

Acrobatic Competition Structure

Gymnastics British Championships 2023

Version 2

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Amendments 02/06/2023

- Page 4 deletion of “A maximum of two groups + three pairs”
- Page 5 deletion of “ For each missing individual element, a Special Requirement penalty is applied (DJ)”

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Foreword

The Adult Gymnastics British Championships is open to anyone aged 18 and over regardless of experience or ability, with the opportunity to socialise and compete.

The event creates a fun and relaxed atmosphere where competitors can meet like-minded people whilst showcasing their gymnastics skills.

Competition entry for the Adult Gymnastics British Championships is in accordance with BG entry to competition policy which is based on coaching qualifications.

Regions/Home Nations remain entitled to determine the criteria for entry in their own Regional events using the Adult Gymnastics British Championships framework, however, competition regulations for the Adult Gymnastics British Championships will be published annually in the British Gymnastics National Competition Handbook.

The Acrobatic Technical Committee is pleased to present the Adult Gymnastics British Championships Rules and Tables of Difficulty for 2021.

1.0 GENERAL INFORMATION

1.1 Entry Instructions

All entries are to be made via a BG registered club using the online entry system on the GymNET portal. Only club secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry. An online entry guide can be found here.

For support or assistance with your entry please contact the Events department on 0345 129 7129 ext. 2396 or at events@british-gymnastics.org

1.2 Age Bonus

All competitors will be given a bonus of 0.1 per five years over 20 years of age.

A competitors' age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score.

Age	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74
Age Bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0

1.3 Scoring

The Total Score is used in determining the rankings of competitors and is calculated by adding together:

- The average mark for Technical merit, which is then multiplied by two. This has a maximum score of 20.0 (Execution or E score)
- The average mark for Artistic merit which has a maximum score of 10.0 (Artistry or A score)

- The Difficulty Value of Grades which is calculated as shown in section 5 – Difficulty.

$$\text{E score} + \text{A score} + \text{D score} = \text{Total Score}$$

If four technical and four artistry judges are used, the average is determined by eliminating the high score and the low score and taking the average of the middle two scores. If only three technical and three artistry judges are used, the average is determined by taking the average of all three scores.

For all competitions, the execution and artistry of performances are each evaluated from 0 – 10.0 to an accuracy of 0.001.

Penalties are deducted from the Total Score by the Chair of the Judging Panel (CJP) and the Difficulty Judge (DJ) in accordance with the current FIG Code of Points to give the Final Score.

$$\text{Final Score} = \text{Total Score} + \text{Age Bonus} - \text{Penalties}$$

1.4 Teams

- One pair + one group + one other partnership
- The highest three execution scores + age bonus' = final team score
- Non-British citizens competing as guests can form part of a team, but the team will not be eligible to rank in the official competition results
- All gymnasts within the team must be members of clubs from the same region
- Competitors can only represent one team

2.0 COMPETITION STRUCTURE

This document should be read in conjunction with the Tables of Difficulty (Appendix D).

2.1 Competition Categories

Competitors may only compete in more than one discipline but only once in each category i.e. a female competitor may enter Women's Pair, Mixed Pair and Women's Group, but can only be represented in one partnership per category.

The Acro competition consists of five categories covering one level of competition:

1. Men's Pair - Two male competitors
2. Women's Pair - Two female competitors
3. Mixed Pair - One male competitor (male must be base) and one female competitor
4. Women's Group - Three female competitors
5. Men's Group - Four male competitors

2.2 Tie Breaks

In finals in the case of a tie, for all events including the Team Competition, the ranking will be determined by the following criteria:

- The highest E-score of the (Balance+Dynamic) or Combined routines
- The highest sum of the E and A scores of the (Balance+Dynamic) or Combined routines
- In the exceptional event that a tie remains, the tie will not be broken.

2.3 Height Deductions

There will be no height deductions.

2.4 Length of Exercises

All exercises have a maximum duration of 2 minutes 30 seconds. There is no stipulated minimum. Any music over the stipulated time will receive an overtime penalty, applied in 1 second increments. The first note of the music, not the beep where used, is considered as the beginning of the exercise. Starting before the music results in a penalty. The timing of the

exercise continues until the last movement of the gymnasts and the end of an exercise must be a static position and not an element of difficulty. Finishing after the music results in a penalty. Difficulty and Special Requirements are given to elements performed after the music has ended.

