

2011-2012

Beginner Levels Program

Levels 1&2

Men's Artistic Gymnastics

Coaches and Judges Manual

June 2011

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## Introduction

This document describes the beginner competitive Program as used within the AUGA.

### Article 1 Program Description

- 1.1 The Beginner Provincial Program consists of 2 categories of competition: Level 1 & Level 2.
- 1.2 Both Levels will be eligible to participate at the Atlantic Gymnastics Championships.

### Article 2 Competitive Age

- 2.1 The competitor's age will be based on his birth year subtracted from the year of competition. Please refer to the summary of Birth Years chart for the current competitive year.

Summary of Birth Years:

Competitive Year	Under 12 Years	12 Years of Age & Older
2012	2001+	2000&Lower
2013	2002+	2001&Lower
2014	2003+	2002&Lower

- 2.3 Restrictions:
  - i. Under no circumstances should an athlete who is 6 or younger participate in the Beginner Provincial Program Competitions
  - ii. An athlete who is below the minimum age for a category may participate in this category with approval of the appropriate committee (ie: Provincial Competitions – Provincial Technical Committee or as dictated by Provincial regulations)
  - iii. Permission must be granted before the registration deadline of the event.

### Article 3 Modifications & Committee Responsibilities.

- 3.1 The competitions for the Beginner Provincial Program will be organized and run provincially. These regulations must be used for all events. The AUGA reserves the right to make ongoing clarifications to the regulations as needed throughout the season.
- 3.2 Clarifications for the Provincial Program may take place several times over the competition year. Any clarifications will be circulated to all provinces in the AUGA.
- 3.3 Some routines do not include diagrams because they were changed from the original document. In any case, the written documentation will always be taken as correct if there are any discrepancies.

### Article 4 Competition Regulations and Equipment Specifications

**Note:** Unless otherwise stated, the current 2009 FIG Code of Points will be applied

- 4.1 Competitions & Warm ups
  - i. Competition warm-ups may not begin prior to 8:00 am and competitions may not go later than 10:00 pm.
  - ii. The athletes will receive a general warm up and apparatus warm-up prior to the start of the competition. The time limit for competition warm ups are recommended to be 1.5 hours for all categories.
  - iii. With prior communication, it is possible for a host to run a 20 to 30 minute general warm up followed by the competition rotations which will include a blocked time warm up for each apparatus. (ie: At the start of each rotation a 6-minute warm up time will be given to each group on each apparatus).
- 4.2 Competition Duties of Gymnast
  - i. Gymnasts must be attired according to the stipulations of the current FIG Code of Points during Atlantic Canadian Championships.  
Note 1: Dark coloured longs (including Black) are not preferred.  
Note 2: Level 1&2 gymnasts may compete in shorts on all apparatus instead of long pants  
Note 3: For in province competition, gymnasts may be permitted to wear club T shirts and shorts (competition or running style) on all events.
  - ii. Gymnasts are required to wear a shirt on all events during competition warm ups (in training gym and competition gym).
  - iii. All athletes from the same team or club should wear the same competition attire.

- 4.3 Spotting and Assistance
- i. For both Levels, it is mandatory that a coach be present on Horizontal Bar to act as a spotter and who is therefore within reach of their athletes.
  - ii. Whenever possible, the coach should stand such that the view of the judges is not obstructed.
- 4.4 Equipment
- i. The chart on page 3 (Article 4.6) describes the specific equipment requirements for each category within the Beginner Provincial Program.
  - ii. The use of additional safety mates will be permitted for all athletes at the coaches' discretion.
  - iii. Landing mats (10cm & 20cm) are permitted for use on all apparatus except Floor and Pommel Horse. A 20cm safety mat is mandatory as a minimum on Vault and Horizontal Bar.
- 4.5 Measurement of Equipment and Specifications
- i. The landing mats used on Pommel Horse, Vault, Rings, Parallel Bars and Horizontal Bar must conform to FIG specifications.
  - ii. Measurements of the equipment (FIG Standard in Brackets).  
 Floor Exercise: 12m x 12m Measured from the outside of the Border Line  
 Pommel Horse: From the surface of the mat to the top of the horse body (105cm)  
 Mushroom: Preferably an S/A Sport Toadstool  
 Rings: From the surface of the mat to the inside bottom of the ring (260cm)  
 Vault: From the floor to the center top of the Table body (135cm)  
 Parallel Bars: From the surface of the mat to the top of the rail (180cm)  
 Horizontal Bar: From the surface of the mat to the top of the bar (260cm)

