

# AGA 2010 Developmental Achievement Rules

There is Junior Achievement Level and Senior Achievement Level.

There are no age groups.

Each coach may decide whether to place the gymnast in Junior or Senior.

Gymnast must be Junior or Senior for all events.

All gymnasts will receive a score. It is the option of the meet director to post it.

## Juniors and Seniors

Music is optional for floor routines. Maximum time is 40 seconds.

Routines on bars, beam and floor will start from 10.0 and then deduct.

1.0 will be deducted for each skill missing.

0.5 will be deducted for each skill that receives spot.

Execution deductions will be as in the AGA Judges Manual for form of the performed skill.

There is no deduction for composition.

Vaults will have a start value.

### Juniors

<b>Vault</b>	<u>Start Value</u>
Dive Roll	10.0
Flat Back	10.0
Handspring	10.0

### Seniors

<b>Vault</b>	<u>Start Value</u>
Dive Roll	8.0
Flat Back	9.0
Handspring	10.0

Aeroboard (mini-tramp) may be used for both levels.

Required to do 5 skills on bars, beam and floor.

#### **Bars**

Cast and glide may count as a skill.

Strength excersises may count as skills.

#### **Beam**

#### **Floor**

Required to do 6 skills on bars, beam and floor.

#### **Bars**

Cast and glide may count as a skill.

Deduct 1.0 if gymnast does not bar change from low to high with a skill to front support.

#### **Beam**

Deduct 1.0 if gymnast does not perform a cartwheel or walkover.

#### **Floor**

Deduct 1.0 if gymnast does not perform a direct connection of round off back handspring.