



Women's Artistic Gymnastics NDP Grades 2018 - 2021

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GENERAL

NATIONAL DEVELOPMENT PLAN - PROGRESSION CHART
(2018 onwards)

CLUB & REGIONAL GRADES		NATIONAL GRADES	
COUNTY/ REGIONAL COMPETITIONS ONLY		REGIONAL QUALIFYING COMPETITION LEADING TO A NATIONAL FINAL	
GRADE	AGE [in year of competition]	GRADE	AGE [in year of competition]
6	8 years [minimum]		
5	9 years [minimum]		
4	10 years [minimum]	4	10 years [minimum]
3	11 years [minimum]	3	11 years [minimum]
2	12 years [minimum]	2	12 years [minimum]
1	13 years [minimum]	1	13 years [minimum]

For a more in-depth eligibility chart, please see the most up to date Women's National Competition Handbook on the [British Gymnastics website](#).

- A gymnast is not eligible to enter Club, Regional or National Grades if she has qualified for British Championships
- Only one Grade may be taken per year
- **A Grade may only be repeated if it was failed the previous year**
- Progression should be forward and developmental
- **All Grades are marked out of a maximum of 14.00 - D Score (4.00 maximum) + E Score (10.00)**
- To qualify for the National Grades Final, a gymnast must have passed the Grade
- There is NO minimum score on any apparatus, including Range & Conditioning
- Range and Conditioning will be performed at National Final

PASS MARKS

REGIONAL GRADES

PASS:	47.50
COMMENDED:	55.00
DISTINCTION:	60.00

NATIONAL GRADES

PASS:	50.00
COMMENDED:	55.00
DISTINCTION:	60.00

GENERAL NOTES ON THE CLUB, REGIONAL AND NATIONAL GRADES

Current FIG Code of Points (CoP) General Faults / Penalties / Artistry deductions for Floor and Beam are to be applied when evaluating each exercise in addition to the Specific Element Penalties for faults stated in the text for each Grade on each apparatus. Wherever possible, the text will indicate at what point an element is considered not valid and will lose the Value of the Move (VM).

FINAL SCORE - WHAT IS TAKEN AND FROM WHERE

Penalty	Taken by:	Taken From:
Non attempt of an element (2.00) Series Break (0.50)	D Panel judges	Final Score (as Neutral Penalties)
Value of Move (VM) – elements not completed to the technical requirement e.g. lack of hold / turns incomplete etc. VM generally 0.50 but refer to specific text	D Panel judge	4.00 (D Score)
Execution faults Specific Apparatus faults Artistry faults	E Panel judges	10.00 (E score)

NOTE: EACH NON-ATTEMPT OF AN ELEMENT WILL INCUR BOTH A 'NON-ATTEMPT' PENALTY (FROM FS) AND A 'VM' PENALTY (FROM D SCORE)

VAULT

VAULT – all Grades: - D Score = 4.00 (exceptions – in Regional Grade 2 & National Grade 1)

CLUB GRADES 6 & 5; REGIONAL and NATIONAL GRADES 4 – 1:- 2 VAULTS - BEST VAULT TO COUNT

LEVEL		VAULT		APPARATUS
CLUB	GRADE 6	Run and hurdle step with 2 footed take-off from springboard to land on 2 feet on 60cm foam block – step into handspring flatback from block to level safety mats		60cm foam block with level safety mattresses at back of block
	GRADE 5	Handspring flatback		Safety mattresses + tumbler or firm matting [total height 100cm]
REGIONAL	GRADE 4	Handspring flatback		Vault height: 110cm + 5cm mat on vault with level safety mattresses at back of vault
	GRADE 3	Handspring		Vault height: 120cm
	GRADE 2	Choice of	Handspring – D Score 3.00 ½ on – ½ off Handspring full twist	Vault height: 120cm
	GRADE 1	Choice of	½ on – ½ off Handspring full twist	Vault height: 125cm
NATIONAL	GRADE 4	Handspring		Vault height: 120cm
	GRADE 3	Choice of	Handspring to stand – fall forwards to lie face down ¼ - ½ on to stand (Tsukahara prep) – fall backwards to lie on back Yurchenko prep to stand – fall backwards to lie on back	Vault height: 120cm with level safety mattresses at back of vault
	GRADE 2	Choice of	¼ - ½ on (Tsukahara prep) to flat back Yurchenko prep to flat back	Vault height: 125cm with level safety mattresses at back of vault
	GRADE 1	Choice of	Handspring full twist – D Score 3.50 Tsukahara tucked or piked Yurchenko tucked or piked	Vault height 125cm

VAULT – CLUB GRADE 6

Run and hurdle step with 2 footed take off from springboard to land **in a controlled stationary position** on 2 feet on 60cm foam block – **one step into** handspring flatback from block to land on level safety mats. **Gymnast may walk forwards or backwards into correct starting position for handspring flatback with no deduction OR start from where the jump has landed.** Handspring flatback - place hands on block - land on back on safety mats.

PHASE	EXECUTION FAULTS	PENALTIES		
TAKE OFF BOARD	Poor co-ordination of arm swing Leaning forwards on the board Arms already up on jump onto board Rebound from 1 foot	0.10 0.10	0.30	0.50
JUMP AND LANDING ONTO BLOCK	Body alignment in jump Lack of height in jump Bent legs in jump Legs apart Lack of control in landing	0.10 0.10 0.10 0.10 0.10	0.30 0.30 0.30	0.50 0.50
REPULSION	Shoulder angle on contact with block Bent arms Repulsion from hands on safety mat (and not block) More than one step into handspring flatback (walk into correct starting position allowed) Run/jump/hurdle step into handspring flatback	0.10 0.10	0.30 0.30	0.50 0.50 0.30 per step 0.50
FLIGHT PHASE FROM BLOCK TO SAFETY MATS	Bent legs Failure to maintain straight body position Insufficient height Insufficient length Legs apart in flight phase	0.10 0.10 0.10 0.10 0.10	0.30 0.30 0.30 0.30	0.50 0.50
LANDING ON SAFETY MATS	Landing with hands still touching the block (or touching if arms/hands were placed down) Landing on mats with legs apart Failure to land on flat back (landing in dish)	0.10	0.30	0.50
GENERAL	Dynamics	0.10	0.30	

VAULT – CLUB GRADE 5

Handspring flatback to safety mats + tumbler or firm matting

Total height of matting - 100cm

PHASE	EXECUTION FAULTS	PENALTIES		
TAKE OFF BOARD	Poor co-ordination of arm swing	0.10		
	Arms already up on jump onto board		0.30	
FIRST FLIGHT	Hip angle	0.10	0.30	
	Arch	0.10	0.30	
	Bent legs	0.10	0.30	0.50
	Legs apart	0.10	0.30	
REPULSION	Shoulder angle on contact with mat	0.10	0.30	
	Bent arms	0.10	0.30	0.50
	Walking on hands		0.10 per step	
	Double bounce on hands			1.00
SECOND FLIGHT and LANDING	Bent legs	0.10	0.30	0.50
	Failure to maintain straight body position	0.10	0.30	
	Insufficient height	0.10	0.30	0.50
	Insufficient length	0.10	0.30	
	Legs apart	0.10	0.30	
	Failure to land on flat back (landing in dish)		0.30	
GENERAL	Body alignment at any phase (taken only once)	0.10		
	Dynamics	0.10	0.30	

VAULT – REGIONAL GRADE 4

Handspring flatback on Vault - to land on level safety mats behind vault

Height of Vault **110cm + 5cm roll mat over vault – total height 115cm**

PHASE	EXECUTION FAULTS	PENALTIES		
TAKE OFF BOARD	Poor co-ordination of arm swing Arms already up on jump onto board	0.10		
			0.30	
FIRST FLIGHT	Hip angle	0.10	0.30	
	Arch	0.10	0.30	
	Bent legs	0.10	0.30	
	Legs apart	0.10	0.30	
			0.50	
REPULSION	Shoulder angle on contact with vault	0.10	0.30	
	Bent arms	0.10	0.30	
	Walking on hands		0.10 per step	
	Double bounce on hands		1.00	
SECOND FLIGHT and LANDING	Bent legs	0.10	0.30	
	Failure to maintain straight body position	0.10	0.30	
	Insufficient height	0.10	0.30	
	Insufficient length	0.10	0.30	
	Landing with hands still touching the vault (or touching if arms/hands were placed down)		0.50	
	Legs apart	0.10	0.30	
	Failure to land on flat back (landing in dish)		0.30	
GENERAL	Body alignment at any phase (taken only once)	0.10		
	Dynamics	0.10	0.30	

VAULT – REGIONAL GRADE 3

Handspring

Height of Vault 120cm

Current FIG Code of Point penalties apply (including Dynamics 0.10 / 0.30)

VAULT – REGIONAL GRADE 2

Choice of the following 3 vaults:-

Handspring full twist **D Score 4.00**

½ on ½ off **D Score 4.00**

Handspring **D Score 3.00**

Height of Vault 120cm

Current FIG Code of Point penalties apply (including Dynamics 0.10 / 0.30)

NOTE: If twist is not fully completed in handspring full twist vault – D Panel credit Handspring vault (D Score = 3.00). E Panel proceed with Execution Penalties from 10.00

VAULT – REGIONAL GRADE 1

Choice of the following 2 vaults – both vaults D Score 4.00:-

Handspring full twist

½ on ½ off

Height of Vault 125cm

Current FIG Code of Point penalties apply (including Dynamics 0.10 / 0.30)

NOTE: If twist is not fully completed in handspring full twist vault – D Panel take off **VM 4.00** (i.e. D Score = 0.00). E Panel proceed with Execution Penalties from 10.00

VAULT – NATIONAL GRADE 4

Handspring

Height of Vault 120cm

Current FIG Code of Point penalties apply (including Dynamics 0.10 / 0.30)

