

2008 NCAAU Compulsory Revisions

It should be noted that there are some choices of elements in the AAU National Age Group Level Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher level than others. However, execution deductions will apply. The emphasis is on correctness of the skill that is chosen.

LEVEL 2

BEAM:

- *No Time Limit*

FLOOR:

- **Straddle Tri-pod OR Straddle Headstand**
- **Arch Back OR Arch Back to hands on the floor**

LEVEL 3

VAULT:

Level 3 & 4: Gymnasts may perform ONE vault. A repeat vault will be allowed if it is deemed necessary by the Chief Judge due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

BARS:

- *Cast, Pike Sole Circle Dismount OR Cast, Straddle Sole Circle Dismount OR Cast, Underswing Dismount (all .80 value)*
- *Add- Cast, Return to Front Support (no angle requirement)*
- **Single Leg Cut Forward OR Single Leg Shoot Thru may be performed**
 - Refer to AAU National Handbook- Level 4 Bars for deductions & text for the Single Leg Shoot Thru

BEAM:

- *Cartwheel to Side Handstand Dismount OR with ¼ Turn*
- *No Time Limit*

FLOOR:

- *Backbend Kickover OR Back Walkover OR Standing Back Handspring*

LEVEL 4

VAULT:

Level 3 & 4: Gymnasts may perform ONE vault. A repeat vault will be allowed if it is deemed necessary by the Chief Judge due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

BARS:

- **Add Glide Swing to Pullover (.80) OR Glide Kip (.80)**
 - Refer to USAG Compulsory Book for text and deductions

BEAM:

- No Revisions
- *No Time Limit*

FLOOR:

- *Handstand to Bridge, Kickover OR Handstand to Bridge Stand- Straight Jump*