2.5 Musical Accompaniment

All exercises may be performed to music with words but must respect to the FIG code of Ethics. If this is the case the coach must highlight on the appropriate tariff sheet which routine uses words.

All music used in competition routines must conform to the relevant licensing requirements. Details may be found [here](#).

Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire.

All music must be uploaded via the BG website in line with the timeframes set out in the Competition Handbook. Late submission of music will incur a financial penalty.

3.0 JUDGING

All exercises are judged for technical merit, in accordance with the current FIG Code of Points.

A tolerance of 0.5 for Prelims and 0.3 for Finals will remain. The following provides a summary of the judges' deductions:

A penalty of 1.0 is applied:

- For physical assistance by the coach (CJP)
- For each missing pair element, a Special Requirement penalty is applied (DJ)
- For performance of a forbidden element. This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet (DJ)
- A fall (EJ)

NOTE: 1.0 is the maximum deduction for the performance of a single element.

A penalty of 0.5 is applied:

- When poor sportsmanship in the field of play is exhibited (CJP)
- Music Infringements (CJP)
- Each time a gymnast lands 2 feet outside the boundary (CJP)
- When forbidden or immodest attire is worn (CJP)
- Markings on the floor or presence of a coach (CJP)
- Serious technical faults (EJ)
- The Bases hands remain on the floor following a motion (EJ)

A penalty of 0.3 is applied:

- Re-start of exercise without justification (CJP)
- Starting before or ending before/after the music (CJP)
- All attire infringements not stated elsewhere (CJP)
- Indecent positions (CJP)
- When elements are not performed in order on Tariff Sheet (DJ)
- For each second missing of a 3 (" second static element (DJ)
- For each second missing of a 2 (" second individual element (DJ)
- Significant technical faults (EJ)

A penalty of 0.1 is applied:

- For each second over 2 minutes (CJP)
- Each time a gymnast steps over the boundary line (CJP)
- Each time the attire is adjusted or an accessory is lost (CJP)
- Small technical faults (EJ)

In addition, the DJ can take the following penalties:

- Any Element started and not completed = no Difficulty and no Special Requirement credit given
- Any static Pair/Group element held less than 1 second = 0.9 time faults + no Difficulty and no Special Requirement credit given
- Any static Individual element held less than 1 second = 0.6 time faults + no Difficulty and no Special Requirement credit given

All exercises are judged for Artistic merit, in accordance with the current FIG Code of Points (see Appendix B for adapted artistry judging sheet).

The minimum Artistry score is 5.00 and the maximum Artistry score is 10.00. Descriptions of the Artistry criteria:

- Partnership (Maximum 2.0) - Partnership selection that creates a logical relationship
 - between individuals in pair or groups that is characterised by a visible connection
- Expression (Maximum 2.0)- Making the audience understand your thoughts or feelings, character, attitude. Gymnasts convey a particular emotion
- Performance (Maximum 2.0) – The act, process or art of performing by using amplitude, space, pathway, levels and synchronisation
- Creativity (Maximum 2.0) - Display imagination, originality, inventiveness, inspiration, Variation in: composition, entries / exits, elements
- Musicality (Maximum 2.0) - Gymnasts express the music throughout the performance:
 - Match movement and form to the rhythm, melody and mood of the music being played
 - Synchronise with music beats
 - Vary the magnitude or speed / tempo of movements with music
 - Use expressive movements that are influenced by melody, variations in rhythm and mood or combinations of these.

4.0 COMPOSITION OF EXERCISES

All competitors are required to perform two routines:

- Balance routine
 - For Pairs, a balance routine must contain 5 Balance Pair elements each with a minimum of a 3 second hold
 - For Groups, a balance routine must contain 3 different pyramids each containing a minimum of a 3 second hold
- Dynamic routine
 - For Pairs and Groups a dynamic routine must contain 5 Dynamic Pair/Group elements

In addition to the pair/group elements required, each competitor may perform a maximum of 3 individual elements in each routine but are not required to perform any for Special Requirements. Any 3 individuals from the following categories: static, flexibility, agility and tumbling may be performed in any routine. All partners do not need to perform individuals from the same difficulty box in the Tables of Difficulty. No repeat of an individual is allowed.