VAULT – NATIONAL GRADE 3

Height of Vault 120cm - to land on level safety mats behind vault

Choice of the following 3 vaults – all vaults D Score 4.00:-

Vault 1 - Handspring to stand – fall forwards to lie face down

Vault 2 - ¼ - ½ on to stand (Tsukahara prep) – fall backwards to lie on back

Vault 3 - Yurchenko prep to stand – fall backwards to lie on back

VAULT 1

PHASE	EXECUTION FAULTS	PENALTIES		
FIRST FLIGHT	Hip angle	0.10	0.30	
	Arch	0.10	0.30	
	Bent legs	0.10	0.30	0.50
	Legs apart	0.10	0.30	
REPULSION	Staggered / alternate hand placement on vault	0.10		
	Shoulder angle on contact with vault	0.10	0.30	
	Bent arms	0.10	0.30	0.50
SECOND FLIGHT and LANDING	Bent legs	0.10	0.30	0.50
	Failure to maintain straight body position	0.10	0.30	
	Insufficient height	0.10	0.30	0.50
	Insufficient length	0.10	0.30	
	Landing on the table (before falling forwards)			0.50
	Legs apart	0.10	0.30	
	Landing in squat	0.10	0.30	0.50
	Failure to maintain correct body position during fall (arm position optional)	0.10	0.30	
Steps backwards on landing (under rotation) – without a fall	0.10	0.30 (max 0.80)		
Under rotation – with a fall		0.30 (+1.00 Fall)		
GENERAL	Body alignment at any phase (taken only once)	0.10		
	Dynamics	0.10	0.30	

VAULT – NATIONAL GRADE 3

Height of Vault 120cm - to land on level safety mats behind vault – arm position optional on landing on back

VAULT 2 & VAULT 3

PHASE	EXECUTION FAULTS	PENALTIES		
FIRST FLIGHT	Hip angle	0.10	0.30	
	Arch	0.10	0.30	
	Bent legs	0.10	0.30	0.50
	Legs apart	0.10	0.30	
REPULSION	Failure to pass through the vertical	0.10		
	Shoulder angle on contact with vault	0.10	0.30	
	Bent arms	0.10	0.30	0.50
SECOND FLIGHT and LANDING	Excessive snap	0.10	0.30	
	Bent legs	0.10	0.30	0.50
	Failure to maintain straight body position	0.10	0.30	
	Insufficient height	0.10	0.30	0.50
	Insufficient length	0.10	0.30	
	Landing on the table (before falling backwards)			0.50
	Legs apart	0.10	0.30	
	Failure to maintain correct body position during fall (arm position optional)	0.10	0.30	
	Steps forwards on landing (under rotation) – without a fall	0.10	0.30 (max 0.80)	
	Under rotation – with a fall		0.30 (+1.00 fall)	
	Landing in squat	0.10	0.30	0.50
Feet not touching mat before landing on back			0.50	
GENERAL	Dynamics	0.10	0.30	

VAULT – NATIONAL GRADE 2

Height of Vault 125cm - to land on level safety mats behind vault - **arm position optional on landing on back**

Choice of the following 2 vaults – **both vaults D Score 4.00:-**

Vault 1 - ¼ - ½ on (Tsukahara prep) to flat back

Vault 2 - Yurchenko prep to flat back

PHASE	EXECUTION FAULTS	PENALTIES		
FIRST FLIGHT	Hip angle	0.10	0.30	
	Arch	0.10	0.30	
	Bent legs	0.10	0.30	0.50
	Legs apart	0.10	0.30	
REPULSION	Failure to pass through the vertical	0.10		
	Shoulder angle on contact with vault	0.10	0.30	
	Bent arms	0.10	0.30	0.50
SECOND FLIGHT and LANDING	Bent legs	0.10	0.30	0.50
	Failure to maintain straight body position	0.10	0.30	
	Insufficient height	0.10	0.30	0.50
	Insufficient length	0.10	0.30	
	Landing with feet / legs touching the vault (or touching if legs / feet were placed down)			0.50
	Landing on back in a pike position	0.10	0.30	
	Legs apart	0.10	0.30	
Brushing the mat with feet			0.50	
Failure to land on flat back (landing on feet then falling to back)			1.00	
GENERAL	Body alignment at any phase (taken only once)	0.10		
	Dynamics	0.10	0.30	

VAULT – NATIONAL GRADE 1

Choice of the following 5 vaults:-

Tsukahara tucked	D Score 4.00
Tsukahara piked	D Score 4.00
Yurchenko tucked	D Score 4.00
Yurchenko piked	D Score 4.00
Handspring full twist	D Score 3.50

Height of Vault 125cm

Current FIG Code of Point penalties apply (including Dynamics 0.10 / 0.30)

NOTE: IF twist is not fully completed in handspring full twist vault – D Panel take off **VM 3.50 (i.e. D Score = 0.00). E Panel proceed with Execution Penalties from 10.00**

BARS

BARS – CLUB, REGIONAL & NATIONAL GRADES

CLUB GRADES 6 & 5

SINGLE HIGH BAR OR TOP BAR OF UNEVEN BARS

REGIONAL GRADES 4 - 1

UNEVEN BARS

NATIONAL GRADE 4

UNEVEN BARS WITH HIGH BAR AS STRAP BAR AND LOW BAR AS WOODEN BAR

NATIONAL GRADES 3 - 1

UNEVEN BARS

ALL Grades: - D Score = 4.00 (exception – in National Grade 1)

CASTS (including casts to handstand)

All casts may be performed with legs together or straddled (***unless otherwise stated***)

ADDITIONAL ELEMENTS

Additional upstarts / casts / giants etc. may be performed but will incur execution penalties as FIG CoP

NON ATTEMPT of an element – refer to Page 5

Deduction **2.00** (taken as a **NEUTRAL PENALTY**) + Value of Move [VM] (taken from the **D SCORE**)

INCOMPLETE / FAILED ATTEMPT of an element

The VM penalty is taken from the **D SCORE**; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.

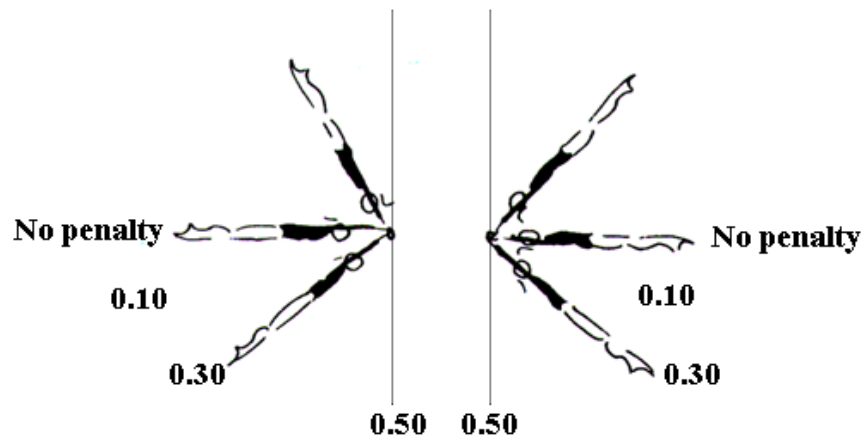
DIAGRAMS

See Pages **21** and **22** for swings/ casts / close bar circle penalties. Penalty diagrams have also been included on the appropriate pages.

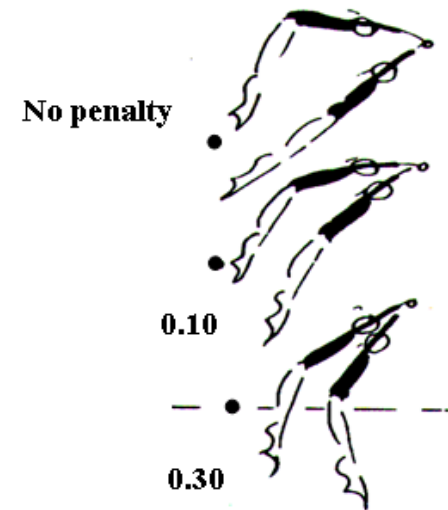
CLUB GRADES – UNEVEN BARS - DIAGRAMS AND PENALTIES

Club Grade 5

Swing penalties

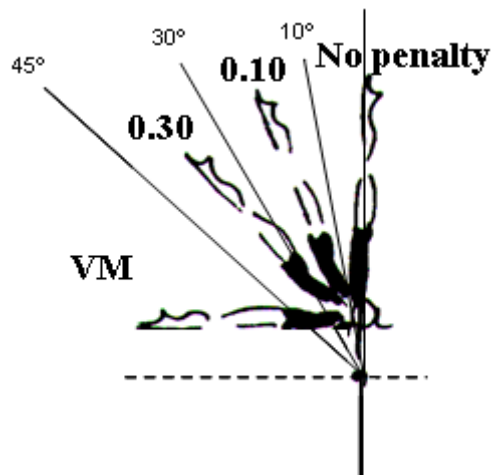


Back swing penalties

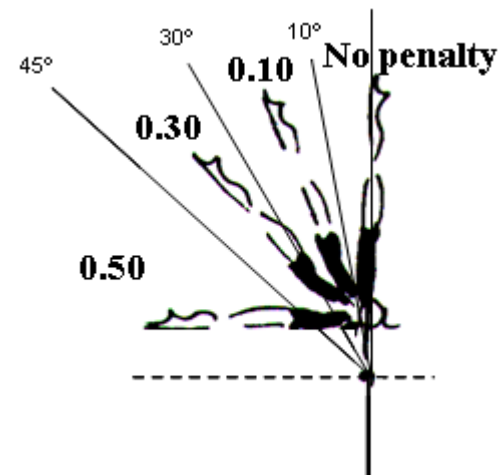


NATIONAL & REGIONAL GRADES – UNEVEN BARS - DIAGRAMS AND PENALTIES

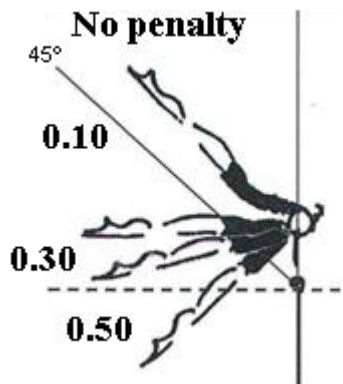
**National Grades 4, 3, 2 & 1
Cast to handstand**



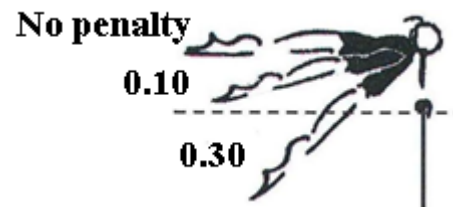
**National Grade 1
Close bar circle to handstand**



