



2024 AAU JUNIOR OLYMPIC GAMES
WOMEN'S ARTISTIC GYMNASTICS RULES
Modified Level 8 Rules with Level 9/10 Bonus

**Refer to AAU Girls Gymnastics National Program Allowances for additional program rules*

<p>GENERAL</p>	<p>9.7 Start Value +0.30 Connection and Difficulty Bonus (achieved from either or both categories) *Extra +0.10 E Bonus on bars & E acro on floor/beam No difficulty restrictions No composition deductions Warm-up 2 minutes, Routines not timed</p>	<p>Special Requirements @ .20/each</p> <p>Value Parts 4 "A" 4 "B" 0 "C"</p>																								
<p>VAULT</p>	<table border="1"> <thead> <tr> <th>GROUP I HANDSPRINGS, YAMISHITAS</th> <th>GROUP II HSP W/WO TURN TO SALTO</th> <th>GROUP III TSUKAHARAS/ ½ ON W/SALTO</th> <th>GROUP IV RO, FF ON W/SALTO</th> <th>GROUP V RO, FF WITH TURN ON-HSP/SALTO OFF</th> </tr> </thead> <tbody> <tr> <td>1.101 Handspring 8.6 1.102 Handspring ½ 8.7 1.103 Yamishita 8.6 1.104 Yamishita ½ 8.7 1.105 ½ on ½ off OR ½ on ¼ off 8.7 1.106 ¼ to ½ on w/ repulsion 7.7 1.107 ½ on- ¼ off 8.5</td> <td></td> <td>** Note that all group 3 vaults may be performed with a ¼ to ½ LA In first flight</td> <td>4.101 RO, FF on repulsion off 8.0 4.102 RO, FF on repulsion ½ 8.7</td> <td>5.101 RO, FF ½ on- HSP off 8.9</td> </tr> <tr> <td>1.201 Handspring Full 9.0 1.202 Handspring 1 ½ 9.4 1.203 Yamishita Full 9.0 1.205 ½ on-1 ½ off OR ¼ on- 1 ¼ off 9.3 1.206 ½ on-full off OR ¼ on-1 ¼ off 8.9 1.207 Full on-H/Y off 9.0 1.208 Full on- ½ off 9.3</td> <td></td> <td>3.201 Tsukahara Tuck 9.6</td> <td>4.201 RO, FF on 1/1 twist off 9.1 4.202 RO, FF on 1 ½ twist off 9.3 4.203 RO, FF ON B tuck off 9.6</td> <td>5.201 RO, FF ½ on, full off 9.2 5.202 RO, FF on, 1 ½ off 9.4 5.207 RO, FF full on full off 9.3</td> </tr> <tr> <td>1.301 Handspring 2/1 9.9 1.306 ½ on-2/1 off OR ¼ on- 2 ¼ off 9.8 1.307 Full on- Full off 9.7</td> <td>2.301 HSP- Front Tuck 10.0 2.302 HSP- Front Tuck ½ 10.1 2.304 HSP- Front Pike 10.0 2.310 FHSP onto board- HSP- front tuck 10.0 2.311 FHSP onto board HSP- front pike 10.1</td> <td>3.302 Tsuk Tuck Full 10.0 3.303 Tsuk Pike 9.7 3.304 Tsuk Layout 10.0 3.305 FHSP onto board- ¼ - ½ on-tsk pike 9.8 3.306 ½ on ½ off Front Tuck OR ¼ on ¼ off Tuck 10.0 3.308 ½ on ½ off, f tuck ½ OR ¼ on ¼ off f tuck ½ 10.0</td> <td>4.301 RO, FF on 2/1 twist off 9.8 4.303 RO, FF on B tuck full 10.0 4.304 RO, FF on B pike off 9.7 4.305 RO, FF on B Layout 10.0 4.306 RO, FF on layout 1/1 10.1 4.307 RO, FF on ½ front tuck off OR RO, FF on back tuck ½ off 10.0</td> <td>5.301 RO, FF ½ on-Front Tuck 10.1 5.312 RO, FF ½ on-2/1 twist 9.9</td> </tr> <tr> <td></td> <td></td> <td></td> <td>4.407 RO, FF on- ½ turn off Front tuck ½ 10.1</td> <td></td> </tr> </tbody> </table>	GROUP I HANDSPRINGS, YAMISHITAS	GROUP II HSP W/WO TURN TO SALTO	GROUP III TSUKAHARAS/ ½ ON W/SALTO	GROUP IV RO, FF ON W/SALTO	GROUP V RO, FF WITH TURN ON-HSP/SALTO OFF	1.101 Handspring 8.6 1.102 Handspring ½ 8.7 