

O6 / U8's (born in 2010/2011)

FLOOR - 12 x 12m floor area, use of single diagonal permitted – max. 8 counting elements. Requirements only receive difficulty value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
	Requirements + Bonus + Presentation - Deductions	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Any group I 'A' element – 0.1 Any additional 'a' or 'A' element – 0.2 Any 'B' or 'C' value element – 0.4	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0
	- Dive roll - Cartwheel or round-off - Any backward roll with straight arms - Y-Scale or arabesque				

MUSHROOM - Mushroom (approx. 50cms high) or 1 handle floor mushroom

Final Score	Routine (perform 1 only)	Tariff	Value	Presentation	Deductions
	Tariff + Presentation - Deductions	1.0 2.0 2.5 2.5	0.2 per DLC 0.2 per DLC 0.2 per DLC, spindle = 0.5 0.5 per DLC	10.0 (if full routine is completed)	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0
	- 5x DLC on mushroom - 10x DLC on mushroom - 5x DLC, ½ spindle, 5x DLC on mushroom - 5x DLC over 1 handle (1H floor mushroom)				

RINGS – F.I.G. height rings with 1 or 2 30cm safety mats (max. 8 counting elements), Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
	Requirements + Bonus + Presentation - Deductions	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Chin-up hold / hanging ½ lever (2s) – 0.1 Straddled frontback scale (2s) – 0.3 Tucked top planche (2s) – 0.3 Any 'a' or 'A' element – 0.5	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0
	- German hang (2s) - Straight invert hang (2s) - 3x full swings - Swing bwd & fwd into tucked back salto dism't				

VAULT – Vaulting table height 100cms, 2 springboards allowed

Final Score	Routine	Tariff	Presentation	Deductions
	Tariff + Presentation - Deductions	0.5 1.0 1.6	10.0	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0
	- Squat on, straight jump off - Squat through - Handspring / Handspring sideways with ¼ turn			

PARALLEL BARS – height 1.30m with optional safety mat (max. 8 counting elements) - NOTE: no deductions will be incurred for intermediate swings

Final Score	Requirements	Value	Presentation	Bonus	Deductions
	Requirements + Bonus + Presentation - Deductions	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Upstart to straddle sit / support / drop-upstart – 0.3 (only 1 may be included) Any press to handstand (2s) – 0.3 Russian lever (2s) – 0.3 Swing to handstand - 0.2	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0
	- 1x dip (in support) - ½ lever (2s) - Swing backwards & forwards to horizontal (min.) - Swing bwd & front vault dismount above horiz.				

HIGH BAR – gloves and loops

Final Score	Requirements	Value	Presentation	Bonus	Deductions
	Requirements + Bonus + Presentation - Deductions	+0.25 +0.75 +0.2 each	10.0	Back-uprise to support – 0.2 Back-hip circle – 0.2 Underfoot to swings – 0.2 Longswings (in place of swings) – 0.2 each time NOTE: these can be mixed or separated by additional skills	As per F.I.G. 0.1 / 0.3 / 0.5
	- Pike leg lift and lower to hang - Circle-up to support, layaway into - 5x swings forwards and backwards				

U9's (born in 2009) & U10's (born in 2008)

FLOOR - 12 x 12m floor area – max. 8 counting elements. Requirements only receive value (0.5) without additional bonus. **No double somersaults or 'D' (or higher) value elements permitted**

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Dive roll - Flic (standing or from pre-element) - Tucked front somersault - Any non-acrobatic (Group I) coded element	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Any additional 'a' or 'A' element – 0.1 Any 'B' value element – 0.3 Any 'C' value element – 0.5	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

MUSHROOM - Mushroom (approx. 50cms high) / LOW POMMEL HORSE (no handles, NOTE: inward & outward loops to be performed within 30cm of end of horse) / 1 handle floor mushroom