4.1 General Rules

- The drawings in the NDP Tables of Difficulty are only a guide to the general shape of elements
- Elements should be selected to show optimum variety
- Elements may be performed with minor stylistic variation from the element pictured in the NDP Tables of Difficulty and are not considered as different elements
- Elements from different rows may be linked where the NDP Tables of Difficulty allow
- No element can be repeated in a grade and claimed for Difficulty and/or Special Requirements
- Only elements declared for difficulty need to be shown on the Tariff Sheet
- One alternative element is allowed on the Tariff Sheet.
- If a different element is performed to that declared on the Tariff Sheet then no difficulty will be given but the element will count for special requirements
- Entries and exists to elements are optional unless specified in the Tables of Difficulty

4.2 General Clarifications

- When a lever is stated in the element descriptions it may be performed in either a straddle or pike lever position. There is no need to identify the specific leg position on the tariff sheet
- A handstand may be performed with legs either apart or together in all positions of handstand in both pair and group balance and dynamic elements. There is no need to identify the specific leg position on the tariff sheet
- The directions of handstands during balances are optional unless stated in the element descriptions
- Motions to sit or splits are optional unless stated otherwise in the in the NDP Tables of Difficulty
- In sitting the Base's legs may be together or in straddle unless stated otherwise in the element descriptions

4.3 General Restrictions

- It is forbidden for women pairs and women's groups to work on the back of the neck (except where there are two points of support) or top of the head
- Men may not perform Mexican or ring handstands
- A catch to wrap (i.e. legs astride the hips of the base) may only be performed with straight legs and is forbidden for men
- In mixed pairs the base must always be the male

4.4 General Special Requirements

- Each pair/group box in the Tables of Difficulty counts as one element
- All pair/group balance elements must be held for a minimum of 3 (") seconds unless otherwise stated in the NDP Tables of Difficulty
- When a mount or a motion is declared for difficulty credit, the final position must be held for 3 seconds
- Individual elements with a static hold ('Stand') must be unsupported by partners to be considered for difficulty value. These elements must be held for 2 (") seconds
- All partners do not need to perform the same individual but they must perform the same number of individuals either simultaneously or in "waterfall", but they cannot overlap. E.g. back-walkover cut to splits, then a hold in splits, counts as one element, not two separate elements

5.0 DIFFICULTY

Each element chosen from the Tables of Difficulty has a stated Difficulty Value, which is used to determine the overall Difficulty Value of the exercise. There is no minimum requirement for difficulty and any element can be selected in line with rules for exercise construction. The difficulty of each element is calculated according to the column in which it falls in the Tables of Difficulty.

The values of the pair/group elements performed are added together to provide the total difficulty for the exercise.

Individual Elements are not used in calculating the difficulty value of the exercise.

The difficulty value of the exercise is converted to a difficulty score by dividing the difficulty value by 10.

APPENDIX A - Competition Attire, Accessories and Aids

The choice of competition attire, accessories and aids must be gymnastic in character and design. Attire must be elegant and complement the artistry of an exercise. It should not divert attention from the performance of the gymnasts nor require adjustment during an exercise.

- Partners must wear identical or complementary attire
- Leotards may be with or without sleeves, but dance style leotards with narrow straps are not allowed
- Men may compete in leotards with gymnastic shorts or long gymnastic trousers. One-piece suits/unitards are allowed
- The competitive attire should respect the gender of the gymnast in design
- Very dark color legs of trousers, unitards or tights are allowed only if the whole length of color on the legs is broken from the hip to the ankle by light colored decoration or pattern. The breaking must be simple and not overdone. The length and type of the fabric covering the legs must be identical on both legs. Only the decoration may be different.
- For safety reasons, loose clothing, raised attachments and accessories are not allowed. All attire for men and women must be close fitting to allow the judges to properly evaluate body lines
- All attire must be modest including the use of proper undergarments. The cut of the leg of leotards must not go above the iliac crest (hipbone). The neckline must be no further down than half the sternum in the front, or below the lower line of the shoulder blades in the back. Lace and transparent material on the torso must be fully lined
- Provocative, swimsuit, character outfits and photographs in the design are forbidden
- Competitors may perform with or without footwear which must be flesh color or white, clean and in good repair. For men, when they wear trousers, footwear (gym shoes, socks) must be worn
- Jewellery, including earrings and studs, necklaces, rings, bracelets, anklets, nose and navel studs, is not allowed
- Sequins, stones, cummerbunds, and lace must be either integrated into the fabric of the competition attire or attached securely, but any injury occurring as a consequence is the responsibility of the coach and athlete
- Hair clips, slides, bands and ribbons, if worn, must be secure. Character hair accessories (e.g. tiaras, feathers and flowers) are not allowed
- Face painting is not allowed; any make-up must be modest and not portray a theatrical character (animal or human)
- Taping and support bandages must be of neutral color

APPENDIX B - Tariff Sheets

A tariff sheet is an illustration of the pair, group and individual elements to be performed in the exercise and is required at all levels of competition.

