

**NORTH CAROLINA AAU GIRLS MODIFIED OPTIONAL DIVISION
RULES & REQUIREMENTS**

VAULT		BARS		BEAM (No Time Limit)		FLOOR (No Time Limit)	
Allowed Vaults		Special Requirement	Value	Special Requirements	Value	Special Requirements	Value
Handspring	10.0	1 Bar Change	.50	1/1 Turn on One Foot	.50	“A” Turn on One Foot	.50
½ On – ½ Off	10.0			Leap or Jump Series of at Least Two Elements	.50	Two Acro (Tumbling Passes) of at least three skills, all skills must contain flight	.50
¼ On – ¾ Off	10.0			Split Leap or Jump (No Angle Requirement) (may be part of series or isolated)	.50		
½ On – 1/1 Off	10.0			One Acro (Tumbling) Skill, Flight not Required	.50	Leap or Jump Series of at Least Two Elements	.50
¼ On – 1 ¼ Off	10.0					One Salto (may be part of series or isolated)	.50
Handspring 1/1	10.0			Dismount with Flight, with or without Hands	.50		
No Other Vaults Allowed							
		BARS		BEAM		FLOOR	
		Skill Requirements as per USAG Code of Points 2005 to 2013	Value	Skill Requirements as per USAG Code of Points 2005 to 2013	Value	Skill Requirements as per USAG Code of Points 2005 to 2013	Value
		One “B” Level Skills	.30 ea	One “B” Level Skills	.30 ea	One “B” Level Skills	.30 ea
		Five “A” Level Skills	.10 ea	Five “A” Level Skills	.10 ea	Five “A” Level Skills	.10 ea
		No “C” Level Skills Allowed (Dance or Acro) Void Routine		No “C” Level Skills Allowed (Dance or Acro) Void Routine		No “C” Level Skills Allowed (Dance or Acro) Void Routine	
Coach may stand between the vault table and board with no deduction		Coach may stand between bars for the entire routine with no deduction		Coach may stand beside beam for the entire routine with no deduction		The coach may stand on the floor with no deduction.	
(Spot (touch) of gymnast deduction is .50).		(Spot (touch) of gymnast deduction is .50).		(Spot (touch) of gymnast deduction is .50).		(Spot (touch) of gymnast deduction is .50).	

GENERAL INFORMATION AND DEDUCTIONS

1. There will be no composition deductions; **“higher” level B skills will not be rewarded**, however, execution deductions will apply.
2. If a judge recognizes a C level skill, the **routine will be voided**. The judge will **not “devalue”** the skill for the benefit of the gymnast. A good rule of thumb is, if a judge would give a skill a C if it was needed for Level 9, then that skill in Modified Optional will void the routine. Coaches should not put any skills that could be recognized as a C, even if performed poorly.
3. Equipment and matting may be adjusted to facilitate the safety of the gymnast

Revised 12/22/09

