



British
Gymnastics
More than a sport

2014 - 2017
Women's Artistic
National Elite Compulsory Levels
For Coaches

Listed by Apparatus

Published February 2015

Amendments in RED

National Elite Compulsory Programme

This development programme has been designed by the British Gymnastics National Coaching Staff in conjunction with the Women's Technical Committee and Brevet Judges to further develop the programme already started. It will be the building blocks for our more talented gymnasts who have decided to take the elite path.

The following document includes detailed information on the skills/routines required for the National Elite Compulsory Levels 4 through to 1. The routines are displayed in tables and each element is given along with its value, notes and judging deductions that have been incorporated to help guide you. Some levels include optional elements that allow the gymnast to work to their strengths.

Links to video demonstrations have been inserted throughout the document to help you understand the work and give an insight into the performance levels possible. Vault and bars contain one video demonstrating the entire routine, with beam and floor displaying separate videos for each skill. Range and Conditioning videos are separated into specific sections.

When not viewing this document on a computer, you can find all the videos placed on GymNet. Head to www.british-gymnastics.org/gymnet and login with your membership number and password. Click on 'Resource Centre' and then 'WAG Compulsory Levels' on the drop down menu.

Specific apparatus construction is also included. There is a significant amount of depth to some of the landing areas and it is envisaged that some of that depth can be taken up with material other than safety landing modules. But this must not be at the expense of safety.

British Gymnastics uses Continental Sports Company for National Competitions, so the reference numbers provided for the equipment relate to their website www.continentalsports.co.uk. It may be the case at National Competitions that there will be modifications to the apparatus specified in the reference lists. However, apparatus heights will always be as stated in this document. The Continental reference numbers are just used to clarify the equipment required, therefore this is not to say that regions, counties and clubs should not be able to use other suppliers for their needs.

The specific element and composition requirements of the individual levels will be used in conjunction with the FIG Code of Points deductions.

At the end of this journey it is hoped that the gymnast has been furnished with the correct tools to go forward to the British Championships and beyond and enjoy the experience.

All pass marks are subject to review following the current National Final Competition – see Competition Handbook

There is no individual pass mark for Range & Conditioning.

REMINDER: Coaches should only coach skills that are contained within their current BG qualifications and within a BG recognised environment.

General Rules

Judging

All the deductions are based on the FIG COP 2013 execution deductions and specific GBR deductions.

- Some deductions vary from level to level, this is deliberate and designed to reinforce and highlight key areas as identified by the National Coaches.
- D score will be 4.00 + any bonus (except where stated otherwise). If the D score is negative the gymnast will be awarded 0.00 for the D score. Any additional deductions will be neutral deductions from the final score.
- Bonus will only be awarded if the element is successfully completed with no fall.
- Leg at horizontal spin/spin (level 3 floor) – Leg below horizontal – take value of the move (following FIG principal for devaluing).
- Split leap – any entry. Deductions are only taken for lack of split according to the diagrams plus height and amplitude of jumps.
- Directionality concerns which leg to step out on for connections required on Floor, Beam, R&C. The FIG rules will apply.

Procedure for calculating the Final score

Who takes what from where?

The aim is to avoid having a negative D score. If it becomes negative award 0.00 D score. The principle for taking the value of the element and deductions in the case of Compulsory Levels 2014 is based on the following:

- The technical requirements of the element being completed successfully to be credited with the value (VM). This is indicated in the text.
- Other situations that are decided by the D judges which are FIG considerations or specific criteria laid down in the Compulsory levels text, for example stops in connection, no tolerance in split jumps on beam and floor, holds in beam and R & C.
- FIG execution deductions, taken by E judges e.g. bent arms, bent legs, insufficient tuck/pike/straight position etc and artistry deductions on floor and beam.

Final score = D score + E score + Bonus - Penalties

<p>Value of element (VM) Element not completed to the technical requirement</p> <ul style="list-style-type: none"> • Technical requirements of elements are indicated in the text e.g. L3 beam mount • Spins incomplete 	D judges deduction	From D score
<p>Faults considered by D judges but are taken as neutral deductions (penalties)</p> <ul style="list-style-type: none"> • Elements considered as non-attempt • No tolerance in split elements indicated in text • Stop in connections • Holds 	Taken by D judges	Record as penalties and take from final score
<p>E score FIG deductions for execution e.g.</p> <ul style="list-style-type: none"> • Bent arms, bent legs • Body posture • Insufficient tuck/pike/straight in elements • Height • Flight • Rotation • Falls • Artistry beam and floor • Specific apparatus deductions 	Taken by E judges	From 10.00

General information

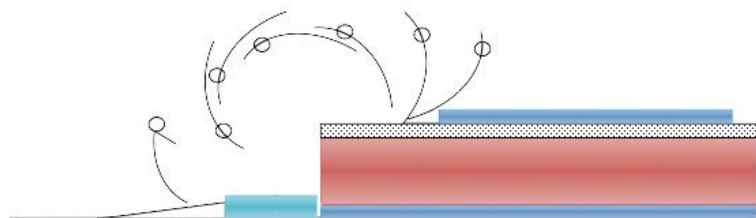
- Please read this document alongside the current Women’s Artistic Gymnastics Competition Handbook that can be found on the British Gymnastic Association website.

COMPULSORY LEVEL 4 VAULT 2014 - 2017

Straight front salto from the board D score 4.00

Land on feet and FALL to front lying, jump not permitted - level landing OR optional one mat higher for bonus of 0.5 - **only applicable if the E score is 1.0 mark or less.**

▶ Watch our video demonstration 'Level 4 vault Straight Front Salto'



Gymnast to perform one vault only.

Vault height from floor - 80cms

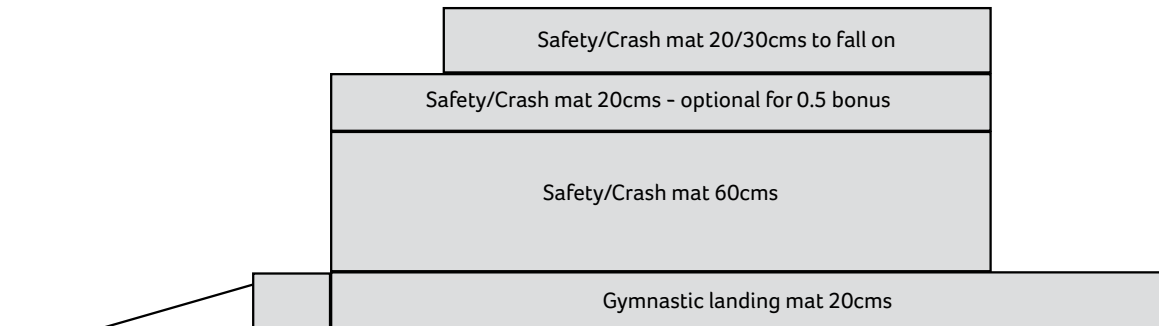
Optional additional 20 cms - 0.50 bonus

Specific Apparatus Deductions (E Panel)

Faults	0.10	0.30	0.50
Run up distance 25m maximum			
• Lack of acceleration during run up	x	x	
First phase onto the board			
• Feet landing off centre in any direction	x		
• Arms not behind body in hurdle step	x	x	
• Thumbs not close to side of body in forward movement of the arms	x	x	
Second phase take off from the board to inverted position			
• No heel drive into salto	x	x	
• Excessive pike/arch into inverted position	x	x	x
• Arms not finishing by ears in inverted position	x	x	
• Bent legs	x	x	x
• Insufficient height/rotation into the inverted position	x	x	x
• Leg or knee separations	x	x	
Third phase from inverted position to landing			
• Failure to maintain correct body position to landing (excessive pike)	x	x	x
• Leg or knee separations	x	x	
Landing faults			
• Under rotation of salto			
◦ Without falling backwards	x		
◦ With fall backwards		x	
• Steps	x	x	Max 0.80
• Fall			1.00
• Jump after landing moving the centre of mass in the opposite direction	x	x	x
• Deviation from straight direction on landing (on 1st contact)	x	x	
• Legs apart on landing	x		
• Dynamics throughout	x	x	x
• Failure to land feet first - invalid vault			0.00

NB: Safety collar compulsory – score 0 if not used

See Appendix on page 47 for detailed specification.



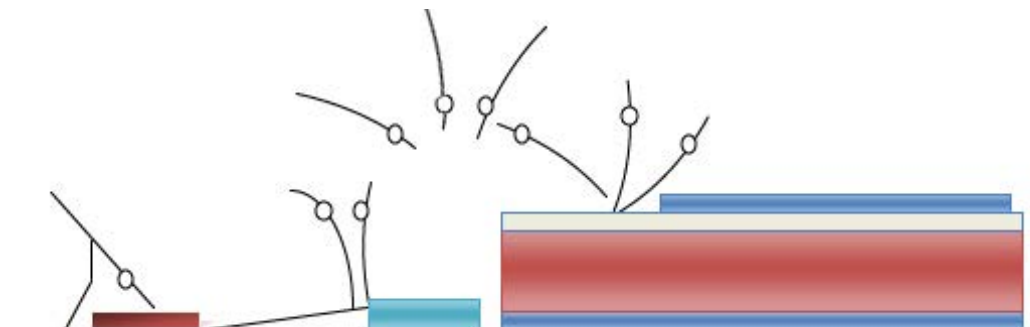
COMPULSORY LEVEL 3 VAULT 2014 - 2017

Round off straight back salto from the board

D score 4.00

Land on feet and FALL to back lying, jump not permitted - level landing or optional one mat higher for bonus of 0.5 - **only applicable if the E score is 1.0 mark or less. Softer/thicker round off hand placement mat can be positioned up to 10cm onto the bottom of the springboard.**

▶ Watch our video demonstration 'Level 3 vault Straight Back Salto'



Gymnast to perform one vault only.