**National Grade 2 & Regional Grade 1
Clear circle / close bar circle
to 45° or above**



**Regional Grades 3, 2 & 1
Cast to horizontal**



BARS – CLUB GRADE 6

Single high bar or high bar of Uneven Bars

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES	
Assisted by Coach - Jump to catch the bar in reverse grip Show straight hang position with good body shape	0.00	Lack of body extension in jump and hang	0.10	0.30
Reverse chin up (chin over the bar) Lower to straight hang in control	0.50	Failure to make 90° elbow angle Forehead not at the height of bar Chin level with bar Chin resting on bar Poor technique (arch to initiate a swing) Lowering out of control	0.10	0.30
Half turn to regular grip by releasing one hand to side of body to execute turn and re-grasp bar	0.50	Failure to execute turn and re-grasp bar Deviation from straight body shape (body alignment)	0.10	VM
Leg lift with straight legs (feet to touch bar) Lower to straight hang in control	0.50	Failure to lift legs to horizontal Failure to lift feet to 45° from vertical Failure to touch bar with feet	0.10	Non-attempt VM
Leg lift with straight legs (feet to touch bar) Lower to straight hang in control	0.50	Shoulder angle and head back (body alignment) Lack of control in lowering legs Failure to finish in straight hang (finishing in dish)	0.10 0.10 0.10	0.30
Chin up and circle over the bar to finish in front support (NO deduction for pausing / stopping in front support)	0.50	Failure to circle over to front support Chin not level with or above bar before circle over Chin resting on bar before circle over Poor technique in circle over [use of leg swing to initiate circle] Not completing front support position before roll forwards	0.10 0.10	VM 0.30 0.30
Roll forward to chin up position, lower to straight hang	0.50	Chin resting on bar before lowering Lowering out of control	0.10	0.30 0.30
Dish/arch (fish) swings in preparation for the tap in the backward giant (not intended to be full swings) - 5 swings maximum (best 3 consecutive swings to be judged) Dismount - release bar at end of forward or backward swing to land	0.50	Failure to show 3 consecutive dish/arch shapes Lack of co-ordination in fish swings Hang and STOP before releasing to dismount (not releasing at end of forward / backward swing)	0.10	VM 0.30 0.30

BARS – CLUB GRADE 5

Single high bar or high bar of Uneven Bars

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
Assisted by Coach - Jump to catch the bar in reverse grip Show straight hang position with good body shape	0.00	Lack of body extension in jump and hang	0.10	0.30	
Reverse chin up (chin over the bar) Lower to straight hang in control	0.50	Failure to make 90° elbow angle Forehead not at the height of bar Chin level with bar Chin resting on bar Poor technique (arch to initiate a swing) Lowering out of control	Non-attempt VM 0.30 0.30 0.10 0.30 0.10 0.30		
Half turn to regular grip by releasing one hand to side of body to execute turn and re-grasp bar	0.50	Failure to execute turn and re-grasp bar Deviation from straight body shape (body alignment)	VM 0.10		
Leg lift with straight legs (feet to touch bar) Lower to straight hang in control	0.50	Failure to lift legs to horizontal Failure to lift feet to 45° from vertical Failure to touch bar with feet Shoulder angle and head back (body alignment) Lack of control in lowering legs Failure to finish in straight hang (finishing in dish)	Non-attempt VM 0.10 0.10 0.10 0.30 0.10		
Chin up and circle over the bar to finish in front support (NO deduction for stopping in front support)	0.50	Failure to circle over to front support Chin not level with or above bar before circle over Chin resting on bar before circle over Poor technique in circle over (use of leg swing to initiate circle) Not completing front support position before roll fwd	VM 0.10 0.30 0.10 0.30 0.30		
Roll forward to chin up position, lower to straight hang	0.50	Chin resting on bar before lowering Lowering out of control	0.30 0.10 0.30		
Trolley swing (may be initiated by ONE dish and / or arch)	0.00	Body alignment Bent legs More than one dish and / or arch into trolley swing	0.10 0.10	0.30 0.50 0.50 (empty swing)	

Swing forward and backward	0.50	Swing penalties	see diagrams
Swing forward and backward	0.50	Body alignment at any phase Only ONE fwd/bwd swing performed 3 fwd/ bwd swings performed then circle over completed More than 3 fwd/bwd swings before circle over	0.10 Non-attempt + 1xVM 0.50 (int. swing) 1.00 + VM for circle over
Swing forward and circle over bar to front support (NO composition deduction for empty swing after circle over)	0.50	Attempt to circle over, fall back same way or fall off Late wrist movement around bar (shoulders not lifting) Lack of control in circle over	1.00 (fall) + VM 0.30 0.10 0.30
Dismount - cast into straddle on and undershoot (NO height of cast penalties into element)	0.50	Failure of feet to touch bar Element penalties	VM As CoP

BARS – REGIONAL GRADE 4

Uneven Bars – if using the springboard, the gymnast must use the Yurchenko surround around the board (for safety). The surround must remain around the board however both the board and surround may be removed if required after gymnast has jumped to bar.

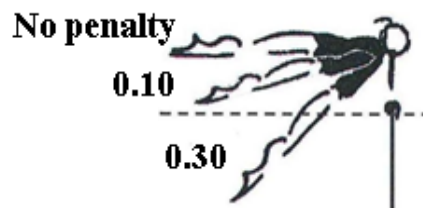
DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES	
Jump from floor OR springboard to catch LB, swing forward and backward with legs together (jump into float upstart swing). Remaining on the bar, continue into 2 nd float upstart swing (below)	0.50	Insufficient height of hips in jump to catch LB Feet apart in swings Legs straddled in swings Insufficient extension in hip angle at end of forward swing Insufficient height of hips at end of back swing Jumping from Yurchenko surround Dismounting at end of 1 st swing (classed as a fall)	0.10 0.10 0.10 0.10	0.30 0.30 0.30 1.00
Remaining on LB, swing forward and backward with legs together a 2 nd time (float upstart swing) Dismount at end of this back swing and land on floor OR springboard. Gymnast should not land on Yurchenko surround. Gymnast may now step forwards or backwards if necessary, to reach bar.	0.50	Feet apart in swings Legs straddled in swings Insufficient extension in hip angle at end of forward swing Lack of dish shape at the back of the swing Landing on Yurchenko surround Brushing floor / springboard / Yurchenko surround on either swing (each time)	0.10 0.10 0.10	 0.30 0.30 0.30
Upward circle to front support (NO composition deduction for empty swing after circle over)	0.50	Failure to complete circle		VM
Squat or stoop on (NO height of cast deduction into element)	0.50	Squat on one foot before the other Sole circle performed		0.30 VM
Jump to catch HB (NO composition deduction for jump to HB)	0.50	Failure to jump to HB (includes following a fall) Failure to catch the HB Lack of control in jump to HB		Non-attempt 1.00 (fall) + VM 0.10 0.30
Swing forward and circle over bar to front support (NO composition deduction for empty swing after circle over)	0.50	Attempt to circle over, fall back same way or fall off Late wrist movement around bar (shoulders not lifting) Lack of control in circle over Lack of hang shape in the tap swing		1.00 (fall) + VM 0.30 0.10 0.30 0.10 0.30
Dismount - cast into straddle or stoop on and undershoot (NO height of cast deduction into element)	0.50	Failure of feet to touch bar Element penalties		VM As CoP

BARS – REGIONAL GRADE 3

Uneven Bars

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - Float upstart (legs together or straddled)	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to (minimum) horizontal with legs together and Back hip circle (NO composition deduction for empty swing after back hip circle)	0.50	Cast penalties Cast with legs apart or straddled Failure to circle the bar Going round twice Element penalties (back hip circle)	See diagram 0.10 0.30 VM 0.50 As CoP
Squat or stoop on (NO height of cast deduction into element)	0.50	Squat on one foot before the other Sole circle performed	0.30 VM
Jump to catch HB (NO composition deduction for jump to HB)	0.50	Failure to jump to HB (includes following a fall) Failure to catch the HB Lack of control in jump to HB	Non-attempt 1.00 (fall) + VM 0.10 0.30
Long upstart	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to (minimum) horizontal with legs together and Baby giant (NO composition deduction for empty swing after circle over)	0.50	Cast penalties Cast with legs apart or straddled Attempt to circle over, fall back same way or fall off Late wrist movement around bar (shoulders not lifting) Lack of control in circle over Lack of hang shape in the tap swing	See diagram 0.10 0.30 1.00 (fall) + VM 0.30 0.10 0.30 0.10 0.30
Dismount - cast into straddle or stoop on and undershoot with ½ turn (NO height of cast deduction into element)	0.50	Failure of feet to touch bar Failure to complete ½ turn Element penalties	VM VM As CoP

Cast to horizontal penalties

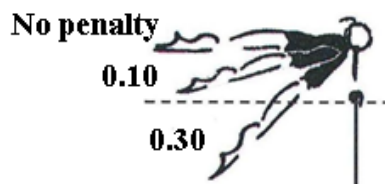


BARS – REGIONAL GRADE 2

Uneven Bars

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - Float upstart (legs together or straddled)	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to (minimum) horizontal with legs together and Layaway upstart (legs together or straddled)	0.50	Cast penalties Cast with legs apart or straddled Failure to complete upstart Element penalties (upstart)	See diagram 0.10 0.30 1.00 (fall) + VM As CoP
Cast to (minimum) horizontal with legs together and Back hip circle (NO composition deduction for empty swing after back hip circle)	0.50	Cast penalties Cast with legs apart or straddled Failure to circle the bar Going round twice Element penalties (back hip circle)	See diagram 0.10 0.30 VM 0.50 As CoP
Squat or stoop on (NO height of cast deduction into element)	0.50	Squat on one foot before the other Sole circle performed	0.30 VM
Jump to catch HB (NO composition deduction for jump to HB)	0.50	Failure to jump to HB (includes following a fall) Failure to catch the HB Lack of control in jump to HB	Non-attempt 1.00 (fall) + VM 0.10 0.30
Long upstart	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Dismount – any 'A' coded dismount	0.50	Dismount higher value than 'A' Element penalties including cast penalties	VM (+ CoP penalties) As CoP

