

Junior Varsity 2014

Vault	Bars	Beam	Floor
Option One Handspring Vault over 5' X 10' X 32"+ mat(s) judged as USAG Level 4 Vault Start Value: 10.0	Option One Modified Level 4 Routine <ul style="list-style-type: none"> • Kip (deduct .3 if replaced with pullover with 2 foot take off and .6 if replaced with pullover with one foot take off) • Cast (no height requirement) • Back Hip Circle • Cast (2nd cast optional), Cast Squat On • jump to Swing Pullover on HB or Long Hang Kip • Under shoot • Counter swing • Swing ½ turn dismount Start Value 10.0	Option One USAG modified Level 4 Routine <ul style="list-style-type: none"> • Dismount can be either the Cartwheel to side handstand (hold 2 secs) ¼ turn dismount or a Round Off off the end • Same deductions as Level 4 Start Value 10.0	Level 4—modified sequence of requirements Music and choreography optional but skills must be performed in order and are deducted as in Level 5 (dance “B’s” ok) <ol style="list-style-type: none"> 1. Jump of choice 2. Dive Forward Roll or Dive Cartwheel 3. Front Handspring (2 ft landing ok) or Round Off 4. 2 Element Leap/Jump series 5. 180° Split on floor 6. Handstand Forward Roll 7. Full Turn 8. 1 Leap, jump, or hop 9. Front or Back Walkover or Cartwheel or Standing Back Handspring 10. Round-Off Back Handspring (1 only) or Round Off Back Extension Start Value 10.0
Option Two USAG Level 3 Vault as written in USAG Rules. Minimum height 32" Start Value: 9.0	Option Two USAG Level 3 Routine Start Value 9.0	Option Two USAG modified Level 3 routine <ul style="list-style-type: none"> • Dismount can be either the Cartwheel to side handstand (hold 2 secs) ¼ turn dismount or a Round Off off the end • Same deductions as Level 3 Start Value 9.0	
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