

AAU PROGRAM LEVEL 2 ROUTINES

Only changes to USAG Compulsory regarding text or element order will be listed with description and text. Otherwise, you will need to refer to your USAG Compulsory Book 2005-2013 Edition for descriptions and text.

AAU LEVEL 2 VAULT – VALUE 10.0 (Mat minimum height 16” Maximum height 40”)

Run and accelerating to the hurdle onto the board. Rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing. Keep the body extended, rotating to an inverted position by driving the legs upward, landing in a handstand position with straight arms, extending through the shoulders. The head remains neutral with focus on the hands. Arms remain in high position from handstand through the landing on back. Maintain a straight-hollow body position with legs together. Land on the skill cushion in a straight lying position on the back. Repulsion from the hands is not required. There are no repulsion deductions.

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults

Gymnast is allowed to perform one vault. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

A second vault will be allowed if the one vault receives an average score below 6.00. The Chief Judge should inform the coach if the one vault score falls below 6.00 for the option of a second vault.

AAU LEVEL 2 BARS

The AAU Level 2 Bar routine shall be as follows. (Where there is no modification to USAG elements, only the elements and values are listed and referenced to the USAG compulsory book).

- 1. Mount -- Back Hip Pullover (0.80)**
Refer to USAG Level 2 Element #1 page 25
- 2. Cast (0.60)**
Refer to USAG Level 2 Element #2 page 25
- 3. Back Hip Circle (0.60)**
Refer to USAG Level 2 Element #3 page 25

4. Cast and Return to Front Support (0.80) no angle requirement

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a cast with legs together. Maintain a straight-hollow body position with the buttocks tight, the arms and legs straight, and the head neutral. Upon completion of the cast, maintain the forward shoulder lean while executing a controlled return of the hips to the bar.

- 5. Cast, Straddle On, Sole Circle Dismount (0.80)**
Refer to USAG Level 2 Element #4 page 26

AAU LEVEL 2 BEAM

The AAU Level 2 Beam routine shall be as follows. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book).

* Indicates that element can be reversed. – Routine can be reversed in its entirety.

Time Limit 35 Seconds

Warning: 25 Seconds

1. ***Mount -- Jump to Front Support * (0.20)** -Refer to USAG Level 2 Element #1 Page 29

2. **V-Sit to Stand (0.20)**

Shift weight back onto the buttocks. Bend both legs to place the toes on the top of the beam. Immediately straighten the legs and lift to show a V-Sit with the torso extended. Arms – grasp the beam behind the hips with the arms bent or straight. Bend the legs to step out onto the left foot, then the right foot to arrive in a tuck stand. Immediately straighten both legs, extending the legs to end in a releve stand. Arms – move through forward-middle while rising to squat; then continue moving forward-upward to crown; then open supply to sideward-diagonally-upward. Lower heels to beam – arms remain high.

3. ***Lever -To Weight Transfer (0.80)**

If reversing element step left

Slightly lift right leg and maintaining a 90° leg separation angle, take a long step forward onto the right foot on a slightly bent or straight right leg and lift the left leg backward-upward. Arms remain high, palms facing inward. Maintaining a straight body position, simultaneously lower the torso and lift the left leg backward-upward to achieve a Lever position. Continue to lift the left leg backward-upward as the torso lowers, until the hands touch the top of the beam. Immediately lift the torso, passing through a Lever position on a slightly bent or straight right leg and point the left foot behind on the beam. Arms maintain high position.

Lower the Left heel and demi-plié the Right leg to finish in a Right lunge, pressing the Right knee and both hips forward. Arms push to sideward-diagonally-upward.

Using a rocking action through 4th position perform a weight transfer onto the right support leg. Extend both legs, finishing with the left leg extended backward, slightly turned out and the left foot pointed on the beam.

4. **Arabesque (0.40)** - Refer to USAG Level 2 Element #4 Page 30 If element #3 was reversed step right and begin text as written.