Final Score	Routine (perform 1 only)	Tariff	Value	Presentation	Deductions
Tariff + Presentation - Deductions	- 5x DLC on mushroom - 10x DLC on mushroom - 5x DLC over 1 handle (1H floor mushroom) - 10x inward loops on (low PH) - 5x flairs over 1 handle (1H floor mushroom) - 5x loops, ½ spindle, 5x loops (low PH) - 3x inward loops, Magyar, 2x outward loops (low PH)	0.5 1.0 1.5 2.0 2.5 2.5 3.0	0.1 per DLC 0.1 per DLC 0.3 per DLC 0.2 per loop 0.5 per flair 0.2 per loop, spindle = 0.5 0.2 per loop, Magyar = 2.0	10.0 (if full routine is completed)	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

RINGS – F.I.G. height rings with 30cm safety mat (max. 8 counting elements). No deductions will be incurred for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- German hang (2s) - Straight body chin-up hold (2s) - 1x full swing f/wds & b/wds (or b/wds & f/wds) - Straight back salto dismount	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Static or swinging inlocate/dislocate – 0.2 ½ lever / shoulder stand in support – 0.2 Muscle-up / tucked top planche – 0.2 Straddled frontback scale – 0.2 Any other 'A' element – 0.4	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

VAULT – Vaulting table height 115cms

Final Score	Routine	Tariff	Presentation	Deductions
Tariff + Presentation - Deductions	- Squat on, straight jump off - Squat through - Any other FIG recognised vault	0.2 0.6 As per FIG	10.0	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

PARALLEL BARS – height 1.30m with optional safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Upper-arm kip to straddle sit - ½ lever in support (2s), lift out to straddle lever (2s) - Swing backwards & forwards above horizontal - Swing bwd & front vault dismount above horiz.	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Upstart to straddle sit OR support – 0.3 (NOTE: 1 only to replace u/arm kip) Drop upstart – 0.3 Swing to handstand (2s) – 0.2 Any other B/G/F/G recognised element – 0.4 Any salto dismount – 0.4	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

HIGH BAR – gloves and loops

Final Score	Requirements	Value	Presentation	Bonus (max. 3 additional elements)	Deductions
Requirements + Bonus + Presentation - Deductions	- Pike leg lift and lower to hang - Circle-up to support, layaway into - 5x swings forwards and backwards above bar	+0.25 +0.75 +0.2 each	10.0	Layaway to handstand – 0.1 Upstart (in place of circle-up) – 0.3 Clear circle / Stalder – 0.3 Longswing (in place of swing) – 0.2 each Stoop on & off (dismount prep.) – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5

U12's (born in 2006/2007)

FLOOR – As per F.I.G. junior code with BG Boy's (U12) amendments – 12 x 12m floor area – max. 8 counting elements. **No double somersaults or 'D' (or higher) value elements permitted**

Final Score	Requirements	Value	Presentation	Difficulty	Deductions
Requirements + Bonus + Presentation - Deductions	- Any coded Group I (non-acrobatic) element - Any coded Group II (forward acro) element - Any coded Group III (backward acro) element - Dismount	+0.5 +0.5 +0.5 A-0.3, B-0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Any 'a' or 'A' value element – 0.1 Any 'B' value element – 0.3 Any 'C' value element – 0.5	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

MUSHROOM (approx. 50cms high) / LOW POMMEL HORSE (no handles)

Final Score	Routine (perform 1 only)	Tariff	Value	Presentation	Deductions
Tariff + Presentation - Deductions	- 10x DLC on high mushroom - 5x DLC, ½ spindle, 5x DLC - 10x inward loops (low PH) - 5x loops, ½ spindle, 5x loops (low PH) - 3x inward loops, Magyar, 2x outward loops (low PH)	1.0 1.5 2.0 2.5 3.0	0.1 per DLC 0.1 per DLC, spindle = 0.5 0.2 per loop 0.2 per loop, spindle = 0.5 0.2 per loop, Magyar = 2.0	10.0 (if full routine is completed)	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