Cast to horizontal penalties

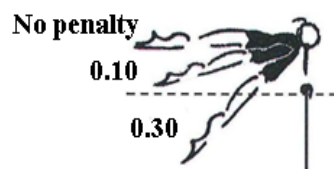


BARS – REGIONAL GRADE 1

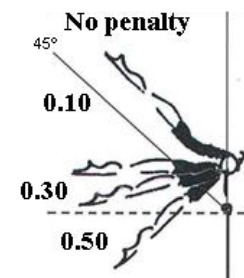
Uneven Bars

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - Float upstart (legs together or straddled)	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to (minimum) horizontal with legs together and Clear circle to 45° or above	0.50	Cast penalties Cast with legs apart or straddled Clear circle penalties Back hip circle	See diagram 0.10 0.30 See diagram VM
Upstart (legs together or straddled) – OPTIONAL – i.e. gymnast may go straight from clear circle into sole circle	0.00	Failure to complete upstart Element penalties	1.00 (fall) As CoP
Squat/stoop/step on and sole circle (NO height of cast deduction into element)	0.50	Squat/stoop/step on and no sole circle (i.e. jump straight to HB) Going round twice Going round more than twice Bent leg penalties	Non-attempt 0.50 1.00 (count as fall) As CoP
Jump to catch HB (NO composition deduction for jump to HB)	0.50	Failure to jump to HB (includes following a fall) Failure to catch the HB Lack of control in jump to HB	Non-attempt 1.00 (fall) + VM 0.10 0.30
Long upstart	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Dismount – any ‘A’ coded dismount	0.50	Dismount higher value than ‘A’ Element penalties including cast penalties	VM (+ CoP penalties) As CoP

Cast to horizontal penalties



Clear circle to 45° penalties



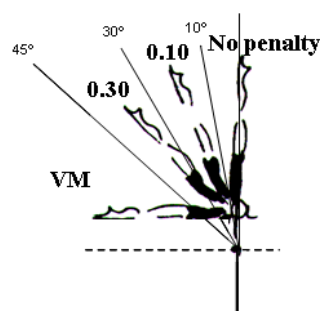
BARS – NATIONAL GRADE 4

Uneven bars with high bar as strap bar (gloves and loops) and low bar as wooden bar

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
From long hang, in regular grip, trolley swing (may be initiated by ONE dish and/ or arch)	0.00	Body alignment Bent legs More than one dish and / or arch	0.10 0.10 0.30 0.50 0.50 (empty swing)
Long upstart	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to handstand	0.50	Cast penalties Cast over the top Completed forward giant (over the bar from a failed handstand)	See diagram 1.00 (fall) 0.50 (int. swing)
Giant circle backwards through handstand x 3 (legs together or straddled on downswing)	0.50	Failure to complete any giant circle (*see NOTE below) Excessive EARLY pike or straddle in downswing (bail)	0.50 (each time) 0.10 0.30 (each giant)
Coach to stop gymnast after 3 complete giant circles	0.50	Head out (chin up)	0.10 0.30 (each giant)
	0.50	Slight arch in last ¼ of giant circle (body alignment)	0.10 (each giant)
		Excessive arch in last ¼ of giant circle	0.30 (each giant)
	0.50	Lack of hang shape in the tap swing Completed forward giant (over the bar from a failed giant)	0.10 0.30 (each giant) 0.50 (each time)

NOTE: *Failure in completing giant circles: - an intermediate swing (fwd then bwd) occurring before a backward giant gets over the bar will incur a penalty of 0.50. The maximum number of intermediate swings permitted per occasion will be THREE (total intermediate swing penalty on any one occasion = 1.00). If the gymnast has still not completed the giant circle by this time the coach must stop the gymnast and she must return to front support to attempt the next giant circle. The penalty for this occurring would be 1.00 + 1xVM.

Cast to handstand penalties

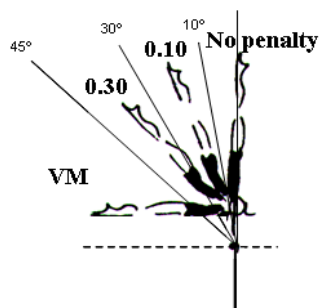


BARS – NATIONAL GRADE 3

Uneven Bars

DESCRIPTION		VALUE	EXECUTION FAULTS	PENALTIES
Mount - Float upstart (legs together or straddled)		0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Squat or stoop on (NO height of cast deduction into element)		0.50	Squat on one foot before the other Sole circle performed	0.30 VM
Jump to catch HB (NO composition deduction for jump to HB)		0.50	Failure to jump to HB (includes following a fall) Failure to catch the HB Lack of control in jump to HB	Non-attempt 1.00 (fall) + VM 0.10 0.30
Long upstart		0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to handstand		0.50	Cast penalties	See diagram
Giant circle backwards to handstand (legs together or straddled on downswing)		0.50	Failure to complete circle (within 10°) Slight arch in last ¼ of giant circle (body alignment)	1.00 (fall) + VM 0.10
Giant circle backwards to handstand (legs together or straddled on downswing)		0.50	Excessive arch in last ¼ of giant circle	0.30
Dismount - Choice of	Straddle / stoop / step on and undershoot	0.50	Failure of feet to touch bar Element penalties including cast penalties Straddle / stoop / step on begun too early	VM As CoP 0.10
	Straight backaway		Distinct tuck or pike in backaway Element penalties	VM As CoP

Cast to handstand penalties

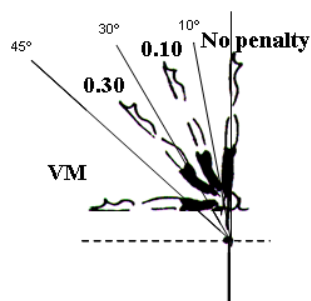


BARS – NATIONAL GRADE 2

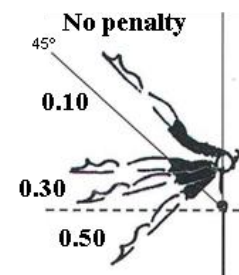
Uneven Bars

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - Float upstart (legs together or straddled)	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to handstand	0.50	Cast penalties	See diagram
Close bar circle to 45° or above (element may be completed to handstand but upstart [below] must be performed after)	0.50	Close bar circle penalties Back hip circle (instead of clear circle)	See diagram VM
Upstart (legs together or straddled)	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Squat or stoop on (NO height of cast deduction into element)	0.50	Squat on one foot before the other Sole circle performed	0.30 VM
Jump to catch HB (NO composition deduction for jump to HB)	0.50	Failure to jump to HB (includes following a fall) Failure to catch the HB Lack of control in jump to HB	Non-attempt 1.00 (fall) + VM 0.10 0.30
Long upstart	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to handstand	0.50	Cast penalties	See diagram
Giant circle backwards to handstand (legs together or straddled on downswing)	0.50	Failure to complete circle (within 10°) Slight arch in last ¼ of giant circle (body alignment)	1.00 (fall) + VM 0.10
Giant circle backwards to handstand (legs together or straddled on downswing)	0.50	Excessive arch in last ¼ of giant circle	0.30
Dismount – any 'A' or 'B' coded dismount	0.50	Dismount higher value than 'B' Element penalties including cast penalties	VM (+ CoP penalties) As CoP

Cast to handstand penalties



Close bar circle to 45° penalties

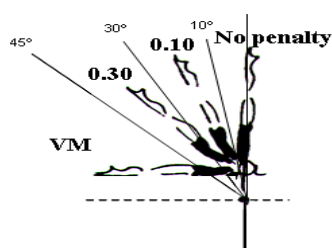


BARS – NATIONAL GRADE 1

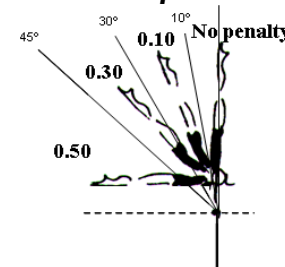
Uneven Bars

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - Float upstart (legs together or straddled)	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to handstand	0.50	Cast penalties	See diagram
1st Close bar circle to handstand	0.50	Close bar circle penalties Failure to complete circle (within 10°)	See diagram 1.00 (fall) + VM
Squat / stoop / step on and sole circle (If performed from an upstart – Cast penalties will be applied as CoP)	0.50	Squat / stoop / step on and no sole circle (i.e. jump straight to HB) Going round twice Going round more than twice Bent leg penalties	Non-attempt 0.50 1.00 (count as fall) As CoP
Jump to catch HB (NO composition deduction for jump to HB)	0.50	Failure to jump to HB (includes following a fall) Failure to catch the HB Lack of control in jump to HB	Non-attempt 1.00 (fall) + VM 0.10 0.30
Long upstart	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to handstand	0.50	Cast penalties	See diagram
2nd Close bar circle to handstand	1.00	Close bar circle penalties Failure to complete circle (within 10°) Same close bar circle performed as 1st	See diagram 1.00 (fall) + VM VM 1.00 (+CoP penalties)
Giant circle backwards to handstand (legs together or straddled on downswing) – THIS GIANT CIRCLE MAY BE PERFORMED BEFORE OR AFTER THE CLOSE BAR CIRCLE	0.50	Failure to complete circle (within 10°) Slight arch in last ¼ of giant circle (body alignment) Excessive arch in last ¼ of giant circle	1.00 (fall) + VM 0.10 0.30
Giant circle backwards to handstand (legs together or straddled on downswing)	0.50		
Dismount – any ‘A’ or ‘B’ coded dismount	0.50	Dismount higher value than ‘B’ Element penalties including cast penalties	VM (+ CoP penalties) As CoP

Cast to handstand penalties



Close bar circle to handstand penalties



BEAM

BEAM – CLUB, REGIONAL & NATIONAL GRADES

ALL Grades: - D Score 4.00 + E Score 10.00

BEAM HEIGHT for all grades: 125cm

Club Grade 6 – must have safety mattresses of uniform thickness (20cm or 30cm) under the complete length of the beam on top of the standard matting

LENGTH of EXERCISE

1 minute 30 seconds maximum

SET ELEMENTS within a voluntary exercise

Elements may be performed in any order except in series which must be in stated order

ADDITIONAL ELEMENTS

May be performed but will incur execution penalties as FIG CoP

SPINS

All spins may be performed in either direction i.e. forwards or backwards

NON ATTEMPT of an element – refer to Page 5

Deduction **2.00** (taken as a **NEUTRAL PENALTY**) + Value of Move [VM] (taken from the **D SCORE**)

INCOMPLETE / FAILED ATTEMPT of an element

The VM penalty is taken from the **D SCORE**; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.