4.6 Supplementary Mats

	Apparatus	Supplementary Mats
Floor	12M X 12M	No supplementary Mats are permitted
Pommel Horse	FIG Horse	Horse set at lowest possible height.
	Mushroom on Pedestal	Board for mounting – optional No supplementary mats are permitted
Rings	FIG Height (260cm)	Up to two 20cm mats stacked are permitted except on horizontal bar where two mats stacked on both sides of the horizontal bar is permitted.
Vault	See Routine Pages	
Parallel Bars	Adjustable up to 180cm	
Horizontal Bar	FIG Height (260cm)	

**Article 5: Judging Responsibilities**

- 5.1 Evaluation of the Routines
- i. For all categories, the members of the judging panel will be responsible for both D-jury and E-jury tasks unless 4 or more judges are assigned to the event.
  - ii. Execution errors for poor technique, poor body position, etc. are evaluated according to the current FIG Code of Points.
  - iii. The chair of the apparatus jury will be responsible for determining and applying bonus for stuck dismounts to the final score.
  - iv. The chair of the apparatus jury takes deductions for line, behavior and apparatus violations from the final score. See the current Code of Points.
- 5.2 Judging Panels
- i. For Provincial & Atlantic Championship competition a minimum of two(2) judges per panel is required.
  - ii. Chair of the Competition Jury should minimally hold a current National Level.
- 5.3 Scoring Regulations

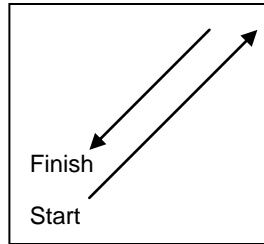
- i. With three judges per event, all scores will count. The average of all scores will be calculated and the score will be calculated to 3 decimal places. The average will be truncated to the third decimal and not rounded.
- ii. When there are four judges the highest and lowest scores are eliminated and the two middle scores are averaged.

**Article 6: Evaluation of the Exercises and Routine Construction**

- 6.1 D-Score (Difficulty)
  - i. The D-score will be determined by the skills performed from the compulsory routine content. When the gymnast performs all skills as described in each routine he will be eligible to receive the full D-Score of 15.0.
  - ii. If the gymnast has also performed bonus skills he is eligible to have those points added to his D-score.
  - iii. If the gymnast has left skills out of the complete routine, he will lose the value of that element as listed in the routine.
- 6.2 E-score (Exercise Presentation)
  - i. The E-score is determined by subtracting points for deficiencies in technical or aesthetic execution. The definitions of those deductions are written on each compulsory routine page. Any deductions not written will be referred to the current FIG Code of Points.
- 6.3 Bonus for Performance Characteristics
  - i. For both categories, a 0.1 bonus will be applied to the Final Score for all dismounts that end with a stuck landing. A stuck landing is defined as a stable landing position with no movement of the feet.
  - ii. During the performance of any routine except Vault a gymnast may repeat an element for value following a fall (Major error) or stop except for the dismount (FIG rule).
- 6.4 Landings
  - i. The cumulative landing deduction will be maximized at 1.0 for all events. This does not include additional deductions which may be taken for zone violations on Floor or Vault.

# Level 1

Floor:



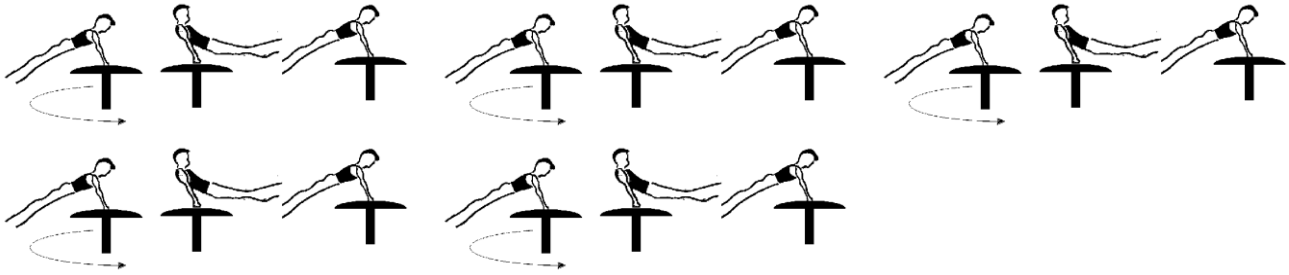
<p>1. 2-3 steps stretched dive roll</p>	2.0		<p>Body position in flight 0.1-0.5 Below head height 0.1-0.5</p>
<p>2. Cartwheel to stand</p>	2.0		<p>FIG Deductions Lack of split in Cartwheel 0.1-0.5</p>
<p>3. Backward roll (legs may be piked or tucked) BONUS* if performed with straight legs and straight arms</p>	2.0	0.3*	<p>FIG Deductions Lack of push with arms 0.1-0.5</p>
<p>4. Prone fall push to support with arched body.</p>	1.0		<p>FIG Deductions</p>
<p>5. Slide legs forward to middle split with both arms at minimum horizontal hold 2 sec</p>	2.0		<p>Poor Flexibility 0.1 - 0.5 Insufficient hold 0.5 - 1.0 Hand on Floor 0.5 each Arms below Horizontal 0.3</p>
<p>6. Press up to stoop stand hold 1 sec and bend knees to squat position with rounded back and stand up</p>	1.0		<p>Toes not pointed during Press 0.3</p>
<p>7. Kick to momentary handstand with flat back BONUS * Hold handstand for 2 seconds</p>	2.5	0.3*	<p>Piked body 0.1 - 0.5 75° or less 0.5</p>
<p>8. 2-3 steps hurdle round off Straight jump (Body should be stretched in jump with control)</p>	2.5		<p>FIG Deductions Lack of height in jump 0.1-0.5 Body position in jump 0.1-0.5</p>
	15.0	15.6*	

