



2018 - 2021

Women's Artistic National

Elite Compulsory Levels

for Coaches

Listed by Level

Published October 2017

Revised November 2017

Videos relating to the skills in this resource can be viewed in the Academy by selecting 'Levels' in the Women's Artistic Gymnastics National Elite Compulsory Levels menu, then selecting the apparatus you require.



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 the coach. Some levels include optional elements that allow the gymnast to work to their strengths.

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. However, this must not be at the expense of safety. All F.I.G. landing mats (20cm) will be turned over soft side uppermost.

British Gymnastics uses Gymnova for national competitions. 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.

General Rules

Judging

All the deductions are based on the FIG COP 2017 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.
- A 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 except where stated otherwise. 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 2018 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

Value of element (VM) Element not completed to the technical requirement <ul style="list-style-type: none">• Technical requirements of elements are indicated in the text e.g. spins incomplete	D judges deduction	From D score
Faults considered by D judges, but are taken as neutral deductions (penalties) <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
E score FIG deductions for execution e.g. <ul style="list-style-type: none">• Bent arms, bent legs• Body posture• Insufficient tuck/pike/straight in elements• Height• Flight• Rotation• Falls• Artistry composition and specific apparatus deductions on bars, beam & floor.	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 Gymnastics website www.british-gymnastics.org

Compulsory level 4

Vault

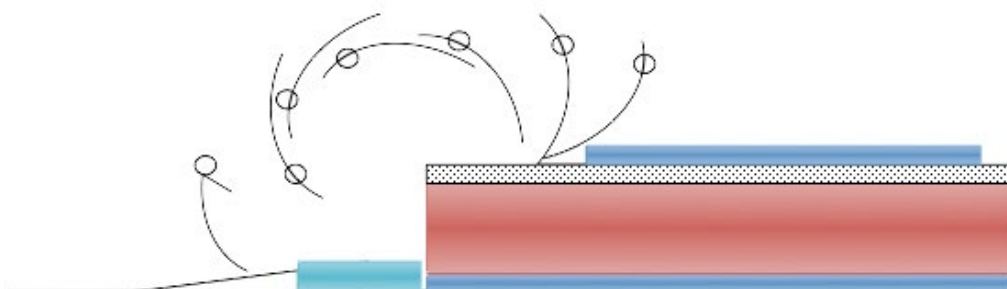
Compulsory level 4 - 2018-2021

The straight front salto and round off straight back salto are mandatory and the scores are averaged. If only the same vault is performed (either vault), a 2.00 deduction applies from the average

Mandatory - 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)

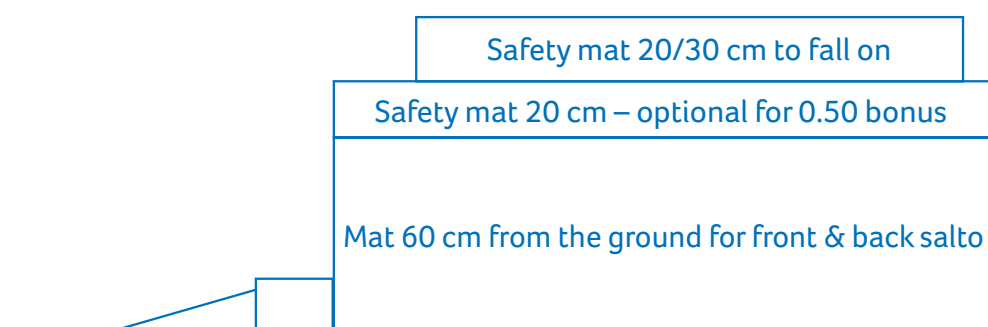


Specific Apparatus Deductions (E Panel)

Faults	0.10	0.30	0.50
Run up distance less than 17m or more than 25m deduction		x	
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 forwards 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	
Failure to land feet first – invalid vault			0.00

NB: Safety collar compulsory – score 0 if not used

See appendix for detailed specification

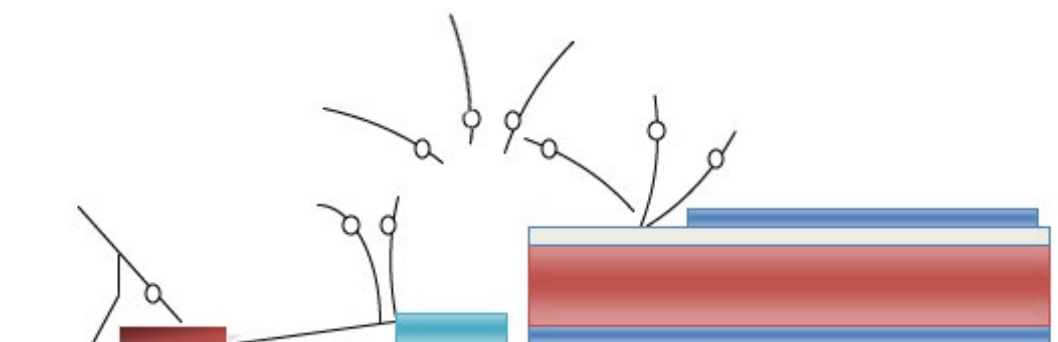


Vault

Compulsory level 4 - 2018-2021

Mandatory - Round off straight back salto from the board - averaged D score 4.00

Land on feet and FALL to back lying, jump not permitted - Level landing - softer/thicker round off hand placement mat can be positioned up to 10cm onto the bottom of the springboard - plus 0.5 bonus on final score if total deductions for this vault has less than 1.00 deduction

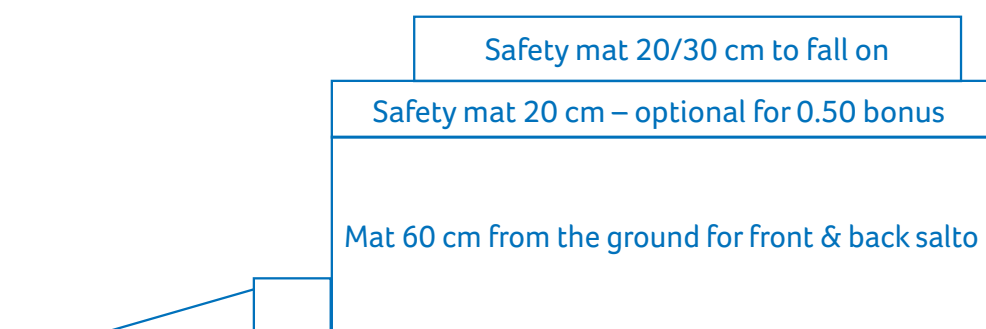


Specific Apparatus Deductions (E Panel)

Faults	0.10	0.30	0.50
Run up distance less than 17m or more than 25m deduction		x	
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	
Failure to land feet first – invalid vault			0.00

NB: Safety collar compulsory – score 0 if not used



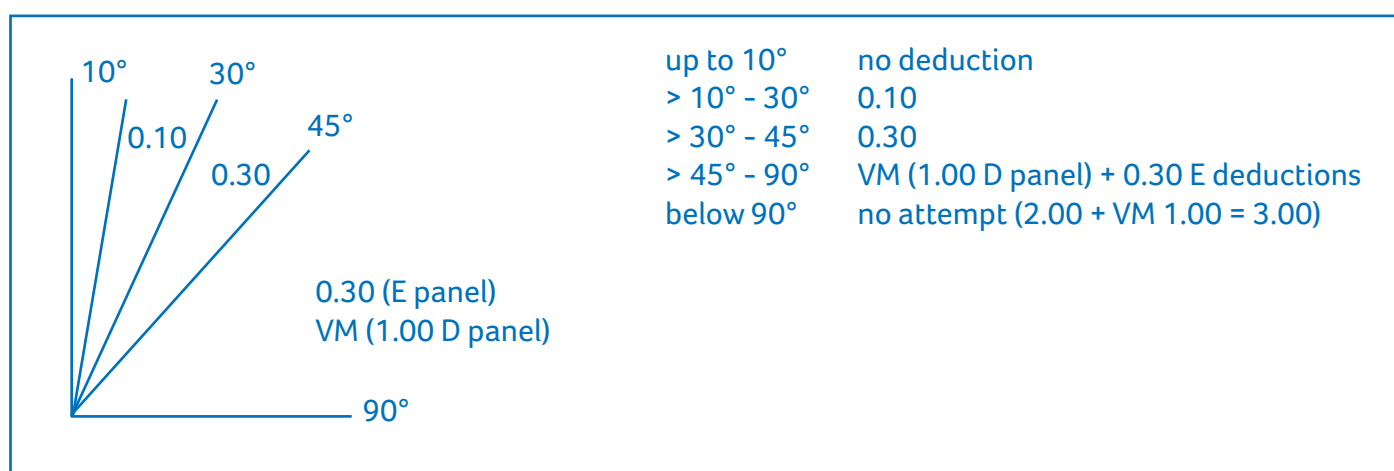
Compulsory levels uneven bars guidelines

All body parts must reach the required angle

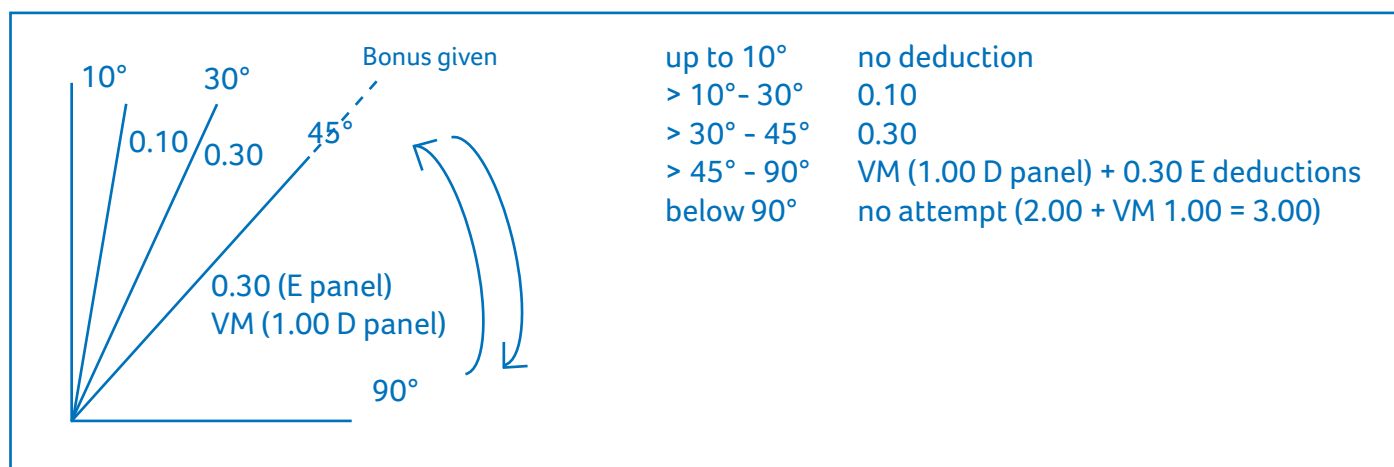
- If there is a pike in the body, the line is from the hands to the feet or lowest body part
- If there is an excessive arch which puts the feet in the higher sector, the line is through the centre of mass