SERIES BREAKS – refer to Page 4

Deduction **0.50** (taken as a **NEUTRAL PENALTY**) by the D Panel

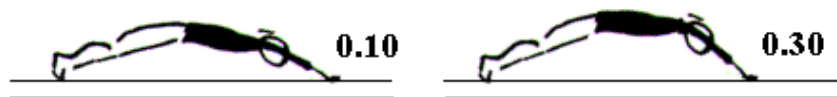
NO HOLD – refer to Page 4

VM (0.50) taken from D Score

BEAM – CLUB GRADE 6

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount (from standing on crash mat – i.e. no springboard) Jump to front support – lift one leg over beam to cross sit Place hands on beam and press to straddle ½ level HOLD for 2 seconds Gymnast may sit down at this point if required Place hands on beam and swing legs backwards to squat feet onto beam (may be performed to soles of feet or top of feet without penalty) Gymnast may split the 3 mount elements in order to perform the compositional requirement of the 'low combination'	0.50	Bent arms in front support (after mounting)	0.10
		Brushing foot on beam lifting leg over beam	0.10
	Hitting foot / leg on beam lifting leg over beam	0.30	
Not held for 2 seconds Feet held below horizontal Feet held lower than level of beam Head not lifted	0.50		VM
			0.10
			0.30
Failure of feet to land on beam	0.10	VM	
Stretched jump from two feet to land on two feet	0.50	Element penalties	As CoP
Relevé and ½ turn on two feet	0.50	Turn not completed	VM
Caterpillar (from pike stand [show position] and with feet remaining in place, walk hands out to open shoulder front support (dished shape) - HOLD for 2 seconds . With hands remaining in place - walk feet back in to pike stand – show position). Keep legs straight throughout.	0.50	Dish shape not held for 2 seconds	VM
		Dish shape not low enough	see diagram
		Bent legs at any stage	0.10 0.30 0.50
		Pike position not shown at beginning of element	0.10
		Pike position not shown at end of element	0.10
Lack of fluency / pace in element (taking too long)	0.10 0.30		
Balance stand (arabesque) on one flat foot with free leg held behind (minimum 90°) straight legs throughout. HOLD for 2 seconds	0.50	Not held for 2 seconds	VM
		Back leg held between 45 - 90°	0.10
		Back leg held at 45°	0.30
		Back leg held below 45°	VM
Dismount - From centre of beam, run and hurdle step to take off from two feet into stretched jump to dismount	0.50	Take off from one foot	VM
		Insufficient height in jump	0.10 0.30
		Body alignment in jump	0.10
		Not starting from the centre of beam	0.10
		Not running along beam	0.10

Diagram - Club Grade 6 – Caterpillar penalties



BEAM – CLUB GRADE 5

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - jump to squat on with hand support at side of beam	0.50	Failure of feet to land on beam Squat on with one foot only or one before the other	VM 0.30
Sit on beam and press (lifting legs) to 90° pike HOLD for 2 seconds	0.50	Not held for 2 seconds Feet held below horizontal but above level of beam Feet held below level of beam	VM 0.10 0.30
Split jump	0.50	Element penalties Landing on one foot	As CoP 0.30
½ spin on one foot	0.50	Turn not completed	VM
Lift one leg to horizontal and deep squat down on opposite foot then stand up with free leg remaining at horizontal throughout. Step forward and repeat on other leg	0.50	Failure to achieve deep squat on either leg Missing one leg squat (or repeating on same leg) Free leg falling below horizontal (between 90° - 45°) Free leg falling below 45° Placing free foot on beam during squat or standing up Lack of fluency / pace in element (taking too long)	VM VM 0.10 0.30 0.30 0.10 0.30
Dance series - stretched jump tuck jump	0.50 0.50	Element penalties Series break (elements not connected) Elements performed in incorrect order Element missing (includes following a fall)	As CoP 0.50 0.30 Non-attempt of 2 nd element
Kick towards handstand with split legs – finish in brief lunge with arms by ears (may take arms out after this position shown) Handstand position is not required to be fully reached or held	0.50	Split penalties Arms not by ears in lunge No lunge shown	0.10 0.30 0.10 0.10
Dismount - round-off from end of beam (placing hands on beam and feet on floor)	0.50	Legs not joining in flight phase Lack of flight	0.10 0.10 0.30

BEAM – REGIONAL GRADE 4

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - jump to clear straddle support (legs at horizontal or above) at side of beam and HOLD for 2 seconds	0.50	Not held for 2 seconds Feet held below horizontal but above level of beam Feet held below level of beam Brushing foot / feet on beam during straddle over Hitting foot / feet on beam during straddle over	VM 0.10 0.30 0.10 0.30
Sissone	0.50	Element penalties Landing on two feet	As CoP VM
Handstand (along beam) – optional leg position. SHOW handstand	0.50	Handstand position not shown Element penalties	0.30 As CoP
Dance series - tuck jump wolf (W) jump	0.50	Element penalties Series break (elements not connected)	As CoP 0.50
	0.50	Elements performed in incorrect order Element missing (includes following a fall)	0.30 Non-attempt of 2 nd element
Free forward roll to stand	0.50	Element penalties Hands touching beam (forward roll)	As CoP VM
Full spin on one foot	0.50	Element penalties Turn not completed	As CoP VM
Dismount - tucked front salto from two feet – may be from run / step to 2 feet/ standing on end - but must be from two feet	0.50	Element penalties Take off from one foot Salto not tucked	As CoP VM VM

BEAM – REGIONAL GRADE 3

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount – jump to Japana (no straddle over first). Take hands off beam and HOLD for 2 seconds	0.50	Not held for 2 seconds with hands off beam Lack of flexibility	VM 0.10 0.30
Split leap	0.50	Element penalties	As CoP
Cartwheel ¼ turn inwards (may connect to dismount)	0.50	Element penalties No ¼ turn inwards	As CoP 0.30
Full spin on one foot	0.50	Element penalties Turn not completed	As CoP VM
Dance series – split jump wolf (W) jump	0.50	Element penalties Landing split jump on one foot Series break (elements not connected)	As CoP 0.30 0.50
	0.50	Elements performed in incorrect order Element missing (includes following a fall)	0.30 Non-attempt of 2 nd element
Handstand (along beam) – optional leg position. HOLD for 2 seconds	0.50	Handstand position not held for 2 seconds Element penalties	VM As CoP
Dismount – tucked back salto (may be connected to cartwheel ¼ inward turn)	0.50	Element penalties Salto not tucked	As CoP VM

BEAM – REGIONAL GRADE 2

DESCRIPTION		VALUE	EXECUTION FAULTS	PENALTIES
Mount - any 'A' coded mount		0.50	Element penalties Mount higher value than 'A'	As CoP VM (+ CoP penalties)
Dance series: split leap wolf (W) jump		0.50	Element penalties Series break (elements not connected)	As CoP 0.50
		0.50	Elements performed in incorrect order Element missing (includes following a fall)	0.30 Non-attempt of 2 nd element
Choice of -	backward walkover backward roll	0.50	Element penalties Backward roll landing on knee(s)	As CoP 0.30
Full spin on one foot		0.50	Element penalties Turn not completed	As CoP VM
Stretched jump with ½ turn (optional:- side-side or cross-cross beam)		0.50	Element penalties Turn not completed	As CoP VM
Mixed series -	choice of – cartwheel sissone OR sissone cartwheel	0.50 + 0.50	Element penalties Series break (elements not connected) Element missing (includes following a fall)	As CoP 0.50 Non-attempt of 2 nd element
Dismount - piked front salto from two feet – may be from run / step to 2 feet/ standing on end - but must be from two feet		0.50	Element penalties Take off from one foot Salto not piked	As CoP VM VM

BEAM – REGIONAL GRADE 1

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - any coded mount	0.50	Element penalties	As CoP
Dance series: MAY BE PERFORMED IN ANY ORDER change leg split leap any 'A' or 'B' coded leap/jump/hop	0.50	Element penalties Series break (elements not connected)	As CoP 0.50
	0.50	Element missing (includes following a fall) Leap/jump/hop higher value than 'B'	Non-attempt of 2 nd element VM (+ CoP penalties)
'B' (minimum) coded flight element (not mount or dismount)	0.50	Element penalties	As CoP
Full spin on one foot	0.50	Element penalties Turn not completed	As CoP VM
'B' (minimum) coded jump or leap with ½ turn (not mount) Must NOT be part of dance series	0.50	Element penalties Turn not completed	As CoP VM
Cartwheel to side handstand and SHOW position with legs together. Optional exit	0.50	Position not shown	0.30
		Feet apart	0.10
Dismount – cartwheel connected to tucked back salto	0.50	Element penalties Salto not tucked Series break (elements not connected)	As CoP VM 0.50
	0.50	Salto missing (includes following a fall) If fall occurs between elements and 1 st element is repeated in order to compete dismount series If fall occurs between elements and just salto competed	Non-attempt of salto 1.00 (fall) 1.00 (fall) + 0.50 (series break)

BEAM – NATIONAL GRADE 4

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount – jump to clear straddle support and HOLD for 2 seconds	0.50	Not held for 2 seconds	VM
		Feet held below horizontal but above level of beam	0.10
		Feet held below level of beam	0.30
		Brushing foot / feet on beam during straddle over	0.10
		Hitting foot / feet on beam during straddle over	0.30
Lift to Japana, take hands off beam and HOLD for 2 seconds	0.50	Japana not held for 2 seconds with hands off beam	VM
		Lack of flexibility in Japana	0.10 0.30
Dance series:			
split jump	0.50	Element penalties	As CoP
		Series break (elements not connected)	0.50
		Elements performed in incorrect order	0.30
sissonne	0.50	Element missing (includes following a fall)	Non-attempt of 2 nd element
Backward walkover	0.50	Element penalties	As CoP
Stretched jump with ½ turn (optional:- side-side or cross-cross beam)	0.50	Element penalties	As CoP
		Turn not completed	VM
Cartwheel ¼ turn inwards	0.50	Element penalties	As CoP
		No ¼ turn inwards	0.30
Full spin on one foot	0.50	Element penalties	As CoP
		Turn not completed	VM
Dismount - tucked front salto from two feet – may be from run / step to 2 feet/ standing on end - but must be from two feet	0.50	Element penalties	As CoP
		Take off from one foot	VM
		Salto not tucked	VM