**Performance Expectations:**

- Dive roll position should be slightly arched during flight phase
- Concerning bonus, it is better to perform the lower value elements than to perform the bonus element with poor execution and/or control.
- In Split judges and coaches should consider a hand placed on the floor as an indication of poor flexibility, not an artistic interpretation.

## Level 1

### Pommel Horse



<ol style="list-style-type: none"> <li>1. Double leg circle on mushroom passing through support.</li> <li>2. double leg circle on mushroom passing through support</li> <li>3. double leg circle on mushroom passing through support</li> <li>4. double leg circle on mushroom passing through support.</li> <li>5. double leg circle on mushroom finishing in support</li> </ol>	2.5 3.0 3.0 3.0 3.0 0.5* 14.5	2.5 3.0 3.0 3.0 3.0 0.5* 15.0*	FIG Deductions Body position during circle 0.2 - 0.5 As above As above As above As above Virtuosity bonus
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The gymnast must demonstrate the above skills on a low mushroom. The judges are to look at technique of the skill and will apply virtuosity bonus (0.5) up to a maximum score of 15.0. Each circle will be scored out of 3 points – ½ circles will be deducted 1.0 and ¾ circles will be deducted 0.5. A deduction of 1.0 will be taken for each fall between circles.

#### Performance Expectations:

- Body should be stretched in front of circle
- Circle should be complete to support to receive credit.

## Level 1

### Rings:

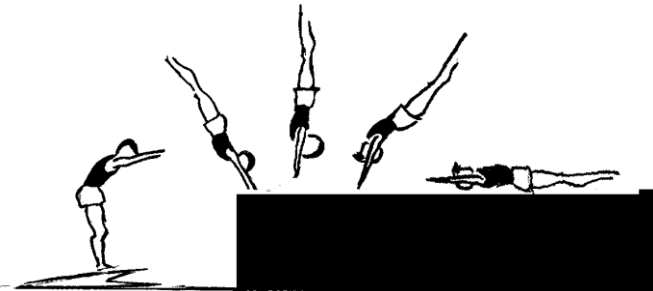
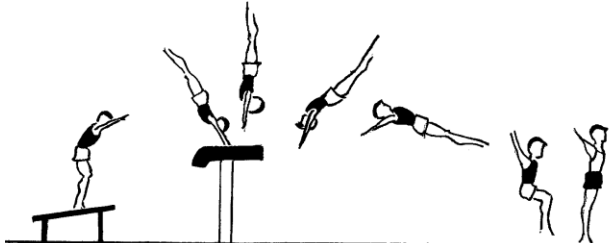
1. From hang, chin up to bent arm hang (hold 2 sec), lower to straight arm hang	1.5	(1.0) (0.5)	Insufficient hold Bent Legs during lift Piked Hips	0.3 or 0.5 0.1 - 0.5 0.1 - 0.5
2. From hang lift legs up to 'L' hang. Hold 2 sec.	1.5		Insufficient hold Bent arms on lift Bent legs on lift Insufficient pike	0.3 or 0.5 0.1 - 0.5 0.3 - 1.0 0.1 - 0.5
3. From 'L' hang swing legs backward and forward to piked inverted hang. Hold 2 sec.	2.0	(0.6) (1.4)	Bent arms on lift Bent legs on lift Insufficient pike Insufficient hold	0.1 - 0.5 0.1 - 0.5 0.1 - 0.5 0.3 or 0.5
4. Stretch body up to Straight inverted hang with rings turned out (supinated) (body slightly arched). <b>Hold 2 sec.</b> <i>Note: if no hold or to piked judges MAY award no credit</i>	2.0		Rings turned in Rings Parallel Insufficient hold Body position	0.5 0.3 0.3 or 0.5 0.3 - 1.0
5. Pike down fast and open forward pushing rings behind and downward swing backwards	2.0	(1.0) (1.0)	FIG deductions	
6. 2 swings forward and backwards. Body should be at horizontal beginning with first forward swing. (hips at ring height)	3.6	(0.9) (0.9) (0.9) (0.9)	Insufficient height Poor rhythm (global)	0.1 - 0.5 0.3 - 1.0
7. Swing forward with back tuck salto dismount.	2.4		FIG deductions Release after vertical	0.3, 0.5, 0.7 or 1.0 (0°, 15°, 45° or 90°)
	15.0			