- Elements must include the Row and Value as indicated in the Tables of Difficulty
- All elements to be performed must be included on the tariff sheet in the order of performance (if the elements are out of order, a penalty is applied only one time per exercise)
- The intended timing of all static holds, including individual elements must be declared
- In instances when the illustration and the reference are not consistent on the tariff sheet the illustration will be taken as the correct declaration of the element
- Where an element performed is not the declared pictorial form, providing the new element is from the same row it will receive no value although will count towards Special Requirements
- Each missing element will incur a penalty of 1.0 for Special Requirements and a further deduction of the maximum element value for the respective row. Time faults will also be applied

- It is the responsibility of the coach to prepare and ensure that the tariff sheets are correct
- All tariff sheets must be submitted on the morning of the competition
- Elements need to be either copied and pasted from the Tables of Difficulty together with the Row/ID number and value. All difficulties together with the total exercisedifficulty need to be entered into the tariff sheet and the overall exercise difficulty shouldbe calculated automatically

Guidelines for Completing Adult Gymnastics British Championships Tariff Sheets

To ensure the tariff sheets are completed correctly, the following instructions should be followed:

Balance and Dynamic

- **Box 1:** Row identification of the Balance element from the Tables of Difficulty
- Difficulty Value (0.1, 0.2, 0.3, 0.4, 0.5) to be placed in box **Value A**
- **Box 2:** Row identification of the Dynamic element from the Tables of Difficulty
- Difficulty Value (0.1, 0.2, 0.3, 0.4, 0.5) to be placed in box **Value B**
- **Box 3:** not used.

	1			
Value	A	B	C	D
SH	Box 1			
Top	Box 2			
Base	Box 3			

Please note: For all static holds the timing of the hold (1 or 3 seconds) must be indicated alongside the pictorial representation of the element.

Individual Elements

- **Box 1:** Category/ID number of individual element from Tables of Difficulty.
- Difficulty Value to be placed in box
- **Value A and B** for each individual in the Pair
- **Value A, B and C** for each individual in the Women's Group
- **Value A, B, C and D** for each individual in the Men's Group

I1

A	B	C	D
Box 1			

Please note: The number of gymnasts performing the element and which members of the partnership are performing the individual element must be indicated alongside the pictorial representation of the element. For a stand the time of the hold 2 seconds must also be indicated.

APPENDIX C – Artistry Judging Sheet

Balance / Dynamic / Combined	NDP/ 11-16 / 12-18 / 13-19 / Senior				WP/MP / MxP / WG / MG				Score		
	←						→				
	Poor		Satisfactory		Good		Very Good		Excellent		Perfect
	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5	10.0
Partnership Partner Relationship Audience impact	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Expression Gymnasts portray a particular emotion Audience understands character/feeling/attitude	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Performance Variety of Space, pathways, and levels Synchronisation and Amplitude of performance	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Creativity Variation in composition/ Entries and Exits Originality	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0
Musicality Synchronisation with Music Movements match the music	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0

Reference Range of Artistic Score:

- Perfect routines - Score between 9.6 to 10
- Excellent routines - Score between 9.0 to 9.5
- Very Good routines - Score between 8.0 to 8.9
- Good routines - Score between 7.0 to 7.9
- Satisfactory routines - Score between 6.0 to 6.9
- Poor routines - Score between 5.0 to 5.9