BEAM – NATIONAL GRADE 3

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount – choice of: 1. Stand with back to beam and jump to immediate pike hold (90° hip angle). HOLD for 2 seconds 2. Squat through to pike hold (90° hip angle). HOLD for 2 seconds 3. Squat through to brief sit on beam/rear support. Lift to show pike hold (90° hip angle). HOLD for 2 seconds	0.50	Not held for 2 seconds Sitting down before pike hold in option 1 Legs apart in pike hold	VM 0.30 0.10
	0.50	Legs bent in pike hold Legs held below horizontal Feet flexed in squat through	0.10 0.30 0.50 0.10 0.30 0.10
	0.50	Feet brushing / hitting beam during squat through	0.10 0.30
Dance series: MAY BE PERFORMED IN ANY ORDER split leap sissone	0.50	Element penalties Series break (elements not connected)	As CoP 0.50
	0.50	Element missing (includes following a fall)	Non-attempt of 2 nd element
Round off	0.50	Element penalties	As CoP
Straddle jump	0.50	Element penalties	As CoP
Forward walkover	0.50	Element penalties	As CoP
Full spin on one foot	0.50	Element penalties Turn not completed	As CoP VM
Flic to one foot	0.50	Element penalties	As CoP
Dismount – cartwheel connected to tucked back salto	0.50	Element penalties Salto not tucked Series break (elements not connected) Salto missing (includes following a fall)	As CoP VM 0.50 Non-attempt of salto 1.00 (fall)
	0.50	If fall occurs between elements and 1 st element is repeated in order to compete dismount series If fall occurs between elements and just salto competed	1.00 (fall) + 0.50 (series break)

BEAM – NATIONAL GRADE 2

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - any 'A' coded mount	0.50	Element penalties Mount higher value than 'A'	As CoP VM (+ CoP penalties)
Dance series: MAY BE PERFORMED IN ANY ORDER split leap connected to any 'A' or 'B' coded leap/jump/hop	0.50	Element penalties Series break (elements not connected) Element missing (includes following a fall)	As CoP 0.50 Non-attempt of 2 nd element
	0.50	Leap/jump/hop higher value than 'B'	VM (+ CoP penalties)
Flic to two feet	0.50	Element penalties Flic to one foot	As CoP VM
Full spin on one foot	0.50	Element penalties Turn not completed	As CoP VM
Acro series: forward walkover cartwheel (if gymnast is on wrong leg – free leg must be swung through)	0.50	Element penalties Series break (elements not connected) Element missing (includes following a fall)	As CoP 0.50 Non-attempt of 2 nd element
	0.50		
Change leg split leap	0.50	Element penalties	As CoP
Dismount – 'B' coded flight element (not flic to 2 feet) connected to 'A' or 'B' coded salto	0.50	Element penalties None or 'A' element performed before salto Series break (elements not connected) Salto dismount missing (includes following a fall) Salto higher value than 'B'	As CoP Non-attempt 0.50 Non-attempt of salto VM (+ CoP penalties)
	0.50	If fall occurs between elements and 1 st element is repeated in order to compete dismount series If fall occurs between elements and just salto competed	1.00 (fall) 1.00 (fall) + 0.50 (series break)

BEAM – NATIONAL GRADE 1

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - any 'B' (minimum) coded mount (Russian lever mount included)	0.50	Element penalties Mount not a 'B' (minimum) element	As CoP VM (+ CoP penalties)
Dance series: MAY BE PERFORMED IN ANY ORDER change leg split leap connected to any 'A' or 'B' coded leap/jump/hop	0.50	Element penalties Series break (elements not connected) Element missing (includes following a fall)	As CoP 0.50 Non-attempt of 2 nd element VM (+ CoP penalties)
	0.50	Leap/jump/hop higher value than 'B'	
Series: split handstand (show position) flic to one foot (may connect to tucked back salto)	0.50	Split penalties (handstand) Position not shown	0.10 0.30 0.30
	0.50	Element penalties Series break (elements not connected) Element missing (includes following a fall)	As CoP 0.50 Non-attempt of 2 nd element
Full spin on one foot	0.50	Element penalties Turn not completed	As CoP VM
Choice of -	free cartwheel	0.50	Element penalties As CoP
	free walkover		
	tucked back salto		
	tucked side salto		
'B' (minimum) coded jump or leap with minimum ½ turn (not mount) Must NOT be part of dance series	0.50	Element penalties Turn not completed	As CoP VM
Dismount – any 'B' (minimum) coded dismount (may be preceded by another element)	0.50	Element penalties Dismount not a 'B' (minimum) element	As CoP VM (+ CoP penalties)

FLOOR

FLOOR – CLUB, REGIONAL & NATIONAL GRADES

ALL Grades: - D Score 4.00 + E Score 10.00

LENGTH of EXERCISE

1 minute 30 seconds maximum

ELEMENTS within an exercise

Elements may be performed in any order except in series which must be in stated order

ACRO LINES / ACRO ELEMENTS / TUMBLES within an exercise

- May be performed in optional order but elements within the series must be performed in the order stated in the text
- Saltos performed 'on their own' may be performed as the last tumble or within the exercise
- Acro elements may be performed **after** the last acro line or tumble
- Acro lines / tumbles with saltos – landings from saltos should aim to be controlled and still i.e. jumps / leaps / dance elements should not be performed out of the salto. Handsprings and flics to 2 feet may go into a controlled rebound or dance

ADDITIONAL ELEMENTS

May be performed but will incur execution penalties as FIG CoP

SPINS

All spins may be performed in either direction i.e. forwards or backwards

NON ATTEMPT of an element – refer to Page 5

Deduction **2.00** (taken as a **NEUTRAL PENALTY**) + Value of Move [VM] (taken from the **D SCORE**)

INCOMPLETE / FAILED ATTEMPT of an element

- VM penalty is taken from the **D SCORE**
- Elements may be repeated in order to achieve VM (as FIG CoP)
- If the element is repeated and then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.

SERIES BREAKS – refer to Page 4

Deduction **0.50** (taken as a **NEUTRAL PENALTY**) by the D Panel

FLOOR – CLUB GRADE 6

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
Handstand into bridge and SHOW position	0.50	Legs not joining in handstand	0.10		
		Rebound on floor on landing in bridge	0.10		
Lift one leg and kick over to stand	0.50	Landing with feet apart	0.10		
		Knees bending on landing (landing in crab position)	0.10	0.30	0.50
Dance passage – chasse step forwards into cat leap	0.50	Bridge position not shown		0.30	
		Failure in kick over to stand			1.00 (fall)
chasse step forwards into assemble jump (jump from one foot onto two feet swinging free leg forwards to join both legs together in air) rebound into immediate stretched jump	0.50	Lack of split	0.10	0.30	
		Bent legs	0.10	0.30	0.50
Dance passage – chasse step forwards into cat leap	0.50	Missing chasse		0.30	
		Element penalties		As CoP	
chasse step forwards into assemble jump (jump from one foot onto two feet swinging free leg forwards to join both legs together in air) rebound into immediate stretched jump	0.50	Missing chasse		0.30	
		Feet not joining in assemble jump	0.10		
Handstand forward roll with straight arms to stand with feet together	0.50	Lack of height in stretched jump	0.10	0.30	
		Jump not in straight position	0.10	0.30	
Handstand forward roll with straight arms to stand with feet together	0.50	Jumps not rebounding		0.30	
		Body alignment in handstand	0.10		
Acro line – cartwheel from side to side into cartwheel from side with ¼ turn inwards into piked backward roll with straight arms and legs together to pike stand	0.50	Bent arms in roll	0.10	0.30	0.50
		Cartwheel not side to side		0.30	
Split jump	0.50	No ¼ turn inwards		0.30	
		Bent legs at any point	0.10	0.30	0.50
Forward roll to sit in straddle, SHOW position ¼ turn to sit in splits (may use hands without penalty) and SHOW position	0.50	Bent arms in roll	0.10	0.30	0.50
		Series break for definite stop in series			0.50
Forward roll to sit in straddle, SHOW position ¼ turn to sit in splits (may use hands without penalty) and SHOW position	0.50	Rhythm penalty for hesitation at any point in series	0.10		
		Element penalties		As CoP	
Forward roll to sit in straddle, SHOW position ¼ turn to sit in splits (may use hands without penalty) and SHOW position	0.50	Straddle position not shown		0.30	
		Splits not shown		0.30	
Forward roll to sit in straddle, SHOW position ¼ turn to sit in splits (may use hands without penalty) and SHOW position	0.50	Lack of flexibility in splits	0.10	0.30	

FLOOR – CLUB GRADE 5

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
Starting with arms behind body, swing arms downwards and forwards into Handstand immediate rebound bounce forwards onto hands into handstand forward roll with straight arms and straight legs (may use hands at sides of legs to aid stand) - to finish with hands in front of thighs in dish stand. SHOW position	0.50	Arms not swinging from behind Lack of flight in rebound No rebound Bent arms in handstand forward roll Standing up from handstand forward roll with tucked legs Not showing dish stand position at end Body alignment in handstand	0.30 0.10 VM 0.10 0.30 0.10 0.10	0.30	0.50
Dance series - split jump (rebound) immediate star jump	0.50	Element penalties	As CoP		
	0.50	Lack of height Lack of split Pike in hips Jumps not rebounding Elements performed in incorrect order	0.10 0.10 0.10 0.30 0.30	0.30 0.30 0.30	
Tic-toc	0.50	Lack of split Bent legs Failure in kick / lift back over to stand	0.10 0.10 1.00 (fall)	0.30 0.30	0.50
Full spin	0.50	Element penalties Turn not completed	As CoP VM		
Tumble - from 2 feet together - jump into round off immediate stretched jump into	0.50	Element penalties Round off from run or not from 2 footed jump Lack of height in stretched jump Jump not in straight position	As CoP 0.30 0.10 0.30 0.10 0.30		
pike backward roll with straight arms and legs together to front support	0.50	Bent legs at any point Bent arms in roll	0.10 0.30 0.50 0.10 0.30 0.50		
swing one leg round to sit in (forwards) splits and SHOW position	0.50	Splits not shown Lack of flexibility in splits	0.30 0.10 0.30		
Chasse step forwards into split leap	0.50	Missing chasse Element penalties	0.30 As CoP		

FLOOR – REGIONAL GRADE 4

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
Tumble - from 2 feet together – jump into round off flic to two feet	0.50	Round off from run or not from 2 footed jump Element penalties Series break	0.30 As CoP		0.50
	0.50	Element penalties Flic to one foot (split leg flic)	As CoP VM		
Full spin	0.50	Element penalties Turn not completed	As CoP VM		
From straight legs entry - backward roll to handstand with straight arms	0.50	Bent legs going into backward roll / handstand Bent arms in roll Body alignment in handstand	0.10 0.10 0.10	0.30 0.30	0.50 0.50
Dance passage - split leap split leap	0.50	Element penalties Series break	As CoP		
	0.50				0.50
Backward walkover (to finish on feet)	0.50	Lack of split Bent legs	0.10 0.10	0.30 0.30	0.50
Straddle jump (must not be connected to another element)	0.50	Element penalties Straddle jump connected to another element e.g. flic	As CoP 0.30		
Handspring to two feet	0.50	Element penalties Landing on one foot (handspring to one)	As CoP 0.30		

