



LUCAS GYMNASTICS PRESENTS

THE 4TH ANNUAL WOMEN'S GYMNASTIC COMPETITION

**MARCH 9TH, AT 12:30PM
3437 COUNTY RD 807
CLEBURNE, TX 76031**

- **Registration Fee: \$65**
- **Age 18+ Women's gymnastics**
- **Only 28 Spots Available**
- **Register By: February 26th**
- **Register online at <https://lucasgymnastics.com/classes/womens-adult-classes/>**
- **Doors open at 12:30 open stretch begins at 1:00-please arrive by 12:30 to fill out paperwork.**



Fourth annual Women's Session

March 9th, 2025 @ 12:30pm

Join us for Lucas Gymnastics Fourth Annual Adult Women's Competition

Sunday, March 9th, 2025 at 12:30 PM

Only 28 spots available

Registration Fee: \$65

Register by February 26th, 2025

To Register:

1. Create an account online at lucasgymnastics.com.
2. After creating your account, email lucasgymnastics@gmail.com to confirm your intention to compete in the adult competition. Please include the level you are competing and if you are competing all around or as a specialist on certain events(s). See below for level breakdown.
3. Our office staff will contact you via email to finalize your registration.

Important Notes:

- You may compete independently or with a team.
- Leotards are not mandatory; however, appropriate attire is required. A tight-fitting t-shirt and shorts or leggings (without snaps or buttons) are acceptable.
- The facility does not have a public water fountain. Please bring your own water.
- Jewelry is not permitted, except for stud earrings. No other jewelry should be worn.
- Doors open at 12:30, open stretch begins at 1:00pm. Competition begins at 1:30pm

Need Practice time?

Women's adult classes at Lucas Gymnastics: \$25 drop in per class or \$100 a month

Times:

- Tuesday mornings: 11:00am-1:00pm starting Feb. 4th
- Every Thursday 7:00pm-9:00pm
- Saturday: Feb 8th 3pm-5pm Open gym, March 1st 11:00am-1:00pm



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Level: White

This level is designed for beginning adult gymnasts, ideal for those who have never competed before or haven't competed in a long time. White level gymnasts will be required to showcase six skills on floor, bars, and beam and a vault of your choice. Only execution deductions will be taken for each routine. The White level is a great starting point for building skills while working towards the Purple level. You may choose which events to compete in or may compete all around. If you choose to compete on floor, a routine to music is not required.

Warm up time for each event is 1 minute

Level: Purple

This level is for adult gymnasts who have previously competed or have developed enough skills on each apparatus to achieve a decent start value. Each event has specific requirements that must be met to reach a 10.0 start value, and additional skills can be added to increase your start value up to a 10.5. Example skills required for this level are:

- Bars: Back hip circles and transition to high bar
- Floor: Round-off back handspring and front handspring
- Vault: Front handspring or quarter-on over the vault table
- Beam: Cartwheel or walkover on beam

Gymnasts may choose which events to compete in and are not required to compete all-around.

Warm up time on each event is 1 minute 30 seconds

Level: Black

This level is best suited for those who have recently competed or exceed the requirements for the purple level. Level Black allows for open-ended scoring, enabling gymnasts to achieve a start value beyond 10.5 by adding more advanced skills and complexity to their routines. Gymnasts competing at this level will receive recognition for adding difficulty to their performances. Athletes at this level may choose their events and are not required to compete all-around. Example skills at this level include:

- Bars: Kip, clear hip, flyaway off the bar
- Beam: Connected tumbling series on beam, strong jumps
- Vault: Strong handspring over the vault table or greater
- Floor: Front or back salto(s)

Warm up time on each event is 2 minutes



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Vault

Vault start values

Vaults may be done with an arrow board, a T-trainer, or a springboard. A springboard is not required at any level.

Level white

10.0 start value vaults

- Dive roll onto flat mat
- Handstand flat back
- Handspring over mat stack
- Handspring over vault table

Level Purple

10.0 start value vaults

- Handspring over vault table
- Handspring | 1/2
- 1/4 - 1/2 on | Handspring - 1/4 Off
- Round off back handspring

All vaults will begin at a 10.0 at this level.

Level Black

Less than a 10.0 start value

- Handspring **9.3 start**
- Round Off back handspring **9.3 start**
- Handspring | 1/2 **9.4 start**
- 1/4 - 1/2 on | Handspring - 1/4 Off **9.4 start**
- Round Off back handspring | 1/2 Turn **9.4 start**
- 1/1 on | Handspring **9.5 start**
- 1/4 - 1/2 on | 1/2 - 3/4 off **9.5 start**
- Round Off back handspring | 1/1 Turn **9.6 start**
- *Handspring | 1 1/2 **9.7 start**
- Round Off back handspring | 1 1/2 Turn **9.7 start**
- Handspring | 1/1 **9.8 start**
- 1/4 - 1/2 on | 1/1 - 1 1/4 off **9.8 start**
- 1/1 | 1/2 **9.9 start**