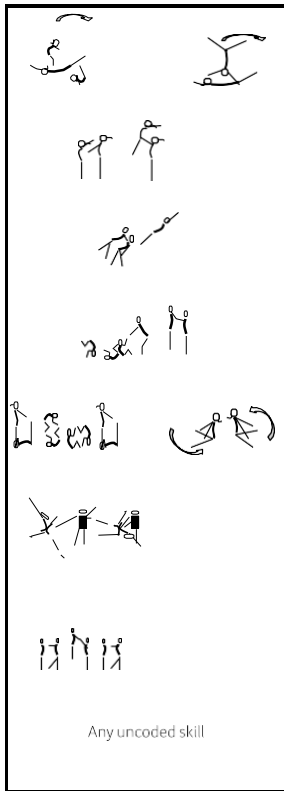

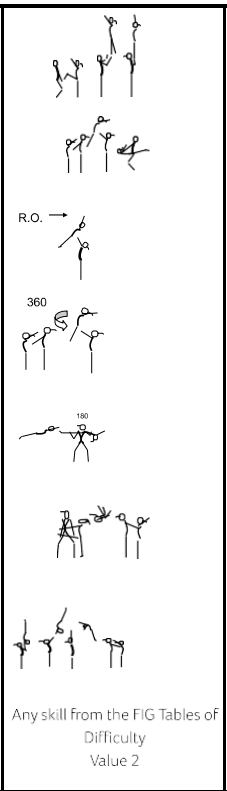
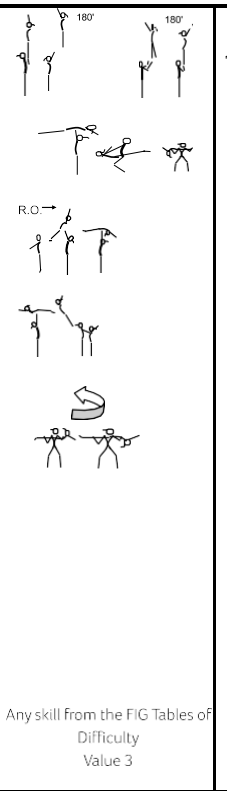
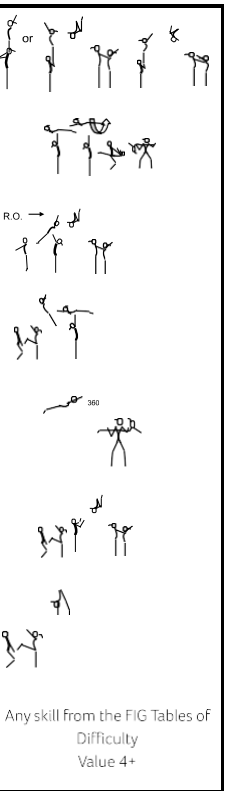
APPENDIX D - TABLES OF DIFFICULTY

Pair Balance Elements

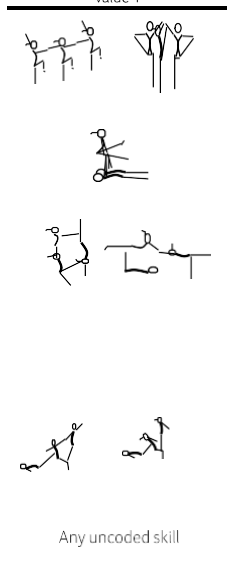
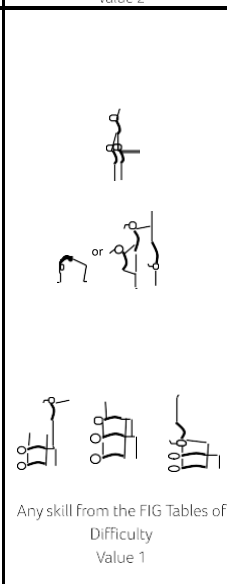
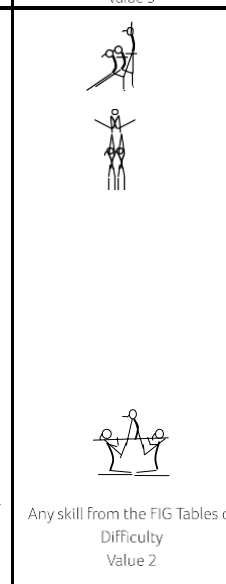
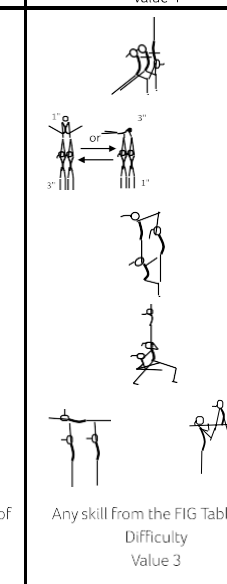
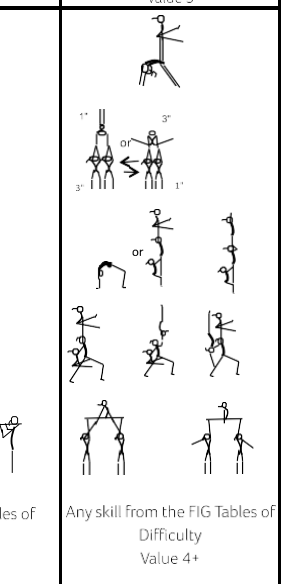
Value 1		Value 3	Value 4	Value 5
Any uncoded skill	Any skill from the FIG Tables of Difficulty Value 1	Any skill from the FIG Tables of Difficulty Value 2	Any skill from the FIG Tables of Difficulty Value 3	Any skill from the FIG Tables of Difficulty Value 4+