FLOOR – REGIONAL GRADE 3

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Tumble - from 2 feet together - jump into round off 3 flics (legs together)	0.50	Round off from run or not from 2 footed jump Element penalties	0.30 As CoP
	0.50	Series break Missing flic within series	0.50 VM
Forward walkover	0.50	Lack of split Bent legs	0.10 0.30 0.10 0.30 0.50
Dance passage - split leap (1 st) fouette hop (2 nd) to land in brief arabesque	0.50	Element penalties	As CoP
	0.50	Element penalties Not landing with back leg lifted (brief arabesque) Elements performed in incorrect order Series break	As CoP 0.10 0.30 0.50
Tumble - tucked front salto to land on two feet	0.50	Element penalties Landing on one foot (front salto with walkout) Salto not tucked	As CoP 0.30 VM
Tumble - handspring to one foot - run - handspring to two feet The 'run' must be 2 steps or more. It may / may not include a hurdle step into the handspring to 2. The 'run' must not be a 'chasse' or one step	0.50	Element penalties Landing on two feet	As CoP 0.30
	0.50	Element penalties Landing on one foot (handspring to one) Elements performed in incorrect order Chasse / one step into handspring to 2	As CoP 0.30 0.30 0.30
Full spin	0.50	Element penalties Turn not completed	As CoP VM

FLOOR – REGIONAL GRADE 2

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Acro line - round off flic tucked back salto	0.50	Element penalties	As CoP
	0.50	Series break	0.50
	0.50	Salto not tucked	VM
Free cartwheel	0.50	Element penalties	As CoP
Dance passage – MAY BE PERFORMED IN ANY ORDER change leg split leap split leap	0.50	Element penalties	As CoP
	0.50	Element penalties Series break	As CoP 0.50
Mixed series - round off 3 flics straddle jump	0.50	Element penalties	As CoP
	0.50	Series break	0.50
	0.50	Missing flic	VM
Double spin	0.50	Element penalties Turn not completed	As CoP VM
Acro line - handspring to two feet tucked front salto	0.50	Element penalties	As CoP
	0.50	Series break Salto not tucked	0.50 VM
Wolf (W) jump full turn	0.50	Element penalties Turn not completed	As CoP VM

FLOOR – REGIONAL GRADE 1

DESCRIPTION		VALUE	EXECUTION FAULTS	PENALTIES
Acro line - round off 3 flics tucked back salto		0.50	Element penalties	As CoP
		0.50	Series break	0.50
		0.50	Missing flic within series Salto not tucked	VM VM
Choice of -	free cartwheel	0.50	Element penalties	As CoP
	free walkover			
	side salto			
Dance passage – change leg split leap (1 st) tour jete (2 nd)		0.50	Element penalties	As CoP
		0.50	Element penalties Elements performed in incorrect order Series break	As CoP 0.30 0.50
Acro line / tumble - straight front salto to two feet (optional handspring entry)		0.50	Element penalties Salto tucked or piked	As CoP VM
Double spin		0.50	Element penalties Turn not completed	As CoP VM
Acro line - round off flic straight back salto		0.50	Element penalties	As CoP
		0.50	Series break	0.50
		0.50	Salto tucked or piked	VM
Choice of -	Straddle jump half turn	0.50	Element penalties Turn not completed	As CoP VM
	Split jump half turn			

FLOOR – NATIONAL GRADE 4

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
Acro line - round off flic tucked back salto	0.50	Element penalties	As CoP		
	0.50	Series break	0.50		
	0.50	Salto not tucked	VM		
From straight legs entry - backward roll to handstand with straight arms	0.50	Bent legs going into backward roll / handstand Bent arms in roll Body alignment in handstand	0.10 0.10 0.10	0.30 0.30	0.50 0.50
Dance passage – split leap (1 st) side leap (2 nd)	0.50	Element penalties	As CoP		
	0.50	Element penalties Elements performed in incorrect order Series break	As CoP 0.30		0.50
Tumble - from 2 feet together - jump into round off 3 flics	0.50	Round off from run or not from 2 footed jump Element penalties	0.30 As CoP		0.50
	0.50	Series break Missing flic within series	VM		
Full spin	0.50	Element penalties Turn not completed	As CoP VM		
Tumble – handspring to one foot immediate handspring to two feet	0.50	Element penalties Landing on two feet Series break	As CoP 0.30		0.50
	0.50	Element penalties Landing on one foot (handspring to one)	As CoP 0.30		
Stretched jump with full turn	0.50	Element penalties Turn not completed	As CoP VM		

FLOOR – NATIONAL GRADE 3

DESCRIPTION		VALUE	EXECUTION FAULTS	PENALTIES		
Acro line - round off flic straight back salto		0.50	Element penalties	As CoP		
		0.50	Series break	0.50		
		0.50	Salto tucked or piked	VM		
From straight legs entry - backward roll to handstand with straight arms, ½ turn in handstand (may be blind turn or top turn), forward roll out to stand		0.50	Bent legs going into backward roll / handstand Bent arms in roll ½ turn not completed Body alignment in handstand Late turn (after handstand) / lack of control in turn	0.10 0.10 0.10 0.10	0.30 0.30 VM 0.30	0.50 0.50
Dance passage – change leg split leap (1 st) fouette hop (2 nd) to land in brief arabesque		0.50	Element penalties	As CoP		
		0.50	Element penalties Not landing with back leg lifted (brief arabesque) Elements performed in incorrect order Series break	0.10	0.30	0.50
Acro line - from 2 feet together - jump into round off 3 flics tucked back salto		0.50	Round off from run or not from 2 footed jump	0.30		
		0.50	Element penalties Series break	As CoP		
		0.50	Missing flic within series Salto not tucked	VM VM	0.50	
Full spin immediate step into full spin on other foot (brief demi-plie between the 2 spins allowed) Spins may be forwards or backwards but must be on different feet		0.50 + 0.50	Element penalties Spins executed on the same foot Turn (either) not completed	As CoP VM (for 2 nd spin) 1 x VM only		
Acro line - handspring to two feet tucked front salto		0.50	Element penalties Series break	As CoP		
		0.50	Salto not tucked	VM		
Choice of -	free cartwheel	0.50	Element penalties	As CoP		
	free walkover					

FLOOR – NATIONAL GRADE 2

DESCRIPTION			VALUE	EXECUTION FAULTS	PENALTIES
Acro line - round off flic full twisting straight back salto			0.50	Element penalties	As CoP
			0.50	Series break	0.50
			0.50	Salto tucked with full twist	0.30
Wolf (W) jump full turn			0.50	Element penalties Turn not completed	As CoP VM
Dance passage – change leg split leap (1 st) tour jete (2 nd)			0.50	Element penalties	As CoP
			0.50	Element penalties Elements performed in incorrect order Series break	As CoP 0.30 0.50
Acro line - from 2 feet together - jump into round off 3 flics straight back salto			0.50	Round off from run or not from 2 footed jump	0.30
			0.50	Element penalties Series break	As CoP 0.50
			0.50	Missing flic within series Salto tucked or piked	VM VM
Double spin			0.50	Element penalties Turn not completed	As CoP VM
Acro line / tumble - straight front salto (optional handspring entry)			0.50	Element penalties Salto tucked or piked	As CoP VM
Choice of -	free cartwheel:	from 1 step only	0.50	Element penalties Element from 2 steps or more / chasse / jump from two feet / run	As CoP 0.30
	free walkover:				
	side salto:				

FLOOR – NATIONAL GRADE 1

GYMNAST MUST HAVE 3 ACRO LINES / TUMBLES (I.E. CANNOT COMBINE TUMBLES)

DESCRIPTION		VALUE	EXECUTION FAULTS	PENALTIES
Acro line – straight front salto (optional handspring entry) immediate tucked front salto		0.50	Element penalties Salto tucked or piked	As CoP VM
		0.50	Element penalties Salto not tucked Elements performed in incorrect order	As CoP VM 0.30
Choice of -	Straddle jump full turn	0.50	Element penalties	As CoP
	Split jump full turn		Turn not completed	VM
Dance passage – change leg split leap (1 st) change leg split leap with ½ turn (2 nd)		0.50	Element penalties	As CoP
		0.50	Element penalties Turn not completed Series break	As CoP VM + 0.50 (series break) 0.50
Acro line / tumble - full twisting salto (backwards or forwards) – may be tucked or straight (optional entry)		0.50	Element penalties	As CoP
'B' coded spin		0.50	Element penalties Turn not completed	As CoP VM
Acro line / tumble - 'C' coded salto (optional entry)		0.50	Element penalties Salto attempted is not a 'C' element	As CoP Non-attempt
			No bwd salto performed in an acro line during the exercise (i.e. only fwd saltos throughout)	0.50

RANGE & CONDITIONING

RANGE & CONDITIONING – CLUB GRADES 6 & 5

Strip of firm matting and short paralettes Time limit of exercise - 1 min 30 sec

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES	
<p>Facing paralettes Starting in crouch position, forward roll (bent or straight arms – pause in shoulder stand not necessary) to long sitting with legs together. Keeping back vertical and straight and with arms out sideways, press knees back to lift heels off the floor. HOLD position for 2 seconds</p>	0.50	Not starting in crouch position Heels not lifting off floor in held position Leaning back to create heel lift Hands touching floor in held position Position not held for 2 seconds	0.10	0.30
<p>Straddle legs to sit in box splits (may use hands in transition phase). Take hands off floor and HOLD position for 2 seconds (arm position optional but hands not touching floor)</p>	0.50	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position	0.10	0.30
<p>Lie forwards onto stomach and take legs backwards to join together with arms by ears. Push to press up position with toes pointed and drag feet in to pike fold. SHOW position with hands flat on floor behind feet, fingers facing backwards away from feet</p>	0.50	Pike fold position not shown Insufficient pike position Legs bent in pike fold Hands not in prescribed position in pike fold	0.10	0.30
<p>Stand up with straight back and arms by ears. Walk to paralettes (no penalties). Crouch down and place hands on paralettes Starting from crouch - take both feet off floor at the same time and perch hold – back between horizontal and 45°. HOLD for 2 seconds</p>	0.50	Perch position not held for 2 seconds Perch taken from straight legs not from crouch Taking one foot off floor before the other to achieve position Knees not tucked into chest in hold Back too high or too low in hold	0.10	0.30
<p>Return feet to floor in crouch or onto straight legs. From crouch or straight legs take both feet off the floor at the same time and lift legs to straddle ½ lever hold with feet higher than hips. HOLD for 2 seconds. Keeping legs straight, lift hips and place feet on floor behind paralettes. Stand up NOTE: paralettes may be moved / adjusted between perch hold and straddle ½ lever hold without penalty</p>	0.50	Straddle ½ lever position not held for 2 seconds Taking one foot off floor before the other to achieve position Legs held at horizontal Legs held below horizontal Legs bent in hold Legs returning to floor in crouch or bent Arms bent in returning feet to floor	0.10	0.30
<p>Place one foot behind the other and ½ turn on two feet. Kneel down on one leg and slide leg forward to splits (may use hands without penalty). Take hands off floor and HOLD for 2 seconds with arms sideways at horizontal</p>	0.50	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position	0.10	0.30
<p>Place hands on floor and ½ turn to splits on the other leg. HOLD for 2 seconds with hands off floor and arms sideways at horizontal. No deduction if hand / hands are not used in transition to splits</p>	0.50	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position	0.10	0.30