Vault height from floor - 80cms

Optional additional 20 cms - 0.50 bonus

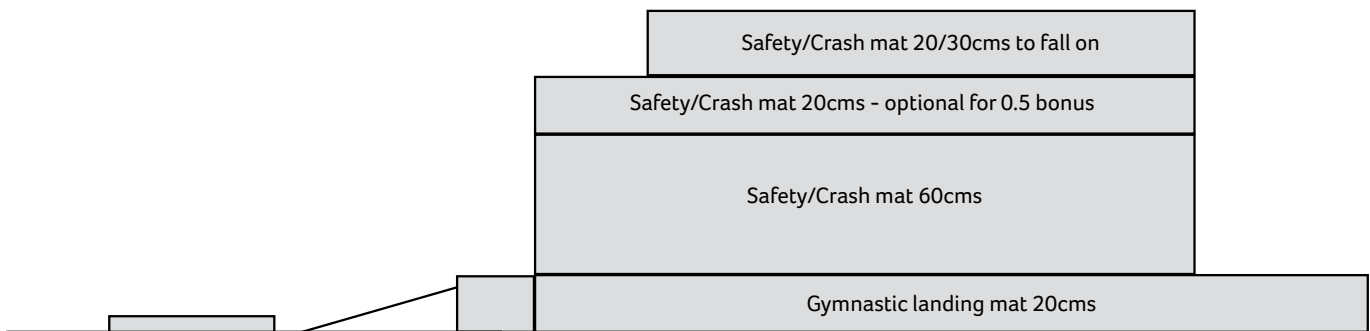
Specific Apparatus Deductions (E Panel)

Faults	0.10	0.30	0.50
Run up distance 25m maximum			
Lack of acceleration during run up	x	x	
First phase onto the board			
• Incorrect hand placement on floor in round off	x		
• Feet landing off centre in any direction	x		
• Bent arms in round off	x	x	
• Failure to maintain straight body onto board	x	x	x
Second phase take off the board			
• Failure to take off in vertical position	x	x	
• Failure of arms to reach the ears whilst feet in contact with the board	x	x	
• Leg or knee separations	x	x	
• Bent legs	x	x	x
Third phase body to inverted position			
• Failure to maintain arms by ears until inverted position	x	x	
• Failure to maintain correct body position into inverted position (excessive arch/pike)	x	x	x
• Body alignment in the inverted position	x		
• Leg or knee separations	x	x	
• Bent legs	x	x	x
Fourth phase from inverted position to landing			
• Failure to maintain correct body position (excessive pike down)	x	x	x
• Leg or knee separations	x	x	

Landing faults	0.10	0.30	0.50
• Under rotation of salto			
◦ Without falling forwards	x		
◦ With fall forwards		x	
• Steps	x	x	Max 0.80
• Fall			1.00
• Jump after landing moving the centre of mass in the opposite direction	x	x	x
• Deviation from straight direction on landing (on 1st contact)	x	x	
• Legs apart on landing	x		
• Dynamics throughout	x	x	x
• Failure to land feet first – invalid vault			0.00

NB: Safety collar compulsory – score 0 if not used

See Appendix on page 47 for detailed specification.



COMPULSORY LEVEL 2 VAULT 2014 - 2017

Option 1 - Handspring D score 3.50

From table onto built up mats - land on feet and fall to front lying, jump not permitted - level landing OR optional one mat higher for bonus of 0.5 - **only applicable if the E score is 1.0 mark or less.**

Watch our video demonstration

▶ 'Level 2 vault Handspring - Level Landing'

▶ 'Level 2 vault Handspring - Optional one mat higher'

Gymnast to perform one vault only.

Table vault height - 120cms

additional 5cms mat over table

Landing height from floor - 120cms

Optional additional 20cms mat - 0.50 bonus

Specific Apparatus Deductions (E Panel)

Faults	0.10	0.30	0.50
Run up distance 25m maximum			
Lack of acceleration during run up	x	x	
First phase and feet landing on board			
• Feet landing off centre in any direction	x		
• Hip angle	x	x	
• Arch	x	x	
• Bent knees	x	x	x
• Leg or knee separations	x	x	
Repulsion phase			
• Staggered/alternate hand placement	x		
• Shoulder angle	x	x	
• Failure to pass through vertical	x		
• Lack of repulsion from hands	x	x	
• Bent knees	x	x	x
Second flight phase			
• Height	x	x	x
• Failure to maintain stretched body	x	x	
• Bent knees	x	x	x
• Leg or knee separations	x	x	
Distance			
• Insufficient length	x	x	x
• Jump after landing moving the centre of mass in the opposite direction	x	x	x
• Landing with feet on the table			0.80
General and landing faults			
• Dynamics	x	x	x
• Failure to maintain correct body position during fall	x	x	
• Under rotation			
◦ Without falling backwards	x		
◦ With fall backwards		x	
• FIG body posture on landing penalties apply	x	x	x
• Deviation from straight direction on landing (on 1st contact)	x		

NB: Safety collar compulsory – score 0 if not used

COMPULSORY LEVEL 2 VAULT 2014 - 2017

Option 2 - Tsukahara

D score 3.50

(¼ to ½ turn on) From table onto built up mats - land on feet and fall to back lying, jump not permitted - level landing or optional one mat higher for bonus of 0.5 - **only applicable if the E score is 1.0 mark or less.**

Watch our video demonstration

▶ 'Level 2 vault Tsukahara Prep - Level Landing'

▶ 'Level 2 vault Tsukahara Prep - Optional one mat higher'

Specific Apparatus Deductions (E Panel)

Faults	0.10	0.30	0.50
Run up distance 25m maximum			
Lack of acceleration during run up	x	x	
First phase and feet landing on board			
• Feet landing off centre on board in any direction	x		
• Hip angle	x	x	
• Arch	x	x	
• Bent knees	x	x	x
• Leg or knee separations	x	x	
Repulsion phase			
• Shoulder angle	x	x	
• Failure to pass through vertical	x		
• Bent knees	x	x	x
Second flight phase			
• Excessive snap	x	x	
• Height	x	x	x
• Failure to maintain correct body position	x	x	
• Bent knees	x	x	x
• Leg or knee separations	x	x	
Distance			
• Insufficient length	x	x	
• Jump after landing moving the centre of mass in the opposite direction	x	x	x
• Landing with feet on the table			0.80
General			
• Dynamics	x	x	x
• Failure to maintain correct body position during fall	x	x	
• Under rotation			
◦ Without falling forwards	x		
◦ With fall forwards		x	
• FIG body posture on landing penalties apply	x	x	x
• Deviation from straight direction on landing (on 1st contact)	x		
• Correct body position maintained but feet not touching mat			x

NB: Safety collar compulsory – score 0 if not used

COMPULSORY LEVEL 2 VAULT 2014 - 2017

Option 3 - Yurchenko

D score 4.00

From table onto built up mats - land on feet and fall to back lying, jump not permitted - level landing OR optional one mat higher for bonus of 0.5 - **only applicable if the E score is 1.0 mark or less. Softer/thicker round off hand placement mat can be positioned up to 10cm onto the bottom of the springboard.**

Watch our video demonstration

▶ 'Level 2 vault Yurchenko Prep - Level Landing'

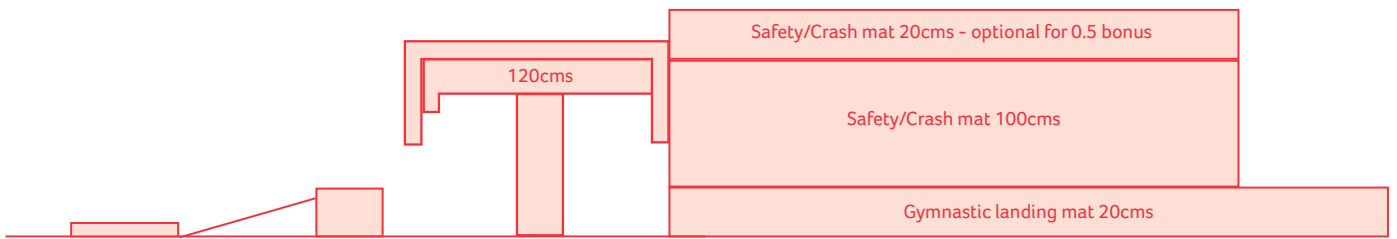
▶ 'Level 2 vault Yurchenko Prep - Optional one mat higher'

Specific Apparatus Deductions (E Panel)

Faults	0.10	0.30	0.50
Run up distance 25m maximum			
Lack of acceleration during run up	x	x	
First phase and feet landing on board			
• Feet landing off centre in any direction	x		
• Incorrect body position	x	x	
• Too high onto table	x	x	
• Bent knees	x	x	x
• Leg or knee separations	x	x	
Repulsion phase			
• Shoulder angle	x	x	
• Failure to pass through vertical	x		
• Bent arms	x	x	x
Second flight phase			
• Excessive snap	x	x	
• Height	x	x	x
• Failure to maintain correct body position	x	x	
• Bent knees	x	x	x
• Leg or knee separations	x	x	
Distance			
• Insufficient length	x	x	
• Jump after landing moving the centre of mass in the opposite direction	x	x	x
• Landing with feet on the table			0.80
General and landing faults			
• Dynamics	x	x	x
• Failure to maintain correct body position during fall	x	x	
• Under rotation of salto			
◦ Without falling forwards	x		
◦ With fall forwards		x	
• FIG body posture on landing penalties apply	x	x	x
• Deviation from straight direction on landing (on 1st contact)	x		
• Correct body position maintained but feet not touching mat			x

NB: Safety collar compulsory – score 0 if not used

See Appendix on page 47 for detailed specification.



