

Base Routines for Level 9 Optional (JV/Varsity)

Updated 11/10/2016 * Does not include deductions for extra swings, stops, changes in direction etc.
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Floor Exercise:

1. Front Tuck(II)
 2. Dive Roll(II)
 3. Cartwheel –
 4. Scale(I) –
 5. Round-off
 6. Flip-flop(III)
 7. Back Tuck (IV)
- (7 A Skills)

E Score: 5.5 D Score: .7 EG: 2.2 Start Value: 8.4

*Replace back tuck with Layout (B Value Dismount): Start Value: 8.9

Pommel Horse:

Routine One:

1. False Scissor
 2. Scissor (I)
 3. Scissor hop (1/2) (I)
 4. Circle (II)
 5. Single Leg Circle
 6. Single Leg Travel (Jump off)
- (5 A Skills 1 B Skill)

E Score: 5.5 D Score: .8 EG: 1.2 Start Value: 7.5

Routine Two:

1. False Scissor
 2. Scissor (I)
 3. Scissor hop (1/2) (I)
 4. Circle (II)
 5. Travel Down (III)
 6. Wende (IV)
- (5 A Skills 1 B Skill)

E Score: 5.5 D Score: .8 EG: 2.2 Start Value: 8.5

Still Rings:

1. Inlocate (I)
 2. Back uprise (I)
 3. L sit (II)
 4. Shoulder Stand
 5. Back uprise Straddle L (I)
 6. Dislocate (I)
 7. Fly away (IV)
- (6 A Skills 1 B Skill)

E Score: 5.5 D Score: .9 EG: 1.6 Start Value: 8.0

Parallel Bars:

Routine One:

1. Front Uprise (II)
 2. Fwd Roll
 3. Kip (III)
 4. L-Sit (I)
 5. Drop cast (III)
 6. Back uprise
 7. Stutz dismount
- (6 A Skills)

E Score: 5.5 D Score: .7 EG: 1.8 Start Value: 8.0

Routine Two:

1. Front Uprise (II)
 2. Fwd. Roll
 3. Kip (III)
 4. L-sit (I)
 5. Swing Handstand (I)
 6. Back off (IV)
- (6 A Skills)

E Score: 5.5 D Score: .6 EG: 2.2 Start Value: 8.3

High Bar:

Routine One:

1. Swing ½ turn 2. Kip 3. Back Hip Circle 4. undershoot to Back Up-rise 5. Drop kip 6. Undershoot to swing (NC) 7. Fly Away (IV)
(6 A Skills)

E Score: 5.5 D Score: .6 EG: .4 Start Value: 6.5

Routine Two:

1. Kip (Switch to Undergrip giant) 2. UG Giant (I) 3. Piro (I) 4. Giant (I) 5. Kill to Kip (NC) 6. Back hip circle to lay away 7. Fly Away (IV)
(6 A Skills)

E Score: 5.5 D Score: .6 EG: 1.0 Start Value: 7.2 (7.1 plus .1 bonus for turning skill in or out of giants)

Routine Three:

1. Back Uprise 2. Free Hip (III) 3. Giant (I) 4. Blind Change (I) 5. UG Giant (I) 6. Piro (I) 7. Kill to kip (NC) 8. Fly Away (IV)
(7 A Skills)

E Score: 5.5 D Score: .7 EG: 1.6 Start Value: 8.0 (7.8 plus .2 for bonus for turning skill in or out of giants)

Routine Four:

1. Back Uprise 2. Free Hip (III) 3. Giant (I) 4. Blind Change (I) 5. UG Giant (I) 6. Piro (I) 7. Fly Away out of giants (IV)
(7 A Skills)

E Score: 5.5 D Score: .7 EG: 1.6 Start Value: 8.1 (7.8 plus .2 for bonus for turning skill in or out of giants and .1 bonus for FIG A dismount out of FIG A skill)