Pairs Dynamic Elements

Value 1	Value 2	Value 3	Value 4	Value 5
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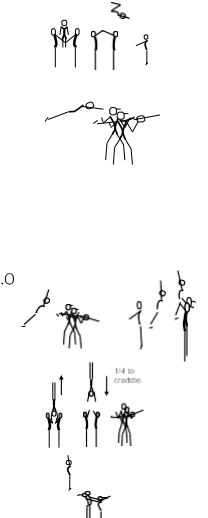
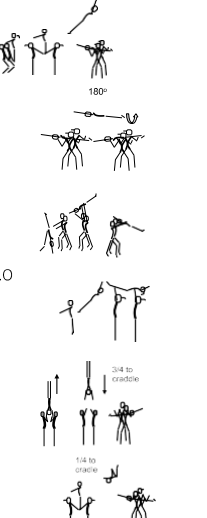
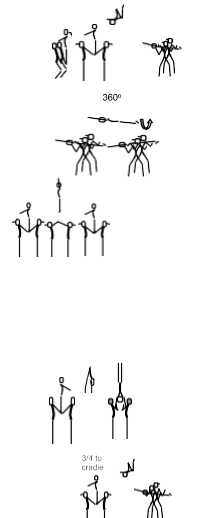
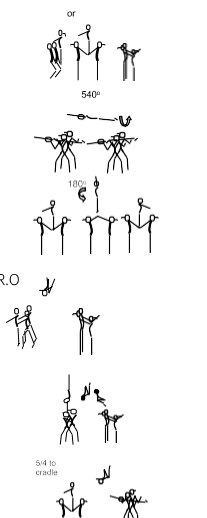
 <p>Any uncoded skill</p>	 <p>Any skill from the FIG Tables of Difficulty Value 1</p>	 <p>Any skill from the FIG Tables of Difficulty Value 2</p>	 <p>Any skill from the FIG Tables of Difficulty Value 3</p>	 <p>Any skill from the FIG Tables of Difficulty Value 4+</p>
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Women's Group Balance Elements
















Value 1	Value 2	Value 3	Value 4	Value 5
 <p>Any uncoded skill</p>	 <p>Any skill from the FIG Tables of Difficulty Value 1</p>	 <p>Any skill from the FIG Tables of Difficulty Value 2</p>	 <p>Any skill from the FIG Tables of Difficulty Value 3</p>	 <p>Any skill from the FIG Tables of Difficulty Value 4+</p>