### Performance Expectations:

- Backward Swing      After passing vertical gymnast should be looking at floor and should be pushing rings forward and apart with palms facing out
- Forward Swing      After passing vertical legs should kick forward and up above horizontal, with rings pushed backwards and palms facing in. Arms may be slightly bent with wrists in line with head and hollow body.

# Level 1

## Vault:

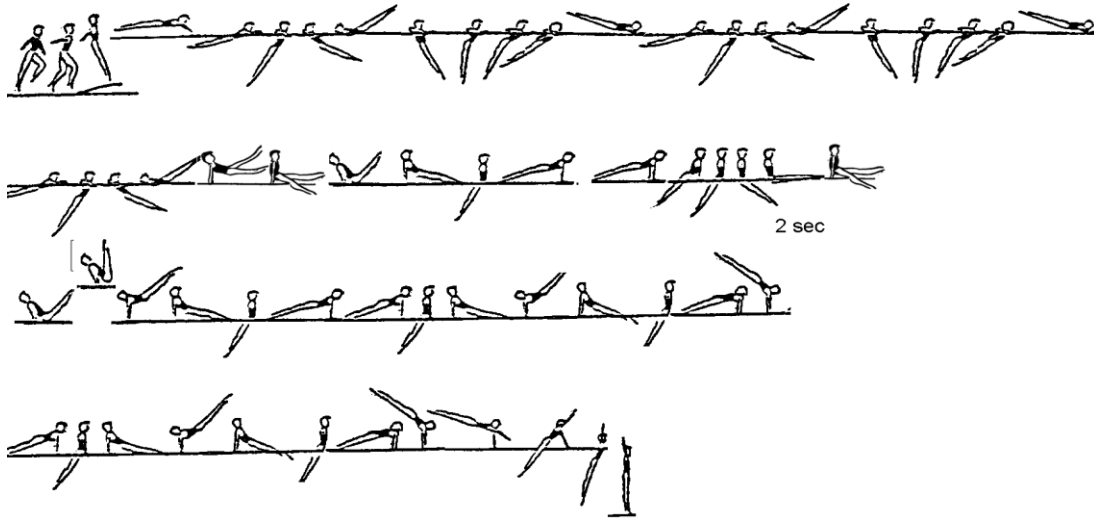
Under 12		Ages 12 and Older	
 <p><b>Mat height = 80 cm</b></p>		 <p><b>Table height = 110 – 125 cm</b></p>	
<b>15.0</b>		<b>15.0</b>	
From run, hurdle onto vault board and jump from 2 feet to hands with straight body and fall to back on a 80 cm height		Handspring to feet over Vault table A beat board may be placed in front of trampoline	
Lack of pre flight	0.5 – 1.0	Arms bent	0.1 – 0.5
Arms bent	0.1 – 0.5	Small pike in body	0.1 - 0.5
Handstand pressed	0.3 – 0.8	Large pike in body	0.8
Small pike in body	0.1 - 0.5	Excessive Pike (90° or more)	1.5
Large pike in body	0.8	Body tucked	7.5 (half value)
Excessive Pike (90° or more)	1.5		
Body tucked	7.5 (half value)	Landing over 1.5m	0.0
Distance less than 0.5 m from handstand	0.5	Landing 1.0m – 1.5 m	0.5
		Landing less than 1m	1.0