1.103 Yamishita 8.6 1.104 Yamishita ½ 8.7 1.105 ½ on ½ off OR ½ on ¼ off 8.7 1.106 ¼ to ½ on w/ repulsion 7.7 1.107 ½ on- ¼ off 8.5		** Note that all group 3 vaults may be performed with a ¼ to ½ LA In first flight	4.101 RO, FF on repulsion off 8.0 4.102 RO, FF on repulsion ½ 8.7	5.101 RO, FF ½ on- HSP off 8.9	1.201 Handspring Full 9.0 1.202 Handspring 1 ½ 9.4 1.203 Yamishita Full 9.0 1.205 ½ on-1 ½ off OR ¼ on- 1 ¼ off 9.3 1.206 ½ on-full off OR ¼ on-1 ¼ off 8.9 1.207 Full on-H/Y off 9.0 1.208 Full on- ½ off 9.3		3.201 Tsukahara Tuck 9.6	4.201 RO, FF on 1/1 twist off 9.1 4.202 RO, FF on 1 ½ twist off 9.3 4.203 RO, FF ON B tuck off 9.6	5.201 RO, FF ½ on, full off 9.2 5.202 RO, FF on, 1 ½ off 9.4 5.207 RO, FF full on full off 9.3	1.301 Handspring 2/1 9.9 1.306 ½ on-2/1 off OR ¼ on- 2 ¼ off 9.8 1.307 Full on- Full off 9.7	2.301 HSP- Front Tuck 10.0 2.302 HSP- Front Tuck ½ 10.1 2.304 HSP- Front Pike 10.0 2.310 FHSP onto board- HSP- front tuck 10.0 2.311 FHSP onto board HSP- front pike 10.1	3.302 Tsuk Tuck Full 10.0 3.303 Tsuk Pike 9.7 3.304 Tsuk Layout 10.0 3.305 FHSP onto board- ¼ - ½ on-tsk pike 9.8 3.306 ½ on ½ off Front Tuck OR ¼ on ¼ off Tuck 10.0 3.308 ½ on ½ off, f tuck ½ OR ¼ on ¼ off f tuck ½ 10.0	4.301 RO, FF on 2/1 twist off 9.8 4.303 RO, FF on B tuck full 10.0 4.304 RO, FF on B pike off 9.7 4.305 RO, FF on B Layout 10.0 4.306 RO, FF on layout 1/1 10.1 4.307 RO, FF on ½ front tuck off OR RO, FF on back tuck ½ off 10.0	5.301 RO, FF ½ on-Front Tuck 10.1 5.312 RO, FF ½ on-2/1 twist 9.9				4.407 RO, FF on- ½ turn off Front tuck ½ 10.1	
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<p>BARS</p>	<p>1.) Minimum 1 Bar Change 2.) Minimum of "B" 360 degree circling skill 3.) Minimum of "B" release, turn or 2nd 360 degree circling skill (different from #2) 4.) Salto dismount</p> <p>*NO CAST ANGLE DEDUCTIONS</p>	<p>BONUS +0.10 C+C without turn/flight</p> <hr/> <p>+0.10 C+C with one turn/flight</p> <hr/> <p>+0.20 C+C both with turn/flight</p> <hr/> <p>+0.20 C+D without turn/flight</p>																								
<p>BEAM</p>	<p>1.) Acro series with min. 2 directly connected elements- one with flight (no mount/dismount) 2.) Leap/Jump that requires 180 degree cross/side split 3.) Min. 360 degree turn on one foot 4.) Salto/Aerial dismount, min. A</p>	<p>BONUS +0.10 B+C Acro (C must be salto/aerial)</p> <hr/> <p>+0.20 B+B+C Acro (C must be salto, includes dismount)</p> <hr/> <p>Follow Level 10 Bonus</p>																								
<p>FLOOR</p>	<p>1.) Acro pass with min. 2 saltos directly or indirectly connected (same or different) 2.) Three different saltos within the exercise (no aerials) 3.) Dance passage with min. two different Group 1 elements (directly or indirectly connected), with a leap requiring 180 degree cross/side split 4.) Min. A salto performed as last isolated salto or within last salto connection</p>	<p>BONUS Follow Level 10 Bonus</p>																								