Uneven bars diagrams for Compulsory 3,2,1 elements

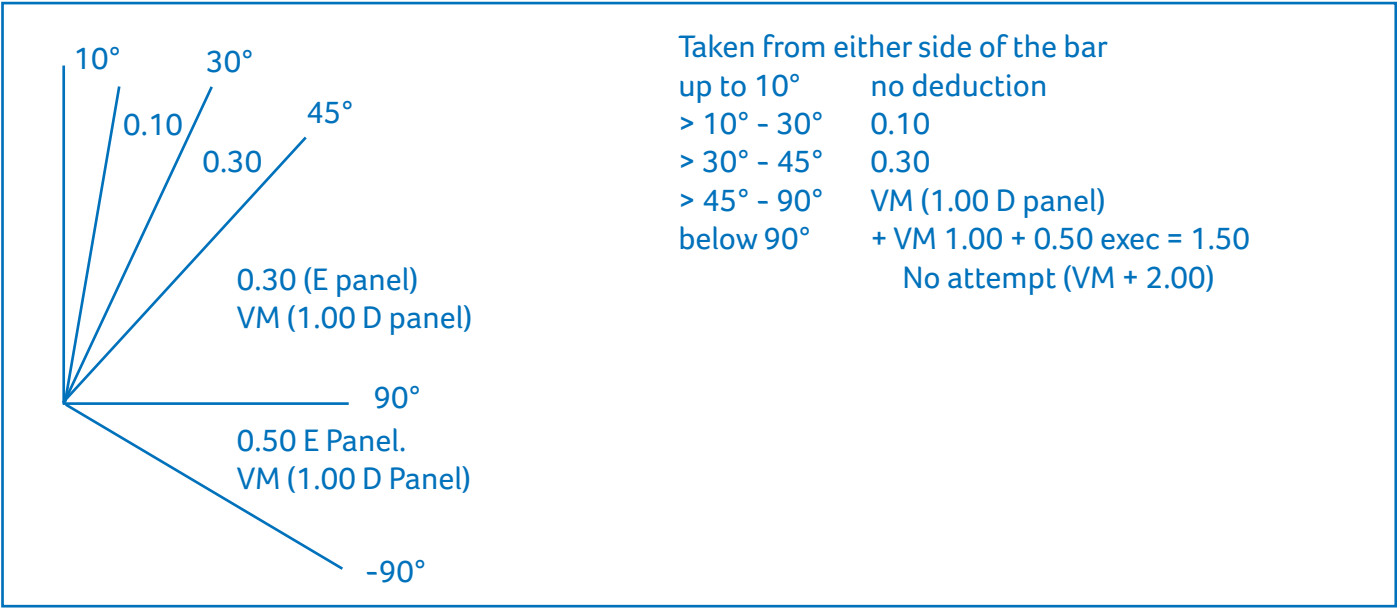
GBR cast to handstand penalties



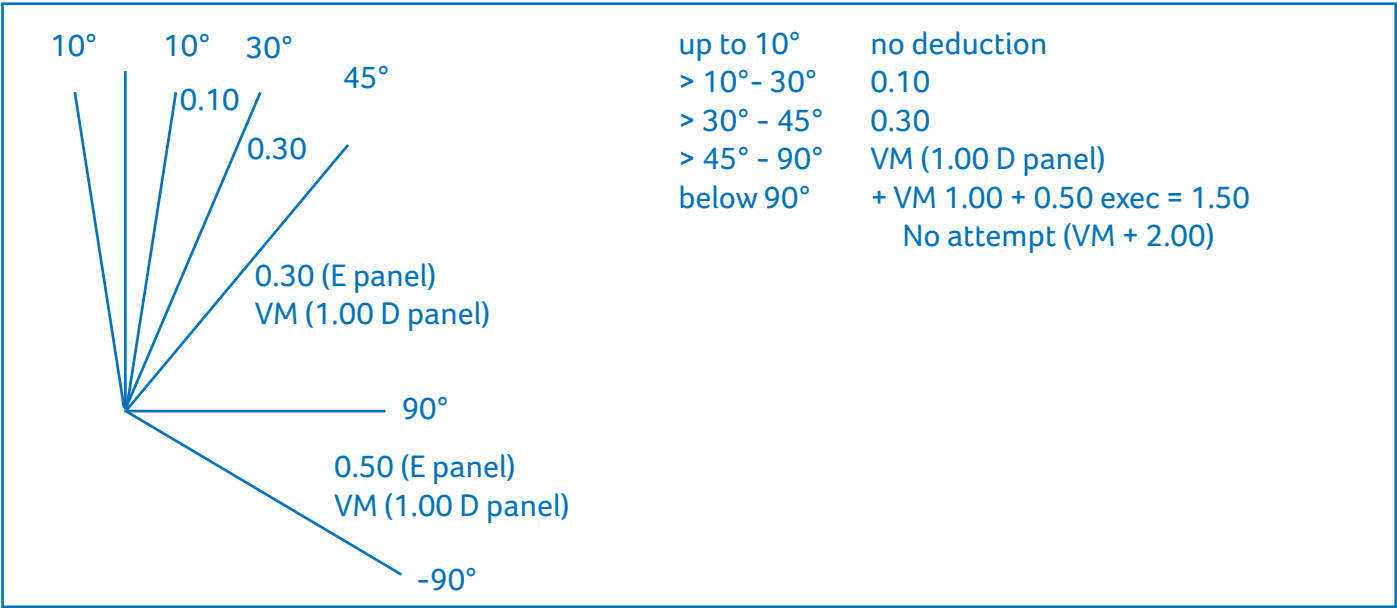
GBR swing penalties - swings that do not go over the bar but come back in the same direction



GBR circle penalties - elements without turn (giant circles, clear hips circles, Stalder circles, Endo circles, toe on and off circles forwards & backwards, stoop in and out, Weiler kips) deductions for these elements are taken from either side of the bar



GBR circle elements with turn penalties

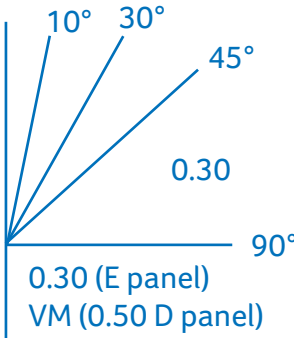
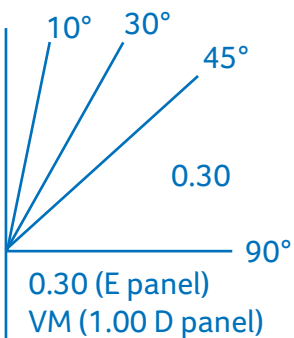


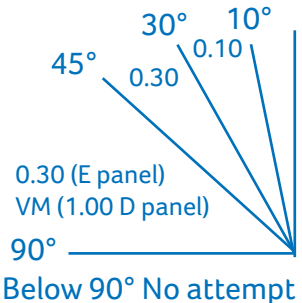
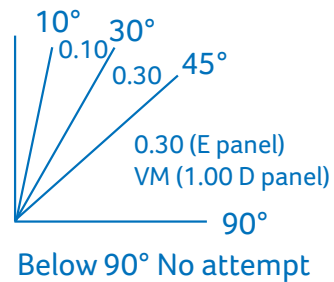
Bars

Compulsory level 4 - 2018-2021

Strap bar height 2.50m	D SCORE 4.00 plus bonus	Use FIG deductions throughout the exercise except where specified
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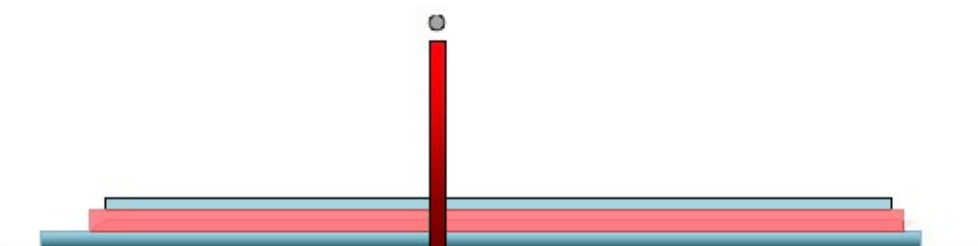
Value of element taken as specified in each text	No attempt at an element VM + 2.00	Cast & circle deductions taken according to diagrams
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Value	ELEMENTS (exercise must be performed in this order)	NOTES
0.50	Mount - From long hang, in regular grip, trolley 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> 
1.00	<p>Clear hip circle to 45° minimum (emphasis on shape and body alignment)</p> <p>Immediate <u>different consecutive</u> close bar skill to 45° minimum for a bonus of 0.30 each time:</p> <ul style="list-style-type: none"> • Stalder • Clear pike circle • Toe on/off (feet together not straddled) • Forward toe on (no grip change of course) • Endo (no grip change of course) • Weiler (no grip change of course) 	<p>Deductions apply for late exit of circle</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. If the giant is too scooped in the upswing 0.10 > 0.30</p>  <p>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>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 Deductions on upswing If a shoulder angle is put in to slow down before the vertical Deduct 0.10 > 0.30</p>
0.50	Backward giant circle through handstand – Routine finishes	

