



## **Eclipse Gymnastics Centre Classic Challenge Adapted Rules 2022**

	Brass – 6 Years+			
Uncoded Moves = 0.10 A Coded Moves = 0.10 Moves of a higher value will not be permitted	BARS – Set	is to count		
	Vault	Bars	ld their efforts towards the accuracy of technical execution Beam	Floor
Apparatus	Blocks and mats piled at 60cm or 90cm 1x springboard	Low bar, FIG Asymmetric bars with 20cm landing mat	Gymnova beam set at 120cm 20cm mat underneath	10m x 12x Gymnova sprung floor
Requirements	Squat on to block, Handstand Flat Back DV 2.0 Straight Jumps onto block, Handstand flatback DV 2.5	<ol> <li>Pull up (hold 2 seconds)</li> <li>Upwards circle</li> <li>Cast to horizontal</li> <li>Cast to horizontal into back hip circle</li> <li>Straddle undershoot</li> </ol>	Gymnasts should fulfil 4 of the 6 CR's Squat on or straddle on Connection of 2 dance elements (may be the same skill performed or different) Leap or jump at 130 split Any acro skill (A coded or uncoded) ½ spin Run, hurdle step, dismount CODED A OR UNCODED MOVES ONLY NO B MOVES OR ABOVE PERMITTED DV 2.5	Gymnasts should fulfil 4 of the 6 CR's Connection of 2 dance elements (may be the same skill performed or different) Leap or jump at 130 split ½ spin Acro element with flight Connection of two acro skill Balance (held for 2 seconds) DV 2.5
Uncoded/Permitted Elements	Only a vault listed above may be performed (two of the same vaults or one of each)	No other elements permitted except those listed above or bonuses	Tuck Jump Straight Jump ½ spin on one foot Forwards Roll Backwards Roll Straight jump dismount Tuck jump dismount Round Off Dismount Handspring Dismount Cartwheel to handstand drop down dismount (side of beam)	Backwards walkover Forwards walkover Handstand forwards roll Backwards roll to front support Backwards roll to handstand Cat leap Cap leap ½ turn Scissor kick Straight jump ½ turn W jump with ½ turn
Notes	2 vaults to be performed, best score to go forward	0.5 deductions for any missing element 1.0 deduction for coach support	0.5 deduction for each CR missing less that the required 4 1.0 deduction for fall 1.0 deduction for coach support	No acro line is required 0.3 deduction for each second the balance not held 0.5 deduction for each CR missing less that the required 4
Bonus (only awarded is performed without a fall)		0.3 bonus for cast above horizontal 0.3 bonus for upstart mount	0.3 bonus if acro skills is performed connected without fall 0.5 bonus if slip hits 180	0.3 bonus for round off flic 0.5 bonus if slip hits 180





	Aluminium – 7 Years+			7	
Uncoded Moves = 0.10					
A Coded Moves = 0.10			ules & Regulations as per FIG Cycle 15 Code of Points (2022)		
Moves of a higher value will not be	Rules and Regulations are as FIG Cycle 15 Code of Points (2022), unless stated otherwise FIG Artistry & Execution Penalties will apply				
permitted	BARS – Set Routine BEAM – 5 Highest elements to count including Dismount FLOOR – 5 Highest elements to count				
permitted	Any B elements or higher are not allowed and no Difficulty Value, CR or bonus will be awarded				
	IMPORTANT AT ALL LEVELS – coaches and gymnasts should their efforts towards the accuracy of technical execution				
	Vault	Bars	Beam	Floor	
Apparatus	Blocks and mats piled at 60cm, 90cm or 120cm	Low bar, FIG Asymmetric bars with 20cm landing mat	Gymnova full height beam with	10m x 12x Gymnova sprung floor	
	1x springboard		30cm matting underneath		
	Handspring to flatback	1. 2 x float swings	Gymnasts should fulfil 4 of the 7 CR's	Gymnasts should fulfil 4 of the 6 CR's	
		2. Chin hold for two seconds, circle up	Japana Mount	• Connection of 2 dance elements (may be the same	
		3. Cast to horizontal	• Connection of 2 dance elements (may be the same	skill performed or different)	
		4. Cast to horizontal into back hip circle	skill performed or different)	Acro line with a minimum 2 elements (non-flighted	
		5. Squat on, Jump off dismount	Leap or jump at 165 split	allowed)	
			Backwards acro element (A coded or uncoded)	Leap or jump at 165 split	
Requirements			Forwards acro element (A coded or uncoded)	Full spin	
			• ½ spin, immediate ½ turn	Acro element with flight	
			Round off or Handspring dismount	Connection of two acro skill	
			CODED A OR UNCODED MOVES ONLY		
			NO B MOVES OR ABOVE PERMITTED		
	DV 2.5	DV 2.5	DV 2.5		
	Only a vault listed above may be performed	No other elements permitted except those listed	Tuck Jump	Backwards walkover	
	(two of the same vaults or one of each)	above or bonuses	Straight Jump	Forwards walkover	
			½ spin on one foot	Handstand forwards roll	
			Forwards Roll	Backwards roll to front support	
			Backwards Roll	Backwards roll to handstand	
Uncoded/Permitted Elements			Straight jump dismount	Cat leap	
			Tuck jump dismount	Cap leap ½ turn	
			Round Off Dismount	Scissor kick	
			Handspring Dismount	Straight jump ½ turn	
			Cartwheel to handstand drop down dismount (side of	W jump with ½ turn	
			beam)		
Notes	2 vaults to be performed, best score to go forward	0.5 deductions for any missing element	1.0 deduction for fall	No acro line is required	
		1.0 deduction for coach support	1.0 deduction for coach support	0.3 deduction for each second the balance not held	
				0.5 deduction for each CR missing less that the	
				required 4	
Bonus		0.3 bonus for cast above horizontal	0.3 bonus if two acro skills are performed connected	0.3 bonus for round off flic	
(only awarded is performed without a fall)		0.3 bonus for upstart mount (circle down after skill is	without fall		
		performed before gymnasts circles up)	0.3 bonus if split hits 180		