

## 2015 MS Compulsory Routines

### Floor Exercise - Silver

|                   |              |
|-------------------|--------------|
| Base Score        | 9.40         |
| Specified Bonus   | 0.60         |
| <b>Max. Score</b> | <b>10.00</b> |

|    | <b>Skills</b>                                   | <b>Descriptions</b>   | <b>Performance Criteria</b>  | <b>Specified Bonus</b>  |
|----|---|---|--|---|
| 1  | Run, hurdle,<br>Front handspring,               | Show good presentation and posture while lifting arms up.<br>Run, hurdle, forward handspring to stand | Rebound allowed<br>Full extension reaching through the lunge position<br>Turnover and stretch on F.H.                          | Stretch and good rhythm in front handspring <b>+0.1</b>                                 |
| 2  | Handstand,<br>forward roll                      | With either leg, step forward through lunge and kick to momentary handstand<br>Roll from handstand    | Momentary Hold<br>Straight arms in forward roll  |   |
| 3  | Tuck up to handstand,<br>1/2 pirouette          | Tuck up through handstand, 1/2 pirouette (180*) tuck or pike down.                                    | Straight arms and continuous rhythm throughout<br>1 or 2 hand placements   | Pike up to handstand <b>+0.1</b>  |
| 4  | Back extension roll,<br>straddle pancake        | Back extension roll, lower to straddle pancake.   | No height on back extension roll.<br>Momentary hold on Strad. Pan.   | Straight arm back extension roll <b>(+0.1)</b>  |
| 5  | Candlestick,<br>roll forward to straddle stand, | Candlestick roll to straddle stand, continuously lift head and arms upward and reach forward to       | Straight legs on roll to straddle stand  |   |
| 6  | Jump to press hand,<br>step down                | <b>Jump press to handstand (straddle)</b><br>momentary handstand<br><b>Step down</b>                  | Momentary Hold   | Bent arm Press <b>+0.1</b><br>Str. Arm Press <b>+0.1</b><br>2 sec. Hold <b>+0.1</b>     |
| 7  | Run to dive roll                                | Run, punch to straight body<br>dive roll to stand   | <b>Support on hands during roll to stand. Hollow or tight arch is allowed. Hands and feet must be airborne</b>                 | Front Flip <b>+0.1</b><br>(with or without a forward roll following the front flip)     |
| 8  | Jump to headspring                              | <b>Jump and controlled bounce to front headspring</b>   | Show good turnover and stretch   |   |
| 9  | Lunge, front scale                              | Step and lunge forward with either leg to scale, step forward with back leg and 1/2 turn to stand     | Lunge - heal down and back foot turned out, back leg straight<br>2 second hold on Scale<br>Back leg <b>horizontal</b> on Scale |   |
| 10 | Round-off,<br>Back handspring,<br>Rebound       | Run, hurdle, round-off, back handspring, rebound to stand   |  | Round-off, back handspring, back handspring, rebound <b>(+0.1)</b><br>Stick <b>+0.1</b> |

2015 MS Compulsory Routines  
Pommel Horse/Mushroom - Silver

|                   |             |
|-------------------|-------------|
| Base Score        | 5.00        |
| Specified Bonus   | 0.00        |
| <b>Max. Score</b> | <b>5.00</b> |

**This routine may be reversed as a whole.**

|        |  | <b>Pommel Horse</b>   |  |
|--------|--|---|--|
| Skills | Descriptions   | Performance Criteria  | Specified Bonus  |
| 1      | At least one full stride swing   | Jump to front support, lift left leg, swing and lift right leg (stride swing)   | Maintain at least a 45* leg separation   |
| 2      | Left leg cut and 2 false scissors  | swing and lift left leg, cut left leg forward and swing to left leg undercut and return to straddle front support swing. (False Scissor) <b>2 times</b> | Top leg must be horizontal with hips extended  |
| 3      | 1 full stride swing  | swing and lift left leg, swing and lift right leg (stride swing) and...   | Maintain at least a 45* leg separation   |
| 4      | Right leg cut and 2 false scissors   | Cut right leg forward and swing to right leg undercut and return to straddle front support swing. (False Scissor) <b>2 times</b>                        | Top leg must be horizontal with hips extended  |
| 5      | 1 full stride swing, left leg cut forward, right leg cut forward, release and land | swing and lift right leg, swing and lift left leg (stride swing) and cut left leg forward, swing and cut right leg forward and release to landing       | 45* leg separation on straddle swing.<br>All swings to horizontal with hips extended |

|                   |             |
|-------------------|-------------|
| Base Score        | 4.00        |
| Specified Bonus   | 1.00        |
| <b>Max. Score</b> | <b>5.00</b> |

