

2015 MS Compulsory Routines
Pommel Horse/Mushroom - Silver

Base Score	5.00
Specified Bonus	0.00
Max. Score	5.00

This routine may be reversed as a whole.

		Pommel Horse	
Skills	Descriptions	Performance Criteria	Specified Bonus
1	At least one full stride swing	Jump to front support, lift left leg, swing and lift right leg (stride swing)	Maintain at least a 45* leg separation
2	Left leg cut and 2 false scissors	swing and lift left leg, cut left leg forward and swing to left leg undercut and return to straddle front support swing. (False Scissor) 2 times	Top leg must be horizontal with hips extended
3	1 full stride swing	swing and lift left leg, swing and lift right leg (stride swing) and...	Maintain at least a 45* leg separation
4	Right leg cut and 2 false scissors	Cut right leg forward and swing to right leg undercut and return to straddle front support swing. (False Scissor) 2 times	Top leg must be horizontal with hips extended
5	1 full stride swing, left leg cut forward, right leg cut forward, release and land	swing and lift right leg, swing and lift left leg (stride swing) and cut left leg forward, swing and cut right leg forward and release to landing	45* leg separation on straddle swing. All swings to horizontal with hips extended

Base Score	4.00
Specified Bonus	1.00
Max. Score	5.00

This routine may be reversed as a whole.

		Mushroom	
1	One double leg circle	Step to side and jump to one double leg circle	The body should show a stretched position with legs together, toes pointed Max -0.3 deduction for form
2	One double leg circle	circle	The body should show a stretched position with legs together, toes pointed Max -0.3 deduction for form
3	One double leg circle	circle	The body should show a stretched position with legs together, toes pointed Max -0.3 deduction for form
4	One double leg circle	circle	The body should show a stretched position with legs together, toes pointed Max -0.3 deduction for form

Bonus	<p>As many as 10 additional circles at 0.1 per circle may be attempted for bonus. No execution or fall deductions will be taken during the bonus, however, a single large deduction will void each circle that it occurs on. If the gymnast performs a 3/4 circle with a second hand support it will be considered a full circle and awarded 0.1. A fall, stop, or sit will terminate the bonus. Only 1 attempt is allowed on bonus.</p> <p>If a gymnast falls or stops at the completion of the 4th circle, they can not attempt the bonus.</p> <p>** There are no landing deductions on mushroom</p>
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2015 MS Compulsory Routines
POMMEL HORSE/Mushroom - Gold

Base Score	4.40
Specified Bonus	0.60
Max. Score	5.00

This routine may be reversed as a whole.

		Pommel Horse	
Skills	Descriptions	Performance Criteria	Specified Bonus
1 Loop Circle Loop around	Facing the end of horse, one Loop circle (clockwise) 3/4 loop circle with 1/4 turn to rear support with left hand on pommel	Body should be completely extended through the chest and hips.	135 deg. extension in Loop +0.1 135 deg. extension in Loop around +0.1
2 Right Leg Cut Left Leg Cut Right Leg Cut Simple Travel Up	Right Leg cut backward, left leg cut backward Right Leg cut forward, simple travel up to front support on pommels	45 degree straddle on all leg work. Top leg must be at horizontal on all cuts.	
3 Right Leg Cut Left False Scissor Left Front Scissor	Cut right leg forward to left front false scissor, cut right leg forward to left front scissor	45 degree straddle on all leg work Top leg must be at horizontal	90* straddle on false scissor +0.1 90* straddle on scissor +0.1
4 Left Leg Cut Right False Scissor Right Front Scissor	Cut left leg forward to right front false scissor, cut left leg forward to right front scissor	45 degree straddle on all leg work. Top leg must be at horizontal.	90* straddle on false scissor +0.1 90* straddle on scissor +0.1
5 Left cut forward, right leg cut back, left leg cut back, Feint to full circle dismount	Cut Left leg for., right leg back, left leg back, lift right leg to feint on right pommel to one circle finishing in front support and jumping off facing the horse.	Top leg must be at horizontal on all cuts. Right hand must contact the pommel prior to the dismount.	Additional circle +0.1 135* ext. in circle +0.1 Travel down +0.1 Additional circle on end 0.1

Base Score	5.00
Specified Bonus	0.00
Max. Score	5.00

This routine may be reversed as a whole.

		Mushroom	
1 Two double leg circles	Step to side and jump to two double leg circles	The body should show a stretched position with legs together, toes pointed	
2 Two double leg circles	Additional two circles	The body should show a stretched position with legs together, toes pointed	
3 Two double leg circles	Additional two circles	The body should show a stretched position with legs together, toes pointed	
4 Two double leg circles	Additional two circles	The body should show a stretched position with legs together, toes pointed	
5 Two double leg circles	Additional two circles	The body should show a stretched position with legs together, toes pointed	
** There are no landing deductions on mushroom			