

Pre-Compulsory

General

Pass Mark 55.00

Age Group 7 year olds only in year of competition.

This grade is designed for gymnasts who are aiming to compete compulsory grade 5 in 2021.

Omission of an element = VM +2.00

Specific deductions are listed on each apparatus.

All other deductions taken from Table of General Faults in COP 2017-2020.

Vault

D Score 4.0

Apparatus – 60cm safety mats

Handstand Flatback

PHASE	EXECUTION FAULTS	PENALTY		
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 once only)	0.10		
	Dynamics	0.10	0.30	

0.5 Bonus – 80cm safety mats

Bars

D Score 4.0

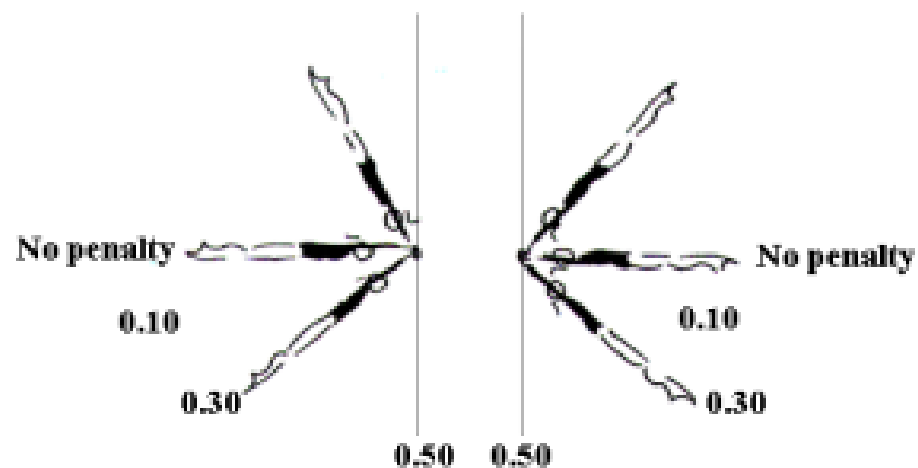
Apparatus – Single high metal bar

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTY
Show straight hang position with good body shape	0.00	Lack of body extension in hang	0.10 0.30
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	Non-attempt VM
Leg lift with straight legs (feet to touch bar) Lower to straight hang in control	0.50	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)	0.10 0.10 0.10 0.30 0.10
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
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	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

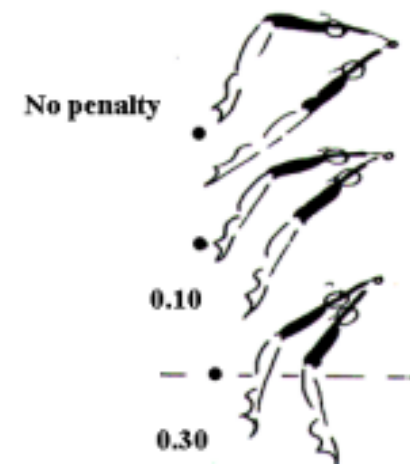
3 dish/arch swings (fish swings)	0.50	Failure to show 3 consecutive dish/arch shapes Lack of co-ordination in fish swings	0.10 0.30
Trolley swing	0.00	Body alignment Bent legs	0.10 0.10 0.30 0.50
Swing forward and backward	0.50	Swing penalties	See diagrams
Swing forward and backward	0.50	Body alignment at any phase Lack of dish – back and front of swing Insufficient 'open' position under bar Only ONE fwd/bwd swing performed More than 2 fwd/bwd swings	0.10 0.10 0.30 0.10 Non-attempt + 1xVM 1.00
Bonus – Upstart (Upstart to replace chin circle over)	0.50	Bent arms Bent Legs	0.10 0.30 0.10 0.30

