



**GA-AAU COMPANION TEXT TO USA GYMNASTICS' WOMEN'S
JUNIOR OLYMPIC COMPULSORY EXERCISES (1st EDITION 2013-
2021)**

Levels 1-4

Note: This document is designed to be used solely as a “companion text” along with USAG’s Compulsory Text with all copy-rights reserved exclusively with USA Gymnastics.

All materials (USAG JO Compulsory Text, music CD and compulsory training DVD) must be purchased through USAG Membership Services.

Only changes to the USAG Compulsory Program material regarding text or specific elements will be listed with descriptions in this document. Otherwise, refer to USAG’s Women’s Junior Olympic Compulsory Exercises (First edition 2013-2021) for the complete descriptions/text.

** For *italicized* terms such as *show*, *pause* and *mark* throughout this text please refer to the Glossary material found in the USAG Compulsory Text, pages 189-191.

An asterisk placed before an element indicates the element may be reversed.

GA-AAU PROGRAM LEVEL 1 ROUTINES

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GA-AAU LEVEL 1 VAULT – VALUE 10.0 (Mat minimum height 16”)

Refer to USAG Text pages 9-10.

For the GA-AAU program the gymnast is allowed to perform one vault.

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.

Any type of professionally manufactured spring board or air board may be used for all GA-AAU vaults.

Warm up time 45 seconds per athlete

GA-AAU LEVEL 1 BARS

Refer to USAG Text pages 13-15.

Warm up time 45 seconds per athlete

GA-AAU LEVEL 1 BEAM

(Where there is no modification to the USAG routine the elements and values are listed with reference to the appropriate page number in the USAG Compulsory Text).

Time Limit: 30 seconds

Warm up time 45 seconds per athlete

USAG Text page 17: Refer to all paragraph information preceding element # 1 Mount.

1. ***Jump To Front Support Mount (0.20)** (Refer to USAG page 17, # 1)
2A. V- Sit To Tuck Stand (0.20)

From the mount straddle sit finish immediately lift both legs upward to close the legs together to *show* a V-Sit with the torso extended. Lower the arms downward backward to momentarily grasp the beam (thumbs on top with fingers on the side) during the V-Sit. (The arms are allowed to bend or remain straight during the V-Sit hand grasp.)

Bend the left knee then the right knee to step out on the left foot, then the right foot to arrive in a tuck stand with the left foot directly behind the right foot. Move the arms forward upward to crown during the step out to tuck stand.

- 2B. Relevé Balance (0.20)** (Refer to USAG page 17)

Return to the USAG text beginning with the last sentence on page 17, “Immediately extend both legs to finish in a **Relevé Balance** “lock” stand. **Hold two seconds.**”

Follow the remainder of the USAG Text to the dismount finish on page 20.

GA-AAU LEVEL 1 FLOOR

(Where there is no modification to the USAG routine the elements and values are listed with reference to the appropriate page number in the USAG Compulsory Text).

USAG Text page 23: Refer to all paragraph information preceding element # 1.

1. ***3/4 Handstand (0.40)** (Refer to USAG page 23, # 1 –
(It is acceptable for the legs to be joined together at the apex of the $\frac{3}{4}$ handstand. It is also acceptable for the handstand to reach full inverted vertical with the legs joined.)

Follow the remainder of the USAG text beginning on page 24 through to the final pose description on page 28.

Warm up time 45 seconds per athlete

GA-AAU PROGRAM LEVEL 2 ROUTINES

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GA-AAU LEVEL 2 VAULT: (Mat minimum of 16")

Follow the USAG Text on page 29 but with the following exceptions:

The vault will be judged from the point where the feet leave the board through to the back lying finished position.

Repulsion is required during the support phase - {from the inverted position on the mat stack forcefully extend through the shoulders and hands, creating a blocking action to achieve repulsion (flight.)}

Any type of professionally manufactured spring board or air board may be used for all GA-AAU 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.