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

See appendix for detailed specification

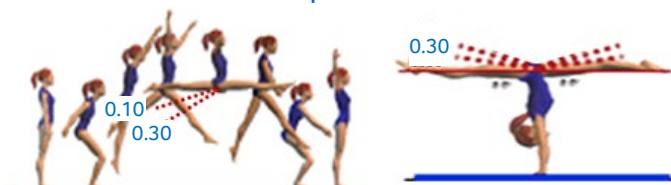


Beam

Compulsory level 4 - 2018-2021

Optional routines with compulsory elements in optional order

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

Time 1.30 max	D SCORE 4.00 plus bonus	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 FIG landing mats soft side uppermost Ankle raise in each length or 0.50 deduction from routine Leap series arm positions highly recommended – see notes 		VM and NA for missing element 0.30 lack of hold on value elements
Missing element VM		
No Attempt VM + 2.00		
These rules are applicable to all levels		

VALUE	ELEMENTS (performed in optional order)	NOTES
	Mount - Optional entry mount (directly or indirectly) into:	
0.50	Russian lever, with legs together - hold 2 sec.	<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

1.00	<ul style="list-style-type: none"> Kick to split handstand hold 2 sec. (not handstand then split) join to back walkover* (no bonus here) 	<p>If tick toc after handstand deduct 0.50</p> <p>*If joining the handstand to flic step out 0.20 bonus.</p> <p>*If joining handstand back walkover flic step out 0.40 bonus</p>
1.00	<ul style="list-style-type: none"> Flic 	All 3 elements above must be in the same length.
1.00	Split leap (180° split)	No connection deduction 0.30
0.30	connected to straight jump	Arms straight and behind hips, step forwards into split leap, both arms swing forwards and parallel to horizontal and out to the side in the leap and land. Join legs together both arms circle backwards to swing forwards to the ears and land forwards horizontal and parallel. In the straddle jump the arms are taken sideways horizontal to land forwards horizontal and parallel.
1.00	connected to straddle jump (arm positions highly recommended)	
1.00	Split jump	Split jump and relevés all one with connection deduction.
0.30	relevé on one foot hold for 2 seconds**	Split jump to absorb landing, with arms forwards at horizontal and parallel, lower arms to behind hips and close to the body in transition to immediate relevé on one foot and hold for 2 seconds with free leg bent and toes at calf level, step onto other foot on toes, then swing arms forwards and above head in ring position, repeat free leg position and hold for 2 seconds. Then lower leg to beam and set arms for spin preparation.
0.30	arms down for first relevé arms up for second relevé** and set for full spin.	In spin preparation, one arm is “soft” forwards (same as front foot) and horizontal and the other is out to the side in horizontal. Perform a ¼ [360°] spin forwards (passé developpe) arms finish above the head.
1.00	Full [360°] spin forwards (passé developpe) arms finish above the head	
0.50	From cross stand,	Stop between cartwheel and salto elements deduct 1.00
0.50	cartwheel to cross stand, Tucked back salto	

**0.20 bonus for each relevé held for 2 seconds.

FIG artistry and composition and specific apparatus deductions apply except where stated otherwise (current at time of competitions)

See appendix for detailed specification



Floor

Compulsory level 4 - 2018-2021

Optional routines with compulsory elements in optional order



Split deductions E panel
 > 0° - 20° deduct 0.10
 > 20° deduct 0.30

D SCORE 4.00 plus bonus	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

VALUE	ELEMENTS (performed in optional order)	NOTES
1.00	Front salto tucked rebound/jump into hurdle handspring to 1 handspring to 2	Lack of flight in handspring – 0.10, 0.30 If series broken, deduct 1.00 Missing VM and non-attempt 2.00 deduction for missing series If no salto then lose VM + non-attempt
1.00 0.50 0.50 0.50	On a parallel line in front of Head Judge approx. 1m into the floor area. Step hurdle round off flic tuck back salto.	Both hands and both feet on the parallel line except for the flic where the hands are shoulder width apart. During the round off, the flic or the salto (including its landing) if both limbs are not touching the line, and on one side of it they will receive a 0.50 penalty each time If series broken, deduct 1.00 Missing VM and non-attempt 2.00 deduction for missing series If no salto then lose VM + non-attempt.
1.00	Combination - Cat leap free cartwheel	No connection 0.30 deduction
0.50 0.50	Step full spin, step full spin	Can be either direction, but must be on different legs, can be the same spin 0.30 series break
0.50 0.50 0.50	Split leap step Fouette hop (Ref beam 2.204) step into split leap on opposite leg	180° split no tolerance for one of the split leaps. Arms straight and behind hips, step forwards into split leap, both arms swing forwards and parallel to horizontal and out to the side in the leap and land. Step, circling arms backwards to forwards to ears during Fouette moving arms out to horizontal to land. Leave to side horizontal for second leap.

FIG artistry and composition and specific apparatus deductions apply except where stated otherwise (current at time of competitions)

See appendix for detailed specification



Floor – FIG Regulation floor –
8m line to be placed approx. 1m from edge of floor
area and in front of Head Judge

Range and Conditioning

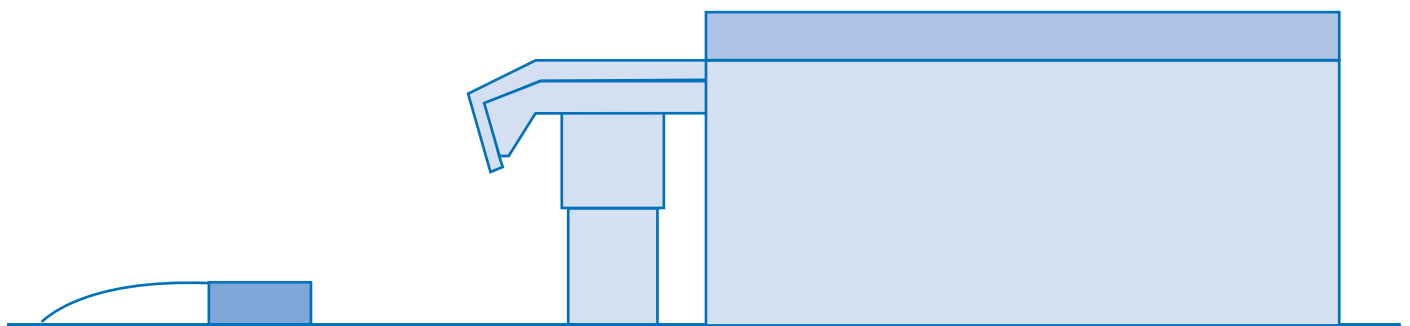
Compulsory level 4 - 2018-2021

	New Level 4 range & conditioning set	Penalties
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	Chest below horizontal in arabesque 0.10, 0.30
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	Chest below horizontal in arabesque 0.10, 0.30
0.50	Pike fold with hands FLAT on floor (fingers facing backwards) HOLD 2 seconds	No hold 2 sec – 0.30
0.50	Bend legs and push backwards into backward roll through to front support, straight arms (no deduction if straight legs into backward roll)	Bent Arms 0.10, 0.30 Failure to keep tight shape (flat back) in front support 0.30
0.50	Drag legs through to straddle lever, (feet above hips in lever position) HOLD 2 seconds	No hold 2 sec – 0.30
0.50	Lift to handstand to show and lower to bridge - HOLD 2 seconds	No hold 2 sec – 0.30
0.50	Kick back to split handstand – HOLD 2 seconds	No hold 2 sec – 0.30
	Join legs in handstand	
0.50	Show controlled static (opposite) split handstand - HOLD 2 seconds	Lack of split 0.10, 0.30
0.50	Return legs together	
	Pike down	
0.30	Semi squat into straddle jump	Split deductions apply
0.30	Split jump	Split deductions apply
0.30	Split jump on opposite leg	Split deductions apply
0.30	Jump full turn (jumps to be linked but not rebounding)	Lack of height 0.10, 0.30 Loss of balance 0.10, 0.30

Compulsory level 3

Vault

Compulsory level 3 - 2018-2021



Yurchenko/Handspring/Tsukahara

Table 115 cm

Mat on table 5 cm

Landing/Safety mat 120 cm from the ground

Safety mat 20 cm – optional for 0.5 bonus

≤5 cm depth round off mat

Mandatory - Yurchenko (to be averaged with vault options 1 or 2 below) D Score 4.00

(From the 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.

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 flight 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			
Dynamics	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

Vault

Compulsory level 3 - 2018-2021

Option 1 - Handspring

D score 3.50

From table land on feet and FALL to front lying, jump not permitted onto built up mats - Level landing OR optional one mat higher for bonus of 0.5 – (Only applicable if the E score is 1.0 mark or less)

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 & 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 arms	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 & landing faults			
Dynamics	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		

Option 2 - Tsukahara

D score 3.50

¼ to ½ turn onto the table, **onto built up surface, 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.)

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 flight 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 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			
Dynamics	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

See appendix for detailed specification

Bars

Compulsory level 3 - 2018-2021

Single bar HB 2.50m	D SCORE 4.00 plus bonus	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

Please refer to uneven bars guidelines on pages 9 and 10

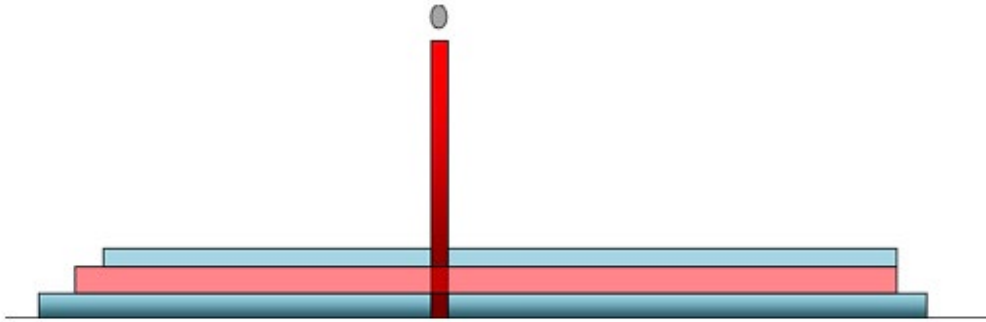
Extra skills are allowed to construct the routine, but they will be open to deductions

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 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 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	
1.00	Dismount straight backaway to stand (height of dismount to height of bar)	Gymnast must dismount away from LB upright

