

Middle School Compulsory Routines Pommel Horse & Mushroom Level 4

Base Score: 9.2 Available Bonus: 1.2 **Total Score: 10.0**

Bonus given can not exceed +.8

Specified Bonus +.4, GPA +.1, Virtuosity +.2, Stick +.1, Additional +.2

From stand with legs together

1. Jump up to the pommels, and perform 2-3 straddle support swings
2. Cut left leg forward to stride support swing
(On all leg cuts, at the top of the swing the cutting leg should be at a minimum height of horizontal.)
Bonus - +.1 False scissor before stride swing in number 2
3. Cut left leg backward
4. Cut right leg forward to stride support swing
Bonus - +.1 False scissor before stride swing in number 4
5. Cut right leg backward
6. Cut left leg forward to stride support swing
Specified Bonus +.2 Release and regrasp the pommel on stride support swing
7. Cut left leg backward
8. Cut right leg forward to stride support swing
Specified Bonus +.2 Release and regrasp the pommel on stride support swing
9. Cut right leg backward
10. Cut left leg forward and right leg forward to dismount. Landing with back to horse
Bonus +.1 Stick

Mushroom Specified Bonus (2 to 3 ½ circles) +.2

Presentation deductions will not be taken from the gymnasts final score. Bonus will be given if there is no single large error on any one circle. There is no penalty or bonus for doing more than 3 ½ circles. There is no stick bonus.

Middle School Compulsory Routines Pommel Horse & Mushroom Level 5

Pommel Horse

PH Base Score: 8.4

PH Max. Bonus Total: .6 Max PH Score: 9.0

Mushroom Bonus: 1.0

PH Base Score (8.4) + PH Max Bonus (.6) + Mushroom Max Bonus (1.0) = 10.0

Specified Bonus: +.4, Virtuosity: +.1, GPA: +.1, Stick: +.1, Addit. Bonus: +.5 or +.6

From stand with legs together

1. Jump to support while cutting left leg forward (must start facing the horse with one hand on the end and one hand on the pommel).
Bonus: +.1 Loop around to #1 (must start facing the end of horse)
Bonus: +.2 Loop, loop around to #1 (must start facing the end of horse)
2. Single leg travel up to the pommels finishing in front support.
3. Cut left leg forward to right false scissor. Cut left leg forward to stride swing
Bonus: +.1 Right false scissor leg at or above shoulder height.
Specified Bonus: +.2 From the right false scissor in #3 cut left leg forward to right scissor. (omit #4)
Bonus: +.1 Right false scissor leg at or above shoulder height.
4. Cut left leg backward,
5. Cut right leg forward to left false scissor,
Bonus: +.1 Left false scissor at or above shoulder height.
Specified Bonus: +.2 From left false scissor in #5, cut right leg forward to left scissor. (omit #6,#7,#8)
Bonus: +.1 Left scissor leg at or above shoulder height.
6. Cut right leg forward to stride swing,
7. Cut right leg backward
8. Cut left leg forward
9. Cut right leg forward with legs joining in front to stand facing away from horse.
Bonus: +.1 Stick

Special Performance Criteria

1. On all **leg cuts**, the cutting leg should be at least **horizontal**.
2. On all **false scissors and scissors** the top leg should be at least **horizontal**.
3. Regrasp of pommel during dismount is allowed.
4. For the **specified bonus sequence** and **loop, loop around sequence** a **cumulative deduction of .4**, per sequence, will result in no bonus awarded.

Mushroom Bonus = 1.0

1. Add .1 for each circle or flaired circle completed w/o a large deduction.
2. A fall, sit, or stop immediately ends the bonus attempt.
3. No more than 10 circles for a possible 1.0 bonus can be performed.
4. There is no stick or GPA bonus on circles, however virtuosity can be awarded.
- 5.** Execution errors will not be deducted from the score.

Middle School Compulsory Routines

Pommel Horse – Modified H.S. Level

Revised 10/10/06

Pommel Horse

Base Score: 8.4 PH Max. Bonus Total: .6 Max PH Score: 9.0

Mushroom Pommel Bonus: 1.0

PH Base Score: 8.4
PH Max. Bonus: .6
Mush. Pom. Max Bonus: 1.0
Total: 10.0

1. Facing the end of the horse, one loop circle,
Bonus: +.1 135* extension in any circle
2. Kehr in to rear support with left hand on the pommel,
Bonus: +.1 135* extension in circle
3. Right leg cut backward, left leg cut backward,
4. Right leg cut forward, single leg travel to front support on the pommels,
5. Cut right leg forward to left front false scissor, cut right leg forward to left front scissor.
Bonus: +.1 90* straddle on False Scissor
Bonus: +.1 90* straddle on Scissor
6. Cut left leg forward to right front false scissor, cut left leg forward to right front scissor
Bonus: +.1 90* straddle on False Scissor
Bonus: +.1 90* straddle on Scissor
7. Cut left leg forward, cut right leg backward, cut left leg backward,
Bonus: +.1 Immediate pick up to circle – omit leg cuts and feint
8. Lift right leg to feint position on right pommel to full circle to dismount landing facing the horse. Right hand must re-grasp before gymnast lands.
Bonus: +.1 135* extension in circle
Bonus: +.1 Add one extra circle
Bonus: +.2 From feint position or pick-up position, 1 ½ circles on pommels to double leg travel down, ½ circle on end to dismount facing length of horse. (flank dismount)

Mushroom with Pommel Top Bonus = 1.0

1. Add .1 for each circle or flaired circle completed w/o a large deduction.
2. A fall, sit, or stop immediately ends the bonus attempt.
3. No more than 10 circles for a possible 1.0 bonus can be performed.
4. There is no stick or GPA bonus on circles, however virtuosity can be awarded.
5. Execution errors will not be deducted from the score.
6. Circles can be performed on pommel horse.