No option of vault for age categories

NOTE: 2nd attempt permitted with 1.0 deduction

# Level 1

## Parallel Bars



1. From run jump to upper arm support	0.7	FIG Deductions No distance/stretch	0.3 - 0.5
2. Swing forward, swing backward, swing forward, swing backward (with hips above bars in a stretched body position – Body should be lower than 45°)	2.8 (0.7 ea)	FIG Deductions Body not stretched Hips not above bars	0.1 - 0.5 0.1 - 0.5
3. Swing forward to uprise and straddle legs on bars with immediate bounce of legs off bars and swing backward	3.0 (1.4 0.8, 0.8)	Use of strength Legs bent in bounce	0.1 - 0.5 0.1 - 0.5
4. Swing forward to L sit (2 sec hold) * Hips should be between arms during hold * Back should be straight and not rounded.	1.5	Legs not parallel to bars (below bars) Insufficient hold Body position L sit	0.1 - 0.5 0.1 - 0.5 0.3 or 0.5
5. Straddle legs and quickly bounce legs off bar, extend forward and swing backwards to body at horizontal BONUS* Demonstrate momentary V Sit (legs at 45°) after bounce.	2.4 (1.0, 1.4) *0.3	Legs bent Body not extended No visible lift of legs Swing Below Horizontal	0.1 - 0.5 0.1 - 0.5 0.3 0.1 - 0.5
6. Swing forward, swing backward, swing forward (with feet above bars in a stretched body position)	2.1 (0.7 ea)	Bent arms Body not stretched Legs not above Horizontal	0.1 - 0.5 0.1 - 0.5 0.1 - 0.5
7. Swing backward to above horizontal and flank dismount. BONUS * Legs above 60° in dismount (close to Handstand) with hand transfer to one bar (passes through support on two hands)	2.5 *0.3	Bent arms Body piked Legs not above horizontal	0.1 - 0.5 0.1 - 0.5 0.1 - 0.5
	15.0 *15.6		

### Performance Expectations:

#### Mount

- The gymnast should be jumping forward with stretched body to arrive in upper arm support.
- Concerning bonus, it is better to perform the lower value elements than to perform the bonus element with poor execution and/or control.

# Level 1

## Horizontal Bar

1.	Starting from hang, lift to chin up position and pullover to front support	3.0		Spotter assists 1.0 Bent legs 0.1 - 0.5 Legs pass below bar 1 0.1 - 0.5
2.	Cast to horizontal, * Bonus 0.3 for Cast 45° above horizontal	1.5	0.3*	Hips below bar 0.1 - 0.5 Bent arms at apex 0.1 - 0.5
3.	Immediate, straight body, back hip circle	2.0		Body piked 0.1 - 0.5 Tucked 1.
4.	Immediate under swing to long hang swing backward	1.5		Height of underswing 0.1 - 0.5 Hips below bar 0.1 - 0.5
5.	Swing forward and swing backward	3.0 (1.5 ea)		Feet below bar in 0.1 – 0.5 front swing Hips below bar in back 0.1 – 0.5
6.	Swing forward	1.5		Feet below bar in 0.1 - 0.5 front
7.	Swing backward to push off and up for dismount with flight and land on mats. Hold landing. * Gymnast's head should be between arms.	2.5		Hips below bar in back 0.1 - 0.5 Lack of extension in 0.1 - 0.5 dismount
		15.0	15.3*	

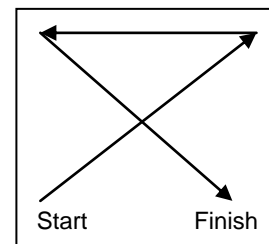
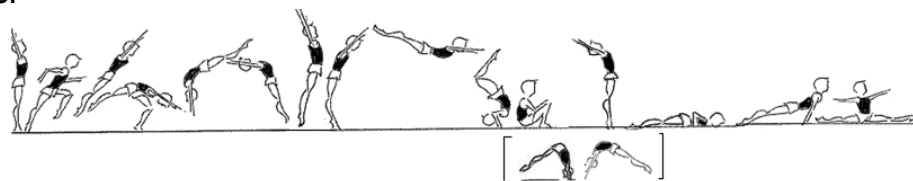
### Performance Expectations:

#### Pullover

- Legs should remain stretched back behind bar as the gymnast finishes the pullover. Coach may not aid the gymnast in starting the pullover
- The pullover may be performed with no chin up
- Concerning bonus, it is better to perform the lower value elements than to perform the bonus element with poor execution and/or control.