COMPULSORY LEVEL 1 VAULT 2014 - 2017

Any FIG Vault + Open tuck position in Tsukahara (Tarriff 4.40)
& Yurchenko (Tarriff 4.20)

No video link available

Gymnast to perform one vault only.
Table vault height - 125cms
Landing height from floor - 30cms

Specific Apparatus Deductions (E Panel)

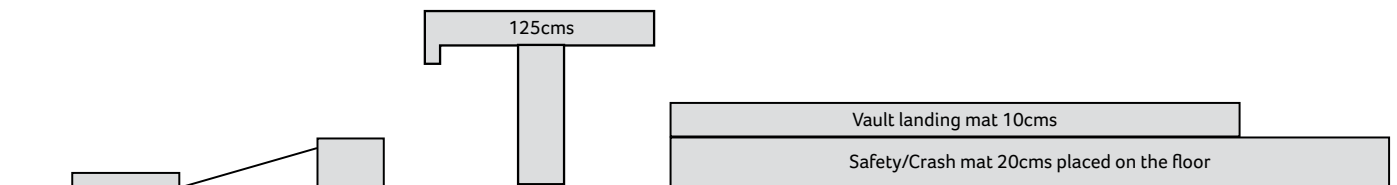
Faults	0.10	0.30	0.50
Run up distance 25m maximum			
First flight phase			
– For missing degrees of LA turn during flight phase:			
• Gr. 1 or 5 with ½ (180°) turns & Gr. 4 with ¾ (270°) turns	≤45°	≤90°	
• Gr. 1 or 2 with full turn (360°)	≤45°	≤90°	≤90°
– Poor technique			
• Hip angle	x	x	
• Arch	x	x	
• Bent knees	x	x	x
• Leg or knee separations	x	x	
Repulsion phase			
– Poor technique			
• Staggered/alternate hand placement on forward entry vaults Gr. 1, 2 & 5 (not applicable for Salto fwd stretched with LA turn)	x		
• Shoulder angle	x	x	
• Failure to pass through vertical	x		
• Prescribed LA turn begun too early (on the table)	x		
• Bent arms	x	x	x
Second flight phase			
• Excessive snap	x	x	
• Height	x	x	x
• Exactness of (LA) turn (includes Cuervo)	x		
• Body position			
• Failure to maintain stretched body	x	x	
• Insufficient and/or late extension (tuck and pike vaults)	x	x	
• Bent knees	x	x	x
• Leg or knee separations	x	x	
Distance			
• Insufficient length	x	x	
General and landing faults			
• Under rotation of salto			
• No fall	x		
• With fall		x	
• Deviation from straight direction on landing (on 1st contact)	x		

NB: Safety collar compulsory – score 0 if not used

Open tuck requires an open hip angle; any pike in the hips will result in a tuck vault being awarded by the D judges. The open hip angle is evaluated as per FIG straight body position in the inverted position. The devalued vault will be subject to penalties if any tuck or pike shape is seen at the hip joint.



See Appendix on page 47 for detailed specification.



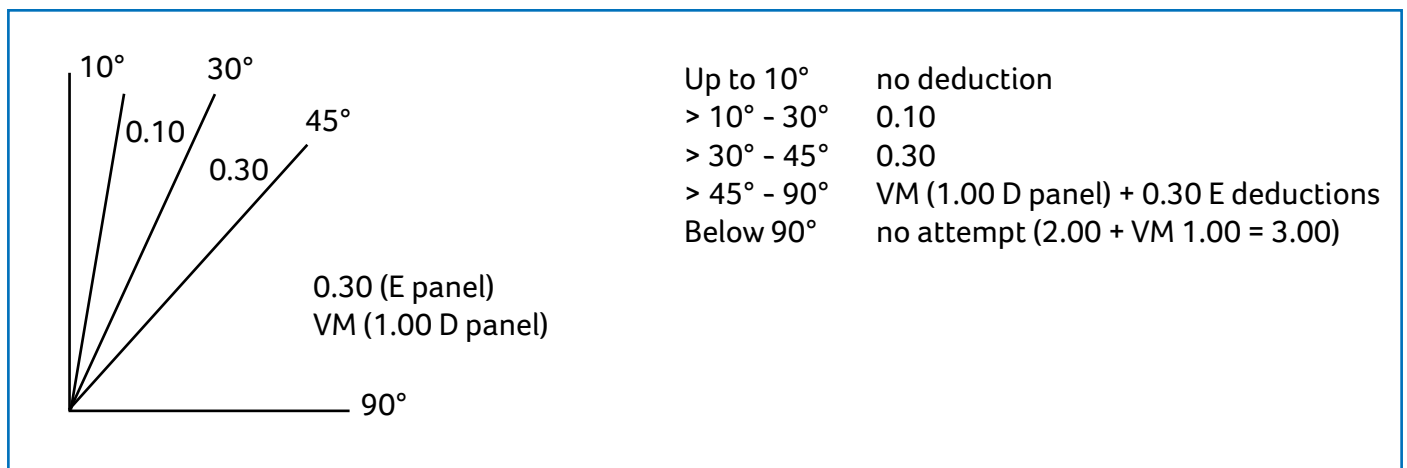
COMPULSORY LEVELS UNEVEN BARS ELEMENTS

All body parts must reach the required angle

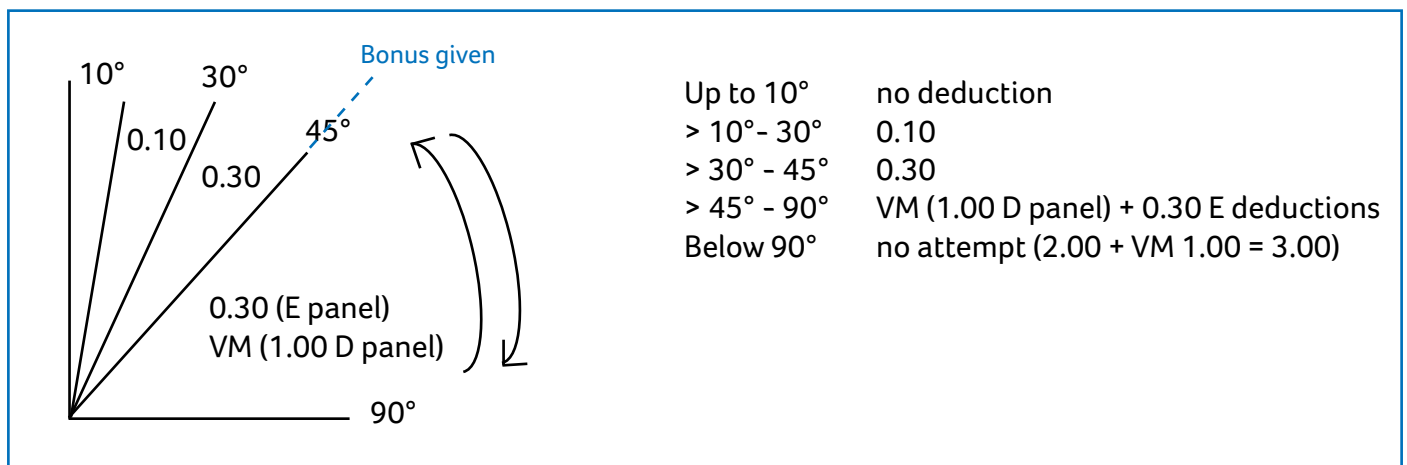
- If there is a pike in the body, the line is from the hands to the feet or lowest body part
- If there is excessive arch that puts the feet in the higher sector, the line is through the centre of mass

Uneven bars diagrams for Compulsory 3,2,1 elements

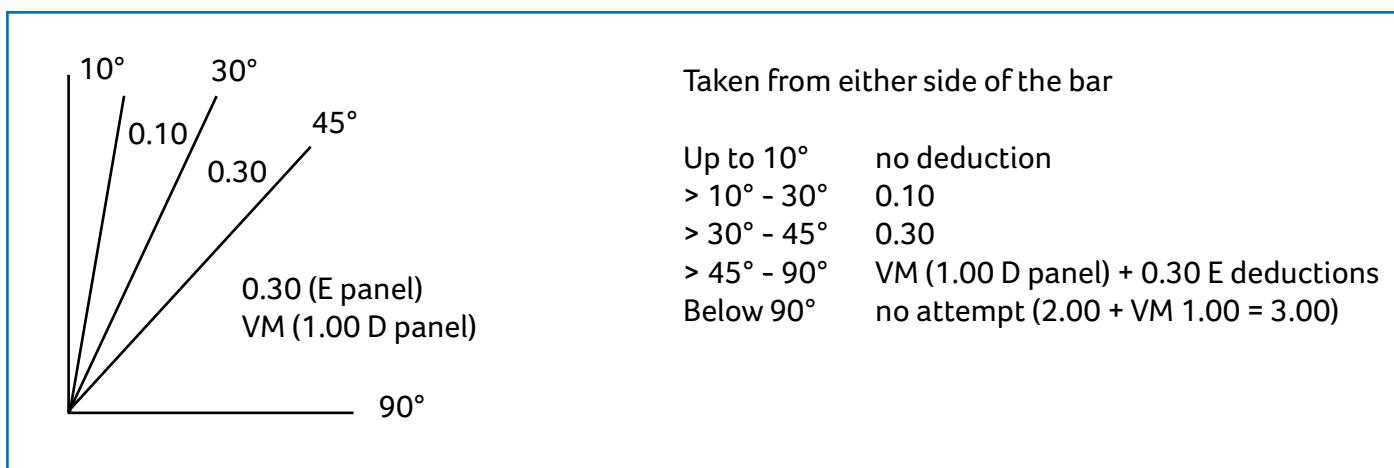
GBR cast to handstand penalties



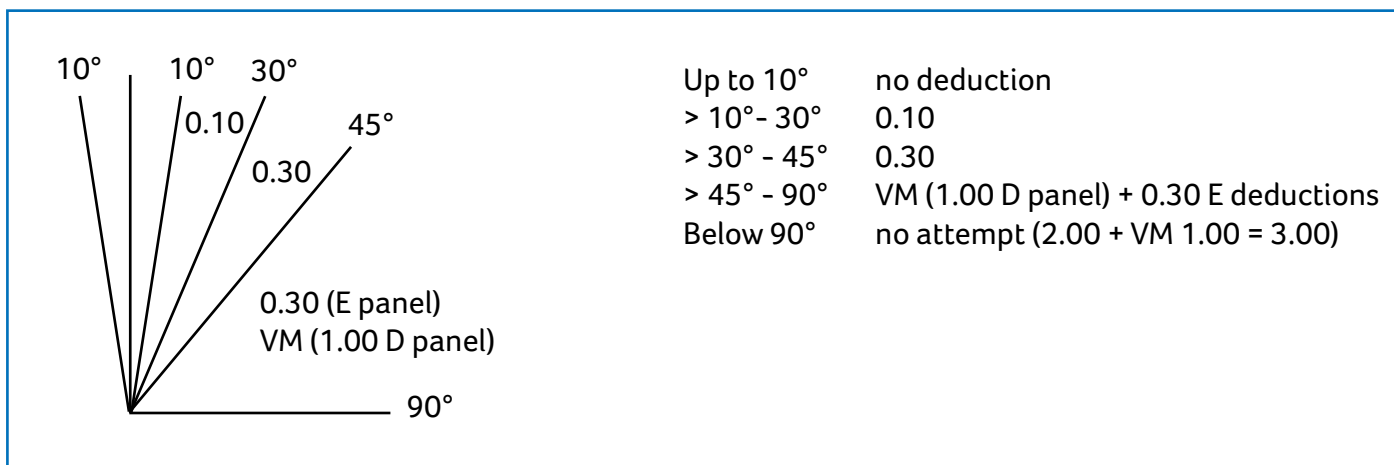
GBR swing penalties - swings that do not go over the bar but come back in the same direction