5. **Leg Swings (0.40)** - Refer to USAG Level 2 Element #5 Page 30

6. **Releve Balance (0.20)** - Refer to USAG Level 2 Element #6 Page 30

7. **Straight Jump (0.4)**

Demi-plié both legs with the heels down on the beam. Push off the beam, extending both legs through the hips, knees, ankles and toes with legs together, extending the hips and legs in the air to a stretched position before landing. Land on both feet in demi-plie, pressing through the balls of the feet to lower the heels onto the beam, right foot in front of the left foot with the feet slightly turned out. Arms on the demi-plié lower the arms sideward-downward to low position. During the jump, lift arms forward-upward to crown. Arms remain in crown upon landing.

Extend the legs to finish in a straight stand (not in releve). Arms open to sideward-diagonally-upward.

8. **Tuck Jump Dismount (0.60)** - Refer to USAG Level 2 Element #8 Page 31

AAU LEVEL 2 FLOOR

The AAU Level 2 Floor routine shall be as follows. Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book).

*Indicates that element can be reversed. Routine can be reversed in its entirety.

1. **Forward Roll to Sit (0.40)**

(1, 2, 3, 4) Begin in a straight stand with the arms extended sideward-diagonally-upward. Bend the knees and reach forward to place the hands on the floor. Lower the head by tucking the chin to the chest and keeping the back rounded. Lift the hips to place the back of the head and shoulders on the floor. Push off both feet to initiate the forward roll. As the roll continues, tuck the legs and arrive in a sitting position with heels close to buttocks. Arms are extended front middle with palms facing down.

2. **Candlestick (0.40)**

(5, 6, 7, 8) Immediately begin rolling backward to extend the body into a candlestick position (high on the shoulders, toes pointed to the ceiling, hip angle straight). Arms lower forward-downward to finish with palms resting on the floor in front of the buttocks.

3. ***Bridge, Kick-over To Lunge to Immediate Weight Transfer (0.60)**

(1, 2, 3, 4) Roll out of the candlestick to a back lying position with the knees bent and the feet flat on the floor, shoulder-width apart. Arms reach backward to place the hands on the floor, by the shoulders, with the palms down and the fingertips pointing toward the shoulders.

(5, 6, 7, 8) Push down against the floor, extending the arms and legs as the back arches, to arrive in a bridge position with arms straight, shoulder-width apart or closer and the legs straight or bent. Hold bridge for one second. Focus: head remains neutral; eyes focus on hands during the bridge

(1, 2, 3, 4, 5, 6) Kick the right leg over head while pushing off the floor with the left leg to pass through vertical in a handstand position with the legs separated. (It is acceptable to move/adjust the left foot in as the right leg initiates the kick.) Step down using the levering action to finish in a right lunge, pressing the right knee and both hips forward. Arms – finish the step down with arms in high position.

(7, 8) Using a rocking action through 4th position perform a weight transfer onto the right support leg. Extend both legs, finishing with the left leg extended backward, slightly turned out and the left foot pointed on the floor. Arms open to sideward-diagonally-upward.

4. ***Kick (forward entry) Cartwheel, ¼ (90°) Turn Inward (0.60)** - Refer to USAG Level 2 Element #3 Page 34 – Kick the straight right leg forward-upward keeping the hips square. Finish as stated by USAG.

5. **Backward Roll To Pike Stand (0.40)** - Refer to USAG Level 2 Element #4 Page 34

6. ***Handstand (0.06)** - Refer to USAG Level 2 Element #5 Page 34

7. **Front Leg Balance(0.20)** - Refer to USAG Level 2 Element #6 Page 35

8. **Split Jump (30°) (0.40)** - Refer to USAG Level 2 Element #7 Page 35

9. **½ (180°) Pivot Turn (0.20)** - Refer to USAG Level 2 Element #8 Page 35

10. **Forward Chasse Right (0.40)** - Refer to USAG Level 2 Element #9 Page 35

11. **Pose** - Refer to USAG Level 2 Element #10 Page 35

AAU PROGRAM LEVEL 3 ROUTINES

Only changes to USAG Compulsory regarding text or element order will be listed with description and text. Otherwise, you will need to refer to your USAG Compulsory Book 2005-2013 Edition for descriptions and text.