10.0 start value vaults

- Handspring | 2/1
- 1/4 - 1/2 on | 1 1/2 - 1 3/4 off
- Tsukahara Tuck
- Round Off back handspring | 2/1 Turn
- Round Off back handspring | Tuck

10.1 start value vaults

- Tsuk Tuck 1/2
- *Tsuk Pike
- *Round Off Backhandspring | Pike

10.2 start value vaults

- 1/4 - 1/2 on | 2/1 - 2 1/4 off
- 1/1 | 1/1
- Handspring | Front Tuck
- Tsuk Pike 1/2
- Tsuk Layout
- Round Off backhandspring | Layout

10.3 start value vaults

- 1/1 | 1 1/2
- 1 1/2 | 1/2
- Tsuk Layout 1/2

10.4 start value vaults

- Handspring | Front Tuck 1/2
- Handspring | Front Pike
- Handspring | 1/2 off, Back Tuck (Cuervo Tuck)
- Tsuk Layout 1/1

10.5 start value vaults

- Handspring | Pike 1/2
- Handspring | 1/2 Off, Back Pike (Cuervo Pike)
- Tsuk Tuck 1 1/2



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Vault

- Dive roll onto flat mat
- Handstand flat back
- Handspring over mat stack
- Handspring over vault table

Level
White

Bar

You are required to perform six skills in your routine

Examples of counting skills

- glide
- leg lift
- pullover
- back hip circle
- cast
- dismount

Beam

You are required to perform six skills in your routine

Examples of counting skills

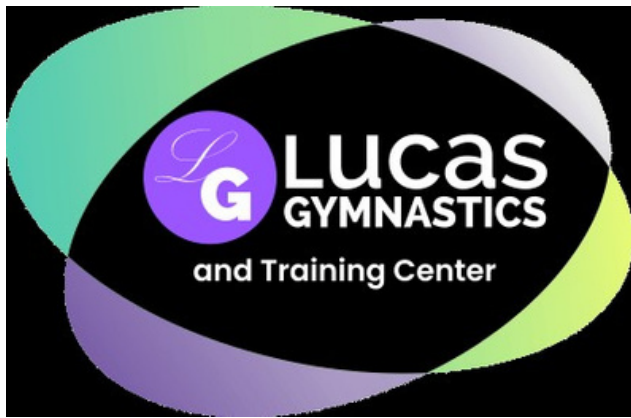
- Mount
- Pivot turn/half turn
- Jumps (straight, tuck, split, wolf)
- hold such as arabesque
- Landing drill/small handstand/ cartwheel
- Dismount

Floor

You are required to perform six skills in your routine- It does not have to be to music.

Examples of counting skills

- handstand
- jumps (straight, tuck, wolf, split, straddle)
- cartwheel
- bridge/kickover
- forward roll
- turns
- backward roll
- holds (arabesque, y scale, Ron de Jambe)



Fourth annual Women's Session

March 9th, 2025 @ 12:30pm

How to get a 10.0 start value
Work on getting these things...

Skill Values Required

6 A level skills, each worth 0.50 each

2 B level skills, each worth 0.30 each

Special Requirements- Worth .50 each (2.50)

- 1 acro series with three connected flight elements
- 1 acro series with two flight skills
- 1 forward tumbling skill with flight (can be part of the acro series)
- Minimum of one full turn
- 1 leap with a minimum of a 120-degree split (can be isolated)
- 1 jump series with two jumps

A coach is allowed to stand on the floor without deduction but spotting deduction still applies if a spot is required (-0,50)

How to raise your start value up to a 10.5

- Additional B-level skills @ +0.10 each
- Additional C-level skills @ +0.20 each
- Saltos @ +0.10 each

Skills must have less than 0.20 in deductions to receive bonus.

Once start value is determined, deductions for execution and composition apply to calculate final scores.

Purple
Floor



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How to get a 10.0 start value
Work on getting these things...

Purple
Beam

Skill Values Required

6 A level skills, each worth 0.50 each
2 B level skills, each worth 0.30 each

Special Requirements- Worth .50 each (2.50)

- 1/2 turn on one foot
- 1 acro skill that passes through vertical (cannot be a handstand)
- Gymnastic series of leaps, jumps, or hops (minimum of 2 elements)
- 1 leap with a minimum of a 90-degree split
- 1 dismount

How to raise your start value up to a 10.5

- Additional B-level skills @ +0.10 each
- Additional C-level skills @ +0.20 each
- Saltos @ +0.10 each

Skills must have less than 0.20 in deductions to receive bonus.

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How to get a 10.0 start value
Work on getting these things...

