



**No bonuses for Sokol Level 2 routines.**

## **SOKOL LEVEL 2 FLOOR EXERCISE**

A tumbling strip with a minimum area of 6' x 40' is required.

**Base Score**            **9.5**  
**Virtuosity**            **.3**  
**Stick Bonus**         **.2**  
**Maximum Score** **10.0**

**Note:**

**All arm positions are optional, unless otherwise indicated.**

**Description**

Start at position A facing B: **A**  $\longrightarrow$  **B**

1. Step forward to lunge; Close legs together,
2. Support squat, forward roll to stand, and ½ turn facing starting point
3. Squat to tucked backward roll (coach may assist) to squat, kick legs backward to straight body support
4. Bring legs forward to straddle stand, arms sideward.
5. Tripod, knees on elbows,
6. Lower back to support squat,
7. Roll forward to stand
8. To immediate straight jump up, land.

**Performance Criteria**

Emphasis Good Posture

Start and finish in tuck position

Again, start and finish in tuck position  
 Emphasize straight body front arm support.

Drag legs forward to straddle stand  
 Good balance needed

Work on the Stick Landing



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## SOKOL LEVEL 2 POMMEL HORSE

**Base Score**            **9.5**  
**Virtuosity**            **.3**  
**Stick Bonus**           **.2**  
**Maximum Score**   **10.0**

### Description

### Performance Criteria

1. Standing in the middle and facing the horse, with both hands on the pommels, Jump to front support with legs together
2. Swing left leg to left, then right leg to right
3. Swing left leg to left, then right leg to right
4. Dismount to stand facing Pommel Horse with ¼ turn facing either direction

Legs may close together during swings

(routine can be reversed in its entirety)



## SOKOL LEVEL 2 MUSHROOM:

### No Mushroom Routine for Sokol Level 2



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## **SOKOL LEVEL 2 STILL RINGS**

**Base Score**            **9.5**  
**Virtuosity**            **.3**  
**Stick Bonus**         **.2**  
**Maximum Score** **10.0**

### **Description**

### **Performance Criteria**

Rings at shoulder height:

- |  |      |
|--|------|
| 1. Jump to bent hip hang   | Hold |
| 2. Raise legs to inverted hang                                       | Hold |
| 3. Lower to bent hip hang,   | Hold |
| 4. Lower to rear hang with feet touching                             |      |
| 5. Rotate arms forward as you stand, ending with hands at shoulders. |      |



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## **SOKOL LEVEL 2 VAULT – TUCK JUMP**

**Base Score**            **9.5**  
**Virtuosity**            **.3**  
**Stick Bonus**         **.2**  
**Maximum Score** **10.0**

**Note:**

**Matting for landing area is a minimum of 50 cm.**

<b>Description</b>	<b>Performance Criteria</b>
1. short run – hurdle onto board,	
2. jump up high from board,	Straight body throughout
3. quickly tuck legs and straighten legs to landing on mat.	Use arms to reach high on jump, Stick landing



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## SOKOL LEVEL 2 PARALLEL BARS

<b>Base Score</b>	<b>9.5</b>
<b>Virtuosity</b>	<b>.3</b>
<b>Stick Bonus</b>	<b>.2</b>
<b>Maximum Score</b>	<b>10.0</b>

Description	Performance Criteria
1. From stand with hands on bars, jump to straddle sit, hands in rear,	
2. Immediately move hands in front, and swing legs forward to straddle sit,	Straddle travel
3. Raise legs to a tuck position,	2 second hold required
4. Lower legs back to straddle sit, and with immediate bounce	
5. Immediately lift legs and swing backward, forward, backward, forward, to front dismount over front rail or <b>in between bars onto mat</b> (as in the USAG Level 4)	Shifting of the opposite hand to the dismount rail during the dismount is allowed



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## **SOKOL LEVEL 2 HORIZONTAL BAR**

<b>Base Score</b>	<b>9.5</b>
<b>Virtuosity</b>	<b>.3</b>
<b>Stick Bonus</b>	<b>.2</b>
<b>Maximum Score</b>	<b>10.0</b>

### **Description**

### **Performance Criteria**

Chest High:

1. In overgrip, stand behind bar, execute pullover, to front support
2. Cast back and return to support
3. Change one hand to undergrip
4. Change other hand to undergrip
5. Roll forward to stand in front of bar.

Coach may assist

Maintain support throughout both grip changes

Maintain grip on bar throughout roll to just before stand, release and stand