

LEVEL A		LEVEL B		LEVEL C	
<b>Group One - Acrobatic Moves</b>					
Backward roll piked to stand	S	Back Flip Step Out		Arabian Somersault (Tucked or Piked)	
Backward roll to front support (held)	S	Back Flip to Two Feet		Backward Somersault (any shape) with 1/2 or 1/1 twist	
Backward roll to straddle stand with flat back (held)	S	Backward Walkover	F	Backward Somersault tucked, straight or piked	
Backward roll tucked		Backward Roll Handstand	S	Backward roll to handstand with straight arms	S
Cartwheel front to back (¼ turn)		Forward Walkover	F	Dive forward roll or Hecht Roll (must show flight)	
Cartwheel (side to side)		Forward walkover to Backward Walkover (Tic-Toc)	F	Flyspring	
Circle or Teddy bear roll -360°		Forward roll Piked to Stand	FS	Free cartwheel	F
Forward roll straddled to stand		Handspring to Two		Free Walkover	F
Forward roll tucked to stand		Handstand through Bridge to stand	FS	Front somersault (any shape) with 1/2 or 1/1 turn	
From front support, jump in and Straight Jump up		Round off		Front somersault - tucked, straight or piked	
Handstand forward roll		Tinsica	F	Handspring to one (must show flight phase)	F
One handed cartwheel (arm optional)				Handstand forward roll piked to stand	S
One handed cartwheel (arm optional)				Jump Backward with 1/2 turn to Handspring forward	F
				One handed walkover	F
				Side somersault tucked or piked	
				Valdez	F
				Whip Salto Backward	
<b>Group Two - Strength, Balance &amp; Flexibility: All Balance &amp; Flexibility moves for a minimum of 2 seconds (0.30 deduction for less)</b>					
Arabesque		B From front support, straddle or pike cut to rear support	S	From splits or straddle press to handstand	FSB
Back support turn to front support or Vice Versa	S	Handstand 1/2 turn	S	From standing elephant lift to handstand	SB
Dead Man - drop to front support	S	Japana, flat back, chest to floor, legs at max of 90°	F	From straight leg headstand press to handstand	SB
Dish to arch OR arch to dish	S	Pike Fold	F	Handstand pirouette (1/1 turn)	S
Frog balance		B Shoulder stand (straight arms behind head)	SB	Pike lever	SB
From floor push to Bridge, lower to floor	F	Swedish Fall with one leg raised	S	Russian lever	FSB
Front or back support lower push up (press up or tricep dip)	S	V sit without hand support	SB	Straddle half lever	SB
Handstand	SB	Y balance	F	B Tucked top planche	SB
Headstand - return to feet		B		Wide arm handstand, hands greater than shoulder width	SB
One Foot Stand (free leg to knee horizontal forwards)		B			
Shoulder stand with arm support		B			
Splits side or box (without hand support)	F				
V sit with hand support		B			
<b>Group Three - Jumps, leaps and spins</b>					
Cat Leap		Catleap 1/2		Catleap 1/1	
Half Spin on Toes		Full Spin on Toes		Double Spin	
Star Jump		Jump Backward 1/2 Turn to Front Support		Full Spin with free leg above horizontal throughout turn	
Straight Jump - Extended		Scissor Kick (Both Legs above Horizontal)		Piked jump (feet hip height)	
Straight Jump 1/2 Turn		Shoushonova tucked		Ring Leap or Jump	
Tuck Jump		Sissone (min. 120° split)		Shoushonova straddled (feet hip height)	
		Split Leap / Jump or side leap (180° separation)		Split leap change	
		Stag leap or jump (back leg straight)		Tuck jump 1/1	
		Straddle jump (feet hip height)		W Jump or Hop 1/2	
		Straight jump 1/1 turn			
		Tuck jump 1/2			
		W Jump or Hop			
<b>Gymnastics For All (General) Competition Rules Amended April 2014</b>					