GBR circle penalties - elements without turn (giant circles, clear hips circles, stalder circles, endo circles, toe on and off circles fwd & bwd, stoop in and out, weiler kips) deductions for these elements are taken from either side of the bar



GBR circle elements with turn penalties



COMPULSORY LEVEL 4 BARS 2014 - 2017

Watch our video demonstration

▶ 'Level 4 bars with handstands'

▶ 'Level 4 bars without handstands'

Strap bar height 2.50m	D SCORE 4.00 maximum	Use FIG deductions throughout the exercise except where specified
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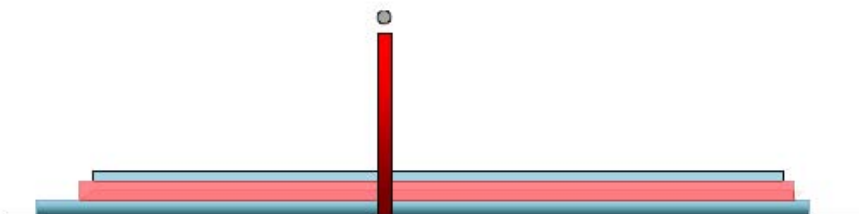
Value of element taken as specified in each text	No attempt at an element VM + 2.00	Cast & circle deductions taken according to diagrams
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Value	ELEMENTS (exercise must be performed in this order)	NOTES
0.50	Mount - From long hang, in regular grip, trolley swing	
0.50	Long upstart	
0.50	Cast with straight arms to (minimum) 45°	<p>Cast with straddle and/or hips bent is not allowed (VM)</p> <p>0.30 (E panel) VM (0.50 D panel)</p>
1.00	Clear hip circle to 45° minimum (emphasis on shape and body alignment)	<p>Deductions apply for coming out early or late</p> <p>0.30 (E panel) VM (1.00 D panel)</p>
1.00	Backward giant to within 10° of handstand, change direction	<p>If the attempt goes over the top deduct 0.50 extra swing, 2nd time 0.50, 3rd time 1.00 fall stop and get back to start position to do the front giant. The aim is for continuity.</p> <p>If the giant is too scooped in the upswing 0.1 > 0.3</p>

		<p>30° 10° 45° 0.30 0.10 0.30 (E panel) VM (1.00 D panel) 90° Below 90° No attempt</p>
1.00	Forward giant with heel drive to within 10° of handstand	<p>If the attempt goes over the top deduct 0.50 extra swing, 2nd time 0.50, 3rd time 1.00 fall stop and get back to start position to do the backward giant. The aim is for continuity</p> <p>10° 30° 0.10 0.30 45° 0.30 (E panel) VM (1.00 D panel) 90° Below 90° No attempt</p> <p>If not heel driven 0.50</p>
0.50	Backward giant circle through handstand	<p>GBR circle penalties except VM 0.50 Below 90° no attempt</p>
0.50	Backward giant circle through handstand – routine finishes	<p>Deductions on upswing If a shoulder angle is put in to slow down before the vertical Deduct 0.1 > 0.3</p>

N.B Coach can assist the gymnast to stop after second giant

See Appendix on page 47 for detailed specification.



Bar matting height from floor - 50cms

COMPULSORY LEVEL 3 BARS 2014 - 2017

▶ Watch our video demonstration 'Level 3 bars'

Single Bar HB 2.50m	D SCORE 4.00 + bonus of 0.50 x 2 = 5.00 maximum	Use FIG deductions throughout the exercise except where specified
Value of element taken as specified in each text	No attempt at an element VM + 2.00	Cast & circle deductions taken according to diagrams

Extra skills are allowed to construct the routine, but they will be open to deductions.

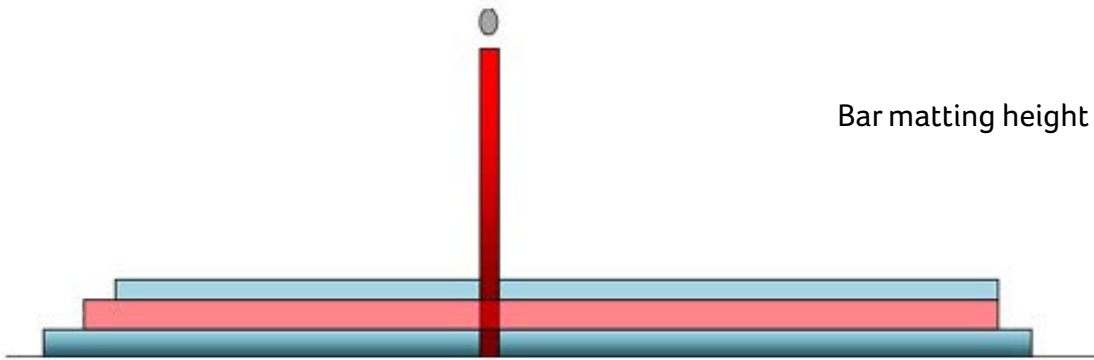
VALUE	ELEMENTS (performed in optional order)	NOTES
	Mount - From long hang, in regular grip, trolley swing	
0.50	Long upstart	
1.00	Cast to handstand	<ul style="list-style-type: none"> No hip angle allowed GBR cast penalties apply Cast with straddle and/or hips bent is not allowed (VM)
1.00	Backward close bar element (not backward hip circle)	<ul style="list-style-type: none"> GBR circle penalties apply Deductions apply on the both the upswing and downswing side of the circle plus any fall that may occur
0.50	Backward giant to handstand	<ul style="list-style-type: none"> GBR circle penalties apply Deductions apply to the upswing
0.50	Backward giant to handstand	<ul style="list-style-type: none"> GBR circle penalties apply Deductions apply to the upswing
1.00	Dismount straight backaway to stand	Gymnast can dismount either side of the bar

BONUS

0.50 ea x 2 = 1.00 max

- Bonus for additional backward giant(s) with ½ turn to handstand
- Can perform 1 x backward giant ½ for 0.50 bonus - a backward giant must be performed immediately afterwards
- Can perform 2 x backward giants ½ turn consecutively for 1.0 bonus – Only 2 giant ½ turns can be attempted
- Must be performed in combination to achieve full mark
- Turn must be completed above 45° to be awarded bonus
- GBR swing with turn penalties apply except - below 45° = no bonus

See Appendix on page 47 for detailed specification.



Bar matting height from floor - 50cms

COMPULSORY LEVEL 2 BARS 2014 - 2017

▶ Watch our video demonstration 'Level 2 bars'

Single Bar HB 2.50m	D SCORE 4.00 + bonus of 0.50 x 2 = 5.00 maximum	Use FIG deductions throughout the exercise except where specified
Missing/incomplete element VM	No attempt VM + 2.00	Cast & circle deductions taken according to diagrams

Extra skills are allowed to construct the routine, but they will be open to deductions.

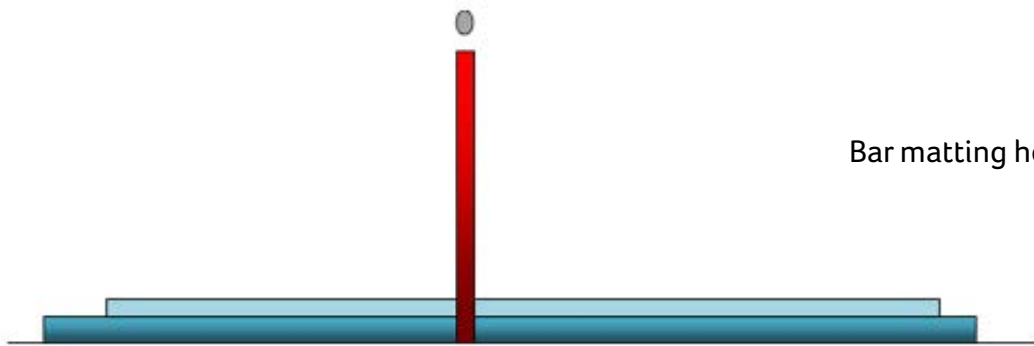
VALUE	ELEMENTS (performed in optional order)	NOTES
	Mount - from long hang, in regular grip, trolley swing	
1.00	Long upstart directly into: Cast to handstand	Cast with straddle and/or hips bent is allowed No tolerance in handstand VM
1.00	Giant circle backwards to handstand [regular]	(deductions taken on the upswing side) GBR circle penalties apply
1.00	Giant circle forwards (in reverse or 'L' grip)	(deductions taken on the upswing side) GBR circle penalties apply Straddled forward giants are permitted with a 0.30 deduction
1.00	Close bar circle element to handstand	GBR circle penalties apply
1.00	Element with grip change from regular to reverse/'L' grip to handstand	GBR circle and circle with turn penalties apply
1.00	Element with grip change from reverse/'L' grip to regular handstand	GBR circle and circle with turn penalties apply
1.00	Giant circle backwards to handstand (accelerated) into immediate	Accelerated giant with hip and shoulder action no deduction
1.00	Straight backaway	Hip only 0.10 Shoulder only 0.10 No acceleration in giant VM (1.00)
1.00	Alternative dismount - Straight frontaway	If performing straight frontaway dismount the accelerated giant can be performed elsewhere in the routine

BONUS

0.50 ea x 2 = 1.00 max

- 'L' grip element to handstand or/and
- 'L' grip element with ½ turn (180°)
- (Geinger roll entry is only acceptable if 'L' grip element is performed)

See Appendix on page 47 for detailed specification.



COMPULSORY LEVEL 1 BARS 2014 - 2017

Watch our video demonstrations

▶ 'Level 1 bars with Mo'

▶ 'Level 1 bars with Sole Circle'

▶ 'Level 1 bars with Toe Full and Sole Circle'

Asymmetric bars LB 1.70m HB 2.50m	D SCORE 4.00 + bonus 0.60 = 4.60 maximum	Use FIG deductions throughout the exercise except where specified
Missing element VM	No attempt VM + 2.00	Cast & circle deductions taken according to diagrams

Extra skills are allowed to construct the routine, but they will be open to deductions.