AAU LEVEL 3 VAULT: (Mat minimum height 24" Maximum height 40")

Run and accelerate to the hurdle onto the board. Rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing. Keep the body extended, rotating to an inverted position by driving the legs upward, landing in a handstand position with straight arms. Forcefully extending through the shoulders, the head remains neutral with focus on the hands; arms remain in high position from handstand through the landing on back. Maintain a straight-hollow body position with legs together. Land on the skill cushion in a straight lying position on the back.

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults.

Gymnast is allowed to perform one vault. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

A second vault will be allowed if the one vault receives an average score below 6.00. The Chief Judge should inform the coach if the one vault score falls below 6.00 for the option of a second vault.

AAU LEVEL 3 BARS:

The AAU Level 3 Bar routine shall be as follows. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book). * Indicates that element can be reversed.

- 1. Mount -- Back Hip Pullover (0.80)** - Refer to USAG Level 3 Element #1 Page 39
- 2. Cast (0.60)** - Refer to USAG Level 3 Element #2 Page 39
- 3. Back Hip Circle (0.60)** - Refer to USAG Level 3 Element #3 Page 39
- 4. *Cast Single Leg Squat Through * (0.60)**

With the shoulders still slightly in front of the bar, immediately swing the legs forward, then backward-upward, while pushing down against the bar. Extend through the shoulders to lift the body off the bar, executing a cast with legs together. Maintain straight arms and a straight-hollow body position, keeping the buttocks tight. Immediately flex the right knee to squat over the bar between the hands to execute a single leg squat through. The left leg remains straight throughout. As the right leg extends, shift the shoulders backward directly over the bar to finish in a balanced clear stride support in an over grip, with straight arms and legs.

- 5. *Backward Leg Swing (0.40)**

Lower to a stride sit on the bar. Maintaining good body position with shoulders over the bar, immediately lift right hand and regrasp the bar inside the right leg. Immediately adjust left hand to allow hand placement to be shoulder width apart. With weight evenly distributed on both hands,

swing right leg backward over the bar finishing in an extended (straight body) front support. Both legs remain straight throughout.

6. Cast and Return to Front Support (0.80) no angle requirement

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a cast with legs together. Maintain a straight-hollow body position with the buttocks tight, the arms and legs straight, and the head neutral. Upon completion of the cast, maintain the forward shoulder lean while executing a controlled return of the hips to the bar.

7. Cast, Squat On, Pike Sole Circle Dismount (0.80) - Refer to USAG Level 3 Element #7 Page 41

OR

8. Underswing dismount (0.80) – As the hips contact the bar upon return from the cast (# 6. above) immediately press the bar downward to the mid to lower thigh, keeping the head neutral, chest and torso hollow, and the arms straight. Maintain this position while leaning the shoulders backward and circle the bar with the hips away from the bar. As the hips rise, completely open the shoulder angle while pressing the bar backward. Maintain a straight hollow body position with the arms and legs straight throughout and the head neutral. Release the hands to execute an underswing dismount. Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position (“stick”).

Arms: Lower sideward-downward to finish at forward-diagonally-low upon landing.

Extend the legs to finish in a straight stand.

Arms: Lift forward-upward to high position.

AAU LEVEL 3 BEAM

The AAU Level 3 Beam routine shall be the same as the USAG Level 3 Beam routine in its entirety with exceptions that apply to general deductions and penalties as listed on routine cards (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book).

* Indicates that element can be reversed.

Time Limit 40 Seconds

Warning 30 Seconds

- 1. *Mount -- Jump to Front Support (0.20) - Refer to USAG Level 3 Element #1 Page 43**
- 2. V-Sit (0.20), Swing To Push-Up Position (0.60) - Refer to USAG Level 3 Element #2 Page 43**
- 3. Arabesque (0.40) - Refer to USAG Level 3 Element #3 Page 44**
- 4. *Partial Cross Handstand (0.80) - Refer to USAG Level 3 Element #4 Page 44**
- 5 Coupé Walks (0.40) – Shift weight to right front foot on straight leg and point left foot forward on beam. Begin the forward step left by pushing off the right foot while simultaneously reaching forward onto the left foot (relevé to flat.) Point the right foot behind SLIGHTLY off the beam as the weight transfers to the left foot. (Do not perform a kick or arabesque here.) Bend the right knee forward and immediately pull the pointed right foot forward to touch the left ankle (forward coupé.) The Rhythm is “Point, Push, Step, Pull.”
Repeat the coupé walk sequence beginning with the right foot to finish in a right leg stand (left foot in coupé position.)**

(If the partial cross handstand is reversed shift the weight backward from the lunge onto the right leg and point the left front foot forward on the beam to begin the coupé walks as above.)