## Level 2

### Floor



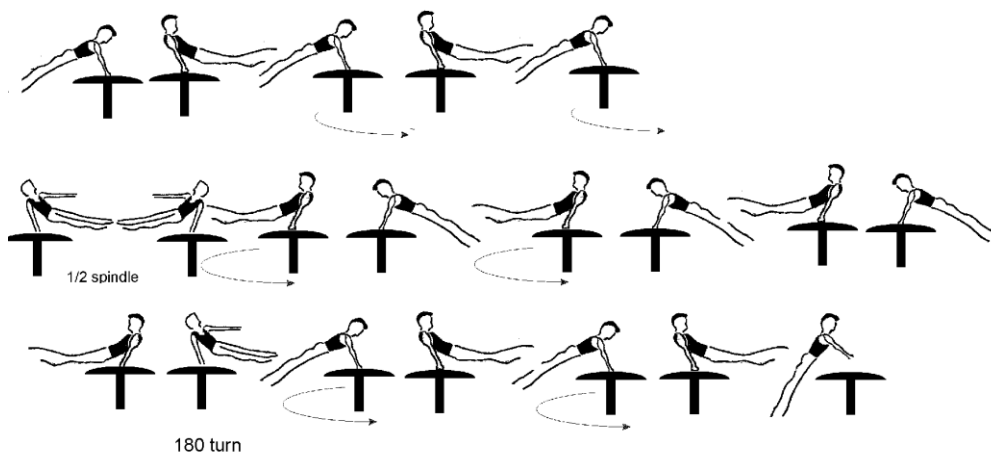
Description	Value	Deductions	
1 2-3 steps to front handspring, straight jump rebound to stretched dive roll to stand  BONUS: from Dive roll Headspring to finish in stand (slightly arched)	2.5 (1.0) (0.5) (1.0)  0.4*	Tucked in Handspring Body piked in dive Body tucked in dive Lack of Rhythm Jump too low FIG Deductions	0.1 - 0.5 0.1 - 0.5 1.0 0.3 - 0.5 0.1 - 0.5
2 Fall forward to prone fall and bring legs forward to finish with control in straddle split 2 sec with both arms at minimum horizontal	2.0 (0.7) (1.3)	Insufficient hold Lack of Flexibility Hands on Floor	0.1 - 0.5 0.1 - 0.5 0.5 each
3 Press to handstand with slightly bent arms and straddled legs to momentary hold and forward roll to stretched jump 45° turn to face side	2.5 (1.5) (0.3) (0.7)	FIG Deductions	0.1 - 0.5
4 Step to scissor kick (kick one leg up and jump off second leg, switch legs in air and land on first leg) legs at Horizontal, 2 cartwheels	2.5 (0.5) (1.0) (1.0)	Lack of Flexibility in scissor kick or cartwheel FIG Deductions	0.1 - 0.5
5 Pike down backward roll to finish in pike position, backward roll onto flat back finish with arms over head. Bridge. Slide into flat back position roll to stomach and stand. Step ½ turn.	2.5 (1.0) (0.2) (1.0) (0.3)	Bent legs Bridge position	0.1 - 0.5 0.1 - 0.5
6 Front scale or Y scale	1.0	Insufficient hold Lack of Flexibility	0.1 - 0.5 0.1 - 0.5
7 3 steps hurdle to Round off Back handspring Straight jump (knee height)	2.0 (0.5) (1.0) (0.5)	FIG Deductions Lack of height in jump Body position in jump Lack of Rhythm	0.1 - 0.5 0.1 - 0.5 0.1 - 0.5 0.3 - 0.5
	15.0 15.4*		

### Performance Expectations:

- Bridge: The gymnast should demonstrate good shoulder flexibility with shoulders in front of wrists and legs straight and together.
- Concerning bonus, it is better to perform the lower value elements than to perform the bonus element with poor execution and/or control

## Level 2

### Pommel Horse



### Routine Part A

Double leg circle	1.5	FIG Deductions Body piked during circle	0.1-0.5
Double leg circle	1.5	As above	
½ spindle (number of circles unlimited) BONUS: 1/1 spindle	3.5	Not square to horse after turn	0.1-0.5
Double leg circle	1.5	FIG Deductions Body piked during circle	0.1-0.5
Double leg circle	1.5	As above	
Double leg circle with 180° turn in one circle (any technique)	4.0	Not square to horse after turn	0.1-0.5
Double leg circle	1.5	FIG Deductions Body piked during circle	0.1-0.5
	15.0	15.5*	

#### Routine Expectations:

- The routine is performed on a mushroom. No mat or board is permitted to mount.
- ½ spindle may be performed in any number of circles as long as the spindle is uninterrupted
- Concerning bonus, it is better to perform the lower value elements than to perform the bonus element with poor execution and/or control
- Judges should ensure there is a line placed along the middle of the mushroom to identify skew in circles and turns.

NOTE: Athletes at this level should be working loops on floor standard horse.