Skill Values Required

6 A level skills, each worth 0.50 each
2 B level skills, each worth 0.30 each

Purple
Bar

Special Requirements- Worth .50 each (2.50)

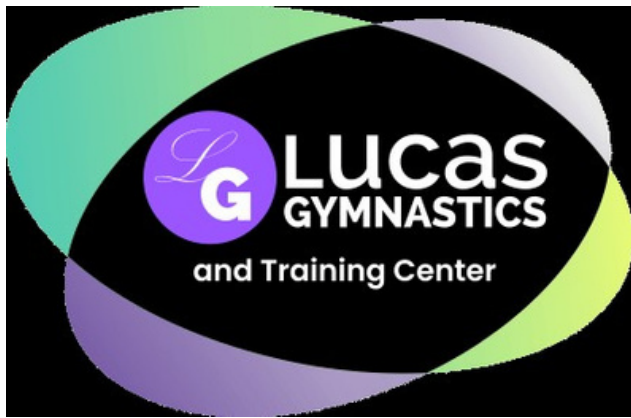
- One forward moving circle skill or a kip
- One skill that glides to 45 degrees or above (e.g., a glide kip; must reach 45 degrees prior to kipping to receive Special Requirement)
- A skill beginning under the high bar and ending in front support on the high bar
- One skill that swings to a minimum of 45 degrees
- One dismount

How to raise your start value up to a 10.5

- Additional B-level skills @ +0.10 each
- Additional C-level skills @ +0.20 each
- Saltos @ +0.10 each

Skills must have less than 0.20 in deductions to receive bonus.

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How to get a 10.0 start value
Work on getting these things...

**Black
Floor**

Skill Values Required

4 A level skills each worth 0.10 each

4 B level skills each worth 0.30 each

Special Requirements- Worth .50 each (2.50)

- 2 acro series with the following options:
- A) 2 tumbling passes with 3 flight skills, one being a salto
- OR
- B) 1 tumbling pass with 3 flight skills, one being a salto, and 1 tumbling pass with a minimum of 2 flight skills, one being a front salto
- 2 different saltos
- Dance turn on one leg (minimum of B value)
- Gym series of leaps, hops, or jumps (one element must be a leap with one-foot takeoff, with a minimum of 2 elements, either directly or indirectly connected)
- 1 gym/acro or acro/gym series (acro element must include flight)

How to raise your start value-open ended scoring

- Additional B-level skills: +0.10 each
- Additional dance C-level skills: +0.20 each
- Additional dance D-level skills: +0.30 each
- B-level acro skills: +0.20 each
- C-level acro skills: +0.30 each

Skills must have less than 0.20 in deductions to receive bonus.

Once start value is determined, deductions for execution and composition apply to calculate final scores.



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How to get a 10.0 start value
Work on getting these things...

Skill Values Required

4 A level skills each worth 0.10 each

4 B level skills each worth 0.30 each

**Black
Beam**

Special Requirements- Worth .50 each (2.50)

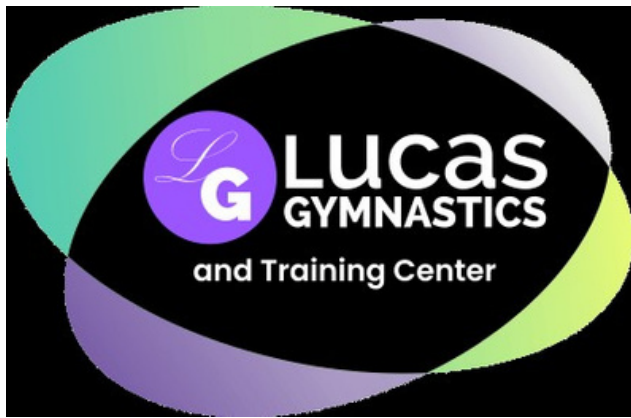
- One full turn or more on one foot or knee
- 1 acro series (both skills can be without flight; may be prior to and connected to the dismount, but not a mount or hold). The first skill must pass through handstand, with the second being a B-level skill if it does not pass through handstand.
- Gym series of leaps, jumps, or hops (minimum of 2 elements)
OR 1 dance/acro series of 2 or more elements
- 1 leap, jump, or hop with a 150-degree split
- 1 dismount of at least an A-level salto

How to raise your start value-open ended scoring

- Additional B-level skills: +0.10 each
- Additional dance C-level skills: +0.20 each
- Additional dance D-level skills: +0.30 each
- B-level acro skills: +0.20 each
- C-level acro skills: +0.30 each

Skills must have less than 0.20 in deductions to receive bonus.

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How to get a 10.0 start value
Work on getting these things...

Skill Values Required

4 A level skills each worth 0.10 each

4 B level skills each worth 0.30 each

**Black
Bar**

Special Requirements- Worth .50 each (2.50)

- One bar change
- One cast that meets 20 degrees or more above horizontal
- One element (minimum of B-level) from the following groups: clear hip, Stalders, pike circles, or underswings
- 1 glide kip or long hang kip
- Dismount (minimum of an A-level salto or a B-level dismount). One extra tap swing prior to dismount is allowed without deduction.

How to raise your start value-open ended scoring

- Additional B-level skills: +0.10 each
- Additional C-level skills: +0.20 each
- Flight skills:
 - B-level: +0.30 each
 - C-level: +0.40 each

Skills must have less than 0.20 in deductions to receive bonus.

Once start value is determined, deductions for execution and composition apply to calculate final scores.