Bonus

- ** Each additional consecutive different close bar element within 30° of vertical (bonus 0.5)
- Bonus for additional backward giant(s) with ½ turn to within 45°
- 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 1.00 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
- Clear pike circle min 45° – bonus 0.50 (Can be performed as single element)

See appendix for detailed specification

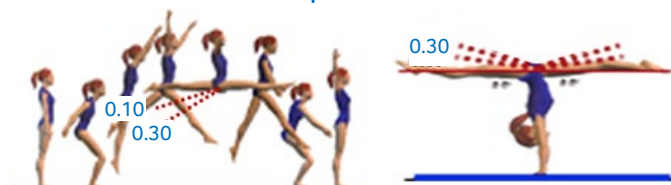


Beam

Compulsory level 3 - 2018-2021

Optional routines with compulsory elements in optional order

Splits with no tolerance. Missing 180° split or straddle
D panel VM



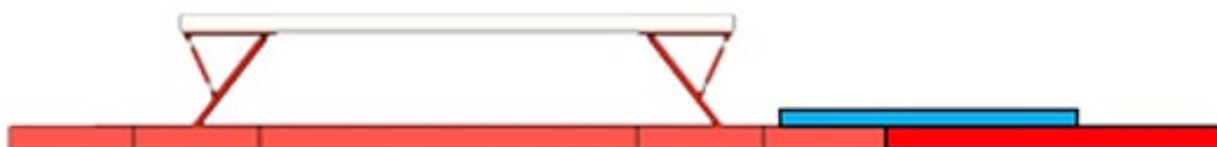
Split deductions E panel
0° - 20° deduct 0.10
> 20° deduct 0.30

Time 1.30 max	D SCORE 4.00 plus bonus	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 FIG landing mats soft side uppermost Ankle raise in each length or 0.50 deduction from routine No tolerance in one of the 2 leaps 180° - Deduct 1.00 		VM and NA for missing element 0.30 lack of hold on value elements

Value	Elements (performed in optional order)	Notes
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
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
1.00 0.30 0.50	Forward walkover connected to cat leap Cartwheel	<ul style="list-style-type: none"> • Any 2 elements connected = 0.20 bonus • All 3 elements connected = 0.40 bonus
0.30 0.30 0.30	Split leap (straight leg), sissonne in arabesque to stretch jump ½ turn (arm positions highly recommended)	Arms straight and behind hips, step forwards into split leap, both arms swing forwards and parallel to horizontal and out to the side in the leap and land. Arms stay out to horizontal for sissone, circle backwards and continue forwards so that the arms are by the ears during ½ turn. Land with arms forwards horizontal and parallel
0.50 1.00	Split jump or straddle jump immediate flic to 2 feet	0.30 for stop in connection
0.50 0.50	¼ 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
0.50 0.50	Round off Straight back salto (stop between elements 1.00)	

FIG Artistry and composition and specific apparatus deductions apply except where stated otherwise (current at time of competitions)

See appendix for detailed specification

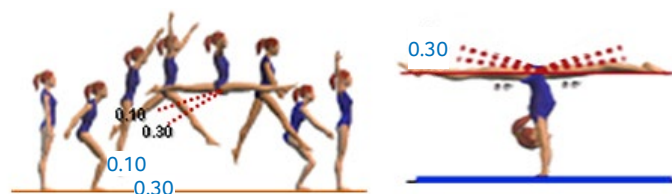


Floor

Compulsory level 3 - 2018-2021

Optional routines with compulsory elements in optional order

D SCORE 4.00 plus bonus	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	Value of series



Split deductions E panel
> 0° - 20° deduct 0.10
> 20° deduct 0.30

Value	(series & elements performed in optional order)	Notes
1.00	Round off, flic, straight back salto with ½ twist	<ul style="list-style-type: none"> If series broken, deduct 1.00 Missing VM and non-attempt 2.00 deduction for missing series If no salto then lose VM + non-attempt
1.00 1.00 1.00	Handspring to 1 foot handspring to 2 feet salto forwards tucked or Handspring to 2 feet flyspring salto forwards tucked	<ul style="list-style-type: none"> If series broken, deduct 1.00. Missing VM and non-attempt 2.00 deduction for missing series. If no salto then lose VM + non-attempt
1.00	Step hurdle round off 3 flics straight salto	Elements must be performed in the same acro line. If only do 2 elements lose VM + non-attempt if break series. i.e. steps between elements then lose 1.00. If no salto then lose VM + non-attempt.
1.00	Cat leap free cartwheel – no bonus or Cat leap free walkover = 0.2 bonus	If cat leap not attempted lose VM
0.50 0.50	Spin with leg horizontal or leg vertical/’hug’ spin throughout, step immediate Spin (brief demi plie permitted)	<ul style="list-style-type: none"> 0.30 for series break (spins in either direction but must be on different legs)
0.50 0.50 0.50	Dance passage to include: Change leg leap step immediate change leg leap (opposite leg) immediate into Change leg side (Johnson) OR Fouette hop with leg change to cross split (leg separation 180°) to land on one foot or two feet (traditional tour jeté) 1.202	<ul style="list-style-type: none"> 180° split no tolerance on one of the change leg leaps arms straight and behind hips, step forwards into change leg split leap, both arms swing forwards and parallel to horizontal and out to the side in the leap and land. Step into the second change leg leap with same arm positions as above. continue with same arms into Johnson leap but to finish sideways. or if Fouette hop, after second change leg step circling arms backwards to forwards to ears during tour-jete moving arms out to horizontal to land. Leave to side horizontal.
0.50	W jump ½ turn OR straddle ½ turn OR split jump ½ turn	



FIG artistry and composition and specific apparatus deductions apply except where stated otherwise (current at time of competitions)

See appendix for detailed specification

Floor – FIG regulation floor

Range and Conditioning

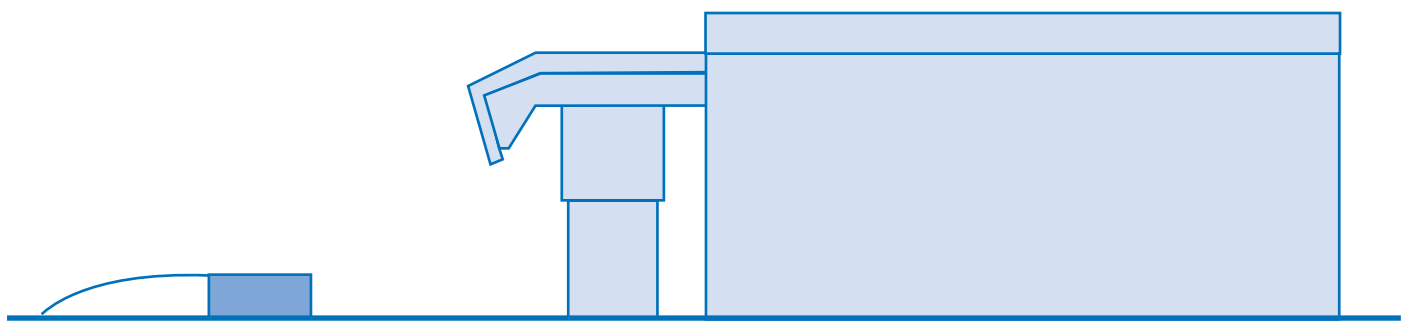
Compulsory level 3 - 2018-2021

	New Level 3 range & conditioning set	Penalties
0.50	Standing forwards leg lift on first leg, show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position – An ankle raise must be shown at the end of each leg position Return to stand	Chest below horizontal in arabesque 0.10, 0.30 No ankle raise – 0.10 each
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 – An ankle raise must be shown at the end of each leg position Return to stand	Chest below horizontal in arabesque 0.10, 0.30 No ankle raise – 0.10 each
0.50	Pike fold with hands FLAT on floor (fingers facing backwards)	
0.50	Bend legs and push into backward roll through to handstand and finish in front support (no deduction if straight legs into b/roll)	Bent arms 0.10, 0.30 Failure to keep tight shape (flat back) in front support 0.30
0.50	Drag legs through to straddle lever, (feet above hips in lever position) HOLD 2 seconds	No hold 2 sec – 0.30
0.50	Lift to handstand	
0.50	Show controlled static split handstand * HOLD 2 seconds	No hold 2 sec – 0.30
	Join legs in handstand *	
0.50	Show controlled static (opposite) split handstand * HOLD 2 seconds	Lack of split 0.10 > 0.30 No hold 2 sec – 0.30
0.50 0.50	Return legs together and lower to show bridge, rock and Pull back to handstand HOLD 2 seconds	Feet not together in bridge 0.10, 0.30 No hold 2 sec – 0.30
0.50	Pike down	
0.50	Semi Squat into straddle jump	Split deductions apply
0.50	Split jump	Split deductions apply
0.50	Split jump on opposite leg	Split deductions apply
0.50	Jump 1 ½ turn (jumps to be linked but not rebounding)	Lack of height 0.10, 0.30 Loss of balance 0.10, 0.30

Compulsory level 2

Vault

Compulsory level 2 - 2018-2021



Yurchenko/Handspring/Tsukahara

Table 120 cm

Mat on table 5 cm

Landing/Safety mat 130 cm

Safety mat 20 cm – optional for 0.5 bonus

Mandatory - Yurchenko timer with straight body to shoulder stand (to be averaged with vault option 1 or 2 below) D Score 4.00

From the table onto built-up surface - Land on the upper back, optional arms - 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

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 flight phase and feet landing on board			
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	
Feet hitting the landing mat			x
Bent knees	x	x	x
Leg or knee separations	x	x	
Distance			
Insufficient length	x	x	
Landing with feet on the table			0.80
General			
Dynamics	x	x	
Failure to maintain correct body position during fall	x	x	
Under rotation of salto			
- without falling forwards	x		
- with fall forwards		x	
- Hitting feet through to flat back	x	x	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

Option 1 - Handspring

D score 3.50

From the table land on feet and FALL to front lying onto built up mats, 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)

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 & 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 arms	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 & landing faults			
Dynamics	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

Option 2 - Tsukahara - ($\frac{1}{4}$ to $\frac{1}{2}$ turn on)**D score 3.50**

From table onto built up mats, Land on the upper back, optional arms. Level landing OR optional one mat higher for bonus of 0.5 – (Only applicable if the E score is 1.0 mark or less)