Value	ELEMENTS (performed in optional order)	NOTES
	Mount - gymnast must begin routine on low bar	
1.00	Cast to handstand with ½ turn (top or reverse turn)	GBR cast penalties apply
1.00	Close bar circle element to handstand	GBR circle penalties apply
	Tuck/straight leg sole circle	Will not incur a composition penalty
1.00	Blind change (performed from close bar element or backward giant)	GBR penalties apply depending on which element is performed
1.00	Forward giant (can be performed with ½ turn)	GBR circle or circle with turn penalties apply
0.50	Backward giant	GBR circle penalties apply
1.00	Full turning element – non flight (can be performed as part of close bar element)	GBR circle penalties apply
0.50	Dismount Straight backaway/frontaway	

BONUS

0.30

Mo transition from low bar to high bar

BONUS

0.30

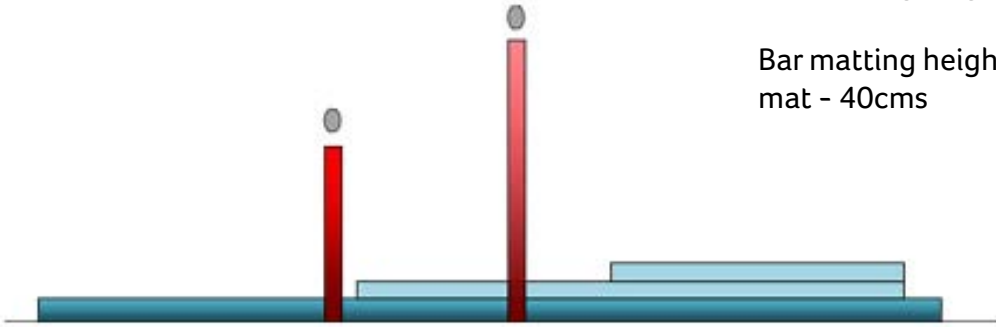
Double tuck back (open hip angle permitted)
OR frontaway with 1½ twist



See Appendix on page 47 for detailed specification.

Bar matting height from floor - 30cms

Bar matting height from floor with optional
mat - 40cms



COMPULSORY LEVEL 4 BEAM 2014 - 2017

Optional routines with compulsory elements in optional order

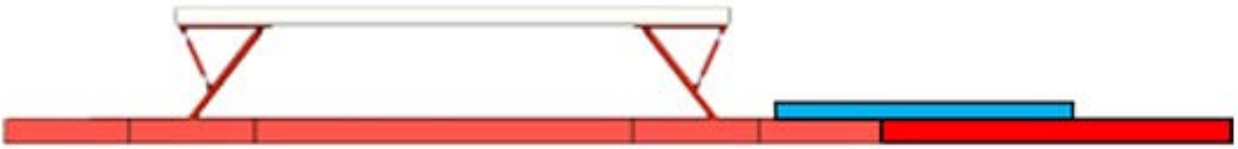
Time 1.30 max	D SCORE 4.00 maximum	Use FIG deductions
General <ul style="list-style-type: none"> On beam if a fall occurs between two connected elements the gymnast must complete the elements after the fall If the gymnast falls between the dismount connection, the whole connection may be repeated once All holds must be 2 seconds 		VM and No Attempt for missing element 0.30 lack of hold
• Within the exercise there must be one jump/leap with 180° split (no tolerance). Any other split jumps/leaps are subject to FIG deductions		

Missing element VM No Attempt VM + 2.00	Splits with no tolerance. Missing 180° split or straddle D panel VM
	Split deductions E panel > 0° - 20° deduct 0.10 > 20° deduct 0.30

VALUE	ELEMENTS (performed in optional order)	NOTES	VIDEOS
	Mount - optional entry mount (directly or indirectly) into:		
0.50	Russian lever, with legs together - hold	<ul style="list-style-type: none"> The gymnast is allowed to sit on the beam before doing the Russian lever. Straight legs throughout Deductions for lack of fold 0.10, 0.30 	▶ Watch 'Level 4 beam squat to Russian lever' ▶ Watch 'Level 4 beam Jump to Lever, Lift to Russian'
1.00	Backward walkover to toes, circle arms backwards, drop heels and flic step out		▶ Watch 'Level 4 beam Backward Walkover – stop – Flic'
1.00	Split leap (180° split)		▶ Watch 'Level 4 beam split leap'
1.00	Split jump		▶ Watch 'Level 4 beam Split Jump - Stretch Jump - Straddle Jump'
0.00	rebound extended stretch jump (no value) pause/pose,		
1.00	straddle jump (cross beam - side split action)		
0.50	Full [360°] Spin forward (passé developpe) arms finish above the head		▶ Watch 'Level 4 beam Full Spin'
1.00	From cross stand, cartwheel to cross stand, tucked back salto		▶ Watch 'Level 4 beam Cartwheel - Tuck Back (Dism)'

See Appendix on page 47 for detailed specification.

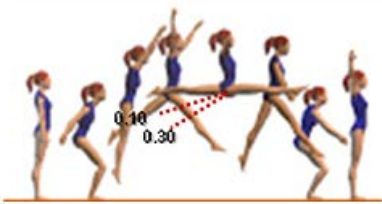
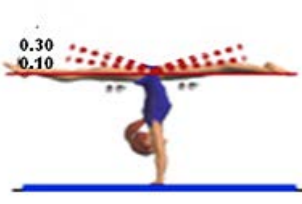
Landing matting height from floor - 30cms



COMPULSORY LEVEL 3 BEAM 2014 - 2017

Optional routines with compulsory elements in optional order

Time 1.30 max	D SCORE 4.00 maximum	Use FIG deductions
General <ul style="list-style-type: none"> On beam if a fall occurs between two connected elements the gymnast must complete the elements after the fall If the gymnast falls between the dismount connection, the whole connection may be repeated once All holds must be 2 seconds 		VM and No Attempt for missing element 0.30 lack of hold

<p>Missing element VM</p> <p>No Attempt VM + 2.00</p>	<p>Splits with no tolerance. Missing 180° split or straddle D panel VM</p>  <p>Split deductions E panel > 0° - 20° deduct 0.10 > 20° deduct 0.30</p>	<p>Series break specified for each connection</p> 
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See Appendix on page 47 for detailed specification.

Landing matting height from floor - 30cms



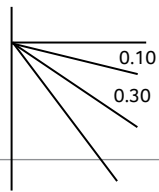
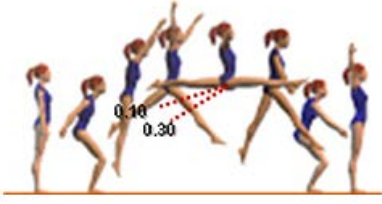

VALUE	ELEMENTS (performed in optional order)	NOTES	VIDEOS
1.00	Straddle lever (show position) lift to handstand (hold 2 seconds) legs together lower to free straddle	<ul style="list-style-type: none"> • VM deduction will be incurred if the element does not go to handstand and back to free straddle + any fall deduction • If the feet do not pass the beam after the first straddle lever the gymnast will lose VM + no attempt 	▶ Watch 'Level 3 beam Straddle Lever to HS'
0.50 0.50	Backward walkover connected to flic step out	<ul style="list-style-type: none"> • Split handstand is permitted at this level in the backward walkover • 1.00 for stop in connection 	▶ Watch 'Level 3 beam Backward Walkover - Flic'
1.00 0.50 0.30	Forward walkover Cartwheel Stretch jump	<ul style="list-style-type: none"> • Any 2 elements connected = 0.20 bonus • All 3 elements connected = 0.40 bonus • The free leg can be swung through into the cartwheel – no extra steps • Extra steps from forward walkover into cartwheel – penalty 0.30 	▶ Watch 'Level 3 beam Forward Walkover - Cartwheel - Jump'
0.50 1.00	Split jump immediate flic to 2 feet	<ul style="list-style-type: none"> • 0.30 for stop in connection 	▶ Watch 'Level 3 beam Split Jump - Flic to 2 feet'
0.50 0.50	Full spin, step immediate ½ spin, step ½ turn (either backwards or forwards but ½ spin, ½ turn series in same direction)	<ul style="list-style-type: none"> • Fall between ½ spin ½ turn, the second half turn must be done, if missed 0.30 for connection plus fall • Any 2 spins connected 0.10 bonus • All 3 spins connected 0.30 bonus 	▶ Watch 'Level 3 beam Full Spin - Half Spin - Half Turn'
0.30 0.30 0.30	3 leap & jump series: Split leap (180° split no tolerance) Split jump/straddle jump (180° split no tolerance) Sissone to finish in arabesque	<ul style="list-style-type: none"> • Connect any 2 of the 3 elements or incur 0.50 penalty • The 180° split no tolerance will apply to 2 of the 3 jumps/leaps • Bonus for all 3 connected – 0.20 • See diagram for arabesque deductions • No hold - > 0.30 	▶ Watch 'Level 3 beam Split Leap - Split Jump - Sissone'
0.50 0.50	Round off Straight back salto (stop between elements 1.00)		▶ Watch 'Level 3 beam Round Off - Straight Back'

FIG Artistry deductions apply (current at time of competitions)

COMPULSORY LEVEL 2 BEAM 2014 - 2017

Optional routines with compulsory elements in optional order

Time 1.30 max	D SCORE 4.00 maximum	Use FIG deductions
General <ul style="list-style-type: none"> On beam if a fall occurs between two connected elements the gymnast must complete the elements after the fall If the gymnast falls between the dismount connection, the whole connection may be repeated once All holds must be 2 seconds 		VM and No Attempt for missing element 0.30 lack of hold

<p>Missing element VM</p> <p>No Attempt VM + 2.00</p>	<p>Splits with no tolerance. Missing 180° split or straddle D panel VM</p>  <p>Split deductions E panel > 0° - 20° deduct 0.10 > 20° deduct 0.30</p>	<p>Series break specified for each connection</p> 
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See Appendix on page 47 for detailed specification.