Women's Group Dynamic Elements

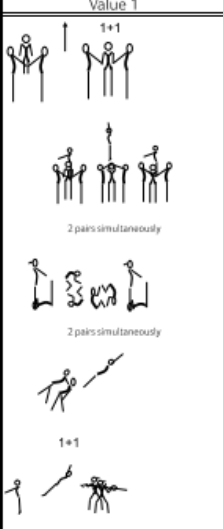
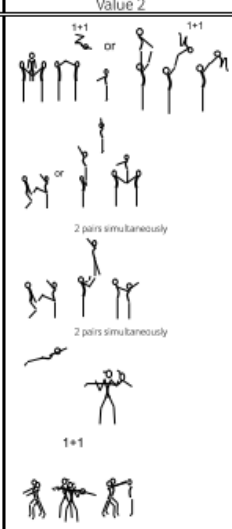
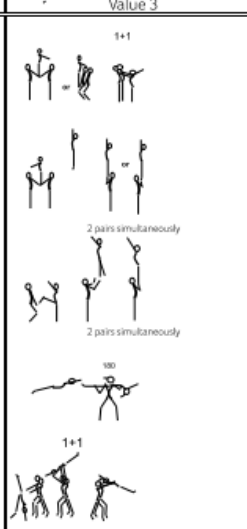
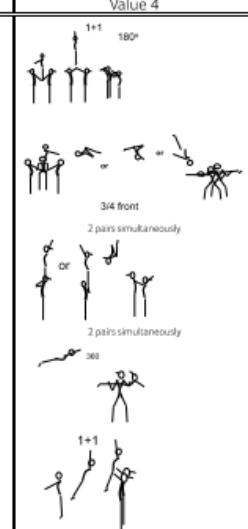
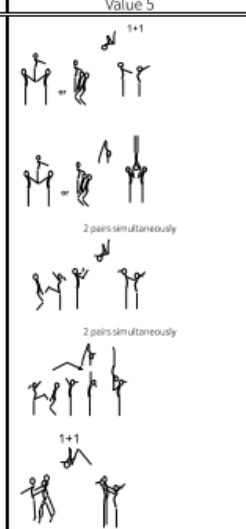
Value 1	Value 2	Value 3	Value 4	Value 5
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 <p>Any uncoded skill</p>	 <p>R.O.</p> <p>Any skill from the FIG Tables of Difficulty Value 1</p>	 <p>R.O.</p> <p>Any skill from the FIG Tables of Difficulty Value 2</p>	 <p>Any skill from the FIG Tables of Difficulty Value 3</p>	 <p>R.O.</p> <p>Any skill from the FIG Tables of Difficulty Value 4+</p>
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Men's Group Balance Elements

	Value 1 2 pairs simultaneously	Value 2 2 pairs simultaneously	Value 3 2 pairs simultaneously	Value 4 2 pairs simultaneously	Value 5 2 pairs simultaneously
A	Any Pair skill	Any Pair skill	Any Pair skill	Any Pair skill	Any Pair skill
B	Any Pair skill	Any Pair skill	Any Pair skill	Any Pair skill	Any Pair skill
C					
D					
E					
F	Any uncoded skill	Any skill from the FIG Tables of Difficulty Value 1	Any skill from the FIG Tables of Difficulty Value 2	Any skill from the FIG Tables of Difficulty Value 3	Any skill from the FIG Tables of Difficulty Value 4+

Men's Group Dynamic Elements

Value 1	Value 2	Value 3	Value 4	Value 5
 <p>1+1</p> <p>2 pairs simultaneously</p> <p>2 pairs simultaneously</p> <p>1+1</p>	 <p>1+1 or 1+1</p> <p>2 pairs simultaneously</p> <p>2 pairs simultaneously</p> <p>1+1</p>	 <p>1+1</p> <p>2 pairs simultaneously</p> <p>2 pairs simultaneously</p> <p>180</p> <p>1+1</p>	 <p>1+1 180°</p> <p>3/4 front</p> <p>2 pairs simultaneously</p> <p>2 pairs simultaneously</p> <p>180</p> <p>1+1</p>	 <p>1+1</p> <p>2 pairs simultaneously</p> <p>2 pairs simultaneously</p> <p>1+1</p>
<p>Any uncoded skill</p>	<p>Any skill from the FIG Tables of Difficulty Value 1</p>	<p>Any skill from the FIG Tables of Difficulty Value 2</p>	<p>Any skill from the FIG Tables of Difficulty Value 3</p>	<p>Any skill from the FIG Tables of Difficulty Value 4+</p>

