

## National Elite Compulsory Levels 2014-2017

### Update and Clarifications

Effective 1<sup>st</sup> January 2016

#### **Compulsory 4**

**Beam:** Backward walkover not landing on toes – deduction 0.30

Stretch jump (after split jump) now has a value – 0.30

**N.B. the stretch jump must be performed or there will be a non-attempt penalty**

**Coaches to note if the gymnasts stops or falls before stretched jump they should ensure the gymnasts understand they must do the stretched jump**

**Floor:** Side leap – can be performed as side split or straddle pike position as per FIG (180° split required)

#### **Compulsory 3**

**Beam:** Time limit is extended to 1 minute 40 secs (warning at 1 minute 30)

#### **Compulsory 2 and 1**

**Range & Conditioning:** Needle scales – hands not staying flat will have deduction 0.10/0.30

#### **Guidance for judges**

Where a link is encouraged, but no specific penalty is listed – use FIG rhythm penalty 0.10 if link is not fluent

**Compulsory 1 Beam Dismount** – use FIG penalties for brushing mat if feet touch slightly. Use fall penalty if there is a definite hit of the feet on the mat. Award the value of the move.

**Compulsory 2 and 1 R&C** – back walkover to splits has no penalty if slight lift of hands to take leg through. If there is an obvious 'bounce' use FIG loss of balance deduction 0.10/0.30