Landing matting height from floor - 100cms



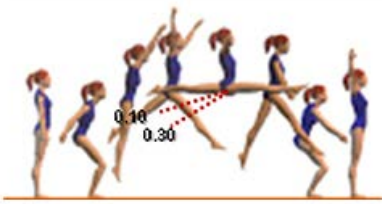

VALUE	ELEMENTS (performed in optional order)	NOTES	VIDEOS
0.00	Optional coded mount		
0.50 0.50 0.50	Backwards series of 3 elements from the following options to land on beam, NOT connected to dismount: <ul style="list-style-type: none"> • Flic –flic –flic (optional split of legs) • Valdez –flic –flic (optional split of legs) • Backward roll to handstand – flic –flic (optional split of legs) (Flics may be the same) 	<ul style="list-style-type: none"> • 1.00 for each stop in connection • NB: See notes below starting “If a gymnast falls...” 	<p>▶ Watch ‘Level 2 beam Flic - Flic – Flic’</p> <p>▶ Watch ‘Level 2 beam Valdez - Flic – Flic’</p>
0.50 0.50 0.50	Forward walkover, one step only into Change leg leap into Flic to 2 feet	<ul style="list-style-type: none"> • Any 2 elements connected - 0.20 bonus • All 3 elements connected – 0.40 bonus 	▶ Watch ‘Level 2 beam Forward Walkover - Change Leg – Flic’
0.50 0.50	Full spin, step full spin (either direction, any order, but must be on different legs) if the spin is backwards the free leg must be placed in front at the end of the spin	<ul style="list-style-type: none"> • Bonus for connecting – 0.20 	▶ Watch ‘Level 2 beam Full Spin - Back Spin’
0.30 0.30	Connection of minimum two different leaps/jumps/hops, one of which is a change leg leap (180° no tolerance)	<ul style="list-style-type: none"> • 0.50 for stop in connection 	▶ Watch ‘Level 2 beam Change Leg – Split’ Leap
0.50	Optional entry into straight back salto onto safety mats		▶ Watch ‘Level 2 beam Round Off - Straight Back Dismount’
<ul style="list-style-type: none"> • If a gymnast falls on the first flic she would get a 1.0 deduction for the fall and 1.0 for the connection. • If she falls on the second flic she would get a 1.0 deduction for the fall and 1.0 deduction for not joining to the 3rd flic. • If she falls on the 3rd flic she would get a 1.0 deduction for the fall. • If she falls on the 1st then 2nd then 3rd flic but made no attempt at joining to the next flic she would get 1.0 for each fall and 1.0 for each connection making 5 marks deduction. 			

FIG Artistry deductions apply (current at time of competitions)

COMPULSORY LEVEL 1 BEAM 2014 - 2017

Optional routines with compulsory elements in optional order

Time 1.30 max	D SCORE 4.00 + 0.90 bonus = 4.90 maximum	Use FIG deductions
General <ul style="list-style-type: none"> On beam if a fall occurs between two connected elements the gymnast must complete the elements after the fall If the gymnast falls between the dismount connection, the whole connection may be repeated once All holds must be 2 seconds Within the exercise there must be one jump/leap with 180° split (no tolerance). Any other split jumps/leaps are subject to FIG deductions 		VM and No Attempt for missing element 0.30 lack of hold

<p>Missing element VM</p> <p>No Attempt VM + 2.00</p>	<p>Splits with no tolerance. Missing 180° split or straddle D panel VM</p>   <p>Split deductions E panel > 0° - 20° deduct 0.10 > 20° deduct 0.30</p>	<p>Series break specified for each connection</p>
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See Appendix on page 47 for detailed specification.



VALUE	ELEMENTS (performed in optional order)	NOTES	VIDEOS
0.00	Optional mount from side of beam	<ul style="list-style-type: none"> Uncoded mount is permitted 	
0.50 1.00	Flic into optional shaped back salto	<ul style="list-style-type: none"> 1.00 deduction for stop in connection 	<p>▶ Watch 'Level 1 beam Flic Layout'</p>
1.00	Free walkover OR free cartwheel, OR side somersault OR front salto (from two feet only)		<p>▶ Watch 'Level 1 beam Free Walkover'</p> <p>▶ Watch 'Level 1 beam Free Cartwheel'</p>
0.50 0.50	Leap series minimum 2 different elements (must include minimum 1 x C leap)	<ul style="list-style-type: none"> 0.30 for stop in connection The 180° split no tolerance rule will apply to one element in the series. 	<p>▶ Watch 'Level 2 & 1 beam Change Leg - Split Leap'</p>
0.50	1 x additional C dance element or above	<ul style="list-style-type: none"> May be included within leap series 	
0.50	Minimum full spin forward or backward	<ul style="list-style-type: none"> If this spin is C or above it can count as the additional C dance element 	<p>▶ Watch 'Level 1 beam Full Spin Leg Up'</p> <p>▶ Watch 'Level 1 beam Leg Up Back Spin'</p>
1.00	Dismount Round off or flic entry to high mats <ul style="list-style-type: none"> Straight back full to stand Tuck/Piked salto 1¼ salto to back (landing in tuck/pike shape) 	<ul style="list-style-type: none"> Step deductions at the end of the full twist will be for sideways steps only Note - Coming off the mat 0.50 instead of a fall. Full twist onto back = fall 1.00 For 1¼ salto to back, the routine finishes when the gymnast's back makes contact with the mat. 	<p>▶ Watch 'Level 1 beam Round Off - Straight Full Dismount'</p> <p>▶ Watch 'Level 1 beam Round Off - Tuck Back to Back Dismount'</p> <p>▶ Watch 'Level 1 beam Round Off Pike Back to Back Dismount'</p>

BONUS 0.30 + FIG SB 0.10

0.50 ea x 2 = 1.00 max

For performing 3 acro element combination including salto as per FIG Series Bonus

BONUS 0.50

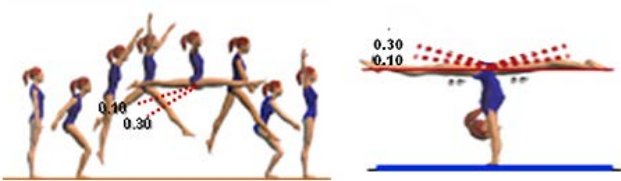
2/1 spin in optional position

FIG Artistry deductions apply (current at time of competitions)

COMPULSORY LEVEL 4 FLOOR 2014 - 2017

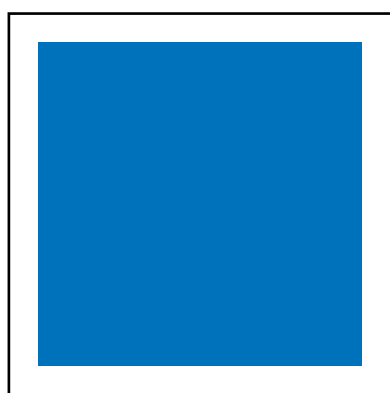
Optional routines with compulsory elements in optional order

D SCORE 4.00 maximum	Use FIG deductions
General <ul style="list-style-type: none"> All elements in an acrobatic series on floor must be completed continuously The handspring to 1 may be performed with legs split or together in the flight phase but there must be clear flight from the hands, hands and feet clear of the floor at the same time 	Value of series 0.30 lack of flight
<ul style="list-style-type: none"> Corner dance deductions apply as per FIG Code of Points see specific apparatus deductions 	

<p>Missing element VM</p> <p>No Attempt VM + 2.00</p>	<p>Splits with no tolerance. Missing 180° split or straddle D panel VM</p>  <p>Split deductions E panel > 0° - 20° deduct 0.10 > 20° deduct 0.30</p>	<p>Series break deductions as indicated in the text</p>
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See Appendix on page 47 for detailed specification.

Floor – FIG Regulation floor - 02309A04AA



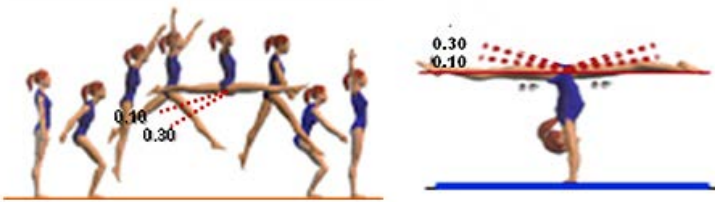
VALUE	ELEMENTS (series & elements performed in optional order)	NOTES	VIDEOS
1.00	Handspring to 1 Handspring to 2 Dive roll (not hecht)	<ul style="list-style-type: none"> Lack of flight in handspring – 0.10/0.30 The dive roll will attract a 0.10 > 0.30 for lack of flight not the value of the series 	<p>▶ Watch 'Level 4 floor Handspring to 1, to 2, Dive Roll'</p>
1.00	Jump into round off, 3 flics, optional jump	<ul style="list-style-type: none"> Every element of a series must be attempted for the value of the series to be rewarded 	<p>▶ Watch 'Level 4 floor 3 x Flics - Double Stag'</p> <p>▶ Watch 'Level 4 floor 3 x Flics - split jump'</p> <p>▶ Watch 'Level 4 floor 3 x Flics Straddle Jump'</p>
1.00	Free cartwheel	<ul style="list-style-type: none"> Entry can come from a dance passage or element, maximum of 3 steps, but not a run – deduction 0.30 	<p>▶ Watch 'Level 4 floor Free Cartwheel'</p>
0.50 0.50	Full Spin, step full spin	<ul style="list-style-type: none"> Can be either direction, but must be on different legs, can be the same spin 0.30 series break 	<p>▶ Watch 'Level 4 floor Full Spin - Full Spin'</p> <p>▶ Watch 'Level 4 floor Back Spin - Full Spin'</p>
0.50 0.50 0.50	Full turning cat leap chassé Split leap chassé Side leap Can be performed as FIG dance passage, ie. Running steps as well as chassé	<ul style="list-style-type: none"> 180° split no tolerance 180° split no tolerance 	<p>▶ Watch 'Level 4 floor Cat Leap - Split Leap - Side Leap'</p>

FIG Artistry deductions apply (current at time of competitions)

COMPULSORY LEVEL 3 FLOOR 2014 - 2017

Optional routines with compulsory elements in optional order

D SCORE 4.00 maximum	Use FIG deductions
General <ul style="list-style-type: none"> All elements in an acrobatic series on floor must be completed continuously Leaps/jumps are not allowed to be done immediately after tumblers to control landings and eradicate landing deductions Corner dance deductions apply as per FIG Code of Points see specific apparatus deductions 	Value of series

<p>Missing element VM</p> <p>No Attempt VM + 2.00</p>	<p>Splits with no tolerance. Missing 180° split or straddle D panel VM</p>  <p>Split deductions E panel</p> <p>> 0° - 20° deduct 0.10</p> <p>> 20° deduct 0.30</p>	<p>Series break deductions as indicated in the text</p>
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See Appendix on page 47 for detailed specification.