Step forward left onto a straight leg, then close the right foot behind the left foot in a relevé “lock” position.

***ARMS; Lower to side middle as the first coupé walk step begins. Arms remain in side middle throughout coupé walks. As the step to “lock” begins lower the arms downward through side middle to lift forward upward to finish in crown during the “lock.”**

*** OR: Lower arms through side middle to place hands on hips. Hands remain on hips during the coupé walk sequence. As the step to “lock” begins lift the arms forward upward to finish in crown during the “lock.”**

6. **½ (180°) Pivot Turn (0.02)** - Refer to USAG Level 3 Element #6 Page 44
7. **Split Jump (30°) (0.40)** - Refer to USAG Level 3 Element #7 Page 45
8. ***Cartwheel To Side Handstand Dismount (0.60)** - Refer to USAG Level 3 Element #8 Page 45

AAU LEVEL 3 FLOOR

The AAU Level 3 Floor routine shall be as follows. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book).

* Indicates that element can be reversed.

1. ***Handstand Forward Roll (0.60)** – Refer to USAG Level 3 Element #1 Page 49
2. ***Round-off (0.60)** - Refer to USAG Level 3 Element #2 Page 50 or

***Round-off Rebound Stick (0.60)** – Refer to USAG Level 3 Element #2 Page 50 for the description of round-off. Follow the following text – after snapping the legs down and under to land on both feet in an upright hollow body position, immediately rebound with a stretched body, land in demi-plie in a balanced controlled position (stick). Arms are in high position throughout. As the landing of the round-off occurs, lower the arms sideward-downward to a forward diagonally low position. Extend the legs to finish in a straight stand, arms in high position.

4. **Backward Roll with Straight Arms to Pike Stand (0.40)** - Refer to USAG Level 3 Element 3 Page 50
5. ***Backbend Kick-Over (0.60) or Back Walkover (0.60)**

If choice is back walkover, follow text; begin with feet flat on the floor, legs together. Arms remain in high. Extend the right leg forward, pointing the right foot on the floor. Lift the right leg forward-upward, pressing the hips forward. As the leg lifts, arch the upper back as the arms reach backward to place the hands on the floor side by side, shoulder-width apart. As the left foot pushes off the floor, push the shoulders over the hands to execute a back walkover, passing through a handstand position shoulders extended, and focus on the hands. Step down using a lever action to finish in a right lunge, pressing the right knee and both hips forward. Arms – finish the step down with arms in high position; then open to sideward-diagonally-upward.

(If the backbend kick-over or back walk over was reversed, continue with the text as written in Element #5.

5. **Front Leg Balance (0.20)** - Refer to USAG Level 3 Element #5 Page 51
6. **Forward Chasse (0.40)** - Refer to USAG Level 3 Element #6 Page 51
7. **Straight Leg Leap (60°) (0.60)** - Refer to USAG Level 3 Element #7 Page 51
8. **½ (180°) Turn in Forward Coupe (Heel-Snap) (0.20)** - Refer to USAG Level 3 Element #-8 Page 52
9. **Stretch Jump (0.40), Tuck Jump (0.40)** - Refer to USAG Level 3 Element #9 Page 52
10. **Pose** - Refer to USAG Level 3 Element #10 Page 53

AAU LEVEL 4 ROUTINES

Only changes to USAG Compulsory regarding text or element order will be listed with description and text. Otherwise, you will need to refer to your USAG Compulsory Book 2005-2013 Edition for descriptions and text.

AAU LEVEL 4 VAULT

There will be no height requirements for the vault table. Stack mats behind the vault table to the height of the table. There is an option to drape an up to 4" mat over the Table at the discretion of the coach for safety purposes. It is required that an up to 4" mat cover the seam/gap between the end of the Vault Table and the stacked mats. There is to be no distinction if an athlete blocks from the Table or a draped mat for the resulting score if repulsion is achieved as per the specific deductions. Run and accelerating into the hurdle onto the board. Rebound (punch) off the board and execute handspring over vault table to stacked mats to back lying position. Execute the handspring vault with good rotation, blocking through the shoulders and maintaining a tight straight-hollow body position.