Warm up time 45 seconds per athlete

GA-AAU LEVEL 2 BARS:

(Where there is no modification to the USAG routine the elements and values are listed with reference to the appropriate page number in the USAG Compulsory Text).

USAG Text page 33: Refer to all paragraph information preceding element # 1 Mount.

- 1. Mount: Back Hip Pullover (0.60)** (Refer to USAG page 33, # 1)
- 2. Cast (0.40)** (Refer to USAG page 33, # 2)
- 3. Back Hip Circle (0.40)** (Refer to USAG page 34, # 3)
- 4. *Single Leg Squat Through (0.20)**

From the back hip circle maintain the shoulders slightly in front of the bar, to immediately swing the legs forward, then backward-upward. Extend through the shoulders to lift the body off the bar through a casting action with legs together. Maintaining straight arms with a hollow body position immediately bend the right knee to squat over the bar between the hands to achieve a single leg squat through. The rear leg remains straight throughout. As the right foot clears the bar immediately extend the right leg to arrive in a clear stride support with the shoulders over the bar with both arms and legs straight.. (The rear leg is allowed to present slightly lower than the front leg in the clear stride support finish with no amplitude deduction.)

5. *Back Leg Swing (0.20)

Lower to a stride sit on the bar. Maintaining good body position with shoulders over the bar, immediately lift the right hand to re-grasp the bar inside the right leg. (It is acceptable for the right arm to bend slightly during the hand grasp shift.). Immediately adjust the left hand to allow hand placement to be shoulder width apart. (Both arms should remain straight during the left hand adjustment.) With weight evenly distributed on both hands, swing the right leg backward over the bar to finish in an extended (straight body) front support. Both legs remain straight throughout.

6A. Cast, Squat-On, Pike Sole Circle Dismount (0.60) (Refer to USAG page 36, # 7A)

OR

6B. Cast, Underswing Dismount (0.60) (Refer to USAG page 37, # 7B)

Warm up time 45 seconds per athlete

GA-AAU LEVEL 2 BEAM

(Where there is no modification to the USAG routine the elements and values are listed with reference to the appropriate page number in the USAG Compulsory Text).

Time limit: 35 seconds

Warm up time 45 seconds per athlete

Refer to USAG Text, pages 39-43

AAU LEVEL 2 FLOOR

(Where there is no modification to the USAG routine the elements and values are listed with reference to the appropriate page number in the USAG Compulsory Text).

Warm up time 45 seconds per athlete

USAG Text page 45: Refer to all paragraph information preceding element # 1.

- 1. Handstand (0.40)** (Refer to USAG page 45, # 1)
- 2. Round-Off (0.60)** (Refer to USAG page 46, # 2)
- 3. Backward Roll To Pike Stand (0.40)** (Refer to USAG page 46, # 3)
- 4. Candlestick (0.20)** (Refer to USAG page 47, # 4)
- 5. *Rollout Step-Out From Candlestick To Immediate Back Walkover (0.40) OR Backbend Kick-over (0.40).**

From the candlestick position; roll out to bend the *left leg to step out of the candlestick onto the left foot then the right foot with the right foot in front of the left foot. Immediately extend the left leg to arrive in a standing position on a straight left leg with right foot pointed forward on the floor as a finish

from the step-out. (It is acceptable for the right leg to bare weight during the step-out to finish on a straight left leg with the right foot pointed forward on the floor.)

Arms: Depending upon the position of the arms at the finish of the Candlestick (# 4) either lift the arms forward upward to finish in high or crown position for the Candlestick step-out **OR** arms should remain in high position during the Candlestick step-out to finish in high or crown position.

*** Back Walkover (0.40)**

Lift the right leg forward upward to initiate the Back Walkover. Arch the upper back by pulling back through the shoulders to place the hands simultaneously on the floor side by side (shoulder width apart.) Continue to lift the right leg as the body arches backward. As the weight transfers to the hands push off the floor with the left foot to pass through inverted vertical with the legs split (no split angle requirement.) Maintain focus on the hands. Step out onto a slightly turned out right foot using a levering action to finish in a right leg lunge.

