

# LEVEL 4 POMMEL HORSE

Base Score:	Mushroom	7.5	+	Pommel Horse	7.5	=	15.0
Specified Bonus:	Mushroom	0.6	+	Pommel Horse	0.0	=	0.6 Bonus
Virtuosity:						=	0.3 Bonus
Stick Bonus:						=	<u>0.1 Bonus</u>
		8.1			7.5		16.0 Maximum Score

Note: Both dismounts must be stuck to receive Stick Bonus

This event will be performed and evaluated on two separate apparatus. The apparatus may be performed in either order:

1. The mushroom - divided into quadrants
2. The standard pommel horse.

## Mushroom:

Note: The routine is written for counter-clockwise circles. The routine may be reversed in its entirety.

Description	Performance Criteria
1. Step to side and jump to one double leg circle,	The body should show a stretched position with legs together throughout the exercise.
2. One double leg circle,	
3. One double leg circle,	
4. Half double leg circle with 90° turn left to dismount. (Flank dismount)	

**Specified Bonus:** First 3 and ½ circles done without a fall onto or off of the mushroom.

**Specified Bonus:** Following the double leg circle in #3, complete 2 additional double leg circles before #4.

*Note: if a gymnast does 4 circles instead of 5 in an attempt to achieve specified bonus, there should be no deduction for an added part, but no bonus should be awarded. A full 5 circles must be completed before #4 in order to receive this bonus.*