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults.

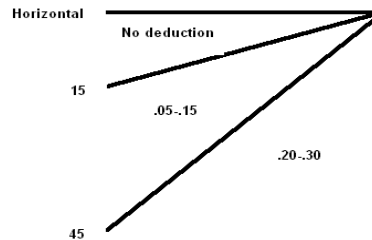
Gymnast may perform one or two vaults with the better score counting. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

AAU LEVEL 4 BARS:

The AAU Level 4 Bar routine shall be as described in the following text. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book). * Indicates that element can be reversed.

1. **Mount – Glide and Return, Back Hip Pullover (0.40 each)** – Refer to USAG Level 4 Element #1 A & B, Page 59.
2. **Front Hip Circle (0.60)**
Press down against the bar, extending the body until the thighs touch the bar. The head remains neutral. Lift the heels to initiate the fall forward, maintaining a straight hollow body position. Continue to lift the heels as the body pikes quickly to circle the bar to execute a Front Hip Circle. The head remains neutral. As the circle nears completion, shift the hands to the top of the bar to finish in a straight arm front support with the legs/feet in front of the bar (body slightly piked).
3. **Cast 15° Below Horizontal & Return to Front Support (0.80)**

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders to lift the body off the bar to execute a cast to 15° below horizontal with legs together. Maintain a straight hollow body position with the buttocks tight, the arms and legs straight, and the head neutral. Upon completion of the cast, maintain the forward shoulder lean while executing a controlled return of the hips to the bar.



4. Cast, Squat On (0.40)

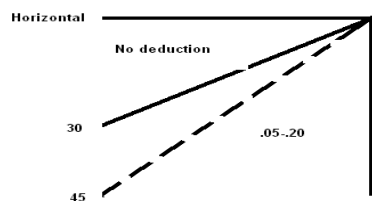
Immediately cast again with straight arms. Bend the legs to place the balls of the feet on the bar between the hands in a tuck position to execute a squat-on to a momentary stand on the low bar. The legs are allowed to bend after initial contact with the bar in order to facilitate the jump from the low bar to the high bar.

5. Long Hang Pullover (0.80)

From the squat position on the LB, jump up to grasp the HB while maintaining a straight hollow body position. Swing the body downward forward, maintaining a straight hollow body position. As the feet pass the LB, relax the hollow position to a slight arch. Maintain this position through vertical (under the bar) and aggressively kick forward-upward and over the HB. The head remains neutral. As the hips rise up and over the bar, maintain an overgrip and shift the hands to the top of the bar to execute a Long Hang Pullover. Pass through a support phase with the arms and legs straight throughout. (Reference & illustration page 123, USAG Compulsory Book)

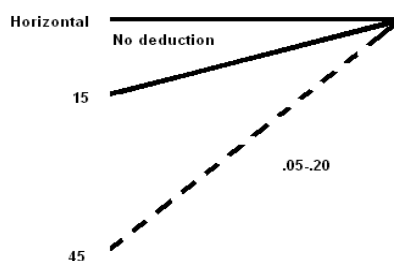
6. Underswing, First Counterswing (a minimum of 30° below horizontal) (.80)

Immediately press the bar downward to the mid to lower thigh with the head neutral, chest and torso hollow and the arms straight. Maintain this position while leaning the shoulders backward and circling the bar with the hips away from the bar. A slight touch of the thighs on the bar is acceptable. As the hips rise, completely open the shoulder angle while pressing the bar backward to execute the underswing. Maintain a straight hollow body position, with the arms and legs straight, the head neutral throughout. More emphasis should be placed on the correct body position than the height of the Underswing. Continue to press the bar backward. Swing downward leading slightly with the heels to execute a Counterswing. Maintain this slight heel drive through vertical (under the bar), at which point the body is shortened by pulling downward on the bar and lifting the hips backward-upward to a hollow body position with the legs together.. The hips rise to a minimum of 30° below the level of the high bar (horizontal). The head remains neutral between the arms with the chest hollow. The legs remain together.