**This routine may be reversed as a whole.**

|   |                       | <b>Mushroom</b>                                |   |
|---|-----------------------|--|---|
| 1 | One double leg circle | Step to side and jump to one double leg circle | The body should show a stretched position with legs together, toes pointed<br>Max -0.3 deduction for form |
| 2 | One double leg circle | circle   | The body should show a stretched position with legs together, toes pointed<br>Max -0.3 deduction for form |
| 3 | One double leg circle | circle   | The body should show a stretched position with legs together, toes pointed<br>Max -0.3 deduction for form |
| 4 | One double leg circle | circle   | The body should show a stretched position with legs together, toes pointed<br>Max -0.3 deduction for form |

|              |  |
|--------------|--|
| <b>Bonus</b> | <p>As many as 10 additional circles at 0.1 per circle may be attempted for bonus. No execution or fall deductions will be taken during the bonus, however, a single large deduction will void each circle that it occurs on. If the gymnast performs a 3/4 circle with a second hand support it will be considered a full circle and awarded 0.1. A fall, stop, or sit will terminate the bonus. Only 1 attempt is allowed on bonus.</p> <p><b>If a gymnast falls or stops at the completion of the 4th circle, they can not attempt the bonus.</b></p> <p><b>** There are no landing deductions on mushroom</b></p> |
|--------------|--|

2015 MS Compulsory Routines  
**Rings - Silver**

|                   |              |
|-------------------|--------------|
| Base Score        | 9.40         |
| Specified Bonus   | 0.60         |
| <b>Max. Score</b> | <b>10.00</b> |

|    | <b>Skills</b>   | <b>Descriptions</b>   | <b>Performance Criteria</b>   | <b>Specified Bonus</b>   |
|----|---|---|---|--|
| 1  | Muscle up   | From a hang with a false grip and arms extended and as straight as possible, muscle up to support     | Spotter assistance allowed<br>Cables must remain taut.<br>Slight pike in hips allowed | Muscle up w/o spot <b>+0.1</b><br>Cast back up rise <b>+0.1</b>  |
| 2  | Straight body support<br>Forward roll to<br>piked inverted hang | Straight body, straight arm support with the rings turned out.<br>Roll forward to piked inverted hang | Two second hold with arms free of straps  |  |
| 3  | Lower to German hang  | Lower and extend to German hang   | Momentary hold  | Show fully extended shoulder flexibility<br><b>0.1</b>   |
| 4  | Pull out to piked inverted hang                                 | Pull out through pike and inverted hang   |   |  |
| 5  | Cast to back swing  | cast to backward swing  | Turnover swing shown,<br>Feet at ring level   | Swing backward with turnover and feet above bottom of ring <b>+0.1</b>                                     |
| 6  | Swing forward   | Swing forward   | Turnover swing shown,<br>Feet at ring level   | Swing forward with turnover and feet above bottom of ring <b>+0.1</b>                                      |
| 7  | Swing backward and inlocate<br>Swing backward                   | Swing backward, and inlocate to a backward swing  | Turnover swing shown,<br>Feet at ring level   | Str. body inlocate <b>+0.1</b>   |
| 8  | Swing forward, swing backward                                   | Swing forward, swing backward   | Turnover swing shown,<br>Feet at ring level   | Swing forw. Or back. with turnover and feet above bottom of ring <b>+0.1 each</b><br>(0.1 For. / 0.1 Back) |
| 9  | Swing forward and dislocate                                     | swing forward and dislocate to <b>pike inverted hang and pause allowed prior to dislocate</b>         | Head neutral with straight body and pressure downward and forward on rings            |  |
| 10 | Swing forward to tucked, piked, or stretched dismount           | salto backward (tucked, piked, or stretched) dismount   | Turnover swing with lift to release.  | Salto at ring height <b>+0.1</b><br>Stick <b>+0.1</b>  |

# Middle School Compulsory Routines

## Vault - Level 4, 5, Modified H.S.

### Vault

**Base Score: 9.7**                      Available Bonus: +.3                      **Total Score: 10.0**  
Amplitude & Virtuosity: +.2,    Stick: +.1

Note:

1. The middle school program will not give a zero score, with the exception of failure to contact the horse at all, which will receive a zero. Otherwise, the minimum score for any actual vault will be 2.00. A zero vault, as defined by the FIG, may be repeated once, with a deduction of 1.00 from the value of the second attempt. No third attempts will be allowed.
2. The coach must stand between the board and the landing area to spot. The judge should not allow the gymnast to begin his run if the coach is not in position.
3. The judge has the discretion of allowing additional attempts due to the interruption of the run, jump or landing by outside events not controlled by the gymnast. (Without deduction)
4. The vault can be set at any height.
5. The landing mat area must be a minimum of 8" in thickness.
6. Landing deductions:

|  |              |      |
|--|--------------|------|
| Landing less than 0.5 meters from table: | Large Error  | -0.3 |
| Landing 0.5 – 1.0 meters from table:     | Medium Error | -0.2 |

### Zero Vaults

1. During the run the gymnast passes by the vault, or hits the springboard without performing a vault.
2. The run is stopped and the gymnast backs up and restarts.
3. Pushing from the table with the feet.
4. A vault so poorly done that it is not recognized.
5. Double touching the table with the hands.
6. No hands touch the vault.
7. The gymnast lands without at least one foot hitting first.
8. Landing intentionally in a side stand.
9. The gymnast performs a prohibitive vault (straddled legs, flip in first flight, or a prohibitive pre-element before the vaulting board.
10. The gymnast does not use the safety collar for round off entry vaults.