Floor – FIG Regulation floor - 02309A04AA



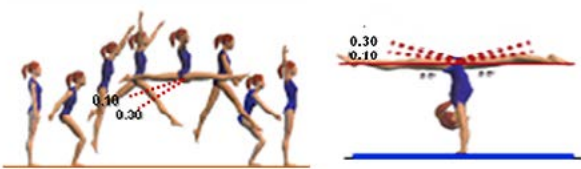
VALUE	ELEMENTS (series & elements performed in optional order)	NOTES	VIDEOS
1.00	Round off, flic, straight back salto with ½ twist		▶ Watch 'Level 3 floor Straight Back Half'
1.00	Handspring, salto forward tucked		▶ Watch 'Level 3 floor Handspring - Tuck Front'
1.00	Jump into round off, 3 flics, tuck back salto		▶ Watch 'Level 3 floor Three Flics - Tuck Back'
1.00	Free forward walkover	<ul style="list-style-type: none"> • Entry can come from a dance passage or element, maximum of 3 steps, but not a run deduction 0.30 	▶ Watch 'Level 3 floor Free Walkover'
0.50 0.50	Spin with leg horizontal throughout, step immediate Spin	<ul style="list-style-type: none"> • 0.30 for series break (spins in either direction but must be on different legs) 	▶ Watch 'Level 3 floor Horizontal Spin - Back Spin'
0.50 0.50	Dance passage to include: Change leg leap Change leg side (Johnson)	<ul style="list-style-type: none"> • 180° split no tolerance on the change leg leap 	▶ Watch 'Level 3 floor Change Leg - Change Leg Side'
0.50	W jump full turn OR straddle full turn OR split jump full turn		▶ Watch 'Level 3 floor W Jump Full Turn' ▶ Watch 'Level 3 floor Straddle Jump Full Turn'

FIG Artistry deductions apply (current at time of competitions)

COMPULSORY LEVEL 2 FLOOR 2014 - 2017

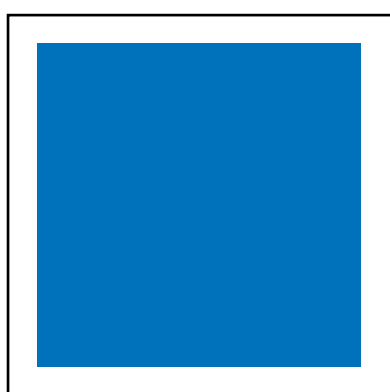
Optional routines with compulsory elements in optional order

D SCORE 4.00 maximum	Use FIG deductions
General <ul style="list-style-type: none"> All elements in an acrobatic series on floor must be completed continuously Leaps/jumps are not allowed to be done immediately after tumblers to control landings and eradicate landing deductions Corner dance deductions apply as per FIG Code of Points see specific apparatus deductions 	Value of series

<p>Missing element VM</p> <p>No Attempt VM + 2.00</p>	<p>Splits with no tolerance. Missing 180° split or straddle D panel VM</p>  <p>Split deductions E panel</p> <p>> 0° - 20° deduct 0.10</p> <p>> 20° deduct 0.30</p>	<p>Series break deductions as indicated in the text</p>
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See Appendix on page 47 for detailed specification.

Floor – FIG Regulation floor - 02309A04AA




VALUE	ELEMENTS (series & elements performed in optional order)	NOTES	VIDEOS
1.00	Round off, flic, straight back salto with full twist		▶ Watch 'Level 2 floor Round Off Flic Straight Full Salto'
1.00	Handspring, straight front salto		▶ Watch 'Level 2 floor Handspring Straight Front'
1.00	Tuck/pike salto walkout, round off, flic, straight back salto		▶ Watch 'Level 2 floor Front Walkout to Straight Back'
1.00	Free forward walkover or free cartwheel into or out of optional dance element	<ul style="list-style-type: none"> No steps allowed between elements – 0.30 series break 	▶ Watch 'Level 2 floor Free Cartwheel – Sissone' ▶ Watch 'Level 2 floor Back Spin - Free Walkover' ▶ Watch 'Level 2 floor Wolf Hop - Free Cartwheel' ▶ Watch 'Level 2 Leg Up Spin - Free Cartwheel'
1.00	2/1 spin	<ul style="list-style-type: none"> Either direction 	▶ Watch 'Level 2 floor Double Spin'
0.50	Dance passage of:	<ul style="list-style-type: none"> One leap must have 180° split 	▶ Watch 'Level 2 floor Change Leg - Change Half' ▶ Watch 'Level 2 floor Change Leg - Tour Jete'
0.50	Change leg split leap into one of the following <ul style="list-style-type: none"> Change leg ring leap Change leg side leap Change leg half turn leap Tour jeté 		

FIG Artistry deductions apply (current at time of competitions)

COMPULSORY LEVEL 1 FLOOR 2014 - 2017

Optional routines with compulsory elements in optional order

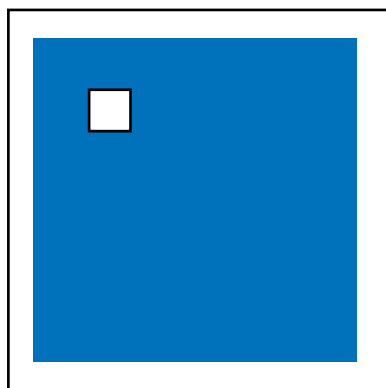
D SCORE 4.00 + 0.50 bonus = 4.50 maximum	Use FIG deductions
General <ul style="list-style-type: none"> Gymnasts must perform minimum three tumbles Bonus double back salto series is in addition to the 3 required series All elements in an acrobatic series on floor must be completed continuously 	Value of series
<ul style="list-style-type: none"> Leaps/jumps are not allowed to be done immediately after tumbles to control landings and eradicate landing deductions Corner dance deductions apply as per FIG Code of Points see specific apparatus deductions 	

<p>Missing element VM</p> <p>No Attempt VM + 2.00</p>	<p>Splits with no tolerance. Missing 180° split or straddle D panel VM</p>  <p>Split deductions E panel</p> <p>> 0° - 20° deduct 0.10</p> <p>> 20° deduct 0.30</p>
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See Appendix on page 47 for detailed specification.

Floor – FIG Regulation floor - 02309A04AA

Supplementary soft landing mat 2m x 2m x 5cms – 02290P04PBR



VALUE	ELEMENTS (series & elements performed in optional order)	VIDEOS
1.00	Round off, flic, straight back salto with 2/1 twist	▶ Watch 'Level 1 floor Round Off Flic Straight Double Twist'
1.00	Optional series to include the following elements (choice of elements to go in the series is optional along with those required) <ul style="list-style-type: none"> • Round off • Whip salto • Straight back salto with full twist 	▶ Watch 'Level 1 floor Whip - Straight Full Salto'
1.00	One additional direct series from the following options (optional elements to go with the direct connection are permitted) <ul style="list-style-type: none"> • Straight back 1½ twist, front salto (optional front salto shape) • Front salto, front C salto full • Front C salto full, front salto (optional salto shape) 	▶ Watch 'Level 1 floor One and a Half - Straight Front' ▶ Watch 'Level 1 floor Straight Front - Straight Full'
0.50 0.50	A dance passage of 2 C elements (must be different)	
0.50	Minimum B – value spin	▶ Watch 'Level 1 floor Horizontal Spin'
GBR BONUS 0.50 Double tuck/pike back salto Bonus can only be given once Additional 5cm mat permitted with no penalty		▶ Watch 'Level 1 floor bonus Double Pike'

FIG Artistry deductions apply (current at time of competitions)

Within the exercise there must be one jump/leap with 180° split no tolerance. Any other split jumps/leaps are subject to FIG deductions.

COMPULSORY LEVEL 4/3 R & C 2014 - 2017

Watch our video demonstration

- ▶ 'R&C - Level 4 and 3 (Part 1)'
- ▶ 'R&C - Level 4 and 3 (Part 2)'
- ▶ 'R&C - Level 4 and 3 (Part 3)'

D SCORE 4.00 maximum


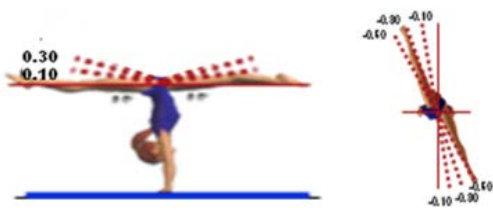

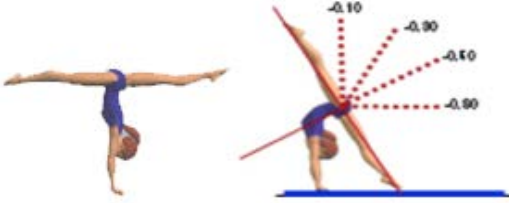

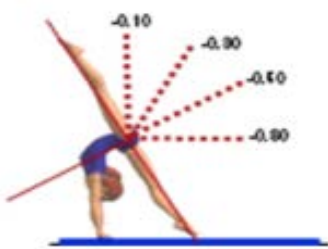
General penalties to be applied throughout


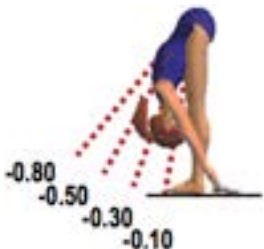


- HOLDS 2 Seconds Failure to hold 0.30
- FIG deductions for bent arms, bent legs, body alignment apply to all elements
- Neutral deductions, eg holds, taken from final score. See chart in General section "Procedure for calculating the Final score"

* indicates a point where if a fall occurs the gymnast must get back to a position to do the next valued element (instructions from D1 judge)

<p>Missing element VM</p> <p>No Attempt VM + 2.00</p>	<p>> 0° - 20° deduct 0.10 > 20° deduct 0.30</p>		
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VALUE	DESCRIPTIONS	DEDUCTIONS
0.50	Standing forward leg lift on first leg, show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position Return to stand	
0.50	Standing leg lift on second leg show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position Return to stand	<p>Chest below horizontal in arabesque 0.10, 0.30</p> <p>Hip & shoulder not parallel 0.10, 0.30</p> <p>Lack of control in transitions 0.10, 0.30</p>
0.50	Forward roll through shoulder stand to straddle lever, (feet above hips in lever position) HOLD	<p>Failure to show shoulder stand (hip angle through vertical) 0.10, 0.30</p> <p>Legs resting on arms in lever 0.30</p> <p>Feet not above level of hips 0.10, 0.30</p>