7. Tap Swing Forward, Second Counterswing (A minimum of 15° below Horizontal) (0.80)

Maintain the hollow position as the body begins the downward-forward swing. As the feet pass the LB, relax the hollow position to a slight arch. Maintain this position through vertical (under the bar) and aggressively kick forward-upward with the legs/feet together to execute a tap swing forward with a hollow body position with the feet finishing at the level of the HB. Execute a second Counterswing, using same technique as the first Counterswing.



8. **Straight Drop Dismount (0.80)**

As the body reaches its highest point, release the bar, maintaining a tight body position in the air. Land in demi-plié in a balanced and controlled position (“stick”). Arms lower sideward-downward to forward-diagonally-low. Extend the legs to finish in a straight stand. Arms lift forward-upward to high position.

AAU LEVEL 4 BEAM

The AAU Level 4 Beam routine shall be as follows. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book).

* Indicates that element can be reversed. – Routine can be reversed in its entirety.

Time Limit 1:00

Warning 0:50

1. ***Leg Swing Mount with ½ (180°) (0.20)** – Refer to USAG Level 4 Element #1 Page 65
2. **V-Sit (0.20), Swing to Tuck Stand (0.40)** - Refer to USAG Level 4 Element #2 Page 65
3. **Coupe Walk, ½ (180°) Turn in Forward Coupe (Heel-Snap Turn) (.40)** - Refer to USAG Level 4 Element #3 Page 66
4. **Straight Leg Leap (60°) (0.60)** - Refer to USAG Level 4 Element #4 Page 66
5. **Pose** - Refer to USAG Level 4 Element #5 Page 66
6. ***¾ Handstand in Cross Position (0.60)** - Refer to USAG Level 4 Element #6 Page 67
7. **Leg Swing** - Refer to USAG Level 4 Element #7 Page 67
8. **½ (180°) Turn in Forward Coupe (0.40)** - Refer to USAG Level 4 Element #8 Page 67
9. ***Cartwheel ¼ (90°) Turn Inward (0.60)**
(If reversing step forward Right and kick Left.)
 Kick the Right leg forward to horizontal. Arms lift forward-upward to high position. Step forward through the ball of the right foot and execute a right lunge (straight leg entrance is also acceptable). Lift the left leg backward-upward maintaining a straight line from the hands, torso, and left leg while reaching for the beam. Continue this levering action and lift the left leg backward-upward as the torso lowers. Reach forward to place the right hand sideways on the beam as the

body turns 90° left. Place the left hand on the beam sideways or slightly turned in (hands shoulder-width apart) as the right leg pushes off the beam to execute a cartwheel right. The head remains in alignment, with the shoulder and hip angle open, and focus under the left arm in order to see the beam on the step-down. Turn 90° inward to step down using the levering action to finish in a left lunge, pressing the left knee and both hips forward.

Arms remain in high position throughout and as the step down occurs, push sideward-diagonally-upward on the lunge.

(If the cartwheel was reversed, continue to follow the text as written but step forward before Fish Pose.)

10. **Fish Pose** - Refer to USAG Level 4 Element #9 Page 68
11. **Stretch Jump (0.40), Tuck Jump (0.40)** - Refer to USAG Level 4 Element #10 Page 68
12. **Pose, Releve Steps** - Refer to USAG Level 4 Element #11 Page 68
13. **Arabesque (45°); Scale (at Horizontal) (0.40)** - Refer to USAG Level 4 Element #12 Page 69
14. **½ (180° Pivot Turn (0.20)** - Refer to USAG Level 4 Element #13 Page 69
15. **Bow** - Refer to USAG Level 4 Element #14 Page 69
16. ***Cartwheel to Side Handstand, 1/4 (90°) Turn Dismount (0.60)** - Refer to USAG Level 4 Element #15
Page 70

AAU LEVEL 4 FLOOR

The AAU Level 4 Floor routine shall be as follows. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book).

* Indicates that element can be reversed.