<b>Floor Requirements</b>				
Performed on Strip of mats 12m x 2m		Performed on Full size SPRUNG floor (45 - 90 secs - music with no vocals for girls) 12m x 12m		
<b>Minimum of 10 moves in each routine (0.50 per move: 5.0)</b>				
White	Blue	Bronze	Silver	Gold (all levels)
<b>** NEW OPTIONAL BONUS FOR FLOOR (Can only be used once in a routine) **</b>				
NO BONUS	NO BONUS	B + B linked series 0.30 bonus	C + B or B + C linked series 0.30 bonus	C + C linked series 0.30 bonus
A moves only	Up to 2 B moves may be used but are <b>NOT</b> required	A & B moves only At least 4 B moves	A, B & C moves At Least 5 B Moves At Least 1 C Move	A, B & C moves At least 5 B moves At least 3 C moves
<b>C Moves may replace B moves (Silver &amp; Gold Level)</b>				
<b>Composition Requirements (CR's - 0.50 per requirement: 2.50)</b>				
White	Blue	Bronze	Silver	Gold (all levels)
None	1. Balance (B) (held) must show for 2 seconds			
None	2. Strength (S) or flexibility (F) move			
None	3. Acro series -2 linked GROUP 1 acrobatic moves (At least 1 acro must be flighted in Silver and Gold) *			
None	4. Mixed series - A group 1 move and group 3 move (in either order) directly linked			
None	5. Gym series - 2 Group 3 moves linked (can be linked by continuous steps or chassés) <b>OR</b>			
None	Second different acro series (At least 1 acro must be flighted in Silver/Gold)			
<b>All Acro &amp; Mixed Series MUST be directly linked without additional steps or jumps apart from exception below</b>				
<b>* For Acro series with flight: Round off, immediate jump 1/2 turn to 1 directly into cartwheel will count</b>				
<b>Music (for Girls Only)</b>				
<b>It is the coaches responsibility to ensure that music used is licensed for use in the UK</b>				
<b>For clarification please search and ensure the title appears on the repertoire section of the PPLUK site.</b>				
<a href="http://repsearch.ppluk.com/ARSWeb/appmanager/ARS/main?cont=A">http://repsearch.ppluk.com/ARSWeb/appmanager/ARS/main?cont=A</a>				
<b>Music can use voice as an instrument eg humming but no vocals. Music with words or Unlicensed music will incur a ZERO score</b>				
<b>Age Groups</b>				
Gymnasts must reach their 6th birthday by the weekend of competition to compete at white or blue.				
Gymnasts must reach their 8th birthday by the weekend of competition to compete at bronze unless they have previously competed & gained white & blue pins				
Age groups may be split or combined dependant on entries per year group.				
Gymnasts compete in the year that they were born, so in 2013, gymnasts born in 2000 will be in 13 year old category				
<b>Sportsmanship Rules (Failure to follow these rules can lead to a 0.30-1.0 deduction or disqualification)</b>				
Gymnasts may not leave the arena without permission from the Competition Organiser / Head Judge or Senior Marshall				
Coaches are responsible for the welfare of the gymnasts from their club at all times				
Gymnasts & Coaches must obey the Warm Up Marshalls and specific times for warm up				
All Gymnasts must be at Presentation and dressed appropriately in either Competition Attire or Full Club tracksuit				
Gymnasts & Coaches must treat Competition Officials (Marshalls, Judges, other coaches etc) with respect at all times				
<b>Clothing (No jewellery as per BG jewellery policy, Long hair MUST be tied up and clear of face)</b>				
<b>In the event of a gymnast being inappropriately attired, the Competition Welfare Officer can direct the performance to be halted</b>				
<b>Girls:</b> Appropriately fitting, Long or sleeveless leotard, tight fitting shorts can be worn, gymnastics shoes may be worn				
<b>Boys:</b> Appropriately fitting Sleeveless leotard and gymnastics shorts, gymnastics shoes may be worn				
<b>Incorrect clothing: 0.50 deduction from total score</b>				
<b>Gymnastics For All (General) Competition Rules Amended APRIL 2014</b>				