**At the completion of Pommel Horse Part A routine the gymnast will go directly to the FIG Horse and perform Pommel Horse Part B routine**

## Level 2

This routine may be reversed in its entirety

### Routine Part B

Facing the horse, with both hands on the left-hand side, jump to front support with straight arms and legs together (use of a beat board allowed),	0.5		Legs apart on jump	0.1 - 0.5
			Bent arms during jump	0.1 - 0.5
Front support travel from the left end on the horse to the center of the horse (move left hand toward right hand, step right hand on the left pommel, step left hand to join right hand on the left pommel, move the right hand to the right pommel.)	1.0		Legs apart on travel	0.1 - 0.5
			Not stepping on 1st Pommel	0.5
Lift right leg to the right side and begin pendulum swings	0.5		Bent legs	0.1 - 0.5
First, full straddled front support swing (swing left leg to the left, swing right leg to the right)	1.0		Top leg below horizontal	0.1 - 0.5
			Bent legs	0.1 - 0.5
Second, full straddled front support swing (swing left leg to the left, swing right leg to the right), then immediately	1.0		Top leg below horizontal	0.1 - 0.5
			Bent legs	0.1 - 0.5
Cut left leg forward over pommel to stride swing and	0.5		Cutting leg below horizontal	0.1-0.5
			Bent legs	0.1-0.5
Cut right leg forward with ¼ turn to arrive in a standing position facing down the length of the horse.	0.5		Cutting leg below horizontal	0.1-0.5
			Bent legs	0.1-0.5
	5.0		¼ turn not complete	0.3

**Part B Routine Performance Expectations:**

- On all leg cuts and leg swings the top leg should be at or above horizontal
- On the straddle swings the legs should not come together at the bottom of the swing
- NOTE: Athletes at this level should be working loops on floor standard horse.

**Equipment Set-Up:**

Part B routine is performed on a FIG Pommel Horse. A beat board is permitted to mount.

## Level 2

### Rings



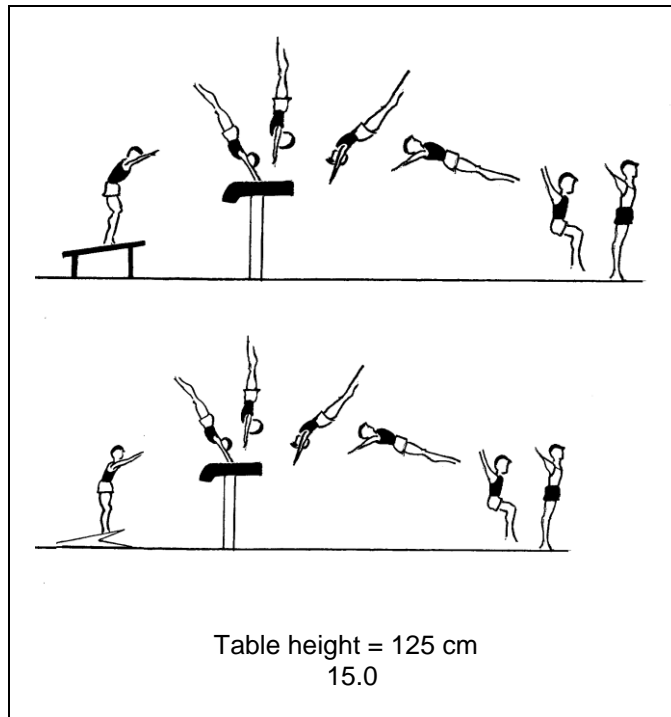
Description		Value	Deductions	
1	With Coach Assistance Muscle up to support *BONUS: Muscle Up without assistance	1.5	*0.3	Support finished with bent arms 0.1 - 0.3
2	L sit hold 2 sec	1.5		Arms bent in L-sit 0.1 - 0.5 Insufficient hold 0.1 - 0.5
3	Press with legs together tucked or piked to bent or straight arm handstand (2 sec) legs may <u>rest</u> against cables with straddled legs (may not wrap legs)	2.0		Insufficient hold 0.1 - 0.5 Excessive bent arms 0.5 Shoulder Stand 1.0 Legs wrapped 0.5
4	Lower down with control (slow smooth movement) to straight body inverted hang (body stretched)	1.0		lack of control 0.1 - 0.3 Body not straight 0.1 - 0.5 Bent arms 0.1 - 0.5
5	Lower legs to pike inverted hang and quickly lift legs up and dislocate to swing forward	2.0		FIG deductions 0.1 - 0.5
6	Swing backward to inlocate *BONUS: Straight Body inlocate	2.0	*0.3	FIG deductions 0.1 - 0.5
7	Swing backward, swing forward, swing backward	3.0 (1.0 ea)		FIG Deductions 0.1 - 0.5 Lack of Rhythm 0.3 - 0.5
8	Swing forward to back layout dismount.	2.0		Release after vertical (0°, 15°, 45°, 90°) 0.3, 0.5, 0.7 or 1.0 Lack of height 0.1 - 0.5
		15.0	*15.6	

#### Performance Expectations:

- L Sit: Hips should stay between hands, Arms should be straight and not touching cables.
- Concerning bonus, it is better to perform the lower value elements than to perform the bonus element with poor execution and/or control.
- Press Handstand: Strive toward a FIG valid press handstand. It is permissible to touch the cables as an assist in this skill. A shoulder stand will be allowed with a major deduction. This will be considered a bend in the arms of greater than 90°.
- Backward Swing: After passing vertical gymnast should be looking at floor and should be pushing rings forward and apart with palms facing out
- Forward Swing: After passing vertical legs should kick forward and up above horizontal, with rings pushed backwards and palms facing in. Arms may be slightly bent with wrists in line with head and hollow body.

