - \$15.00
- USAG Member Fee - \$54.00
- Meet/Coach Fees

Level 6, 7, 8 – Optional Levels:

Four 3 hour practices per week (based on 4 weeks per month) \$175/month
Sept/Oct/Mar/Apr/May

Three 3.5 hour practices per week (based on 4 weeks per month) \$175/month
Nov/Dec/Jan/Feb

Three 4 hr & one 2.5 hr practices per week (based on 3 weeks per month) \$175/month
Summer

Competitive Expenses

- Leotard - \$155.00
- Warm-up - \$125.00 (same as 2015/16)
- Bag - (same as 2015/16)
- MN Head Tax - \$15.00
- USAG Member Fee - \$54.00
- Meet/Coach Fees