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 flight 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 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			
Dynamics	x	x	
Failure to maintain correct body position during fall	x	x	
Under rotation			
- without falling forwards	x		
- with fall forwards		x	
- Hitting feet thru to flat back	x	x	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

Bars

Compulsory level 2 - 2018-2021

Single bar HB 2.50m	D SCORE 4.00 plus bonus	Use FIG deductions throughout the exercise except where specified
Missing/incomplete element VM	No attempt at an element VM + 2.00	Cast & circle deductions taken according to diagrams

Please refer to uneven bars guidelines on pages 9 and 10

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

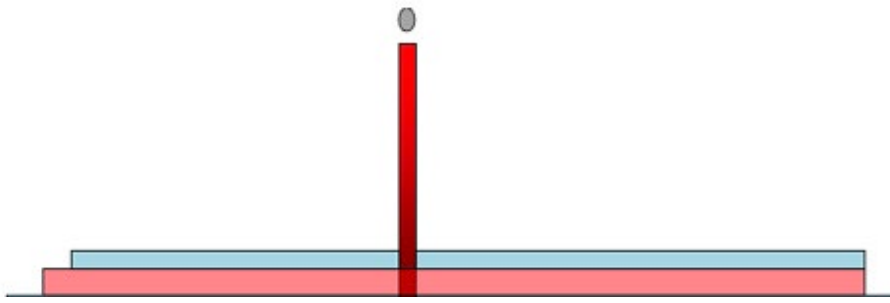
VALUE	ELEMENTS (performed in optional order)	NOTES
	Mount - From long hang, in regular grip, trolley swing	
1.00	Long upstart directly into: - Cast to handstand	<ul style="list-style-type: none"> Cast with straddle and/or hips bent is allowed No tolerance in handstand VM
1.00	Giant circle backwards to handstand [regular]	<ul style="list-style-type: none"> GBR circle penalties apply Deductions taken on the upswing side
1.00	Giant circle forwards (in reverse or 'L' grip)	<ul style="list-style-type: none"> GBR circle penalties apply Deductions taken on the upswing side Straddled forward giants are permitted with a 0.30 deduction
1.00	Close bar circle element to handstand **	<ul style="list-style-type: none"> GBR circle penalties apply
0.50	Element with grip change from regular to reverse/'L' grip to handstand	<ul style="list-style-type: none"> GBR circle or circle with turn penalties apply
0.50	Element with grip change from reverse/'L' grip to regular handstand	
1.00 1.00	Giant circle backwards to handstand (accelerated) into immediate Straight backaway	Accelerated giant with hip and shoulder action no deduction 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

- **Each additional consecutive different close bar element within 30° (bonus 0.3)
- 'L' grip element to handstand or/and
- 'L' grip element with ½ turn (180°)
- Clear pike circle min 45° – bonus 0.50 (Can be performed as single element)

See appendix for detailed specification

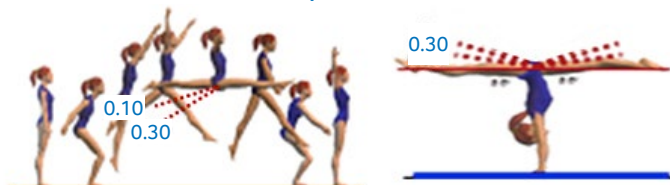


Beam

Compulsory level 2 - 2018-2021

Optional routines with compulsory elements in optional order

Splits with no tolerance. Missing 180° split or straddle
D panel VM



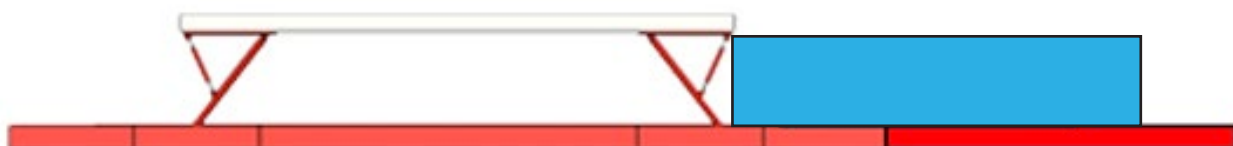
Split deductions E panel
> 0° - 20° deduct 0.10
> 20° deduct 0.30

Time 1.30 max	D SCORE 4.00 plus bonus	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 FIG landing mats soft side uppermost Ankle raise in each length or 0.50 deduction from routine No tolerance in the change leg leap 180° - Deduct 1.00 		VM and NA for missing element 0.30 lack of hold on value elements

Value	Elements (performed in optional order)	Notes
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 or not the same)	<ul style="list-style-type: none"> 1.00 for each stop in connection
0.50 0.50 0.50	Forward walkover, one step only into Change leg leap into Flic to 2 feet or Korbut flic	<ul style="list-style-type: none"> Any 2 elements connected - 0.20 bonus All 3 elements connected – 0.40 bonus
0.50 0.50	½ spin, step ½ spin (either direction, any order, but must be on different legs). Must finish either spin to finish knee up for 2 sec.	<ul style="list-style-type: none"> 0.30 for not holding knee up
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 (arm positions highly recommended) Arms straight and behind hips, step forwards into change leg split leap, both arms swing forwards and parallel to horizontal and out to the side in the leap and land.
0.30	Sideways jump min B, side on	
0.50	Optional entry into straight back salto onto safety mats	

FIG Artistry and composition and specific apparatus deductions apply except where stated otherwise (current at time of competitions)

See appendix for detailed specification

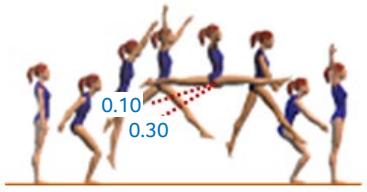


Floor

Compulsory level 2 - 2018-2021

Optional routines with compulsory elements in optional order

D SCORE 4.00 plus bonus	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 	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 (once in routine) 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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Value	(series & elements performed in optional order)	Notes
1.00	Round off, flic, straight back salto with ¼ twist	<ul style="list-style-type: none"> If series broken, deduct 1.00 Missing VM and non-attempt 2.00 deduction for missing series If no salto then lose VM + non attempt
1.00 1.00	<ul style="list-style-type: none"> Handspring, straight front salto to land (no bonus) or Handspring, straight front salto rebound salto bonus 0.20 	Elements must be performed in same acro line. If break series. i.e. a run between elements then lose 1.00. If no salto then lose VM + non attempt.
1.00	Tuck/pike salto walkout, round off, flic, straight back salto	<ul style="list-style-type: none"> If series broken, deduct 1.00 Missing VM and non-attempt 2.00 deduction for missing series If no salto then lose VM + non attempt
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. If no dance element then lose VM
1.00	2/1 spin	Either direction
0.50	Jump full turn split or straddle or W jump	
0.50 0.50 0.50	Dance passage of: Change split leap into one of the following <ul style="list-style-type: none"> Change leg ½ or Tour jeté ½ (split leap full) 	<ul style="list-style-type: none"> Arms straight and behind hips, step forwards into change leg split leap, both arms swing forwards and parallel to horizontal and out to the side in the leap and land. For change leg ½ - Arms swing back to forwards and then backwards simultaneously with the free leg with arms up by the ears in the ½ turn phase and remain there for landing. For tour jete ½ - swing arms forwards and lift to vertical throughout the turn, and remain there for landing.

FIG artistry and composition and specific apparatus deductions apply except where stated otherwise (current at time of competitions)

See appendix for detailed specification



Floor – FIG regulation floor

Range and Conditioning

Compulsory level 2 - 2018-2021

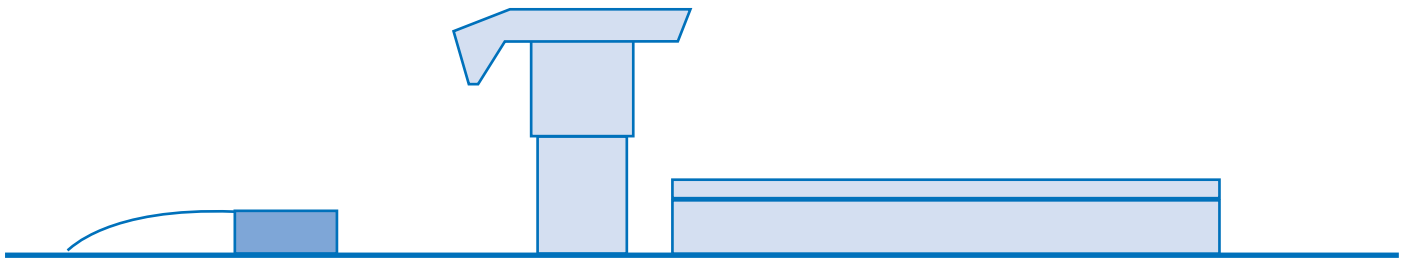
	New Level 2 range & conditioning set	Penalties
0.50	Backward walk over to finish in splits on floor	foot touching floor before splits 0.10, 0.30 Split penalties 0.10, 0.30
0.50	Rotate to box split (without hands)	Split penalties 0.10, 0.30
0.50	Rotate to split on 2nd leg (without hands) – pick up a floor bar on both sides of the body	Split penalties 0.10, 0.30
0.50	From splits drag legs together and Lift to Russian lever (legs together) HOLD 2 seconds	Back not parallel to floor 0.10, 0.30 Legs not to face in fold 0.10, 0.30 No hold 2 sec – 0.30
0.30	Lift to straddle lever	Legs resting on arms - 0.30 Feet not above level of hips 0.10, 0.30
0.50	Lift to handstand HOLD 2 seconds	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 No hold 2 sec – 0.30
0.30	Pike down to stand (Previous elements to be performed continuously) release floor bars and place hands on floor fingers facing backwards	Sitting between elements 0.50 ea (this is a specific penalty and not a fall)
0.50	Bend legs and push into backward roll to handstand ½ turn forward roll pike to pike stand (no deduction if straight legs into b/roll)	Bent arms 0.10, 0.30 Arched back - 0.30 ½ turn not performed VM ¼ turn performed - 0.30 Bent legs to stand up 0.10, 0.30 For each extra hand movement 0.10 (the support arm of the turn can be moved once and the transfer onto the 2nd arm only once.)
	Pike fold	
0.50	Show needle on 1 leg	Split penalties 0.10, 0.30 Chest not touching standing leg - 0.10
0.50	Show needle other leg	Split penalties 0.10, 0.30 Chest not touching standing leg - 0.10
0.50	From needle on 2nd leg Forward walkover to stand one leg (minimum horizontal), with free HOLD for two seconds	Leg dropping below horizontal - 0.30 Using hands to hold leg - 0.30 Failure to hold - 0.50
0.30	Lift leg with hand support to front scale and HOLD for two seconds	Lack of split 0.10, 0.30 No 2 sec hold - 0.30
	Join legs	