2015 MS Compulsory Routines

**Parallel Bars - Silver**

|                   |              |
|-------------------|--------------|
| Base Score        | 9.40         |
| Specified Bonus   | 0.60         |
| <b>Max. Score</b> | <b>10.00</b> |

|    | <b>Skills</b>  | <b>Descriptions</b>   | <b>Performance Criteria</b>                                  | <b>Specified Bonus</b>  |
|----|--|---|--|---|
| 1  | Jump to upper arm support                                  | Jump up to upper arm support with legs behind body in preparation for swing   | catch and swing with good rhythm                             |   |
| 2  | Baby front uprise  | Upper arm swing forward to straddle support on bars   | Straight Legs<br>Momentary hold allowed<br>Bent arms allowed | Front uprise +0.1   |
| 3  | Swing back, Swing forward                                  | swing backwards, swing forward  | Body Stretched<br>No height requirement                      |   |
| 4  | Swing back and bail, moy to upper arm                      | swing back and bail to long hang swing forward, release catch in upper arm position   | No height requirement  |   |
| 5  | Back uprise  | Upper arm swing backward and lift into back up rise to support  | swing backward to 45 degrees below horizontal                | Legs above bar +0.1   |
| 6  | Swing forward  | swing forward   | extended hips to horizontal                                  | Hips shoulder height +0.1   |
| 7  | Swing backward   | swing backward  | swing to horizontal  | Swing to handstand +0.1   |
| 8  | Swing forward  | swing forward   | extended hips to horizontal                                  | Hips shoulder height +0.1   |
| 9  | Swing backward   | swing backward  | swing to 45 degrees above horizontal                         | Swing to handstand +0.1   |
| 10 | Swing forward and swing backward to handstand and dismount | swing forward, swing backward to handstand, push off bars at the top of the back swing over either bar to the side to landing | swing to handstand<br>no hold required                       | 2 second handstand +0.1<br>Wende dismount +0.1<br>Any flip dismount +0.1<br><b>Stick +0.1</b> |

2015 MS Routines  
High Bar - Silver

|                      |              |
|----------------------|--------------|
| Base Score           | 9.40         |
| Specified Bonus      | 0.60         |
| <b>Maximum Score</b> | <b>10.00</b> |

\*\* This routine can be done on strap bar or on real bar.

|   | <b>Skills</b>                      | <b>Descriptions</b>                              | <b>Performance Criteria</b>   | <b>Specified Bonus</b>    |
|---|------------------------------------|--|---|---------------------------|
| 1   | Preliminary Swing and Kip          | Up to 5 swings allowed overgrip position         | Spot allowed on kip<br>Stop allowed after kip                                   | Kip w/o spot +0.1         |
| 2   | Cast                               | cast   | full extension of the body at or above horizontal on downswing                  | 45* w/o spot +0.1         |
| 3   | Swing forward                      | swing forward                                    | tap swing forward<br>top of front swing should be hollow<br>swing to bar height | 45* above horizontal +0.1 |
| 4   | Swing backward                     | swing backward                                   | tap swing backward<br>top of back swing should be hollow<br>swing to bar height | 45* above horizontal +0.1 |
| 5   | Swing forward                      | swing forward                                    | tap swing forward<br>top of front swing should be hollow<br>swing to bar height | 45* above horizontal +0.1 |
| 6   | Swing backward                     | swing backward                                   | tap swing backward<br>top of back swing should be hollow<br>swing to bar height | 45* above horizontal +0.1 |
| 7   | Swing forward                      | swing forward                                    | tap swing forward<br>top of front swing should be hollow<br>swing to bar height | 45* above horizontal +0.1 |
| 8   | Swing backward                     | swing backward                                   | tap swing backward<br>top of back swing should be hollow<br>swing to bar height | 45* above horizontal +0.1 |
| 9   | Swing forward 3/4 giant            | Swing to 3/4 giant swing (baby giant)            | hip contact allowed   | No hip contact +0.1       |
| 10  | Under shoot to swing back and stop | undershoot, back swing, controlled stop of swing | Hollow body position during undershoot  |                           |
| <b>Height of front swing and back swing should be measured from the bar to the hips</b> |                                    |  |   |                           |