## Floor Judging

### ARTISTRY DEDUCTIONS THROUGHOUT

Insufficient flow of routine (links)	0.1	0.3	
Insufficient variation of tempo / rhythm	0.1	0.3	
Lack of Expression	0.1		
Lack of Confidence	0.1		
Lack of range of moves/skills within the routine	0.1	0.3	
Insufficient use of Floor area according to height of gymnast	0.1	0.3	
Lack of dynamics throughout the routine	0.1	0.3	

### SPECIFIC FLOOR DEDUCTIONS

Missing A, B, or C			0.5
B moves in White or C moves in White, Blue or Bronze			0.5
Touch of hair/leotard (each)	0.1		
Music and movement not in harmony	0.1	0.3	
Missing Composition Requirement (CR)			0.5
Out of bounds with one hand or foot	0.1		
Land out of floor boundary or both feet/hands out		0.3	
No music (girls)			0.5
Not ending in time with music	0.1		
Coaching from the side (verbal or visual cues to gymnasts)			<b>1.0</b>

### EXECUTION DEDUCTIONS (Each time)

Bent arms or bent knees	0.1	0.3	0.5
Balance / Flexibility (Group 2) not held for 2 secs		0.3	
Leg or knee separations	0.1	0.3	
Insufficient height of elements	0.1	0.3	
Insufficient split in dance elements	0.1	0.3	
Incomplete turns / twists	0.1	0.3	
Insufficient tuck/pike/stretch	0.1	0.3	
Body Alignment	0.1		
Feet not pointed/loose	0.1		

### LANDING FAULTS (Each Time)

Landing from tumbles (step)	0.1	0.3	
Trunk movements to maintain balance	0.1	0.3	
Extra Steps up to 0.8	0.1		
Very large step or jump		0.3	
Deep squat			0.5
Touching Apparatus or floor		0.3	
All falls			<b>1.0</b>

### Additional Rules


**\*\* NEW A 'C' move CAN replace a 'B' move in SILVER & GOLD Level NEW \*\***

Each move can only be counted once for value but can still incur deductions

Two series cannot be linked. Two moves must be separately connected per series.

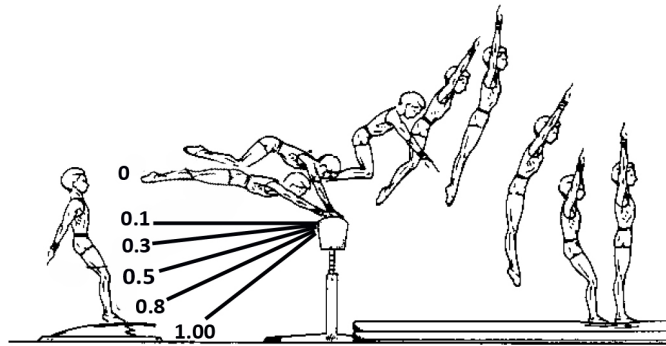


**Gymnastics For All (General) Competition Rules Amended APRIL 2014**

<b>Vaults</b>					
<b>Equipment</b>	<b>WHITE</b>	<b>BLUE</b>	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>
Block Height	60cm				
Vault Height	90 / 110 / 120cm		x	x	x
Box Height	80 / 105 / 130cm		x	x	x
Flatback (mats piled up)	x	x	100cm-100cm OR 130cm		x
Vault or Table Height	x	x	100 / 110 / 120cm		
Springboards	Gymnova 2150 High Elasticity		Option of Gymnova 2194 (soft) OR Gymnova 2193 (hard)		
<b>Vault Tariffs and Levels</b>					
Straight Jump onto block Please see additional Judging sheet re Boys and girls difference	10.00	x	x	x	x
Squat / straddle on, immediate straight, star or tuck jump	10.50	10.50	x	x	x
Layout Squat Over	11.50	11.50	11.50	11.50	x
Layout Straddle Over	11.50	11.50	11.50	11.50	x
Handspring Flatback	x	x	11.50	11.50	x
Handspring	x	x	12.40	12.40	12.40
Handspring 1/2 on, straight off	x	x	x	12.60	12.60
Handspring on, 1/2 off	x	x	x	12.80	12.80
Handspring 1/2 on, 1/2 off	x	x	x	x	13.00
Handspring 1/1 off	x	x	x	x	13.20
Handspring 1/2 on, 1/1 off	x	x	x	x	13.40
<b>Vaulting Judging</b>					
					