0.30	Split jump	Split deductions apply
0.30	Split jump $\frac{1}{2}$ (turn must be performed in 1st half of jump)	Not completing the $\frac{1}{2}$ turn - 0.3 Less than $\frac{1}{4}$ turn VM Bent legs 0.10, 0.30 Split penalties 0.10, 0.30 Turn in 2nd half - 0.30
0.30	Straddle jump	Split deductions apply
0.50	Tuck back salto (grab legs behind or in front – optional) (Jumps and salto to be linked but not rebounding)	Lack of height 0.10, 0.30 Lack of neutral head position throughout (throwing head out) 0.10, 0.30 Lack of tuck - 0.10 Landing with chest down 0.10, 0.30

Compulsory level 1

Vault

Compulsory level 1 - 2018-2021



Yurchenko/Handspring/Tsukahara

≤5 cm depth round off mat

Table 125 cm

Supplementary landing mat 10 cm

FIG landing mats soft side uppermost


Any 2 FIG Vaults (same or different) best score to count. (If only one vault competed the score will be divided by 2)

Bonus for a different vault from same group with a salto 0.30. (Bonus only given without a fall)

Bonus for different group, must both be a salto, 0.70. (Bonus only given without a fall)

Open tuck position in Tsukahara (Tariff 3.70) & Yurchenko (Tariff 3.50)

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 with ½ (180°) turns & Gr. 4 with ¾ (270°) turns	<45° <45°	<90°	
Gr. 1 or 2 with ¼ 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 forward 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			
Dynamics	x	x	
Under rotation of salto			
No fall	x		
With fall		x	
Deviation from straight direction on landing (on 1st contact)	x		
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.			

NB: Safety collar compulsory – score 0 if not used

See appendix for detailed specification

Bars

Compulsory level 1 - 2018-2021

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

Please refer to uneven bars guidelines on pages 9 and 10

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

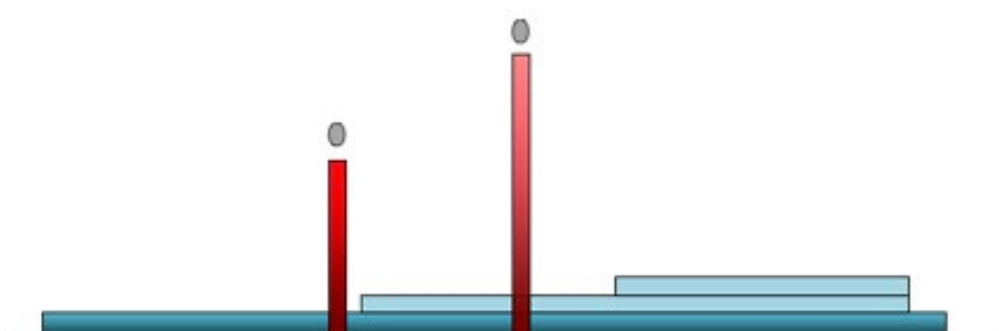
VALUE	ELEMENTS (performed in optional order)	NOTES
	Mount - Gymnast must begin routine on low bar	
1.00	Cast to handstand with ½ turn (top or reverse turn)	<ul style="list-style-type: none"> Complete 180° turn before or in handstand – No deduction After handstand to 10° deduct 0.10 after 10° deduct 0.30
0.50 0.50	2 x different consecutive close bar circle elements to min 30° of handstand	<ul style="list-style-type: none"> GBR circle penalties apply
	Tuck/straight leg sole circle	<ul style="list-style-type: none"> Will not incur a composition penalty
1.00	Blind change (performed from close bar element or backward giant)	<ul style="list-style-type: none"> GBR penalties apply depending on which element is performed
1.00	Forward giant (can be performed with ½ turn)	<ul style="list-style-type: none"> GBR circle or circle with turn penalties apply
0.50	Backward giant	GBR circle penalties apply
1.00	¼ turning element – non-flight (can be performed as part of close bar element)	GBR circle penalties apply
0.50	Dismount Straight backaway/frontaway	

Bonus

- Any coded transition from low bar to high bar 0.50
- Clear pike circle to Min 45° bonus 0.50
- Cast to handstand with ½ turn (top or reverse turn) immediate (bonus 0.50) into close bar circle element to min 45°
- Double tuck back (open hip angle permitted) bonus 0.50
OR frontaway with 1½ twist bonus 0.50
- 'L' grip element to handstand with or without ½ turn (180°) 0.30 bonus – once only
- Each additional consecutive different (after 2) close bar element within 30° (bonus 0.3) including ½ turns



See appendix for detailed specification

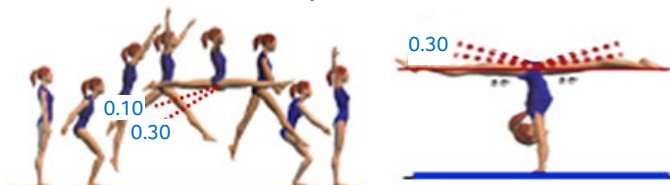


Beam

Compulsory level 1 - 2018-2021

Optional routines with compulsory elements in optional order

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

Time 1.30 max	D SCORE 4.00 plus bonus	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. FIG landing mats soft side uppermost Ankle raise in each length or 0.50 deduction from routine 		VM and NA for missing element 0.30 lack of hold on value elements

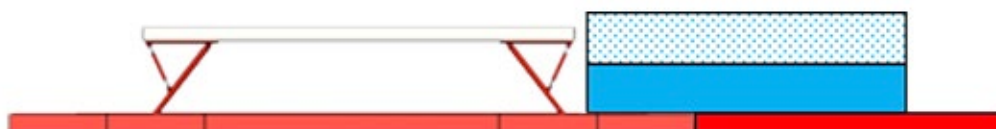
Value	Elements (performed in optional order)	Notes
		Uncoded mount is permitted
0.00	Flic into optional shaped back salto	1.00 deduction for stop in connection
0.50 0.50 0.50	Free walkover OR free cartwheel, OR side somersault OR front salto (from two feet only)	
0.50 0.50 0.50	Leap series minimum 2 different elements (must include minimum 1 x C leap)	0.30 for stop in connection. The 180° split no tolerance rule will apply to one element in the series.
0.50	1 x additional C dance element or above	May be included within leap series
0.50	Minimum ¼ spin forwards or backwards	If this spin is C or above it can count as the additional C dance element
1.00	Dismount Round off or flic entry to high mats <ul style="list-style-type: none"> Straight back ¼ to stand (total 80cm) Tuck/piked salto 1¼ to back (landing in tuck/pike shape) (total 140cm) Skill finishes when back makes contact with the mat	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 to back, the routine finishes when the gymnast's back makes contact with the mat.

Bonus

0.50	2/1 spin in optional position
0.30	RO flic/salto mount or front salto mount
0.20	2 acro elements before dismount
0.20	3 different saltos/aerials (mount included but not dismount)
0.20 + FIG 0.10	Any series BBC min, (Acro Gym mixed, any variance)

FIG artistry and composition and specific apparatus deductions apply except where stated otherwise (current at time of competitions)

See appendix for detailed specification

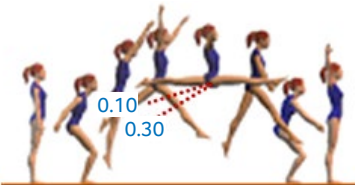


Floor

Compulsory level 1 - 2018-2021

Optional routines with compulsory elements in optional order

D SCORE 4.00 plus bonus	Use FIG deductions	Notes on acro series
General <ul style="list-style-type: none"> Gymnasts must perform minimum three tumbles All elements in an acrobatic series on floor must be completed continuously Leaps/jumps are not allowed to be done immediately after tumbles to control landings and eradicate landing deductions 		<ul style="list-style-type: none"> If series broken, deduct 1.00 Missing VM and non-attempt 2.00 deduction for missing series If no salto then lose VM + non attempt

<p>Missing element VM</p> <p>No attempt VM + 2.00</p>	<p>Splits with no tolerance. Missing 180° split or straddle (once in routine) D panel VM</p>  <p>Split deductions E panel > 0° - 20° deduct 0.10 > 20° deduct 0.30</p>
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Value	(series & elements performed in optional order)
1.00	Roundoff, flic, straight back salto with 2/1 twist
1.00	<ul style="list-style-type: none"> Optional series to include the following elements (choice of elements to go in the series is optional along with those required) Roundoff Whip salto Straight back salto with $\frac{1}{4}$ twist
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 $1\frac{1}{2}$ twist, front salto (optional front salto shape) Front salto, front C salto $\frac{1}{4}$ Front C salto $\frac{1}{4}$, front salto (optional salto shape)
0.50 0.50	A dance passage of 2 C elements (must be different)
0.50	Minimum B – value spin

GBR Bonus

0.50

Double back salto to replace double twist.