## Level 2

### Vault:



Handspring to feet over Vault table  
(use of mini trampoline or board allowed)

Arms Bent	0.1 – 0.5
Small pike in body (0° - 60°)	0.1 - 0.5
Large pike in body (up to 90°)	1.0
Excessive Pike (more than 90°)	2.0
Body tucked	5.0
Landing over 2m	0.0
Landing 1.5 m - 2.0 m	0.3
Landing 1.0 m - 1.5 m	0.5
Landing less than 1.0	1.0

2<sup>nd</sup> attempt permitted with 1.0 deduction.

## Level 2

### Parallel Bars

1.	From run jump to long hang swing forward, swing backward with uprise to upper arm position	2.5 (1.0) (1.5)	FIG Deductions	0.1 - 0.5
			Bent legs in uprise	0.1 - 0.5
2.	Swing forward to inverted pike position, hips above the bar (upper arm Manna)	2.0	Bent legs in front swing	0.1 - 0.5
			Insufficient pike	0.1 - 0.5
3.	Extend body up and forward and swing back to uprise to front support	2.0	Heels below bar height	0.1 - 0.5
			Bent legs	0.1 - 0.5
4.	Swing forward to L Sit (hold 2 sec)	1.5	FIG deductions	0.1 - 0.5
			Insufficient hold	0.1 - 0.5
5.	Any Press Handstand (hold 2 sec)	3.0	FIG deductions	0.1 - 0.5
	<i>*BONUS: straight arms/straddle legs press handstand</i>	<i>*0.5</i>	<i>No deduction for tucked press</i>	
6.	Swing forward, swing backward to Handstand (hold 2 sec)	2.0 (0.5) (1.5)	FIG deductions	0.1 - 0.5
			Insufficient hold	0.1 - 0.5
7.	Swing forward, swing backward to Hop side dismount (left or right)	2.0 (0.5) (1.5)	Body piked on swing	0.3 - 0.5
			NO hop	0.5
			Back swing under 45°	0.1 - 0.5
			Below horizontal	0.6 - 1.0
		15.0    *15.5		

### Performance Expectations:

- L sit: Hips should stay between hands, Arms should be straight and not touching cables
- Concerning bonus, it is better to perform the lower value elements than to perform the bonus element with poor execution and/or control.

### Equipment Set-Up:

The bars should be set at a height so all boys swing with bent knees during long swing mount.

## Level 2

### Horizontal Bar



1.	From hang, slight arch and quickly bring toes to the bar and stretch forward to swing backward (Jam Cast)	2.0 (1.0) (1.0)	Body below horizontal more than 45° FIG deductions	0.1 - 0.5 0.1 - 0.5
2.	Swing forward to kip to support (may be with assisted with deduction) (arms may be slightly bent)	2.0	Assisted Kip Excessive bent arms	0.5 0.1 - 0.5
3.	Cast to 45° immediate free hip circle backwards to horizontal hang	3.0	Cast below 45° Finish below horiz. Bent arms Lack of rhythm	0.1 - 0.5 0.1 - 0.5 0.1 - 0.5 0.3 - 0.5
4.	Swing forward, swing backward, swing forward with ½ turn and switch grip	4.0 (1.0) (1.0) (2.0)	Feet below bar in both front swings Hips below bar in back swing	0.1 - 0.5 0.1 - 0.5
	* BONUS: from free hip, back giant, swing ½ turn and switch grip	*0.5	FIG deductions apply	0.1 - 0.5
5.	Swing forward, swing backward	2.0 (1.0) (1.0)	Feet below bar in both front swings Hips below bar in back swing	0.1 - 0.5 0.1 - 0.5
6.	Swing forward to any back tuck/pike/layout flyaway (may be assisted with deduction)	2.0	Lack of height Assisted flyaway Not tucked	0.1 - 0.5 0.5 0.5
		15.0 *15.5		

### Performance Expectations:

- Concerning bonus, it is better to perform the lower value elements than to perform the bonus element with poor execution and/or control.