1. **Arm Wave** – Refer to Level 4 Element #1 Page 73
2. **Small Bounces** - Refer to Level 4 Element #2 Page 73
3. **Stretch Jump (0.40); Split Jump (90°) (0.40)** - Refer to Level 4 Element #3 Page 74
4. ***Handstand Forward Roll with Straight Arms (0.60)** - Refer to Level 4 Element #4 Page 74
5. **¼ (90°) Pivot Turn** - Refer to Level 4 Element #5 Page 75
6. **Side Chasse with ¼ (90°) Turn, ½ (180°) Pivot Turn** - Refer to Level 4 Element #6 Page 75
7. **Handstand to Bridge Stand (Front Limber) to Immediate Stretch Jump (0.60)**

(1, 2) Step forward onto a straight left leg (flat foot or releve). Kick the right leg forward-upward to horizontal or above. *(If reversing the Handstand to bridge, step right and kick left)* Arms lift to high position.

(3, 4, 5, 6, 7, 8) Step forward through the ball of the right foot and execute a right lunge (straight leg entrance is also acceptable). Lift the left leg backward-upward maintaining a straight line from the hands, torso, and left leg while reaching for the floor. Continue this levering action and lift the left leg backward-upward as the torso lowers. Place the hands shoulder-width apart on the floor while

pushing off with the right leg to arrive in a handstand with legs together. With the head neutral, maintain a straight, extended handstand position. Focus on the hands. Continue to open the shoulder angle past the hands and arch the upper back, lowering the legs toward the floor. Place the feet flat on the floor shoulder-width apart or closer to complete handstand bridge. Immediately push the hips forward to enable stand keeping arms in alignment with head, finish in stand, feet slightly apart, arms high, palms facing inward.

(1, 2, 3, 4) Pull right leg in close to left leg, (feet are side by side) demi-plié and immediately push from both feet to execute a stretch jump, landing feet together in demi-plié to stretch stand. Arms remain high, palms inward during jump and landing.

OR

7. Front Walkover (Pull Free Leg In) To Immediate Stretch Jump (0.60)

(1, 2) Step forward onto a straight left leg (flat foot or releve). Kick the right leg forward-upward to horizontal or above. (*If reversing the Handstand to bridge, step right and kick left*) Arms lift to high position.

(3, 4, 5, 6, 7, 8) Step forward through the ball of the right foot and execute a right lunge (straight leg entrance is also acceptable). Lift the left leg backward-upward maintaining a straight line from the hands, torso, and left leg while reaching for the floor. Continue this levering action and lift the left leg backward-upward as the torso lowers. Place the hands shoulder-width apart on the floor while pushing off with the right leg continue to open the shoulder angle past the hands and arch the upper back, lowering the left leg toward the floor. With the head neutral, focus on the hands. Place the left foot flat on the floor extending the hips forward to enable completion of front walkover.

(1, 2, 3, 4) Upon completion of the walkover (right foot does not touch floor in front of left support leg) immediately pull right leg in close to left support leg, (feet are side by side) demi-plié and immediately push from both feet to execute a stretch jump, landing feet together in demi-plié to stretch stand. Arms remain high, palms inward during jump and landing.

AAU Level 4 Floor Continued

- 8. Straight Leg Leap (90°) (0.60), Leg Swing with Hop (0.20) - Refer to Level 4 Element #8 Page 77**
- 9. Slide to Floor, ½ (180°) Turn - Refer to Level 4 Element #9 Page 77**
- 10. Forward Split (0.20) - Refer to Level 4 Element #10 Page 78**
- 11. ½ (180) Floor Turn to Stand - Refer to Level 4 Element #11 Page 78**
- 12. Prance Steps - Refer to Level 4 Element #12 Page 78**
- 13. Weight Transfer (0.20) - Refer to Level 4 Element #13 Page 78**
- 14. Backward Roll to Push-Up Position (0.60) - Refer to Level 4 Element #14 Page 79**
- 15. ½ (180°) Turn In Forward Coupe (0.40) - Refer to Level 4 Element #15 Page 79**
- 16. *Round-Off (0.40), Flic-Flac To Two Feet, Rebound (0.60) - Refer to Level 4 Element #16 Page 80**
- 17. Pose - Refer to Level 4 Element #17 Page 81**

Level 5 will follow USAG Program