Bonus can only be given once

Bonus for double back salto series is in addition to the three required series

0.50 additional bonus for double back and double twist

Additional 5cm mat permitted with no penalty

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

FIG artistry and composition and specific apparatus deductions apply except where stated otherwise (current at time of competitions)

See appendix for detailed specification



Floor – FIG regulation floor
Supplementary soft landing mat 2m x 2m x 5cms

Range and Conditioning

Compulsory level 1 - 2018-2021

	New Level 1 range & conditioning set	Penalties
0.50	Backward walk over to finish in splits on floor	Foot touching floor before splits 0.10, 0.30 Split penalties 0.10, 0.30
0.50	Rotate to box split (without hands)	Split penalties 0.10, 0.30
0.50	Rotate to split on 2nd leg (without hands) – pick up floor bars on both sides of the body	Split penalties 0.10, 0.30
0.50	From splits drag legs together and Lift to Russian lever (legs together) HOLD 2 seconds	Back not parallel to floor 0.10, 0.30 Legs not to face in fold 0.10, 0.30 No hold 2 sec – 0.30
0.30	Lift to straddle lever	Legs resting on arms - 0.30 Feet not above level of hips 0.10, 0.30
0.50	Lift to handstand HOLD * 2 seconds	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 No hold 2sec – 0.30
0.30	Pike down to stand (previous elements to be performed continuously) release floor bars and place hands on floor fingers facing backwards	Sitting between elements - 0.50 ea (this is a specific penalty and not a fall)
0.50	Bend legs and push into backward roll full pirouette to handstand (no deduction if straight legs into backward roll)	Bent arms 0.10, 0.30 Arched back - 0.30 ¼ turn not performed VM ½ - ¾ turn performed - 0.30 Lack of control in turn 0.10, 0.30 Bent legs to stand up 0.10, 0.30 More than 2 hand movements deduct 0.10 for each.
0.30	Planche to front support drag legs up to pike fold with hands on floor	Arched back in front support - 0.30
0.50	Show needle on 1 leg	Split penalties 0.10, 0.30 Chest not touching standing leg - 0.10
0.50	Show needle other leg	Split penalties 0.10, 0.30 Chest not touching standing leg - 0.10
0.50	From needle on 2nd leg Forward walkover to stand one leg (minimum horizontal), with free HOLD for two seconds	Leg dropping below horizontal - 0.30 Using hands to hold leg - 0.30 No hold 2 sec - 0.30
0.30	Lift leg with hand support to front scale and HOLD for two seconds	Lack of split 0.10, 0.30 No hold 2 sec - 0.30

	Join legs	
0.30	Split jump	Split deductions apply
0.30	Split jump ½ (turn must be performed in 1st half of jump)	Not completing the ½ turn - 0.30 Less than ¼ turn VM Bent legs 0.10, 0.30 Split penalties 0.10, 0.30 Turn in 2nd half - 0.30
0.30	Straddle jump	Split deductions apply
0.50	Tuck back salto (grab legs in front or behind – optional) (jumps and salto to be linked but not rebounding)	Lack of height 0.10, 0.30 Lack of tuck - 0.10 Landing with chest down 0.10, 0.30 Lack of neutral head position throughout (throwing head out) 0.10, 0.30

Matting for R&C to be at least 2m wide due to pirouette into front support
2m x 8m matting similar to tumble track top matting.

Appendix

Apparatus specifications

Vault - level 4

Front and back salto

<5 cm depth round off mat
Springboard (4 spring, 5 spring adapted, FIG 5 spring)
Springboard 'safety collar' (to be used for all vaults)
Gymnastic landing/safety mats to height 60cm from the ground
Additional safety mat 20cm – optional for 0.5 bonus
Safety mat 20/30cm to fall on

Vault - level 3

<5 cm depth round off mat
Springboard (4 spring, 5 spring adapted, FIG 5 spring)
Springboard 'safety collar' (to be used for all vaults)
Vaulting table at height 115cm
5 cm depth mat on top of table
Gymnastic landing mat/safety mats to height 120cm from the ground
Additional safety mat 20cm – optional for 0.5 bonus
Safety mat 20cm/30 cm to fall on

Vault - level 2

<5 cm depth round off mat
Springboard (4 spring, 5 spring adapted, FIG 5 spring)
Springboard 'safety collar' (To be used for all vaults)
Vaulting table at height 120cm
5 cm depth mat on top of table
Gymnastic landing mat/safety mats to height 130cm from the ground
Additional safety mat 20cm – optional for 0.5 bonus

Vault - level 1

<5 cm depth round off mat
Springboard (4 spring, 5 spring adapted, FIG 5 spring)
Springboard 'safety collar' (to be used for all vaults)
Vaulting table at height 125cm
FIG landing mats soft side uppermost

Bars - level 4

Single polished 'strap' bar – height 250 cm
Mats to height 50cm from the ground
A block for gymnasts to reach the bar

Bars - level 3

Single wood bar – height 250 cm
Mats to height 50cm from the ground

Bars - level 2

Single wood bar – height 250cm
Safety mats 20cm
Supplementary mat 10cm

Bars - level 1

A Bars HB 2.50m LB 1.70m
Landing mats 20cm soft side uppermost
1 off 2mx4mx10cm
1 off 2mx2mx10cm

Beam - level 4 & 3

FIG beam
FIG landing mats (dismount area soft side uppermost)
Supplementary mat 10cm depth

Beam - level 2

FIG beam
FIG landing mats (dismount area soft side uppermost)
Safety mats 60cm depth above the FIG landing mats

Beam - level 1

FIG beam
FIG landing mats (dismount area soft side uppermost)
Safety mats 60cm/120cm depth above the FIG landing mats

Floor - level 4 - 1

FIG floor area
(additional Velcro strip for Level 4 tumbling)
(additional 2mx2mx5cm supplementary mat for Level 1)

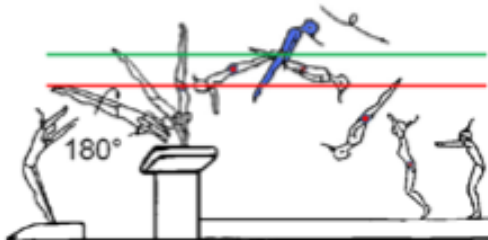
Range and Conditioning

Firm non-springy mat approximately 2m x 8m (similar to tumble track top mat)
Floor balancing bars (Parallettes)

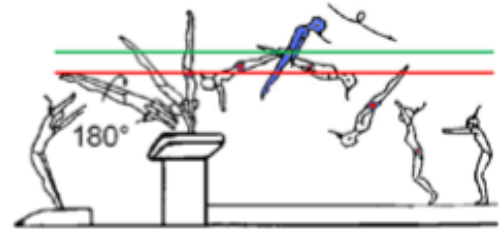
Detailed judging

Second Flight Phase

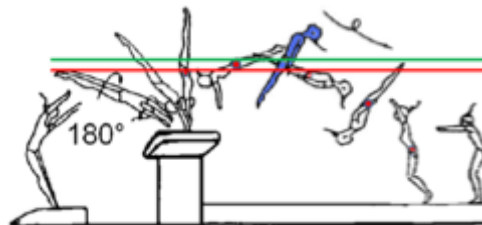
Height: 0.10 / 0.30 / 0.50



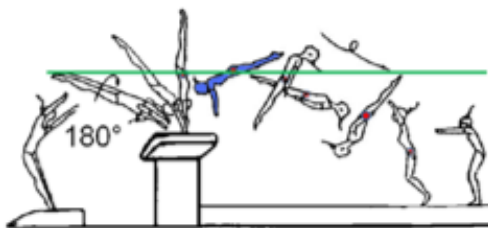
No deduction



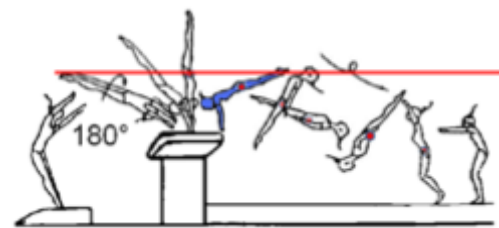
- 0.10



- 0.30



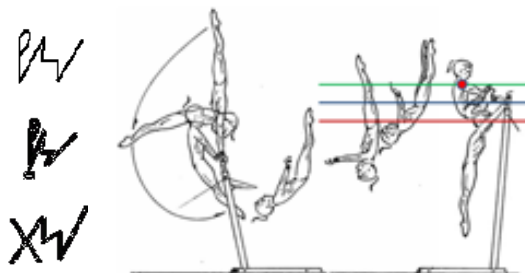
- 0.50



- 0.50

Shoulders position prior to grasp the bar

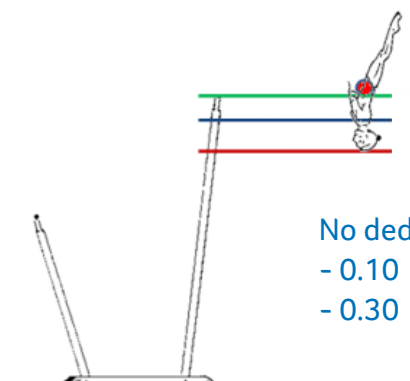
- Above HB 0.00
- At HB level 0.10
- Below HB level 0.30



No deduction
- 0.10
- 0.30

Hip position after releasing the bar

- At HB 0.00
- Slightly below HB 0.10
- Well below HB 0.30



No deduction
- 0.10
- 0.30

Section 8.3

Table of general faults and penalties

Faults		Small	Med.	Large	Very large
		0.10	0.30	0.50	1.00 or more
By E- & R- Panel Judges					
Execution faults					
Bent arms or bent knees	each time	x	x	x	
Leg or knee separations	each time	x	x shoulder width or more		
Legs crossed during elements with twist	each time	x			
Insufficient height of elements (external amplitude)	each time	x	x		
Insufficient - exactness of tuck or pike position in single salto	each time	X 90° Hip/knee angle	X >90° Hip/knee angle		
Failure to maintain stretched body posture (piking too early)	each time	x	x		
Hesitation during performance of elements & movements	each time	x			
Attempt without performance of an element (empty run)	each time	x			
Deviation from straight direction	each time	x			
Body and/or leg position in elements (non-dance) - Body alignment - Feet not pointed/relaxed - Insufficient split in acro elements (non-flight)	each time	x x x	x		
Failure to fulfill technical requirements in dance elements (as per Sec.9 for list of errors in dance elements)	each time	x	x	x	
Precision	each time	x			
Performance of DMT too close to the apparatus (UB & BB)			x		
Landing faults (all elements including dismounts)		If there is no fall the maximum landing deduction may not exceed 0.80			

Legs apart on landing	each time	x			
Extra arm swings	each time	x			
Lack of balance	each time	x	x		
Extra steps, slight hop	each time	x			
Very large step or jump (guideline – more than 1m)	each time		x		
Body posture fault	each time	x	x		
Deep squat	each time			x	
Support on mat/apparatus with 1 or 2 hands	each time				1.00
Fall on mat to knees or hips	each time				1.00
Fall on or against apparatus	each time				1.00
Failure to land feet first on landing from element	each time				1.00