The arms should remain high throughout. At the completion of the lunge open the arms from high to sideward-diagonally-upward.

Or

***Back Bend Kick-Over (0.40)**

From the candlestick step out move the right leg backward to a momentary stand beside the left leg (either side by side with legs together or parallel legs to place the legs side by side no more than shoulder distance apart.)

Execute a backbend by arching the upper back while pulling back through the shoulders to place the hands simultaneously on the floor side by side (shoulder width apart.) to arrive in a bridge position. Press the shoulders forward over the wrists and lift the right leg forward upward to kick-over. (It is acceptable to move/adjust the left foot prior to the right leg lift.)

As the weight transfers to the hands push off the floor with the left foot to pass through inverted vertical with the legs split (no split angle requirement.)

Maintain focus on the hands. Step out onto a slightly turned out right foot using a levering action to finish in a right leg lunge.

The arms should remain high throughout. At the completion of the lunge open the arms from high to sideward-diagonally-upward.

*If either of these element choices will be reversed to finish in a left leg lunge transfer the weight backward onto the right foot allowing the left foot to slightly rise off the floor, and then rejoin the USAG Text on page 48 beginning at # 6.

Follow the remainder of the USAG Text from this point to the completion of this routine on page 50.

GA-AAU LEVEL 3 ROUTINES

Only changes to the USAG Compulsory Program material regarding text or specific elements will be listed with descriptions in this document. Otherwise, refer to USAG's Women's Junior Olympic Compulsory Exercises (First edition 2013-2021) for the complete descriptions/text.

GA-AAU LEVEL 3 VAULT

Follow the USAG Text on page 51 but with the following exceptions:

This GA-AAU vault will utilize the vault table with a stacked mat arrangement for the back landing. Vault Table may be adjusted to the lowest equipment height as per USAG for the minimum height to be at 100 Centimeters. The matting arrangement behind the vault table may be set to the height of the table plus up to 4 inches. **For safety purposes the matting behind the table MUST be maintained as flush up against the end of the table for all vaults or an equipment deduction will be applied.!**

"A coach should be positioned to render assistance should an athlete fail to clear the vault table. A 'sting' mat may be used to cover the table." Quote

from AAU Gymnastics National Chairmain (Final Agreement Version C82813c.

The vault will be judged from the point where the feet leave the board through to the back lying finished position.

Repulsion is required during the support phase - {from the inverted position on the table forcefully extend through the shoulders and hands, creating a blocking action to achieve repulsion (flight.)}

Any type of professionally manufactured spring board or air board may be used for all GA-AAU 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/apparatus. A fourth approach is not permitted.

Warm up time - one minute per athlete

GA-AAU LEVEL 3 BARS:

(Where there is no modification to the USAG routine the elements and values are listed with reference to the appropriate page number in the USAG Compulsory Text).

Warm up time – one minute per athlete

***** THE COACH MUST REMAIN WITHIN THE REALM OF THE BARS (BETWEEN THE BARS OR UNDER THE HIGH BAR) FOR THE ENTIRE PERFORMANCE OF THE ROUTINE OR THE ROUTINE WILL BE VOID!!** **“*** The athlete’s coach must be in a position which permits the coach to provide a spot for the athlete during the routine should the need arise.”** **Quote from AAU Gymnastics National Chairmain (Final Agreement Version C82813c.**

1A. Mount: Glide Swing And Return (0.20); Back Hip Pullover (0.40)

(Refer to USAG page 55, # 1A)

OR

1B. Mount: Straddle Or Pike Glide Kip (0.60) (Refer to USAG page 56, # 1B)

2. Cast to minimum of 15° below horizontal return to front support (0.40)

3. Back Hip Circle (Refer to USAG page 59, element # 7)

4. Cast Squat On (0.20)

From the Back hip circle maintaining straight arms with shoulders slightly in front of the bar swing the legs forward then backward-upward (legs together) to bend the legs to arrive in a momentary squat stand on the low bar.