Bring back leg forwards to long sit with legs together. Lift arms to ears and pike fold placing hands flat on floor at the sides of feet. HOLD position for 2 seconds	0.50	Pike fold position not held for 2 seconds Insufficient pike position Hands not in prescribed position in pike fold Legs bent in pike fold	VM 0.10 0.30 0.10	0.30 0.30
Lie on back and push to bridge with feet together. Straighten legs and HOLD position for 2 seconds	0.50	Bridge not held for 2 seconds Insufficient shoulder extension Knees bent in held position Feet apart at any point	VM 0.10 0.30 0.10 0.30 0.10	0.30 0.30 0.50
Lift one leg straight to vertical – hold not required - (may move support leg) and kick over through split handstand to stand	0.50	Failure in kick over to stand Lack of split Bent legs	1.00 (fall) 0.10 0.30 0.10 0.30	0.50
		Lack of fluency / pace throughout the exercise (going too slow throughout / holding the holds for too long)	0.10	0.30

RANGE & CONDITIONING – REGIONAL GRADES 4 – 1

Strip of firm matting or no matting. Gymnast may start off mat then step onto mat for forward roll with no penalty. Time limit of exercise - 1 min 30 sec

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
Start in straddle stand. Place hands on floor and straddle press to handstand (elephant lift). HOLD handstand for 2 seconds Pike down from handstand with legs together and stand up with straight back and arms by ears. If fall occurs in handstand – gymnast must kick back up to handstand and perform pike down	0.50	Handstand not held for 2 seconds Jump to handstand instead of lever up Bent legs at any point Bent arms at any point Lack of control in pike down Pike down from handstand not attempted	VM 0.30 0.10 0.10 0.10 VM	0.30 0.30 0.30 0.30	0.50 0.50
Starting in crouch position, forward roll (bent or straight arms – pause in shoulder stand not necessary) to straddle sit position. Keeping back vertical and straight and arms out sideways, HOLD for 2 seconds	0.50	Straddle sit not held for 2 seconds Hands touching floor in held position	VM 0.30		
Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. HOLD for 2 seconds Sit up with straight back and arms by ears	0.50	Japana position not held for 2 seconds Back not straight during lean forwards Widening legs before Japana fold Torso not close to floor in held position Back not straight during sit back up	VM 0.10 0.10 0.10 0.10	0.30 0.30	
¼ turn to sit in (forwards) splits (may use hands without penalty). Take hands off floor and HOLD for 2 seconds with arms sideways at horizontal	0.50	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position	VM 0.10 0.30	0.30	
½ turn to splits on the other leg (may use hands without penalty). HOLD for 2 seconds with hands off floor and arms sideways at horizontal	0.50	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position Flexing foot/feet during transition phase	VM 0.10 0.30 0.10	0.30 0.30	
¼ turn to return to straddle sit (may use hands without penalty). Join legs together with arms sideways. Lift arms to ears and pike fold placing hands flat on floor at the sides of feet. HOLD position for 2 seconds	0.50	Pike fold position not held for 2 seconds Insufficient pike position Hands not in prescribed position in pike fold Legs bent in pike fold	VM 0.10 0.10 0.10	0.30 0.30	
Lie on back and push to bridge with feet together. Straighten legs and HOLD position for 2 seconds	0.50	Bridge not held for 2 seconds Insufficient shoulder extension Knees bent in held position Feet apart at any point	VM 0.10 0.10 0.10	0.30 0.30 0.50	
Lift one leg straight to vertical – hold not required - (may move support leg) and kick over through split handstand to stand	0.50	Failure in kick over to stand Lack of split Bent legs	1.00 (fall) 0.10 0.10	0.30 0.30	0.50
		Lack of fluency / pace throughout the exercise (going too slow throughout / holding the holds for too long)	0.10	0.30	

RANGE & CONDITIONING – NATIONAL GRADES 4 – 1

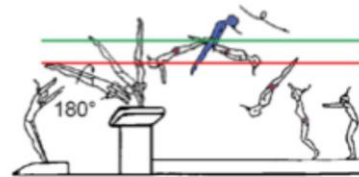
Strip of firm matting or no matting. Gymnast may start off mat then step onto mat for forward roll with no penalty. Time limit of exercise - 1 min 30 sec

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
Start in pike stand with feet together. Place hands on floor and pike press to handstand. HOLD handstand for 2 seconds	0.50	Handstand not held for 2 seconds	VM		
		Jump to handstand instead of lever up Bent legs at any point Bent arms at any point	0.10	0.30	0.50
½ turn in handstand, split legs and step down. Join feet together with arms by ears. If fall occurs in handstand – gymnast must kick back up to handstand and perform ½ turn and step down	0.50	Handstand ½ turn not performed	Non attempt		
		½ turn not completed Late turn (after handstand) / lack of control in turn Bent legs	0.10	0.30	0.50
Starting in crouch position, forward roll (bent or straight arms - pause in shoulder stand not necessary) to straddle ½ lever hold with feet higher than hips. HOLD for 2 seconds	0.50	Straddle ½ lever position not held for 2 seconds	VM		
Lower to straddle sit position		Legs held at horizontal Legs held below horizontal Legs bent in hold	0.10	0.30	0.50
Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. HOLD for 2 seconds	0.50	Japana position not held for 2 seconds	VM		
		Back not straight during lean forwards Widening legs before Japana fold Torso not close to floor in held position	0.10	0.30	0.30
Take legs backwards (may use hands in transition phase) and passing through box splits, join legs together with arms by ears. Push to press up position with toes pointed	0.00	Lack of flexibility in box splits Bent legs Flexing foot/feet during transition phase	0.10	0.30	0.30
Swing one leg round to sit in (forwards) splits. Take hands off floor and HOLD for 2 seconds with arms sideways at horizontal	0.50	Splits not held for 2 seconds	VM		
		Lack of flexibility in splits Hands touching floor in held position	0.10	0.30	0.30
½ turn to splits on the other leg (may use hands without penalty). HOLD for 2 seconds with hands off floor and arms sideways at horizontal	0.50	Splits not held for 2 seconds	VM		
		Lack of flexibility in splits Hands touching floor in held position	0.10	0.30	0.30
Bring back leg forwards to long sit with legs together. Lift arms to ears and pike fold placing hands flat on floor at the sides of feet. HOLD position for 2 seconds	0.50	Pike fold position not held for 2 seconds	VM		
		Insufficient pike position Hands not in prescribed position in pike fold Legs bent in pike fold	0.10	0.30	0.30
Lie on back and push to bridge with feet together. Straighten legs and HOLD position for 2 seconds	0.50	Bridge not held for 2 seconds	VM		
		Insufficient shoulder extension Knees bent in held position Feet apart at any point	0.10	0.30	0.50

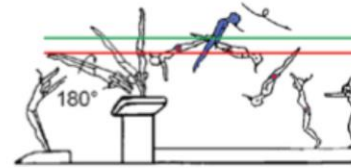
Lift one leg straight to vertical (may move support leg) and HOLD position for 2 seconds. Kick over through split handstand to stand	0.50	Position not held for 2 seconds Failure in kick over to stand Lack of split Bent legs	VM 1.00 (fall)	0.10 0.30 0.10 0.30 0.50
		Lack of fluency / pace throughout the exercise (going too slow throughout / holding the holds for too long)	0.10 0.30	

Detailed judging

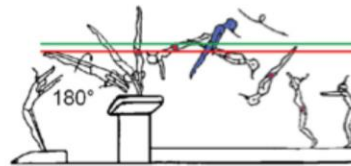
Second Flight Phase
 Height: 0.10 / 0.30 / 0.50



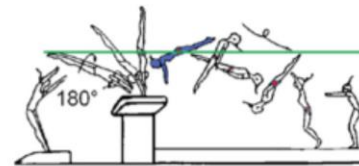
No deduction



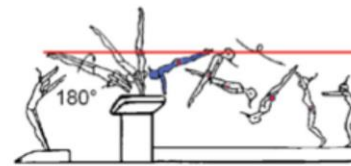
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- 0.30



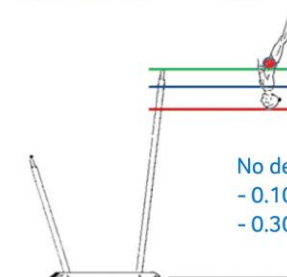
- 0.50



- 0.50

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		
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

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) 	 		
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) 	 		
Insufficient Complexity or creativity in the movements (A complex and creative movement is one that requires training time, coordination and previous preparation)	 		
One-sided use of elements: <ul style="list-style-type: none"> • More than one ½ turn on 2 feet with straight legs throughout exercise 	 		

Beam

Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50
Poor rhythm in connection (with DV)	eax		
Excessive preparation			
• Adjustment (unnecessary steps & movements)	eax		
• Excessive arm swing before dance elements	eax		
• Pause (apply at 2 sec.)	eax		
Poor body posture/amplitude throughout (maximum elongation of the body movements)			
• Head, trunk, shoulder and arm positions	x		
• Feet not pointed/relaxed/turned in	x		
• Lack of work in relevé	x		
• Insufficient amplitude of leg swings/kicks	x		
Additional support of leg against the side surface of the beam		x	
Failure to meet the technical requirement of the element		x	
• through use of additional support			
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		
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

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		

British
Gymnastics
More than a sport