Vault

Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50
First flight phase			
For missing degrees of LA turn during flight phase:			
• Gr. 1 with ½ (180°) turns	<45°	<90°	
• Gr. 4 with ¾ (270°) turns	<45°		
• Gr. 1 or 2 with ¼ 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 hand placement Gr.1, 2 & 5 (not applicable for Salto forward stretched w/LA turn)	x	x	
• Bent arms	x	x	x
• Shoulder angle	x	x	
• Failure to pass through vertical	x		
• Prescribed LA turn begun too early (on the table)	x	x	
Second flight phase			
Excessive snap	x	x	
Height	x	x	x
Exactness of LA turn (includes Cuervo)	x		
Body position			
• Exactness of tuck/pike position in salto	x	x	
• Exactness of tuck/pike position in salto with LA turn	x		
• Body alignment in stretched salto	x		
• Failure to maintain stretched body position (piking too early)	x	x	
• Insufficient and/or late extension (tuck/pike vaults)	x	x	
Bent knees	x	x	x
Leg or knee separations	x	x	
Under-rotation of salto without a fall	x	x	
• With a fall 1.00			
Distance (Insufficient length)	x	x	
Deviation from a straight direction	x		
Dynamics	x	x	

Faults		Small	Med.	Large	Very large
		0.10	0.30	0.50	1.00 or more
Landing deductions		If there is no fall the maximum landing deduction may not exceed 0.80			
Legs apart on landing	each time	x			
Extra arm swings		x			
Lack of balance	each time	x	x		
Extra steps, slight hop	each time	x			
Very large step or jump (guideline – more than 1m)	each time		x		
Body posture fault	each time	x	x		
Deep squat	each time			x	
Support on mat/apparatus with 1 or 2 hands	each time				1.00
Fall on mat to knees or hips	each time				1.00
Fall on or against apparatus	each time				1.00
Failure to land feet first on landing from element	each time				1.00

Bars

Composition Deductions (E- Panel)

Faults	0.10	0.30	0.50
Jump from LB to HB			x
Hang on HB, put feet on LB, grasp LB			x
More than 2 of the same elements directly connected to the dismount	x		

Bars

Specific Apparatus Deductions

Faults	0.10	0.30	0.50
Body alignment in handstand and cast to handstand	x	x	
Adjusted grip position	x		
Hit on apparatus with feet			0.50
Hit on mat with feet (fall)			1.00
Uncharacteristic element (Elements with take off 2 feet or thighs)			0.50
Poor rhythm in elements	x		
Insufficient height of flight elements	x	x	
Under rotation of flight elements	x		
Insufficient extension in kips	x		
Intermediate swing			0.50
Empty swing			0.50
Angle of completion of elements	x	x	x
Amplitude of:			
• Swings forwards or backwards under horizontal	x		
• Casts	x	x	
Excessive flexion of hip joint in the leg tap (DMT)	x	x	

Beam

Artistry & Composition Deductions (E- Panel)

Faults	0.10	0.30	0.50
Artistry of performance Insufficient artistry of performance throughout the exercise including: <ul style="list-style-type: none"> Confidence Personal style Rhythm & Tempo <ul style="list-style-type: none"> Insufficient variation in rhythm & tempo in movements (no DV) Performance of the entire exercise as a series of disconnected elements & movements (lack of fluency) 	x x x x		
Composition Mount without DV (All mounts without DV will be commonly recognized as “A” except straddle over to sit or squat on) Insufficient use of entire apparatus: <ul style="list-style-type: none"> Insufficient use of entire length of beam Lack of side movements (NO DV) Missing combination of movements/elements close to the beam with a part of the torso (including thigh, knee or head) touching the beam (element not necessary) 	x x x x		
Insufficient Complexity or creativity in the movements (A complex and creative movement is one that requires training time, coordination and previous preparation)	x		
One-sided use of elements: <ul style="list-style-type: none"> More than one ½ turn on 2 feet with straight legs throughout exercise 	x		

Beam

Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50
Poor rhythm in connection (with DV)	eax		
Excessive preparation <ul style="list-style-type: none"> Adjustment (unnecessary steps & movements) Excessive arm swing before dance elements Pause (apply at 2 sec.) 	eax eax eax		
Poor body posture/amplitude throughout (maximum elongation of the body movements) <ul style="list-style-type: none"> Head, trunk, shoulder and arm positions Feet not pointed/relaxed/turned in Lack of work in relevé Insufficient amplitude of leg swings/kicks 	x x x x		
Additional support of leg against the side surface of the beam		x	
Failure to meet the technical requirement of the element <ul style="list-style-type: none"> through use of additional support 		x	
Grasp on beam in order to avoid a fall			x
Additional movements to maintain balance	x	x	x

Floor

Artistry & Composition Deductions (E- Panel)

Faults	0.10	0.30	0.50
Artistry of performance Insufficient artistry of performance throughout the entire exercise <ul style="list-style-type: none"> Lack of expressiveness Inappropriate gesture or facial expression (mimic) not corresponding to the music or to the movements Failure to engage the audience Inability to reflect musical theme, to play a role or a character throughout the performance Performance of the entire exercise as a series of disconnected elements & movements 	x x x x x		
Composition Incorrect selection of movements for particular music Example: 'tango' music, but 'polka' movements	x	x	
Insufficient complexity or creativity of movements (A complex and creative movement is one that requires training time, coordination and previous preparation)	x		
Missing movement touching floor (including min. trunk, or thigh, or knee or head)	x		
Music and musicality Editing of music (e.g. no opening, ending, or accents) <ul style="list-style-type: none"> No structure to the music 	x		
Musicality <ul style="list-style-type: none"> Lack of synchronization between movement and musical beat during a part of the exercise Lack of synchronization between movement and musical beat at the end of exercise Background music (the exercise is connected to the music only at the beginning and end of the exercise) 	x	x	x




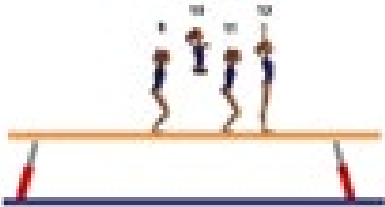
Floor

Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50
Excessive preparation: <ul style="list-style-type: none"> • Pause (apply at 2 sec.) • Adjustment (unnecessary steps) • Excessive arm swing before dance elements 	eax eax eax		
Poor body posture/ amplitude (maximum elongation of the body movements) throughout <ul style="list-style-type: none"> • Head, trunk, shoulder and arm positions • Feet not pointed/relaxed/ turned in/flat • Insufficient amplitude of leg swings/kicks 	x x x		
Distribution of elements <ul style="list-style-type: none"> • Exercise starts immediately with an acro line/ acro element • Subsequent acro line performed after previous line along the same diagonal without choreography in between (long acro line allowed) • More than 1 Subsequent acro line • Exercise ends with acro element (no choreography after last acro) • Lack of variety in choreography into corners 	x eax eax x x		

Beam Level 4

Highly recommended arm positions

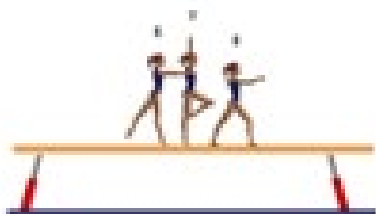
	
	1. Split leap passé developpe
	2. Straight jump
	3. Straddle jump



1. Split jump




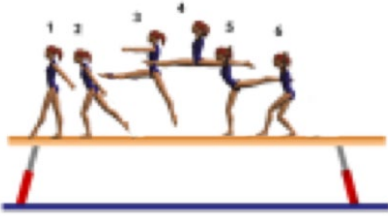
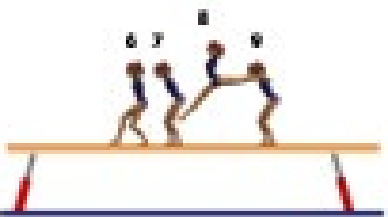
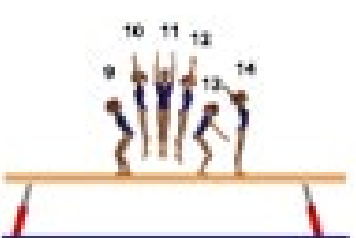
2. Releve on right, arms down



3. Releve on left, arms up and step to spin preparation


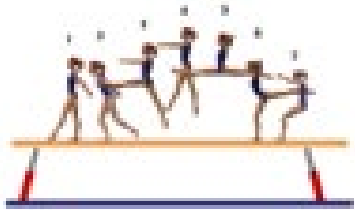

Beam level 3

Highly recommended arm positions

	
	1. Split leap
	2. Sissone
	3. Jump half turn

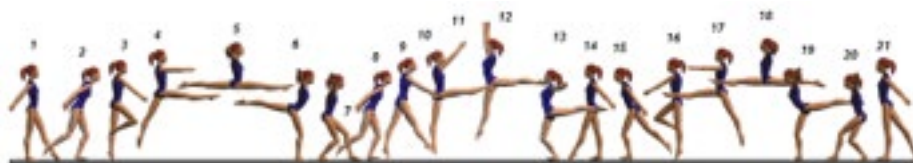
Beam level 2

Highly recommended arm positions

	
	1. Change leg
	2. Flic, legs together

Floor level 4

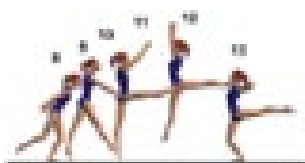
Highly recommended arm positions



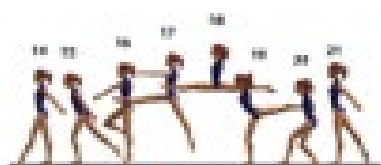
1. Split leap passé developpe



2. Fouette

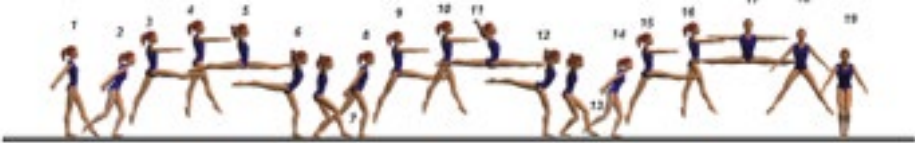





3. Split leap passé developpe (other leg)



Floor level 3

Highly recommended arm positions

	
	1. Change leg on right
	2. Change leg on left
	3. Side change leg

Floor level 2

Highly recommended arm positions



1. Tour Jette half turn