<b>Additional Information</b>					
Gymnasts will only be allowed 2 practice vaults during the apparatus warm up.					
Gymnasts will perform 2 competition vaults (the same or different). The best scoring vault will count.					
Support from Coach	<b>3.00 mark deduction from final score</b>				
Coach leaning on / touching apparatus	<b>1.00 mark deduction from final score</b>				
<b>FIRST FLIGHT PHASE</b>					
Missing degree of LA turn	0.10	0.30	0.50		
Hip Angle	0.10	0.30			
Arch	0.10	0.30			
Bent Knees	0.10	0.30	0.50		
Leg or knee separation	0.10	0.30			
Insufficient layout in squat or straddle	0.10	0.30	0.50		1.00
<b>REPULSION PHASE</b>					
Staggered/alternate hand placement	0.10	0.30			
Bent Arms	0.10	0.30	0.50		
Shoulder Angle	0.10	0.30			
Failure to pass through vertical		0.30			
<b>SECOND FLIGHT PHASE</b>					
Height	0.10	0.30	0.50	0.80	
Exactness of LA turn	0.10	0.30			
Insufficient length (distance)	0.10	0.30	0.50		
Bent Knees	0.10	0.30	0.50		
Leg or knee separation	0.10	0.30			
<b>LANDING FAULTS</b>					
Extra Steps (maximum 0.80) each time	0.10				
Very large step (guideline – 1 metre) each time		0.30			
Extra arm swings	0.10				
Additional trunk movements to maintain balance	0.10	0.30			
Body posture fault	0.10	0.30			
Deep squat		0.30	0.50		
Deviation from centre line	0.10				
Brushing apparatus with hands/arms but NOT falling		0.30			
Support on mat or apparatus with 1 or 2 hands					1.00
Fall on mat to knees or hips					1.00
Fall on or against apparatus					1.00
<b>INVALID VAULTS</b>					
Run approach with touch of springboard or table	Void score 0.0				
No touch on vault table	Void score 0.0				
<b>Gymnastics For All (General) Competition Rules Amended APRIL 2014</b>					

## Vault Continued

Squat and straddle vaults must have layout to achieve full tariff.



The image shows the deductions that will be taken if a full layout is not achieved.

### Pins

	White	Blue	Bronze	Silver	Gold	Gold +1	Gold +2	Gold +3
Minimum Floor Score Required	13.50	15.50	15.50	15.50	15.50	N/A	N/A	N/A
Maximum Floor Score Possible	15.00	17.50	17.80	17.80	17.80	17.80	17.80	17.80
<b>Execution</b> (out of 10.0) <b>Moves</b> (out of 5.0) <b>CR's</b> (out of 2.50 - except for white level) <b>Bonus</b> (out of 0.3 - except for white & Blue level)								
Minimum Vault Score Required	9.00	9.50	10.25	10.75	11.50	N/A	N/A	N/A
Maximum Vault Score Possible	<b>As Tariff</b>							
MINIMUM TOTAL SCORE REQUIRED	N/A	N/A	N/A	N/A	N/A	28.00	29.00	29.50

Gymnasts of the appropriate age can enter at any Level (except Gold+1, +2, and +3). A pin is not required to move up.

They must move up a level after being awarded a pin and cannot move down a level.

Entry to Gold + competitions is only open to clubs entering additional levels during the weekend & to gymnasts who have a gold pin.

Gold + pins must be won in chronological order

**Gymnastics For All (General) Competition Rules Amended JANUARY 2014**