Coach to stop gymnast after 2 swings

Swing Penalties



Back Swing Penalty



Beam

D Score 4.0

Apparatus – Beam height 125cm with 30cm safety mats under beam and for dismount

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTY	
Mount - Jump to front support, lift one leg over beam to cross sit Place hands on beam and press to straddle lever HOLD for 2 seconds	0.50	Bent arms in front support (after mounting)	0.10	
		Brushing foot on beam lifting leg over beam Hitting foot / leg on beam lifting leg over beam	0.10	0.30
	0.50	Not held for 2 seconds		VM
		Feet held below horizontal but above level of beam Feet held below level of beam	0.10	0.30
Kick towards split handstand – finish in lunge with arms by ears (may take arms out after this position shown)	0.50	Split penalties	0.10	0.30
		Arms not by ears in lunge	0.10	
		No lunge shown	0.10	
Cartwheel ¼ turn inwards	0.50	Element penalties No ¼ turn inwards		As CoP 0.30
Split jump 135	0.50	Insufficient split	0.10	0.30
		Insufficient height	0.10	0.30
Dance series- Spin prep on flat foot Releve and ½ turn on two feet	0.50	Toe not to knee		0.30
		Turn not completed Lack of heel height on releve Lack of connection at any point	0.10	VM 0.30 0.30
Dismount – round-off from end of beam	0.50	Legs not joining in flight phase	0.10	
		Lack of flight	0.10	0.30
Bonus - Backwalkover	0.50 bonus	Lack of split		0.30

Floor

D Score 4.0

Apparatus – Use line on floor, start in the middle of floor

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTY
Handstand forward roll, straight arms to stand with feet together	0.50	Body alignment in handstand Bent arms in roll	0.10 0.10 0.30
Cartwheel ¼ turn inwards	0.50	Element penalties No ¼ turn inwards	As CoP 0.30
Chasse split leap 135°	0.50	Insufficient split Insufficient height Series break	0.10 0.30 0.10 0.30 0.30
½ spin to finish on toes	0.50	Toe not to knee Not finishing on toes	0.30 0.30
Backwalkover	0.50	Lack of split	0.30
Split jump 135°	0.50	Insufficient split Insufficient height	0.10 0.30 0.10 0.30
Hurdle step into round off stretch jump	0.50 0.50	Extra steps Pause between elements Lack of control at end Jump not landing with both feet touching line	0.10 each 0.50 0.30 0.30 one foot only touching 0.50 neither touching
Bonus – Round off flic connected (instead of round off stretch jump)	0.50 bonus	Extra steps Pause between elements Lack of control at end Jump not landing with both feet touching line	0.10 each 0.50 0.30 0.30 one foot only touching

			0.50 neither touching
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Range

D Score 4.0

Apparatus – Strip of firm matting

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTY	
Leg hold at 90° forwards HOLD for 2 seconds	0.50	Leg below 90° If legs above 90° with misaligned hips If leg not held	0.10 0.10	0.30 0.30
On alternative leg as above	0.50	Leg below 90° If legs above 90° with misaligned hips If leg not held	0.10 0.10	0.30 0.30
Forward roll to straddle sit, keeping back vertical and straight and arms out sideways Hold for 2 seconds	0.50	Straddle sit not held Heels not lifted Hands touching floor in held position	0.10 	0.30 0.30
Press to straddle lever HOLD for 2 seconds , lower to straddle sit	0.50	Straddle lever not held Feet not higher than hips in straddle lever	0.10 	0.30
Without changing leg position, lift arms above head and keeping back straight, lean forwards to japana HOLD for 2 seconds Sit up with straight back and arms by ears	0.50	Japana not held 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	0.10 0.10 0.10 0.10 0.10	0.30 0.30
¼ turn to sit in forward split (may use hands without penalty) HOLD for 2 seconds with arms out sideways at horizontal	0.50	Splits not held Lack of flexibility in splits Hands touching floor in held position	0.10 0.10 	0.30 0.30
½ turn to forward split on alternate leg (may use	0.50	Splits not held	0.10	

hands without penalty) HOLD for 2 seconds with arms out sideways at horizontal		Lack of flexibility in splits Hands touching floor in held position Flexing foot/feet during transition phase	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 for 2 seconds	0.50	Pike fold not held Insufficient pike position Hands not in prescribed position in pike fold Legs bent in pike fold	0.10 0.10 0.10 0.10	0.30 0.30
Lie on back and push to bridge with feet together, straighten legs and HOLD for 2 seconds.	0.50	Bridge not held Insufficient shoulder extension Knees bent in held position Feet apart at any point	0.10 0.10 0.10 0.10	0.30 0.30 0.50
Lift one leg straight to vertical and kick over through split handstand to stand.	0.50	Failure in kick over to stand Not passing through split handstand Hips out of alignment throughout kick over	0.10 0.10	1.00 (fall) 0.30