Individual Elements

	Value 1	Value 2	Value 3	Value 4	Value 5
	<ul style="list-style-type: none"> i) Japanese ii) Pike Fold <p style="text-align: center;">Any uncoded skill</p>	<ul style="list-style-type: none"> i) Bridge ii) Any Splits iii) From Standing Drop Back to Bridge <p style="text-align: center;">Any skill From the FIG Tables of Difficulty Value 1</p>	<ul style="list-style-type: none"> i) Bridge with one Leg Raised ii) Backward Walkover iii) Forward Walkover iv) Valdez v) Handstand Cut Through to Splits <p style="text-align: center;">Any skill from the FIG Tables of Difficulty Value 2</p>	<ul style="list-style-type: none"> i) One Arm Walkover Forward ii) One Arm Walkover Backward iii) Healy Turn iv) 360° Jump to any Splits <p style="text-align: center;">Any skill From the FIG Tables of Difficulty Value 3</p>	<ul style="list-style-type: none"> i) Backward Walkover to Splits ii) Forward Walkover to Splits iii) Elbow Walkover to Splits iv) One Arm Valdez <p style="text-align: center;">Any skill from the FIG Tables of Difficulty Value 4+</p>
	<ul style="list-style-type: none"> i) Front Support ii) Back Support iii) One Foot Stand iv) V-Sit <p style="text-align: center;">Any uncoded skill</p>	<ul style="list-style-type: none"> i) Headstand ii) Arabesque iii) Handstand <p style="text-align: center;">Any skill from the FIG Tables of Difficulty Value 1</p>	<ul style="list-style-type: none"> i) Pike Lever ii) Straddle Lever iii) Handstand 180° Turn iv) Wine Glass <p style="text-align: center;">Any skill from the FIG Tables of Difficulty Value 2</p>	<ul style="list-style-type: none"> i) Russian Lever ii) Handstand 360° Turn iii) Chest Balance iv) Crocodile v) Tuck Top Planche vi) Flic to Handstand <p style="text-align: center;">Any skill From the FIG Tables of Difficulty Value 3</p>	<ul style="list-style-type: none"> i) Handstand 540°+ Turn ii) Needle scale iii) Straddle Press to Handstand Hold iv) Splits pull up to Handstand v) One Arm Crocodile vi) Top Planche <p style="text-align: center;">Any skill from the FIG Tables of Difficulty Value 4+</p>
	<ul style="list-style-type: none"> i) Forward Roll to Straddle Sit ii) Forward Roll to Stand iii) Backward Roll to Straddle Stand iv) Backward Roll to Stand <p style="text-align: center;">Any uncoded skill</p>	<ul style="list-style-type: none"> i) Forward Roll to Straddle Stand ii) Backward Roll with Straight Legs to Stand iii) Forward Roll Straddle through to Front iv) Handstand Forward Roll to Stand v) Dive Roll <p style="text-align: center;">Any skill From the FIG Tables of Difficulty Value 1</p>	<ul style="list-style-type: none"> i) Backward Roll to Handstand ii) Flic Walkout iii) Handspring iv) Fly spring <p style="text-align: center;">Any skill from the FIG Tables of Difficulty Value 2</p>	<ul style="list-style-type: none"> i) Headspring to Stand ii) Flic to Knee iii) Flic to Splits iv) Free Cartwheel to Stand or Knee v) Free Walkover to Stand or Knee <p style="text-align: center;">Any skill From the FIG Tables of Difficulty Value 3</p>	<ul style="list-style-type: none"> i) Headspring to Knee ii) Handspring to Knee iii) Headspring 1800 Turn to Front Support iv) Any Front or Back Saito to Knee v) Any Front or Back Saito to Splits <p style="text-align: center;">Any skill From the FIG Tables of Difficulty Value 4+</p>
	<ul style="list-style-type: none"> i) Forward Roll Straight Jump ii) Backward Roll Straight Jump iii) Forward Roll 180° Jump iv) Cartwheel Chasse Cartwheel <p style="text-align: center;">Any uncoded skill</p>	<ul style="list-style-type: none"> i) Forward Roll Jump to 1 Leg Cartwheel ii) Cartwheel, Chasse, Roundoff, Jump iii) Round Off, Stretch Jump, Backward Roll iv) Round Off, 1/2 Turn, Cartwheel v) Round Off, 1/2 Turn Roundoff <p style="text-align: center;">Any skill From the FIG Tables of Difficulty Value 1</p>	<ul style="list-style-type: none"> i) Roundoff Flic ii) Handspring to One Roundoff Ft iii) Two Handsprings <p style="text-align: center;">Any skill from the FIG Tables of Difficulty Value 2</p>	<ul style="list-style-type: none"> i) Roundoff Two Flies ii) Front Saito Walkout Roundoff Flic <p style="text-align: center;">Any skill From the FIG Tables of Difficulty Value 3</p>	<ul style="list-style-type: none"> i) Front Walkout Roundoff Saito (Any Shape) ii) Handspring Front Saito (Any Shape) iii) Roundoff Back Saito (Any Shape) iv) Roundoff Flic Back Saito (Any Shape) <p style="text-align: center;">Any skill from the FIG Tables of Difficulty Value 4+</p>