	Lift around to show front support	<p>Feet brushing floor in transition to front support 0.30</p> <p>Feet hitting floor in transition to front support 0.50</p>
0.50	Slide feet up to pike fold, lift to handstand, legs together* HOLD	 <p>Legs apart during lift 0.10, 0.30 Straddle lift to handstand VM Continuous movement from front support to handstand – a pause/stop will attract a 0.10 > 0.30</p>
0.50	Show controlled static split handstand*	
	Join legs in handstand*	
0.50	Show controlled static split handstand*	
0.50	Bend to show split bridge	
0.50	Return legs together to show bridge	 <p>Feet not together in bridge 0.10, 0.30</p>
0.50	Show alternate split bridge	

0.50	Pull back to handstand HOLD *	 <p data-bbox="758 436 1380 510">Excessive push from support leg 0.10, 0.30 Split handstand then join legs 0.30</p>
0.50	Pike fold with hands FLAT on floor (fingers facing backwards) HOLD	 <p data-bbox="758 817 1300 864">Pike stand hand support on floor 0.30</p>
	Stand	
0.30 0.30 0.30	Split jump, Split jump on opposite leg, Straddle jump (through side split) (to be linked but not rebounding)	 <p data-bbox="758 1512 1061 1556">Split deductions apply</p>

See Appendix on page 47 for detailed specification.

Firm, non springy, mat 8m x 2m Tribond 03313B0B1

COMPULSORY LEVEL 2/1 R & C 2014 - 2017

Watch our video demonstration

▶ 'R&C - Level 1 and 2 (Part 1)'

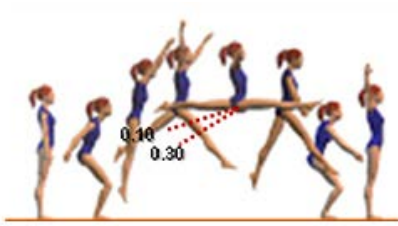
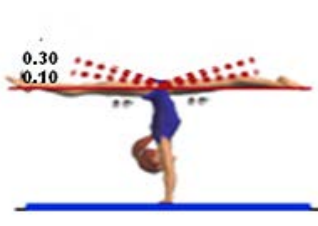
▶ 'R&C - Level 1 and 2 (Part 2)'

D SCORE 4.00 maximum



General penalties to be applied throughout




- HOLDS 2 Seconds Failure to hold 0.30
- FIG deductions for bent arms, bent legs, body alignment apply to all elements
- Neutral deductions eg holds, taken from final score. See chart in General section "Procedure for calculating the Final score"

* indicates a point where if a fall occurs the gymnast must get back to a position to do the next valued element (instructions from D1 judge)

<p>Missing element VM</p> <p>No Attempt VM + 2.00</p>		
	<p>Split deductions E panel</p> <p>> 0° - 20° deduct 0.10</p> <p>> 20° deduct 0.30</p>	

Begin sitting on floor between parallets

VALUE	DESCRIPTIONS	DEDUCTIONS
0.30	Lift to pike lever HOLD	Legs below parallel to floor 0.10, 0.30
0.50	Lift to Russian lever (legs together) HOLD	Back not parallel to floor 0.10, 0.30 Legs not to face in fold 0.10, 0.30
0.30	Lift to straddle lever HOLD	 Legs resting on arms 0.30 Feet not above level of hips 0.10, 0.30
0.50	Lift to handstand HOLD	 Feet brushing floor during lever 0.30 Feet not getting past hands in attempt to lift (If fall, VM) NA Failure to reach handstand VM

	Pike down to stand (previous elements to be performed continuously) fingers facing backwards hands remain on floor	Sitting between elements (this is a specific penalty and not a fall)	0.50 ea
0.50	Backward roll to handstand, hop hands *	Standing up before bwd roll to h/s 0.10 Bending legs into roll to h/s 0.10, 0.30 Splitting legs into roll to h/s 0.10, 0.30 Roll down putting hands on floor 0.10, 0.30 Failure to go to handstand 0.30 failure to hop hands round 0.10 For the hop to be rewarded the hands must move simultaneously from their turned in position to a forward facing position with dynamics	
0.50	From handstand pike fold with hands on floor (hands FLAT , fingers facing backwards)		Pike stand hand support on floor 0.30
0.50	Show needle on 1 leg	Split deductions apply	
0.50	Show needle other leg	Split deductions apply	
0.50	From needle on 2nd leg Forward walkover to stand one leg (minimum horizontal), with free HOLD for two seconds		Split deductions apply in handstand Leg dropping below horizontal
0.50	Lift leg with hand support to front scale and HOLD for two seconds		
0.50	Immediate backward walkover through to split on floor	Split deductions apply Feet brushing floor 0.10, 0.30 Bending leg to get to splits 0.10, 0.30	
0.50	Rotate to box split (without hands)	Using hands on floor 0.30 Split deductions apply	
0.50	Rotate to split on 2nd leg (without hands)	Using hands on floor 0.30 Split deductions apply	
0.50	Bring leg around to join legs, Valdez to stand	Split deductions apply	
0.30	Split jump	Split deductions apply	
0.30	Split jump ½ (turn must be performed in 1st half of jump)		
0.30	Straddle jump (through side split) (to be linked but not rebounding)		

See Appendix on page 47 for detailed specification.

Timber balancing bars - short - pair
01334A01AA

Firm, non springy, mat 8m x 2m
Tribond 03313B0B1



APPENDIX

VAULT - LEVEL 4 & 3

Equipment required (includes reference to Continental apparatus for clarification)

Springboard – FIG – 01269M01AA

Springboard 'Powerboard' 01269J01AA – 4 springs

Springboard 'Turboboard' 01269G01AA

Yurchenko springboard surround – 01336B01AA

Gymnastic Landing Mat – 02038A03CB

Safety Mat/Crash Mat to depth 60 cms – optional 80cms for 0.5 bonus– 02290F01PB

Safety Mat/Crash Mat to depth 20/30cms – for gymnast's body (not feet) to land

Agility roll mat (For round off entry) – 02291A01PB (Level 3)

VAULT - LEVEL 2

Equipment required (includes reference to Continental apparatus for clarification)

Springboard – FIG – 01269M01AA

Springboard 'Turboboard' 01269G01AA

Yurchenko springboard surround – 01336B01AA (for round off entry vaults)

Vaulting Table 120 cms high – X1265E01AA

Gymnastic Landing Mat – 02038A03CB

Safety Mat/Crash Mat to depth 100 cms – Optional 120 cms for 0.5 bonus - 02290F01PB

Agility roll mat – 02291A01PB over the table

Agility roll mat – 02291A01PB for round off entry vaults

VAULT - LEVEL 1

Equipment required (includes reference to Continental apparatus for clarification)

Springboard – FIG – 01269M01AA

Springboard 'Turboboard' 01269G01AA

Yurchenko springboard surround – 01336B01AA (for round off entry vaults)

Vaulting Table 125 cms high – X1265E01AA

Safety Mat/Crash Mat to depth 20 cms (placed directly on the floor) – 02290F01PB

Vault landing Mat – 02311D01AA

Agility roll mat – 02291A01PB (for round off entry vaults)

A BARS - LEVEL 4

Equipment required (includes reference to Continental apparatus for clarification)

Single Strap Bar at height 250 cms – X1273A01AA

Supplementary soft landing mat – 02290P04PBR

Safety Mat/Crash Mat - 2290F01PB to depth 20 cms

Gymnastic landing mat – 02308A03CB

A block high enough for the gymnast to stand on and reach the bar

A BARS - LEVEL 3

Equipment required (includes reference to Continental apparatus for clarification)

Single Bar at height 250 cms – X1273A01AA

Supplementary soft landing mat – 02290P04PBR

Safety Mat/Crash Mat – 02290F01PB to depth 20 cms

Gymnastic landing mat – 02308A03CB

A BARS - LEVEL 2

Equipment required (includes reference to Continental apparatus for clarification)

Supplementary soft landing mat – 02290P04PBR

Safety Mat/Crash Mat – Laid directly onto the floor - 02290F01PB to depth 20 cms

Single Bar at height 250 cms – X1273A01AA

A BARS - LEVEL 1

Equipment required (includes reference to Continental apparatus for clarification)

Smaller Supplementary soft landing mat 2m x 2m – 02290P04PBR

Supplementary soft landing mat 4m x 2m – 02290P04PBR

Gymnastic landing mat – 02308A03CB

BEAM - LEVEL 4

Equipment required (includes reference to Continental apparatus for clarification)

Beam – 01286F01AA

Gymnastic landing mat – 02308A03CB

Supplementary soft landing mat – 02290P04PBR

Springboard

BEAM - LEVEL 3

Equipment required (includes reference to Continental apparatus for clarification)

Beam – 01286F01AA

Gymnastic landing mat – 02308A03CB

Supplementary soft landing mat – 02290P04PBR

Springboard

BEAM - LEVEL 2

Equipment required (includes reference to Continental apparatus for clarification)

Beam – 01286F01AA

Gymnastic landing mat – 02308A03CB to depth 20 cms

Safety Mat/Crash Mat – 02290F01PB to depth 80 cms

Springboard

BEAM - LEVEL 1

Equipment required (includes reference to Continental apparatus for clarification)

Beam – 01286F01AA

Gymnastic landing mat – 02308A03CB

Springboard

Safety Mat/Crash Mat – 02290F01PB

- To height of 60 cms for straight back salto full twist
- To height of 120 cms for 5/4 back salto tuck/pike

FLOOR – LEVEL 4, 3, 2

FIG Regulation floor - 02309A04AA

FLOOR – LEVEL 1

FIG Regulation floor - 02309A04AA

Supplementary soft landing mat 2m x 2m x 5cms – 02290P04PBR

RANGE & CONDITIONING - LEVEL 4 & 3

Firm, non springy, mat 8m x 2m Tribond 03313B0B1

RANGE & CONDITIONING - LEVEL 2 & 1

Timber balancing bars - short - pair

01334A01AA

Firm, non springy, mat 8m x 2m Tribond 03313B0B1

For equipment specifications, visit www.continentalsports.co.uk

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