RINGS – F.I.G. height rings with 30cm safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Muscle-up to ½ lever (2s) - 1x inlocation - 1x dislocation - Straight salto dismount (fwd or bwd)	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Lift to shoulder stand – 0.1 Straddled front/back scale – 0.3 Any 'A' value element – 0.3 Any 'B' value element (inc. d'mt) – 0.5	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

VAULT – Vaulting table height 120cms

Final Score	Routine	Tariff	Presentation	Deductions
Tariff + Presentation - Deductions	- Any FIG recognised vault	As per FIG	10.0	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

PARALLEL BARS – height 1.50m with optional safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Upstart to / through support - ½ lever (2s) - Swing backwards to handstand hold (2s) - Swing bwd & front vault dismount thru h/stand	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Drop upstart – 0.3 Russian lever – 0.3 Any 'a' / 'A' / 'B' value element – 0.3 Any salto dismount – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

HIGH BAR – gloves and loops (NOTE: 1 x swing = forwards & backwards)

Final Score	Requirements	Value	Presentation	Bonus (max. 3 additional skills)	Deductions
Requirements + Bonus + Presentation - Deductions	- Leg lift, body shaper, cast & swing backwards - Upstart to support, cast into - 3x backwards longswings (0.2 each) - 3x forwards longswings (0.2 each)	+0.4 +0.4 +0.6 +0.6	10.0	Upstart into immediate cast – 0.1 Cast to handstand – 0.1 Upstart & immediate cast to h/stand – 0.3 Clear-circle / Stalder / Endo – 0.3 Stoop on & off (dismount prep.) – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5

U16 (born 2002-2005)

FLOOR - 12 x 12m floor area – max. 8 counting elements

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5.

POMMEL HORSE (high pommel horse with 2 handles) - springboard for mount allowed

Final Score	Routine (perform 1 only)	Tariff	Presentation	Deductions
Tariff + Presentation - Deductions	- ½ shear (0.3), leg in pick-up (0.3), 2x DLC on handles (0.3 each), any FIG recognised travel-down (0.5), 2x inward loops (0.3 each), Schwabenflank (0.3) - 2x inward loops (0.2 each), ¼ spindle (0.3), 2x side loops (0.2 each), turn back to inwards (0.3), Schwabenflank (0.3) - ½ shear, leg in pick-up (0.5), 5x DLC on handles (0.1 each), Schwabenflank (0.3) - 5x inward loops (0.1 each), Schwabenflank (0.3)	2.6 1.7 1.3 0.8	10.0 (if full routine is completed)	As per F.I.G.

RINGS – F.I.G. height rings with optional 30cm safety mat (max. 8 counting elements)

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5.

Additional rules – any recognised press to handstand satisfies the swing to handstand requirement, back-uprise to straddle lever or tucked Honma to support satisfies element group requirement III.

VAULT – Vaulting table height optional - 125cms or 135cms

As per F.I.G.

Additional rules - any somersault vault acquires 0.4 marks bonus

PARALLEL BARS – F.I.G. height (1.80m) with optional 30cm safety mat (max. 8 counting elements)

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5.

Additional rules – face vault dismount through handstand dismount = 'a' (0.1)

HIGH BAR – F.I.G. height chalky bar with 30cm safety mats (max. 8 counting elements)

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5, max. 8 counting elements

Additional rules

- 'a' or 'A' value skills = 0.3, 'B' value skills = 0.5, non-coded skills = 0.1.
- Additional non-coded skills (0.1 value) - Back-uprise to support (Grp I) / baby giant (Grp I) / Swinging ½ turn above bar (Grp I) / Circle-up from hang (Grp II) / back-hip circle (Grp III)
- Straddle on undershoot / straddle over bar / clear circle to 45° push off will be credited as non-coded dismounts (0.1)
- NO DEDUCTION for upstart pause