5. Long Hang Pullover (0.60)

From the squat position on the LB extend the legs to jump up to grasp the HB while maintaining a 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 over grip 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.

6. Underswing/First Counterswing (minimum of 30° below horizontal) (0.60)

Immediately press the bar down to the mid to lower thigh maintaining a hollow body position with the head neutral, and the arms straight.

Maintaining this position lean the shoulders back to circle the bar with the hips away from the bar. A slight touch of the thighs on the bar is acceptable. As the hips begin to rise, press the bar backward to completely open the shoulder angle to achieve the underswing with the arms and legs straight, head neutral and hollow body position, maintained throughout. More emphasis should be placed on the correct body position than the height of the underswing. Continue pressing the bar backward to swing downward leading slightly with the heels to begin the counterswing. Maintain this slight heel drive as the body passes 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 and legs together.

7. Tap Swing Forward, Second Counterswing (minimum of 30° below horizontal (0.60))

Begin the tap swing by swinging downward forward while maintaining a hollow body position. As the feet pass the LB, slightly relax the hollow position to a slight arch position. Maintain this position under the bar then aggressively kick forward-upward with the legs together to tap swing forward with a hollow body position with the feet to finish at the level of the HB. Execute a second counterswing, using the same technique as the first counterswing.

8. Straight Drop Dismount (0.60)

As the body reaches its highest point in the second counterswing release the bar, maintaining a tight body position in the air to 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.

GA-AAU LEVEL 3 BEAM

(Where there is no modification to the USAG routine the elements and values are listed with reference to the appropriate page number in the USAG Compulsory Text).

Time Limit: 55 second

Warm up time - one minute per athlete

Refer to USAG Text, pages 63-69.

AAU LEVEL 3 FLOOR

(Where there is no modification to the USAG routine the elements and values are listed with reference to the appropriate page number in the USAG Compulsory Text).

USAG Text page 71: Refer to all paragraph information preceding item # 1; arm poses

- 1. Arm Poses** (Refer to USAG page 71, # 1)
- 2. Leg Swings To Side** (Refer to USAG page 71, # 2)
- 3. Split Jump (90°) (0.40); Stretch Jump (0.20)** (Refer to USAG page 72, # 3)
- 4. *Handstand To Bridge Stand Up (Limber) (0.60) OR Front WalkOver (0.60)**

***Limber (0.60)** From the right side lunge (the finish following the stretch jump in # 3 above) step forward onto a straight left leg (flat or in relevé.) Kick the right leg forward-upward to horizontal or above. (If reversing the Limber, step right then kick left.)

Arms: Lift to high position.

Step forward through the ball of the right foot to execute a right lunge (straight leg entrance is acceptable.) Lift the left leg backward-upward maintaining a straight line from the hands through the torso, 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 the right leg to arrive in a handstand with legs together. 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 the handstand to bridge. Immediately push the hips forward to enable the stand keeping the arms in alignment with the head. Finish in a stand with legs shoulder width apart or closer. Then close legs together for the finished stand.

Arms: Remain high throughout.

OR

***Front Walkover (Pull Free Leg In) (0.60)** From the right side lunge (the finish following the stretch jump in # 3 above) step forward onto a straight

left leg (flat or in relevé.) Kick the right leg forward-upward to horizontal or above. (If reversing the Front walkover, step right then kick left.)

Arms: Lift 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 through the torso 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 to place the left foot flat on the floor extending the hips forward to enable completion of front walkover.

Upon completion of the walkover (right foot does not touch floor in front of left support leg) immediately pull right leg in beside the left support leg, (feet are side by side) to finish.

Arms: Remain high throughout.

5. Forced Arch Poses (Refer to USAG page 74, # 5)

Return to the USAG text in the middle of paragraph 2 beginning “lift the left heel off the floor to finish in a **FORCED ARCH.**”

Follow the remainder of the USAG routine from this point through to page 79 for the final pose.

Warm up time - one minute per athlete

GA-AAU Level 4 Routines will follow as per USAG.